

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

# Parktakes

Fall 2023



**Fall Fun! • Solar Eclipse • Fitness & Health • Archeology Month**

Fall registration begins August 1 • [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)





# 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 \$170\***

\* Weekend classes slightly higher

#### Tot 1/2 (Ages 3-6)—Beginner Level

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$170	Sept 11	3-6
Tuesday	6:40pm	\$170	Sept 12	3-6
Wednesday	6:40pm	\$170	Sept 13	3-6
Thursday	6:40pm	\$170	Sept 14	3-6
Saturday	10:05am	\$175	Sept 16	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	\$170	Sept 12	3-6
Saturday	9:30am	\$175	Sept 16	3-6

#### Ways to register for classes

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

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

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

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$170	Sept 11	7-13
Tuesday	7:15pm	\$170	Sept 12	7-13
Wednesday	7:15pm	\$170	Sept 13	7-13
Thursday	7:15pm	\$170	Sept 14	7-13
Saturday	10:40am	\$175	Sept 16	7-13

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

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

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$170	Sept 12	14 & Up
Tuesday	1:30pm	\$170	Sept 12	14 & Up
Thursday	7:50pm	\$170	Sept 14	14 & Up
Thursday	1:30pm	\$170	Sept 14	14 & Up
Saturday	11:15am	\$175	Sept 16	14 & Up

#### Alpha Lessons (Ages 7-13)—Novice Level

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:15pm	\$170	Sept 12	7-13
Saturday	10:05am	\$175	Sept 16	7-13

#### Alpha Lessons (Ages 14 & Up)—Novice Level

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$170	Sept 12	14 & Up
Saturday	11:15am	\$175	Sept 16	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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**ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!**



# PARKSIDE

**We're a Gold-Standard Park System  
with Lofty Goals to Achieve**



With its miles of trails, hundreds of courts and fields, and countless natural spaces I'm proud to say our park system serves an essential role in the everyday lives of Fairfax County residents. Over the years, thanks to the ingenuity and dedication of an outstanding staff, the Park Authority has consistently risen to meet the evolving needs of its park users. In the process, we have cemented ourselves as a gold-standard system, something reflected in the care and attention our parks receive.

From lakefronts to water parks, golf courses to historic sites, we welcomed more than 15 million visitors within the last year. In addition, over the past year, some 2,000 volunteers provided over 100,000 hours to a range of programs and activities. I am grateful to live in a community that is so eager to give back, and would like to thank all who do.

That's not to say there isn't room for improvement. The Park Authority has set for itself the goal of ensuring that everyone has a 10-minute walk to a park, that all our parks provide a safe and equitable experience, and that all our residents have access to both recreational and nature-based park opportunities. We can't claim success on these metrics at present, so we are developing what we call our Parks, Recreation, Open Space and Access Strategy. Which is a very "government" way of saying we are creating a toolkit to help us understand where and how we are falling short, so we can take action to fill those gaps.

Beyond that, as we look to the future, I worry if a system so reliant on revenue can truly meet its obligation to public service. Parks in Fairfax County should not be seen as a business, but at present, more than 60 percent of the Park Authority's operating budget is generated by a user fee of one form or another. I hope to begin a dialogue with the Board of Supervisors to re-evaluate the baseline funding of our park system.

Working to meet the recreational needs of individuals, families, and entire communities that hold vastly diverse ages, abilities, and interests makes serving on the Park Authority Board both an exciting challenge and a distinct pleasure. I hope somewhere in the pages of Parktakes you are able to find a class or activity that excites you, and I look forward to seeing you at the park!

Kiel Stone,  
FCPA Board Chair



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Cover: Fall Harvest Festival at Kingstowne Farmers Market.  
Photo by Shirley Walley. For more information, turn to pg. 69.





# Eclipse Extravaganza

## Discover the Magic of Two Solar Eclipses

Mark your calendars and prepare for multiple breathtaking celestial events this October and again in April 2024, as two rare solar eclipses grace the skies. Nature's grand show, the solar eclipse, occurs when the Moon passes between the Earth and the Sun, casting a mesmerizing shadow on our planet. The upcoming eclipses will take place on October 14, 2023, and April 8, 2024, as this extraordinary astronomical occurrence takes center stage two times within six months.

This fall, an annular eclipse also known as a Ring of Fire eclipse will take place on October 14, 2023. The annular eclipse takes place when the moon is at its farthest point from earth and so it appears smaller than the sun and does not completely cover the sun leaving a ring around the edge. Virginia is not in the direct path of the moon's shadow, so we will only see a partial eclipse. It will look like 30% of the sun is missing.

The Fairfax County Park Authority has prepared for extraordinary eclipse viewings throughout the county on October 14. Join our experts to view the partial annular solar eclipse. At noon, watch as the moon partially eclipses the sun as they both travel across the sky. A limited number of eclipse viewing glasses and sun spotting scopes will be available to view the eclipse. As we await the eclipse and after it has passed, enjoy various themed games, activities and demonstrations. Participants should bring portable chairs and blankets.


During the afternoon of April 8, 2024, a total eclipse will be viewable from North America. Next April will be far more dramatic with more than 85% of the sun covered. During a total eclipse, the moon aligns itself perfectly with the sun, momentarily blocking its radiant glow. As a result, an eerie twilight descends, revealing the sun's delicate corona, like a shimmering crown for scientists to study not visible to the naked eye. These rare spectacles captivate both seasoned astronomers and curious sky gazers alike.

Observing a solar eclipse requires taking precautions to protect your eyes. Never look directly at the sun without proper eye protection, such as certified solar eclipse glasses or handheld viewers. These protective measures shield your eyes from harmful ultraviolet rays and ensure a safe and enjoyable experience.

We will release our viewing opportunities for the April 2024 eclipse in the spring edition of ParkTakes.

The October solar eclipse promises to be awe-inspiring. Whether you find yourself at one of our viewing sessions or you are viewing at home, be sure to mark your calendars and prepare for an extraordinary encounter with the wonders of the universe. Remember to prioritize safety and enjoy the show!

*The Eclipse Extravaganza is sponsored by the Fairfax County Park Foundation. For more information, visit [www.FairfaxParkFoundation.org](http://www.FairfaxParkFoundation.org).*



**Burke Lake Park**  
12-2 p.m., \$10

**Historic Huntley**  
11:30 a.m.-2:30 p.m., \$10

**Sully Historic Site**  
12-2 p.m., \$10

**Turner Farm Park  
Observatory**  
viewing only  
no activities,  
11:30 a.m.-2:30 p.m., \$6





# Children Grow and Learn at FCPA Preschools and Childcare



Did you know that the Fairfax County Park Authority operates four fully licensed preschools? These safe and inclusive environments foster creative play and hands-on activities that educate, promote independence, enhance school-readiness and foster positive self-image:

Children enrolled learn new skills, socialize, and grow both intellectually and emotionally. Preschools engage children in age-appropriate activities focused on art, science, outdoor play, music, circle time and more.

Preschool programs range from two to five days a week and are offered for children between the ages of 2.5 and 5 years.



In addition to preschools, the Park Authority provides childcare at Oak Marr Rec Center and a brand new childcare facility is scheduled to open at Cub Run Rec Center soon. People participating in classes, fitness opportunities and other activities can drop children off to participate in activities, games and crafts that will get kids moving, playing and making new friends.

Childcare staff are certified in CPR and First Aid and have passed a background check and work to keep children active and engaged while adults work out. Space is on a first-come, first-served basis and the maximum time allowed at the Oak Marr childcare facility is 90 minutes.

Looking for enrichment opportunities for preschool aged children? The Fairfax County Park Authority offers single programs for preschoolers in a wide variety of topics, from nature to history and dance to golf, our programs will satisfy learning that fosters children's creativity and cognitive development.

Whether it is in preschool or childcare, Fairfax County Park Authority is helping provide all our young learners with opportunities to grow in their local parks.

Learn more about Preschools and Childcare, visit [www.fairfaxcounty.gov/parks/early-childhood](http://www.fairfaxcounty.gov/parks/early-childhood).

**Franconia Rec Center,  
Stone Mansion,  
Springfield**

**Spring Hill Rec Center,  
McLean**

**Riverbend Preschool,  
Great Falls**

*(currently full for the  
2023-2024 school year)*





# THE BENEFITS OF AQUATIC EXERCISE

Aquatic exercise programs provide an ideal environment for individuals of all ages and abilities to achieve the American College of Sports Medicine (ACSM) exercise recommendations. The current ACSM recommendation is a minimum of 150 minutes per week of aerobic activity and a minimum of 2 days of strength training. Benefits of exercise include weight loss and/or weight management, regulation of blood pressure and positive boost for mental health.

The three main principals of an aquatic environment include buoyancy, hydrostatic pressure and resistance. Buoyancy increases range of motion and flexibility, while reducing the weight bearing load on the joints, which benefits conditions such as osteoarthritis, obesity and various musculoskeletal conditions. Hydrostatic pressure reduces pain, swelling, and also increases range of motion. Water exercise creates a natural strength-training environment as it adds resistance to movement. (Try moving your arm really fast underwater!)

Another lesser-known benefit of aquatic exercise is that the pool provides a safe environment for balance and gait training because the water allows for an increased time to react to any potential loss of balance. This is important for those at risk of falling including older adults, individuals with Parkinson's Disease and other movement disorders.

Water exercise improves circulatory, cardiorespiratory and musculoskeletal systems of the body. Circulatory system benefits include increased blood flow to the muscles, muscle metabolism and respiration while decreasing blood pressure. Cardiorespiratory system exercise improves vital lung capacity, less pooling of blood in the extremities and lower cardiac cost for more demanding exercises as opposed to land-based training. Musculoskeletal system exercise provides improvements in flexibility, strength, endurance and body composition.

Recently, Julie Chris, a licensed Occupational Therapist as well as a certified exercise physiologist and personal trainer, performed two case studies at the South Run Recreation Center. The first group included two males, greater than 60 years of age, and both diagnosed with Parkinson's disease. The second case study included one female, greater than 60 years of age, and diagnosed with osteoarthritis in both knees. The goal of these case studies was to perform pre- and post-testing and determine if a 4-week aquatics program would produce any notable outcomes.

Both participants of the first study improved their Timed Up and Go (TUG) scores (an indicator for fall risk), demonstrating a measurable increase in balance and mobility. The participant in the second study had improved TUG and WOMAC scores, which demonstrated measurable improvements in balance, mobility and pain.

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For more information about aquatics exercise classes, turn to pg. 28 in the Aquatics section.







# The Revolution is Inclusion!



Smiles were had, positive experiences were created and new friends were made at a golf clinic on May 20 at the Laurel Hill Golf Club. The Fairfax County Access and Inclusion Services, in partnership with Special Olympics Virginia, Laurel Hill Golf Club management and the Eisman Golf Academy hosted the accessible golf clinic. The event attracted nearly 20 Special Olympics athletes who were introduced to the sport and taught basics of a golf swing by the Eisman Golf Academy.

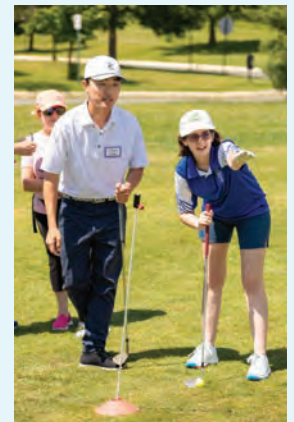


"The great thing about the sport of golf is that it's easily adaptable for all ability levels. Exposing customers to golf is another great way to introduce them to a new leisure activity that may turn out to be a lifelong interest," noted Jennae Asborno, Access and Inclusion Manager.

"Thanks for everything. Jarrett had a blast on Saturday. He loves getting out and being with people. Throw in golf and he is in heaven," said golf student parent, Sue Datoc.

The Fairfax County Park Authority is committed to the provisions of the Americans with Disabilities Act

(ADA) which includes making programs, services, facilities, and employment accessible for visitors and employees with disabilities. ADA accommodations include sign interpreters, alternative information formats, program modifications and inclusion support. The Fairfax County Park Authority looks forward to hosting future clinics and events.



To learn more about adapted programs, accessible trails, leisure coaching and inclusion support visit [www.fairfaxcounty.gov/parks/accessible](http://www.fairfaxcounty.gov/parks/accessible).



# October is Archaeology Month in Fairfax County



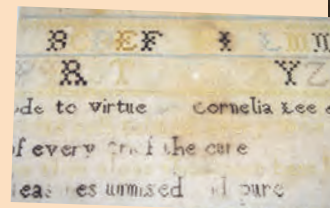
Celebrate Archaeology Month this October with the Fairfax County Park Authority! The County Archaeological Research Team (CART) is a collection of archaeological and cultural resource professionals who identify, evaluate, preserve, document and interpret the material culture of Fairfax County. CART protects the past by conducting historical research, supervising fieldwork including shovel tests and excavations, cleaning and analyzing artifacts in the lab, and curating and exhibiting archaeological collections. In celebration of Archaeology Month, FCPA has partnered with the Friends of Fairfax County Archaeology (FoFA) and the Northern Virginia



Chapter of the Archaeological Society of Virginia to sponsor a lecture by Stephen R. Potter, Ph.D. entitled *The Archaeology of the Potomac River Valley: A View from the National Parks* at the James Lee Community Center (2855 Annandale Road Falls Church) on Saturday, October 14 at

9:30 a.m. This event is free and open to the public.

This October and all year long, you can help protect our Fairfax County Parks by documenting archaeological discoveries. If you see an object in one of our parks, snap a photo, document its coordinates and send an email to the CART crew at [FCPA-Archaeology@fairfaxcounty.gov](mailto:FCPA-Archaeology@fairfaxcounty.gov). Do not attempt to remove, dig up or disturb any archaeological artifact you come across. Location data, including where and how an artifact was found in the soil, is critical information for archaeologists. Help us preserve the rich cultural history of Fairfax County by not pocketing the past!







Tucked away along bustling Route 7 lies a time vortex of sorts, where visitors are quickly transported back in time to the 19<sup>th</sup> century. There sits Colvin Run Mill on wooded and landscaped grounds that is open year-round for all ages.

A short walk from the parking lot leads to the General Store, stocked with examples of merchandise that was sold in the late 1800's to mid-1900's. For today's visitors, grain ground at the mill, teas, sundries, "penny" candy and other unique items are available for purchase.



After leaving the general store, the path continues the journey throughout the historic grounds. The next stop is the barn and blacksmith shop that include an exhibit area of tools and a hands-on history trunk for children to explore.

The Miller's house is next on the path. Built around 1809, the house served as the residence for Addison and Emma Miller and their 20 children while they operated the mill from 1883 to 1934. Recently restored, the house serves as a window into the lives of those who lived and worked at the Mill. Don't miss the beautiful garden on the east side of the house.



The path ends at the highlight of park, Colvin Run Mill. Built in 1811, Colvin Run is the last operating mill in Fairfax County. An engineering marvel at the time, Colvin Run still operates today, grinding flour, grits and cornmeal that can be purchased at the General Store. Visitors can witness the overshot waterwheel in action regularly at special events and programs.



## CIDER MAKING

Saturdays & Sundays  
in October

9 a.m. • 11 a.m. • 1 p.m. • 3 p.m.

\$60, 1 hour program  
(for group of up to ten people)

Discover how apple cider is made by using an old-fashioned cider press to make and take home your own cider. Groups of 10 people are invited to bring approximately 100 apples of their choosing to make approximately 2 gallons of cider. For more information, turn to the History section.



# Find a Little **LOVE** at Oak Marr



Visitors to Oak Marr Rec Center may notice a relatively new feature when driving up to the facility in the form of four, life-size letters that spell out the word: LOVE.

The sign may be hard to miss, but some may wonder exactly when (and why) this uplifting message made its debut.

"We started the LOVE sign during a time when we felt that the country could use a little love," says Laurie Short, park and recreation employee at Oak Marr Rec Center. "It was just after the COVID lockdown, and during political unrest and increased mass shootings. We felt that as people passed our wonderful park, they would feel that there was still some good in this difficult time."

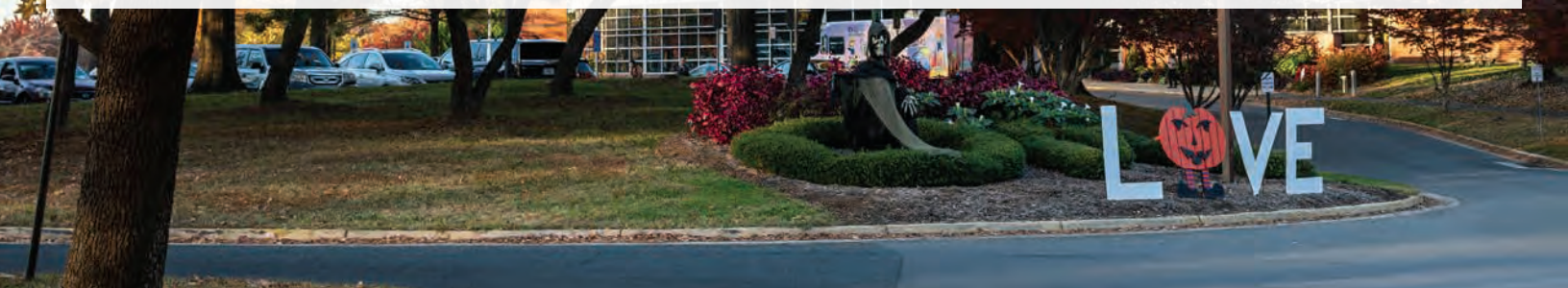
The sign falls in line with the Virginia is for Lovers® slogan that was created by the advertising agency Martin & Woltz Inc. for the Virginia State Travel Service (now the Virginia Tourism Corporation) in 1968. The Oak Marr LOVE sign mirrors many other similar signs that have appeared across the state, which the Virginia Tourism Corporation calls LOVEworks.



"We hope to lift the spirits of our patrons, employees and the people passing by in their cars," Short says. Oak Marr staff crafted the sign out of wood, and each month the "O" in the sign takes on a seasonal decoration. These festive decorations include a heart in February, clover in March, egg in April, pumpkin in October, turkey in November and Santa in December. Some months feature several "costume changes" for the sign, such as shifting from a flower to the Earth to a star in May for all of the events to celebrate.

Landscapers spruced up the area behind the sign with plantings forming "OM" for Oak Marr. The area also features other seasonal decorations and plantings. Head out to Oak Marr Rec Center to see what decorations are featured today and to feel the LOVE for the center.

We invite you to take a picture with the sign and share your LOVE for Fairfax County parks and recreation with everyone! (be sure to tag @Fairfax County Park Authority on Facebook or @fairfaxparks on Instagram, so we can share the LOVE too!)





Tuesday, August 1		
Fall Early Registration Incentive Begins		pg. 118
Friday, August 11		
Fall Early Registration Incentive Ends		pg. 118
Thursday, September 7		
Getaway-Chanticleer Gardens	Green Spring Gardens Park	pg. 49
Saturday, September 9		
Dog Daze	The Water Mine at Lake Fairfax Park	pg. 104
Saturday, September 16		
Virginia Native American Festival	Riverbend Park	pg. 53
Sunday, September 17		
Grind Days	Colvin Run Mill	pg. 76
Saturday, September 23		
Family Fall Festival	Green Spring Gardens	pg. 68
Saturday, September 30		
Oak Hill Open House	Oak Hill Historic House	pg. 79
Sunday, October 1		
Monarch Tag and Tea	Hidden Oaks Nature Center	pg. 91
Saturday, October 7		
Parktober Fest	Ellanor C Lawrence Park	pg. 53
Cider Programs	Colvin Run Mill	pg. 76
Four Club Fall Classic	Jefferson Golf Course	pg. 74
Friday-Sunday, October 13-15		
Farm Harvest Days & Carnival Fun	Frying Pan Farm Park	pg. 52
Saturday, October 14		
Partial Solar Eclipse Celebration	Burke Lake & Turner Farm Park	pg. 106
Friday, October 20		
Campfire Night Hike - Predators at Night	Cub Run Rec Center	pg. 88
Saturday, October 21		
Haunted Pond Jr.	Hidden Pond Nature Center	pg. 92
Friday, October 27		
Halloween on the Farm	Frying Pan Farm Park	pg. 53
Saturday, October 28		
Fear-less Fest	Hidden Oaks Nature Center	pg. 92
Halloween on the Farm	Frying Pan Farm Park	pg. 53
Haunted Mini Golf	Oak Marr Rec Center	pg. 55
Monster Mash 5K Dash & Halloween Fun Run	South Run Rec Center	pg. 53
Spooktacular Tiny Tot Trot	South Run Rec Center	pg. 53
Sunday, November 5		
The War of 1812 and the Homefront	Colvin Run Mill	pg. 80
Thursday, November 16		
Turkey Cup	Greendale Golf Course	pg. 74
Sunday, November 19		
Fall Festival Scramble	Pinecrest Golf Course	pg. 74

# FALL '23

## CALENDAR

*Classes, Events,  
Programs and  
Registration Dates*





# What is Feldenkrais and Why You Should Be Doing It?

The Feldenkrais Method consists of gentle, safe, yet very effective movement sequences that help us to become aware of how we move and replaces old habits with more efficient movements. By engaging your brain's neuroplasticity, you will learn to move with more ease by engaging the whole body and mind. The goal is to reduce excess effort and tension that interfere with performance. Once students adapt the Feldenkrais Method®, transitions are no longer jerky, forced or strained. Lifting weights, cycling, walking, getting into or out of a chair, working at your desk or putting on your socks become smooth, easy and won't hurt. Smooth and easy is what the Feldenkrais Method® is all about.

The Feldenkrais method is taught in Awareness Through Movement® classes offered by the Fairfax County Park Authority. During the class, students will learn to improve posture, avoid or overcome injuries, and move with ease and grace without pain. For those concerned about Osteoporosis we offer Bones for Life® classes, also based on Feldenkrais principles, where participants learn weight bearing processes that avoid shearing stress on joints while safely and optimally regenerating bone tissue and vitality.

If you are interested in trying either class, a free introductory class will be offered at Providence Rec Center on Saturday, August 5. Awareness through Movement will take place at 11 a.m. followed by Bones for Life at 11:30 a.m.

For more information about these classes or others at the Fairfax County Park Authority, please turn to the Exercise and Physical Fitness section starting on pg. 50.



## Fairfax County Park Authority Board Members

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Linwood Gorham.....Mt. Vernon  
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Michael Thompson, Jr.....Springfield  
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Aimee L. Vosper.....Deputy Director/CBD

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Don Sweeney, Shirl Walley,  
David Moss.....Photography  
John Rodgers.....Graphic Design  
Freeport Press.....Printing

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Walter L. Alcorn.....Hunter Mill  
Daniel G. Storck.....Mt. Vernon  
Dalia A. Palchik.....Providence  
Pat Herrity.....Springfield  
Kathy L. Smith.....Sully

**The Winter issue of Parktakes will be available in mid-October. Registration will begin on November 1.**

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

## About Parktakes

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

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Fall 2023 • Vol. 38/No.4

participants when they are being transported in Park Authority vehicles.



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



# VOLUNTEER & DONOR PROFILE

## McLean Central Playground Team



**MCPT Members (Left to Right):**  
Angie Golder, Jenny Gregory,  
Lacey Obry, Cara Schantz, Jessica Wu

McLean Central Playground Team (MCPT) is a grassroots group of local moms, working in conjunction with the Fairfax County Park Authority (FCPA) and Fairfax County Park Foundation (FCPF) to fundraise for the renovation of the McLean Central Park Playground, located at 1468 Dolley Madison Boulevard in McLean, Va. MCPT's mission is to update the McLean Central Playground to offer more inclusive amenities for a wide range of ages and abilities to build community that serve McLean residents and visitors for generations to come.

The MCPT team met through a local playdate group in 2021. Drs. Cara Schantz and Angie Golder got the ball rolling by looking into how to initiate a park renovation. After hearing

that FCPA was taking public input on plans for McLean Central Park, they saw the perfect opportunity to collaborate with FCPA. Lacey Obry joined the team, led outreach to many families, and brought Jessica Wu, Sarah Farzayee and Jenny Gregory on board. Together, they became a strong voice for what families in the area wanted at McLean Central Park Playground — a combined toddler and school-aged playground, an enclosed play space, sensory equipment, more swings, new equipment (with adaptive features) and rubberized poured-in-place flooring instead of mulch.

Your contribution for this exciting project will bring joy to many by helping to make the following features possible:

- Larger footprint to allow for a combined totlot and school age play area\*
- More benches and chairs throughout the play areas to provide ample seating\*
- Fenced-in totlot\*
- Rubberized surfacing (similar to Clemmyjontri Park) will replace mulch in this naturally damp area\*
- New play features and sensory play equipment including a universal adaptive swing will enrich the play experience\*

\*Pending available funding. If the goal is not reached, the restoration will be scaled back.

The beautiful playground design concept will not become a reality without the community's financial support. **MCPT is encouraging donations to be made through the Fairfax County Park Foundation (FCPF) through December 31, 2023 to raise \$400,000 for the McLean Central Park Playground renovation. As a non-profit 501(c)(3) corporation, all gifts to FCPF are tax-deductible to the fullest extent of the law.**

Contributions of any amount are welcome to help move us closer to our goal. Donors giving \$5,000 or greater will be recognized on a leaf plaque, bench or table at the McLean Central Park Playground. This is a wonderful way to honor a loved one or to memorialize someone special!



## MCLEAN CENTRAL PARK PLAYGROUND NEEDS YOUR HELP!

MCPT is asking the community to collectively contribute \$400,000 for the McLean Central Park Playground restoration by December 31, 2023.

Pending a successful fundraising campaign, construction is planned for 2024. This updated playground design will happen only with the community's financial support!

Thank you to our generous sponsors to date including the McLean Community Foundation; Moms Club of McLean/McLean Moms Club; Island Children's Dentistry & Orthodontics; McLean Family Dentistry; and the families and individuals who have already contributed.

Donate Today! [www.FairfaxParkFoundation.org](http://www.FairfaxParkFoundation.org) or call 703-324-8582.





# 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	Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Fishing	Fitness Center	Fitness Trails	Food Service/Concession	Golf-Driving Cages/Indoor Range	Golf-Driving Range	Golf Lessons	Golf-Number of Holes	Golf-Par	Golf-Adapted Power Carts	Golf-Power Carts	Golf Pro Shop
<b>Rec Centers</b>																												
Audrey Moore	703-321-7081			●	●	●												●										
Cub Run	703-817-9407					●												●										
G. Washington	703-780-8894					●												●										
Franconia*	703-922-9841			●	●	●			●									●										
Oak Marr	703-281-6501					●					●							●										
Providence	703-698-1351				●	●												●										
South Run	703-866-0566				●	●												●										
Spring Hill	703-827-0989			●		●												●										
<b>Golf Courses</b>																												
Burke Lake	703-323-1641																			●		●	●	18	54	●		●
Greendale	703-971-6170																			●			●	18	70	●	●	●
Jefferson	703-573-0443																			●				9	35	●	●	●
Laurel Hill	703-493-8849									●										●		●	●	18	71	●	●	●
Oak Marr	703-255-5390																					●	●	9	27	●		●
Pinecrest	703-941-1061																			●	●	●	●	9	35	●	●	●
Twin Lakes	703-631-9099									●										●		●	●	36	71	●	●	●
<b>Major Parks</b>																												
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				●															●								
<b>Nature and Historic Sites</b>																												
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





## Rec Centers

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

## Major Parks

- 10 **Braddock Park**  
13241 Braddock Road  
Clifton 20124 • 703-324-8702
- 11 **Burke Lake Park**  
7315 Ox Road  
Fairfax Station 22039 • 703-323-6600
- 12 **Clemyjontri Park**  
6317 Georgetown Pike  
McLean 22101 • 703-388-2807
- 13 **Frying Pan Farm Park**  
2709 West Ox Road  
Herndon 20171 • 703-437-9101
- 14 **Jefferson District Park**  
7900 Lee Highway  
Falls Church 22042 • 703-573-0443
- 15 **Lake Accotink Park**  
7500 Accotink Park Road  
Springfield 22150 • 703-569-3464
- 16 **Lake Fairfax Park**  
1400 Lake Fairfax Drive  
Reston 20190 • 703-471-5414
- 17 **Laurel Hill Equestrian Center**  
9500 Furnace Road  
Lorton 22079 • 703-437-9101

## Major Parks

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

## Nature Centers

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

## Historic Sites

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

## Historic Sites

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

## Golf Courses

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



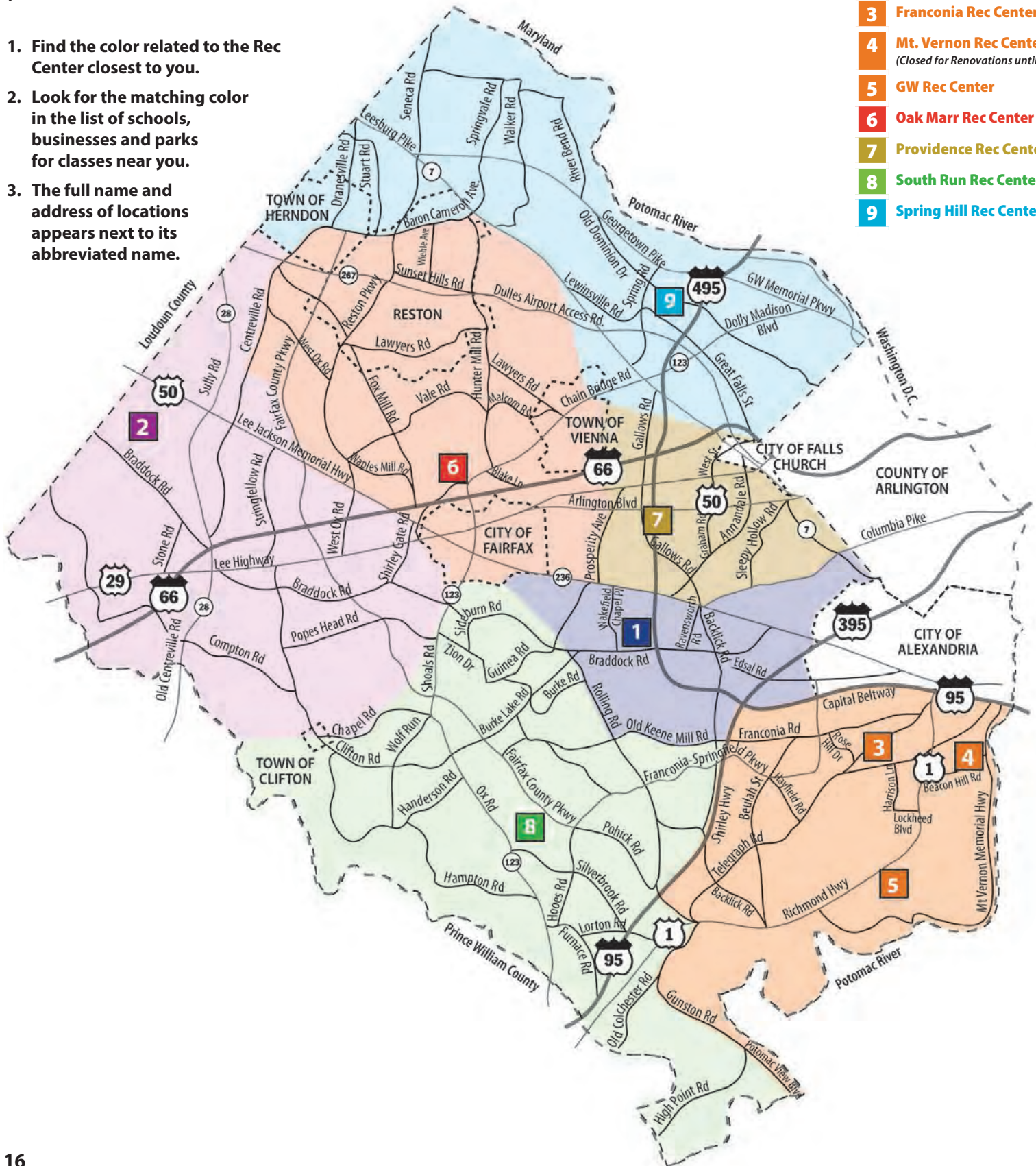


# LOCATION ABBREVIATION GUIDE

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.

- |          |   |
|----------|---|
| <b>1</b> | <b>Audrey Moore Rec Center</b>                                      |
| <b>2</b> | <b>Cub Run Rec Center</b>   |
| <b>3</b> | <b>Franconia Rec Center</b>   |
| <b>4</b> | <b>Mt. Vernon Rec Center</b><br>(Closed for Renovations until 2025) |
| <b>5</b> | <b>GW Rec Center</b>  |
| <b>6</b> | <b>Oak Marr Rec Center</b>  |
| <b>7</b> | <b>Providence Rec Center</b>  |
| <b>8</b> | <b>South Run Rec Center</b>   |
| <b>9</b> | <b>Spring Hill Rec Center</b>                                       |





Abbrv	Name	Address	City, Zip
<b>1. Audrey Moore/Wakefield</b>			
AnnandalePk	Annandale Park	4030 Hummer Rd	Annandale 22003
Camelot ES	Camelot Elementary	8100 Guinevere Dr	Annandale 22003
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
Kings Pk ES	Kings Park Elementary	5400 Harrow Way	Springfield 22151
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	Fairfax 22032
Olde Crk ES	Olde Creek Elementary	9524 Old Creek Rd	Fairfax 22032
Pinecrest GC	Pinecrest Golf Course	6600 Little River Tnpk	Alexandria 22312
St. James	The Saint James	6805 Industrial Rd	Springfield 22151
Wkfld/Moore	Wakefield RECenter	8100 Braddock Rd	Annandale 22003
Woodson HS	Woodson High School	9525 Main St	Fairfax 22031

<b>2. Cub Run</b>			
ArrowbrookPk	Arrowbrook Park	2351 Field Point Rd	Herndon 20170
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Floris ES	Floris Elementary School	2708 Centreville Rd	Herndon 20171
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
GreenbrW ES	Greenbriar West Elementary	13300 Poplar Tree Rd	Fairfax 22033
Stone MS	Stone Middle School	5500 Sully Park Dr	Centreville 21020
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

<b>3. - 5. Franconia /Mt. Vernon /GW</b>			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Bucknell ES	Bucknell Elementary	6925 University Dr	Alexandria 22307
Frnconia ES	Franconia Elementary	6301 Beulah St	Alexandria 22310
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
Hayfield ES	Hayfield Elementary	7622 Telegraph Rd	Alexandria 22315
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Lane ES	Lane Elementary	7137 Beulah St	Alexandria 22315
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306

<b>6. Oak Marr</b>			
FfxlceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
Flint HI ES	Flint Hill Elementary	2444 Flint Hill Rd	Vienna 22181
Hunter House	Hunter House	9537 Courthouse Rd	Vienna 22181
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbyExFrOks	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oak Marr Golf Com	Oak Marr Golf Complex	3200 Jermantown Rd	Oakton 22124
OakMarREC	Oak Marr Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124
Wapls MI ES	Waples Mill Elementary	11509 Waples Mill Rd	Oakton 22124

Fall 2023

Abbrv	Name	Address	City, Zip
<b>7. Providence</b>			
Clark House	Clark House	6338 Barcroft Mews Dr	Alexandria 22312
Fairhill ES	Fairhill Elementary	3001 Chichester Ln	Fairfax 22031
Jefferson Golf	Jefferson Golf Course	7900 Lee Hwy	Falls Church 22042
JRheeFlsCh	Jhoon Rhee Falls Church	1136 West Broad St	Falls Church 22046
MasonDistPk	Mason District Park	6621 Columbia Pike	Annandale, 22003
NOVA Fencers	No. VA Fencers Club	3431-E Carlin Springs Rd	Falls Church 22041
ProvREC	Providence Rec Center	7525 Marc Dr	Falls Church 22042
RndtreePk	Roundtree Park	3411 Casilear Rd	Falls Church 22042
Shrevewd ES	Shrevewood Elementary	7525 Shreve Rd	Falls Church 22043
Stenwood ES	Stenwood Elementary	2600 Gallows Rd	Vienna 22180
Woodbrn ES	Woodburn Elementary	3401 Hemlock Dr	Falls Church 22042

<b>8. South Run</b>			
BlkBltFfx	Black Belt Academy Fairfax	10635 Braddock Rd	Fairfax 22032
BurkeLakeGolf	Burke Lake Golf	6915 Ox Rd	Fairfax Station 22039
Burke Lake Pk	Burke Lake Park	7315 Ox Rd	Fairfax Station 22039
Card Fst ES	Cardinal Forest Elementary	8600 Forrester Blvd	Springfield 22152
CherryRun ES	Cherry Run Elementary	9732 Ironmaster Dr	Burke 22015
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Huntsman Lk	Huntsman Lake	9150 Dorothy Ln	Springfield 22153
Lk Mercer Pk	Lake Mercer Park	9500 Silverbrook Rd	Fairfax Station 22039
Laurel Hill ES	Laurel Hill Elementary	8390 Laurel Crest Dr	Lorton 22079
Laurel Hill GC	Laurel Hill Golf Course	8701 Laurel Crest Dr	Lorton 22079
LaurelHillPk	Laurel Hill Park	8400 Lorton Rd	Lorton 22079
OakVw ES	Oak View Elementary	5004 Sideburn Rd	Fairfax 22032
OrngHunt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
RollngVly ES	Rolling Valley Elementary	6703 Barnack Dr	Springfield 22152
RoyalLakePk	Royal Lake Park	5344 Gainsborough Dr	Fairfax, 22032
Sangster ES	Sangster Elementary	7420 Reservation Dr	Springfield 22153
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152
WhiteOaks ES	White Oaks Elementary	6130 Shiplett Blvd	Burke 22015

<b>9. Spring Hill</b>			
Clemyjontri	Clemyjontri Park	6317 Georgetown Pike	McLean 22101
ColvinRun ES	Colvin Run Elementary	1400 Trapp Rd	Vienna 22182
ColvinRunMill	Colvin Run Mill	10017 Colvin Run Rd	Great Falls 22066
Dransvil Tvrn	Dranesville Tavern	11919 Leesburg Pk	Herndon 20171
FreedomH ES	Freedom Hill Elemen- tary	1945 Lord Fairfax Rd	Vienna 22182
GrtFlsGrange	Great Falls Grange	9818 Georgetown Pk	Great Falls 22066
McLeanCntrlPk	McLean Central Park	1468 Dolley Madison Blvd	McLean 22102
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
SpHillREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066

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





## Adapted Recreation Programs



### ADA/Inclusion Support

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

### Facility Accessibility

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

### Follow guidelines when registering

We suggest if it has been a month or longer since a student has participated in a swimming lesson, that they repeat the previous course completed. If you have any questions about which class is right for you or your child, please contact the Adapted Program Specialist at 703-324-8727. For safety reasons and to ensure customers get the maximum aquatic program benefits, the Park Authority reserves the right to remove students from an inappropriate class and either issue a refund or place them, when possible, in a class that better matches their ability.

### Practice and Repetition are keys to success

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

## Adapted Aquatics

### Adapted Swimming-Preschoolers

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

4AD	6--30 minute lessons--\$91				
4AE	7--30 minute lessons--\$106				
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	9:20am	COA.LSA8	9/9	4AE
OakMarREC	Sa	9:20am	COA.XH22	10/28	4AD
SoRunREC	Sa	11:45am	COA.FVSM	9/9	4AE
SoRunREC	Su	12:15pm	COA.H3CP	9/10	4AE
SoRunREC	Sa	11:45am	COA.Q3LD	11/4	4AD
SoRunREC	Su	12:15pm	COA.VMWV	11/5	4AD



### Adapted Swimming 1

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

4AD	6--30 minute lessons--\$91				
4AE	7--30 minute lessons--\$106				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	E4B.C7R6	9/10	4AE
CubRunREC	Su	2pm	E4B.QALT	10/29	4AE
OakMarREC	Sa	10am	E4B.NDJF	9/9	4AE
OakMarREC	Sa	10am	E4B.4T7P	10/28	4AD
SoRunREC	Sa	9:05am	E4B.J54U	9/9	4AE
SoRunREC	Su	12:55pm	E4B.58ZX	9/10	4AE
SoRunREC	Sa	9:05am	E4B.MEP5	11/4	4AD
SoRunREC	Su	12:55pm	E4B.8FE3	11/5	4AD

### Adapted Swimming 2

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

4AD	6--30 minute lessons--\$91				
4AE	7--30 minute lessons--\$106				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:35pm	6D7.8TFY	9/10	4AE
CubRunREC	Su	2:35pm	6D7.BX9H	10/29	4AE
OakMarREC	Sa	10:40am	6D7.U3XN	9/9	4AE
OakMarREC	Sa	10:40am	6D7.TBGH	10/28	4AD
ProvREC	Su	11am	6D7.2539	9/10	4AD
ProvREC	Su	11am	6D7.CF89	10/22	4AD
SoRunREC	Sa	9:45am	6D7.VLP7	9/9	4AE
SoRunREC	Su	1:35pm	6D7.X82J	9/10	4AE
SoRunREC	Sa	9:45am	6D7.6Z54	11/4	4AD
SoRunREC	Su	1:35pm	6D7.GCZE	11/5	4AD

### Adapted Swimming 3

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

4AD	6--30 minute lessons--\$91				
4AE	7--30 minute lessons--\$106				
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	11:20am	422.8T87	9/9	4AE
OakMarREC	Sa	11:20am	422.554U	10/28	4AD
ProvREC	Su	11:35am	422.NK8L	9/10	4AD
ProvREC	Su	11:35am	422.QFPB	10/22	4AD
SoRunREC	Sa	10:25am	422.P7XX	9/9	4AE
SoRunREC	Sa	10:25am	422.CSK7	11/4	4AD

### Learn to Swim Teens/Adults w/Disabilities

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

4AD		6--30 minute lessons--\$91			
4AE		7--30 minute lessons--\$106			
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	12pm	03B.9CLD	9/9	4AE
OakMarREC	Sa	12pm	03B.P8ZW	10/28	4AD
SoRunREC	Sa	11:05am	03B.P6UE	9/9	4AE
SoRunREC	Sa	11:05am	03B.X25H	11/4	4AD

### Adapted Intro to Basic Strokes

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

4AAR	13--45 minute lessons--\$200				
4AN	6--45 minute lessons--\$91				
4AT	12--45 minute lessons--\$185				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.EZTM	9/9	4AAR
Franconia Rec	Sa	1:10pm	E06.FQY7	9/9	4AT
ProvREC	Su	12:15pm	E06.PFA7	9/10	4AN
ProvREC	Su	12:15pm	E06.D4VD	10/22	4AN
SpHillREC	Sa	12pm	E06.K8BH	9/9	4AAR
Wkfld/Moore	Sa	12pm	E06.WYXS	9/9	4AAR

### Swim Team Training/

#### Intermediate Swimmers w/Disabilities

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

4AAD 12--55 minute lessons--\$189					
4AAI 13--55 minute lessons--\$211					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.F2RX	9/9	4AAI
Franconia Rec	Sa	2pm	C26.DZNS	9/9	4AAD
OakMarREC	Su	2pm	C26.H4G6	9/10	4AAI
SpHillIREC	Sa	1pm	C26.QKUM	9/9	4AAI
Wkfld/Moore	Sa	2pm	C26.56BL	9/9	4AAI



All programs and activities will follow current health safety protocols.

## Swim Team Training/

### Advanced Swimmers w/Disabilities

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

4AAD	12--55 minute lessons--\$189
4AAH	14--55 minute lessons--\$229
4AAI	13--55 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	4pm	B1D.RPA5	9/9	4AAI
Franconia Rec	W	7pm	B1D.UFE5	9/6	4AAH
Franconia Rec	Sa	3pm	B1D.ST8A	9/9	4AAD
OakMarREC	Su	3pm	B1D.CZLU	9/10	4AAI
SpHillREC	Sa	2pm	B1D.8ZNF	9/9	4AAI
Wkfld/Moore	Sa	1pm	B1D.J2FE	9/9	4AAI



## Adapted Deep Water Aqua Fitness

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

4AO 7--45 minute lessons--\$107					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	70A.LB37	9/10	4AO
CubRunREC	Su	3:15pm	70A.3RGF	10/29	4AO

## Aqua Fitness-Individuals

### w/Physical Disabilities

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

4AAF	14--45 minute lessons--\$216				
4AR	10--45 minute lessons--\$154				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3:30pm	460.N39F	9/17	4AR
SpHillREC	Su	4:30pm	460.28HK	9/17	4AR
Wkfld/Moore	F	11am	460.YMQN	9/8	4AAF

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## Adapted Dance & Movement

### Adapted Barre Techniques

(Adults) Barre training is the hottest new fitness class for a balanced, agile and strong body. This hybrid techniques class, combining ballet-inspired moves with other elements of dance and creative movement, help you move through daily life with less effort and more confidence. Classes incorporate a ballet barre and small equipment, using traditional dance moves such as plies, alongside classical ballet positions and stretches. This class is designed for high-functioning adults with intellectual or developmental disabilities.

DPVN 8--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
OakMarREC	W	9am	KBE.TUJ	9/13	DPVN

## Adapted Creative Movement

(18 mos.-4 yrs.) Share the joy of creative movement in this adult and child class while enjoying the benefits of gentle and playful activities. With your child by your side or in your arms, this unique class is creatively designed to make the experience effective and enjoyable for you both. Spend quality time with your child while improving fitness levels and having fun! This class is designed for children with intellectual or developmental disabilities, and adult participation is required.

DTVF 8--55 minute lessons--\$133					
Location	Day	Time	Code	Begin	\$
SpHillREC	T	9am	N4W.YTD5	9/12	DTVF

# Adapted Programs for All Abilities



Individuals with disabilities can experience parks through adapted programming including:

### Adapted Park Explorers (ages 6-11)

Saturday, September 9

Saturday, October 14

Saturday, November 11

10 - 11 a.m.

Ellanor C. Lawrence Park

### Adapted Outdoor Fun (ages 2-5)

Wednesdays, September 13-November 1

10-10:45 a.m.

Clemjontri Park

### Adapted Sights and Sounds of Fall Campfire (ages 4+)

Friday, September 15 • 6-7 p.m.

Friday, September 29 • 6-7:30 p.m.

Ellanor C. Lawrence Park

### Adapted Nature Walk (ages 6+)

Friday, October 10, 5:30-6:30 p.m.

Clemjontri Park

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



# Adapted Recreation

All programs and activities will follow current health safety protocols.

## Adapted Dance Flow

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	4:15pm	522.M6MQ	9/22	4EB	

## Adapted Line Dance

**(Adults)** This fun and exciting class combines low, moderate, and high-energy dance routines from different decades. Line dancing improves balance, coordination, and agility, yet requires no partner or dance experience. A smile and a sense of humor are all that's needed! This class is designed for high-functioning adults with intellectual or developmental disabilities.

DPVN 8--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	10am	K7R.HGQB	9/13	DPVN	

## Adapted Outdoor Opportunities

### Adapted Nature Walk

**(6-Adult)** Join us for a walk through the park to relax, take your time, and enjoy the environment. This accessible walk is designed for individuals with disabilities.

3AA 1--1 hour program--\$12						
Location	Day	Time	Code	Begin	\$	
Clemyjontri	F	5:30pm	87P.4ACR	10/20	3AA	

### JOIN THE AWARD-WINNING



## ADAPTED AQUATICS VOLUNTEERS

- Under the supervision of trained instructors, Adapted Aquatics volunteers work one-on-one with children and adults who have intellectual or physical disabilities.
- The only requirements are a willing heart and a commitment to an eight or 10-week class series. You don't have to be an expert swimmer - just comfortable in the water.
- Volunteers work at **Audrey Moore, Cub Run, Franconia, Oak Marr, Providence, South Run and Spring Hill Rec Centers.**

**VOLUNTEER TRAINING AVAILABLE ONLINE. TO SIGN UP, EMAIL [LINDA.CRONE2@FAIRFAXCOUNTY.GOV](mailto:LINDA.CRONE2@FAIRFAXCOUNTY.GOV)**





## Adapted Outdoor Fun

**(2-5 yrs.)** This fun and exciting adult and child class includes exploring the outdoors through play, games, movement, stories, and songs. This class is designed for children with intellectual or developmental disabilities, and adult participation is required.

4TC 8--45 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
Clemyjontri	W	10am	3P5.MTEN	9/13	4TC	

## Adapted Park Explorers

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

4B4 1--1 hour program--\$10						
Location	Day	Time	Code	Begin	\$	
ECLawncPk	Sa	10am	206.TDSU	9/9	4B4	
ECLawncPk	Sa	10am	206.8A4R	10/14	4B4	
ECLawncPk	Sa	10am	206.7U4B	11/11	4B4	

## Adapted Sights and Sounds of Fall Campfire

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

4B4 1--1 hour program--\$10						
R90E 1--1 hour 30 minute program--\$10						
Location	Day	Time	Code	Begin	\$	
Clemyjontri	F	6pm	3TC.ZJN3	9/29	R90E	
ECLawncPk	F	6pm	3TC.9NVR	9/15	4B4	

## Adapted Sports & Fitness

### 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--\$138						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	5pm	76F.L8BD	9/19	4EB	

## Adapted Walking Soccer

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

DAVA 8--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Little Rn ES	Sa	9am	6C3.J4LP	9/16	DAVA	
Little Rn ES	Sa	10am	6C3.JHY7	9/16	DAVA	

## Adapted Soccer by Vendor

**(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.

DPVN 8--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	12:30pm	GOB.R35W	9/16	DPVN	

## Adapted Sports and Fitness

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	4pm	5D9.CXEE	9/19	4EB	
ProvREC	T	5:15pm	5D9.E8J2	9/19	4EB	
ProvREC	T	6:30pm	5D9.OVU9	9/19	4EB	

## Adapted Tae Kwon Do I

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

DMVB 8--45 minute lessons--\$115						
Location	Day	Time	Code	Begin	\$	
<b>(5-10 yrs.)</b>						
LdbyExFr0ks	Sa	3:30pm	A12.Y94P	9/9	DMVB	
<b>(10-17 yrs.)</b>						
LdbyExFr0ks	Sa	4:15pm	EEC.BSB8	9/9	DMVB	
<b>(16-Adult)</b>						
LdbyExFr0ks	W	7:45pm	456.T3L3	9/13	DMVB	

## Adapted Yoga

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	5:15pm	DOE.VKFP	9/22	4EB	



## Aquatics

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

### Follow guidelines when registering

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

### Practice and Repetition are keys to success

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

### Combining course levels

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

### Pool Health Information

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

## Small-Group Lessons

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

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

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



### One-on-One Swim Lessons

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

## Swim Classes for Children

### Baby & Me Swim

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	665.KL9E	9/16	4AD
CubRunREC	Sa	10:10am	665.H5H8	9/16	4AD
CubRunREC	Su	9am	665.MUH9	9/17	4AD
CubRunREC	Su	10:10am	665.Z6Q3	9/17	4AD
CubRunREC	T	10:30am	665.GSPA	9/19	4AD
CubRunREC	Sa	9am	665.2EQA	10/28	4AE
CubRunREC	Sa	10:10am	665.QSXX	10/28	4AE
CubRunREC	Su	9am	665.XKU4	10/29	4AE

CubRunREC	Su	10:10am	665.TZHE	10/29	4AE
CubRunREC	T	10:30am	665.GH6F	11/7	4AD
Franconia Rec	Sa	9am	665.KH1S	9/9	4AD
Franconia Rec	Su	9:35am	665.AJ4Y	9/10	4AD
Franconia Rec	Sa	9am	665.JLOT	10/28	4AE
Franconia Rec	Su	9am	665.Z5RX	10/29	4AE
GWREC	Sa	9:05am	665.BW8M	9/9	4AE
GWREC	Sa	10:15am	665.YKSQ	9/9	4AE
GWREC	Sa	9:05am	665.2MDR	10/28	4AE
GWREC	Sa	10:15am	665.S89W	10/28	4AE
OakMarREC	W	10:05am	665.29CA	9/6	4AF
OakMarREC	F	10am	665.WH72	9/8	4AF
OakMarREC	Sa	9am	665.HQOY	9/9	4AH
OakMarREC	W	10:05am	665.OQN5	11/1	4AD
OakMarREC	F	10am	665.SPB1	11/3	4AC
OakMarREC	Su	10am	665.IU9Y	12/3	4AA
ProvREC	Sa	8:15am	665.FT51	9/9	4AE
ProvREC	Su	9am	665.ZF9D	9/10	4AE
ProvREC	Sa	8:15am	665.3D64	10/28	4AC
ProvREC	Su	9am	665.HVDJ	10/29	4AC
SoRunREC	Sa	10:25am	665.DXVX	8/26	4AF
SoRunREC	Su	10:15am	665.S49A	8/27	4AF
SoRunREC	Sa	10:25am	665.I05S	10/28	4AE
SoRunREC	Su	10:15am	665.NBM5	10/29	4AE
SpHillREC	Sa	9am	665.0HQ5	8/26	4AE
SpHillREC	Su	9am	665.40MP	8/27	4AE
SpHillREC	M	5:10pm	665.Z635	8/28	4AE
SpHillREC	M	10:10am	665.7SPM	8/28	4AE
SpHillREC	W	6pm	665.SG2P	8/30	4AF
SpHillREC	F	10:10am	665.ATRY	9/1	4AF
SpHillREC	Sa	9am	665.PE5Q	10/21	4AF
SpHillREC	Su	9am	665.9EPN	10/22	4AF
SpHillREC	M	5:45pm	665.B6TA	10/23	4AF
SpHillREC	M	10:10am	665.IR4V	10/23	4AF
SpHillREC	W	6pm	665.TZQQ	10/25	4AE
SpHillREC	F	10:10am	665.ATTQ	10/27	4AE
Wkfld/Moore	Sa	10:10am	665.J0BV	8/26	4AF
Wkfld/Moore	Sa	11:25am	665.99AU	8/26	4AF
Wkfld/Moore	Sa	10:10am	665.25JF	10/28	4AE
Wkfld/Moore	Sa	11:25am	665.ERRW	10/28	4AE

### Toddler & Me Swim

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	FAB.KK63	9/16	4AD
CubRunREC	Sa	10:10am	FAB.3CYX	9/16	4AD
CubRunREC	Sa	10:45am	FAB.99KK	9/16	4AD
CubRunREC	Sa	11:20am	FAB.GBAB	9/16	4AD
CubRunREC	Su	9:35am	FAB.7P2D	9/17	4AD
CubRunREC	Su	10:10am	FAB.YWCX	9/17	4AD
CubRunREC	Su	10:45am	FAB.7XEF	9/17	4AD
CubRunREC	Su	11:20am	FAB.ASJ6	9/17	4AD
CubRunREC	T	10:30am	FAB.V3NR	9/19	4AD
CubRunREC	Sa	9:35am	FAB.BZS7	10/28	4AE
CubRunREC	Sa	10:10am	FAB.TK5D	10/28	4AE
CubRunREC	Sa	10:45am	FAB.J43B	10/28	4AE
CubRunREC	Sa	11:20am	FAB.6TBZ	10/28	4AE



CubRunREC	Su	9:35am	FAB.759K	10/29	4AE
CubRunREC	Su	10:10am	FAB.9LNU	10/29	4AE
CubRunREC	Su	10:45am	FAB.TZ97	10/29	4AE
CubRunREC	Su	11:20am	FAB.BNNT	10/29	4AE
CubRunREC	T	10:30am	FAB.V7AN	11/7	4AD
Franconia Rec Sa		9:35am	FAB.Z5B0	9/9	4AD
Franconia Rec Sa		10:45am	FAB.OBGW	9/9	4AD
Franconia Rec Su		9am	FAB.G7X1	9/10	4AD
Franconia Rec Su		10:50am	FAB.36R9	9/10	4AD
Franconia Rec Sa		9:35am	FAB.M4MN	10/28	4AE
Franconia Rec Sa		10:45am	FAB.FQFB	10/28	4AE
Franconia Rec Su		9:35am	FAB.41ZD	10/29	4AE
Franconia Rec Su		10:50am	FAB.EFGJ	10/29	4AE
GWREC	Sa	9:40am	FAB.8XR4	9/9	4AE
GWREC	Sa	10:50am	FAB.GED2	9/9	4AE
GWREC	Sa	9:40am	FAB.GRPS	10/28	4AE
GWREC	Sa	10:50am	FAB.UWMY	10/28	4AE
OakMarREC	W	10:05am	FAB.9HUX	9/6	4AF
OakMarREC	F	10am	FAB.92WP	9/8	4AF
OakMarREC	Sa	9:40am	FAB.GNMM	9/9	4AH
OakMarREC	W	10:05am	FAB.4500	11/1	4AD
OakMarREC	F	10am	FAB.UF71	11/3	4AC
OakMarREC	Sa	9:50am	FAB.PWQF	12/2	4AA
OakMarREC	Su	10:35am	FAB.TVFO	12/3	4AA
ProvREC	Sa	8:50am	FAB.SVHO	9/9	4AE
ProvREC	Su	9:35am	FAB.KXY3	9/10	4AE
ProvREC	Sa	8:50am	FAB.PSEN	10/28	4AC
ProvREC	Su	9:35am	FAB.PXCY	10/29	4AC
SoRunREC	Sa	11am	FAB.41BE	8/26	4AF
SoRunREC	W	10:30am	FAB.41T7	8/27	4AF
SoRunREC	W	11:15am	FAB.AMOS	8/30	4AG
SoRunREC	F	11:15am	FAB.TDYS	9/8	4AF
SoRunREC	Sa	11am	FAB.JNMA	10/28	4AE
SoRunREC	Su	10:30am	FAB.OPSD	10/29	4AE
SoRunREC	W	11:15am	FAB.D2WJ	11/1	4AD
SoRunREC	F	11:15am	FAB.15S5	11/3	4AD
SpHillREC	Sa	9:35am	FAB.04GA	8/26	4AE
SpHillREC	Sa	12:25pm	FAB.7CSA	8/26	4AE
SpHillREC	Su	9:35am	FAB.KEDU	8/27	4AE
SpHillREC	Su	11:55am	FAB.GH28	8/27	4AE
SpHillREC	M	5:45pm	FAB.B6G5	8/28	4AE
SpHillREC	M	10:10am	FAB.H6V8	8/28	4AE
SpHillREC	W	6:35pm	FAB.OC06	8/30	4AF
SpHillREC	F	10:10am	FAB.UPHB	9/1	4AF
SpHillREC	Sa	9:35am	FAB.9C90	10/21	4AF
SpHillREC	Sa	10:45am	FAB.K4Y8	10/21	4AF
SpHillREC	Su	9:35am	FAB.ASZ0	10/22	4AF
SpHillREC	Su	11:55am	FAB.V6K3	10/22	4AF
SpHillREC	M	10:10am	FAB.OUIM	10/23	4AF
SpHillREC	W	6:35pm	FAB.NGMS	10/25	4AE
SpHillREC	F	10:10am	FAB.YKK4	10/27	4AE
Wkfld/Moore Sa		10:50am	FAB.DV07	8/26	4AF
Wkfld/Moore Sa		11:25am	FAB.FU05	8/26	4AF
Wkfld/Moore Sa		9:35am	FAB.6508	10/28	4AE
Wkfld/Moore Sa		10:50am	FAB.2KQ6	10/28	4AE

## Preschooler and Me Swim

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AH	10--30 minute lessons--\$150

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.M9YR	9/16	4AD
CubRunREC	Su	10:45am	D6F.RU3F	9/17	4AD
CubRunREC	Sa	10:45am	D6F.FQ9P	10/28	4AE
CubRunREC	Su	10:45am	D6F.Y894	10/29	4AE
Franconia Rec Sa		11:20am	D6F.ONAW	9/9	4AD
Franconia Rec Su		11:25am	D6F.FIYE	9/10	4AD
Franconia Rec Sa		11:20am	D6F.C3M6	10/28	4AE
Franconia Rec Su		11:25am	D6F.WR1T	10/29	4AE
GWREC	Sa	11:35am	D6F.K6ZL	9/9	4AE
GWREC	Sa	11:35am	D6F.BYL3	10/28	4AE
OakMarREC	M/W	5:55pm	D6F.U8UM	9/6	4AE
OakMarREC	W	9:30am	D6F.31D9	9/6	4AF
OakMarREC	F	6pm	D6F.O049	9/8	4AF
OakMarREC	Sa	10:20am	D6F.XCOF	9/9	4AH
OakMarREC	Su	10:05am	D6F.CLDK	9/10	4AH
OakMarREC	M/W	5:55pm	D6F.WD6A	10/2	4AF
OakMarREC	M/W	5:55pm	D6F.EMW7	10/30	4AE
OakMarREC	W	9:30am	D6F.URXP	11/1	4AD
OakMarREC	M/W	5:55pm	D6F.B030	11/27	4AD
OakMarREC	Sa	10:30am	D6F.8AU7	12/2	4AA
OakMarREC	Su	12:30pm	D6F.WV71	12/3	4AA
ProvREC	Sa	9:25am	D6F.C3Q4	9/9	4AE
ProvREC	Su	10:10am	D6F.B9AB	9/10	4AE
ProvREC	Sa	9:25am	D6F.5TMX	10/28	4AC
ProvREC	Su	10:10am	D6F.Z4NM	10/29	4AC
SoRunREC	Sa	9:35am	D6F.HGMT	8/26	4AF
SoRunREC	Sa	9:35am	D6F.PSZ2	10/28	4AE
SpHillREC	Sa	10:10am	D6F.7BUE	8/26	4AE
SpHillREC	W	7:10pm	D6F.I0XM	8/30	4AF
SpHillREC	Sa	10:10am	D6F.HX85	10/21	4AF
SpHillREC	Su	10:10am	D6F.G1J4	10/22	4AF
SpHillREC	W	7:10pm	D6F.2VF9	10/25	4AE
SpHillREC	F	4:30pm	D6F.G4X3	10/27	4AE
Wkfld/Moore Sa		9am	D6F.PW09	8/26	4AF
Wkfld/Moore Sa		12pm	D6F.9XFY	8/26	4AF
Wkfld/Moore Sa		9am	D6F.DN7Z	10/28	4AE
Wkfld/Moore Sa		12pm	D6F.AFU1	10/28	4AE

## Pee Wee Paddler I

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

least two body lengths. For safety reasons, flotation devices may be used. Flotation devices are used for all Pee Wee I classes at Audrey Moore and Franconia Rec Centers.

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150
4AI	11--30 minute lessons--\$166
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.8AB1	9/5	4AF
CubRunREC	Th	5pm	4EC.NV3Z	9/7	4AF
CubRunREC	Sa	9am	4EC.GZAZ	9/16	4AD
CubRunREC	Sa	9:35am	4EC.53F7	9/16	4AD
CubRunREC	Sa	10:10am	4EC.8DKA	9/16	4AD
CubRunREC	Sa	11:20am	4EC.BBVU	9/16	4AD
CubRunREC	Su	9am	4EC.V9NZ	9/17	4AD
CubRunREC	Su	9:35am	4EC.3C78	9/17	4AD
CubRunREC	Su	10:10am	4EC.W82Q	9/17	4AD
CubRunREC	Su	11:20am	4EC.QWTT	9/17	4AD
CubRunREC	T	11:05am	4EC.M7ZJ	9/19	4AD
CubRunREC	Sa	9am	4EC.SGCD	10/28	4AE
CubRunREC	Sa	9:35am	4EC.PHJH	10/28	4AE
CubRunREC	Sa	10:10am	4EC.B58X	10/28	4AE
CubRunREC	Sa	11:20am	4EC.85QM	10/28	4AE
CubRunREC	Su	9am	4EC.XMSW	10/29	4AE
CubRunREC	Su	9:35am	4EC.DCXA	10/29	4AE
CubRunREC	Su	10:10am	4EC.TVYG	10/29	4AE
CubRunREC	Su	11:20am	4EC.9XQ8	10/29	4AE
CubRunREC	Th	5pm	4EC.NNT2	11/2	4AD
CubRunREC	T	5pm	4EC.8MT9	11/7	4AD
CubRunREC	T	11:05am	4EC.VJAF	11/7	4AD
Franconia Rec Sa		9:35am	4EC.DRSK	9/9	4AD
Franconia Rec Sa		10:10am	4EC.XEG7	9/9	4AD
Franconia Rec Sa		11:55am	4EC.1375	9/9	4AD
Franconia Rec Su		9am	4EC.GNXX	9/10	4AD
Franconia Rec Su		10:10am	4EC.DHXI	9/10	4AD
Franconia Rec Su		12pm	4EC.HBKG	9/10	4AD
Franconia Rec M/W		5:30pm	4EC.8DG6	9/11	4AD
Franconia Rec M/W		6:05pm	4EC.4JCW	9/11	4AD
Franconia Rec T/Th		5:30pm	4EC.KRPV	9/12	4AD
Franconia Rec T/Th		6:05pm	4EC.CH02	9/12	4AD
Franconia Rec F		5pm	4EC.7S9J	9/15	4AH
Franconia Rec F		5:35pm	4EC.PTKT	9/15	4AH
Franconia Rec M/W		5:30pm	4EC.49IR	10/2	4AF
Franconia Rec M/W		6:05pm	4EC.Q0JV	10/2	4AF
Franconia Rec T/Th		5:30pm	4EC.3XNW	10/3	4AF
Franconia Rec Sa		9:35am	4EC.ZJMH	10/28	4AE
Franconia Rec Sa		10:10am	4EC.WZSX	10/28	4AE
Franconia Rec Sa		11:55am	4EC.00Q7	10/28	4AE
Franconia Rec Su		9am	4EC.XPF2	10/29	4AE
Franconia Rec Su		10:10am	4EC.75HT	10/29	4AE
Franconia Rec Su		12pm	4EC.17BK	10/29	4AE
Franconia Rec M/W		5:30pm	4EC.K002	10/30	4AE
Franconia Rec M/W		6:05pm	4EC.6XAY	10/30	4AE
Franconia Rec T/Th		5:30pm	4EC.2AQA	11/2	4AD
Franconia Rec T/Th		6:05pm	4EC.4RDG	11/2	4AD
Franconia Rec M/W		5:30pm	4EC.B4ZL	11/27	4AD
Franconia Rec M/W		6:05pm	4EC.30P1	11/27	4AD
Franconia Rec T/Th		5:30pm	4EC.D1RX	11/28	4AD
Franconia Rec T/Th		6:05pm	4EC.ATVD	11/28	4AD
GWREC	T	9:30am	4EC.JYV1	9/5	4AF
GWREC	W	9:30am	4EC.6KW1	9/6	4AF
GWREC	Th	9:30am	4EC.VIXT	9/7	4AF
GWREC	Sa	9:05am	4EC.ZKLV	9/9	4AE
GWREC	Sa	10:15am	4EC.55C5	9/9	4AE





programs and activities will follow current health safety protocols.



GWREC	Su	9:55am	4EC.UDK4	9/10	4AE
GWREC	Su	11:15am	4EC.CFTP	9/10	4AE
GWREC	Sa	9:05am	4EC.MJKY	10/28	4AE
GWREC	Sa	10:15am	4EC.DHUB	10/28	4AE
GWREC	Su	9:55am	4EC.PC26	10/29	4AE
GWREC	Su	11:15am	4EC.M6LT	10/29	4AE
GWREC	T	9:30am	4EC.SMEN	10/31	4AE
GWREC	W	9:30am	4EC.J1ZP	11/1	4AD
GWREC	Th	9:30am	4EC.PE35	11/2	4AD
OakMarREC	T/Th	5:55pm	4EC.3T35	9/5	4AF
OakMarREC	M/W	6:30pm	4EC.KE75	9/6	4AE
OakMarREC	Sa	10:20am	4EC.SPI3	9/9	4AH
OakMarREC	Sa	12:20pm	4EC.YFJ1	9/9	4AH
OakMarREC	Su	10:40am	4EC.V54B	9/10	4AH
OakMarREC	Su	12:30pm	4EC.F26C	9/10	4AH
OakMarREC	M/W	6:30pm	4EC.J6CE	10/2	4AF
OakMarREC	T/Th	5:55pm	4EC.R80I	10/3	4AF
OakMarREC	M/W	6:30pm	4EC.2YKQ	10/30	4AE
OakMarREC	T/Th	5:55pm	4EC.RVOD	11/2	4AD
OakMarREC	M/W	6:30pm	4EC.QBVU	11/27	4AD
OakMarREC	T/Th	5:55pm	4EC.Z5RX	11/28	4AD
OakMarREC	Sa	9:15am	4EC.MSLK	12/2	4AA
OakMarREC	Sa	11:05am	4EC.X66A	12/2	4AA
OakMarREC	Su	10am	4EC.532T	12/3	4AA
OakMarREC	Su	11:50am	4EC.JKHV	12/3	4AA
ProvREC	Sa	8:50am	4EC.AXW7	9/9	4AE
ProvREC	Sa	9:25am	4EC.1Y5S	9/9	4AE
ProvREC	Sa	11:40am	4EC.MHUS	9/9	4AE
ProvREC	Su	9am	4EC.R2MC	9/10	4AE
ProvREC	Su	10:10am	4EC.LMAQ	9/10	4AE
ProvREC	Su	12:25pm	4EC.1YT7	9/10	4AE
ProvREC	M	5:45pm	4EC.07JO	9/11	4AE
ProvREC	Sa	8:50am	4EC.GSBA	10/28	4AC
ProvREC	Sa	9:25am	4EC.41A2	10/28	4AC
ProvREC	Sa	11:40am	4EC.8MWN	10/28	4AC
ProvREC	Su	9am	4EC.QU45	10/29	4AC
ProvREC	Su	10:10am	4EC.3LL7	10/29	4AC
ProvREC	Su	12:25pm	4EC.0RIH	10/29	4AC
ProvREC	M	5:45pm	4EC.A5D1	10/30	4AE
SoRunREC	Sa	9am	4EC.U39H	8/26	4AF
SoRunREC	Sa	11:15am	4EC.EWU8	8/26	4AF
SoRunREC	Sa	11:50am	4EC.N1F3	8/26	4AF

SoRunREC	Su	8:30am	4EC.GLB3	8/27	4AF
SoRunREC	Su	9:05am	4EC.LZ9P	8/27	4AF
SoRunREC	M/W	6:05pm	4EC.RS75	8/28	4AG
SoRunREC	T/Th	6pm	4EC.PWSU	8/29	4AH
SoRunREC	W	10:40am	4EC.JLH4	8/30	4AG
SoRunREC	W	10:40am	4EC.RN7F	8/30	4AG
SoRunREC	F	1:30pm	4EC.I1BE	9/8	4AF
SoRunREC	F	5:30pm	4EC.VY4I	9/8	4AI
SoRunREC	F	10:40am	4EC.COY0	9/8	4AF
SoRunREC	M/W	6:05pm	4EC.M53U	10/2	4AF
SoRunREC	T/Th	6pm	4EC.PRLZ	10/3	4AF
SoRunREC	Sa	9am	4EC.H5KG	10/28	4AE
SoRunREC	Sa	11:15am	4EC.N5UA	10/28	4AE
SoRunREC	Sa	11:50am	4EC.G3XI	10/28	4AE
SoRunREC	Su	8:30am	4EC.XKCS	10/29	4AE
SoRunREC	Su	9:05am	4EC.OS1D	10/29	4AE
SoRunREC	M/W	6:05pm	4EC.KH8Z	10/30	4AE
SoRunREC	W	10:40am	4EC.U3BV	11/1	4AD
SoRunREC	T/Th	6pm	4EC.RDIA	11/2	4AD
SoRunREC	F	1:30pm	4EC.B6GQ	11/3	4AD
SoRunREC	F	10:40am	4EC.EUCQ	11/3	4AD
SoRunREC	M/W	6:05pm	4EC.FCOT	11/27	4AD
SoRunREC	T/Th	6pm	4EC.MDG8	11/28	4AD
SpHillREC	Sa	9am	4EC.QG57	8/26	4AE
SpHillREC	Sa	9:35am	4EC.QZHY	8/26	4AE
SpHillREC	Sa	10:10am	4EC.AL6Q	8/26	4AE
SpHillREC	Sa	12:10pm	4EC.QBIU	8/26	4AE
SpHillREC	Su	9am	4EC.EIDA	8/27	4AE
SpHillREC	Su	9:35am	4EC.F16V	8/27	4AE
SpHillREC	Su	10:10am	4EC.3X32	8/27	4AE
SpHillREC	Su	10:45am	4EC.AR2K	8/27	4AE
SpHillREC	M	5:10pm	4EC.L740	8/28	4AE
SpHillREC	T	5:25pm	4EC.7VY2	8/29	4AF
SpHillREC	W	4:35pm	4EC.SOQQ	8/30	4AF
SpHillREC	Th	4:50pm	4EC.X51F	8/31	4AF
SpHillREC	F	3:55pm	4EC.GXQH	9/1	4AF
SpHillREC	F	5:05pm	4EC.D51C	9/1	4AF
SpHillREC	Sa	9am	4EC.E5A3	10/21	4AF
SpHillREC	Sa	9:35am	4EC.50XS	10/21	4AF
SpHillREC	Sa	10:10am	4EC.TWES	10/21	4AF
SpHillREC	Sa	11:55am	4EC.HRXS	10/21	4AF
SpHillREC	Su	9am	4EC.UKSO	10/22	4AF
SpHillREC	Su	9:35am	4EC.LP77	10/22	4AF
SpHillREC	Su	11:20am	4EC.5YWN	10/22	4AF
SpHillREC	M	5:10pm	4EC.BUGP	10/23	4AF
SpHillREC	T	5:25pm	4EC.F1VB	10/24	4AE
SpHillREC	W	4:35pm	4EC.V56D	10/25	4AE
SpHillREC	Th	5:25pm	4EC.077B	10/26	4AE
SpHillREC	F	3:55pm	4EC.1J7Y	10/27	4AE
Wkfld/Moore	Sa	9am	4EC.FLII	8/26	4AF
Wkfld/Moore	Sa	10:25am	4EC.DS4D	8/26	4AF
Wkfld/Moore	Sa	12pm	4EC.PY1I	8/26	4AF
Wkfld/Moore	Su	9am	4EC.8Y8X	8/27	4AF
Wkfld/Moore	Su	10:25am	4EC.0Y1Y	8/27	4AF
Wkfld/Moore	M/W	5:30pm	4EC.WZU8	8/28	4AG
Wkfld/Moore	M/W	5:30pm	4EC.YGKI	10/2	4AF
Wkfld/Moore	Sa	9am	4EC.FCQO	10/28	4AE
Wkfld/Moore	Sa	10:25am	4EC.R56P	10/28	4AE
Wkfld/Moore	Sa	12pm	4EC.PB4S	10/28	4AE
Wkfld/Moore	Su	9am	4EC.PIRE	10/29	4AE
Wkfld/Moore	Su	10:25am	4EC.OS5R	10/29	4AE
Wkfld/Moore	M/W	5:30pm	4EC.GB1E	10/30	4AE
SpHillREC	M	4pm	33C.8KX5	8/28	4ANE
SpHillREC	M	9:35am	33C.7B7K	8/28	4ANE
SpHillREC	T	3:40pm	33C.7W1U	8/29	4ANF
SpHillREC	Th	3:40pm	33C.639J	8/31	4ANF
SpHillREC	F	9:35am	33C.KCQF	9/1	4ANF
SpHillREC	M	4pm	33C.MC28	10/23	4ANF
SpHillREC	M	9:35am	33C.RAXM	10/23	4ANF
SpHillREC	T	3:40pm	33C.A452	10/24	4ANE
SpHillREC	Th	3:40pm	33C.8YFU	10/26	4ANE
SpHillREC	F	9:35am	33C.EH72	10/27	4ANE

## Pee Wee Paddler II

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150
4AI	11--30 minute lessons--\$166
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	7D6.F6QX	9/5	4AF
CubRunREC	T	6:10pm	7D6.XJ7Z	9/5	4AF
CubRunREC	Sa	9am	7D6.75CX	9/16	4AD
CubRunREC	Sa	9:35am	7D6.U4HL	9/16	4AD
CubRunREC	Sa	10:45am	7D6.K956	9/16	4AD
CubRunREC	Sa	11:20am	7D6.MQKT	9/16	4AD
CubRunREC	Su	9am	7D6.H7DZ	9/17	4AD
CubRunREC	Su	9:35am	7D6.QNLN	9/17	4AD
CubRunREC	Su	10:45am	7D6.P5QR	9/17	4AD
CubRunREC	Su	11:20am	7D6.CL2M	9/17	4AD
CubRunREC	T	11:40am	7D6.2P2N	9/19	4AD
CubRunREC	T	12:50pm	7D6.AQT6	9/19	4AD
CubRunREC	Sa	9am	7D6.GWK4	10/28	4AE
CubRunREC	Sa	9:35am	7D6.2J7J	10/28	4AE
CubRunREC	Sa	10:45am	7D6.GDM4	10/28	4AE
CubRunREC	Sa	11:20am	7D6.45B3	10/28	4AE
CubRunREC	Su	9am	7D6.38GH	10/29	4AE
CubRunREC	Su	9:35am	7D6.4DGG	10/29	4AE
CubRunREC	Su	10:45am	7D6.SN3B	10/29	4AE
CubRunREC	Su	11:20am	7D6.Y7MV	10/29	4AE
CubRunREC	Th	5:35pm	7D6.ZY5C	11/2	4AD
CubRunREC	Th	6:10pm	7D6.QJET	11/2	4AD
CubRunREC	T	5:35pm	7D6.QDM8	11/7	4AD
CubRunREC	T	6:10pm	7D6.K9U5	11/7	4AD
CubRunREC	T	11:40am	7D6.3XXE	11/7	4AD
CubRunREC	T	12:50pm	7D6.FVRD	11/7	4AD
Franconia Rec	Sa	9am	7D6.6PNT	9/9	4AD
Franconia Rec	Sa	9:35am	7D6.TI91	9/9	4AD
Franconia Rec	Sa	12:30pm	7D6.L689	9/9	4AD
Franconia Rec	Su	9am	7D6.RN8S	9/10	4AD
Franconia Rec	Su	10:50am	7D6.A1US	9/10	4AD
Franconia Rec	Su	12:35pm	7D6.WW5K	9/10	4AD
Franconia Rec	M/W	5:30pm	7D6.MQFK	9/11	4AD
Franconia Rec	M/W	6:05pm	7D6.UC5P	9/11	4AD
Franconia Rec	T/Th	5:30pm	7D6.NJWC	9/12	4AD
Franconia Rec	F	5pm	7D6.TV7J	9/15	4AH
Franconia Rec	M/W	5:30pm	7D6.XAQQ	10/2	4AF
Franconia Rec	M/W	6:05pm	7D6.B0AO	10/2	4AF
Franconia Rec	T/Th	5:30pm	7D6.F9CL	10/3	4AF
Franconia Rec	Sa	9am	7D6.YEHJ	10/28	4AE
Franconia Rec	Sa	9:35am	7D6.06J8	10/28	4AE
Franconia Rec	Sa	12:30pm	7D6.SLJX	10/28	4AE
Franconia Rec	Su	9am	7D6.07E2	10/29	4AE
Franconia Rec	Su	10:50am	7D6.U42B	10/29	4AE
Franconia Rec	Su	10:50am	7D6.UA2B	10/29	4AE
Franconia Rec	Su	12:35pm	7D6.V1T9	10/29	4AE
Franconia Rec	M/W	5:30pm	7D6.ELDC	10/30	4AE
Franconia Rec	M/W	6:05pm	7D6.X182	10/30	4AE
Franconia Rec	T/Th	5:30pm	7D6.CZ14	11/2	4AD
Franconia Rec	M/W	5:30pm	7D6.340X	11/27	4AD



All programs and activities will follow current health safety protocols.

Franconia Rec	M/W	6:05pm	7D6.MFY8	11/27	4AD
Franconia Rec	T/Th	5:30pm	7D6.30NT	11/28	4AD
GWREC	T	1:30pm	7D6.4XWB	9/5	4AF
GWREC	T	10:05am	7D6.C4UY	9/5	4AF
GWREC	W	1:30pm	7D6.ZKL1	9/6	4AF
GWREC	W	10:05am	7D6.PV60	9/6	4AF
GWREC	Th	1:30pm	7D6.ZU7L	9/7	4AF
GWREC	Th	10:05am	7D6.FUTP	9/7	4AF
GWREC	Sa	9:40am	7D6.RZ5C	9/9	4AE
GWREC	Sa	10:50am	7D6.XPED	9/9	4AE
GWREC	Su	10:30am	7D6.FY2M	9/10	4AE
GWREC	Su	11:50am	7D6.Q9L3	9/10	4AE
GWREC	Sa	9:40am	7D6.JBKY	10/28	4AE
GWREC	Sa	10:50am	7D6.6JFC	10/28	4AE
GWREC	Su	10:30am	7D6.F50P	10/29	4AE
GWREC	Su	11:50am	7D6.JV4E	10/29	4AE
GWREC	T	1:30pm	7D6.H9CC	10/31	4AE
GWREC	T	10:05am	7D6.UH76	10/31	4AE
GWREC	W	1:30pm	7D6.KBAV	11/1	4AD
GWREC	W	10:05am	7D6.VEPV	11/1	4AD
GWREC	Th	1:30pm	7D6.MED8	11/2	4AD
GWREC	Th	10:05am	7D6.ROGR	11/2	4AD
OakMarREC	T/Th	6:30pm	7D6.JFJX	9/5	4AF
OakMarREC	M/W	6:30pm	7D6.ISIV	9/6	4AE
OakMarREC	F	6pm	7D6.C6NQ	9/8	4AF
OakMarREC	Sa	9:40am	7D6.NY0X	9/9	4AH
OakMarREC	Sa	11:40am	7D6.S98J	9/9	4AH
OakMarREC	Su	11:20am	7D6.X03B	9/10	4AH
OakMarREC	Su	12:25pm	7D6.U8IK	9/10	4AH
OakMarREC	M/W	6:30pm	7D6.B0NX	10/2	4AF
OakMarREC	T/Th	6:30pm	7D6.EX1X	10/3	4AF
OakMarREC	M/W	6:30pm	7D6.3535	10/30	4AE
OakMarREC	T/Th	6:30pm	7D6.7XD0	11/2	4AD
OakMarREC	M/W	6:30pm	7D6.LG4X	11/27	4AD
OakMarREC	T/Th	6:30pm	7D6.CG8K	11/28	4AD
OakMarREC	Sa	9:50am	7D6.3AKW	12/2	4AA
OakMarREC	Su	10:35am	7D6.K04X	12/3	4AA
ProvREC	W	6pm	7D6.VZLD	9/6	4AF
ProvREC	F	4:30pm	7D6.B3YA	9/8	4AF
ProvREC	Sa	8:50am	7D6.KFNA	9/9	4AE
ProvREC	Sa	9:25am	7D6.V6Y8	9/9	4AE
ProvREC	Su	9:35am	7D6.QP90	9/10	4AE
ProvREC	Su	12:25pm	7D6.83X5	9/10	4AE
ProvREC	M	5:45pm	7D6.QX83	9/11	4AE
ProvREC	Sa	8:50am	7D6.4S2U	10/28	4AC
ProvREC	Sa	9:25am	7D6.NB0B	10/28	4AC
ProvREC	Su	9:35am	7D6.3C3D	10/29	4AC
ProvREC	Su	12:25pm	7D6.6QA7	10/29	4AC
ProvREC	M	5:45pm	7D6.CM2H	10/30	4AE
ProvREC	W	6pm	7D6.WJWK	11/1	4AD
SoRunREC	Sa	9am	7D6.6ZD0	8/26	4AF
SoRunREC	Sa	9:50am	7D6.IYV0	8/26	4AF
SoRunREC	Sa	11:50am	7D6.VDEC	8/26	4AF
SoRunREC	Su	9:05am	7D6.68TI	8/27	4AF
SoRunREC	Su	9:40am	7D6.ZG24	8/27	4AF
SoRunREC	Su	10:10am	7D6.Y3TH	8/27	4AF
SoRunREC	Su	10:50am	7D6.2GVV	8/27	4AF
SoRunREC	M/W	6:40pm	7D6.1H18	8/28	4AG
SoRunREC	T/Th	6:55pm	7D6.SJ0Y	8/29	4AH
SoRunREC	W	9:30am	7D6.ZG59	8/30	4AG
SoRunREC	F	2:05pm	7D6.RU2T	9/8	4AF
SoRunREC	F	5:30pm	7D6.98HE	9/8	4AI
SoRunREC	F	6:55pm	7D6.REF6	9/8	4AI
SoRunREC	F	10:05am	7D6.70S1	9/8	4AF
SoRunREC	M/W	6:40pm	7D6.JV20	10/2	4AF
SoRunREC	T/Th	6:55pm	7D6.0F7I	10/3	4AF
SoRunREC	Sa	9am	7D6.ISVU	10/28	4AE
SoRunREC	Sa	9:50am	7D6.7R0S	10/28	4AE
SoRunREC	Sa	11:50am	7D6.CB2J	10/28	4AE
SoRunREC	Su	9:05am	7D6.EU4Y	10/29	4AE
SoRunREC	Su	9:40am	7D6.5LQM	10/29	4AE
SoRunREC	Su	10:10am	7D6.9I7C	10/29	4AE

SoRunREC	Su	10:50am	7D6.CCPE	10/29	4AE
SoRunREC	M/W	6:40pm	7D6.4NC6	10/30	4AE
SoRunREC	W	10:05am	7D6.YSZE	11/1	4AD
SoRunREC	T/Th	6:55pm	7D6.YF0N	11/2	4AD
SoRunREC	F	2:05pm	7D6.7SSX	11/3	4AD
SoRunREC	F	10:05am	7D6.HY4F	11/3	4AD
SoRunREC	M/W	6:40pm	7D6.JG0R	11/27	4AD
SoRunREC	T/Th	6:55pm	7D6.1260	11/28	4AD
SpHillREC	Sa	9am	7D6.NB0Z	8/26	4AE
SpHillREC	Sa	9:35am	7D6.8C7H	8/26	4AE
SpHillREC	Sa	10:10am	7D6.1KR8	8/26	4AE
SpHillREC	Sa	10:45am	7D6.PZNP	8/26	4AE
SpHillREC	Su	9:35am	7D6.5V7Z	8/27	4AE
SpHillREC	Su	10:10am	7D6.0090	8/27	4AE
SpHillREC	Su	11:20am	7D6.R5GW	8/27	4AE
SpHillREC	M	4:35pm	7D6.07ND	8/28	4AE
SpHillREC	M	5:45pm	7D6.70CE	8/28	4AE
SpHillREC	T	4:15pm	7D6.A6DS	8/29	4AF
SpHillREC	W	4:35pm	7D6.7ZMQ	8/30	4AF
SpHillREC	Th	6pm	7D6.P9WC	8/31	4AF
SpHillREC	F	4:30pm	7D6.A809	9/1	4AF
SpHillREC	Sa	9am	7D6.CMCH	10/21	4AF
SpHillREC	Sa	9:35am	7D6.6LQ3	10/21	4AF
SpHillREC	Sa	10:10am	7D6.60BA	10/21	4AF
SpHillREC	Sa	10:45am	7D6.WI08	10/21	4AF
SpHillREC	Su	9:35am	7D6.S01Z	10/22	4AF
SpHillREC	Su	10:10am	7D6.BT8S	10/22	4AF
SpHillREC	Su	10:45am	7D6.JE0I	10/22	4AF
SpHillREC	M	4:35pm	7D6.E9D8	10/23	4AF
SpHillREC	M	5:45pm	7D6.ACCY	10/23	4AF
SpHillREC	T	4:15pm	7D6.ZBWW	10/24	4AE

SpHillREC	W	5:10pm	7D6.JSTB	10/25	4AE
SpHillREC	Th	4:15pm	7D6.7VPX	10/26	4AE
SpHillREC	F	3:55pm	7D6.D45V	10/27	4AE
SpHillREC	F	5:05pm	7D6.GZ7S	10/27	4AE
SpHillREC	M	4pm	591.RQAU	8/28	4ANE
SpHillREC	M	10:45am	591.BSR3	8/28	4ANE
SpHillREC	W	4pm	591.07H7	8/30	4ANF
SpHillREC	Th	4pm	591.4KNA	8/31	4ANF
SpHillREC	F	10:45am	591.Q1FT	9/1	4ANF
SpHillREC	M	4pm	591.L6P0	10/23	4ANF
SpHillREC	M	10:45am	591.KR6B	10/23	4ANF
SpHillREC	T	4:10pm	591.JEKS	10/24	4ANE
SpHillREC	W	4pm	591.VU1P	10/25	4ANE
SpHillREC	Th	4pm	591.CJ6L	10/26	4ANE
SpHillREC	F	10:45am	591.5X5V	10/27	4ANE

## Pee Wee Paddler III

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AH	10--30 minute lessons--\$150
4AI	11--30 minute lessons--\$166
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANG	9--30 minute lessons--\$211
4ANI	11--30 minute lessons--\$257

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- Pee Wee Paddlers
- Swimming for Children
- Stroke Mechanics



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Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	E4E.UUHL	9/5	4AF
CubRunREC	T	6:10pm	E4E.RHFP	9/5	4AF
CubRunREC	Th	5pm	E4E.WY28	9/7	4AF
CubRunREC	Th	6:10pm	E4E.TACJ	9/7	4AF
CubRunREC	Sa	9am	E4E.FC4D	9/16	4AD
CubRunREC	Sa	9:35am	E4E.TG97	9/16	4AD
CubRunREC	Sa	10:10am	E4E.DRSU	9/16	4AD
CubRunREC	Sa	10:45am	E4E.UKNH	9/16	4AD
CubRunREC	Sa	11:20am	E4E.9NMN	9/16	4AD
CubRunREC	Su	9am	E4E.Z428	9/17	4AD
CubRunREC	Su	9:35am	E4E.5KZA	9/17	4AD
CubRunREC	Su	10:10am	E4E.57CH	9/17	4AD
CubRunREC	Su	10:45am	E4E.LNDH	9/17	4AD
CubRunREC	Su	11:20am	E4E.ABGL	9/17	4AD
CubRunREC	T	12:15pm	E4E.D3PM	9/19	4AD
CubRunREC	Sa	9am	E4E.YSRK	10/28	4AE
CubRunREC	Sa	9:35am	E4E.J53Q	10/28	4AE
CubRunREC	Sa	10:10am	E4E.LQG5	10/28	4AE
CubRunREC	Sa	10:45am	E4E.T9MZ	10/28	4AE
CubRunREC	Sa	11:20am	E4E.2UW6	10/28	4AE
CubRunREC	Su	9am	E4E.U4N5	10/29	4AE
CubRunREC	Su	9:35am	E4E.HQE9	10/29	4AE
CubRunREC	Su	10:10am	E4E.YQYM	10/29	4AE
CubRunREC	Su	10:45am	E4E.CKYD	10/29	4AE
CubRunREC	Su	11:20am	E4E.GB3Q	10/29	4AE
CubRunREC	Th	5pm	E4E.3YDX	11/2	4AD
CubRunREC	Th	6:10pm	E4E.Y3KJ	11/2	4AD
CubRunREC	T	5pm	E4E.FYAN	11/7	4AD
CubRunREC	T	6:10pm	E4E.YNL3	11/7	4AD
CubRunREC	T	12:15pm	E4E.XVGA	11/7	4AD
Franconia Rec	Sa	9am	E4E.RNQ0	9/9	4AD
Franconia Rec	Sa	10:10am	E4E.MHD5	9/9	4AD
Franconia Rec	Sa	12:30pm	E4E.CCBN	9/9	4AD



All programs and activities will follow current health safety protocols.

Franconia Rec Su	9am	E4E.00AF	9/10	4AD
Franconia Rec Su	10:10am	E4E.I2A8	9/10	4AD
Franconia Rec M/W	5:30pm	E4E.Y9N3	9/11	4AD
Franconia Rec T/Th	6:05pm	E4E.ZHB1	9/12	4AD
Franconia Rec F	5:35pm	E4E.KVER	9/15	4AH
Franconia Rec M/W	5:30pm	E4E.4V8E	10/2	4AF
Franconia Rec T/Th	6:05pm	E4E.L943	10/3	4AF
Franconia Rec Sa	9am	E4E.0557	10/28	4AE
Franconia Rec Sa	10:10am	E4E.5B07	10/28	4AE
Franconia Rec Sa	12:30pm	E4E.J8KX	10/28	4AE
Franconia Rec Su	9am	E4E.NIQ4	10/29	4AE
Franconia Rec Su	10:10am	E4E.RTAP	10/29	4AE
Franconia Rec M/W	5:30pm	E4E.WIC7	10/30	4AE
Franconia Rec T/Th	6:05pm	E4E.M8AG	11/2	4AD
Franconia Rec M/W	5:30pm	E4E.ONQV	11/27	4AD
Franconia Rec T/Th	6:05pm	E4E.GZ68	11/28	4AD
GWREC T	2:05pm	E4E.TEJA	9/5	4AF
GWREC T	10:45am	E4E.25E3	9/5	4AF
GWREC W	2:05pm	E4E.YM9M	9/6	4AF
GWREC W	10:45am	E4E.9KQH	9/6	4AF
GWREC Th	2:05pm	E4E.JU2V	9/7	4AF
GWREC Th	10:45am	E4E.H68C	9/7	4AF
GWREC Sa	12:10pm	E4E.CKMB	9/9	4AE
GWREC Su	9:55am	E4E.H824	9/10	4AE
GWREC Sa	12:10pm	E4E.EKU8	10/28	4AE
GWREC Sa	9:55am	E4E.KZNV	10/29	4AE
GWREC T	2:05pm	E4E.F4J6	10/31	4AE
GWREC T	10:45am	E4E.4KFO	10/31	4AE
GWREC W	2:05pm	E4E.3XJN	11/1	4AD
GWREC W	10:45am	E4E.5BES	11/1	4AD
GWREC Th	2:05pm	E4E.UB3Q	11/2	4AD
GWREC Th	10:45am	E4E.7WXR	11/2	4AD
OakMarREC T/Th	5:55pm	E4E.6T2P	9/5	4AF
OakMarREC F	6:35pm	E4E.0019	9/8	4AF
OakMarREC Sa	9am	E4E.WDMP	9/9	4AH
OakMarREC Sa	11am	E4E.YUGU	9/9	4AH
OakMarREC Sa	12:20pm	E4E.1UXO	9/9	4AH
OakMarREC Su	11:55am	E4E.X9VX	9/10	4AH
OakMarREC T/Th	5:55pm	E4E.3N4J	10/3	4AF
OakMarREC T/Th	5:55pm	E4E.4WNN	11/2	4AD
OakMarREC T/Th	5:55pm	E4E.3ER4	11/28	4AD
OakMarREC Sa	10:30am	E4E.4TWR	12/2	4AA
OakMarREC Su	11:15am	E4E.Z3ZI	12/3	4AA
ProvREC T	6pm	E4E.Y01E	9/5	4AF
ProvREC W	6:35pm	E4E.SVOE	9/6	4AF
ProvREC F	5:05pm	E4E.COPC	9/8	4AF
ProvREC Sa	8:15am	E4E.JJY5	9/9	4AE
ProvREC Sa	12:15pm	E4E.7I94	9/9	4AE



ProvREC Su	9:35am	E4E.KEP4	9/10	4AE
ProvREC Su	10:10am	E4E.939N	9/10	4AE
ProvREC Sa	8:15am	E4E.AMDJ	10/28	4AC
ProvREC Sa	12:15pm	E4E.3XYF	10/28	4AC
ProvREC Su	9:35am	E4E.EQFM	10/29	4AC
ProvREC Su	10:10am	E4E.VWZJ	10/29	4AC
ProvREC W	6:35pm	E4E.MWZP	11/1	4AD
ProvREC T	6pm	E4E.TIGE	11/7	4AD
SoRunREC Sa	9:50am	E4E.AIGP	8/26	4AF
SoRunREC Sa	11:35am	E4E.BTRG	8/26	4AF
SoRunREC Su	8:30am	E4E.JB7D	8/27	4AF
SoRunREC Su	10:45am	E4E.RG1J	8/27	4AF
SoRunREC M/W	6pm	E4E.YVKO	8/28	4AG
SoRunREC T/Th	7:25pm	E4E.MIAT	8/29	4AH
SoRunREC W	9:30am	E4E.N6FO	8/30	4AG
SoRunREC F	9:30am	E4E.PKS8	9/1	4AG
SoRunREC F	2:40pm	E4E.9MSG	9/8	4AF
SoRunREC F	7:30pm	E4E.AHP9	9/8	4AI
SoRunREC M/W	6pm	E4E.ZEY1	10/2	4AF
SoRunREC T/Th	7:25pm	E4E.MYXS	10/3	4AF
SoRunREC Sa	9:50am	E4E.ECAC	10/28	4AE
SoRunREC Sa	11:35am	E4E.K9DR	10/28	4AE
SoRunREC Su	8:30am	E4E.9QRL	10/29	4AE
SoRunREC Su	10:45am	E4E.028R	10/29	4AE
SoRunREC M/W	6pm	E4E.CD07	10/30	4AE
SoRunREC W	9:30am	E4E.LRXF	11/1	4AD
SoRunREC T/Th	7:25pm	E4E.FGND	11/2	4AD
SoRunREC F	2:40pm	E4E.3SL1	11/3	4AD
SoRunREC F	9:30am	E4E.4305	11/3	4AD
SoRunREC M/W	6pm	E4E.FBQ9	11/27	4AD
SoRunREC T/Th	7:25pm	E4E.G08B	11/28	4AD
SpHillREC Sa	9:35am	E4E.UHZ6	8/26	4AE
SpHillREC Sa	11:20am	E4E.LCAU	8/26	4AE
SpHillREC Sa	12:25pm	E4E.G0JR	8/26	4AE
SpHillREC Su	10:10am	E4E.1FPT	8/27	4AE
SpHillREC Su	12:30pm	E4E.96VX	8/27	4AE
SpHillREC M	4:35pm	E4E.YCFJ	8/28	4AE
SpHillREC T	4:50pm	E4E.ER1L	8/29	4AF
SpHillREC W	5:10pm	E4E.FTKA	8/30	4AF
SpHillREC W	6pm	E4E.I4BB	8/30	4AF
SpHillREC Th	4:15pm	E4E.3W04	8/31	4AF
SpHillREC Th	7:10pm	E4E.V4RM	8/31	4AF
SpHillREC Sa	9:35am	E4E.V03B	10/21	4AF
SpHillREC Sa	10:10am	E4E.JOTR	10/21	4AF
SpHillREC Su	10:10am	E4E.DFDS	10/22	4AF
SpHillREC Su	12:30pm	E4E.BQ23	10/22	4AF
SpHillREC M	4:35pm	E4E.LZPX	10/23	4AF

SpHillREC T	4:50pm	E4E.QI17	10/24	4AE
SpHillREC W	4:35pm	E4E.D00M	10/25	4AE
SpHillREC W	5:10pm	E4E.G0B4	10/25	4AE
SpHillREC Th	7:10pm	E4E.V3XZ	10/26	4AE
SpHillREC F	4:30pm	E4E.X0CO	10/27	4AE
CubRunREC W	5:35pm	667.UNZV	8/30	4ANG
CubRunREC F	5pm	667.FGTN	9/8	4ANI
CubRunREC M	5:35pm	667.SHJW	9/11	4ANE
CubRunREC M	5:35pm	667.VQF4	10/30	4ANE
CubRunREC W	5:35pm	667.Q4ZH	11/1	4AND
SpHillREC Th	4:50pm	667.ZFXS	10/26	4ANE

## Pee Wee Paddler IV

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AH	10--30 minute lessons--\$150
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187
4ANI	11--30 minute lessons--\$257

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	198.VHRN	8/26	4AF
CubRunREC	Sa	11am	198.XPVN	8/26	4AF
CubRunREC	Su	9:35am	198.UFWR	8/27	4AF
CubRunREC	Su	11am	198.WSNY	8/27	4AF
CubRunREC	T	5:35pm	198.JLXB	9/5	4AF
CubRunREC	Th	5:35pm	198.DVEN	9/7	4AF
CubRunREC	Sa	9:35am	198.U4QJ	10/28	4AE
CubRunREC	Sa	11am	198.Q8FV	10/28	4AE
CubRunREC	Su	9:35am	198.R9BD	10/29	4AE
CubRunREC	Su	11am	198.KR8A	10/29	4AE
CubRunREC	Th	5:35pm	198.GF7W	11/2	4AD
CubRunREC	T	5:35pm	198.C8X2	11/7	4AD
Franconia Rec	Sa	10:10am	198.M2KV	9/9	4AD
Franconia Rec	Su	9:35am	198.HFXU	9/10	4AD

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All programs and activities will follow current health safety protocols.

Franconia Rec Su	11:25am	198.EFY0	9/10	4AD
Franconia Rec M/W	6:05pm	198.R9UU	9/11	4AD
Franconia Rec F	5pm	198.58RN	9/15	4AH
Franconia Rec M/W	6:05pm	198.G3SV	10/2	4AF
Franconia Rec T/Th	6:05pm	198.DMG6	10/3	4AF
Franconia Rec Su	9:35am	198.AGUI	10/28	4AE
Franconia Rec Sa	10:10am	198.BEWA	10/28	4AE
Franconia Rec Su	11:25am	198.8F93	10/28	4AE
Franconia Rec M/W	6:05pm	198.XSST	10/30	4AE
Franconia Rec M/W	6:05pm	198.160Z	11/27	4AD
GWREC W	2:45pm	198.S4F9	9/6	4AF
GWREC Sa	9:05am	198.UQSV	9/9	4AE
GWREC Sa	9:05am	198.K3ZK	10/28	4AE
GWREC W	2:45pm	198.YRZB	11/1	4AD
OakMarREC T/Th	6:30pm	198.6KZA	9/5	4AF
OakMarREC M/W	5:55pm	198.IDUB	9/6	4AE
OakMarREC F	6:35pm	198.S510	9/8	4AF
OakMarREC Sa	11:40am	198.FGOW	9/9	4AH
OakMarREC Su	11:50am	198.KR6I	9/10	4AH
OakMarREC M/W	5:55pm	198.H3OW	10/2	4AF
OakMarREC T/Th	6:30pm	198.XW58	10/3	4AF
OakMarREC M/W	5:55pm	198.D2XI	10/30	4AE
OakMarREC T/Th	6:30pm	198.XCIW	11/2	4AD
OakMarREC M/W	5:55pm	198.IW2N	11/27	4AD
OakMarREC T/Th	6:30pm	198.N5UI	11/28	4AD
OakMarREC Sa	9:15am	198.8UK6	12/2	4AA
OakMarREC Su	11:15am	198.CDEU	12/3	4AA
ProvREC T	6pm	198.6H5E	9/5	4AF
ProvREC F	5:05pm	198.PMFH	9/8	4AF
ProvREC Sa	8:15am	198.JULR	9/9	4AE
ProvREC Sa	11:40am	198.WA97	9/9	4AE
ProvREC Su	9am	198.278Q	9/10	4AE
ProvREC Sa	8:15am	198.OH36	10/28	4AC
ProvREC Sa	11:40am	198.4Z5F	10/28	4AC
ProvREC Su	9am	198.LF77	10/29	4AC
ProvREC T	6pm	198.OUPR	11/7	4AD
SoRunREC Sa	11:40am	198.LLK5	8/26	4AF
SoRunREC Su	11am	198.8T7Z	8/27	4AF
SoRunREC Sa	11:40am	198.BN70	10/28	4AE
SoRunREC Su	11am	198.G9CL	10/29	4AE
SpHillREC Sa	9am	198.0MUY	8/26	4AE
SpHillREC Sa	11:35am	198.NQ72	8/26	4AE
SpHillREC Su	9am	198.5MHD	8/27	4AE
SpHillREC Su	12:25pm	198.QYOE	8/27	4AE
SpHillREC M	5:10pm	198.00L4	8/28	4AE
SpHillREC T	6pm	198.X1Y2	8/29	4AF
SpHillREC W	6:35pm	198.KN55	8/30	4AF
SpHillREC Th	6:35pm	198.H8J0	8/31	4AF
SpHillREC F	4:30pm	198.87YX	9/1	4AF
SpHillREC Sa	9am	198.35ML	10/21	4AF

SpHillREC Sa	12:30pm	198.AFVA	10/21	4AF
SpHillREC Su	9am	198.DVKL	10/22	4AF
SpHillREC M	5:45pm	198.K1QE	10/23	4AF
SpHillREC T	6pm	198.T0AV	10/24	4AE
SpHillREC W	6:35pm	198.XM55	10/25	4AE
SpHillREC Th	6pm	198.GXZZ	10/26	4AE
CubRunREC W	5:35pm	9DB.4YBM	9/6	4ANF
CubRunREC F	5:35pm	9DB.ALWT	9/8	4ANI
CubRunREC M	5:35pm	9DB.YBDE	9/11	4ANE
CubRunREC M	5:35pm	9DB.GPR5	10/30	4ANE
CubRunREC W	5:35pm	9DB.4F4E	11/1	4AND

## Pee Wee Paddler V

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

4AA	3--30 minute lessons--\$45
4AC	5--30 minute lessons--\$75
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AH	10--30 minute lessons--\$150
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	631.PRG9	8/26	4AF
CubRunREC	Sa	11:35am	631.H88Z	8/26	4AF
CubRunREC	Su	9am	631.ZMWM	8/27	4AF
CubRunREC	Su	11:35am	631.SEU9	8/27	4AF
CubRunREC	Th	5:35pm	631.PKXK	9/7	4AF
CubRunREC	Sa	9am	631.URLK	10/28	4AE
CubRunREC	Sa	11:35am	631.7G9J	10/28	4AE
CubRunREC	Su	9am	631.J5K2	10/29	4AE
CubRunREC	Su	11:35am	631.EUNL	10/29	4AE
Franconia Rec	Sa	12:30pm	631.E6AH	9/9	4AD
Franconia Rec	Su	12pm	631.2QDI	9/10	4AD
Franconia Rec	F	5:35pm	631.WDIE	9/15	4AH
Franconia Rec	Sa	12:30pm	631.UCNL	10/28	4AE
Franconia Rec	Su	12pm	631.JCOT	10/29	4AE
GWREC	Sa	10:55am	631.CU37	9/9	4AE
GWREC	Sa	10:55am	631.CKPN	10/28	4AE
OakMarREC	F	6:35pm	631.HWOF	9/8	4AF
OakMarREC	Sa	11am	631.NNZ9	9/9	4AH
OakMarREC	Su	12:25pm	631.26VV	9/10	4AH

OakMarREC Sa	11:05am	631.VEJI	12/2	4AA
OakMarREC Su	11:50am	631.IPOZ	12/3	4AA
ProvREC F	4:30pm	631.PEOY	9/8	4AF
ProvREC Sa	12:15pm	631.9XCX	9/9	4AE
ProvREC Su	12:25pm	631.BOWZ	9/10	4AE
ProvREC Sa	12:15pm	631.06ZV	10/28	4AC
ProvREC Su	12:25pm	631.IESU	10/29	4AC
SpHillREC Sa	10:10am	631.6CSY	8/26	4AE
SpHillREC Su	12:25pm	631.KDVP	8/27	4AE
SpHillREC M	5:45pm	631.P10J	8/28	4AE
SpHillREC T	6:35pm	631.085W	8/29	4AF
SpHillREC W	6:35pm	631.2NHO	8/30	4AF
SpHillREC F	5:05pm	631.2EHC	9/1	4AF
SpHillREC Sa	12:25pm	631.CJKV	10/21	4AF
SpHillREC Su	12:25pm	631.27ZI	10/22	4AF
SpHillREC M	6:20pm	631.JEJO	10/23	4AF
SpHillREC W	6:35pm	631.X1IJ	10/25	4AE
SpHillREC Th	6:35pm	631.CK9Q	10/26	4AE
SpHillREC F	5:05pm	631.LMBF	10/27	4AE
CubRunREC W	6:10pm	166.8LW8	9/6	4ANF
CubRunREC M	6:10pm	166.CPTC	9/11	4ANE
CubRunREC M	6:10pm	166.PCHT	10/30	4ANE
CubRunREC W	6:10pm	166.TCTY	11/1	4AND

## Pee Wee Paddler VI

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

4AA	3--30 minute lessons--\$45
4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AH	10--30 minute lessons--\$150
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	FC3.X3AD	8/26	4AF
CubRunREC	Su	10am	FC3.4Q6G	8/27	4AF
CubRunREC	Th	6:10pm	FC3.RFXT	9/7	4AF
CubRunREC	Sa	10am	FC3.5FZ2	10/28	4AE
CubRunREC	Su	10am	FC3.LE53	10/29	4AE
Franconia Rec	Su	12:35pm	FC3.8D8T	9/10	4AD
Franconia Rec	Su	12:35pm	FC3.SHE6	10/29	4AE
GWREC	Sa	11:40am	FC3.EVJX	9/9	4AE
GWREC	Sa	11:40am	FC3.P9X5	10/28	4AE
OakMarREC	F	6pm	FC3.9Z19	9/8	4AF
OakMarREC	Sa	10:45am	FC3.A37U	9/9	4AH
OakMarREC	Su	11am	FC3.RL06	9/10	4AH
OakMarREC	Su	12:30pm	FC3.FUQW	12/3	4AA
SpHillREC	Sa	12:25pm	FC3.4PCK	8/26	4AE
SpHillREC	M	6:20pm	FC3.ZD3W	8/28	4AE
SpHillREC	Sa	12:25pm	FC3.7CFK	10/21	4AF
SpHillREC	Su	12:25pm	FC3.IX0D	10/22	4AF
SpHillREC	T	6:35pm	FC3.A2JD	10/24	4AE
CubRunREC	W	6:10pm	F47.WNDS	9/6	4ANF
CubRunREC	M	6:10pm	F47.CLED	9/11	4ANE
CubRunREC	M	6:10pm	F47.GMAP	10/30	4ANE
CubRunREC	W	6:10pm	F47.7GWV	11/1	4AND

## Swimming I for Children

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





## All programs and activities will follow current health safety protocols.

over from front to back and back to front and swim at least two body lengths on front and back using arms and legs.

<b>4AL</b>	<b>4--45 minute lessons--\$63</b>
<b>4AM</b>	<b>5--45 minute lessons--\$77</b>
<b>4AN</b>	<b>6--45 minute lessons--\$91</b>
<b>4AO</b>	<b>7--45 minute lessons--\$107</b>
<b>4AP</b>	<b>8--45 minute lessons--\$124</b>
<b>4AQ</b>	<b>9--45 minute lessons--\$140</b>
<b>4AR</b>	<b>10--45 minute lessons--\$154</b>
<b>4APD</b>	<b>6--45 minute lessons--\$150</b>
<b>4APE</b>	<b>7--45 minute lessons--\$176</b>
<b>4APF</b>	<b>8--45 minute lessons--\$201</b>
<b>4API</b>	<b>11--45 minute lessons--\$283</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	48D.PD8R	8/26	4AP
CubRunREC	Sa	9:50am	48D.T8WP	8/26	4AP
CubRunREC	Sa	10:40am	48D.X62W	8/26	4AP
CubRunREC	Su	9am	48D.4DBD	8/27	4AP
CubRunREC	Su	9:50am	48D.WTAS	8/27	4AP
CubRunREC	Su	10:40am	48D.B9QR	8/27	4AP
CubRunREC	T	6:45pm	48D.STS2	9/5	4AP
CubRunREC	Sa	9am	48D.X4ET	10/28	4AO
CubRunREC	Sa	9:50am	48D.EWRQ	10/28	4AO
CubRunREC	Sa	10:40am	48D.WQ49	10/28	4AO
CubRunREC	Su	9am	48D.6JQH	10/29	4AO
CubRunREC	Su	9:50am	48D.8S8C	10/29	4AO
CubRunREC	Su	10:40am	48D.VK22	10/29	4AO
CubRunREC	Th	6:45pm	48D.SP57	11/2	4AN
CubRunREC	T	6:45pm	48D.QL6W	11/7	4AN
Franconia Rec	Sa	10:45am	48D.MD41	9/9	4AN
Franconia Rec	Sa	11:40am	48D.SY5X	9/9	4AN
Franconia Rec	Su	9:35am	48D.U8UW	9/10	4AN
Franconia Rec	Su	11:50am	48D.MSJC	9/10	4AN
Franconia Rec	M/W	6:40pm	48D.Q2DV	9/11	4AN
Franconia Rec	T/Th	6:40pm	48D.J7FP	9/12	4AN
Franconia Rec	F	6:40pm	48D.S6HB	9/15	4AR
Franconia Rec	M/W	6:40pm	48D.IICO	10/2	4AP
Franconia Rec	T/Th	6:40pm	48D.8EWG	10/3	4AN
Franconia Rec	Sa	10:45am	48D.FARY	10/28	4AO
Franconia Rec	Sa	11:40am	48D.3C03	10/28	4AO
Franconia Rec	Su	9:45am	48D.ONXF	10/29	4AO
Franconia Rec	Su	11:20am	48D.8YX1	10/29	4AO
Franconia Rec	M/W	6:40pm	48D.Z8YW	10/30	4AO
Franconia Rec	T/Th	6:40pm	48D.9B3I	11/2	4AN
Franconia Rec	M/W	6:40pm	48D.CZ27	11/27	4AN
Franconia Rec	T/Th	6:40pm	48D.29IM	11/28	4AN
GWREC	Sa	11:35am	48D.7SBK	9/9	4AO
GWREC	Su	9:05am	48D.ASYU	9/10	4AO
GWREC	Su	10:30am	48D.FJVR	9/10	4AO
GWREC	Sa	11:35am	48D.KGS6	10/28	4AO
GWREC	Su	9:05am	48D.92ZV	10/29	4AO
GWREC	Su	10:30am	48D.4Q4S	10/29	4AO
OakMarREC	T/Th	7:05pm	48D.972K	9/5	4AP
OakMarREC	F	7:10pm	48D.XBMY	9/8	4AP
OakMarREC	Sa	9am	48D.KCBG	9/9	4AR
OakMarREC	Sa	10:50am	48D.87MD	9/9	4AR
OakMarREC	Su	10:05am	48D.1S17	9/10	4AR
OakMarREC	T/Th	7:05pm	48D.8298	10/3	4AP
OakMarREC	T/Th	7:05pm	48D.SRVD	11/2	4AN
OakMarREC	T/Th	7:05pm	48D.BPYF	11/28	4AN
ProvREC	W	6pm	48D.TPP8	9/6	4AP
ProvREC	Th	6pm	48D.DLLO	9/7	4AP
ProvREC	F	5:40pm	48D.313U	9/8	4AP
ProvREC	Sa	10am	48D.SZ8L	9/9	4AO
ProvREC	Sa	10:50am	48D.FOLA	9/9	4AO
ProvREC	Su	10:45am	48D.IULM	9/10	4AO
ProvREC	Su	11:35am	48D.7865	9/10	4AO
ProvREC	M	6:20pm	48D.AXGS	9/11	4AO
ProvREC	Sa	10am	48D.ZV95	10/28	4AM

ProvREC	Sa	10:50am	48D.OJSW	10/28	4AM
ProvREC	Su	10:45am	48D.T7K4	10/29	4AM
ProvREC	Su	11:35am	48D.UT2K	10/29	4AM
ProvREC	M	6:20pm	48D.BZV4	10/30	4AO
ProvREC	W	6pm	48D.2N36	11/1	4AN
ProvREC	Th	6pm	48D.8JOE	11/2	4AN
SoRunREC	Sa	9am	48D.MLFK	8/26	4AP
SoRunREC	Sa	10:10am	48D.TYYZ	8/26	4AP
SoRunREC	Su	9:20am	48D.5HMB	8/27	4AP
SoRunREC	M/W	6:35pm	48D.KWV0	8/28	4AQ
SoRunREC	T/Th	6:05pm	48D.ZPBS	8/29	4AR
SoRunREC	M/W	6:35pm	48D.3Q20	10/2	4AP
SoRunREC	T/Th	6:05pm	48D.2NBC	10/3	4AP
SoRunREC	Sa	9am	48D.0MPF	10/28	4AO
SoRunREC	Sa	10:10am	48D.RL20	10/28	4AO
SoRunREC	Su	9:20am	48D.RVB5	10/29	4AO
SoRunREC	M/W	6:35pm	48D.U9VL	10/30	4AO
SoRunREC	T/Th	6:05pm	48D.T4ES	11/2	4AN
SoRunREC	M/W	6:35pm	48D.OADX	11/27	4AN
SoRunREC	T/Th	6:05pm	48D.1UUY	11/28	4AN
SpHillREC	Sa	10:45am	48D.NNMQ	8/26	4AO
SpHillREC	Sa	11:35am	48D.EVS5	8/26	4AO
SpHillREC	Su	11:35am	48D.ZYUG	8/27	4AO
SpHillREC	M	6:20pm	48D.03H5	8/28	4AO
SpHillREC	T	4:45pm	48D.T73F	8/29	4AP
SpHillREC	W	5:10pm	48D.F3H8	8/30	4AP
SpHillREC	Th	5:10pm	48D.VMRH	8/31	4AP
SpHillREC	F	5:40pm	48D.HWHM	9/1	4AP
SpHillREC	Sa	11:20am	48D.DG11	10/21	4AP
SpHillREC	Su	11:35am	48D.COQJ	10/22	4AP
SpHillREC	M	6:20pm	48D.I2TO	10/23	4AP
SpHillREC	T	6:25pm	48D.GGTV	10/24	4AO
SpHillREC	F	5:40pm	48D.0029	10/27	4AL
CubRunREC	W	6:45pm	E21.2RL8	9/6	4APF
CubRunREC	F	7pm	E21.2ZWN	9/8	4API
CubRunREC	M	6:45pm	E21.LXMY	9/11	4APE
CubRunREC	M	6:45pm	E21.52N6	10/30	4APE
CubRunREC	W	6:45pm	E21.TH7T	11/1	4APD


### Swimming II for Children

(6-12 yrs.) Prerequisite: Swimming I or equivalent skill proficiency. Class emphasizes increasing confidence and ability to perform skills with and without assistance or use of flotation devices. Skills include: jumping in chest deep water, blowing bubbles with face submerged under water, floating on front and back, gliding on front and back at least two body lengths, rolling over from front to back and back to front, swimming on front and back at least three body lengths using arms and legs and treading water.

<b>4AB6</b>	<b>8--45 minute lessons--\$109</b>
<b>4AK</b>	<b>3--45 minute lessons--\$46</b>
<b>4AL</b>	<b>4--45 minute lessons--\$63</b>
<b>4AM</b>	<b>5--45 minute lessons--\$77</b>
<b>4AN</b>	<b>6--45 minute lessons--\$91</b>
<b>4AO</b>	<b>7--45 minute lessons--\$107</b>
<b>4AP</b>	<b>8--45 minute lessons--\$124</b>
<b>4AQ</b>	<b>9--45 minute lessons--\$140</b>
<b>4AS</b>	<b>11--45 minute lessons--\$170</b>
<b>4APD</b>	<b>6--45 minute lessons--\$150</b>
<b>4APE</b>	<b>7--45 minute lessons--\$176</b>
<b>4APF</b>	<b>8--45 minute lessons--\$201</b>
<b>4API</b>	<b>11--45 minute lessons--\$283</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	F13.NAQP	8/26	4AP
CubRunREC	Sa	10:40am	F13.WTYL	8/26	4AP
CubRunREC	Sa	11:30am	F13.4UUE	8/26	4AP
CubRunREC	Su	9am	F13.CJWQ	8/27	4AP
CubRunREC	Su	10:40am	F13.BK4H	8/27	4AP
CubRunREC	Su	11:30am	F13.GYXK	8/27	4AP
CubRunREC	T	7:35pm	F13.9DYJ	9/5	4AP

CubRunREC	Sa	9am	F13.5WAJ	10/28	4AO
CubRunREC	Sa	10:40am	F13.ERVQ	10/28	4AO
CubRunREC	Sa	11:30am	F13.M5JT	10/28	4AO
CubRunREC	Su	9am	F13.UCGH	10/29	4AO
CubRunREC	Su	10:40am	F13.9TT7	10/29	4AO
CubRunREC	Su	11:30am	F13.UGHG	10/29	4AO
CubRunREC	Th	7:35pm	F13.NNPH	11/2	4AN
CubRunREC	T	7:35pm	F13.5YFZ	11/7	4AN
Franconia Rec	Sa	10:45am	F13.LADQ	9/9	4AN
Franconia Rec	Su	9:35am	F13.YIIO	9/10	4AN
Franconia Rec	Su	11:20am	F13.W6DL	9/10	4AN
Franconia Rec	M/W	6:40pm	F13.OFOR	9/11	4AN
Franconia Rec	T/Th	6:40pm	F13.U4ET	9/12	4AN
Franconia Rec	F	6:40pm	F13.ROEB	9/15	4AR
Franconia Rec	M/W	6:40pm	F13.6XOV	10/2	4AP
Franconia Rec	T/Th	6:40pm	F13.636X	10/3	4AP
Franconia Rec	Sa	11:40am	F13.0M4V	10/28	4AO
Franconia Rec	Su	9:35am	F13.RBGE	10/29	4AO
Franconia Rec	Su	11:20am	F13.LW3H	10/29	4AO
Franconia Rec	M/W	6:40pm	F13.H56E	10/30	4AO
Franconia Rec	T/Th	6:40pm	F13.L8UF	11/2	4AN
Franconia Rec	M/W	6:40pm	F13.HU7B	11/27	4AN
Franconia Rec	M/W	6:40pm	F13.IJ2M	11/27	4AN
Franconia Rec	T/Th	6:40pm	F13.AQU5	11/28	4AN
GWREC	Sa	9:40am	F13.UA6K	9/9	4AO
GWREC	Sa	11:30am	F13.MY4Z	9/9	4AO
GWREC	Su	9:05am	F13.VCKE	9/10	4AO
GWREC	Su	11:30am	F13.NLYG	9/10	4AO
GWREC	Sa	9:40am	F13.ZDVJ	10/28	4AO
GWREC	Sa	11:30am	F13.FTUY	10/28	4AO
GWREC	Su	9:05am	F13.H345	10/29	4AO
GWREC	Su	11:30am	F13.7SEC	10/29	4AO
OakMarREC	M/W	7:05pm	F13.OWJU	9/6	4AO
OakMarREC	F	7:10pm	F13.GUGN	9/8	4AP
OakMarREC	Sa	9:55am	F13.MN6V	9/9	4AR
OakMarREC	Sa	11:45am	F13.ANVB	9/9	4AR
OakMarREC	Su	11am	F13.JHC7	9/10	4AR
OakMarREC	M/W	7:05pm	F13.M9K2	10/2	4AP
OakMarREC	M/W	7:05pm	F13.R7ET	10/30	4AO
OakMarREC	M/W	7:05pm	F13.JGQ0	11/27	4AN
OakMarREC	Sa	11:40am	F13.XJ8V	12/2	4AK
ProvREC	T	6:35pm	F13.LL4U	9/5	4AP
ProvREC	W	6:50pm	F13.R69Q	9/6	4AP
ProvREC	Th	6:50pm	F13.OVGO	9/7	4AP
ProvREC	F	5:40pm	F13.A6EH	9/8	4AP
ProvREC	Sa	10am	F13.I2ZK	9/9	4AO




## 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.







## Swimming III for Children

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

4AK	3--45 minute lessons--\$46
4AL	4--45 minute lessons--\$63
4AM	5--45 minute lessons--\$77
4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AR	10--45 minute lessons--\$154
4APF	8--45 minute lessons--\$201
4API	11--45 minute lessons--\$283
4AQD	6--45 minute lessons--\$153
4AQE	7--45 minute lessons--\$180

ProvREC	Sa	10:50am	F13.6VLI	9/9	4AO
ProvREC	Su	10:45am	F13.ERDN	9/10	4AO
ProvREC	Su	11:35am	F13.65ST	9/10	4AO
ProvREC	M	7:10pm	F13.WN4Q	9/11	4AO
ProvREC	Sa	10am	F13.NYAC	10/28	4AM
ProvREC	Sa	10:50am	F13.NKSJ	10/28	4AM
ProvREC	Su	10:45am	F13.6MGK	10/29	4AM
ProvREC	Su	11:35am	F13.UZ20	10/29	4AM
ProvREC	M	7:10pm	F13.YL8Y	10/30	4AO
ProvREC	W	6:50pm	F13.WJEE	11/1	4AN
ProvREC	Th	6:50pm	F13.CO80	11/2	4AN
ProvREC	T	6:35pm	F13.ZXVY	11/7	4AN
SoRunREC	Sa	9:35am	F13.N3MS	8/26	4AP
SoRunREC	Sa	10:25am	F13.6728	8/26	4AP
SoRunREC	Su	8:30am	F13.W2S6	8/27	4AP
SoRunREC	Su	9:40am	F13.WV04	8/27	4AP
SoRunREC	M/W	7:25pm	F13.8UEZ	8/28	4AQ
SoRunREC	T/Th	6:35pm	F13.D001	8/29	4AR
SoRunREC	F	7:05pm	F13.RDG6	9/8	4AS
SoRunREC	M/W	7:25pm	F13.5NF5	10/2	4AP
SoRunREC	T/Th	6:35pm	F13.MPIC	10/3	4AP
SoRunREC	Sa	9:35am	F13.MOUD	10/28	4AO
SoRunREC	Sa	10:25am	F13.JNFU	10/28	4AO
SoRunREC	Su	8:30am	F13.D8WG	10/29	4AO
SoRunREC	Su	9:40am	F13.757X	10/29	4AO
SoRunREC	M/W	7:25pm	F13.QV8M	10/30	4AO
SoRunREC	T/Th	6:35pm	F13.VCS9	11/2	4AN
SoRunREC	M/W	7:25pm	F13.CLDF	11/27	4AN
SoRunREC	T/Th	6:35pm	F13.MJXA	11/28	4AN
SpHillREC	Sa	10:45am	F13.GN42	8/26	4AO
SpHillREC	Su	10:45am	F13.AOXD	8/27	4AO
SpHillREC	Su	11:35am	F13.QIDT	8/27	4AO
SpHillREC	M	7:10pm	F13.UQ23	8/28	4AO
SpHillREC	T	5:35pm	F13.RT7M	8/29	4AB6
SpHillREC	F	6:30pm	F13.J22P	9/1	4AB6
SpHillREC	Sa	10:45am	F13.26QR	10/21	4AB6
SpHillREC	Sa	11:35am	F13.3IYF	10/21	4AB6
SpHillREC	Su	10:45am	F13.LVYZ	10/22	4AB6
SpHillREC	M	7:10pm	F13.5YJ4	10/23	4AB6
SpHillREC	T	4:45pm	F13.FQ87	10/24	4AO
SpHillREC	W	5:45pm	F13.CAAK	10/25	4AO
SpHillREC	Th	5:10pm	F13.79RD	10/26	4AO
SpHillREC	F	6:25pm	F13.ARKN	10/27	4AL
CubRunREC	W	6:45pm	B5F.9CDM	9/6	4APF
CubRunREC	F	6:10pm	B5F.R4X7	9/8	4API
CubRunREC	M	6:45pm	B5F.LYME	9/11	4APE
CubRunREC	M	6:45pm	B5F.D3WF	10/30	4APE
CubRunREC	W	6:45pm	B5F.BGHX	11/1	4APD

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	7EO.7AA3	8/26	4AP
CubRunREC	Sa	10:10am	7EO.MWMW	8/26	4AP
CubRunREC	Sa	11:30am	7EO.5UZZ	8/26	4AP
CubRunREC	Sa	12:10pm	7EO.QNAM	8/26	4AP
CubRunREC	Su	9:50am	7EO.4LXC	8/27	4AP
CubRunREC	Su	10:10am	7EO.16SF	8/27	4AP
CubRunREC	Su	11:30am	7EO.UF8M	8/27	4AP
CubRunREC	Su	12:10pm	7EO.FJDC	8/27	4AP
CubRunREC	T	6:45pm	7EO.8RG6	9/5	4AP
CubRunREC	Th	6:45pm	7EO.DHKE	9/7	4AP
CubRunREC	Sa	9:50am	7EO.3URH	10/28	4AO
CubRunREC	Sa	10:10am	7EO.K4EF	10/28	4AO
CubRunREC	Sa	11:30am	7EO.6FRE	10/28	4AO
CubRunREC	Sa	12:10pm	7EO.U5RS	10/28	4AO
CubRunREC	Su	9:50am	7EO.QE4Q	10/29	4AO
CubRunREC	Su	10:10am	7EO.3P16	10/29	4AO
CubRunREC	Su	11:30am	7EO.QXQR	10/29	4AO
CubRunREC	Su	12:10pm	7EO.D8VA	10/29	4AO
CubRunREC	Th	6:45pm	7EO.L7ML	11/2	4AN
CubRunREC	T	6:45pm	7EO.AVTX	11/7	4AN
Franconia Rec	Sa	11:40am	7EO.G36U	9/9	4AN
Franconia Rec	Su	10:30am	7EO.V5A4	9/10	4AN
Franconia Rec	M/W	7:30pm	7EO.ON5N	9/11	4AN
Franconia Rec	T/Th	7:30pm	7EO.J49U	9/12	4AN
Franconia Rec	F	6:10pm	7EO.KIKR	9/15	4AR
Franconia Rec	M/W	7:30pm	7EO.A4IM	10/2	4AP
Franconia Rec	T/Th	7:30pm	7EO.26OX	10/3	4AP
Franconia Rec	Sa	10:45am	7EO.JDCU	10/28	4AO
Franconia Rec	Su	10:30am	7EO.V5VM	10/29	4AO
Franconia Rec	M/W	7:30pm	7EO.ATRN	10/30	4AO
Franconia Rec	T/Th	7:30pm	7EO.8UUJ	11/2	4AN
Franconia Rec	M/W	7:30pm	7EO.ATH7	11/27	4AN
Franconia Rec	T/Th	7:30pm	7EO.1G7I	11/28	4AN
GWREC	Sa	10:30am	7EO.DU8D	9/9	4AO
GWREC	Sa	10:30am	7EO.EL93	10/28	4AO
OakMarREC	T/Th	7:05pm	7EO.B267	9/5	4AP
OakMarREC	M/W	7:05pm	7EO.INM3	9/6	4AO
OakMarREC	F	7:10pm	7EO.HTMS	9/8	4AP
OakMarREC	Sa	9:50am	7EO.6T33	9/9	4AR
OakMarREC	Sa	12:15pm	7EO.M01B	9/9	4AR
OakMarREC	Su	10:05am	7EO.11L2	9/10	4AR
OakMarREC	Su	11:35am	7EO.LR80	9/10	4AR
OakMarREC	M/W	7:05pm	7EO.65SZ	10/2	4AP
OakMarREC	T/Th	7:05pm	7EO.ELHS	10/3	4AP
OakMarREC	M/W	7:05pm	7EO.BZKF	10/30	4AO
OakMarREC	T/Th	7:05pm	7EO.P080	11/2	4AN

OakMarREC	M/W	7:05pm	7EO.YYY8	11/27	4AN
OakMarREC	T/Th	7:05pm	7EO.INCF	11/28	4AN
OakMarREC	Sa	11:40am	7EO.BDUA	12/2	4AK
ProvREC	T	6:35pm	7EO.FHTQ	9/5	4AP
ProvREC	Th	7:40pm	7EO.JQBW	9/7	4AP
ProvREC	F	6:30pm	7EO.YVU8	9/8	4AP
ProvREC	Sa	10am	7EO.L54K	9/9	4AO
ProvREC	Sa	10:50am	7EO.HCCK	9/9	4AO
ProvREC	Su	10:45am	7EO.RTH9	9/10	4AO
ProvREC	Su	11:35am	7EO.XJPE	9/10	4AO
ProvREC	M	6:20pm	7EO.WHMY	9/11	4AO
ProvREC	Sa	10am	7EO.06WR	10/28	4AM
ProvREC	Sa	10:50am	7EO.X2TL	10/28	4AM
ProvREC	Su	10:45am	7EO.7UMZ	10/29	4AM
ProvREC	Su	11:35am	7EO.B1Z0	10/29	4AM
ProvREC	M	6:20pm	7EO.I5XT	10/30	4AO
ProvREC	Th	7:40pm	7EO.6JMY	11/2	4AN
ProvREC	T	6:35pm	7EO.JSG0	11/7	4AN
SoRunREC	Sa	9am	7EO.DWMA	8/26	4AP
SoRunREC	Sa	11am	7EO.VJUU	8/26	4AP
SoRunREC	Su	11:25am	7EO.MY9T	8/26	4AP
SoRunREC	Su	8:30am	7EO.11E7	8/27	4AP
SoRunREC	Su	9:20am	7EO.4ZYM	8/27	4AP
SoRunREC	Su	11:10am	7EO.45HG	8/27	4AP
SoRunREC	M/W	7:15pm	7EO.BPVD	8/28	4AQ
SoRunREC	T/Th	6pm	7EO.08PA	8/29	4AR
SoRunREC	M/W	7:15pm	7EO.TW1L	10/2	4AP
SoRunREC	T/Th	6pm	7EO.G2LZ	10/3	4AP
SoRunREC	Sa	9am	7EO.24N8	10/28	4AO
SoRunREC	Sa	11am	7EO.HM1P	10/28	4AO
SoRunREC	Sa	11:25am	7EO.SK2L	10/28	4AO
SoRunREC	Su	8:30am	7EO.ULNZ	10/29	4AO
SoRunREC	Su	9:20am	7EO.HL9F	10/29	4AO
SoRunREC	Su	11:10am	7EO.1CZU	10/29	4AO
SoRunREC	M/W	7:15pm	7EO.JGCG	10/30	4AO
SoRunREC	T/Th	6pm	7EO.ON52	11/2	4AN
SoRunREC	M/W	7:15pm	7EO.PZAI	11/27	4AN
SoRunREC	T/Th	6pm	7EO.4FSG	11/28	4AN
SpHillREC	Sa	10:45am	7EO.7FJI	8/26	4AO
SpHillREC	Sa	11:35am	7EO.T8H6	8/26	4AO
SpHillREC	Su	10:45am	7EO.JCH3	8/27	4AO
SpHillREC	M	6:20pm	7EO.45M2	8/28	4AO
SpHillREC	T	6:25pm	7EO.5GT3	8/29	4AP
SpHillREC	T	7:10pm	7EO.0VE4	8/29	4AP
SpHillREC	W	5:45pm	7EO.NHFP	8/30	4AP
SpHillREC	Th	6pm	7EO.YF69	8/31	4AP
SpHillREC	F	7:20pm	7EO.HOND	9/1	4AP
SpHillREC	Sa	10:45am	7EO.8LF5	10/21	4AP
SpHillREC	Su	10:45am	7EO.IDJU	10/22	4AP
SpHillREC	Su	11:35am	7EO.WSN8	10/22	4AP
SpHillREC	M	6:20pm	7EO.4TFG	10/23	4AP
SpHillREC	T	5:35pm	7EO.RUW8	10/24	4AO
SpHillREC	T	7:10pm	7EO.5467	10/24	4AO
SpHillREC	W	5:45pm	7EO.ZK2L	10/25	4AO
SpHillREC	Th	6pm	7EO.SEN4	10/26	4AO
SpHillREC	F	5:40pm	7EO.L1H1	10/27	4AL
CubRunREC	W	7:35pm	COC.CNWJ	9/6	4APF
CubRunREC	F	6:10pm	COC.9DR3	9/8	4API
CubRunREC	M	7:35pm	COC.RHLM	9/11	4AQE
CubRunREC	M	7:35pm	COC.4SL5	10/30	4AQE
CubRunREC	W	7:35pm	COC.RZ3N	11/1	4AQD

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All programs and activities will follow current health safety protocols.

## Swimming IV for Children

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

4AK	3--45 minute lessons--\$46
4AL	4--45 minute lessons--\$63
4AM	5--45 minute lessons--\$77
4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AR	10--45 minute lessons--\$154
4AS	11--45 minute lessons--\$170
4AY	7--55 minute lessons--\$112
4APF	8--45 minute lessons--\$201
4API	11--45 minute lessons--\$283
4AQD	6--45 minute lessons--\$153
4AQE	7--45 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	A7C.S5BU	8/26	4AP
CubRunREC	Sa	10:35am	A7C.GPFV	8/26	4AP
CubRunREC	Sa	11:50am	A7C.VFFC	8/26	4AP
CubRunREC	Su	9am	A7C.NA7S	8/27	4AP
CubRunREC	Su	10:35am	A7C.XJVE	8/27	4AP
CubRunREC	Su	11:50am	A7C.NR9D	8/27	4AP
CubRunREC	T	7:35pm	A7C.EVDM	9/5	4AP
CubRunREC	Th	7:35pm	A7C.KT6U	9/7	4AP
CubRunREC	Sa	9am	A7C.Q9VC	10/28	4AO
CubRunREC	Sa	10:35am	A7C.6PGG	10/28	4AO
CubRunREC	Sa	11:50am	A7C.L8MM	10/28	4AO
CubRunREC	Su	9am	A7C.33LV	10/29	4AO
CubRunREC	Su	10:35am	A7C.D68M	10/29	4AO
CubRunREC	Su	11:50am	A7C.67H8	10/29	4AO
CubRunREC	Th	7:35pm	A7C.R93Y	11/2	4AN
CubRunREC	T	7:35pm	A7C.9JPL	11/7	4AN
Franconia Rec	Sa	10am	A7C.HD8D	9/9	4AN
Franconia Rec	Sa	11:55am	A7C.07V8	9/9	4AN
Franconia Rec	Su	10:30am	A7C.B8RY	9/10	4AN
Franconia Rec	M/W	6:40pm	A7C.90KN	9/11	4AN
Franconia Rec	T/Th	7:30pm	A7C.NK0Z	9/12	4AN
Franconia Rec	F	7pm	A7C.OLD2	9/15	4AR
Franconia Rec	M/W	6:40pm	A7C.7FB3	10/2	4AP
Franconia Rec	Sa	10am	A7C.R08C	10/28	4AY
Franconia Rec	Sa	11:55am	A7C.CN50	10/28	4AY
Franconia Rec	Su	10:30am	A7C.817S	10/29	4AY
Franconia Rec	M/W	6:40pm	A7C.MCWX	10/30	4AO
Franconia Rec	T/Th	7:30pm	A7C.INHT	11/2	4AN
Franconia Rec	M/W	6:40pm	A7C.C8MR	11/27	4AN
GWREC	Sa	10:05am	A7C.CE4R	9/9	4AO
GWREC	Sa	10:05am	A7C.DDCT	10/28	4AO
OakMarREC	T/Th	6pm	A7C.TTC4	9/5	4AP
OakMarREC	M/W	6pm	A7C.6RQY	9/6	4AO
OakMarREC	F	6pm	A7C.ZCEG	9/8	4AP
OakMarREC	Sa	9am	A7C.QVMC	9/9	4AR
OakMarREC	Sa	10am	A7C.CN0T	9/9	4AR
OakMarREC	Sa	11:20am	A7C.UDJ7	9/9	4AR
OakMarREC	Su	10:05am	A7C.G30S	9/10	4AR
OakMarREC	M/W	6pm	A7C.WF8E	10/2	4AP
OakMarREC	T/Th	6pm	A7C.C6L5	10/3	4AP
OakMarREC	M/W	6pm	A7C.LG78	10/30	4AO
OakMarREC	T/Th	6pm	A7C.WSUD	11/2	4AN
OakMarREC	M/W	6pm	A7C.H6KA	11/27	4AN
OakMarREC	T/Th	6pm	A7C.KPMH	11/28	4AN
OakMarREC	Sa	9:15am	A7C.YDAL	12/2	4AK
ProvREC	T	7:25pm	A7C.SEQ2	9/5	4AP

ProvREC	F	6:30pm	A7C.YMUU	9/8	4AP
ProvREC	Sa	9:10am	A7C.V9M6	9/9	4AO
ProvREC	Sa	12pm	A7C.Y90S	9/9	4AO
ProvREC	Su	9am	A7C.4VVP	9/10	4AO
ProvREC	Su	11:50am	A7C.Q48G	9/10	4AO
ProvREC	M	7:10pm	A7C.6R1V	9/11	4AO
ProvREC	Sa	9:10am	A7C.6EDN	10/28	4AM
ProvREC	Sa	12pm	A7C.T3QZ	10/28	4AM
ProvREC	Su	9am	A7C.MXVX	10/29	4AM
ProvREC	Su	11:50am	A7C.IHD6	10/29	4AM
ProvREC	M	7:10pm	A7C.UES8	10/30	4AO
ProvREC	T	7:25pm	A7C.K26B	11/7	4AN
SoRunREC	Sa	9am	A7C.50JC	8/26	4AP
SoRunREC	Sa	9:50am	A7C.0UL1	8/26	4AP
SoRunREC	Su	9:30am	A7C.WIZ6	8/27	4AP
SoRunREC	Su	10:10am	A7C.6JYN	8/27	4AP
SoRunREC	M/W	6:10pm	A7C.H6RF	8/28	4AQ
SoRunREC	M/W	8:15pm	A7C.PTRI	8/28	4AQ
SoRunREC	T/Th	6:50pm	A7C.08RD	8/29	4AR
SoRunREC	F	6:05pm	A7C.LOV6	9/8	4AS
SoRunREC	M/W	6:10pm	A7C.8CRG	10/2	4AP
SoRunREC	M/W	8:15pm	A7C.FNVQ	10/2	4AP
SoRunREC	T/Th	6:50pm	A7C.X5IR	10/3	4AP
SoRunREC	Sa	9am	A7C.PQKU	10/28	4AO
SoRunREC	Sa	9:50am	A7C.65IV	10/28	4AO
SoRunREC	Su	9:30am	A7C.4T98	10/29	4AO
SoRunREC	Su	10:10am	A7C.6QJ5	10/29	4AO
SoRunREC	M/W	6:10pm	A7C.NDX6	10/30	4AO
SoRunREC	M/W	8:15pm	A7C.CKIN	10/30	4AO
SoRunREC	T/Th	6:50pm	A7C.24CN	11/2	4AN
SoRunREC	M/W	6:10pm	A7C.VRLF	11/27	4AN
SoRunREC	M/W	8:15pm	A7C.4W3W	11/27	4AN
SoRunREC	T/Th	6:50pm	A7C.N8CE	11/28	4AN
SpHillREC	Sa	9am	A7C.UCF2	8/26	4AO
SpHillREC	Su	9am	A7C.L1B4	8/27	4AO
SpHillREC	Su	11:50am	A7C.PHF7	8/27	4AO
SpHillREC	M	7:10pm	A7C.K7CS	8/28	4AO
SpHillREC	T	7:15pm	A7C.ET0Q	8/29	4AP
SpHillREC	W	7:10pm	A7C.YN5Z	8/30	4AP
SpHillREC	Sa	9am	A7C.N4Z6	10/21	4AP
SpHillREC	Sa	11:35am	A7C.C4NX	10/21	4AP
SpHillREC	Su	9am	A7C.EAA0	10/22	4AP
SpHillREC	Su	11:50am	A7C.DTGB	10/22	4AP
SpHillREC	M	7:10pm	A7C.Z1LD	10/23	4AP
SpHillREC	T	7:15pm	A7C.WJRL	10/24	4AO
SpHillREC	W	7:10pm	A7C.YZD7	10/25	4AO
SpHillREC	F	6:25pm	A7C.6LQ3	10/27	4AL
CubRunREC	W	6:45pm	D76.FZSH	9/6	4APF
CubRunREC	W	7:35pm	D76.RFGZ	9/6	4APF
CubRunREC	F	7pm	D76.HZZU	9/8	4API
CubRunREC	M	6:45pm	D76.MB5G	9/11	4AQE
CubRunREC	M	7:35pm	D76.VT7S	9/11	4AQE

CubRunREC	M	6:45pm	D76.HSNA	10/30	4AQE
CubRunREC	M	7:35pm	D76.RX5C	10/30	4AQE
CubRunREC	W	6:45pm	D76.GHAQ	11/1	4AQD
CubRunREC	W	7:35pm	D76.M7V2	11/1	4AQD

## Swimming V for Children

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

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4AAC	11--55 minute lessons--\$178
4AW	5--55 minute lessons--\$80
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129
4ARD	6--55 minute lessons--\$157
4ARE	7--55 minute lessons--\$180
4ARF	8--55 minute lessons--\$206

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	D55.2L8P	8/26	4AZ
CubRunREC	Sa	12:45pm	D55.57YG	8/26	4AZ
CubRunREC	Su	9:50am	D55.CZM2	8/27	4AZ
CubRunREC	Su	12:45pm	D55.9LRN	8/27	4AZ
CubRunREC	Th	7:45pm	D55.UKAM	9/7	4AZ
CubRunREC	Sa	9:50am	D55.KEDV	10/28	4AY
CubRunREC	Sa	12:45pm	D55.HXXA	10/28	4AY
CubRunREC	Su	9:50am	D55.7MVU	10/29	4AY
CubRunREC	Su	12:45pm	D55.8FLS	10/29	4AY
Franconia Rec	Sa	11:55am	D55.BMJQ	9/9	4AX
Franconia Rec	Su	12:10pm	D55.FRVI	9/10	4AX
Franconia Rec	M/W	7:30pm	D55.91NI	9/11	4AX
Franconia Rec	F	7pm	D55.OYIZ	9/15	4AAB
Franconia Rec	Sa	10:50am	D55.BNEI	10/28	4AY
Franconia Rec	Su	12:10pm	D55.DMRT	10/29	4AY
Franconia Rec	M/W	7:30pm	D55.KMVF	10/30	4AY
GWREC	Sa	9:05am	D55.N39G	9/9	4AY
GWREC	Sa	9:05am	D55.YUZK	10/28	4AY
OakMarREC	T/Th	6:50pm	D55.1DMQ	9/5	4AZ
OakMarREC	M/W	6:50pm	D55.IUPA	9/6	4AY
OakMarREC	F	6:50pm	D55.BZQE	9/8	4AZ
OakMarREC	Sa	10:55am	D55.Q2MY	9/9	4AAB
OakMarREC	Su	11am	D55.3JNW	9/10	4AAB
OakMarREC	M/W	6:50pm	D55.FUCE	10/2	4AZ
OakMarREC	T/Th	6:50pm	D55.T1G4	10/3	4AZ





OakMarREC	M/W	6:50pm	D55.U446	10/30	4AY
OakMarREC	T/Th	6:50pm	D55.FPP4	11/2	4AX
OakMarREC	M/W	6:50pm	D55.3ZJE	11/27	4AX
OakMarREC	T/Th	6:50pm	D55.G5JA	11/28	4AX
ProvREC	W	7:10pm	D55.FQWB	9/6	4AZ
ProvREC	Sa	10am	D55.81X8	9/9	4AY
ProvREC	Su	9:50am	D55.CORS	9/10	4AY
ProvREC	Sa	10am	D55.56E3	10/28	4AW
ProvREC	Su	9:50am	D55.D4S0	10/29	4AW
ProvREC	W	7:10pm	D55.3MS9	11/1	4AX
SoRunREC	Sa	10:25am	D55.FKCV	8/26	4AZ
SoRunREC	Su	11:20am	D55.3FMM	8/27	4AZ
SoRunREC	M/W	7pm	D55.RZX1	8/28	4AAA
SoRunREC	T/Th	7:30pm	D55.T6MR	8/29	4AAB
SoRunREC	F	6:05pm	D55.GR61	9/8	4AAC
SoRunREC	M/W	7pm	D55.5FEH	10/2	4AZ
SoRunREC	T/Th	7:30pm	D55.KPL7	10/3	4AZ
SoRunREC	Sa	10:25am	D55.VETO	10/28	4AY
SoRunREC	Su	11:20am	D55.GVOW	10/29	4AY
SoRunREC	M/W	7pm	D55.UYLP	10/30	4AY
SoRunREC	T/Th	7:30pm	D55.IBT7	11/2	4AX
SoRunREC	M/W	7pm	D55.FAP1	11/27	4AX
SoRunREC	T/Th	7:30pm	D55.W4QV	11/28	4AX
SpHillREC	Sa	9:50am	D55.453K	8/26	4AY
SpHillREC	Sa	11:50am	D55.7LOV	8/26	4AY
SpHillREC	Su	9:50am	D55.NM06	8/27	4AY
SpHillREC	M	6:55pm	D55.CIDE	8/28	4AY
SpHillREC	T	8:05pm	D55.NOM2	8/29	4AZ
SpHillREC	F	5:40pm	D55.8M90	9/1	4AZ
SpHillREC	Sa	9:50am	D55.6D41	10/21	4AZ
SpHillREC	Sa	11:50am	D55.CM16	10/21	4AZ
SpHillREC	Su	9:50am	D55.00JD	10/22	4AZ
SpHillREC	M	6:55pm	D55.PGOI	10/23	4AZ
CubRunREC	W	7:35pm	HQJ.36T6	9/6	4ARF
CubRunREC	M	7:35pm	HQJ.9WKD	9/11	4ARE
CubRunREC	M	7:35pm	HQJ.9GEM	10/30	4ARE
CubRunREC	W	7:35pm	HQJ.KKH7	11/1	4ARD

## Swimming VI for Children

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

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4ABZ	8--55 minute lessons--\$109
4AN	6--45 minute lessons--\$91
4AW	5--55 minute lessons--\$80
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.JYH4	8/26	4AZ
CubRunREC	Sa	10:50am	DF4.A8PZ	8/26	4AZ
CubRunREC	Su	10:50am	DF4.E27J	8/27	4AZ
CubRunREC	Th	6:45pm	DF4.TTWQ	9/7	4ABZ
CubRunREC	Sa	9am	DF4.EXEY	10/28	4AY
CubRunREC	Sa	10:50am	DF4.NTA2	10/28	4AY
CubRunREC	Su	10:50am	DF4.X7WA	10/29	4AY
Franconia Rec	Sa	10:55am	DF4.BEJL	9/9	4AX
Franconia Rec	Su	12:10pm	DF4.8XW1	9/10	4AN
Franconia Rec	F	7pm	DF4.HZTW	9/15	4AAB
Franconia Rec	M/W	7:30pm	DF4.QY5Q	10/2	4AZ
Franconia Rec	Sa	11:55am	DF4.BHZY	10/28	4AY
Franconia Rec	Su	12:10pm	DF4.338Z	10/29	4AY
Franconia Rec	M/W	7:30pm	DF4.FZ4K	11/11	4AX
OakMarREC	T/Th	7:50pm	DF4.THTZ	9/5	4AZ
OakMarREC	F	7:50pm	DF4.U34D	9/8	4AZ
OakMarREC	Sa	12pm	DF4.A602	9/9	4AAB
OakMarREC	Su	12pm	DF4.N4CO	9/10	4AAB

OakMarREC	T/Th	7:50pm	DF4.77D9	10/3	4AZ
OakMarREC	T/Th	7:50pm	DF4.NV40	11/2	4AX
OakMarREC	T/Th	7:50pm	DF4.F17Y	11/28	4AX
ProvREC	Sa	11am	DF4.C49J	9/9	4AY
ProvREC	Su	10:50am	DF4.0F23	9/10	4AY
ProvREC	Sa	11am	DF4.GELS	10/28	4AW
ProvREC	Su	10:50am	DF4.92N0	10/29	4AW
SoRunREC	Su	8:30am	DF4.NZ5Z	8/27	4AZ
SoRunREC	M/W	6pm	DF4.2ZDH	8/28	4AAA
SoRunREC	T/Th	7pm	DF4.FN2L	8/29	4AAB
SoRunREC	M/W	6pm	DF4.EQ1Q	10/2	4AZ
SoRunREC	T/Th	7pm	DF4.TCXT	10/3	4AZ
SoRunREC	Su	8:30am	DF4.V5FM	10/29	4AY
SoRunREC	M/W	6pm	DF4.8ESB	10/30	4AY
SoRunREC	T/Th	7pm	DF4.3W72	11/2	4AX
SoRunREC	M/W	6pm	DF4.A82Y	11/27	4AX
SoRunREC	T/Th	7pm	DF4.GA89	11/28	4AX
SpHillREC	Sa	10:50am	DF4.9G5E	8/26	4AY
SpHillREC	Su	10:50am	DF4.IMQP	8/27	4AY
SpHillREC	M	7:55pm	DF4.PIWR	8/28	4AY
SpHillREC	Th	6:50pm	DF4.TP03	8/31	4AZ
SpHillREC	F	6:40pm	DF4.QWTA	9/1	4AZ
SpHillREC	Sa	10:50am	DF4.E4GL	10/21	4AZ
SpHillREC	Su	10:50am	DF4.S9YG	10/22	4AZ
SpHillREC	M	7:55pm	DF4.9E6X	10/23	4AZ
SpHillREC	T	8:05pm	DF4.YXPZ	10/24	4AY
SpHillREC	Th	6:50pm	DF4.IZTZ	10/26	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--\$91
4AQ	9--45 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
SoRunREC	W	2:30pm	CAC.HE5K	8/30	4AQ
SoRunREC	W	2:30pm	CAC.7TE0	11/1	4AN

## Home School Learn to Swim Level 3 & 4

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

4AN	6--45 minute lessons--\$91
4AQ	9--45 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
SoRunREC	W	1:40pm	8B2.4QNM	8/30	4AQ
SoRunREC	W	1:40pm	8B2.MJHL	11/1	4AN

## Home School Learn to Swim Level 5 & 6

**(6-17 yrs.)** Prerequisite: Swimming IV 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 V and Swimming VI level skills.

4AAA	9--55 minute lessons--\$145
4AX	6--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
SoRunREC	W	12:30pm	A75.MBWQ	8/30	4AAA
SoRunREC	W	12:30pm	A75.J8IV	11/1	4AX

## Homeschool 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--\$145
4AX	6--55 minute lessons--\$97
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:25pm	AFC.ZV3A	9/5	4AZ
CubRunREC	T	1:25pm	AFC.U3R4	11/7	4AX
OakMarREC	W	10:35am	AFC.WEDD	9/6	4AZ
OakMarREC	W	10:35am	AFC.G80R	11/1	4AX
SoRunREC	W	11:30am	AFC.RSZE	8/30	4AAA
SoRunREC	W	11:30am	AFC.BKLB	11/1	4AX

## Swim Classes for Teens & Adults

### Swimming I - Teens & Adults

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

4AAA	9--55 minute lessons--\$145
4AAB	10--55 minute lessons--\$162
4AU	3--55 minute lessons--\$47
4AW	5--55 minute lessons--\$80
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	7D5.U8L1	8/27	4AZ
CubRunREC	Su	8am	7D5.T9E5	10/29	4AY
Franconia Rec	Sa	9am	7D5.BW0Q	9/9	4AX
Franconia Rec	M/W	7:30pm	7D5.T9L6	9/11	4AY
Franconia Rec	T/Th	7:30pm	7D5.G2QA	10/3	4AZ
Franconia Rec	Sa	9am	7D5.64ZW	10/28	4AY
Franconia Rec	M/W	7:30pm	7D5.AIPU	10/30	4AY
OakMarREC	T/Th	7:55pm	7D5.1IGQ	9/5	4AZ
OakMarREC	M/W	7:55pm	7D5.92UL	9/6	4AY
OakMarREC	F	8pm	7D5.HVUY	9/8	4AZ
OakMarREC	F	10:40am	7D5.B8RR	9/8	4AZ
OakMarREC	Su	9:05am	7D5.IEKC	9/10	4AAB
OakMarREC	M/W	7:55pm	7D5.0L3A	10/2	4AZ
OakMarREC	T/Th	7:55pm	7D5.JUJA	10/3	4AZ
OakMarREC	M/W	7:55pm	7D5.NKET	10/30	4AY
OakMarREC	T/Th	7:55pm	7D5.AGZ7	11/2	4AX
OakMarREC	F	10:40am	7D5.H7TN	11/3	4AW
OakMarREC	M/W	7:55pm	7D5.CL86	11/27	4AX
OakMarREC	T/Th	7:55pm	7D5.HUHH	11/28	4AX
OakMarREC	Su	9am	7D5.1GTQ	12/3	4AU
ProvREC	Sa	11:40am	7D5.685Q	9/9	4AY
ProvREC	M	8pm	7D5.SRTW	9/11	4AY
ProvREC	Sa	11:40am	7D5.MGNO	10/28	4AW
ProvREC	M	8pm	7D5.VVU9	10/30	4AY
SoRunREC	M/W	8:05pm	7D5.DD2Z	8/28	4AAA
SoRunREC	M/W	8:05pm	7D5.7A7F	10/2	4AZ
SoRunREC	M/W	8:05pm	7D5.10DK	10/30	4AY
SoRunREC	M/W	8:05pm	7D5.9COK	11/27	4AX
SpHillREC	Sa	11:55am	7D5.C4RU	8/26	4AY
SpHillREC	M	8pm	7D5.LGVM	8/28	4AY
SpHillREC	Th	7:45pm	7D5.U4JA	8/31	4AZ
SpHillREC	Sa	12:10pm	7D5.75EO	10/21	4AZ
SpHillREC	M	8pm	7D5.H3LE	10/23	4AZ
SpHillREC	Th	7:45pm	7D5.BPCD	10/26	4AY



All programs and activities will follow current health safety protocols.

## Swimming II - Teens & Adults

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

4AAB	10--55 minute lessons--\$162
4AU	3--55 minute lessons--\$47
4AW	5--55 minute lessons--\$80
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	75A.7SMX	8/27	4AZ
CubRunREC	F	10am	75A.33DJ	9/8	4AZ
CubRunREC	Su	8am	75A.QE7H	10/29	4AY
CubRunREC	F	10am	75A.TB5M	11/3	4AX
Franconia Rec	Sa	10:55am	75A.2NBX	9/9	4AX
Franconia Rec	M/W	7:30pm	75A.JIVO	10/2	4AZ
Franconia Rec	Sa	10:55am	75A.J65F	10/28	4AY
Franconia Rec	M/W	7:30pm	75A.7EBD	11/27	4AX
Franconia Rec	T/Th	7:30pm	75A.FLBH	11/28	4AX
OakMarREC	T/Th	7:55pm	75A.Z2JY	9/5	4AZ
OakMarREC	M/W	7:55pm	75A.SUKU	9/6	4AY
OakMarREC	F	8pm	75A.2194	9/8	4AZ
OakMarREC	F	11:40am	75A.FC9X	9/8	4AZ
OakMarREC	Su	9:05am	75A.7420	9/10	4AAB
OakMarREC	M/W	7:55pm	75A.W622	10/2	4AZ
OakMarREC	T/Th	7:55pm	75A.9VJ4	10/3	4AZ
OakMarREC	M/W	7:55pm	75A.Z6SE	10/30	4AY
OakMarREC	T/Th	7:55pm	75A.WI6L	11/2	4AX



## Swimming IV - Teens & Adults

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

4AAB	10--55 minute lessons--\$162
4AU	3--55 minute lessons--\$47
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
OakMarREC	W	11:45am	915.Q6DH	9/6	4AZ
OakMarREC	Su	9:05am	915.XCNH	9/10	4AAB
OakMarREC	M	11:30am	915.COLL	9/11	4AY
OakMarREC	M	11:30am	915.G4HM	10/30	4AY
OakMarREC	W	11:45am	915.KUEW	11/1	4AX
OakMarREC	Su	9am	915.IHL5	12/3	4AU
SpHillREC	Th	7:50pm	915.24XJ	8/31	4AZ
SpHillREC	T	8pm	915.D1MK	10/24	4AY
SpHillREC	Th	7:50pm	915.08VM	10/26	4AY

## Swimming III - Teens & Adults

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

4AAB	10--55 minute lessons--\$162
4AW	5--55 minute lessons--\$80
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	346.UNS4	8/27	4AZ
CubRunREC	F	11am	346.6XSF	9/8	4AZ
CubRunREC	Su	8am	346.HUCZ	10/29	4AY
CubRunREC	F	11am	346.XQMY	11/3	4AX
OakMarREC	M/W	7:50pm	346.KP7N	9/6	4AY
OakMarREC	F	8pm	346.VMEZ	9/8	4AZ
OakMarREC	F	12:45pm	346.B85H	9/8	4AZ
OakMarREC	Su	9:05am	346.UEP7	9/10	4AAB
OakMarREC	M/W	7:50pm	346.9RUE	10/2	4AZ
OakMarREC	M/W	7:50pm	346.WL80	10/30	4AY
OakMarREC	F	12:45pm	346.WPGH	11/3	4AW
OakMarREC	M/W	7:50pm	346.RAHO	11/27	4AX
ProvREC	W	7:40pm	346.5DJO	9/6	4AZ
ProvREC	W	7:40pm	346.L3WE	11/1	4AX
SpHillREC	T	8pm	346.F38E	8/29	4AZ
SpHillREC	W	7:10pm	346.2GHW	10/25	4AY

## Swimming V - Teens & Adults

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

4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
OakMarREC	W	10:45am	7CA.EHNS	9/6	4AZ
OakMarREC	M	10:30am	7CA.ZLRU	9/11	4AY
OakMarREC	M	10:30am	7CA.2FXB	10/30	4AY
OakMarREC	W	10:45am	7CA.PHBF	11/1	4AX

**Summer Pool Parties!**

**Lucky Duckies**

**Sunday, August 6 • 2-4 p.m.**

**\$15/person • Code: RWJ.TLH6**

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

**AUDREY MOORE REC CENTER**

8100 Braddock Road • Annandale





## Advanced Swimming

### Stroke Mechanics I

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

4AHB	6--45 minute lessons--\$92
4AHC	7--45 minute lessons--\$109
4AHD	8--45 minute lessons--\$126
4AHE	9--45 minute lessons--\$142
4AHF	11--45 minute lessons--\$172
4AHH	6--55 minute lessons--\$98
4AHN	10--45 minute lessons--\$159
4AHQ	5--45 minute lessons--\$79
4AN	6--45 minute lessons--\$91

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	2C5.4W7H	8/26	4AHD
CubRunREC	Sa	11:20am	2C5.92XF	8/26	4AHD
CubRunREC	Su	9am	2C5.B2RM	8/27	4AHD
CubRunREC	Su	11:20am	2C5.4PQS	8/27	4AHD
CubRunREC	F	5pm	2C5.TQRZ	9/8	4AHF
CubRunREC	Sa	9am	2C5.7SM2	10/28	4AHC
CubRunREC	Sa	11:20am	2C5.VT2M	10/28	4AHC
CubRunREC	Su	9am	2C5.XDTE	10/29	4AHC
CubRunREC	Su	11:20am	2C5.BFVV	10/29	4AHC
Franconia Rec	Sa	10am	2C5.VUIC	9/9	4AN
Franconia Rec	Sa	10am	2C5.XT1U	10/28	4AHC
OakMarREC	T/Th	6pm	2C5.WQ1B	9/5	4AHD
OakMarREC	Sa	10am	2C5.MZK8	9/9	4AHN
OakMarREC	Su	10:05am	2C5.8UDE	9/10	4AHN
OakMarREC	T/Th	6pm	2C5.IK82	10/3	4AHD
OakMarREC	T/Th	6pm	2C5.8BHT	11/2	4AHB
OakMarREC	T/Th	6pm	2C5.RQ89	11/28	4AHB
ProvREC	Th	6pm	2C5.29KC	9/7	4AHD
ProvREC	Sa	9:10am	2C5.XT4Y	9/9	4AHC
ProvREC	Su	9am	2C5.E8MM	9/10	4AHC
ProvREC	Sa	9:10am	2C5.Q7PI	10/28	4AHQ
ProvREC	Su	9am	2C5.XRC6	10/29	4AHQ
ProvREC	Th	6pm	2C5.29V5	11/2	4AHH
SoRunREC	Su	10:20am	2C5.WE1R	8/27	4AHD
SoRunREC	M/W	8pm	2C5.OZOH	8/28	4AHE
SoRunREC	M/W	8pm	2C5.UFNC	10/2	4AHD
SoRunREC	Su	10:20am	2C5.OMSC	10/29	4AHC
SoRunREC	M/W	8pm	2C5.E6SF	10/30	4AHC
SoRunREC	M/W	8pm	2C5.6J7K	11/27	4AHB
SpHillREC	Sa	9:10am	2C5.D1UA	8/26	4AHC
SpHillREC	Su	9am	2C5.2U1I	8/27	4AHC

SpHillREC	M	6:10pm	2C5.1XGE	8/28	4AHC
SpHillREC	T	6:10pm	2C5.ATWI	8/29	4AHD
SpHillREC	Sa	9:10am	2C5.YJPL	10/21	4AHD
SpHillREC	Su	9am	2C5.M925	10/22	4AHD
SpHillREC	M	6:10pm	2C5.9YV1	10/23	4AHD
SpHillREC	T	6:10pm	2C5.C3DL	10/24	4AHC

### Stroke Mechanics II

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

4AHH	6--55 minute lessons--\$98
4AHI	7--55 minute lessons--\$114
4AHJ	8--55 minute lessons--\$131
4AHL	10--55 minute lessons--\$164
4AHM	11--55 minute lessons--\$180
4AHP	5--55 minute lessons--\$81
4AX	6--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	6D4.M2FR	8/26	4AHJ
CubRunREC	Su	9:50am	6D4.5NF8	8/27	4AHJ
CubRunREC	F	5:50pm	6D4.QE4V	9/8	4AHM
CubRunREC	Sa	9:50am	6D4.9KE8	10/28	4AHI
CubRunREC	Su	9:50am	6D4.VYFW	10/29	4AHI
Franconia Rec	Sa	9am	6D4.NVII	9/9	4AX
Franconia Rec	Sa	9am	6D4.HJCW	10/28	4AHI
OakMarREC	M/W	6pm	6D4.KWZ9	9/6	4AHI
OakMarREC	Sa	10:55am	6D4.00R3	9/9	4AHL
OakMarREC	Su	11:05am	6D4.MQP2	9/10	4AHL
OakMarREC	M/W	6pm	6D4.G7LN	10/2	4AHJ
OakMarREC	M/W	6pm	6D4.I6I2	10/30	4AHI
OakMarREC	M/W	6pm	6D4.7PWG	11/27	4AHH
ProvREC	Th	6:50pm	6D4.BZQD	9/7	4AHJ
ProvREC	Sa	10am	6D4.JPTK	9/9	4AHI
ProvREC	Su	9:50am	6D4.AGWR	9/10	4AHI
ProvREC	Sa	10am	6D4.9ENA	10/28	4AHP
ProvREC	Su	9:50am	6D4.ROSC	10/29	4AHP
ProvREC	Th	6:50pm	6D4.VXDG	11/2	4AHH
SoRunREC	Sa	10:40am	6D4.MHCY	8/26	4AHJ
SoRunREC	T/Th	6pm	6D4.5Q1H	8/29	4AHL
SoRunREC	T/Th	6pm	6D4.UTSB	10/3	4AHJ
SoRunREC	Sa	10:40am	6D4.23JQ	10/28	4AHI

SoRunREC	T/Th	6pm	6D4.3IKU	11/2	4AHH
SoRunREC	T/Th	6pm	6D4.MGRF	11/28	4AHH
SpHillREC	Sa	10am	6D4.NY5B	8/26	4AHI
SpHillREC	Su	9:50am	6D4.RKZY	8/27	4AHI
SpHillREC	M	7pm	6D4.DLBX	8/28	4AHI
SpHillREC	T	7pm	6D4.OFFE	8/29	4AHJ
SpHillREC	Sa	10am	6D4.8ZAD	10/21	4AHJ
SpHillREC	Su	9:50am	6D4.8AF8	10/22	4AHJ
SpHillREC	M	7pm	6D4.T40L	10/23	4AHJ
SpHillREC	T	7pm	6D4.M53A	10/24	4AHI

### Stroke Mechanics III

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

4AHH	6--55 minute lessons--\$98
4AHI	7--55 minute lessons--\$114
4AHJ	8--55 minute lessons--\$131
4AHL	10--55 minute lessons--\$164
4AHM	11--55 minute lessons--\$180
4AHP	5--55 minute lessons--\$81

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:50am	E57.9E24	8/26	4AHJ
CubRunREC	Su	10:50am	E57.BBSK	8/27	4AHJ
CubRunREC	F	6:50pm	E57.NUXB	9/8	4AHM
CubRunREC	Sa	10:50am	E57.YDEJ	10/28	4AHI
CubRunREC	Su	10:50am	E57.8UXJ	10/29	4AHI
OakMarREC	T/Th	6:50pm	E57.XGA5	9/5	4AHJ
OakMarREC	Sa	12pm	E57.L5N8	9/9	4AHL
OakMarREC	Su	11am	E57.GRJP	9/10	4AHL
OakMarREC	T/Th	6:50pm	E57.65BW	10/3	4AHJ
OakMarREC	T/Th	6:50pm	E57.KA06	11/2	4AHH
OakMarREC	T/Th	6:50pm	E57.D086	11/28	4AHH
ProvREC	Th	7:50pm	E57.BDUV	9/7	4AHJ
ProvREC	Sa	11am	E57.BXMP	9/9	4AHI
ProvREC	Su	10:50am	E57.UCD1	9/10	4AHI
ProvREC	Sa	11am	E57.R3PU	10/28	4AHP
ProvREC	Su	10:50am	E57.UBVH	10/29	4AHP
ProvREC	Th	7:50pm	E57.JNAA	11/2	4AHH
SoRunREC	M/W	7pm	E57.RVRB	8/28	4AHH
SoRunREC	T/Th	8pm	E57.W73Z	8/29	4AHL
SoRunREC	M/W	7pm	E57.W546	10/2	4AHJ
SoRunREC	T/Th	8pm	E57.WMI6	10/3	4AHJ
SoRunREC	M/W	7pm	E57.D25J	10/30	4AHI
SoRunREC	T/Th	8pm	E57.C0EA	11/2	4AHH
SoRunREC	M/W	7pm	E57.FNKK	11/27	4AHH
SoRunREC	T/Th	8pm	E57.XGPD	11/28	4AHH
SpHillREC	Sa	11am	E57.E1NY	8/26	4AHI
SpHillREC	Su	10:50am	E57.96X1	8/27	4AHI
SpHillREC	W	6pm	E57.1Q7J	8/30	4AHJ
SpHillREC	Th	6pm	E57.TD20	8/31	4AHJ
SpHillREC	Sa	11am	E57.WKRM	10/21	4AHJ
SpHillREC	Su	10:50am	E57.S6RW	10/22	4AHJ
SpHillREC	W	6pm	E57.UNMI	10/25	4AHI
SpHillREC	Th	6pm	E57.SA30	10/26	4AHI

### Stroke Mechanics IV

**(11-18 yrs.)** Prerequisite: Must have a high endurance level to swim an intense workout each class and be able to tread water for one minute, swim continuously 200 yards each freestyle and backstroke, 100 yards



All programs and activities will follow current health safety protocols.

breaststroke, 50 yards butterfly, and 100 yards IM. Students must wear a one-piece, competitive-style swim suit and goggles. Students with long hair must wear a swim cap. Class emphasizes high-intensity interval workout and refines freestyle, backstroke, breaststroke, butterfly, starts, turns and finishes.

<b>4AHH</b>	<b>6--55 minute lessons--\$98</b>
<b>4AHI</b>	<b>7--55 minute lessons--\$114</b>
<b>4AHJ</b>	<b>8--55 minute lessons--\$131</b>
<b>4AHK</b>	<b>9--55 minute lessons--\$147</b>
<b>4AHL</b>	<b>10--55 minute lessons--\$164</b>
<b>4AHM</b>	<b>11--55 minute lessons--\$180</b>
<b>4AHP</b>	<b>5--55 minute lessons--\$81</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:50am	2F3.K59R	8/26	4AHJ
CubRunREC	Su	11:50am	2F3.8LUP	8/27	4AHJ
CubRunREC	F	7:50pm	2F3.RQOR	9/8	4AHM
CubRunREC	Sa	11:50am	2F3.YH0Y	10/28	4AHI
CubRunREC	Su	11:50am	2F3.U2JP	10/29	4AHI
OakMarREC	M/W	7pm	2F3.LMAR	9/6	4AHI
OakMarREC	Su	12pm	2F3.79Y3	9/10	4AHL
OakMarREC	M/W	7pm	2F3.K2IJ	10/2	4AHJ
OakMarREC	M/W	7pm	2F3.ZBW7	10/30	4AHI
OakMarREC	M/W	7pm	2F3.85ZV	11/27	4AHH
ProvREC	Sa	12pm	2F3.1VR1	9/9	4AHI
ProvREC	Su	11:50am	2F3.218Q	9/10	4AHI
ProvREC	Sa	12pm	2F3.JOZ1	10/28	4AHP
ProvREC	Su	11:50am	2F3.CZ3U	10/29	4AHP
SoRunREC	M/W	8pm	2F3.7PBM	8/28	4AHK
SoRunREC	M/W	8pm	2F3.1Y99	10/2	4AHJ
SoRunREC	M/W	8pm	2F3.W5D2	11/27	4AHH
SpHillREC	Sa	12pm	2F3.LLEB	8/26	4AHI
SpHillREC	Su	11:50am	2F3.MOGD	8/27	4AHI
SpHillREC	W	7pm	2F3.7R2J	8/30	4AHJ
SpHillREC	Th	7pm	2F3.DCNT	8/31	4AHJ
SpHillREC	Sa	12pm	2F3.SVPH	10/21	4AHJ
SpHillREC	Su	11:50am	2F3.1JEW	10/22	4AHJ
SpHillREC	W	7pm	2F3.UPIO	10/25	4AHI
SpHillREC	Th	7pm	2F3.XSCB	10/26	4AHI

## Lap Swim

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

<b>4AAB</b>	<b>10--55 minute lessons--\$162</b>
<b>4AU</b>	<b>3--55 minute lessons--\$47</b>
<b>4AV</b>	<b>4--55 minute lessons--\$64</b>
<b>4AW</b>	<b>5--55 minute lessons--\$80</b>
<b>4AX</b>	<b>6--55 minute lessons--\$97</b>
<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	9am	41A.JCNK	8/27	4AZ
CubRunREC	Su	9am	41A.AHDN	10/29	4AZ
OakMarREC	T/Th	7:50pm	41A.8KKJ	9/5	4AZ
OakMarREC	W	11:40am	41A.BR41	9/6	4AZ
OakMarREC	F	10:30am	41A.5C21	9/8	4AZ
OakMarREC	Sa	9am	41A.CGQ1	9/9	4AAB
OakMarREC	Su	9:05am	41A.TLF8	9/10	4AAB
OakMarREC	M	9:30am	41A.D093	9/11	4AY
OakMarREC	T/Th	7:50pm	41A.OT2W	10/3	4AZ
OakMarREC	M	9:30am	41A.8RAR	10/30	4AY
OakMarREC	W	11:40am	41A.ABDQ	11/1	4AX
OakMarREC	T/Th	7:50pm	41A.9CMV	11/2	4AX
OakMarREC	F	10:30am	41A.Y955	11/3	4AW
OakMarREC	T/Th	7:50pm	41A.XUIQ	11/28	4AX
OakMarREC	Su	10am	41A.S5SI	12/3	4AU

ProvREC	F	7:20pm	41A.ZZJQ	9/8	4AZ
SoRunREC	T/Th	9:30am	41A.V73R	8/29	4AAB
SoRunREC	T/Th	9:30am	41A.JZMY	10/3	4AZ
SoRunREC	T/Th	9:30am	41A.X8FY	11/2	4AX
SoRunREC	T/Th	9:30am	41A.AX8N	11/28	4AX
SpHillREC	W	8pm	41A.FPQO	8/30	4AZ
SpHillREC	F	7:40pm	41A.P0FS	9/1	4AZ
SpHillREC	W	8pm	41A.XCMD	10/25	4AY
SpHillREC	F	7:15pm	41A.WCR5	10/27	4AV

## Lap Swim Lite

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

<b>4AAB</b>	<b>10--55 minute lessons--\$162</b>
<b>4AW</b>	<b>5--55 minute lessons--\$80</b>
<b>4AX</b>	<b>6--55 minute lessons--\$97</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
OakMarREC	F	11:30am	C96.SYEE	9/8	4AZ
OakMarREC	F	11:30am	C96.BEXQ	11/3	4AW
SoRunREC	T/Th	10:30am	C96.R99L	8/29	4AAB
SoRunREC	T/Th	10:30am	C96.86XY	10/3	4AZ
SoRunREC	T/Th	10:30am	C96.ZA45	11/2	4AX
SoRunREC	T/Th	10:30am	C96.9YFL	11/28	4AX

## Advanced Lap Swim

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

<b>4AAB</b>	<b>10--55 minute lessons--\$162</b>
<b>4AU</b>	<b>3--55 minute lessons--\$47</b>
<b>4AW</b>	<b>5--55 minute lessons--\$80</b>
<b>4AX</b>	<b>6--55 minute lessons--\$97</b>
<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
OakMarREC	M/W	8pm	85E.D3ZE	9/6	4AY
OakMarREC	W	9:30am	85E.0M66	9/6	4AX
OakMarREC	F	9:30am	85E.2AAO	9/8	4AZ
OakMarREC	Sa	9am	85E.06WB	9/9	4AAB
OakMarREC	Su	9:05am	85E.WXQO	9/10	4AAB
OakMarREC	M/W	8pm	85E.VYL2	10/2	4AZ
OakMarREC	M/W	8pm	85E.QM90	10/30	4AY
OakMarREC	W	9:30am	85E.7R3X	11/1	4AX
OakMarREC	F	9:30am	85E.T9JJ	11/3	4AW
OakMarREC	M/W	8pm	85E.EQ8L	11/27	4AX
OakMarREC	Su	9am	85E.OLSR	12/3	4AU

## Swim Clinics

### Butterfly & Breaststroke Clinic I

**(6-12 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>4AK</b>	<b>3--45 minute lessons--\$46</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	10:55am	8DD.A6RW	12/2	4AK
OakMarREC	Su	10:55am	8DD.F69E	12/3	4AK

## Butterfly & Breaststroke Clinic II

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

<b>4AU</b>	<b>3--55 minute lessons--\$47</b>
<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	10:20am	2D5.IYH4	12/2	4AU
OakMarREC	Su	12:05pm	2D5.PWAT	12/3	4AU
SpHillREC	Su	1pm	2D5.OOYD	8/27	4AY
SpHillREC	Su	1pm	2D5.GP9D	10/22	4AZ

## Freestyle & Backstroke Clinic I

**(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.

<b>4AK</b>	<b>3--45 minute lessons--\$46</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	10:05am	9D9.BS80	12/2	4AK
OakMarREC	Su	10am	9D9.DN3S	12/3	4AK

## Freestyle & Backstroke Clinic II

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

<b>4AU</b>	<b>3--55 minute lessons--\$47</b>
<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	9:15am	40A.LIGP	12/2	4AU
OakMarREC	Su	11am	40A.D6R8	12/3	4AU
SpHillREC	Su	1pm	40A.L27T	8/27	4AY
SpHillREC	Su	1pm	40A.XJ6V	10/22	4AZ

## IM and Relay Clinic

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

<b>4AU</b>	<b>3--55 minute lessons--\$47</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	11:20am	D49.RIOI	12/2	4AU
OakMarREC	Su	11:45am	D49.YX4Q	12/3	4AU

## Swim Team Prep

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

<b>4AAB</b>	<b>10--55 minute lessons--\$162</b>
<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
GWREC	Sa	1:15pm	E8D.7AHR	9/9	4AY
OakMarREC	Su	10:05am	E8D.QOQO	9/10	4AAB
SoRunREC	Su	4pm	E8D.4MBB	8/27	4AZ
SoRunREC	Su	4pm	E8D.R4YG	10/29	4AY



## Swim Team Prep

**(13-18 yrs.)** Get the competitive edge and prepare for swim team season by coming in for a tune up of your swimming skills! This class helps swimmers who have been on a swim team in the past and want to get their competitive skills and swimming strokes ready for the next swim team season.

<b>4AY</b>	<b>7--55 minute lessons--\$112</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$129</b>

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	5pm	246.2RL9	8/27	4AZ
SoRunREC	Su	5pm	246.7RW4	10/29	4AY

## Aquatic Fitness

### Options for aquatic exercisers:

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

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

#### Aqua Exercise Flex Pass

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

#### Register for coded class listed in Parktakes

Registration guarantees a space in the class.

Your class registration entitles you to attend only the class for which you registered. Missed classes cannot be made up.

## Aerobic Water Exercise

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

<b>4ABB</b>	<b>12--55 minute lessons--\$167</b>
<b>4ABC</b>	<b>13--55 minute lessons--\$177</b>
<b>4ABD</b>	<b>14--55 minute lessons--\$192</b>
<b>4ABE</b>	<b>15--55 minute lessons--\$205</b>
<b>4ABK</b>	<b>33--55 minute lessons--\$451</b>
<b>4ABO</b>	<b>31--55 minute lessons--\$423</b>
<b>4ABY</b>	<b>35--55 minute lessons--\$478</b>
<b>4AGA</b>	<b>45--55 minute lessons--\$615</b>
<b>4AGD</b>	<b>49--55 minute lessons--\$670</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	3AD.GZWS	9/6	4ABD
Franconia Rec	F	8:30am	3AD.DZ3P	9/15	4ABC
GWREC	M/W/F	8:30am	3AD.MHNQ	8/21	4AGD
GWREC	T/Th	5:05pm	3AD.AXFC	8/22	4ABK
OakMarREC	Th	9am	3AD.4UEQ	9/7	4ABE
OakMarREC	Th	10am	3AD.LSXN	9/7	4ABE
OakMarREC	F	9am	3AD.16BH	9/8	4ABD
OakMarREC	Su	4pm	3AD.60HA	9/10	4ABC
ProvREC	T/Th	8:30am	3AD.PGUL	9/5	4ABO
ProvREC	T/Th	9:30am	3AD.4N9I	9/5	4ABO
ProvREC	M/W/F	7:30am	3AD.1SD8	9/6	4AGA
ProvREC	M/W/F	10:30am	3AD.ZIMD	9/6	4AGA
ProvREC	Su	9am	3AD.TNKM	9/10	4ABB
SoRunREC	M/W/F	9am	3AD.XNTF	8/21	4AGD
SoRunREC	T/Th	9am	3AD.XFXS	8/22	4ABY
SpHillREC	M/W/F	7:30am	3AD.NNEA	8/28	4AGA

## Advanced Water Aerobics

**(13-Adult)** This high-energy, cardio-intensive class uses water resistance to give you maximum fitness



benefits. This program is for the experienced water aerobics student who wants a more intense workout and wants to cross-train or enhance overall fitness.

<b>4ABB</b>	<b>12--55 minute lessons--\$167</b>
<b>4ABD</b>	<b>14--55 minute lessons--\$192</b>
<b>4ABE</b>	<b>15--55 minute lessons--\$205</b>
<b>4ABX</b>	<b>30--55 minute lessons--\$410</b>
<b>4AGA</b>	<b>45--55 minute lessons--\$615</b>

Location	Day	Time	Code	Begin	\$
OakMarREC	Th	8am	40C.877E	9/7	4ABE
OakMarREC	F	8am	40C.PUZZ	9/8	4ABD
ProvREC	M/W	6pm	40C.4WSW	9/6	4ABX
ProvREC	Sa	9am	40C.2K91	9/9	4ABB
SpHillREC	M/W/F	8:30am	40C.N59Q	8/28	4AGA

## Aqua Fit and Tone

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

<b>4ABJ</b>	<b>29--55 minute lessons--\$397</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	8:30am	AA8.LPKU	9/11	4ABJ
Franconia Rec	T/Th	7:35pm	AA8.L98X	9/12	4ABJ
Franconia Rec	T/Th	7:35pm	AA8.01VY	9/12	4ABJ

## 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.

<b>4ABB</b>	<b>12--55 minute lessons--\$167</b>
<b>4ABJ</b>	<b>29--55 minute lessons--\$397</b>
<b>4ABW</b>	<b>17--55 minute lessons--\$232</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	6:35pm	2A9.8Z22	9/12	4ABJ
ProvREC	Sa	8am	2A9.FQP5	9/9	4ABB
SpHillREC	T	10am	2A9.XGQO	8/29	4ABW

## Aqua Zumba

**(13-Adult)** Zumba in the water incorporates dance themes combined with dynamic music to make your exercise experience feel more like a party. Join the fun and let the party begin!

<b>4ABE</b>	<b>15--55 minute lessons--\$205</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	T	9:45am	62B.25V3	9/12	4ABE
Franconia Rec	T	9:45am	62B.QALL	9/12	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.

<b>4ABE</b>	<b>15--55 minute lessons--\$205</b>
<b>4ABJ</b>	<b>29--55 minute lessons--\$397</b>
<b>4ABK</b>	<b>33--55 minute lessons--\$451</b>
<b>4ABO</b>	<b>31--55 minute lessons--\$423</b>
<b>4ABY</b>	<b>35--55 minute lessons--\$478</b>
<b>4AGA</b>	<b>45--55 minute lessons--\$615</b>
<b>4AGD</b>	<b>49--55 minute lessons--\$670</b>
<b>4AGG</b>	<b>28--55 minute lessons--\$383</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.P3DQ	9/5	4AGG
Franconia Rec	M/W	9:45am	9E8.N96I	9/11	4ABJ
GWREC	M/W/F	11:30am	9E8.6HR4	8/21	4AGD
GWREC	T/Th	8am	9E8.9UPY	8/22	4ABK
GWREC	T/Th	9am	9E8.6Z5A	8/22	4ABK
OakMarREC	Th	11am	9E8.322H	9/7	4ABE
ProvREC	T/Th	11:30am	9E8.LAGH	9/5	4ABO
ProvREC	M/W/F	11:30am	9E8.JYXA	9/6	4AGA
SoRunREC	M/W/F	10am	9E8.R779	8/21	4AGD
SoRunREC	T/Th	10am	9E8.980V	8/22	4ABY
SoRunREC	T/Th	11am	9E8.CBWW	8/22	4ABY
SpHillREC	M/W/F	10:40am	9E8.1R78	8/28	4AGA

## Arthritis Deep Water Exercise

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

<b>4ABX</b>	<b>30--55 minute lessons--\$410</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	M/Th	12:30pm	250.05CB	9/7	4ABX

## Deep Water Exercise

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

<b>4ABB</b>	<b>12--55 minute lessons--\$167</b>
<b>4ABC</b>	<b>13--55 minute lessons--\$177</b>
<b>4ABK</b>	<b>33--55 minute lessons--\$451</b>
<b>4ABO</b>	<b>31--55 minute lessons--\$423</b>
<b>4ABW</b>	<b>17--55 minute lessons--\$232</b>
<b>4ABY</b>	<b>35--55 minute lessons--\$478</b>
<b>4AGA</b>	<b>45--55 minute lessons--\$615</b>
<b>4AGD</b>	<b>49--55 minute lessons--\$670</b>
<b>4AGG</b>	<b>28--55 minute lessons--\$383</b>
<b>4AGH</b>	<b>44--55 minute lessons--\$602</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.FPQW	8/29	4AGG
Franconia Rec	Sa	10am	B8B.WOUR	9/9	4ABB
Franconia Rec	Su	3pm	B8B.4VQJ	9/10	4ABB
GWREC	M/W/F	7:30am	B8B.ENTX	8/21	4AGD
GWREC	M/W/F	9:30am	B8B.HJTZ	8/21	4AGD
GWREC	M/W/F	10:30am	B8B.ZAKM	8/21	4AGD
GWREC	T/Th	11am	B8B.5QR4	8/22	4ABK
OakMarREC	T/Th	9am	B8B.2DND	9/5	4ABO
OakMarREC	M/W/F	9:10am	B8B.9HQ5	9/6	4AGH
OakMarREC	Su	5pm	B8B.73GJ	9/10	4ABC
ProvREC	T/Th	5:50pm	B8B.N7AD	9/5	4ABO
ProvREC	T/Th	6:50pm	B8B.591P	9/5	4ABO
ProvREC	M/W/F	8:30am	B8B.97DY	9/6	4AGA
SoRunREC	M/W/F	8am	B8B.300B	8/21	4AGD
SoRunREC	T/Th	8am	B8B.Q1EO	8/22	4ABY
SpHillREC	M/W/F	9:40am	B8B.7NNK	8/28	4AGA
SpHillREC	T	9am	B8B.TVVZ	8/29	4ABW



All programs and activities will follow current health safety protocols.

## 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.

**4AGH 44--55 minute lessons--\$602**

Location	Day	Time	Code	Begin	\$
OakMarREC	M/W/F	10:10am	4A8.86XH	9/6	4AGH

## 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.

**4ABJ 29--55 minute lessons--\$397**

**4ABX 30--55 minute lessons--\$410**

**4AGH 44--55 minute lessons--\$602**

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	8:30am	B79.RYDM	9/12	4ABJ
OakMarREC	M/W/F	8:10am	B79.EZB0	9/6	4AGH
ProvREC	M/F	9:30am	B79.38U0	9/8	4ABX

## Deep Water Hydro Pilates

**(13-Adult)** Prerequisite: Students must be able to swim 25 yards continuously. Take the plunge for a workout that is no impact. Use Pilates moves in the deep water to help you increase your range of motion,

challenge and strengthen core stability and control and build abdominal and back strength, flexibility and muscle tone.

**4AB1 16--55 minute lessons--\$218**

**4ABX 30--55 minute lessons--\$410**

Location	Day	Time	Code	Begin	\$
ProvREC	W	9:30am	08B.ULWB	9/6	4AB1
ProvREC	M/Th	1:30pm	08B.YAS5	9/7	4ABX

## Power Finning

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

**4AB1 16--55 minute lessons--\$218**

**4ABB 12--55 minute lessons--\$167**

**4ABJ 29--55 minute lessons--\$397**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9am	83P.79WP	9/9	4ABB
Franconia Rec	M/W	7:35pm	83P.RZCV	9/11	4ABJ
GWREC	Th	10am	83P.6C6V	8/24	4AB1

## S'WET Aqua Fitness

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

**4ABE 15--55 minute lessons--\$205**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	9:45am	GS8.FJDO	9/14	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 students in different types of water walking to benefit all parts of the body.

**4AB1 16--55 minute lessons--\$218**

Location	Day	Time	Code	Begin	\$
ProvREC	T	10:30am	7B5.DFXP	9/5	4AB1

## Specialty Classes

### American Red Cross Lifeguard Training

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

**4ACJ 4--7 hour 30 minute lessons--\$388**

Location	Day	Time	Code	Begin	\$
ProvREC	M-Th	9am	202.TPVP	12/18	4ACJ

## American Red Cross Lifeguard

### Training Review

**(15-Adult)** Don't let your American Red Cross (ARC) Lifeguard certificate expire. This 20-hour course renews your certificates for Lifeguarding, CPR and First Aid. The fee does not include textbook. Bring the ARC Lifeguard Training textbook to class or purchase one at the site for an additional fee. Prerequisites: Must have an unexpired ARC Lifeguard Training certificate. If certificate is expired, student must register for the full Lifeguard Training course. Must be able to swim 300 yards continuously, and swim 20 yards using front crawl or breaststroke; dive 7-10 feet and retrieve a 10 pound object, return to surface and swim 20 yards back to starting point and exit the water without use of ladder or stairs. Class renews Lifeguard, First Aid, and CPR certificate for two years.

**4ACE 2--10 hour lessons--\$225**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa/Su	9am	297.5L88	11/18	4ACE

## 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.

**4AAB 10--55 minute lessons--\$162**

**4AAC 11--55 minute lessons--\$178**

**4AW 5--55 minute lessons--\$80**

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

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	5B5.7NDW	9/8	4AAC
OakMarREC	Su	11:05am	5B5.7QQT	9/10	4AAB
ProvREC	Sa	1:05pm	5B5.C1YF	9/9	4AY
ProvREC	Sa	1:05pm	5B5.UBBM	10/28	4AW

## 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.

**4AAB 10--55 minute lessons--\$162**

**4AAC 11--55 minute lessons--\$178**

**4AW 5--55 minute lessons--\$80**

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

Location	Day	Time	Code	Begin	\$
CubRunREC	F	7pm	8A5.DBY4	9/8	4AAC
OakMarREC	Su	12:05pm	8A5.XB9W	9/10	4AAB
ProvREC	Sa	2:05pm	8A5.ZAII	9/9	4AY
ProvREC	Sa	2:05pm	8A5.O0BN	10/28	4AW



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**Saturday, November 4**  
**2-4 p.m.**  
**3 Rec Centers • Adults Only**  
**Registration Required**

Plunge into aquatic fitness by sampling the class options available during this **FREE, two-hour Aquatic Fitness showcase** held at all nine Rec Centers!

Learn, socialize and **FLEX** your fins and participation options.

 **FAIRFAX COUNTY PARK AUTHORITY**  
**Rec Centers**

Reserve your spot:  
[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)



## Attractions

### Birthday Party Packages

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

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



### The Water Mine at Lake Fairfax Park

**1400 Lake Fairfax Drive  
Reston, Va. 20190  
703-471-5415**

[www.fairfaxcounty.gov/parks/watermine](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.



### Our Special Sprayground at Franconia Park



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

### Cub Run for Water Fun Year Round



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

For more information and hours, visit [www.fairfaxcounty.gov/parks/recenter/cub-run/leisure-pool](http://www.fairfaxcounty.gov/parks/recenter/cub-run/leisure-pool) or call 703-817-9407.

### More Family Fun

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

<b>Burke Lake</b> 703-323-6600	Rowboats, canoes, tour boat, carousel, miniature train, ice cream parlor.
<b>Frying Pan Farm Park</b> 703-437-9101	Carousel, wagon rides.
<b>Lake Accotink</b> 703-569-3464	Pedal boats, canoes, kayaks, carousel, bike rentals, snack bar.
<b>Lake Fairfax</b> 703-471-5414	Pedal boats, tour boat, carousel, skate park, packaged ice cream.
<b>Riverbend</b> 703-759-9018	Jon boats, kayaks.





All programs and activities will follow current health safety protocols.



## Bike Rentals offered at Accotink Marina

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

## Clemyjontri Park



6317 Georgetown Pike  
McLean, Va. 22101

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).



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

### Burke Lake Park

7315 Ox Road, Fairfax Station, Va.  
703-323-6600

### Oak Marr Rec Center

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

### Jefferson Falls in Jefferson District Park

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

### Lucky Duck in Lake Accotink Park – It is right by the carousel for added fun!

7500 Accotink Park Road, Springfield, Va.  
703-569-0285

## Fairfax County Park Authority has you covered with Teacher Workday Camps!



Sign your child up for an exciting, fun-filled day to learn about art and performing arts, cooking, sports and science, technology, engineering and mathematics (STEM):

- Monday, September 25
- Monday, October 9
- Monday, November 6
- Tuesday, November 7

Learn more and register at [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)



## Come to the Parks for Picnics



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



## CAMPS

## Art And Performing Arts

**NEW! Bedazzled Clay Kitty Cat**

(5-12 yrs.) Join KidCreate to make a gorgeous, glittering kitty out of clay! It's time for some creative bling - bedazzling never looked so cute. Please pack a nut free snack and drink for your child.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-12pm	5QW.LZON	9/25	\$59

**ACTION! Broadway Camp**

(7-14 yrs.) In this Moonlit Wings minicamp, performers enjoy improvisation games, character creation, music and scripts from Broadway's biggest hits. Rec Center campers enjoy an afternoon swim break.

Location	Days	Time	Code	Dates	\$
ProvREC	M-Tu	9am-4pm	IMT.5Y04	11/6-11/7	\$159
SullyCC	M-Tu	9am-4pm	IMT.EIA3	11/6-11/7	\$159
Wkfld/Moore	M-Tu	9am-4pm	IMT.U1I3	11/6-11/7	\$159
FryingPanPk	M	9am-4pm	IMT.WPHN	9/25	\$79
FryingPanPk	M	9am-4pm	IMT.9U5Y	11/6	\$79
SpHillREC	M	9am-4pm	IMT.20RQ	9/25	\$79
SpHillREC	M-Tu	9am-4pm	IMT.3WWF	11/6-11/7	\$159
SullyCC	M	9am-4pm	IMT.20DH	9/25	\$79
Wkfld/Moore	M	9am-4pm	IMT.06JH	9/25	\$79

**NEW! Glow-in-the-Dark Art**

(5-12 yrs.) These projects will ROCK your child's world long after the lights go out at night. Join KidCreate to work with a variety of different art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark!

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	1pm-4pm	310.RS4Q	9/25	\$59
ProvREC	M	1pm-4pm	310.ICAT	9/25	\$59

**NEW! Pajama Jam**

(5-12 yrs.) In this KidCreate camp, we'll create a colorful ring toss game, sculpt a seaworthy ship, and make a 3D bug, all while wearing our pajamas! Please pack a nut free snack and drink for your child each day.

Location	Days	Time	Code	Dates	\$
ProvREC	M	9am-12pm	XZJ.B4ZF	9/25	\$59

**NEW! ACTION! Acting Adventures**

(7-14 yrs.) Take center stage in this one-day, Moonlit Wings camp inspired by your favorite films and plays. Explore short skits, improv games, musical numbers and get in the spotlight. Bring two snacks, lunch and swimsuit/towel for a pool break.

Location	Day	Time	Code	Begin	\$
FryingPanPk	M	9am-4pm	D8P.91GY	10/9	\$79
ProvREC	M	9am-4pm	D8P.5D1T	10/9	\$79
SpHillREC	M	9am-4pm	D8P.AABV	10/9	\$79
SoRun REC	M	9am-4pm	D8P.YPIZ	10/9	\$79
SullyCC	M	9am-4pm	D8P.8E6V	10/9	\$79

**NEW! Dino Day Camp**

(5-12 yrs.) If you love dinosaurs as much as we do, this is the camp for you. Join KidCreate to explore several different mediums as you tear, paint, glue and more; it'll be dino-riffic!

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	1pm-4pm	63J.FLVK	10/9	\$59
SoRunREC	M	1pm-4pm	63J.EL3J	10/9	\$59

**NEW! Kid-Tastic Art Camp**

(6-12 yrs.) In this Abakadoodle camp, kids will use various artists' techniques and styles through paint pouring, radial drawings, plein air paintings, masking, and line work.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	8J2.TLAC	10/9	\$69

**NEW! Nifty Narwhal**

(5-12 yrs.) Narwhals are the unicorn of the sea! In this class, by KidCreate, students will sculpt a nifty narwhal using clay, paint and glitter. Please pack a nut free snack and drink for your child.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-12pm	JW0.6PVG	10/9	\$59
SoRunREC	M	9am-12pm	JW0.F20S	10/9	\$59

**Ultimate Music Minicamp**

(5-12 yrs.) Learn Now Music will introduce campers to a variety of musical instruments and concepts in this one-day camp. Try your hand at piano, guitar, violin, drums, voice and movement. Participate in musical games, crafts, musical listening excerpts and related projects (a.m. instruments- piano & guitar; p.m. instruments- violin & drums). Campers in both a.m. and p.m. sessions get a supervised lunch break.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M	9am-1pm	YYG.1WEG	10/9	\$59
FranconiaRec	M	1:30-5:30pm	YYG.M9PW	10/9	\$59
FranconiaRec	M-Tu	9am-1pm	YYG.QXSD	11/6-11/7	\$119
FranconiaRec	M-Tu	1:30-5:30pm	YYG.YSR4	11/6-11/7	\$119
HunterHouse	M	9am-1pm	YYG.1AZ6	9/25	\$59
HunterHouse	M	1:30-5:30pm	YYG.DCYL	9/25	\$59
HunterHouse	M	9am-1pm	YYG.JGD7	10/9	\$59
HunterHouse	M	1:30-5:30pm	YYG.PQ1C	10/9	\$59

**NEW! Media Mania Art Camp**

(6-12 yrs.) Discover new and exciting techniques in art using paints such as watercolors, tempera and acrylics, pastels, papers and Model Magic and photography. Join Abakadoodle to study master and contemporary artists along with art vocabulary. All students will create their very own portfolio to safeguard all their masterpieces.

Location	Day	Time	Code	Begin	\$
ECLawrencePk	M-Tu	9am-4pm	F6V.X4YA	11/6-11/7	\$139

## Cooking

**NEW! Cookie Explosion**

(6-10 yrs.) In this one-day camp, the Tiny Chefs will create everything from the classic Chocolate Chip to international favorites such as Biscotti. Bar cookies and Sandwich Cookies will also have their day in the sun—or perhaps we should say in the oven! The Tiny Chefs will learn valuable baking skills and methods while they explore the scrumptious world of cookies.

Location	Day	Time	Code	Dates	\$
ECLawrencePk	M	9am-4pm	SEH.DU03	9/25	\$130

**NEW! Cooking: Sweet and Savory Pies**

(6-10 yrs.) During this camp, Tiny Chefs will learn techniques to create the classic pastry dough needed for such staples as pies, tarts and quiche, plus the delicious fillings to go inside them. They will also work with puff pastry, biscuit dough and phyllo dough as they explore recipes for turnovers, pot pies, and samosas.

Location	Days	Time	Code	Dates	\$
ProvREC	M	9am-4pm	PM5.5QWL	10/9	\$130

**Cupcake Wars**

(6-10 yrs.) If you've ever been curious about how the pros make those cupcakes so precious and ornate, and if competition is your middle name, then this two-day Tiny Chef's camp is for you! We'll spend the first day on cupcake basics - measuring, mixing, baking, and frosting, and then finish the camp with a baking battle. Small teams will face off with one another to compete for the title of "Best Cupcake".

Location	Days	Time	Code	Dates	\$
HunterHouse	M-Tu	9am-4pm	7ES.YDJ1	11/6-11/7	\$255

Celebrate your Birthday  
in the Parks!

## Swing into Fun with Mini Golf

Burke Lake • Jefferson • Lake Accotink • Oak Marr

## Splash Around Year Round

Your Local Rec Center Pools & Party Rooms

## Ride a Carousel, Train, Tourboat

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

## Bounce Around a Soft Playroom

Franconia Rec Center

For information, visit

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





## Sports

## All Sports Camp

(7-11 yrs.) Want to try a sport but not sure which one? Learn the fundamentals of multiple sports including football, soccer and baseball with Alpha Sports. Enjoy participating in fun drills and an afternoon swim break. Camp is rain or shine.

Location	Days	Time	Code	Dates	\$
SoRun REC	M	9am-4pm	UET.LYL1	9/25	\$69
SoRun REC	M	9am-4pm	UET.I989	10/9	\$69
SoRun REC	M-Tu	9am-4pm	UET.BPIY	11/6-11/7	\$139

## Aqua Adventures Day Camp

(7-12 yrs.) A great camp for high-level swimmers. Activities include water safety, swim clinics, water relays and water sports like volleyball and basketball. Campers also enjoy out-of-pool games/activities. Prerequisite: child must be able to swim 25 yards unassisted, pass a swim test, be comfortable in deep water and tread water for two minutes. Bring at least two swimsuits, two-three towels, snacks, lunch, and water bottle.

Location	Days	Time	Code	Dates	\$
GW REC	M	9am-4pm	RB6.ND52	9/25	\$69
GW REC	M	9am-4pm	RB6.7ZSK	10/9	\$69
GW REC	M-Tu	9am-4pm	RB6.IEWJ	11/6-11/7	\$139

## Basketball &amp; Sports MiniCamp

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

Location	Day	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	CT4.V8JE	9/25	\$69
SpHillREC	M	9am-4pm	CT4.GIZO	10/9	\$69
SpHillREC	M	9am-4pm	CT4.FNX9	11/6	\$69
SpHillREC	M	9am-4pm	CT4.WBY7	11/7	\$69
Wkfld/Moore	M	9am-4pm	CT4.GVRE	9/25	\$69
Wkfld/Moore	M	9am-4pm	CT4.AFWN	11/6	\$69

## Pickleball Day Camp

Pickleball is a fun, fast-paced paddle sport that combines tennis, table tennis and badminton. Join Baroody Sports to learn the rules of the game, the basics and practice skills through games. Campers will work together as a team while competing in fun, lightly competitive tournament style matches.

Location	Day	Time	Code	Dates	\$
(5-7 yrs.)					
SoRun REC	M	9am-12pm	LIH.OSDM	9/25	\$36
SoRun REC	M-Tu	1pm-4pm	LIH.83YP	11/6-11/7	\$72
(7-12 yrs.)					
SoRun REC	M	9am-12pm	1W3.AIVO	10/9	\$36
SoRun REC	M-Tu	9am-12pm	1W3.CW60	11/6-11/7	\$72

## Soccer MiniCamp

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

Location	Days	Time	Code	Dates	\$
FranconiaRec	M	9am-12pm	J3M.I0K7	10/9	\$36
Wkfld/Moore	M	9am-12pm	J3M.V8YO	9/25	\$36
Wkfld/Moore	M	9am-12pm	J3M.47PL	10/9	\$36
Wkfld/Moore	M	9am-12pm	J3M.FLLU	11/6-11/7	\$72
SpHillREC	M	1pm-4pm	J3M.II6N	9/25	\$36

## Sports MiniCamp

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

Location	Days	Time	Code	Dates	\$
FranconiaRec	M	9am-4pm	4VR.SPUB	9/25	\$69
FranconiaRec	M-Tu	9am-4pm	4VR.NBWO	11/6-11/7	\$139
Wkfld/Moore	M	9am-4pm	4VR.IEGY	10/9	\$69
SpHillREC	M	9am-4pm	4VR.H9K5	10/9	\$69

## STEM

## Chess MiniCamp

(6-12 yrs.) Play and learn chess with Magnus Chess Academy. We've taught 100,000+ children of all levels from absolute beginners to national champions. Campers enjoy chess lessons and practice games daily, along with fresh air breaks.

Location	Day	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	2A1.QA59	9/25	\$79
SpHillREC	M	9am-4pm	2A1.5MK2	9/25	\$79
SpHillREC	M	9am-4pm	2A1.E7QF	10/9	\$79
SpHillREC	M-Tu	9am-4pm	2A1.TOAK	11/6-11/7	\$159

## NEW! Game Builder:

## Creating with Construct 3

(6-11 yrs.) Campers will experience many of today's digital game creation tools, like Construct 3, as they join iCode to create games of their own.

Location	Days	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	550.DWK8	9/25	\$115

## LEGO Robotics: Bot vs. Bot

(6-11 yrs.) Discover the world of robotics with Curious Minds Enrichment's Bot vs Bot day camp. Using WeDo 2.0 Lego kits, campers will build and program their own robots for friendly challenges.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-4pm	66J.LALB	9/25	\$99

## Stem ExCEL Minecraft &amp; Computer Science

(6-12 yrs.) Learn important problem-solving and design skills by using command block and Redstone in Minecraft and Scratch. Gain an understanding in real circuitry, electronics and electrical theory. Campers take home their Redstone and Scratch creations at the end of the camp.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M	9am-4pm	EH0.FHTQ	9/25	\$89
OakMarREC	M	9am-4pm	EH0.8E60	10/9	\$89
SpHillREC	M	9am-4pm	EH0.NAPZ	10/9	\$89

## Stem ExCEL Roblox &amp; Computer Science

(6-12 yrs.) Learn 3D game design concepts using the popular game engine Roblox Studio and Scratch. Gain understanding in programming logic using Scratch blocks and apply these fundamentals to 3D games in Roblox Studio. Campers learn how to build a fully playable game in Scratch.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M	9am-4pm	XTL.E8SC	10/9	\$89
SpHillREC	M	9am-4pm	XTL.ND9Y	9/25	\$89

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

## Build Your Own Circuit &amp; Robo Fun

(8-12 yrs.) Two camps in one with Stentree! Explore a wide range of concepts from electricity to electronics with hands-on activities and experiments. Robots inspire young engineers to learn skills and apply science knowledge in computer programming, model construction, circuits and problem-solving.

Location	Day	Time	Code	Dates	\$
ECLawncPk	M	9am-4pm	CJ5.UTXE	10/9	\$99

## NEW! Minecraft: Creative Adventures

(5-11 yrs.) Join Baroody Camps to explore the vast and customizable world of Minecraft. Campers will use their imaginations to build and design their own structures and landscapes and will work together with other campers to bring their creative projects to life.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M	9am-4pm	AP0.G9HN	10/9	\$69

## Mystery Spy Camp

(6-9 yrs.) Join a top-secret mission to solve mysteries at Historic Huntley. Follow a treasure map to collect clues and decipher coded messages. Engage in fun experiments to extract real DNA, discover the magic of invisible ink, and create your own spy gadgets and treasure maps to challenge your fellow spies. Solve the mystery with outdoor activities, games, experiments and crafts.

Location	Days	Time	Code	Dates	\$
HistHuntley	M-Tu	9am-4pm	VN4.QVL1	11/6-11/7	\$139

## Robo-Fun &amp; Coding with Fun

(6-12 yrs.) Combine multimedia elements to create, develop and share computer programs that have interactive stories, animations, games, music and art. Hands-on activities reinforce key concepts and improve problem-solving skills. Robots are used to inspire campers to learn engineering, apply basic science, model construction, computer programming, problem-solving skills and knowledge to explore STEM concepts with Stentree.

Location	Day	Time	Code	Dates	\$
ProvREC	M	9am-4pm	BKS.BRM8	11/6	\$79
ProvREC	M	9am-4pm	BKS.3GJB	11/7	\$79

## NEW! Science Cycles

(5-8 yrs.) Join the Science Seed to learn about two of science's main cycles: the rock and water cycles. There will be fun activities to enhance the lessons, including chocolate rock making, and making a rain cloud. Free play, story time, and more fill out this fun camp day.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M-Tu	9am-4pm	PGR.WZ1G	11/6-11/7	\$179

## Stem ExCEL Gamer Adventures

(6-12 yrs.) Learn the fundamentals of programming, art and level design to create a video game from the ground up in this one-day camp. 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	Days	Time	Code	Dates	\$
SoRunREC	M-Tu	9am-4pm	VAV.JYGG	11/6-11/7	\$179
SpHillREC	M-Tu	9am-4pm	VAV.Y13Q	11/6-11/7	\$179



# Family Skate & Dance Night



Monthly events at Franconia Rec Center

Learn more and find the next event by calling 703-922-9841 or visiting [www.fairfaxcounty.gov/parks/reccenter/franconia](http://www.fairfaxcounty.gov/parks/reccenter/franconia)



## 2023-2024 School Year FALL REGISTRATION HAPPENING NOW

Harmonia School of Music & Art is proud to offer private music lessons & group classes. Easy online enrollment at [www.harmoniaschool.org](http://www.harmoniaschool.org)



Group Piano & Violin Classes for ages 3-6  
Private lessons for violin, viola, cello, piano, voice, guitar, trumpet, clarinet, and flute

Theater Kidz - for ages 5-7  
Rising Stars - for ages 8-14  
Main Stage - for ages 11-17



703.938.7301 | [WWW.HARMONIASCHOOL.ORG](http://WWW.HARMONIASCHOOL.ORG) | VIENNA, VA

## HALLOWEEN ON THE FARM

**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 1-hour time slots. Children must be accompanied by a registered adult.

**Friday, October 27**  
4:30 p.m. • C1A.ZA0Z  
5:30 p.m. • C1A.JUSW  
6:30 p.m. • C1A.FB1I

**Saturday, October 28**  
4:30 p.m. • C1A.G7Q6  
5:30 p.m. • C1A.MW71  
6:30 p.m. • C1A.Q0KD

**\$10 per person**




**Frying Pan Farm Park**  
2709 West Ox Road, Herndon



[www.fairfaxcounty.gov/parks/frying-pan-park/](http://www.fairfaxcounty.gov/parks/frying-pan-park/)



## children's science center™ | LAB

### Explore Together!

Explore, create, be inspired!

**Fair Oaks Mall**  
Next to Dick's Sporting Goods

**Timed-entry Sessions**  
Purchase Online  
Save \$2/ticket  
Haunted Lab!  
October 1-31  
Fall Family Fun





**Reserve your tickets!**  
[Childsci.org](http://Childsci.org)

We are a 501(c)(3) non-profit organization.



All programs and activities will follow current health safety protocols.

## Children's Corner

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



### Kids Play for Preschoolers

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

#### Locations:

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

### Preschool on the Farm

(3, 4, 5 yrs.) Learning is done through play at this popular preschool, held in the schoolhouse on the farm. Children will visit the farm animals, take nature walks, make crafts, sing songs and play games. Social, emotional, and verbal skills are developed to prepare students for kindergarten. Children must be potty trained. This program is administered by Katydid, Inc. and licensed by the Virginia Department of Education. Physical exam and immunization record are required. The preschool follows Fairfax County Public Schools holiday and inclement weather schedule. Classes begin after Labor Day. Students are accepted all year on a space-available basis. Visits can be scheduled by phone: 703-689-3104 or e-mail: info@kattydidkids.com. For more information, visit [www.kattydidkids.com](http://www.kattydidkids.com).  
**9-11:45 a.m.** MW, TR, TRF, MTWTF  
**12:30-3:15 p.m.** TRF, TWR, MTWRF

### Tot Instructors Wanted

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



### Art & Variety Classes

#### ABCs and 1-2-3s

(2-3 yrs.) Children will have fun learning to associate sounds with their letters and numbers through hands-on crafts. Parent must attend class with the 2-to-3 year-old age group. Additional supply fee payable to instructor.

4TA 10--45 minute lessons--\$109						
4TC 8--45 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	11am	378.NEXU	9/20	4TA	
Franconia Rec	M	9:30am	378.TQ82	9/18	4TA	
Franconia Rec	F	1:30pm	378.M2K5	9/22	4TA	
Wkfld/Moore	Sa	10am	378.3H11	9/16	4TA	
Wkfld/Moore	T	11am	378.P1ER	9/19	4TC	

#### Abakadoodle 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 Abakadoodle).

DTVW 8--45 minute lessons--\$153						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10:30am	498.E1U8	9/16	DTVW	
CubRunREC	Th	11am	498.7UH0	9/21	DTVW	
OakMarREC	M	11am	498.8WFR	9/18	DTVW	
OakMarREC	W	2pm	498.BXTW	9/20	DTVW	
OakMarREC	W	11am	498.G00Z	9/20	DTVW	
SoRunREC	Sa	12:30pm	498.51PC	9/16	DTVW	
SoRunREC	T	11am	498.AQLN	9/19	DTVW	
SoRunREC	W	5pm	498.N9NQ	9/20	DTVW	
SpHillREC	Sa	1:30pm	498.20V2	9/16	DTVW	
SpHillREC	T	2pm	498.2B83	9/19	DTVW	
Wkfld/Moore	Th	2pm	498.Q8BT	9/21	DTVW	

### Abakadoodle Twoosy Doodlers

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

DTVW 8--45 minute lessons--\$153						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	9:30am	F2D.VH40	9/16	DTVW	
CubRunREC	Th	10am	F2D.M06T	9/21	DTVW	
OakMarREC	M	10am	F2D.GD1F	9/18	DTVW	
OakMarREC	W	10am	F2D.TR17	9/20	DTVW	
SoRunREC	Sa	11:30am	F2D.XS6Z	9/16	DTVW	
SoRunREC	T	10am	F2D.PCV7	9/19	DTVW	
SpHillREC	Sa	2:30pm	F2D.NUBU	9/16	DTVW	
SpHillREC	T	10am	F2D.FNQ8	9/19	DTVW	
Wkfld/Moore	Th	10:30am	F2D.1MWC	9/21	DTVW	

### Animal Antics

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

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
Child only					
CubRunREC	W	10am	0F1.AH6J	9/20	4TA
Franconia Rec	M	11:30am	0F1.080B	9/18	4TA
Parent & Child					
CubRunREC	Sa	9am	KH1.01RX	9/16	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--\$109						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	11am	0A7.XN8U	9/18	4TA	
Franconia Rec	T	9:15am	0A7.DQGH	9/19	4TA	
Franconia Rec	F	2:30pm	0A7.4D4Y	9/22	4TA	
Wkfld/Moore	Sa	9am	0A7.RELA	9/16	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.

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
(2-3 yrs.)						
Franconia Rec	M	10:30am	2BC.1FOX	9/18	4TA	
Franconia Rec	T	10:15am	2BC.1VDA	9/19	4TA	
Franconia Rec	Th	9:30am	2BC.RUAK	9/21	4TA	
(4-6 yrs.)						
Franconia Rec	Th	11:30am	4V4.DL8H	9/21	4TA	

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)



## Tiny Tot Activity Time

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

DTVM 8--45 minute lessons--\$129						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	55F.Y79H	9/14	DTVM	
Frying Pan Pk	Th	10:30am	55F.V1SV	9/14	DTVM	
Frying Pan Pk	F	9:30am	55F.TUW4	9/15	DTVM	
Frying Pan Pk	F	10:30am	55F.JDRJ	9/15	DTVM	

## Under the Sea

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

4TC 8--45 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	T	10am	7C0.6K50	9/19	4TC	

## Variety Zone

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

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Th	10:30am	F75.HN21	9/21	4TA	
Wkfld/Moore	Sa	11am	F75.FQZ2	9/16	4TA	

## Cooking Classes

### Just Desserts

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

4TC 8--45 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	11:15am	TDK.4546	9/21	4TC	

## Magic Kitchen

**(3-5 yrs.)** Children create colorful treats while learning basic baking skills. Additional supply fee payable to the instructor at first class.

4TA 10--45 minute lessons--\$109						
4TC 8--45 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	10am	53D.2C2U	9/18	4TA	
Franconia Rec	T	11:30am	53D.R4HA	9/19	4TA	
Wkfld/Moore	Th	10am	53D.YKEV	9/21	4TC	



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

## Dancing Classes

### Baby Ballerinas

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

DTVP 8--45 minute lessons--\$152						
DTVQ 10--45 minute lessons--\$161						
DTVR 8--45 minute lessons--\$107						
Location	Day	Time	Code	Begin	\$	
BelleVs ES	Sa	9:30am	B1C.5A1C	9/16	4TA	
Oakton ES	Sa	9:30am	YDT.AC1U	9/23	DTVR	
Oakton ES	Sa	10:30am	YDT.A022	9/23	DTVR	
Franconia Rec	Th	10:15am	YDT.3GVX	9/21	DTVQ	
Franconia Rec	Su	9:15am	YDT.HHHG	9/24	DTVP	
ProvREC	M	10am	YDT.HFPA	9/25	DTVR	
SpHillREC	T	4pm	YDT.345G	9/19	DTVQ	
SpHillREC	W	5pm	YDT.059K	9/20	DTVQ	

### 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--\$132						
DTVQ 10--45 minute lessons--\$161						
DTVR 8--45 minute lessons--\$107						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	F	9:30am	I75.A5CB	9/22	DTVQ	
OakMarREC	W	11:15am	I75.7P2H	9/20	DTVA	
OakMarREC	Sa	2:55pm	I75.I03K	9/23	DTVA	
ProvREC	M	10:50am	I75.K55H	9/25	DTVR	
SoRunREC	Th	11:30am	I75.PYMB	9/21	DTVA	
Wkfld/Moore	M	1:45pm	I75.A9QI	9/18	DTVA	

### Ballet & Tap

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

DTVA 10--45 minute lessons--\$132						
DTVP 8--45 minute lessons--\$152						
DTVQ 10--45 minute lessons--\$161						
DTVR 8--45 minute lessons--\$107						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	12:15pm	5F8.0SKA	9/17	DTVQ	
Franconia Rec	Th	9:15am	5F8.LI69	9/21	DTVQ	
Franconia Rec	F	10:20am	5F8.A1WG	9/22	DTVQ	
Franconia Rec	Su	10:15am	5F8.8GTC	9/24	DTVP	
SoRunREC	W	10:30am	5F8.5M1B	9/20	DTVQ	
SoRunREC	Th	9:30am	5F8.G2L9	9/21	DTVA	
SpHillREC	Th	4pm	5F8.ZSL3	9/21	DTVQ	

### (3-5 yrs.)

CubRunREC	M	1pm	AD3.FJBN	9/18	DTVA	
CubRunREC	M	1:55pm	AD3.YHUB	9/18	DTVA	
Franconia Rec	Sa	2pm	AD3.QV2W	9/16	DTVQ	
Franconia Rec	Sa	9am	AD3.I0NX	9/16	DTVQ	
Franconia Rec	M	10:20am	AD3.9QOW	9/18	DTVQ	
Franconia Rec	Th	12:15pm	AD3.F5ZP	9/21	DTVQ	
OakMarREC	M	11:45am	AD3.GJUC	9/18	DTVA	
OakMarREC	W	9:30am	AD3.K54J	9/20	DTVA	
OakMarREC	Sa	2pm	AD3.IUP6	9/23	DTVA	
OakMarREC	Su	10am	AD3.VULQ	9/24	DTVA	
OakMarREC	Su	10:50am	AD3.SZ2Y	9/24	DTVA	
ProvREC	M	5pm	AD3.HM9C	9/18	DTVQ	
ProvREC	F	5pm	AD3.RXV8	9/22	DTVQ	
ProvREC	Sa	9:50am	AD3.5XQ5	9/23	DTVR	
ProvREC	W	5pm	AD3.MX5S	9/27	DTVR	
ProvREC	F	11:30am	AD3.08EA	9/29	DTVR	
SoRunREC	W	12:30pm	AD3.TVXB	9/20	DTVQ	

SoRunREC	Th	10:30am	AD3.GEWO	9/21	DTVQ	
SpHillREC	Su	9am	AD3.AMEP	9/17	DTVQ	
SpHillREC	T	5pm	AD3.HP9C	9/19	DTVQ	
SoRunREC	Su	10am	AD3.QJ1V	9/17	DTVA	
Wkfld/Moore	Th	5:30pm	AD3.S1UJ	9/11	DTVQ	
Wkfld/Moore	Sa	9am	AD3.5DGC	9/16	DTVA	
Wkfld/Moore	Su	12:30pm	AD3.HHKT	9/17	DTVQ	

### (4-5 yrs.)

CubRunREC	Su	2pm	6C5.8G6U	9/17	DTVQ	
ProvREC	Sa	10:40am	6C5.B6KZ	9/23	DTVR	
SoRunREC	Su	10am	6C5.84V2	9/17	DTVA	
Wkfld/Moore	T	1:15pm	6C5.80L8	9/19	DTVQ	

## 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--\$132						
DTVQ 10--45 minute lessons--\$161						
DTVR 8--45 minute lessons--\$107						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	1:10pm	CMH.GIRI	9/17	DTVQ	
OakMarREC	Su	11:45am	CMH.SHUV	9/24	DTVA	
ProvREC	Sa	11:45am	CMH.N73K	9/23	DTVR	
ProvREC	Su	10:50am	CMH.X9XM	9/24	DTVR	

## Hip Hop for Tots

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

4TA 10--45 minute lessons--\$109						
DTVQ 10--45 minute lessons--\$161						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	1pm	370.JVM1	9/16	DTVQ	
Franconia Rec	Th	11:15am	370.F3M4	9/21	DTVQ	
ProvREC	T	5:30pm	370.ORTC	9/19	DTVQ	
SoRunREC	W	11:30am	370.2XCT	9/20	DTVQ	
SpHillREC	Su	11am	370.NU3C	9/17	DTVQ	
SpHillREC	T	3pm	370.7XQ8	9/19	DTVQ	
SpHillREC	Th	5pm	370.58AT	9/21	DTVQ	
SoRunREC	Th	4pm	R55.Q4RI	9/21	4TA	





All programs and activities will follow current health safety protocols.

## Intro to Ballet

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

DTVA 10--45 minute lessons--\$132 DTVR 8--45 minute lessons--\$107					
Location	Day	Time	Code	Begin	\$
OakMarREC	W	10:20am	PMD.0KCA	9/20	DTVA
Wkfld/Moore	T	12:15pm	PMD.XEV9	9/23	DTVA
ProvREC	Sa	9am	PMD.ZR6A	9/23	DTVR
ProvREC	M	11:40am	PMD.0432	9/25	DTVR
ProvREC	W	5:50pm	PMD.VIGX	9/27	DTVR
SoRunREC	Su	9am	PMD.Q12K	9/17	DTVA
SoRunREC	M	3:15pm	PMD.Y0WH	9/18	DTVA
Wkfld/Moore	M	12:45pm	PMD.BQ6I	9/18	DTVA

## Lil Tap and Tu Tu's

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--\$109					
Location	Day	Time	Code	Begin	\$
<b>(2-3 yrs.)</b>					
SoRunREC	Sa	12pm	9ZM.4Z6F	9/16	4TA
SoRunREC	T	4pm	9ZM.3W59	9/19	4TA
<b>(4-5 yrs.)</b>					
SoRunREC	Sa	11:05am	2A4.PIIR	9/16	4TA
SoRunREC	T	5pm	2A4.JBFU	9/19	4TA
SoRunREC	W	4pm	2A4.4OV3	9/20	4TA

## Little Dancers

**(2-3 yrs.)** Youngsters dance and move in this class focusing on coordination, rhythm and creative play.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	10:15am	43B.0T5S	9/16	4TA

## Intro to Bollywood Dance

**(4-6 yrs.)** Bollywood is a vibrant and entertaining style of dance from India featuring a combination of contemporary, hip hop and fusion moves. Students learn the grace and joy of rhythm to the latest Bollywood songs. Dress in loose-fitting clothing.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	10am	N2F.8XY2	9/17	4TA

## Drama & Music Classes

### Let's Make Music

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

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	962.CEMB	9/16	4TA
Wkfld/Moore	Sa	12pm	962.I4KD	9/16	4TA
Wkfld/Moore	Su	10am	962.G0ZO	9/17	4TA

## Tiny Tot Music & Movement

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

DTVM 8--45 minute lessons--\$129					
Location	Day	Time	Code	Begin	\$
<b>(18-30 mos.)</b>					
Frying Pan Pk	T	9:30am	326.R6QJ	9/12	DTVM
Frying Pan Pk	W	9:30am	326.SVHL	9/13	DTVM
<b>(24-42 mos.)</b>					
Frying Pan Pk	T	10:30am	71E.RWWC	9/12	DTVM
Frying Pan Pk	W	10:30am	71E.2GDU	9/13	DTVM

## Martial Arts Classes

### Little Ninjas

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

4TA 10--45 minute lessons--\$109 DMVE 10--30 minute lessons--\$102					
Location	Day	Time	Code	Begin	\$
<b>(3 yrs.)</b>					
LdbyExFrOks	Sa	11am	943.CGA9	9/9	DMVE
<b>(3-5 yrs.)</b>					
BlkBltFFX	M	5:15pm	187.KCBG	9/11	DMVE
BlkBltFFX	T	5:15pm	187.S6EK	9/12	DMVE
BlkBltFFX	W	5:15pm	187.DBMJ	9/13	DMVE
BlkBltFFX	Th	5:15pm	187.VU2T	9/14	DMVE
<b>(4-6 yrs.)</b>					
CubRunREC	Su	10:15am	TSJ.3NWV	9/17	4TA
LdbyExFrOks	Sa	11:30am	415.AL9K	9/9	DMVE
LdbyExFrOks	T	6pm	415.4L9G	9/12	DMVE
LdbyExFrOks	W	4:30pm	415.WL4B	9/13	DMVE
LdbyExFrOks	Th	6pm	415.ECWK	9/14	DMVE
LdbyExFrOks	F	4:30pm	415.MEDB	9/15	DMVE
SoRunREC	Sa	11:15am	415.JKST	9/16	DMVE

## Movement Classes

### Blast Off for Babies

**(18-24 mos.)** Children will love the games, songs and fingerplays in this introductory play class. Adults must attend class. Socks required for everyone.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:15am	ABC.F70N	9/16	4TA
Franconia Rec	W	10:15am	ABC.3ROF	9/20	4TA

### Creative Movement (2-3 yrs.)

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

DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	C6B.NBPQ	9/16	DTVQ
SoRunREC	W	9:30am	C6B.1GVQ	9/20	DTVQ

## 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 join in the fun and be present throughout the classes. Socks are required- fun ones recommended.

DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	10:30am	01M.XPA2	9/20	DTVQ
Wkfld/Moore	F	10:30am	01M.6GLB	9/22	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--\$129					
Location	Day	Time	Code	Begin	\$
<b>(11 mos.-4 yrs.)</b>					
SpHillREC	Su	9:15am	61F.7IFF	9/17	DTVM
SpHillREC	Th	9:15am	61F.SAH5	9/21	DTVM
<b>(1-2 yrs.)</b>					
SpHillREC	Su	10:05am	D21.20SY	9/17	DTVM
SpHillREC	Th	10:05am	D21.P3LM	9/21	DTVM
<b>(2-3 yrs.)</b>					
SpHillREC	Su	11am	504.7THH	9/17	DTVM
SpHillREC	Th	11am	504.WVDY	9/21	DTVM

## The Tot Spot

**(2-5 yrs.)** This fun Baroody Camps program fuses music and movement in a variety of activities. Tots will develop basic motor and social skills with peers as they venture into games and sound, such as parachute games, dancing and obstacle courses.

DTVF 8--45 minute lessons--\$133 DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
ProvREC	T	9:15am	U04.3V26	9/19	DTVF
ProvREC	Sa	9am	U04.4GPJ	9/23	DTVF
ProvREC	Sa	10am	U04.30T7	9/23	DTVF
Wkfld/Moore	W	9:30am	U04.M2FQ	9/20	DTVQ
Wkfld/Moore	F	9:30am	U04.OHSA	9/22	DTVQ

## TotZone

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

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	D66.HD66	9/16	4TA
SoRunREC	T	10am	D66.OTGX	9/19	4TA
FranconiaREC	Sa	10:15am	D66.S1W4	9/16	4TA

## Zoom Around the Room

**(2-5 yrs.)** In this fun and safe environment, children will enjoy obstacle courses and creative games that are intermingled with songs and fingerplays. Adult must attend class. Socks required.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11:15am	A7B.B0DV	9/16	4TA
Franconia Rec	W	9:15am	A7B.IEXO	9/20	4TA
Franconia Rec	W	11:15am	A7B.GZ6E	9/20	4TA
Wkfld/Moore	Su	11am	A7B.4LT9	9/17	4TA





## Science & Nature Classes

### Dinosaurs Galore

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

R17C 1--1 hour program--\$7						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	871.YVAO	9/9	R17C	
CubRunREC	Sa	11:30am	871.1181	9/9	R17C	
CubRunREC	Sa	10:30am	871.0RPD	10/7	R17C	
CubRunREC	Sa	12pm	871.G8A6	10/7	R17C	

### Little Labcoats

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

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	12pm	661.WFFW	9/18	4TA	

### Nature Detectives

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

4NC 8--1 hour 25 minute lessons--\$115						
R19C 1--1 hour program--\$9						
Location	Day	Time	Code	Begin	\$	
HuntMdws	T	10am	875.LMNG	9/26	4NC	
HuntMdws	W	10am	875.ZJ4Z	9/27	4NC	
HuntMdws	T	10am	875.F8G8	11/21	R19C	

### Nature for Tiny Tots

(2-4 yrs.) Children and their parent will 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.

4NM 8--55 minute lessons--\$97						
Location	Day	Time	Code	Begin	\$	
HuntMdws	M	10am	0BA.MRT7	9/25	4NM	
HuntMdws	Th	10am	0BA.Y03E	9/28	4NM	

### The Science Seed

(3-6 yrs.) Children will have fun and build a foundation for a love of science and learning through activities about geology, chemistry, biology and nature. Each class in the series includes a note for the parents about what was taught and how lessons can be continued at home.

DTV9 8--55 minute lessons--\$177						
DXVJ 6--55 minute lessons--\$131						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	YMM.P0XX	9/30	DXVJ	
ProvREC	Su	10am	YMM.5TYS	9/24	DTV9	
Wkfld/Moore	Sa	10am	YMM.1LW1	9/16	DTV9	
Wkfld/Moore	Sa	11am	YMM.830X	9/16	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 while emphasizing teamwork.

DTVF 8--45 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Su	1pm	FC7.90PL	9/17	DTVF	
SoRunREC	W	5pm	FC7.SGRY	9/20	DTVF	
SpHillREC	W	4:30pm	FC7.3TXJ	9/20	DTVF	
Sully CommCtr	Th	5pm	FC7.A72S	9/7	DTVF	
Little Rn ES	Su	9am.	FC7.I42L	9/24	DTVF	

### Basketball

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

4SM 8--55 minute lessons--\$119						
DTVD 10--55 minute lessons--\$132						
DTVF 8--45 minute lessons--\$133						
DTVI 10--45 minute lessons--\$136						
DTVP 8--45 minute lessons--\$152						
DTVQ 10--45 minute lessons--\$161						
DTVZ 8--55 minute lessons--\$107						

Location	Day	Time	Code	Begin	\$
(4-5 yrs. with parent)					
Franconia Rec	Sa	9:30am	176.1TDI	9/16	DTVI
Wkfld/Moore	Sa	10am	176.YTC9	9/16	DTVI
(4-6 yrs. child only)					
Flint HL ES	Su	9am	EFA.365A	9/17	DTVQ
Oakton ES	Sa	9:30am	EFA.R4N4	9/16	DTVQ
Orng Hnt ES	Sa	9am	EFA.WYXJ	9/16	DTVQ
Orng Hnt ES	Su	9am	EFA.DG19	9/17	DTVF
SpHillREC	Su	11am	EFA.10MR	9/17	4SM
SpHillREC	Su	11am	EFA.P8ZU	9/17	4SM
SpHillREC	Th	5pm	EFA.Y56P	9/21	DTVD
SpHillREC	F	5pm	EFA.FM5H	9/22	DTVQ
Sully CommCtr	W	5pm	EFA.EPJ7	9/6	DTVF

Sully CommCtr	Sa	9am	EFA.9Z4B	9/9	DTVZ	
Sully CommCtr	Su	9am	EFA.QPVF	9/10	DTVQ	
Sully CommCtr	M	11am	EFA.90BM	9/11	DTVQ	
Wkfld/Moore	Su	1pm	EFA.8FLW	9/17	DTVF	
Wkfld/Moore	M	5:30pm	EFA.HBDD	9/18	DTVQ	
Little Rn ES	Su	10am.	EFA.5V3M	9/23	DTVP	
KingsPk ES	Sa	9am.	EFA.BRBB	9/23	DTVQ	

### Gym Jam

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

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	11am	705.TOYL	9/16	4TA	

### Soccer I

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

4SM 8--55 minute lessons--\$119						
4TA 10--45 minute lessons--\$109						
DTVD 10--55 minute lessons--\$132						
DTVF 8--45 minute lessons--\$133						
DTVQ 10--45 minute lessons--\$161						

Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	9am	4BE.DSRZ	9/16	4TA	
SoRunREC	F	9am	SFC.EIZC	9/22	DTVF	
ProvREC	T	10:15am	SFC.AHC1	9/19	DTVF	
SoRunREC	Su	9am	SFC.KIPE	9/17	DTVF	

### (4-5 yrs.)

CubRunREC	Th	4:30pm	39V.ITXP	9/21	DTVF	
ProvREC	T	11:15am	39V.M7AF	9/19	DTVF	
SoRunREC	Sa	9am	39V.ARYQ	9/16	DTVF	
SoRunREC	F	10am	39V.4WQX	9/22	DTVF	
SoRunREC	Su	9am	39V.MXAN	9/17	DTVF	
SoRunREC	Su	10am	39V.YOEE	9/17	DTVF	
SoRunREC	M	5pm	39V.UXLG	9/18	DTVF	
SpHillREC	Sa	9am	39V.COHS	9/16	DTVD	
SpHillREC	Su	9am	39V.W5FO	9/17	DTVD	
SpHillREC	M	4pm	39V.I0E6	9/18	DTVD	
Sully CommCtr	F	5pm	39V.TFR1	9/8	DTVF	
Sully CommCtr	M	10am	39V.ZA5W	9/11	DTVQ	
Wkfld/Moore	Sa	9am	39V.EKEE	9/16	4SM	
Wkfld/Moore	Su	10am	39V.WKBF	9/17	4SM	
Woodbrn ES	Sa	9am	39V.P68Y	9/9	4SM	
Woodbrn ES	Sa	10am	39V.9VWU	9/9	4SM	

### Challenger TinyTykes Soccer-Cubs

(2-3 yrs.) In these "Cubs" classes, children use soccer 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 core technical foundations, receiving the ball, passing, and dribbling. These core foundations provide the building blocks for future success. Parent Participation is preferred.

DTVF 8--45 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
Orng Hnt ES	Su	9am	EF0.T0A1	9/17	DTVF	
SoRunREC	T	10am	EF0.T6SZ	9/19	DTVF	
FranconiaRec	Sa	9:15am	EF0.58V5	9/16	DTVF	
FranconiaRec	Sa	12:15pm	EF0.IFY4	9/16	DTVF	
FranconiaREC	W	9:30am	EF0.GYAE	9/20	DTVF	



All programs and activities will follow current health safety protocols.

## 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--\$149						
Location	Day	Time	Code	Begin	\$	
Orng Hnt ES	Su	10am	38C.N3ZF	9/17	DTVJ	
SoRunREC	T	11am	38C.1ANU	9/19	DTVJ	
FranconiaREC	Sa	10:05am	38C.W26K	9/16	DTVF	
FranconiaREC	W	10:05am	38C.BT1F	9/20	DTVF	

## 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--\$149						
Location	Day	Time	Code	Begin	\$	
Orng Hnt ES	Su	11am	E08.7M61	9/17	DTVJ	
FranconiaREC	Sa	11:05am	E08.I843	9/16	DTVF	

### Futsal

(4-6 yrs.) Futsal is similar to soccer but played indoors at a fast pace with time restrictions. Students learn basic skills and strategies while having fun. Bring a soccer ball.

DFVG 8--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
WestSprfld ES	Sa	9:30am	TQ0.1QQC	9/16	DFVG	

### T-Ball

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

4SM 8--55 minute lessons--\$119						
DTVM 8--45 minute lessons--\$129						
DTVW 8--45 minute lessons--\$153						
Location	Day	Time	Code	Begin	\$	
AnnandalePk	Su	10am	HFX.AAS6	9/17	4SM	
Sully CommCtr	Su	4pm	HFX.QBRJ	9/10	DTVW	
Wkfld/Moore	Su	11am	HFX.40YW	9/17	DTVM	

### Little Tennis I

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

DTVA 10--45 minute lessons--\$132						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	9am	KUB.Q2FT	9/16	DTVA	
Wkfld/Moore	Su	11am	KUB.UYVA	9/17	DTVA	



### Yoga for Tots w/Parent

(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--\$109						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	T	11:15am	1E3.1BAK	9/19	4TA	

### Tumbling & Gymnastics

#### Gymnastics for Preschoolers

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

4TA 10--45 minute lessons--\$109						
DTVP 8--45 minute lessons--\$152						
DTVQ 10--45 minute lessons--\$161						

Location	Day	Time	Code	Begin	\$	
(3-4 yrs.)						
CubRunREC	Th	10am	2B8.144N	9/21	4TA	
FranconiaREC	Sa	8:30am	2B8.H3K8	9/16	4TA	
OakMarREC	M	10:35am	2B8.CNRR	9/11	4TA	
OakMarREC	M	11:25am	2B8.KP90	9/11	4TA	
SoRunREC	Su	11am	BW0.GC00	9/17	DTVP	
(3-5 yrs.)						
Franconia Rec	T	10:15am	E42.KTC3	9/19	4TA	
OakMarREC	M	12:15pm	E42.SQP7	9/11	4TA	
Wkfld/Moore	Sa	2pm	E42.BWC1	9/16	4TA	
Wkfld/Moore	Su	12pm	E42.S1KP	9/17	4TA	
Franconia Rec	Sa	10:15am	UR8.P4KG	9/23	DTVP	
Franconia Rec	Sa	12:20pm	UR8.2ULP	9/23	DTVP	
Franconia Rec	Su	9:15am	UR8.WF1M	9/24	DTVP	
Franconia Rec	W	10:15am	UR8.ALS2	9/27	DTVP	
ProvREC	Su	12pm	UR8.654E	9/17	DTVP	
ProvREC	Sa	10am	UR8.8NSL	9/23	DTVP	
ProvREC	Sa	11am	UR8.7YTP	9/23	DTVP	

SoRunREC	Th	5:40pm	UR8.Z6FY	9/21	DTVP	
Wkfld/Moore	T	10:30am	UR8.L00U	9/19	DTVQ	
Wkfld/Moore	Th	10:30am	UR8.12QJ	9/21	DTVQ	
Wkfld/Moore	Sa	10am	UR8.2N3G	9/23	DTVP	

#### (4-5 yrs.)

CubRunREC	Th	11am	094.AONF	9/21	4TA	
FranconiaREC	Sa	9:30am	094.2P9R	9/16	4TA	
FranconiaREC	Sa	10:30am	094.UYBW	9/16	4TA	
OakMarREC	M	1:05pm	094.D2H3	9/11	4TA	
OakMarREC	M	9:45am	094.D07J	9/11	4TA	
SoRunREC	Sa	1:45pm	094.ZTTL	9/16	4TA	
Wkfld/Moore	Su	1pm	094.KE9H	9/17	4TA	
SoRunREC	Su	12pm	M3Q.Y8F8	9/17	DTVP	
Wkfld/Moore	Sa	11am	M3Q.17L2	9/23	DTVP	

### Gymnastics with Parent

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

4TA 10--45 minute lessons--\$109						
DTVP 8--45 minute lessons--\$152						
DTVQ 10--45 minute lessons--\$161						

Location	Day	Time	Code	Begin	\$	
Franconia Rec	T	9:15am	088.R8R3	9/19	4TA	
Wkfld/Moore	Sa	4pm	088.3XZP	9/16	4TA	
Wkfld/Moore	Su	4pm	088.TDUZ	9/17	4TA	
Wkfld/Moore	Su	9am	088.2N1Y	9/17	4TA	
Franconia Rec	Sa	9:15am	IBA.160U	9/23	DTVP	
Franconia Rec	Su	10:15am	IBA.MSD2	9/24	DTVP	
Franconia Rec	W	9:15am	IBA.M3H2	9/27	DTVP	
Franconia Rec	W	11:15am	IBA.STNV	9/27	DTVP	
ProvREC	Su	11am	IBA.BMR6	9/17	DTVP	
ProvREC	Sa	9am	IBA.0XUU	9/23	DTVP	
ProvREC	Sa	12pm	IBA.SFGH	9/23	DTVP	
SoRunREC	Su	1pm	IBA.1DK1	9/17	DTVP	
SoRunREC	Su	2pm	IBA.FUJB	9/17	DTVP	
SoRunREC	Th	4:30pm	IBA.0T89	9/21	DTVP	
Wkfld/Moore	T	9:30am	IBA.40MZ	9/19	DTVQ	
Wkfld/Moore	Th	9:30am	IBA.VUQ3	9/21	DTVQ	
Wkfld/Moore	Sa	9am	IBA.4DZ0	9/23	DTVP	
Wkfld/Moore	Sa	12pm	IBA.R8V3	9/23	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--\$109						
DTVP 8--45 minute lessons--\$152						

Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	3pm	D57.JBL1	9/16	4TA	
Wkfld/Moore	Su	3pm	D57.LZUK	9/17	4TA	
Franconia Rec	M	4:15pm	RD2.1LW8	9/25	DTVP	
Franconia Rec	T	4:15pm	RD2.GW3N	9/26	DTVP	
ProvREC	W	6pm	RD2.7NS6	9/27	DTVP	







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### OTHER ACTIVITIES

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All programs and activities will follow current health safety protocols.

## Dance

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

### 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--\$144					
DPVK 10--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	408.NA81	9/16	DPVK
OakMarREC	Sa	3:45pm	408.EYXJ	9/23	DPVJ
SpHillREC	Su	9:55am	408.VKKB	9/17	DPVK
SpHillREC	T	6pm	408.1UU7	9/19	DPVK
SpHillREC	W	6pm	408.846V	9/20	DPVK
Wkfld/Moore	Sa	9:55am	408.4T9F	9/16	DPVJ

### Ballet I

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

4PA 10--55 minute lessons--\$127					
CPVF 8--55 minute lessons--\$115					
DPDA 8--55 minute lessons--\$91					
DPVJ 10--55 minute lessons--\$144					
DPVK 10--55 minute lessons--\$173					

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
ProvREC	Su	9am	2BE.GQXB	9/24	CPVF
BelleVw ES	Sa	11:30am	55F.OAV5	9/16	4PA
CubRunREC	Su	2:55pm	2BE.51TP	9/17	DPVK
OakMarREC	Su	9am	2BE.185C	9/24	DPVJ
ProvREC	M	6pm	2BE.1ZQN	9/18	DPVK
ProvREC	F	6pm	2BE.VF8E	9/22	DPVK
SoRunREC	Su	11am	2BE.JN3C	9/17	DPVJ
SoRunREC	M	4:05pm	2BE.LVTG	9/18	DPVJ
SoRunREC	W	5pm	55F.C5YW	9/20	4PA
Wkfld/Moore	Su	1:20pm	2BE.5CFG	9/17	DPVK
Wkfld/Moore	Th	6:30pm	2BE.U8ZK	9/21	DPVK
BelleVw ES	Sa	11:30am	55F.OAV5	9/16	4PA
<b>(6-12 yrs.)</b>					
Stone MS	Th	5:30pm	5KA.6FUB	9/28	DPDA
<b>(10-14 yrs.)</b>					
Stone MS	Th	6:30pm	96S.N7YX	9/28	DPDA
<b>(13-Adult)</b>					
Wkfld/Moore	T	8pm	63B.V8HL	9/19	4PA



### Combo Dance & Tap

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

4PA 10--55 minute lessons--\$127					
CPVF 8--55 minute lessons--\$115					
CPVL 8--55 minute lessons--\$157					
DPVJ 10--55 minute lessons--\$144					
DPVK 10--55 minute lessons--\$173					

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
Franconia Rec	Su	11:15am	3A9.56TZ	9/24	CPVL
OakMarREC	Su	12:45pm	3A9.L54H	9/24	DPVJ
SoRunREC	Su	12pm	3A9.FQ6Z	9/17	DPVJ
<b>(6-12 yrs.)</b>					
SoRunREC	Sa	1pm	3EE.2W58	9/16	4PA
SoRunREC	T	5:50pm	3EE.1C7X	9/19	4PA
SoRunREC	W	6pm	3EE.TQED	9/20	4PA
<b>(8-12 yrs.)</b>					
ProvREC	M	7pm	764.GLPJ	9/18	DPVK
ProvREC	Sa	12:45pm	764.JWSF	9/23	CPVF
SpHillREC	W	7pm	764.MWDI	9/20	DPVK

### 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--\$127					
CPVF 8--55 minute lessons--\$115					
CPVL 8--55 minute lessons--\$157					
DPVJ 10--55 minute lessons--\$144					
DPVK 10--55 minute lessons--\$173					

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
SoRunREC	Th	5pm	GH0.S15H	9/21	4PA
Franconia Rec	Sa	11am	209.U4XV	9/16	DPVK
OakMarREC	Su	1:45pm	209.12QT	9/24	DPVJ
ProvREC	T	6:20pm	209.Q83S	9/19	DPVK
ProvREC	Sa	1:45pm	209.F3MD	9/23	CPVF
ProvREC	W	6:40pm	209.8JZG	9/27	CPVF
ProvREC	Su	11:45am	209.4HOP	9/24	CPVF
SoRunREC	M	5:05pm	209.GZJC	9/18	DPVJ
SpHillREC	Th	6pm	209.0B5B	9/21	DPVK
Wkfld/Moore	Sa	11am	209.6GWY	9/16	DPVJ
<b>(8-13 yrs.)</b>					
Franconia Rec	Su	12:15pm	085.3BGD	9/24	CPVL
OakMarREC	Su	2:45pm	085.Z170	9/24	DPVJ
ProvREC	Su	12:45pm	085.R8ZG	9/23	CPVF
SoRunREC	Su	1pm	085.S3ZC	9/17	DPVJ
SoRunREC	M	6:05pm	085.FDJ0	9/18	DPVJ
SpHillREC	Th	7pm	085.9ZG0	9/21	DPVK
Wkfld/Moore	Sa	12pm	085.UZWZ	9/16	DPVJ

### Tap II

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

4PA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	7pm	D94.5SKT	9/17	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, rhythm and fun.

4PA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	6pm	C3B.7MNW	9/17	4PA

### Ballroom Dancing I

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

4PA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
<b>Singles &amp; Couples</b>					
OakMarREC	Su	2:30pm	162.VUA0	9/17	4PA
SoRunREC	F	6pm	162.GFRT	9/22	4PA
Wkfld/Moore	T	6:30pm	162.URNW	9/19	4PA
<b>Couples only</b>					
SpHillREC	Su	3pm	A6D.03K6	9/17	4PA
FranconiaREC	Th	8:10pm	A6D.JXTV	9/21	4PA

### Ballroom Dancing II

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

3PA 8--55 minute lessons--\$100					
4PA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
<b>Singles &amp; Couples</b>					
SoRunREC	F	7pm	956.IVE1	9/22	4PA
Wkfld/Moore	T	7:30pm	956.P7X0	9/19	4PA
<b>Couples only</b>					
Frying Pan Pk	T	7pm	25B.C105	9/12	3PA
FranconiaREC	Th	8:30pm	25B.D1E0	9/21	4PA

### Ballroom Dancing III

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

3PA 8--55 minute lessons--\$100					
4PA 10--55 minute lessons--\$127					
Location	Day	Time	Code	Begin	\$
<b>Couples only</b>					
Frying Pan Park	T	8pm	F68.P530	9/12	3PA
SoRunREC	F	8pm	F68.FBKV	9/22	4PA
FranconiaREC	M	8:10pm	F68.D550	9/18	4PA



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**Line Dancing I**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
<b>DPVK</b>	<b>10--55 minute lessons--\$173</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.VE54	9/18	4PA
Wkfld/Moore	Th	6:30pm	7D2.IVUV	9/21	4PA
OakMarREC	F	10am	W7D.3XLM	9/15	DPVK
SpHillREC	T	11am	W7D.8GV0	9/19	DPVK
SpHillREC	F	5pm	W7D.X9T0	9/22	DPVK

**Line Dancing II**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
<b>DPVK</b>	<b>10--55 minute lessons--\$173</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.890I	9/18	4PA
Wkfld/Moore	Th	7:30pm	6L5.6S8G	9/21	4PA
SpHillREC	F	6pm	924.23NW	9/22	DPVK

**Swing Dance I**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	4pm	35B.P709	9/16	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.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	5pm	FEF.QBTR	9/16	4PA

**West Coast Swing II**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Su	3:30pm	MD6.R3VG	9/17	4PA

**Hustle**

**(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.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Su	4:30pm	B15.75KW	9/17	4PA
Wkfld/Moore	F	7:30pm	B15.8PRQ	9/22	4PA



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**Social Dance-Basic Survival I**

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

<b>3PA</b>	<b>8--55 minute lessons--\$100</b>
<b>DPBC</b>	<b>8--1 hour 25 minute lessons--\$136</b>

Location	Day	Time	Code	Begin	\$
Card Fst ES	Th	8:30pm	6D1.WG56	9/14	DPBC
ProvREC	M	7:30pm	6D1.05CU	9/18	3PA
Woodson HS	T	7pm	6D1.C08Y	9/12	DPBC

**Social Dance-Basic Survival II**

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

<b>DPBC</b>	<b>8--1 hour 25 minute lessons--\$136</b>
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Location	Day	Time	Code	Begin	\$
Woodson HS	T	8:30pm	7A3.V4D4	9/12	DPBC

**Beyond Basic Survival-Couples**

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

<b>DPBC</b>	<b>8--1 hour 25 minute lessons--\$136</b>
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Location	Day	Time	Code	Begin	\$
Card Fst ES	Th	7pm	50D.GCIL	9/14	DPBC

**Country & Western Dancing I**

**(13-Adult)** Learn the latest in basic country dancing in this fun, relaxed setting. Singles and couples welcome.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	3pm	706.P4VM	9/16	4PA

**Country & Western Line Dancing****Beginning I**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	4pm	607.KZON	9/16	4PA
Frying Pan Park W		6pm	607.9DT4	9/13	4PA
OakMarREC	Su	2pm	607.ZIRO	9/17	4PA

**Country & Western Line Dancing****Beginning II**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	5pm	C8C.JC1F	9/16	4PA
Frying Pan Pk	W	7pm	C8C.SDLG	9/13	4PA
OakMarREC	Su	3pm	C8C.OANE	9/17	4PA

**Country & Western Line Dancing****Intermediate I**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Su	4pm	742.MA2G	9/17	4PA

**Country & Western Line Dancing Intermediate II**

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

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Su	5pm	81E.3WCN	9/17	4PA

**Latin Dancing I**

**(13-Adult)** Learn the basic figures and turns from the three most popular dances at salsa clubs - salsa, merengue, and bachata. Learn how to distinguish each dance's music and how to add your own style. For singles or couples, each student must register.

<b>3PA</b>	<b>8--55 minute lessons--\$100</b>
<b>4PA</b>	<b>10--55 minute lessons--\$127</b>

Location	Day	Time	Code	Begin	\$
ProvREC	M	6:30pm	7BF.L0DS	9/18	3PA
SpHillREC	Su	2pm	7BF.S9FT	9/17	4PA
OakMarREC	Su	5:30pm	4AD.UK6J	9/17	4PA
Wkfld/Moore	F	6:30pm	4AD.NW1N	9/22	4PA

**Belly Dance I**

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

<b>CPVF</b>	<b>8--55 minute lessons--\$115</b>
<b>DPVJ</b>	<b>10--55 minute lessons--\$144</b>
<b>DPVK</b>	<b>10--55 minute lessons--\$173</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	W	7:30pm	Y21.GY4P	9/20	DPVJ
Franconia Rec	M	9:15am	Y21.0NU8	9/22	DPVK
OakMarREC	Sa	10am	Y21.F9S1	9/23	DPVJ
ProvREC	F	12:20pm	Y21.0D8U	9/29	CPVF
SoRunREC	T	7pm	Y21.FOYG	9/19	DPVJ

**Belly Dance II**

**(Adults)** Prerequisite: Belly Dance I or equivalent. Students should have a veil for a dance that is taught.

<b>DPVJ</b>	<b>10--55 minute lessons--\$144</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	11am	2RR.PUNX	9/23	DPVJ

**Bollywood Style Dance**

**(6-12 yrs.)** Bollywood is a vibrant and entertaining style of dance from India featuring a combination of contemporary, hip hop and fusion moves. Students learn the grace and joy of rhythm to the latest Bollywood songs. Dress in loose-fitting clothing.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	11am	OB4.YEMP	9/17	4PA

**Hula Dance-Beginning**

**(13-Adult)** Learn basic hula foot and hand motions and incorporate them into dances. Students should wear loose-fitting skirts.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.KMKC	9/17	4PA

**Hula Dance-Intermediate**

**(13-Adult)** Prerequisite: Hula I or equivalent. Wear loose-fitting skirts.

<b>4PA</b>	<b>10--55 minute lessons--\$127</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.6LJH	9/17	4PA



## Day Trips & Tours

### Getaways

#### Getaway-Chanticleer Gardens

Thursday, September 7

Fee:\$179

Code: LMA.FS80

(Adults) Includes motor coach, admission, guided tour and lunch. For garden lovers, Chanticleer in Wayne, Pennsylvania is not to be missed. With 35 acres of dynamic and creative garden displays, it is a beautiful blend of art and horticulture. Trip departs from Green Spring Gardens at 7 a.m. and returns at 7 p.m. Trip cancellation deadline: Aug. 24, 2022.



#### Getaway - Holiday Williamsburg

Wednesday, December 6

Fee:\$259

Code: XX1.H760

(16-Adult) Get away to Colonial Williamsburg for a guided look at the picturesque buildings and streets decked in their holiday splendor. Learn about the materials, construction techniques and traditions of Colonial Williamsburg decorations. Enjoy lunch at one of the historic taverns followed by free time to explore and holiday shop. Price includes motor coach, entrance fee, tour, and lunch. Bus departs Green Spring Gardens at 6:30 a.m. and returns at 8 p.m. Cancellation deadline: November 22.

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### Day Trips & Tours Information & Policies

For departure and return schedules, weather related information and/or schedule changes, call the Tours Hotline at 703-324-8687 (703-324-TOUR) for recorded information. Email [tours@fairfaxcounty.gov](mailto:tours@fairfaxcounty.gov) and automatically receive a list of upcoming tours or call the Program Coordinator at 703-324-5611 and leave your name and address.

**Transportation:** Transportation is either by chartered motor coach equipped with reclining seats and restroom or by a small bus or van. Arrive at your departure location 15 minutes before the scheduled departure time a location and do not wait for the bus inside businesses or nearby establishments. Call 703-222-4664 for additional details and tour reservations.

**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) as well as a few other seats for interpreters (when needed), in the rare case of a defective seat or for persons who may experience motion sickness. The trip escort will try to accommodate requests for special seating when possible. Bus seating will be socially distanced, and masks will be required while riding on the bus.

**Age Parameters:** All minors must be accompanied by an adult. Only children age 5 and older may travel by motor coach.

**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.

**Registration:** Tour reservations may be made by phone at 703-222-4664, through Parktakes online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes), or completing the form in the back of Parktakes to register by mail or fax. Payment can be made by check, or by MasterCard, Visa or Discover. Registrations are accepted on, a first-come, first-served basis until the trip is filled.

**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. Call 703-324-TOUR (8687) for emergency weather instructions.

**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.

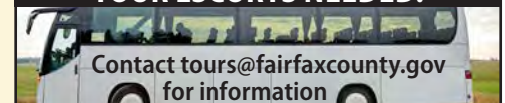
**Confirmation and Itinerary:** The week before a trip, you will receive an itinerary in the mail.

### Departure/Return Locations

**Green Spring Gardens**

4603 Green Spring Rd.,  
Alexandria

### TOUR ESCORTS NEEDED!





## Equestrian and Farm

### FCPA Equestrian Facilities



#### Frying Pan Farm Park

2709 West Ox Road  
Herndon, Va. 20171  
[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:  
[www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark).

#### Laurel Hill Equestrian Center

9500 Furnace Road  
Lorton, Va. 22079

- Large, multi-purpose outdoor arena with all-weather footing
- Stadium jumps and dressage markers
- Trails for horse and bicycle riding
- Available dawn to dusk
- Private lessons, horse schooling and riding practice allowed
- Reservations are not required
- Use of the equestrian center is free of charge
- There are currently no horses for rent on the property

#### Turner Farm Park

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

- Former dairy farm
- Almost 40 acres of open fields enclosed by perimeter fencing
- Open for general riding
- Novice-level, cross-country course
- Water, ditch and bank complexes
- Round pen
- Large multi-purpose outdoor arena
- All-weather footing
- Stadium jumps
- Dressage markers
- Reservations are not required
- Use of the equestrian center is free of charge
- Available dawn to dusk
- May be reserved for shows or events
- There are currently no horses for rent on the property

### Equestrian Programs and Classes

If you are unable to attend class, you must notify the stable at least one day in advance. Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes.



Follow us at **fairfaxparks**

#### Frying Pan Farm Park

All classes at Frying Pan Farm Park are taught by Spirit Open Equestrian Program, Inc. ([www.spirit-equestrian.org](http://www.spirit-equestrian.org)) and offer a safe and fun equestrian program for people of all ages and abilities. Classes are held outdoors and indoors depending on facility availability. All riders should arrive 15 minutes prior to class, wear long pants, shoes or boots with heels and dress for the weather. Helmets are mandatory, you may bring your own or one will be provided. All participants must fill out paperwork prior to the first class. Download forms at [www.fairfaxcounty.gov/parks/fpp/equest.htm](http://www.fairfaxcounty.gov/parks/fpp/equest.htm). Classes will be conducted with current, appropriate health and safety precautions.

### English Style Riding Lessons

#### Horseback Riding-Beginner

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

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	15F.RF27	9/11	DHAF
Frying Pan Pk	M	7pm	15F.WAEZ	9/11	DHAF
Frying Pan Pk	T	6pm	15F.M9VT	9/12	DHAF
Frying Pan Pk	T	7pm	15F.8AKW	9/12	DHAF
Frying Pan Pk	Th	6pm	15F.9VSU	9/14	DHAF
Frying Pan Pk	Th	7pm	15F.KDL9	9/14	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.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	GR4.8173	9/13	DHAF
Frying Pan Pk	W	7pm	GR4.BV74	9/13	DHAF





All programs and activities will follow current health safety protocols.

## Kidwell Farm at Frying Pan Farm Park



2709 West Ox Road

Herndon, Va. 20171

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 1930's era working farm. Pet the friendly farm animals, take a wagon ride or watch the farm hands at work. At the Kidwell Farm House, you can sit for a spell on the porch or take a tour to see how farm families lived in the 1930s. Kidwell Farm is open daily from 9 a.m. to 5 p.m. More information about the park's historic schoolhouse, blacksmith shop and meeting house is available on the web. Groups are welcome, and school programs are available by appointment. Call for tour information.

### The Country Store

703-435-3710

Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts. The county store is open Monday-Thursday, 10 a.m.-2 p.m. and Friday-Sunday 10 a.m.-4:30 p.m.



### Therapeutic Horseback Riding II

**(4-Adult)** Prerequisite: Students must have taken Therapeutic Horseback Riding I for three consecutive sessions. Advancement is based on the rider's abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. A medical form is required by Spirit for participation.

**DHAF 8--45 minute lessons--\$799**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	JJJ.Z9BG	9/11	DHAF
Frying Pan Pk	T	7pm	JJJ.D7X1	9/12	DHAF
Frying Pan Pk	W	7pm	JJJ.EW2F	9/13	DHAF
Frying Pan Pk	Th	7pm	JJJ.6RZY	9/14	DHAF

### Child and Parent Programs

#### Little Hands on the Farm

Join us to learn about a different element of farm life each week. Children will get to spend time with a different farm animal each session. Other activities can include, story time, creating crafts, and introductory level farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

**1--45 minute program**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	T	9:45pm	58A.F8KS	9/12	\$10/child
Frying Pan Pk	F	9:45am	58A.4544	9/15	\$10/child
Frying Pan Pk	T	9:45am	58A.9W55	9/26	\$10/child
Frying Pan Pk	F	9:45am	58A.54X0	9/29	\$10/child
Frying Pan Pk	T	9:45am	58A.XTGJ	10/10	\$10/child
Frying Pan Pk	F	9:45am	58A.FORD	10/13	\$10/child
Frying Pan Pk	T	9:45am	58A.C595	10/24	\$10/child

**(3-5 yrs.)**

Frying Pan Pk	T	11am	100.2L3A	9/12	\$10/child
Frying Pan Pk	F	11am	100.EE04	9/15	\$10/child
Frying Pan Pk	T	11am	100.1ASR	9/26	\$10/child
Frying Pan Pk	F	11am	100.JSQK	9/29	\$10/child
Frying Pan Pk	T	11am	100.7PQW	10/10	\$10/child
Frying Pan Pk	F	11am	100.1BMQ	10/13	\$10/child
Frying Pan Pk	T	11am	100.012D	10/24	\$10/child

### Little Hands on the Farm

**(Spanish Language)**

**(2-5 yrs.)** Join us to learn about a different element of farm life each week. Children will get to spend time with a different farm animal each session. Other activities can include, story time, creating crafts, and introductory level farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

**1--45 minute program**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	10:30am	EQK.7PVO	10/9	\$10/child
Frying Pan Pk	T	1:30pm	EQK.RJIS	11/7	\$10/child

### Children's 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	Su	2pm	M3W.LLQ1	11/5	\$10/child
Frying Pan Pk	Su	10am	M3W.6A4T	11/5	\$10/child
Frying Pan Pk	M	2pm	M3W.8PU3	11/6	\$10/child
Frying Pan Pk	M	10am	M3W.MKGF	11/6	\$10/child



### Therapeutic Horseback Riding

**(4-Adult)** Class is open to new and returning students and is for riders with developmental, emotional, neurological and physical disabilities. Therapeutic riding contributes positively each rider's well-being, teaching safe and effective horsemanship in a group setting. Each lesson is tailored to the rider's abilities and focuses on development of balance, gross and fine motor skills, confidence and communication. A medical form is required by SPIRIT for participation.

**DHAF 8--45 minute lessons--\$799**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	1F7.RXKU	9/11	DHAF
Frying Pan Pk	T	6pm	1F7.3W7P	9/12	DHAF
Frying Pan Pk	W	6pm	1F7.JP2X	9/13	DHAF
Frying Pan Pk	Th	6pm	1F7.PNU3	9/14	DHAF





## Family/All Ages

### Putting the Animals to Bed

**(3-Adult)** When evening shadows spread over Kid-well Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	7:30pm	KOP.G8RQ	9/8	\$10/ea.
Frying Pan Pk	Sa	7:30pm	KOP.THUN	9/9	\$10/ea.
Frying Pan Pk	Su	7:30pm	KOP.61Y8	9/10	\$10/ea.
Frying Pan Pk	F	7:30pm	KOP.YY1V	9/15	\$10/ea.
Frying Pan Pk	Sa	7:30pm	KOP.832E	9/16	\$10/ea.
Frying Pan Pk	Su	7:30pm	KOP.X5F3	9/17	\$10/ea.

### 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	F	5:30pm	DEB.2IRE	10/6	\$10/ea.
Frying Pan Pk	F	6pm	DEB.WHQJ	10/6	\$10/ea.
Frying Pan Pk	F	6:30pm	DEB.X85D	10/6	\$10/ea.
Frying Pan Pk	F	7pm	DEB.8YBL	10/6	\$10/ea.
Frying Pan Pk	F	7:30pm	DEB.2XLH	10/6	\$10/ea.
Frying Pan Pk	Sa	5:30pm	DEB.R028	10/7	\$10/ea.
Frying Pan Pk	Sa	6pm	DEB.WBLO	10/7	\$10/ea.
Frying Pan Pk	Sa	6:30pm	DEB.OBH6	10/7	\$10/ea.
Frying Pan Pk	Sa	7pm	DEB.673R	10/7	\$10/ea.
Frying Pan Pk	Sa	7:30pm	DEB.FTOH	10/7	\$10/ea.

# Fall Carnival Fun

at Frying Pan Farm Park

Back by Popular Demand!



## Big Truck Night

Friday, October 13 - 5-7 p.m.

FREE! See an assortment of Big Trucks throughout the farmyard from huge tractors to giant fire engines!



## Farm Harvest Days

Saturday-Sunday, October 14-15  
10 a.m.-4 p.m.

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 13 • 5-9 p.m.

Saturday, October 14 • 11a.m.-9 p.m.

Sunday, October 15 • 11a.m.-9 p.m.

Free parking and admission!  
(No reservations required)

## Games and Rides Tasty Fair Food

Carnival tickets are  
\$1.25 each • 24 for \$25 • 48 for \$50

Carnival rides take 3-5 tickets each  
<https://colerides.com/events/36>



**Frying Pan Farm Park**  
2709 West Ox Road, Herndon  
[www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park)





All programs and activities will follow current health safety protocols.

# FALL IN LOVE WITH PARKS AT THESE EVENTS



## Virginia Native American Festival

Saturday, September 16

10 a.m.-3 p.m.

Riverbend Park

32B.8NWN • \$12/ea.

**(3-Adult)** The Native American Festival brings together tribal members from throughout Virginia. Discover history and long-standing tradition with the Rappahannock Native American Dancers and Drum group. Visit Virginia tribal vendors, shop for traditional crafts, and learn about present events. Hands-on demonstrations offered, including bow and arrow use.

## Partial Solar Eclipse Celebration

Saturday, October 14

Noon-2 p.m. • Burke Lake Park

4AE.M899 • \$10/ea.

Noon-2 p.m. • Sully Historic Site

4AE.BMVQ • \$10/ea.

11:30 a.m.-2:30 p.m. • Turner Farm Park

**(4-Adult)** Join our naturalists to view the partial annular solar eclipse. At noon, watch as the moon partially eclipses the sun as they travel across the sky. A limited number of eclipse viewing glasses and sun spotting scopes will be available to view the eclipse. As we await the eclipse and after it has passed, enjoy various related games, activities, and demonstrations. Participants should bring portable chairs and blankets. The event is weather dependent and will be cancelled if rain is expected. Children must be accompanied by a registered adult.



## Halloween on the Farm

Friday, October 27 • \$10/ea.

4:30 p.m. • C1A.ZA0Z

5:30 p.m. • C1A.JUSW

6:30 p.m. • C1A.FB11

Saturday, October 28 • \$10/ea.

4:30 p.m. • C1A.G7Q6

5:30 p.m. • C1A.MW71

6:30 p.m. • C1A.QOKD

Frying Pan Farm Park

**(All Ages)** Come trick or treat on the farm! Visit with farm animals, create crafts, play games, tour the decorated farmhouse, and enjoy the fall on the farm. The program runs in 1-hour time slots. Children must be accompanied by a registered adult.



## Monster Mash 5K Dash and Halloween Fun Run

Saturday, October 28

South Run Rec Center

Monster Mash 5K Dash (8-Adult)

3:30 p.m. • LRD.TP16 • \$25/ea

Halloween Fun Run (5-Adult)

3:35 p.m. • LRD.TP16 • \$15/ea

Sport your best Halloween outfit in this spooky informal 5K event in our beautiful, trailed parkland. No frills, just chills!



## Parktober Fest

Saturday, October 7

12 p.m. - 5 p.m.,

Ellanor C. Lawrence Park  
Free

**(All Ages)** The whole family is invited to a celebration at Ellanor C. Lawrence Park that is becoming a community tradition. Join friends to shop local from artists and artisans, makers, and bakers. Enjoy delicious food and drink from Ono Brewing Co., Odd BBQ and Charles Slider Bistro.



## Spooktacular Tiny Tot Trot

Saturday, October 28

4 p.m.

South Run Rec Center

WWF.NWE6 • \$8/child

**(2-4 yrs.)** Tiny Tots can off their energy on our mighty mash obstacle course filled with Halloween flair.



All programs and activities will follow current health safety protocols.

Getaway-Chanticleer Gardens			
Thursday, September 7	7 a.m.-7 p.m.	Green Spring Gardens Park	pg. 49
Dog Daze			
Saturday, September 9	9 a.m.-1 p.m.	The Water Mine	pg. 104
Virginia Native American Festival			
Saturday, September 16	10 a.m.-3 p.m.	Riverbend Park	pg. 53
Grind Days			
Sunday, September 17, October 1 & 15	Noon-3 p.m.	Colvin Run Mill	pg. 76
Family Fall Festival			
Saturday, September 23	9 a.m.-3 p.m.	Green Spring Gardens	pg. 68
Oak Hill Open House			
Saturday, September 30	10 a.m. -1 p.m.	Oak Hill Historic House	pg. 79
Monarch Tag and Tea			
Sunday October 1	2-3 p.m.	Hidden Oaks Nature Center	pg. 91
Parktober Fest			
Saturday, October 7	12 p.m.-5 p.m.	Ellanor C Lawrence Park	pg. 53
Cider Programs			
Saturdays & Sundays in October	9 a.m. - 5 p.m.	Colvin Run Mill	pg. 76
Four Club Fall Classic			
Saturday, October 7	10 a.m.	Jefferson Golf Course	pg. 74
Farm Harvest Days & Carnival Fun			
Friday, October 13: Carnival only	5-9 p.m.	Frying Pan Farm Park	pg. 52
Saturday, October 14: Harvest Days	10 a.m.-4 p.m.		
Saturday, October 14: Carnival	11 a.m.-9 p.m.		
Sunday, October 15: Harvest Days	10 a.m.-4 p.m.		
Sunday, October 15: Carnival	11 a.m.-6 p.m.		
Partial Solar Eclipse Celebration			
Saturday, October 14	Noon-2 p.m.	Burke Lake Park	pg. 106
Campfire Night Hike - Predators at Night			
Friday, October 20	7-8 p.m.	Cub Run Rec Center	pg. 88
Haunted Pond Jr.			
Saturday, October 21	4:30-6:30 p.m.	Hidden Pond Nature Center	pg. 92
Halloween on the Farm			
Friday-Saturday, October 27-28	4:30-6:30 p.m.	Frying Pan Farm Park	pg. 53
Fear-less Fest			
Saturday, October 28	5:30-8 p.m.	Hidden Oaks Nature Center	pg. 92
Monster Mash 5K Dash and Halloween Fun Run			
Saturday, October 28	3:30 p.m.	South Run Rec Center	pg. 53
Spooktacular Tiny Tot Trot			
Saturday, October 28	4 p.m.	South Run Rec Center	pg. 53
Haunted Mini Golf			
Saturday-Sunday, October 28-29	3-7 p.m.	Oak Marr Rec Center	pg. 55
The War of 1812 and the Homefront			
Sunday, November 5	12-3 p.m.	Colvin Run Mill	pg. 80
Turkey Cup			
Thursday, November 16	9:30 a.m.	Greendale Golf Course	pg. 74
Fall Festival Scramble			
Sunday, November 19	10 a.m.	Pinecrest Golf Course	pg. 74



Cider Programs at Colvin Run Mill



Parktober Fest at E.C. Lawrence Park



Farm Harvest Days at Frying Pan Farm Park



Haunted Pond Jr. Hidden Pond Nature Center



Turkey Cup at Greendale Golf Course



All programs and activities will follow current health safety protocols.

# DO YOU HAVE SOMETHING TO CELEBRATE?

BIRTHDAYS • WEDDINGS • REUNIONS • HOLIDAYS • JUST BECAUSE



*Fairfax County Park Authority offers numerous spaces to rent for a fun, memorable event!*

Various party packages are available at numerous locations.



Learn more at [www.fairfaxcounty.gov/parks/facility-rentals](http://www.fairfaxcounty.gov/parks/facility-rentals) or  
[www.fairfaxcounty.gov/parks/parties](http://www.fairfaxcounty.gov/parks/parties)

- Athletic Fields and Courts
- Pools
- Ice Arena
- Indoor Spaces (Rooms, Class Spaces, Libraries, Atriums, Auditoriums)
- Golf Ranges
- Mini Golf
- Golf Banquet Halls
- Historic Properties
- Nature Centers
- Picnic Shelters, Pavilions, Gazebos, Campsites
- Showmobile
- Water Mine

## HAUNTED MINI GOLF

**October 28 & 29  
3-7 p.m.**

Enjoy a good haunt at  
Oak Mar Mini Golf with prizes,  
candy and much more!

- Food trucks
- Face painting
- Games



Visit [www.fairfaxcounty.gov/parks/reccenter/oak-marr](http://www.fairfaxcounty.gov/parks/reccenter/oak-marr) to register.



Oak Marr Rec Center  
3200 Jermantown Rd.  
Oakton, Va. 22124



## Spooktacular Halloween Runs

**Saturday, October 28**

- 3:30 p.m. Monster Mash 5K (\$25)
- 3:35 p.m. Halloween Fun Run 1-Miler (\$15)
- 4 p.m. Spooktacular Tiny Tot Trot (\$8)  
Obstacle Course for 2-4 yrs.

**COSTUMES ENCOURAGED!**

Register at  
[www.fairfaxcounty.gov/parks/reccenter/south-run](http://www.fairfaxcounty.gov/parks/reccenter/south-run)



**SOUTH RUN  
REC CENTER**

7550 Reservation Dr.  
Springfield Va.

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

**Old-Fashioned  
Family Fun**

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



\$10 Parking Fee Saturday & Sunday  
For carnival ride & ticket information, visit  
[www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair](http://www.fairfaxcounty.gov/parks/frying-pan-park/4-h-fair)



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





**FREE!**



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

## FAIRFAX COUNTY PARK AUTHORITY Summer Entertainment Series 2023



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

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



Fridays • 7:30 p.m.  
Royal Lake Park, Fairfax  
Lake Accotink Park, Springfield

### Evenings on the Ellipse

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

### HUNTER MILL MELODIES

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

### Franconia Nights

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

**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, business and corporate sponsors, individual donors and the Fairfax County Park Foundation.

Performances are held outdoors, bring lawn chairs. In case of inclement weather call the concert hotline at 703-324-7469 before leaving home. Cancellations are posted one hour prior to the show time.



123 Andrés



Bruce in the USA



The Seldom Scene



All programs and activities will follow current health safety protocols.



Chuck Brown Band



Crack the Sky



John McCutcheon

## MOUNT VERNON NIGHTS

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

## Music at Arrowbrook Centre Park

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

## Providence Presents

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

## Spotlight by Starlight

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

## Springfield Nights

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

## Starlight Cinema

Saturdays • 6 p.m.  
Trinity Centre, Centreville

## Thank you to our sponsors!





## Exercise and Physical Fitness

Our Fitness and Wellness team is dedicated to putting fun in fitness. Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to the variety and convenience of more than 300 drop-in classes a week. Rec Centers also offer specialty classes for an additional registration fee.

### Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 400 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with Cybex strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- For more information, visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) or your Rec Center.

### Personal Training

Our trainers' expert guidance and education can remove obstacles and help you reach your potential by:

- Using the latest training techniques to overcome plateaus and jumpstart your workout.
- Providing accountability and motivating you on the fast track to your desired results.
- Helping with a specific illness, injury or conditions.
- Providing sports-specific training to improve your performance.

Invest in your future fitness and enjoy the healthy payoff of working with one of our dedicated trainers. Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available. For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.

## Healthy Strides Active Living Classes

### Delaying Diabetes Hybrid

**(Adults)** This class is for anyone who has been given a pre-diabetes diagnosis, knows they are at risk for developing diabetes, has converted to diabetes, is a caregiver for a person with diabetes or would like to understand more to help friends or family with diabetes. Four virtual classes will cover what pre-diabetes and diabetes are, what to eat, why exercise is needed, and how behavior and mindset help with diabetes treatment. The other four classes will be in person. Class participants will help decide on two activity classes and two food-related classes.

3EX 8--55 minute lessons--\$126						
Location	Day	Time	Code	Begin	\$	
VirtualFCPA	T	11am	4PK.Z031	9/12	3EX	

## Group Muscular Strength and Conditioning

### Body Sculpting

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

4ED 11--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Th	8am	8B3.WB8H	9/21	4ED	



### 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--\$157						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	8:05am	A90.37XF	9/17	4ECA	
ProvREC	M	6pm	A90.YD06	9/18	4ECA	
ProvREC	W	6pm	A90.YW1Z	9/20	4ECA	
SoRunREC	Sa	8am	A90.333I	9/16	4ECA	
SoRunREC	M	7pm	A90.WMSD	9/18	4ECA	
SoRunREC	W	7pm	A90.FUAA	9/20	4ECA	

### Fitness for Women

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

4ED 11--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	41C.YYCZ	9/17	4ED	

### 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--\$81						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	8am	52C.2FRS	9/16	4EW	
SpHillREC	Su	4pm	52C.6DUN	9/17	4EW	
SpHillREC	Sa	8am	52C.JR2S	10/21	4EW	
SpHillREC	Su	4pm	52C.ATNU	10/22	4EW	

### Kettlebell Training

**(16-Adult)** Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that work every major muscle group.

4ED 11--55 minute lessons--\$139						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	7pm	81F.KROG	9/19	4ED	

### 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 PUMP--\$157						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	9am	35C.I080	9/18	4ECA	
Wkfld/Moore	T	9am	35C.FU80	9/19	4ECA	
Wkfld/Moore	W	7pm	35C.QK55	9/20	4ECA	
Wkfld/Moore	Th	7pm	35C.XQG1	9/21	4ECA	
SoRunREC	Th	7:30pm	35C.51DW	09/21	4ECA	
SoRunREC	T	6pm	35C.UHQY	9/19	4ECA	

### Weight Training

**(16-Adult)** Basic weight-circuit safety, techniques and orientation are covered. A great place to start if you are new to fitness rooms.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Sa	9am	BB2.B4YY	9/16	4EW	
SpHillREC	Sa	9am	BB2.8SPE	10/21	4EW	

### Weight Training for Women I

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

4EX 4EY 11--55 minute lessons--\$172 22--55 minute lessons--\$344						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T/Th	10am	9EA.SN59	9/19	4EY	
SpHillREC	F	12pm	9EA.FCZX	9/22	4EX	

### Intro to Powerlifting

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

4EV 11-1 hour 25 minute lessons--\$258						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	6pm	RWF.GF5A	9/17	4EV	



All programs and activities will follow current health safety protocols.

## Group Aerobic Exercise

### Barre Workout

**(13-Adult)** This class incorporates ballet exercises, barres and light weights to help you tone and define your muscles. Learn the secrets of dancers for a totally toned body. Barre techniques class highly recommended prior to this program. Socks required.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	7am	3BF.I2JG	9/18	4EB	
SoRunREC	W	9:30am	3BF.VFLO	9/20	4EB	
SphillREC	Sa	10am	3BF.TDM7	9/16	4EB	

### Body Combat

**(13-Adult)** This is a high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness! Bring a water bottle and towel to class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	45Q.UD76	9/16	4EB	
SoRunREC	T	6:30pm	45Q.PO36	9/19	4EB	

### Cycle Spin

**(13-Adult)** Ride your way to a stronger, leaner body in this group exercise program. Students will use a stationary spin bike for a great cardio workout. Please bring a water bottle and towel to class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
ProvREC	M	5:30pm	EJ.J.RPW7	9/18	4EB	
SoRunREC	Sa	10am	EJ.J.027N	9/16	4EB	
SoRunREC	Su	3:45pm	EJ.J.ACDZ	9/17	4EB	
SoRunREC	Th	6pm	EJ.J.VCGW	9/21	4EB	
SoRunREC	T	6pm	EJ.J.SYAJ	9/19	4EB	

### Zumba

**(13-Adult)** Dance themes combined with dynamic music turn fitness into a party! Maximize caloric output and tone your body using easy-to-follow dance steps. All levels welcome.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	9am	69F.PWTY	9/22	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--\$81					
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	193.G6IR	9/21	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--\$81					
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	DDJ.SZOM	10/26	4EW	

### 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 and balance.

4EE	11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	3:30pm	519.8I2U	9/21	4EE	

### 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--\$137					
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	ED6.7BHY	9/20	4EB	
OakMarREC	Th	12pm	ED6.Y3W1	9/21	4EB	
SoRunREC	T	3:05pm	ED6.UPWI	9/19	4EB	
SoRunREC	Th	11:15am	ED6.V4EC	9/21	4EB	
SpHillREC	W	11:05am	ED6.MPEW	9/20	4EB	
Wkfld/Moore	M	1pm	ED6.A4C3	9/18	4EB	
Wkfld/Moore	T	10am	ED6.S150	9/19	4EB	

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### 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--\$137					
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	4pm	21C.4BUH	9/17	4EB	
SoRunREC	T	2pm	21C.AOM3	9/19	4EB	
SoRunREC	Th	10am	21C.062I	9/21	4EB	
Wkfld/Moore	T	6pm	21C.FCWG	9/19	4EB	
Wkfld/Moore	T	10:30am	21C.GVR3	9/19	4EB	
Wkfld/Moore	F	11am	21C.YKU5	9/22	4EB	

### Hatha Yoga I

**(13-Adult)** Learn basic yoga postures as you gain more strength and flexibility while using different breathing techniques. This class is designed to help improve your posture and bring you relaxation. Please bring a mat and towel to class.

4EB	11--55 minute lessons--\$137					
4EE	11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	11am	C21.4C0G	9/17	4EB	
Franconia Rec	M	6pm	C21.PT6T	9/18	4EB	
Franconia Rec	F	10:30am	C21.B5PJ	9/22	4EB	
OakMarREC	Su	10:30am	C21.GCUB	9/17	4EE	
OakMarREC	T	6pm	C21.040Q	9/19	4EE	
OakMarREC	Th	10:15am	C21.DR6L	9/21	4EE	
ProvREC	M	6pm	C21.Q89H	9/18	4EE	
ProvREC	Th	5:30pm	C21.L7B4	9/21	4EB	

## Drop-In

# Group Fitness Classes

**Now offering in-person and virtual options!**



- More than 400 drop-in classes available with the purchase of a Rec Center pass, including Yoga, Pilates, Zumba and Les Mills classes.
- No registration required – drop in when it fits your schedule
- Offered at all conveniently located Rec Centers and online
- Schedules posted at individual Rec Centers and online at [www.fairfaxcounty.gov/parks/recenter/fitness](http://www.fairfaxcounty.gov/parks/recenter/fitness)



For more information, contact  
the fitness director at your neighborhood Rec Center.



# Exercise and Physical Fitness

All programs and activities will follow current health safety protocols.

SoRunREC	Su	5pm	C21.I2P5	9/17	4EB
SoRunREC	M	6pm	C21.LHYC	9/18	4EB
SoRunREC	M	7pm	C21.UIBX	9/18	4EB
SoRunREC	M	9:30am	C21.COMJ	9/18	4EB
SoRunREC	T	8pm	C21.HSQ0	9/19	4EB
SoRunREC	T	9am	C21.900H	9/19	4EE
SoRunREC	W	7pm	C21.PVRP	9/20	4EB
SoRunREC	W	10:30am	C21.R91T	9/20	4EB
Wkfld/Moore	Sa	9am	C21.DWLE	9/16	4EE
Wkfld/Moore	Sa	10am	C21.B2UJ	9/16	4EE
Wkfld/Moore	T	12pm	C21.VOK7	9/19	4EE
Wkfld/Moore	W	7pm	C21.O3CD	9/20	4EE

## Hatha Yoga II

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

4EB	11--55 minute lessons--\$137
4EE	11--1 hour 25 minute lessons--\$205

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	19F.Y000	9/21	4EB
ProvREC	T	5:30pm	19F.EIH1	9/19	4EB
Wkfld/Moore	Th	7pm	19F.DTPY	9/21	4EE

## Gentle Pilates

**(13-Adult)** Loosen the joints and spine and create new movement opportunities gently in a class designed to support special needs and abilities of the practitioner. Use basic Pilates principles, working from the inside out and integrating mind, breath and body to leave this class renewed and reinvigorated.

4EB	11--55 minute lessons--\$137
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Location	Day	Time	Code	Begin	\$
OakMarREC	W	3:30pm	F82.30F5	9/20	4EB
OakMarREC	F	7am	F82.YK3R	9/22	4EB

## Pilates

**(13-Adult)** Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body.

4EB	11--55 minute lessons--\$137
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Location	Day	Time	Code	Begin	\$
Franconia Rec	W	5:30pm	16E.GJ8U	9/20	4EB
OakMarREC	W	9am	16E.HBBL	9/20	4EB
SoRunREC	Su	5pm	16E.Q3XJ	9/17	4EB
SoRunREC	F	7pm	16E.NA2H	9/22	4EB
SpHillREC	T	10am	16E.4540	9/19	4EB
SpHillREC	Th	10am	16E.CKE4	9/21	4EB

## Gentle Pilates Allegro Reformer

**(13-Adult)** Pilates lessons on a special apparatus that provides various resistance levels within a full range of motion. These gentle lessons help loosen the joints and spine and create new movement opportunities, balance, and flexibility in a class designed to support the special needs and abilities of the practitioner. Senior discount does not apply to these lessons.

4EAA	11--55 minute lessons--\$223
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	11am	78C.C5CQ	9/16	4EAA
SpHillREC	F	11am	78C.CFXD	9/22	4EAA
SpHillREC	F	12pm	78C.8ZL9	9/22	4EAA

## Pilates Allegro Reformer Lessons

**(13-Adult)** Pilates lessons on a special apparatus that provides various levels of resistance within the full range of motion. Private lessons stretch and strengthen your entire body and help you develop body muscle balance, flexibility, agility and bone density. Intro to Pilates Mat recommended. Senior discount does not apply to these lessons.

4EAA	11--55 minute lessons--\$223
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	9:30am	08E.5WBK	9/17	4EAA
CubRunREC	M	9:45am	08E.5475	9/18	4EAA
CubRunREC	T	5:45pm	08E.203A	9/19	4EAA
CubRunREC	T	9am	08E.B0QY	9/19	4EAA
CubRunREC	T	10am	08E.9Q02	9/19	4EAA
Franconia Rec	Su	5:30pm	08E.LKKB	9/17	4EAA
Franconia Rec	M	6:30pm	08E.NRKB	9/18	4EAA
Franconia Rec	M	7:30pm	08E.1Z18	9/18	4EAA
Franconia Rec	Th	4pm	08E.U9CX	9/19	4EAA
Franconia Rec	T	5:30pm	08E.05WO	9/19	4EAA
Franconia Rec	W	6:30pm	08E.WOL5	9/20	4EAA
Franconia Rec	W	10am	08E.D5IW	9/20	4EAA
ProvREC	M	10:30am	08E.VQLY	9/18	4EAA
ProvREC	Th	10:30am	08E.4HEY	9/21	4EAA
ProvREC	Th	11:30am	08E.VKVP	9/21	4EAA
ProvREC	Su	9am	08E.5GAM	9/17	4EAA
ProvREC	T	6pm	08E.3P61	9/19	4EAA
ProvREC	T	10am	08E.YKE5	9/19	4EAA
ProvREC	T	11am	08E.XH00	9/19	4EAA
SoRunREC	Sa	7am	08E.288J	9/16	4EAA
SoRunREC	M	5:30pm	08E.01YG	9/18	4EAA
SoRunREC	W	11am	08E.ZGC2	9/20	4EAA
SpHillREC	Sa	9am	08E.L949	9/16	4EAA
SpHillREC	W	6pm	08E.ZYZV	9/20	4EAA
SpHillREC	W	7pm	08E.WBY7	9/20	4EAA
SpHillREC	Th	6pm	08E.LHC3	9/21	4EAA

## Pilates Allegro Reformer Lessons II

**(13-Adult)** Pilates lessons on a special apparatus that provides a workout with complex exercise variations and longer sets. The movements develop coordination, strength and flexibility while the concentration required improves the mind-and-body connection. Prerequisite: Pilates Allegro Reformer I. Senior discount does not apply to these lessons.

4EAA	11--55 minute lessons--\$223
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Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	5B6.3LVY	9/19	4EAA
CubRunREC	Th	5:45pm	5B6.QWK9	9/21	4EAA
Franconia Rec	W	7:30pm	5B6.D67Q	9/20	4EAA
Franconia Rec	W	7:30pm	5B6.W0WW	9/20	4EAA
ProvREC	T	5pm	5B6.UA6E	9/19	4EAA
SpHillREC	M	6:30pm	5B6.0C6J	9/18	4EAA
SpHillREC	T	8am	5B6.HKZG	9/19	4EAA
SpHillREC	T	9am	5B6.GGMS	9/19	4EAA
SpHillREC	W	8am	5B6.PQG8	9/20	4EAA
SpHillREC	W	9am	5B6.STSM	9/20	4EAA
SpHillREC	W	10am	5B6.WJS3	9/20	4EAA
SpHillREC	F	10am	5B6.7QFW	9/22	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.

4EAA	11--55 minute lessons--\$223
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Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	A40.E07P	9/16	4EAA
SpHillREC	Th	7pm	A40.Y9WU	9/21	4EAA



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All programs and activities will follow current health safety protocols.

## Pilates Allegro Reformer Jumpboard

**(13-Adult)** This exciting express format adds aerobic elements to your Pilates reformer program through the use of a jumpboard attachment. Participants will also perform a variety of additional strength and stability exercises. Students should be able to do level 2 class work.

4EAC 11--30 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	11am	719.RJ4C	9/20	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--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.CGDR	9/19	4EB	

## Tai Chi I

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

3EB 8--55 minute lessons--\$99						
4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5pm	ED9.V29N	9/19	4EB	
Franconia Rec	W	6pm	ED9.8703	9/20	4EB	
Frying Pan Pk	Th	8pm	ED9.9GE3	9/14	3EB	
OakMarREC	M	4:30pm	ED9.W34G	9/18	4EB	
OakMarREC	T	8pm	ED9.DE8B	9/19	4EB	
ProvREC	T	10am	ED9.KJMD	9/19	4EB	
ProvREC	W	1pm	ED9.QJ38	9/20	4EB	
SpHillREC	Sa	9am	ED9.P5N6	9/16	4EB	
SpHillREC	M	7pm	ED9.9NLW	9/18	4EB	

## Tai Chi II

**(13-Adult)** Tai Chi I strongly recommended.

4EB 11--55 minute lessons--\$137						
4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	630.BLV1	9/19	4EB	
Franconia Rec	Th	6pm	630.B4Q6	9/21	4EB	
ProvREC	T	9am	630.MOV1	9/19	4EB	
ProvREC	W	2pm	630.HSFE	9/20	4EB	
SpHillREC	Sa	10am	630.RD75	9/16	4EE	
SpHillREC	M	7pm	630.ADEP	9/18	4EB	

## Tai Chi III

**(13-Adult)** Tai Chi II strongly recommended.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	6pm	156.ENCH	9/19	4EB	
Franconia Rec	Th	7pm	156.G01L	9/21	4EB	

## Tai Chi w/Props I

**(13-Adult)** Prerequisite: Tai Chi II or equivalent. For the continuing tai chi practitioner interested in learning the tai chi fan. Equipment is available for purchase from instructor or bring your own with instructor permission.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	7pm	CF1.CH2A	9/20	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--\$137						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	9:30am	LLG.5YVP	9/17	4EB	
Wkfld/Moore	Su	10:30am	LLG.RPTQ	9/17	4EB	
Wkfld/Moore	W	8pm	LLG.71CJ	9/20	4EB	

## Vinyasa Yoga

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

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	6:30pm	308.9VOH	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.

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	6pm	KXS.S8M7	9/21	4EE	

## Yoga & Bonfire Evening at Lake Accotink

**(13-Adult)** Looking for renewal, peace, inspiration, transformation, and/or something a little differen? If so, then bring your yoga mat to Lake Accotink for an evening sunset, star gazing and a bonfire. This practice, for all levels, will focus on Hatha techniques to stretch, build core strength, and stability to the mind and body. Please bring a mat, towel, and water. If the evening is cool, please bring a wrap or sweater as we will practice outside near the lake.

3EYZ 1--2 hour session--\$25						
Location	Day	Time	Code	Begin	\$	
LkAccontPk	Su	5:30pm	DRC.XIQO	10/22	3EYZ	

## Yoga for Gardeners I

**(Adults)** This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	M	9:30am	6E6.0E8G	9/11	4EB	

## Yoga for Golfers

**(13-Adult)** Classes focus improving flexibility, swing rotation, posture awareness and balance. Your stamina will improve and your risk of injury will decrease.

4EA 5--55 minute lessons--\$64						
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	5pm	835.9RQS	9/22	4EA	
Pinecrest GC	Sa	10am	835.F8KK	9/9	4EA	

## Yoga for Stress Management

**(13-Adult)** The stress of everyday life can create body tension and stiffness and can also affect mood and energy level. This class combines yoga postures and stretching with breathing and relaxing meditations restoring positive energy and renewing an overall sense of wellness.

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	D01.WUOU	9/17	4EE	

## Yoga Groove

**(13-Adult)** Chill out vinyasa style in this upbeat class that fuses classic yoga poses and flows with popular music. Movement, music and breath are used to open the body's energy centers so energy can flow freely through the body. No previous yoga or dance experience needed.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	7pm	49D.GC1E	9/18	4EB	

## Youth & Teen Fitness

### Weight Training for Teens

**(12-15 yrs.)** Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	E8B.G1BM	10/7	4EW	
OakMarREC	Th	5pm	E8B.LDRJ	9/21	4EW	
ProvREC	W	4pm	E8B.A1JR	9/20	4EW	
ProvREC	W	4pm	E8B.KKGT	10/25	4EW	
SpHillREC	Su	5pm	E8B.QH4Y	9/17	4EW	
SpHillREC	T	4pm	E8B.CEL8	9/19	4EW	
SpHillREC	Su	5pm	E8B.RZDQ	10/22	4EW	

### Weight Training for Teens II

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

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	4pm	9A8.FQYL	10/24	4EW	

## Senior Fitness

### A Matter of Balance

**(55 yrs.+)** This structured group intervention class emphasizes practical strategies to reduce fear of falling and increase activity levels. Students learn to view falling and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Senior discount does not apply to these lessons.

4EVB 8--1 hour 55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	1pm	X3B.G2MV	9/21	4EVB	
Wkfld/Moore	W	1pm	X3B.TQ66	9/20	4EVB	



# Exercise and Physical Fitness

All programs and activities will follow current health safety protocols.

## Aerobics I - Senior

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	1pm	F73.OYYB	9/20	4EB	

## Aerobics II - Senior

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	F	9:30am	C1D.AGMJ	9/22	4EB	

## Balance and Beyond

(55 yrs.+)  
Certified balance and mobility specialists help you enhance mobility, strength and flexibility. Advanced techniques from the FallProof fall prevention program are incorporated to improve overall wellness.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	11am	FDD.GPCH	9/20	4EB	
ProvREC	Th	1pm	FDD.3A9K	9/21	4EB	
Wkfld/Moore	T	1:30pm	FDD.NKHK	9/19	4EB	
Wkfld/Moore	Th	11am	FDD.LC88	9/21	4EB	

## Chair Fitness - Senior

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SpHillREC	M	11:05am	3A4.PJMJ	9/18	4EB	



## 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--\$137						
4EC 22--55 minute lessons--\$272						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	8am	1A0.B55I	9/19	4EB	
OakMarREC	F	8am	1A0.KHQ5	9/22	4EB	
ProvREC	T/Th	8:30am	1A0.NCYP	9/19	4EC	
SpHillREC	T	12pm	1A0.M6NR	9/19	4EB	
SpHillREC	F	11am	1A0.G7KH	9/22	4EB	

## Stay Active/Independent for Life-Standing

(55+)  
Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help seniors with balance issues or a history of falls. Students meet 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--\$270						
Location	Day	Time	Code	Begin	\$	
ProvREC	T/Th	10am	E98.ATTR	9/19	4EVA	

## Total Body Conditioning-Senior

(60 yrs.+)  
For active seniors 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--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	9:30am	F0C.67OV	9/19	4EB	
OakMarREC	W	12pm	F0C.EPOE	9/20	4EB	
OakMarREC	Th	10:30am	F0C.XYOU	9/21	4EB	

## Weight Training - Senior

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

4EX 11--55 minute lessons--\$172						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	12pm	503.RHDA	9/21	4EX	

## 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--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	W	10:30pm	8F6.GTOV	9/20	4EB	
ProvREC	M	10:30am	8F6.KC4M	9/18	4EB	
ProvREC	F	11am	8F6.D17H	9/22	4EB	
SpHillREC	Th	10am	8F6.T255	9/21	4EB	
Wkfld/Moore	Th	9am	8F6.R8XK	9/21	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.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	9am	2E4.3XS7	9/16	3EB	

## Outdoor Cardio Kickboxing

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

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	6:30pm	G5E.DU5R	9/19	3EB	

## Outdoor Fitness for Seniors

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	8am	VTM.GHC2	9/19	4EB	

## Outdoor Running for Fitness

(13-Adult)  
Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	8:30am	EC2.9C4A	9/16	4EB	

## Outdoor Tai Chi I

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	4:30pm	FRQ.QK4J	9/18	4EB	

## Outdoor Tai Chi II

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	5:30pm	I89.SG7D	9/18	4EB	

## Outdoor Tai Chi III

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	3:15pm	R6B.FHJD	9/18	4EB	

## Outdoor Yoga

(13-Adult)  
Learn basic yoga postures as you gain strength, endurance and flexibility while linking movement with breath. Class is designed to improve your posture, connect with your breath and relaxation. Class takes place outside.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	8am	KS3.9K97	9/16	4EB	



All programs and activities will follow current health safety protocols.



## Outdoor Yoga at the Lake

**(13-Adult)** Come to the waterfront of Lake Accotink Park for yoga in a peaceful, natural setting. Beginners and seasoned yogis are welcome to meditate, stretch and practice breathing techniques while gaining strength and flexibility. Bring a yoga mat, towel and water bottle to class. Social distancing recommendations will be followed.

4EZZ	1--55 minute lesson--\$11					
Location	Day	Time	Code	Begin	\$	
LkAccotnkPk	Su	10:30am	960.RIR6	9/10	4EZZ	
LkAccotnkPk	Su	10:30am	960.KUM3	9/24	4EZZ	
LkAccotnkPk	Su	10:30am	960.SFAV	10/8	4EZZ	

## Virtual Classes

### Virtual Cardio Kickboxing

**(13-Adult)** This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required. Bag gloves are recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	Th	6:30pm	AY4.UJYX	9/21	4EB	

### Virtual Chair Yoga

**(13-Adult)** This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	T	3:05pm	IY.F3GK	9/19	4EB	
Virtual FCPA	Th	11:15am	IY.7EKR	9/21	4EB	

### Virtual Gentle Yoga

**(13-Adult)** Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges. This class will be delivered online using Microsoft Teams or

Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	T	2pm	3LF.R3Q1	9/19	4EB	
Virtual FCPA	Th	10am	3LF.6ZV4	9/28	4EB	

### Virtual Hatha Yoga I

**(13-Adult)** Learn basic yoga postures as you gain more strength and flexibility while using different breathing techniques. This class is designed to help improve your posture and bring you relaxation. You will need a mat and towel. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	W	7pm	KG2.UQ31	9/20	4EB	
Virtual FCPA	W	10:30am	KG2.TOMB	9/20	4EB	

### Virtual Meditation

**(13-Adult)** Focus and calm your mind with breathing exercises that release tension. Centered mindfulness relaxes the physical body for overall wellbeing, concentration and positive energy. This meditation class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	T	8:30pm	GM8.9SVO	9/19	4EB	

### Virtual Pilates

**(13-Adult)** Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams or Zoom. Students will be emailed a link prior to the start of class.

4EC	22--55 minute lessons--\$272					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	T/Th	8:30am	IS8.UVFA	9/19	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 or Zoom. Students will be emailed a link prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	M	1:15pm	XF2.TV33	9/18	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 or Zoom. Students will be emailed a link prior to the start of class.

4EB	11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$	
Virtual FCPA	M	12pm	MXS.029Z	9/18	4EB	



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## Fine Arts

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

### Art Above and Beyond

**(6-12 yrs.)** This mixed-media class offers a variety of fun projects including drawing and painting. Supply fee payable to instructor at first class.

3FB	8--1 hour 25 minute lessons--\$143				
4FA	10--55 minute lessons--\$119				
Location	Day	Time	Code	Begin	\$
OakMarREC	T	4:30pm	EB5.OHYW	9/12	3FB
SoRunREC	Sa	5pm	EB5.NX84	9/16	4FA
Wkfld/Moore	M	5:30pm	EB5.MJ1T	9/18	4FA

### Collage Art

**(Adults)** Explore different collage techniques and styles while learning a bit about the history of this intriguing art form. Use scissors, adhesives, papers and mixed media to create satisfying works of art. Supply list available at class.

DFBA 6--1 hour 55 minute lessons--\$138					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	12:30pm	86C.5NVK	9/20	DFBA

### Colorful Art by Abrakadoodle

**(6-12 yrs.)** Young artists will create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest. Students will also take an imaginary tour to New England and paint lighthouse scenes.

DFVW 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.E37K	9/16	DFVW
ProvREC	W	5:30pm	PRL.G6BR	9/20	DFVW
SoRunREC	W	6:30pm	PRL.MT4M	9/20	DFVW
SphillREC	Sa	3:30pm	PRL.EXPK	9/16	DFVW

### Discovery Art

**(6-12 yrs.)** Develop basic art skills using a variety of media. Additional supply fee payable at first class.

3FB 8--1 hour 25 minute lessons--\$143					
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	4:30pm	FG7.1P1A	9/14	3FB

### The Many Faces of Abstraction

**(16-Adult)** Learn a variety of fun and exciting techniques needed to create your own abstract masterpiece. No experience necessary, just bring your imagination and learn in a pressure-free atmosphere. A supply fee of \$30 is payable at first class.

DFGB 8--1 hour 25 minute lessons--\$138					
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	1:30pm	BVK.HYQE	9/14	DFGB



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### 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 at first class.

DFGB 8--1 hour 25 minute lessons--\$138					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Wkfld/Moore	F	5pm	D6A.ZB31	9/22	DFGB
Wkfld/Moore	F	7pm	D6A.JYNS	9/22	DFGB
(13-Adult)					
Woodson HS	M	7pm	B34.D77L	9/18	DFGB

### Drawing with Color

**(16-Adult)** Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

3FB 8--1 hour 25 minute lessons--\$143					
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	12:30pm	D7E.4P3V	9/14	3FB

### Drawing with Perspective

**(Adults)** This class is for art students of any level who want to understand and manage perspective skills in their drawings and paintings. Work on pieces in your preferred medium that explore basics of perspective, helping artists to learn concepts of depth, sense of space, proportions and dimensions. Perspective concepts to be covered include one point perspective, vanishing point and horizon line. Recommended art supply list will be sent via email before start of class.

4FB 10--1 hour 25 minute lessons--\$179					
Location	Day	Time	Code	Begin	\$
ProvREC	W	1:30pm	SSQ.SG2D	9/20	4FB
ProvREC	Th	1pm	SSQ.G6A0	9/21	4FB

### Animation Drawing

**(16-Adult)** Learn how to make your characters move and come to life. Students make a story board presenting the idea. Your figures are brought to life using different drawing styles. Any supply fee payable to instructor at the first class.

3FA 8--55 minute lessons--\$96					
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	10am	YYQ.88PO	9/14	3FA

### Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential story-telling in this Baroody Camps class geared towards those interested in creating their own personal comic books. Not just limited to the super-hero genre, this program developed and taught by pro comic book creator Arisia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk, X-Men, and more) delves into the hands-on fun of creating sequential art. Any supply fee payable to instructor at first class.

DFVK 8--55 minute lessons--\$153					
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRun ES	Sa	9:30am	7KT2JMW.	9/23	DFVK
Woodson HS	T	6:30pm	7KT.NE9H	9/19	DFVK
(13-Adult)					
LittleRun ES	Sa	10:30am	LEH.SQ7F	9/23	DFVK
Woodson HS	T	7:30pm	LEH.SEQS	9/19	DFVK

### Illustrating Your Nature/Travel Journal

**(16-Adult)** Learn how to take your field sketches and turn them into a journal page. Starting with a pencil sketch you can add fine line marker, watercolors or colored pencils. Discover ways to add your photos and mementos to your journal. A suggested list of supplies will be provided when you sign up.

3FL 2--2 hour lessons--\$44					
Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	9:30am	7BB.USJV	10/14	3FL

### Nature Drawing

**(6-12 yrs.)** 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 nature journaling, drawing skills, color theory, perspective and shading. All supplies included.

4FPB 4--1 hour 25 minute lessons--\$76					
Location	Day	Time	Code	Begin	\$
HuntMdws	Th	1:30pm	1EO.WUQQ	9/7	4FPB
HuntMdws	M	3pm	205.OFGG	9/25	4FPB





All programs and activities will follow current health safety protocols.

## Nature Sketch Hike

**(13-Adult)** Join a naturalist for a hike focused on observing the shapes and colors found in nature. Learn new techniques to enhance your nature drawings.

DFAH 1--2 hour lesson--\$16					
Location	Day	Time	Code	Begin	\$
Riverbend Pk	Sa	10am	72F.XQ3S	9/9	DFAH
Riverbend Pk	Sa	10am	72F.YKYR	10/21	DFAH

## Abrakadoodle Kids on Canvas

**(6-12 yrs.)** Children will learn to paint as they imagine a fantastic world inspired by nature. Learn about shapes, how to create 3D buildings and how to explore maps, and how mix colors.

DFVW 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	5pm	ZBL.FFKT	9/21	DFVW

## Discover Painting I

**(13-Adult)** This course provides a basic introduction painting fundamentals. Students learn basic painting skills and techniques to create simple works of art. Practical exercises include simple sketching, use of color theory and application and basic composition.

3FA 8--55 minute lessons--\$96					
Location	Day	Time	Code	Begin	\$
OakMarREC	T	11:15pm	E9E.DNVI	9/12	3FA
OakMarREC	F	10am	E9E.G2BR	9/12	3FA

## Watercolor Painting I

**(Adults)** Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply fee payable to instructor at first class.

4FB 10--1 hour 25 minute lessons--\$179					
DFBB 6--2 hour 25 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
Frying Pan Park	W	9:30am	BC7.MMAX	9/13	DFBB
ProvREC	Th	9:30am	BC7.IKBU	9/21	4FB

## Watercolor Painting II

**(Adults)** Prerequisite: Watercolor Painting I or equivalent. Continue sharpening basic skills and techniques. Develop brush styles and individual approaches to projects and exercises. Students need to bring supplies to class.

4FB 10--1 hour 25 minute lessons--\$179					
4FC 10--1 hour 55 minute lessons--\$237					
DFBB 6--2 hour 25 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
Frying Pan Park	W	9:30am	9E5.AKTH	9/13	DFBB
ProvREC	W	11:30am	9E5.6K9R	9/20	4FC
Wkfld/Moore	M	2:30pm	9E5.CT3H	9/18	4FB
Wkfld/Moore	M	10am	9E5.UR99	9/18	4FB

## Watercolor Painting III

**(Adults)** Prerequisite: Watercolor Painting II. Students need to bring supplies to class.

4FB 10--1 hour 25 minute lessons--\$179					
4FC 10--1 hour 55 minute lessons--\$237					
Location	Day	Time	Code	Begin	\$
ProvREC	W	9:30am	151.ZD00	9/20	4FC
ProvREC	Th	11am	151.W8RS	9/21	4FC
Wkfld/Moore	M	12:30pm	151.UBXY	9/18	4FB

## Watercolor Workshop -

### Watercolor Pencils

**(16-Adult)** Artist and instructor Marni Maree shows you various ways to use watercolor pencils and how versatile they can be... From coloring sketches in your journal to full-blown paintings! Bring a stool or a blanket in case the weather allows the class to go outdoors. A supply list will be emailed before class. Bring a lunch.

CFAK 1--6 hour lesson--\$110					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	WE7.GBTU	11/18	CFAK

## 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---\$102					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	429.C4AN	10/21	DFAK

## Landscape Painting I

**(16-Adult)** Students will use design elements such as lines, shapes, values and spatial relation, to create landscape paintings. Students construct and deconstruct landscapes from realism to abstract. Bring watercolor paper and water-based medium watercolors or acrylics. Additional supply list provided before start of class.

3FB 8--1 hour 25 minute lessons--\$143					
Location	Day	Time	Code	Begin	\$
OakMarREC	M	1pm	A39.YBER	9/11	3FB



## 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--\$138					
Location	Day	Time	Code	Begin	\$
OakMarREC	T	1:30pm	4VW.SCAP	9/12	DFGB
OldeCrk ES	M	7pm	4VW.E471	10/2	DFGB
SoRunREC	Th	6:45pm	4VW.DCZM	9/21	DFGB
Wkfld/Moore	T	6:30pm	4VW.TEM7	9/19	DFGB

## Fun with Acrylics II

**(13-Adult)** Prerequisite: Fun with Acrylics I or equivalent. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$30 payable to instructor at first class.

DFGB 8--1 hour 25 minute lessons--\$138					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	VOF.JKE1	9/20	DFGB

## Paint in Oil or Acrylic

**(Adults)** Paint under the instruction of a proficient artist to improve your skills and build confidence as an artist. For beginning to advanced students. More experienced painters may bring their supplies. Any supply fee payable to instructor at first class.

4FD 10--2 hour 55 minute lessons--\$321					
Location	Day	Time	Code	Begin	\$
ProvREC	T	9:30am	009.ZLXN	9/19	4FD

## Paint in Oil or Acrylics II

**(Adults)** Prerequisite: Paint in Oil or Acrylic I. Paint under the instruction of a proficient artist to improve your skills and build confidence as an artist. For advanced students. Bring your own supplies.

4FD 10--2 hour 55 minute lessons--\$321					
Location	Day	Time	Code	Begin	\$
ProvREC	T	1pm	9NJ.LG70	9/19	4FD

## Abrakadoodle Sculpt It

**(6-12 yrs.)** Learn to sculpt using a variety of modeling compounds and papers along with other items such as wire, wood, clay, aluminum, plastic, string in this 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 and fun.

DFVW 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
SpHillIREC	W	5:30pm	EH9.GSA1	9/20	DFVW

## Clay Makers

**(6-12 yrs.)** Lean 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--\$130					
Location	Day	Time	Code	Begin	\$
LittleRun ES	Sa	12pm	0AQ.GTU4	9/23	DFVR
Sangster ES	W	5pm	0AQ.LYE0	9/20	DFVR
SpHillIREC	F	7pm	0AQ.T4Z3	9/22	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.

<b>DFP3</b>	<b>10--1 hour 25 minute lessons--\$202</b>
<b>DFF4</b>	<b>5--1 hour 25 minute lessons--\$101</b>

Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
Wkfld/Moore	Sa	9am	Q7L.S7DM	9/16	DFP3
Wkfld/Moore	M	4pm	Q7L.OFE5	9/18	DFF4
<b>(9-12 yrs.)</b>					
Wkfld/Moore	Sa	10:45am	AZ5.IS3W	9/16	DFP3
Wkfld/Moore	M	4pm	AZ5.DANV	10/23	DFF4

## Pottery for Teens

**(13-17 yrs.)** Create beautiful pots and clay forms using simple tools and the pottery wheel. Explore hand building with the three most common forms of creating hand-built pots: pinch pot, coiling, and slab techniques. Then paint, glaze and kiln fire your pieces. Bring hand tools to the first class meeting or purchase a set during class.

<b>DFF1</b>	<b>10--1 hour 55 minute lessons--\$269</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	D8C.OEU3	9/16	DFF1

## Pottery I

**(16-Adult)** Introduction to the potter's wheel with emphasis on clay preparation, centering, firing and glazing. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

<b>DFF2</b>	<b>10--2 hour 55 minute lessons--\$364</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	9am	A6F.EJX3	9/14	DFF2
Wkfld/Moore	Su	3pm	A6F.A3RZ	9/17	DFF2
Wkfld/Moore	M	6pm	A6F.X84T	9/18	DFF2
Wkfld/Moore	T	1pm	A6F.O6LA	9/19	DFF2
Wkfld/Moore	Th	1pm	A6F.N1VJ	9/14	DFF2

## Pottery II

**(16-Adult)** Prerequisite: Pottery I. Refine and develop your clay preparation, throwing, trimming and glazing skills. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

<b>DFF2</b>	<b>10--2 hour 55 minute lessons--\$364</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6pm	54E.A1V7	9/13	DFF2
Wkfld/Moore	W	9am	54E.PPKT	9/13	DFF2
Wkfld/Moore	Sa	3pm	54E.JTE2	9/16	DFF2
Wkfld/Moore	T	6pm	54E.WBSW	9/19	DFF2

## 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.

<b>DFF2</b>	<b>10--2 hour 55 minute lessons--\$364</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6pm	BE7.C3JE	9/14	DFF2
Wkfld/Moore	T	9am	BE7.8ANL	9/19	DFF2

## 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 payable to instructor at first class.

<b>3FB</b>	<b>8--1 hour 25 minute lessons--\$143</b>
<b>4FC</b>	<b>10--1 hour 55 minute lessons--\$237</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Park	W	6:30pm	F54.ZW34	10/4	3FB
Wkfld/Moore	W	7pm	F54.EOFN	9/20	4FC
Wkfld/Moore	Th	9:30am	F54.FOP9	9/21	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.

<b>DFAU</b>	<b>1--2 hour lesson--\$22</b>
<b>4FG</b>	<b>5--1 hour 25 minute lessons--\$89</b>

Location	Day	Time	Code	Begin	\$
HiddenPond	Sa	4pm	ZEC.AUBZ	9/30	DFAU
OakMarREC	T	6pm	ZEC.R1MT	10/3	4FG

## Photo-Composition, Creativity & Camera

**(13-Adult)** Explore contrast as a super power and learn other composition tips. Develop an eye for better composition and put skill and creativity to work for better results. Work with table-top settings composed of both familiar and unusual subjects using a variety of light sources. Any supply fee payable to instructor at first class.

<b>4FG</b>	<b>5--1 hour 25 minute lessons--\$89</b>
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Location	Day	Time	Code	Begin	\$
OakMarREC	T	7:30pm	Y8L.WOZT	10/3	4FG

## Photography-Birds & Water

**(13-Adult)** Prerequisite: Photography I or equivalent. Develop and use techniques for photographing birds, waterfalls and flowing waters in a local park. Class includes a 2.5-mile hike over terrain that changes in elevation about 200 feet. Class consists of a two-hour classroom lesson and orientation, a four-hour field photography session and a two-hour classroom follow-up and presentation session. Any supply fee payable to instructor.

<b>3FM</b>	<b>2--4 hour lessons--\$96</b>
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Location	Day	Time	Code	Begin	\$
Orng Hnt ES	Su	10am	HR0.ZU67	10/8	3FM

## Intro to Flower Arrangements

**(Adults)** Create beautiful floral arrangements with live flowers in this hands-on workshop. Floral arrangements are a simple and effective way to add drama to table decorations and create bright, festive and fresh room décor. Supply fee of \$20 payable at class.

<b>DFAA</b>	<b>1--1 hour 30 minute program--\$47</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	1ZV.GZMJ	11/16	DFAA
CubRunREC	Th	7am	1ZV.C1SV	12/21	DFAA

## 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.

<b>RG39</b>	<b>1--1 hour 30 minute lesson--\$42</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	83L.B8WV	10/14	RG39

## Floral Design Workshop-

### Holiday Table Arrangements

**(16-Adult)** Enjoy the lush holiday colors and textures by bringing them into your home. Learn how to create a unique floral design that celebrates the Thanksgiving season with the help of professional floral designer Betty Ann Galway. Learn tips and tricks of the trade to practice on your own designs at home. Please register for both the program and \$35 supply fee. Instruction for this program is provided virtually via Zoom.

<b>RG39</b>	<b>1--1 hour 30 minute lesson--\$42</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	Th	1pm	47G.02YS	11/16	RG39

## Floral Design Workshop - Fall Floral

**(16-Adult)** Enjoy autumn's rich colors and textures by bringing them into your home. Learn how to create a unique floral design that celebrates the season with the help of certified floral designer Betty Ann Galway. Learn tips and tricks of the trade to practice on your own designs at home. Please register for the program and \$35 supply fee. Instruction for this program is provided virtually via Zoom.

<b>RG39</b>	<b>1--1 hour 30 minute lesson--\$42</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	Th	1:30pm	BA9.D4CL	9/14	RG39

## Floral Design Workshop -

### Holiday Sparkle

**(16-Adult)** During the hustle and bustle of the holidays, treat yourself to a morning of fun and learning. Learn how to create a beautiful floral present for yourself or a loved one with the help of certified floral designer Betty Ann Galway. Learn tips and tricks of the trade to practice on your own designs at home. Please register for both the program and \$35 supply fee. Instruction for this program is presented virtually via Zoom.

<b>RG39</b>	<b>11 hour 30 minute lesson--\$42</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	Th	1pm	Q0V.XZWJ	12/14	RG39

## 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 in the \$25 supply fee. Register for both the program and supply fee.

<b>RG39</b>	<b>1--1 hour 30 minute lesson--\$42</b>
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Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	1pm	Y1B.08TU	12/2	RG39
GrnSprGardn	Sa	10am	Y1B.07LL	12/2	RG39



All programs and activities will follow current health safety protocols.

## Paper Quilling 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. Supply fee payable to instructor at first class.

DFAR 1--3 hour lesson--\$39					
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	2pm	4ZV.MBTU	9/9	DFAR
Flinthi ES	Su	10am	4ZV.OVRA	9/24	DFAR
ProvREC	Su	2pm	4AZ.NTXD	10/8	DFAR

## Paper Quilling-Ornaments

**(8-Adult)** Create beautiful ornaments using paper quilling techniques. Quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Supply fee payable to instructor at first class.

DFAR 1--3 hour lesson--\$39					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	2pm	L8P.LA35	9/9	DFAR
Flinthi ES	Su	10am	L8P.3CGJ	10/22	DFAR

## 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 to take home. These hand-made bears make wonderful decorations or gifts.

DFVX 2--2 hour lessons--\$47					
Location	Day	Time	Code	Begin	\$
ColvinRunMill	Th	7pm	CVP.8VA2	9/14	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--\$237					
4FF 5--1 hour 55 minute lessons--\$119					
Location	Day	Time	Code	Begin	\$
CubRunREC	F	11:30am	8AD.AA55	9/8	4FF
CubRunREC	F	11:30am	8AD.0GF9	10/20	4FF
ProvREC	T	10am	8AD.INW8	9/19	4FC

## Knitting II

**(13-Adult)** Prerequisite: Knitting I.

4FC 10--1 hour 55 minute lessons--\$237					
4FF 5--1 hour 55 minute lessons--\$119					
Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	FD8.UD2K	9/8	4FF
CubRunREC	F	10am	FD8.TODH	10/20	4FF
ProvREC	W	10am	FD8.VY1	9/20	4FC

## Quilting-All Levels

**(13-Adult)** Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Students will also learn sandwicheing, quilting and for finishing a quilt. This is an ongoing class with students at all stages of their chosen project.

DFCC 10--2 hour 25 minute lessons--\$276					
Location	Day	Time	Code	Begin	\$
Frying Pan Park	Th	12:30pm	285.VNSR	9/14	DFCC

## Sewing 101

**(12-Adult)** In this class offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC 4--2 hour 25 minute lessons--\$209					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	3B2.IXJB	9/19	DFVC
OakMarREC	M	6:30pm	3B2.E1G4	9/18	DFVC
Wkfld/Moore	W	6:30pm	3B2.C1D5	9/20	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--\$209					
Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	EEE.BWXI	10/17	DFVC
OakMarREC	M	6:30pm	EEE.DFHV	10/16	DFVC
Wkfld/Moore	W	6:30pm	EEE.7R9B	10/18	DFVC

## Sewing 103

**(12-Adult)** Prerequisite: Sewing 102 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 102 to make a variety of more advanced hand and machine sewing projects. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC 4--2 hour 25 minute lessons--\$209					
Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	85C.11P8	11/13	DFVC
Wkfld/Moore	W	6:30pm	85C.DZKU	11/15	DFVC



## 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 include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$66					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	912.RUAR	11/11	DFVD
OakMarREC	Sa	10am	912.6JMY	10/7	DFVD
Wkfld/Moore	Sa	10am	912.4882	11/18	DFVD

## Sewing Workshop-Home Decor

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$66					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	EDC.9JQT	9/23	DFVD
OakMarREC	Sa	10am	EDC.37ZN	11/4	DFVD
Wkfld/Moore	Sa	10am	EDC.WLOU	10/14	DFVD

## 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--\$66					
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	10am	E49.139U	9/16	DFVD
ProvREC	Sa	10am	E49.RN21	10/21	DFVD

## Furniture Facelift

**(13-Adult)** Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable at the first class.

DFVY 4--1 hour 25 minute lessons--\$85					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	4W7.3FBT	9/21	DFVY
Wkfld/Moore	Th	6:30pm	4W7.YJ47	10/26	DFVY

## Paper Quilling 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. Supply fee payable to instructor at first class.

DFAR 1--3 hour lesson--\$39					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	2pm	4ZV.NTXD	10/8	DFAR



## Gardening

### Green Spring Gardens



4603 Green Spring Road  
Alexandria, Va. 22312

703-642-5173

[www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring)

Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Private garden tours
- Art exhibits
- Nature walks
- Horticulture Center
- Glasshouse
- Library
- Plant Shop
- Event rental space
- Gift Shop

To book a private garden tour, call 703-941-7987. Cost is \$12 per person for a group of two to 19; \$10 per person for a group of 20 or more.

#### Hours and Admission:

**Horticulture Center** open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

**Plant Shop** open Monday-Saturday, 9:30 a.m.-3:30 p.m. and Sunday, Noon-3:30 p.m.

**Gift Shop** open Monday-Saturday, 9 a.m.-4 p.m. and Sunday, 12-4 p.m.

Park grounds open dawn to dusk daily



#### Events:

##### Fall Festival

**Saturday, September 23, 9 a.m.-3 p.m.**

**(All ages)** Join us at Green Spring Gardens for the annual Fall Festival! The festival will have activities for the entire family, including demonstrations for children and adults, a silent auction, a book sale, and a bake sale. Vendors will be selling a large variety of plants and other items. Enjoy some musical entertainment. Admission is free. Sponsored by the Friends of Green Spring (FROGS). For more information, contact Green Spring at 703-642-5173.

#### Child and Parent Programs

##### Garden Sprouts Fall - Nature Playgroup

**(3-5 yrs.)** Your preschooler enjoys nature-themed toys and puzzles while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk we explore seasonal topics. Kids must be accompanied by a parent or guardian who does not need to register for the program.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	C72.HW01	9/11	\$12/child
GrnSprGardn	M	10:30am	C72.KLQ4	10/9	\$12/child
GrnSprGardn	M	10:30am	C72.2TAL	11/13	\$12/child
GrnSprGardn	M	10:30am	C72.0TL6	12/11	\$12/child

#### Family/All Ages

##### Family Fun - Monarch Migration

**(4-Adult)** Learn about the amazing migration of the monarch butterfly as we search the garden for caterpillars and butterflies. Discover the secrets of this butterfly's life cycle, from egg to flight and beyond. Take home a monarch-themed craft. All attendees, including parents, must be registered for the program.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	E09.22TL	9/9	\$10/ea.

#### Garden Artists - Flower Pressing

**(5-Adult)** Learn the process of flower and leaf pressing and create your own beautiful botanical creation to take home. Garden flower tour included. All attendees, including parents, must be registered for the program.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	WGX.M7JD	9/17	\$15/ea.
GrnSprGardn	Su	1pm	WGX.T8GT	10/15	\$15/ea.

#### Garden Artists - Seasonal Nature Prints

**(3-Adult)** Shapes and patterns are everywhere in nature. Enjoy a walk through the gardens to discover your favorite patterns in nature and then turn them into prints you can take home and keep forever. From leaves to seeds to petals, come explore the art nature has to offer. All attendees, including parents, must be registered for the program.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	CPA.FH2W	11/18	\$10/ea.

#### Family Fun - Excellent Evergreens

**(4-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. All attendees, including parents, must be registered for the program.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	4FD.FOXI	12/9	\$10/ea.



## Fall Festival at Green Spring Gardens

**Saturday, September 23, 2023**  
9 a.m. - 3 p.m.

**Green Spring Gardens**  
4603 Green Spring Rd, Alexandria

Friends of Green Spring Gardens (FROGS) will be holding a garden festival for the entire family!

#### Activities include:

- Vendors selling a variety of plants and other items.
- Silent Auction
- Family Activities
- Bake Sale & Book Sale
- Music

[www.fairfaxcounty.gov/parks/green-spring](http://www.fairfaxcounty.gov/parks/green-spring)



## Volunteers Needed!



The Invasive Management Area (IMA) Volunteer Program is a community-based project designed to reduce invasive plants in our parklands.

To learn more visit

[www.fairfaxcounty.gov/parks/invasive-management-area](http://www.fairfaxcounty.gov/parks/invasive-management-area)





All programs and activities will follow current health safety protocols.

**Family Fun - Glasshouse Exploration**

**(5-Adult)** Escape the cold winter weather and transport yourself to the tropics. Explore our glasshouse and learn about their history as well as the plants in our collection and their warm native environments. Create your own mini glasshouse with seeds to take home. All attendees, including parents, must be registered for the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	01L.CPG1	12/16	\$10/ea.

**Adult Programs****Plants & Design - Perk Up Your Fall Garden**

**(Adults)** September is a great time to inject some autumn beauty into your home garden. Green Spring horticulturist Brenda Skarphol discusses beautifying your garden with fall season show-stoppers like asters, goldenrods, and Salvia. Special emphasis placed on plants for pollinators and other wildlife. Program will take place outside. Dress for the weather.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	101.Y9R5	9/2	\$19/ea.

**Fall Garden Tour**

**(Adults)** Enjoy a guided tour of Green Spring's beautiful demonstration gardens with an Extension Master Gardener docent. Hear about our 18th century origins and our mission today. Find inspiration in our horticulturists' plant choices and garden bed designs and take their ideas home to try in your own landscape. Garden tours run rain or shine.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	AWK.2FQE	9/16	\$12/ea.



**FALL HARBEST FESTIVALS AT FCPA FARMERS MARKETS**

**OAK MARR**  
Wednesday, October 11 • 8 a.m.-Noon

**ANNANDALE**  
Thursday, October 12 • 8 a.m.-Noon

**MCLEAN**  
Friday, October 13 • 8 a.m.-Noon

**LORTON**  
Sunday, October 15 • 9 a.m.-1p.m.

**Activities include:**

- Pumpkin Painting
- Trivia Wheel
- Hot Cider
- Prizes
- Live Music

**For information and directions, visit:**  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)

**Flight in the Night**

**(16-Adult)** Join Green Spring horticulturist Adam Bucher for a short lecture about flying animals that are active at night here at Green Spring, including owls, bats, and insect pollinators and their host plants. Learn how you can support these nighttime pollinators at home by adding host plants to your garden.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	05Y.OYL4	9/30	\$19/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	10am	8A0.6842	10/14	\$15/ea.

**Learn about the Christmas Bird Count**

**(16-Adult)** Learn about the history of the Christmas bird count and how Green Spring has played a part in collecting bird count data. Birding enthusiast and FROGS board member Tatiana Lisle will explain a bit about how the bird count data is used and the kinds of birds that she is seeing at Green Spring. Learn about "count circles" and how you can participate in future counts.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	GPI.969G	12/9	\$12/ea.

**Garden Talks****Garden Talk-****Fall Bounty Vegetable Garden**

**(16-Adult)** Planting a fall vegetable garden extends the gardening season so you can continue to harvest fresh produce. Many cool-season vegetables like carrots, broccoli, cauliflower, and Brussels sprouts produce their best flavor and quality when they mature during cool weather. Extension master gardeners show you how.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	23B.UELJ	9/9	\$12/ea.

**Garden Talk -****Tips on Growing Beautiful Bulbs**

**(Adults)** Colorful bulbs can turn an ordinary garden into extraordinary. Planted in mass displays, small groupings or containers, they are a welcome sight in any garden. Now is the time to plant bulbs for bright, beautiful color next spring. Learn about a variety of beautiful bulbs from Extension Master Gardeners and how to plant and care for them.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	9FF.PBAP	9/29	\$12/ea.

**Garden Talk -****Creating a Backyard Bird Sanctuary**

**(16-Adult)** The limited flowers and foliage in winter provide us with a great opportunity to appreciate the beauty of birds. Welcome them to your garden with Extension Master Gardener tips on how to provide the food, water and resources they need to survive.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	YWN.M64P	10/6	\$12/ea.

**Garden Talk - Fall Clean Up in the Garden**

**(16-Adult)** This fall head back into the garden for some end-of-season maintenance. Learn from Extension Master Gardeners what you need to do to ensure that your plants are well prepared for the cold weather, what needs pruning, what needs transplanting and what needs mulch.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	493.J0XB	10/28	\$12/ea.

**Garden Talk - Rocks Rock!**

**(Adults)** Rock gardens add a special look and feel to any landscape. Extension Master Gardeners will teach you how to design and plant a beautiful display of fabulous small and dwarf perennials and evergreens. Not only do these plants boast great longevity, but they require little maintenance.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	3RU.71PI	11/3	\$12/ea.

**Garden Talk - Gardening with Deer**

**(16-Adult)** While fencing and repellents are the tactics most often used, another good way to discourage deer visits is to focus on the selection and care of plants. Extension Master Gardeners share what plants the deer will avoid in your garden.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	GCA.N5SX	11/18	\$12/ea.



**COMPOST AT ALL 10 FCPA FARMERS MARKETS**

Collect your food scraps at home and drop them off at any of the ten FCPA Farmers Markets. Composting reduces trash, combats climate change, and builds nutrient rich soil.

**HELP US MEET OUR GOAL OF 8,000 LBS. OF FOOD SCRAPS!**

Use your SNAP benefits at select Farmers Markets and get up to \$30 dollars of additional fruits and vegetables for FREE. Come to the SNAP information tent to swipe your EBT card in exchange for tokens. Use your tokens like cash, but only at the Market at which they were purchased. Tokens never expire.

**For information, visit:**  
[www.fairfaxcounty.gov/parks/farmersmarkets/](http://www.fairfaxcounty.gov/parks/farmersmarkets/)  
or call 703-642-0128



## Golf



**Burke Lake Golf Center**  
**6915 Ox Road**  
**Fairfax Station, Va. 22039**  
**703-323-1641**  
<http://bit.ly/burkelakegc>

- 18-hole, par-3 course, 2,843 yards.
- Putting green and chipping area.
- Burke Lake Golf Academy group and private lessons: 703-324-9719.
- Short game holes from 90-200 yards.
- Clubhouse offers food service, clubs and golf supplies.
- Pull carts and clubs are available for rent.
- Two-level driving range with 64 hitting stations; 24 are heated and covered.



**Greendale Golf Course**  
**6700 Telegraph Road**  
**Alexandria, Va. 22310**  
**703-971-3788**  
<http://bit.ly/greendalegc>

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.



**Jefferson District Golf Course**  
**7900 Lee Highway**  
**Falls Church, Va. 22042**  
**703-573-0444**  
<http://bit.ly/jeffersongc>

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.



**Laurel Hill Golf Club**  
**8701 Laurel Crest Drive**  
**Lorton, Va. 22079**  
**703-493-8849**  
<http://bit.ly/laurelhillegc>

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts, golf clubs and pullcarts are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.
- Lessons for ages 7-18 through The First Tee: 202-479-2588.



**Oak Marr Golf Center**  
**3136 Jermantown Road**  
**Oakton, Va. 22124**  
**703-255-5390**  
<http://bit.ly/oakmarrgc>

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with target greens, sand bunker and grass tees.
- Covered and heated driving range stations allow for practice in all weather conditions.
- Everybody Golf School offers private and group lessons: 703-255-5396.
- Additional instruction for ages 7-18 through The First Tee: 202-479-2588.



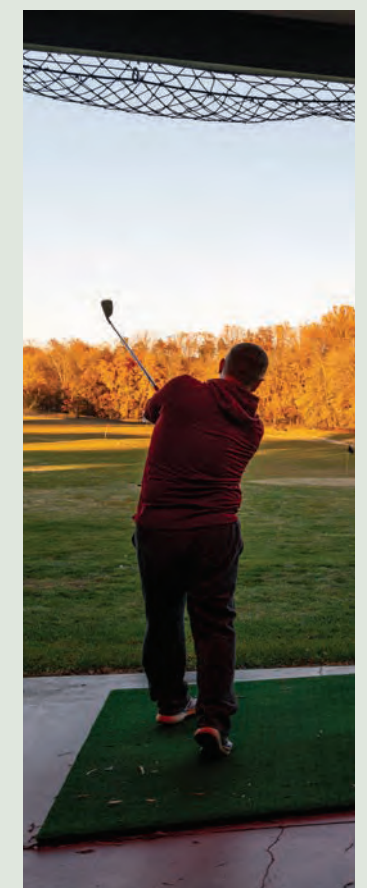
**Pinecrest Golf Course**  
**6600 Little River Turnpike**  
**Alexandria, Va. 22312**  
**703-941-1061**  
<http://bit.ly/pinecrestgc>

- 9-hole, par-35 executive course, 2,462 yards.
- Putting green and 10-outdoor practice nets.
- Indoor practice bays and TrackMan 4 golf simulator.
- Clubhouse offers food service and golf supplies.
- Pinecrest Golf Academy offers private and group lessons: 703-941-1061.
- Golf clubs, pull carts and power carts are available for rent.



**Twin Lakes Golf Course**  
**6201 Union Mill Road**  
**Clifton, Va. 20124**  
**703-631-9099**  
<http://bit.ly/twin-lakes-gc>

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
  - The Lakes Course, 18-hole, par-72, 6,695 yards.
  - Putting green, chipping area and driving range.
  - Clubhouse offers food service, special event catering, clubs and golf accessories.
  - Eisman Golf Academy offers private and group lessons: 703-919-3056.





All programs and activities will follow current health safety protocols.

**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.

**USGA handicap service offered**

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any Park Authority golf course for more information.

**Golf Classes****Get Golf Ready Parent/Child I**

(7-17 yrs.) This course covers grip, posture, ball position, alignment, chipping, putting and full-swing fundamentals. Course orientation, etiquette, rules and basic understanding of equipment are also covered. Classes at Pinecrest are held indoors during inclement weather. Parent participates in class with registered child.

4GG		5--55 minute lessons--\$193			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	3pm	A60.PRKH	9/17	4GG
Burke Lake GC	T	5pm	A60.SU10	9/19	4GG
Burke Lake GC	Th	5pm	A60.E94M	9/21	4GG
Burke Lake GC	Su	3pm	A60.RCK6	10/22	4GG
Burke Lake GC	T	5pm	A60.EC1Q	10/24	4GG
Burke Lake GC	Th	5pm	A60.KO8Y	10/26	4GG
Pinecrest GC	Sa	10am	A60.5HYU	9/9	4GG
Pinecrest GC	Sa	10am	A60.1GEN	10/21	4GG

**Get Golf Ready Parent/Child II**

(7-17 yrs.) Prerequisite: Get Golf Ready Parent/Child I. Class is for those who want to further their golf skills through more advanced instruction while still emphasizing the basics. Range balls are included in the class fee, and loaner clubs are available.

4GG		5--55 minute lessons--\$193			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	4pm	BB7.0KHV	9/17	4GG
Burke Lake GC	T	6pm	BB7.5A1K	9/19	4GG
Burke Lake GC	Th	6pm	BB7.106M	9/21	4GG
Burke Lake GC	Su	4pm	BB7.J7AV	10/22	4GG
Burke Lake GC	T	6pm	BB7.WJCP	10/24	4GG
Burke Lake GC	Th	6pm	BB7.0E44	10/26	4GG



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www.instagram.com/fairfaxparks/

**Starting New at Golf (SNAG)**

(5-7 yrs.) Course covers basic golf elements in a modified form for kids. Children have fun using larger and more colorful clubs to increase confidence and coordination. All equipment is provided. Athletic shoes are recommended. Classes at Pinecrest are held indoors.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	10am	C5A.ETV7	9/16	4GB
Burke Lake GC	Sa	11am	C5A.OQXO	9/16	4GB
Burke Lake GC	Su	10am	C5A.R4KN	9/17	4GB
Burke Lake GC	Su	11am	C5A.ODHE	9/17	4GB
Burke Lake GC	Sa	10am	C5A.RMOO	10/21	4GB
Burke Lake GC	Sa	11am	C5A.GAF6	10/21	4GB
Burke Lake GC	Su	10am	C5A.ICPM	10/22	4GB
Burke Lake GC	Su	11am	C5A.1GFT	10/22	4GB
Pinecrest GC	Sa	2pm	C5A.4Y58	9/9	4GB
Pinecrest GC	Sa	4pm	C5A.QNKI	9/9	4GB
Pinecrest GC	Su	2pm	C5A.JZT7	9/10	4GB
Pinecrest GC	Su	3pm	C5A.DP5D	9/10	4GB
Pinecrest GC	Sa	2pm	C5A.45EK	10/21	4GB
Pinecrest GC	Sa	4pm	C5A.0LSG	10/21	4GB
Pinecrest GC	Su	2pm	C5A.FBIA	10/22	4GB
Pinecrest GC	Su	12pm	C5A.570U	10/22	4GB

**SNAG II**

(5-7 yrs.) Prerequisite: SNAG I. Students review and expand upon fundamentals learned in SNAG I using additional training aids to reinforce proper technique. All equipment is provided and athletic shoes are recommended.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	1pm	D71.ZKKO	9/16	4GB
Burke Lake GC	Sa	2pm	D71.G24D	9/16	4GB
Burke Lake GC	Su	1pm	D71.DNUE	9/17	4GB
Burke Lake GC	Su	2pm	D71.A0H1	9/17	4GB
Burke Lake GC	Sa	1pm	D71.702N	10/21	4GB
Burke Lake GC	Sa	2pm	D71.L40I	10/21	4GB
Burke Lake GC	Su	1pm	D71.DTGX	10/22	4GB
Burke Lake GC	Su	2pm	D71.2D3Q	10/22	4GB
Pinecrest GC	Sa	1pm	D71.XET7	9/9	4GB
Pinecrest GC	Sa	3pm	D71.D8XP	9/9	4GB
Pinecrest GC	Su	1pm	D71.WTT3	9/10	4GB
Pinecrest GC	Su	4pm	D71.GPEU	9/10	4GB
Pinecrest GC	Sa	1pm	D71.NWVH	10/21	4GB
Pinecrest GC	Sa	3pm	D71.PX9M	10/21	4GB
Pinecrest GC	Su	1pm	D71.6H8H	10/22	4GB
Pinecrest GC	Su	3pm	D71.0UEB	10/22	4GB

**SNAG III**

(5-7 yrs.) Prerequisite: SNAG II. Students apply skills learned in SNAG II while playing simulated golf holes. Lessons focus on proper club selection, swing dynamics, scoring and course etiquette. All equipment is provided and athletic shoes are recommended.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	3pm	19C.3U14	9/16	4GB
Burke Lake GC	Su	3pm	19C.POHX	9/17	4GB
Burke Lake GC	Sa	3pm	19C.NH91	10/21	4GB
Burke Lake GC	Su	3pm	19C.EEXM	10/22	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.

4GC		4--55 minute lessons--\$128			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	1pm	8C0.2TTQ	9/16	4GC
Burke Lake GC	Su	1pm	8C0.G3GT	9/17	4GC
Burke Lake GC	M	5pm	8C0.V3N6	9/18	4GC
Burke Lake GC	Sa	1pm	8C0.A31E	10/21	4GC
Burke Lake GC	Su	1pm	8C0.BN9Y	10/22	4GC
Burke Lake GC	M	5pm	8C0.JG4T	10/23	4GC
Pinecrest GC	Sa	9am	8C0.61MI	9/9	4GC

*Life-changing opportunities through golf!*

**Juniors- Play a Round for \$5**

**Where:** Burke Lake (Nine or 18 holes) or Oak Marr (Nine holes)

**Who:** Youth on Course members, ages 6-18

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

**Learn more and become a member at**  
[www.fairfaxcounty.gov/parks/golf/junior](http://www.fairfaxcounty.gov/parks/golf/junior)

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





All programs and activities will follow current health safety protocols.

**Junior Get Golf Ready II**

(7-12 yrs.) Group lessons covering additional rules, course etiquette, club grip, putting, stance and golf swing. Range balls are included in the class fee and loaner clubs are available.

4GB		5--55 minute lessons--\$152			
4GC		4--55 minute lessons--\$128			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	2pm	265.61DD	9/16	4GB
Burke Lake GC	Su	2pm	265.PP2B	9/17	4GB
Burke Lake GC	M	6pm	265.3RZJ	9/18	4GB
Burke Lake GC	Sa	2pm	265.6YPU	10/21	4GB
Burke Lake GC	Su	2pm	265.BV26	10/22	4GB
Burke Lake GC	M	6pm	265.ZDT0	10/23	4GB
Pinecrest GC	Sa	9am	265.P0MZ	10/21	4GC

**Get Golf Ready I**

This PGA-developed class introduces game fundamentals to new golfers. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
(Co-ed 13-Adult)					
Burke Lake GC	Sa	9am	AEE.OAWJ	9/16	4GB
Burke Lake GC	Su	9am	AEE.TVSN	9/17	4GB
Burke Lake GC	Th	10am	AEE.DQ2C	9/21	4GB
Burke Lake GC	Sa	9am	AEE.05H7	10/21	4GB
Burke Lake GC	Su	9am	AEE.T499	10/22	4GB

Burke Lake GC	Th	10am	AEE.VT3J	10/26	4GB
Pinecrest GC	Sa	11am	AEE.CWMZ	9/9	4GB
Pinecrest GC	Su	11am	AEE.EWK6	9/10	4GB
Pinecrest GC	Su	11am	AEE.09L1	10/22	4GB

**(Ladies only 13-Adult)**

Burke Lake GC	Sa	11am	219.3C2F	9/16	4GB
Burke Lake GC	Su	11am	219.MKID	9/17	4GB
Burke Lake GC	W	5pm	219.SC2T	9/20	4GB
Burke Lake GC	Sa	11am	219.65TQ	10/21	4GB
Burke Lake GC	Su	11am	219.JQ56	10/22	4GB
Burke Lake GC	W	5pm	219.H4TA	10/25	4GB
Pinecrest GC	Sa	12pm	219.R1ND	9/9	4GB
Pinecrest GC	Su	12pm	219.YG9V	9/10	4GB

**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 것입니다. **(13-Adult)** This PGA-developed class introduces game fundamentals to new golfers in Korean. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
Pinecrest GC	Su	10am	8FR.TIPJ	9/10	4GB
Pinecrest GC	Su	10am	8FR.KJCL	10/22	4GB

# Family Golf Specials

**August 2023**

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

**Weekdays** all day**Weekends** after 1 p.m.

**Jefferson** - 7900 Lee Highway  
Falls Church, Va. 22042  
**703-573-0444**

**Pinecrest** - 6600 Little River  
Turnpike, Alexandria, Va. 22312  
**703-941-1061**

**Oak Marr** - 3136 Jermantown  
Road Oakton, Va. 22124  
**703-255-5390**

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



For more info visit  
[www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf)

# Junior Golf

## Introduce your teen or child to golf!

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

\*Course availability varies.

For more info visit  
[www.fairfaxcounty.gov/parks/golf/junior](http://www.fairfaxcounty.gov/parks/golf/junior)





All programs and activities will follow current health safety protocols.

**Get Golf Ready II**

Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting, chipping and iron shots, and hybrids and woods are hit without a tee. Range balls are included in the class fee, and loaner clubs are available. The final class may be held on the golf course.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
(Co-ed 13-Adult)					
Burke Lake GC	Sa	10am	F2A.W3SX	9/16	4GB
Burke Lake GC	Su	10am	F2A.TEPK	9/17	4GB
Burke Lake GC	Th	11am	F2A.BDYV	9/21	4GB
Burke Lake GC	Sa	10am	F2A.IXAU	10/21	4GB
Burke Lake GC	Su	10am	F2A.48VO	10/22	4GB
Burke Lake GC	Th	11am	F2A.30SW	10/26	4GB
Pinecrest GC	Sa	11am	F2A.N5EQ	10/21	4GB
Pinecrest GC	Su	10am	F2A.FP1L	10/22	4GB
(Ladies only 13-Adult)					
Burke Lake GC	Sa	12pm	46F.LYL2	9/16	4GB
Burke Lake GC	Su	12pm	46F.101D	9/17	4GB
Burke Lake GC	W	6pm	46F.RFH1	9/20	4GB
Burke Lake GC	Sa	12pm	46F.GHYW	10/21	4GB
Burke Lake GC	Su	12pm	46F.37T0	10/22	4GB
Burke Lake GC	W	6pm	46F.6B3M	10/25	4GB
Pinecrest GC	Sa	12pm	46F.TWK7	10/21	4GB

**Golf Skills & Drills**

**(13-Adult)** This class uses golf-specific drills and exercises to help the golfer who wants a better game to build power and focus on the four most common faults that potentially affect your swing. This class is taught by a Titleist Performance Institute Certified Instructor.

4GB		5--55 minute lessons--\$152			
Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	9am	PMN.FC2B	9/9	4GB
Pinecrest GC	Sa	9am	PMN.CNRR	10/21	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--\$128					
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Th	12pm	49C.V91A	9/21	4GC
Burke Lake GC	Th	12pm	49C.FB0V	10/26	4GC

**Golf-Recovery/Trouble Shots**

**(13-Adult)** Prerequisite: Beginner Golf Ready or equivalent. Lessons focus on proper setup, club selection and recovering from trouble situations in addition to course management. Burke Lake uses uneven ramps on its heated, covered driving range to simulate course conditions.

4GC		4--55 minute lessons--\$128			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	3pm	A6E.XYWH	9/16	4GC
Burke Lake GC	Th	2pm	A6E.BK1U	9/21	4GC
Burke Lake GC	Sa	3pm	A6E.CCMF	10/21	4GC
Burke Lake GC	Th	2pm	A6E.CJFO	10/26	4GC

**Golf-Wedge & Short Irons**

**(13-Adult)** Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

4GC		4--55 minute lessons--\$128			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	4pm	D23.XP33	9/16	4GC
Burke Lake GC	Th	1pm	D23.50UD	9/21	4GC
Burke Lake GC	Sa	4pm	D23.06RQ	10/21	4GC
Burke Lake GC	Th	1pm	D23.22HO	10/26	4GC

**Golf Tournaments**

Fee due at time of registration. Call course to register.

**Club Championship – Women's Men's Senior & Men's Super Senior Divisions**  
**Tuesday, August 8, 8 a.m.**

**(Women Adults, Men 55+)** 8 a.m. (Shotgun Start) Greendale Golf Course, 703-971-6170. Players compete in a one day 18-hole individual stroke play tournament. Divisions are determined by sign-up, minimum of 8 players required per division. Prizes awarded for first place low gross and net in each division. A current Greendale handicap is required. Registration begins 30 days prior to event; registration closes on Tuesday, August 1. Rain date is August 15. Cost is \$75 per person and includes practice round (August 1) with power cart, tournament day greens fee and power cart, breakfast, lunch, and prizes.

**Club Championship – Men's Division****Saturday, August 5, 8 a.m.**

**(Men Adults) (Tee Time Start)** Greendale Golf Course, 703-971-6170. Players compete in a one day 18-hole individual stroke play tournament. Minimum of eight players required per division. Prizes awarded 1st place low gross and net. A current Greendale handicap is required. Registration begins 30 days prior to event; advanced registration required by Sunday, July 3. Rain date August 19. Cost is \$95 per person and includes weekday practice round (August 1) with power cart, tournament day greens fee and power cart, breakfast, lunch and prizes.

**Club Championship****Saturday, August 19, 8 a.m.**

**(Adults)** Jefferson Golf Course, 703-323-1641. Participants compete in an 18-hole stroke play tournament. Players are placed into flights based on their first 9-hole score. Rain date August 26. \$50 per player.

**PC9 Championship****Sunday, September 3, 8 a.m.**

**(7-Adult)** Pinecrest Golf Course, 703-941-1061. Players compete in a 9-hole individual stroke tournament. Two Divisions: Men and Women. Prizes for first, second and third place, in both divisions. Limited to first 48 athletes. Closest to the pin contest. Rain date September 17. \$45 per player. Lunch not included.



# PRIVATE GOLF INSTRUCTION



**Learn from the Pros!**

- Private and Semi-Private Lessons
- Top-rates instructors and facilities
- PGA, LPGA & USGTF pros
- On-course Packages



For all options visit [www.fairfaxcounty.gov/parks/golf/instruction](http://www.fairfaxcounty.gov/parks/golf/instruction)



## Club Championship

**September 9, 8 a.m.**

(12-Adult) Oak Marr Golf Center, 703-255-5390. Participants compete in an 18-hole stroke play tournament. Prizes will be awarded for first, second, third, and closest to the pin. Tee times will be assigned two days before the event. Rain date September 16. \$45 per player.

## Four Club Fall Classic

**October 7, 10 a.m.**

(Adults) Jefferson Golf Course, 703-323-1641. Participants compete in a 9-hole stroke play tournament where players are only allowed a maximum of 4 clubs in their bag. Rain date October 14. \$35 per player.

## Fall Festival Scramble

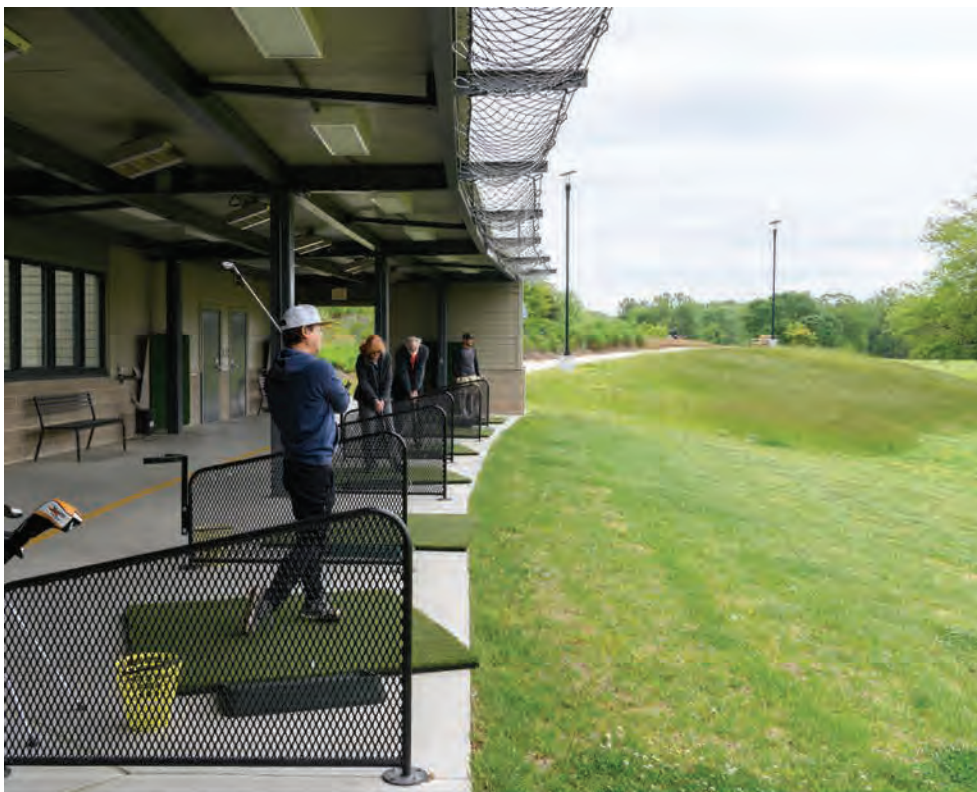
**Sunday, November 19, 10 a.m.**

(7-Adult) Pinecrest Golf Course, 703-941-1061. Teams of two players compete in a 9-hole scramble format. Closest to the pin contest. Prizes for first, second and third place teams in three age divisions: Adult/Junior 7-12, Adult/Junior 13-17, Adult/Adult. Limited to first 24 teams. No rain date. \$90 per team. Includes lunch.

## Turkey Cup

**Thursday, November 16, 9:30 a.m.**

(Adults) (Shotgun Start), Greendale Golf Course, 703-971-6170. Join us for our 11th Annual Turkey Cup, winners bring home Thanksgiving Dinner & Dessert! Tournament format is a two player captain's choice. Prizes awarded for first and second place per division and Closest to the Pin. Registration closes Thursday, November 9. Cost is \$130 per team and includes lunch, greens fee, power cart and prizes.



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6915 Ox Road  
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- New target greens
- LED Lights
- Mat and natural-grass tees



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Alexandria, Va. 22312  
703-941-1061

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# Every Body Golf School

Teaching the game of a lifetime

Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA  
3136 Jermentown Road • Oakton, VA 22124



## Lesson Information

- **Lessons taught** by the area's most experienced team of PGA, LPGA, and USGTF professionals year round.
- **Gift Certificates** are available for purchase at [everybodygolf.com](http://everybodygolf.com)
- **Club fitting** available for Callaway and PXG
- **Loaner clubs** available upon request.

- Two easy ways to register:  
Online at [www.everybodygolf.com](http://www.everybodygolf.com)  
Call us at 703-255-5396

### Intermediate Golf For Adults

This four week class features an intermediate level review of fundamentals, and most typical golf shots. Prerequisite: Beginning Golf 2 or equivalent experience. Four- 50 minute lessons on four consecutive weeks. Fee: \$125, plus range balls.

Day	Time	Start Date
Saturday	9:05 AM	Sept 16 OR Oct 28

### 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 16 OR Oct 14

## Oak Marr 2023 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	7:05 PM	Sept. 11
Tuesday	10:05 AM	Sept 12 (Ladies Only)
Saturday	11:05pm	Sept 16
Sunday	4:05 PM	Sept. 17

### Accelerated Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions TWICE A WEEK ON THREE CONSECUTIVE WEEKS. Fee: \$140 plus range balls.

Day	Time	Start Date
Tue-Thu	7:05 PM	Sept 12 OR Oct 10
Sat-Sun	2:05 PM	Sept 16 OR Oct 21

### 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	11:05 AM	Sept 12 (Ladies Only)
Wednesday	7:05 PM	Sept 13
Wednesday	7:05 PM	Sept 16

### 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	10:05 AM	Sept 16
Sunday	3:05 PM	Sept 17

### SNAG (Starting New at Golf)

Every Body Golf School offers a child-friendly, safe, and easy method to teach basic golf skills to youngsters who have not had prior golf experience. The SNAG COACHING SYSTEM uses task-focused instruction to improve the motor skills required to play golf. Students use specifically designed equipment that will make the transition to traditional golf equipment faster and easier. Let us help your future player get on the right track! Limited to 6 students. We provide all equipment. Four 45-minute sessions. Fee: \$90

Day	Time	Start Date
Saturday	3:05 PM	Sept 16 OR Oct 28
Sunday	3:05 PM	Sept 17

### 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	4:05 PM	Sept 16 OR Oct 28
Sunday	3:05 PM	Sept 17

### Beginning Teen Golf

Limited to 10 students, this class is designed to help teen golfers ages 13- 17, learn the basics of the game including rules and etiquette, the short game, and the full swing. Four 50-minute lessons on four consecutive weeks. Fee: \$95 includes range balls.

Day	Time	Start Date
Saturday	12:05 PM	Sept 16 Or Oct 28

### Intermediate Junior Golf

This four-week class is designed for the young golfer who has taken our basic junior program. This class will be limited to 8 students to allow the instructor to work more closely with each child on specific, individual needs. Four 50-minute sessions on four consecutive weeks. Fee: \$110 includes range balls.

Day	Time	Start Date
Saturday	3:05 PM	Sept 16



## History

## Colvin Run Mill Historic Site



10017 Colvin Run Road  
Great Falls, Va. 22066

703-759-2771

[www.fairfaxcounty.gov/parks/colvinrun-mill](http://www.fairfaxcounty.gov/parks/colvinrun-mill)

- Featuring an operational 19th century, water-powered gristmill, recreational and educational activities for all ages through tours, school programs and special events
- 200-year-old miller's house
- On the National Register of Historic Places
- Listed on the Virginia Landmark Register
- Accredited by the American Alliance of Museums
- Colvin Run General Store c. 1900 features a selection of flour, cornmeal and grits ground at the mill (selection varies, call ahead to check supply)

## Hours and Admission

**General Store** open Thursday-Sundays,  
11 a.m.-4 p.m.

**Miller's House** open most Saturdays-Sundays,  
11 a.m.-4 p.m.

## Tours

## Colvin Run Mill Tour

Saturdays & Sundays, September-December,  
11 a.m., 12 p.m., 1 p.m. & 2 p.m.

Reservations recommended, 1 hour program  
\$10 per person, \$8 Seniors/Students/Children  
(5-15 yrs.)

(All Ages) Enjoy a tour of historic Colvin Run Mill Built c.1811. The Mill is a tribute to industrial and mechanical innovation, and to the working people who made it happen. You will learn the importance of the Mill to the multifaceted, surrounding community. Explore why our operational, water-powered gristmill is a prime example of how people, technology, and society rely upon each other for survival and success. You will see how the miller continues to make flour and cornmeal today. The tour covers the main grinding floor and the basement, including the gear pit. This tour is ADA compliant. Private tours available upon request. Please contact the site for details. Grain products ground at the Mill are available for purchase in our General Store year round! Individual tour tickets available at Parktakes online.



## Child and Parent Programs

## Mini Millers

(2-5 yrs.) Have fun and explore Colvin Run Mill with your toddler this fall. Enjoy tot STEM activities, hands-on history, crafts, stories, and games. Program includes indoor and outdoor activities. Adults must be able to participate with children. Prepaid reservations required. A different program each week: 10/2 Discover Waterwheels, 10/16 The Little Red Hen, 10/30 Making and Drinking Apple Cider, 11/13 Fun with Corn and 11/27 Making Butter.

## 1--45 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	10am	Y61.F6SH	10/2	\$10/child
ColvinRunMill	M	10am	Y61.R3MB	10/16	\$10/child
ColvinRunMill	M	10am	Y61.ADD2	10/30	\$10/child
ColvinRunMill	M	10am	Y61.P20L	11/13	\$10/child
ColvinRunMill	M	10am	Y61.B2CT	11/27	\$10/child

## Children's Programs

## Science Meets History - Bubbles!

(5-10 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.

## 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2pm	H6H.F72J	9/30	\$9/ea.



## Family/All ages

## Grind Day

(All Ages) We're running the mill like it's 1811 when the mill was first operating. Fresh products that are stone-ground on-site. Come learn how an Oliver Evans's mill operates and don't forget to buy your grain at the historic General Store before you leave. Program is open house style and registered participants are welcome to arrive anytime between noon and 3 p.m.

## 1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	6FD.6W4N	9/17	\$10/ea.
ColvinRunMill	Su	12pm	6FD.PBWA	10/1	\$10/ea.
ColvinRunMill	Su	12pm	6FD.7K56	10/15	\$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. Children must be accompanied by a registered adult.

## 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2pm	KH6.YWKT	10/21	\$15/ea.

## The War of 1812 and the Homefront

(All Ages) Wars change the lives of the people waiting at home. Join us to discover how communities like Colvin Run supported the young US Navy during the War of 1812. Learn how women made uniforms, while farmers, millers and bakers fed the sailors. Meet with members of the Ship's Company, a War of 1812 reenactors' group, to hear about life at sea and sample naval pudding. Explore the fully operational mill, visit the miller's house and step into the general store.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	07A.A1AY	11/5	\$10/ea.

## Teen/Adult Programs

## 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	1pm	WVZ.W5J3	9/23	\$25/ea.

## CIDER MAKING

Saturdays & Sundays in October

9 a.m., 11 a.m., 1 p.m. & 3 p.m.

\$60, 1 hour program (for group of up to ten people)

Reservations recommended,

- DIY cider using and old- fashion press!
- You bring the apples and we supply the press
- We recommend 100 apples for 2 gallons of cider.

Grab up to 10 friends and learn how to make your own cider! For all ages. You pick the date and time based on availability. Visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill) to learn more.



All programs and activities will follow current health safety protocols.

**Beginning Woodcarvers Class**

**(14-Adult)** Expand your artistic horizons with this creative woodworking class by the Northern Virginia Carvers. In this beginner's class on hand carving, we will start with "carving in the round", then progress to chip carving and relief carving. This fun and relaxing class is a way to learn new skills, meet new people and enjoy a meditative art adventure. \$60 supply fee to be paid on first day of class.

**3--2 hour lessons**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	1R1.ADYS	10/15	\$45/ea.

**Ellanor C. Lawrence Park and Walney Visitor Center**

5040 Walney Road  
Chantilly, Va. 20151  
703-631-0013

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

The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Kid-friendly red wagon sandboxes

**Hours and Admission**

**Visitor Center** open Monday, Wednesday-Friday, 9 a.m.-5 p.m. and Saturday-Sunday Noon-5 p.m. (closed Tuesdays). Programs meet at the Walney Visitor Center unless otherwise noted. Various themed tours are available for \$10 per person. For more information, call 703-631-0013. Grounds open dawn to dusk.

**Child and Parent Programs****History Tots-Fall**

**(2-3 yrs.)** Bring your toddler to explore history through sight, sound, smell and touch. Program includes indoor and outdoor activities. Adults must be able to participate with children. Topics vary with seasons: Sept-Apples, Oct-Pumpkins, Nov-Native Americans, and Dec-Warmth.

**1--45 minute program**

Location	Day	Time	Code	Date	\$
ECLawrnPk	W	10am	6D6.HXZB	9/13	\$10/child
ECLawrnPk	W	10am	6D6.VQHS	10/11	\$10/child
ECLawrnPk	W	10am	6D6.L2P3	11/8	\$10/child
ECLawrnPk	W	10am	6D6.CZMQ	12/13	\$10/child

**Family/All Ages****Paths of Freedom Seekers**

**(8-Adult)** Listen to stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers have forged a path of resiliency throughout American history.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrnPk	Su	4pm	QYM.K08T	10/1	\$8/ea.
ECLawrnPk	M	4pm	QYM.GHCJ	10/30	\$8/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	\$
ECLawrnPk	Su	5:30pm	1EF.CA8S	10/8	\$9/ea.
ECLawrnPk	Sa	4:30pm	1EF.F8CJ	11/18	\$9/ea.

**Drill like a Soldier**

**(6-Adult)** Our Continental Army, formed in 1775, was created from colonial volunteers. Farmers and tradespeople learned to follow directions, march and fight as one unit. Join us as we practice drilling and talk about the Army's struggles and successes around the campfire.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrnPk	Su	1pm	5XV.WXSQ	10/15	\$9/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 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrnPk	Sa	2pm	1RQ.EQXN	11/25	\$9/ea.

# VIRGINIA NATIVE AMERICAN FESTIVAL

## Saturday, September 16, 2023

**10 a.m.-3 p.m. • \$12 each • 32B.8NWN**

- Rappahannock Native American traditional dancing & drumming
- Hands-on demonstrations
- Storytelling
- Primitive technology demos
- Virginia Tribal Vendors
- Traditional crafts for sale
- Food concessions

**Riverbend Park, Great Falls, Va.**

**703-759-9018**

[www.fairfaxcounty.gov/parks/riverbend-park](http://www.fairfaxcounty.gov/parks/riverbend-park)



## Historic Green Spring



**4603 Green Spring Road  
Alexandria, Va. 22312  
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 park. Features include:

- Historic House and garden
- Lectures
- English tea programs
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed gift shop

### Hours and Admission

**Historic House** is open Wednesday-Sunday, Noon-4:30 p.m.

**Grounds** open dawn to dusk daily.

## Historic Green Spring Tea Programs

A traditional English tea follows each lecture. Full tea includes finger sandwiches, pastries and scone with cream and jam. Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988

### Dear Diary

**Sunday, September 10, 1-3 p.m.**

**\$38 (lecture + tea); \$15 (lecture only)**

Diaries reveal how people from all walks of life reacted to the events and mores of their times. Discover why personal writings are important to historians as we explore candid diary pages of the rich, famous, and powerful, along with meaningful first-hand accounts of ordinary people.

### Fall Garden Tour & Tea

**Thursdays, September 14 & October 12, 1-3 p.m.  
\$38 (tour + tea)**

Tour the stunning fall demonstration gardens with an Extension Master Gardener docent. See standout plants of the season and design ideas to inspire your own home landscape. Hear about Green Spring's roots in the past and our mission today. Then step into the 1784 Historic House for tea.

### Past Forward

**Sunday, October 8, 1-3 p.m.**

**\$38 (lecture + tea); \$15 (lecture only)**

Humans have long tried to envisage the shape of things to come. From flying cars to futuristic fashions, explore a range of past predictions of the 21st century. Some are hilariously off the mark, others surprisingly accurate.

### What Are You Afraid of?

**Sunday, October 29, 1-3 p.m.**

**\$38 (lecture + tea); \$15 (lecture only)**

Celebrate the spookiest of holidays as we consider the origins and history of fear. Discover what people were afraid of in the past and what frightens us most today. Explore why we sometimes love to be scared and how Halloween became associated with all things frightful!

### Party Like It's Times Past

**Sunday, November 12, 1-3 p.m.**

**\$38 (lecture + tea); \$15 (lecture only)**

As we approach the festive season, enjoy a history of merriment as we explore the human habit of partying and celebration. Discover the origins and importance of all kinds of social gatherings and hear about some of the wildest parties ever thrown.

### Christmas Tea:

#### A Visit from Saint Nicholas

**Saturday, December 2 & Sunday, December 3, 1-3 p.m.**

**\$48 (program + tea)**

Learn the story behind the most beloved of Christmas poems, "A Visit from Saint Nicholas." Test your knowledge with our teatime quiz which reveals surprising facts about the poem's provenance, its authorship, and its influence on how we celebrate Christmas. Seasonal favors and door prizes included



## Historic Huntley



**6918 Harrison Lane  
Alexandria, Va. 22306  
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 ice house, root cellar, an additional residence and cultural landscape features. Tours available on Saturdays during spring, summer and fall. Purchase tickets online. Private tours are also available upon request. Contact the site directly for more info. The grounds at Historic Huntley are open dawn to dusk from March through November.

### Tours

#### Historic Huntley House Tour

**Saturdays, September – October, 10:30 a.m. & 12 p.m.**

**\$10 per adult, \$8 Seniors/Students/Children (5-15 yrs.)**

**1 hour tour, Reservations recommended**

**(All Ages)** Discover a Historic Huntley and the many vistas, voices, and stories which reflect the American quest for freedom. The tour includes the unfurnished late Federal style 1825 villa, farm out-buildings, stories from the Huntley community, and an unparalleled view of the Hybla Valley. A 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 by contacting the site. Individual tickets available at Parktakes online.



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



All programs and activities will follow current health safety protocols.

**Children's Programs****Pumpkin Party on the Hill**

**(2-12 yrs.)** Bring a pumpkin to paint and decorate, make and taste some pumpkin ice cream, and make and bring home your own pumpkin play-dough. Learn about the history of pumpkins and enjoy a pumpkin story.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Su	2pm	099.VP2F	10/29	\$9/ea.

**Homeschool Programs****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.ASXC	10/3	\$14/ea.

**Colonial Life for Homeschool**

**(6-12 yrs.)** Did you know that Huntley Meadows Park was once part of George Mason's holdings? Discover this forgotten Founding Father as you make your own candle, design your own stencil to mark crops, write with a quill pen and decide the future of the Virginia colony.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	T	1pm	925.5G5U	10/17	\$14/ea.
HistHuntley	M	1pm	925.G8UL	11/13	\$14/ea.

**Family/All ages****Dutch Oven Brunch**

**(6-Adult)** Join us around the campfire for some corn pancakes and freshly made butter as we learn about the history of Thanksgiving foodways and how Thanksgiving might not have been celebrated by the Masons!

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	M	11am	269.7CTS	11/20	\$15/ea.

**Teen/Adult Programs****The Art of Calligraphy**

**(12-Adult)** Mary Teichman says, "calligraphy is a great antidote to modern life." Explore the connection of Huntley's past residents to the beautiful art of writing. Try your hand at a variety of pens and brushes. Supplies included.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	T	1pm	YTX.BT3Y	9/5	\$12/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	W	2pm	87A.K8F4	9/13	\$35/ea.

**The Women of Historic Huntley**

**(16-Adult)** A society matron, an enslaved wife and mother, a farmer's daughter, a military wife. Historic Huntley has been home to some interesting women and has seen the lives of women change dramatically since the house was built in 1825. See Huntley from a refreshingly different view as we stroll the house and grounds.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	2pm	F12.D0DB	10/19	\$10/ea.

**Huntley Meadows Park and Visitor Center**

3701 Lockheed Blvd.,  
Alexandria, Va. 22306

703-768-2525

[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)

**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	F	11am	F8B.645C	9/29	\$10/ea.
HuntMdws	T	2pm	F8B.24NZ	10/24	\$10/ea.

**WE MAKE HISTORY HAPPEN!**

Discover Fairfax County's past at Sully, Colvin Run Mill and Frying Pan Farm Park.



**Saturday, September 30**  
**10 a.m. - 1 p.m.**  
**Oak Hill**  
4716 Wakefield Chapel Rd., Annandale  
*Visit one of the oldest homes in Fairfax County!*

In 2004, the Northern Virginia Conservation Trust, the Fairfax County Park Authority and the Fairfax County Board of Supervisors agreed to a historic and conservation easement to preserve the privately-owned Oak Hill home and property. The owners will open the property for tours of the grounds and first floor for this annual event.

[www.fairfaxcounty.gov/parks/oak-hill](http://www.fairfaxcounty.gov/parks/oak-hill)



## Sully Historic Site



**3650 Historic Sully Way  
Chantilly, Va. 20151  
703-437-1794**

**www.fairfaxcounty.gov/parks/sully**

The 1794 home of Northern Virginia's first congressman, Richard Bland Lee, combines aspects of Georgian and Federal architecture. Guided tours highlight the early 19th century Lee family, the enslaved community, and other families who lived here before it became a park in 1959. Features include:

- Historic house
- Original outbuildings
- Slave quarter cabin
- Heirloom garden
- Squirrel's Nest gift shop
- Accredited by the American Alliance of Museums
- On the National Register of Historic Places
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

### Hours and Admission

Gift shop Open Thursday-Sunday,  
11 a.m. - 4 p.m.

### Sully Historic House Tour

Thursday-Sunday, September - December,  
11 a.m., 1 p.m. & 3 p.m.

**\$10 per adult**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**45 minute tour, Reservations recommended**

**(All Ages)** Enjoy a 45-minute tour of the 1794 dwelling, built for Richard Bland Lee, Northern Virginia's first Congressman. The story includes his family, political career and the life of the enslaved community that supported Sully. Accredited by the American Alliance of Museums, Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. Private tours available upon request. Contact the site for details. Individual tickets available at Parktakes online.

### STAY IN THE KNOW!

Subscribe to E-News:  
**www.fairfaxcounty.gov/  
parks/e-news**



## A Visit With Santa

**(2-Adult)** Come kick off the Christmas season. Bring your camera to take a picture with Santa in front of a real, open-hearth fire. When you mingle with Kringle, you will have a chance to tell Santa Claus your Christmas wishes, then make a festive ornament to deck your own halls and enjoy some refreshments. All attendees must register, including accompanying adults. For more information, call 703-437-1794

### 1--4 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	12pm	215.XNLF	11/25	\$9/ea.

### Forgotten Road Tour

Thursday-Sunday, September - November 19,  
2 p.m.

**\$10 Adults,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**45 minute tour, Reservations recommended**

**(All Ages)** The tour includes a walk into the original outbuildings and representative slave quarter cabin. Learn the history of the enslaved people who lived and worked at Sully over 200 years ago. Sully is accredited by the American Alliance of Museums, is on the National Register of Historic Places is part of the National Park Service Underground Railroad Network to Freedom. Tour is held weather permitting. Individual tickets available at Parktakes online.

### Family/All Ages

#### Discover Cain's Branch Trail

**(5-Adult)** Hike the trails and learn about the history of abandoned sites hidden from most visitor's view. Follow trails of forested areas and Cain's Branch waterway to learn about the life of early inhabitants who made Sully their home. This outdoor guided program does involve some walking over uneven terrain and along trails. Program is held weather permitting. For more information, please call 703-437-1794.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Th	11am	ZNR.IX4N	9/7	\$10/ea.
Sully	Th	11am	ZNR.T70C	9/21	\$10/ea.
Sully	Th	11am	ZNR.JT1L	10/5	\$10/ea.
Sully	Th	11am	ZNR.K4R7	10/19	\$10/ea.

### Colorful Pumpkins

**(2-Adults)** Learn about the history of how pumpkins became associated with Halloween. Pick your pumpkin and paint a face or design on it. Play some games, make a pumpkin craft to take home. Small pumpkins will be available for you to pick from. This program takes place outside. All participants, including adults must be registered for this program.

### 1--45 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	6RC.VNN6	10/21	\$8/ea.
Sully	Sa	11:15am	6RC.4H6P	10/21	\$8/ea.
Sully	Sa	12:30pm	6RC.QEEL	10/21	\$8/ea.
Sully	Sa	1:45pm	6RC.DLFK	10/21	\$8/ea.

### Making a Scarecrow

**(2-Adult)** Come out and enjoy the season by creating your own Fall friend. Bring old clothing to stuff with hay and afterwards pose with your new friend. Play some games, make a craft to take home. Great Fall photo opportunities. This program takes place outdoors. All participants, including adults must be registered for this program.

### 1--45 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	K73.0SRQ	10/28	\$8/ea.
Sully	Sa	11:15am	K73.8FQ9	10/28	\$8/ea.
Sully	Sa	12:30pm	K73.3MFN	10/28	\$8/ea.
Sully	Sa	1:30pm	K73.9QXZ	10/28	\$8/ea.

## War of 1812

**Sunday, November 5 • 12-3 p.m.**  
**\$10 per person**  
**Colvin Run Mill**

- Uncover Untold Stories and explore the impact of the War of 1812 on communities like Colvin Run
- Discover how ordinary people played a vital role in assisting the US Navy
- Learn about the remarkable efforts of women who sewed uniforms
- Farmers, millers, and bakers ensured a steady supply of food for the Navy
- Meet Ship's Company, a War of 1812 reenactors' group
- Sample naval pudding, a delicious treat enjoyed by sailors during the war
- Explore a fully operational mill
- Visit the miller's house and witness the historic lifestyle of the era
- Shop in our general store



Please Note: Mt. Vernon Rec Center is CLOSED for renovations.

## Ice Skating

### Skating Tots

#### Mom or Dad and Me

(3-5 yrs.) This class helps students develop preliminary coordination and strength necessary for ice skating. The skills are like those in Snowplow Sam 1 except that adults and children stay together on the ice for the whole class. Each participating adult must be able to skate without assistance to help the student in the learning process; this is not a learn-to-skate class for the adult. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared toward balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	3:50pm	EB9.N2S2	9/11	4IA

#### Snowplow Sam

This class helps students develop preliminary coordination and strength necessary for ice skating. Students must be able to work in a group setting without direct parental supervision and be able to listen to and follow instructions. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared towards balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
St. James	M	3:50pm	9BB.C4E7	9/11	4IA
(4-6 yrs.)					
FfxIceArena	M	5:38pm	8A6.HU5E	9/11	DIAA
FfxIceArena	T	6:40pm	8A6.K1IU	9/12	DIAA
FfxIceArena	T	1:30pm	8A6.TKB7	9/12	DIAA
FfxIceArena	Th	6:40pm	8A6.SCR8	9/14	DIAA
FfxIceArena	W	6:40pm	8A6.1YSC	9/13	DIAA
FfxIceArena	Sa	10:05am	8A6.MST4	9/16	DIAA

#### Homeschool Snowplow Sam 1

(3-5 yrs.) This class targets students who are home schooled but is open to any student. This class helps students develop the preliminary coordination and strength necessary for ice skating. Students need the ability to work in a group instructional setting without an adult being on the ice and the ability to listen to and follow instructions. Skating skills include falling down safely, marching in place, marching forward, march then glide on two feet, dip in place and other skills geared towards balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	F	11am	41F.E2AP	9/8	4IA

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)



#### 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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	3:50pm	800.39DA	9/11	4IA

#### Homeschool Snowplow Sam

(3-5 yrs.) This class targets students who are home schooled but is open to any student. This class delves further into the 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 towards balance, movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	F	11am	7F5.1X60	9/8	4IA

#### Tot 1

(4-6 yrs.) For children who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.AUFY	9/11	DIAA
FfxIceArena	T	6:40pm	9B3.Z6UK	9/12	DIAA
FfxIceArena	T	1:30pm	9B3.KI35	9/12	DIAA
FfxIceArena	Th	6:40pm	9B3.M811	9/14	DIAA
FfxIceArena	W	6:40pm	9B3.7NYK	9/13	DIAA
FfxIceArena	Sa	10:05am	9B3.L25A	9/16	DIAA

### Beginning Skating – Youth

#### Basic 1

For students who have never skated before, this class helps develop preliminary coordination and strength necessary for ice skating. Students learn basic elements including falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$134

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
(6-13 yrs.)					
St. James	M	3:50pm	FBC.KMM3	9/11	4IA
St. James	M	4:20pm	FBC.HV76	9/11	4IA
(7-13 yrs.)					
FfxIceArena	M	6:10pm	7AC.C1CZ	9/11	DIAA
FfxIceArena	T	7:15pm	7AC.NZUE	9/12	DIAA
FfxIceArena	W	7:15pm	7AC.FD1B	9/13	DIAA
FfxIceArena	Th	7:15pm	7AC.74AX	9/14	DIAA
FfxIceArena	Sa	10:40am	7AC.73R0	9/16	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	3:50pm	B6D.M29V	9/11	4IA



## Homeschool Basic 1

**(6-13 yrs.)** This class targets students who are home schooled but is open to any student. For students who have never ice skated before, this class helps students develop the preliminary coordination and strength necessary for ice skating. Students learn basic elements which provide a solid foundation for more advanced skills. Skating skills include falling down safely, sitting on ice and standing up, marching in place, marching forward across the ice, march then glide on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles, beginning snowplow stop on two feet or one foot and other skills geared towards balance, movement and coordination.

### 4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	F	11am	44E.WSD7	9/8	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	291.L5CY	9/11	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	63A.4SS0	9/11	4IA

## Pre-Alpha

**(7-13 yrs.)** For those who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

### DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	E65.BA36	9/11	DIAA
FfxIceArena	T	7:15pm	E65.3Y5N	9/12	DIAA
FfxIceArena	W	7:15pm	E65.PP49	9/13	DIAA
FfxIceArena	Th	7:15pm	E65.V3Y3	9/14	DIAA
FfxIceArena	Sa	10:40am	E65.SL2I	9/16	DIAA

## Beginning Skating – Teens/Adults

### 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.

### DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	GCH.OKX5	9/12	DIAA
FfxIceArena	Th	7:50pm	GCH.XE9H	9/14	DIAA
FfxIceArena	Sa	11:15am	GCH.LNYM	9/16	DIAA

## Pre-Alpha

**(14-Adult)** For those who have not had organized skating instruction. Students work on gliding, forward and backward swizzles, backward wiggles and one-foot glides.

### DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	C52.INWS	9/12	DIAA
FfxIceArena	Th	7:50pm	C52.AB8E	9/14	DIAA
FfxIceArena	Sa	11:15am	C52.EYHK	9/16	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	98F.T57G	9/11	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	681.ALN2	9/11	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	4C4.AEV8	9/11	4IA



## HEALTHY STRIDES

Programs for your health and wellness



Learn more:  
[www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)



All programs and activities will follow current health safety protocols.

**Advanced Skating****Intro to Free Skate**

**(6-Adult)** This class prepares skaters to advance into specialized ice skating areas. Skills include forward inside open mohawk from a standstill position, backward crossovers to a backward outside edge glides, backward outside edge to a forward outside edge transition, two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one-foot upright spin and other skills geared toward balance, movement and coordination. Prerequisite: Basic 6.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	381.2MDV	9/11	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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	37E.RR6T	9/11	4IA



**Fan us on Instagram**  
[www.instagram.com/fairfaxparks/](https://www.instagram.com/fairfaxparks/)

**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--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	087.N3CA	9/11	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.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	4F3.3037	9/11	4IA

**Free Skate 4**

**(6-Adult)** This class focuses on forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	3E7.LVVE	9/11	4IA

**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.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	09F.3R08	9/11	4IA

**Free Skate 6**

**(6-Adult)** Free Skate 6 is the final level of the Free Skate classes. Students perform skating skills such as forward power pulls, a choreographic step sequence, camel spin, layback spin, and begin to learn the Axel jump. Pre-requisite: Free Skate 5.

4IA 6--30 minute lessons--\$134

Location	Day	Time	Code	Begin	\$
St. James	M	4:20pm	1J8.76WO	9/11	4IA



# Ice Skating Lessons

**Beginner & Novice Classes**

Lessons for Tots 3-6 yrs., Children 7-12 yrs., Teens & Adults

7-Week Program including:

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- ★ Seven practice sessions
- ★ FREE skate rental

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## Martial Arts

For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

### For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.

### Aikido & Self-Defense Beginning

**(13-Adult)** Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

<b>4MG</b>	<b>10--1 hour 55 minute lessons--\$239</b>
<b>4MH</b>	<b>12--55 minute lessons--\$144</b>

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	4pm	78D.TMSR	9/16	4MG
SphillIREC	Su	4pm	78D.18VJ	9/17	4MH

### Aikido & Self-Defense Intermediate

**(13-Adult)** Prerequisite: Aikido and Self-Defense Beginning or permission of instructor.

<b>4MH</b>	<b>12--55 minute lessons--\$144</b>
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Location	Day	Time	Code	Begin	\$
SphillIREC	Su	5pm	CF6.LGG8	9/17	4MH

### 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.

<b>4MA</b>	<b>10--55 minute lessons--\$120</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	6pm	90A.2XFT	9/17	4MA
Wkfld/Moore	W	7pm	90A.0717	9/20	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.

<b>4MH</b>	<b>12--55 minute lessons--\$144</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	60E.EJ7L	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.

<b>4MH</b>	<b>12--55 minute lessons--\$144</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.VCVD	9/17	4MH

### Jujitsu-All Levels

**(13-Adult)** Self-defense typified by grab escapes, throwing and submission holds.

<b>4MJ</b>	<b>12--1 hour 25 minute lessons--\$215</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.NCAX	9/17	4MJ

### Jung Su Beginning

Martial art that combines tang soo do, jujitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

<b>4MA</b>	<b>10--55 minute lessons--\$120</b>
<b>4MH</b>	<b>12--55 minute lessons--\$144</b>

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Wkfld/Moore	Sa	10am	9BA.Z1CD	9/16	4MA
Wkfld/Moore	M	6pm	9BA.W780	9/18	4MA
Wkfld/Moore	W	6pm	9BA.M18X	9/20	4MA

<b>(6-Adult)</b>					
CubRunREC	Sa	11am	28A.YXAA	9/16	4MH
Wkfld/Moore	M	7pm	11F.J09J	9/18	4MA

### Jung Su Advanced

**(6-Adult)** Prerequisite: Jung Su Beginning or equivalent.

<b>4MB</b>	<b>10--1 hour 25 minute lessons--\$180</b>
<b>4MJ</b>	<b>12--1 hour 25 minute lessons--\$215</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	563.L4BI	9/16	4MJ
Wkfld/Moore	Sa	11am	563.KS86	9/16	4MB
Wkfld/Moore	W	7:30pm	563.W755	9/20	4MB

### Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

<b>3MA</b>	<b>8--55 minute lessons--\$97</b>
<b>4MA</b>	<b>10--55 minute lessons--\$120</b>
<b>4MH</b>	<b>12--55 minute lessons--\$144</b>
<b>DMVF</b>	<b>10--45 minute lessons--\$106</b>

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
SoRunREC	Sa	2pm	27A.C15I	9/16	4MA
BikBltFFX	M	5:30pm	4XF.NHSM	9/11	DMVF
BikBltFFX	T	5:30pm	4XF.IMPB	9/12	DMVF
BikBltFFX	W	5:30pm	4XF.IGMH	9/13	DMVF
BikBltFFX	Th	5:30pm	4XF.8MNW	9/14	DMVF
BikBltFFX	F	4:45pm	4XF.QWFL	9/15	DMVF

<b>(13-Adult)</b>					
Floris ES	Th	7pm	996.D1HH	9/14	3MA
ProvREC	Su	1pm	996.IYWX	9/17	4MH
ProvREC	T	7pm	996.2YOP	9/19	4MH
SoRunREC	Sa	2pm	996.3X7L	9/16	4MA
BikBltFFX	T	7:45pm	LYL.UGA5	9/12	DMVF
BikBltFFX	Th	7:45pm	LYL.6ZLX	9/14	DMVF



All programs and activities will follow current health safety protocols.

## Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA	10--55 minute lessons--\$120				
4MH	12--55 minute lessons--\$144				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.7Y14	9/16	4MH
ProvREC	Su	2pm	964.QHKW	9/17	4MH
SoRunREC	Sa	3pm	964.5JUG	9/16	4MA

## Karate for Families

(6-Adult) This class gives families an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

<b>3MA</b>	<b>8--55 minute lessons--\$97</b>				
<b>4MH</b>	<b>12--55 minute lessons--\$144</b>				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	D2F.C4UV	9/16	4MH
Franconia Rec	Sa	12:30pm	D2F.R7FA	9/16	4MH
Franconia Rec	M	7pm	D2F.1REZ	9/18	4MH
Franconia Rec	T	6:30pm	D2F.LKXC	9/19	4MH
Franconia Rec	W	7pm	D2F.OW4M	9/20	4MH
Franconia Rec	F	7pm	D2F.0E4E	9/22	4MH
Frying Pan Pk	Th	7pm	D2F.L19L	9/14	3MA
ProvREC	Su	12pm	D2F.Q23G	9/17	4MH

## 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--\$144					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	8E5.SHN1	9/17	4MH

## Shotokan Japanese Karate I

(6-Adult) Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

4MH 12--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	31A.ITHE	9/16	4MH
SpHillREC	Sa	10am	31A.ZY00	9/16	4MH
SpHillREC	M	7pm	31A.FM9B	9/18	4MH
SpHillREC	W	6pm	31A.XFLY	9/20	4MH

## Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MH 12--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	454.Q954	9/16	4MH
SpHillREC	Sa	9am	454.1NHT	9/16	4MH
SpHillREC	M	7pm	454.KYKR	9/18	4MH
SpHillREC	T	7pm	454.LKJN	9/19	4MH
SpHillREC	W	7pm	454.JS73	9/20	4MH

## Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MH 12--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	3E5.EFCV	9/16	4MH
SpHillREC	Sa	9am	3E5.EHCK	9/16	4MH
SpHillREC	M	7pm	3E5.C065	9/18	4MH
SpHillREC	T	7pm	3E5.9PFZ	9/19	4MH
SpHillREC	W	7pm	3E5.L3E2	9/20	4MH

## 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--\$120				
4MH	12--55 minute lessons--\$144				
Location	Day	Time	Code	Begin	\$
(6-Adult)					
SoRunREC	Sa	10:15am	9CF.OLPT	9/16	4MA
(13-Adult)					
CubRunREC	Th	7pm	889.J065	9/14	4MH

## Kendo

(8-Adult) Traditional art of Japanese fencing using a bamboo sword-shinai.

4MH 12--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7:15pm	3F3.NPCB	9/19	4MH
FranconiaREC	F	7pm	3F3.VVSZ	9/22	4MH

## Kendo II

(8-Adult) Prerequisite: Kendo I or equivalent.

4MJ	12--1 hour 25 minute lessons--\$215				
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7:15pm	357.HBP0	9/19	4MJ

## Kung Fu

(6-Adult) This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. Additional fee for class t-shirt and pants.

4MH 12--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	9DF.VMKF	9/16	4MH
SpHillREC	T	7pm	9DF.4IR2	9/19	4MH
SpHillREC	Th	7pm	9DF.CC66	9/21	4MH

## 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.

4MH	12--55 minute lessons--\$144				
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	CA6.24DZ	9/16	4MH

## Kung Fu MMA

(13-Adult) This class focuses on challenging conditioning and skills in the standing and ground arena. Tactics include versatility in punching and kicking and counters as well as options in common clinch and ground positions. Some personal safety equipment required.

4MH	12--55 minute lessons--\$144				
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.DIMO	9/21	4MH

## 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--\$180					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	6B2.QNCP	9/16	4MB
SoRunREC	Th	7pm	6B2.IG5P	9/21	4MB

## Kushin Itto-Ryu

(Adults) Kushin Itto-Ryu is a martial arts system that starts with aikijujutsu and then advances to uses of wooden bokken and other types of wooden practice weapons. Students will need to purchase a gi, bokken and hakama (for advanced practice).

4MJ		12--1 hour 25 minute lessons--\$215			
Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:30pm	MLJ.SE9H	9/19	4MJ







## Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

3MA	8--55 minute lessons--\$97
4MA	10--55 minute lessons--\$120
4MH	12--55 minute lessons--\$144
CMVF	8--45 minute lessons--\$85
DMVF	10--45 minute lessons--\$106

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
BlkBltFFX	M	5:30pm	6MJ.VM2J	9/11	DMVF
BlkBltFFX	T	5:30pm	6MJ.BMKX	9/12	DMVF
BlkBltFFX	W	5:30pm	6MJ.5LRC	9/13	DMVF
BlkBltFFX	Th	5:30pm	6MJ.TY8F	9/14	DMVF
BlkBltFFX	F	4:45pm	6MJ.RDC6	9/15	DMVF
JRheeFlsCh	M	5:30pm	6MJ.2ZFU	9/11	CMVF
JRheeFlsCh	W	6pm	6MJ.DB8Q	9/13	CMVF
JRheeFlsCh	Th	4:45pm	6MJ.W1Q8	9/15	CMVF
LdbyExFrOks	T	4:30pm	6MJ.OTMR	9/12	DMVF
LdbyExFrOks	W	6pm	6MJ.TDVO	9/13	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.EE78	9/14	DMVF
LdbyExFrOks	F	6pm	6MJ.WCMH	9/15	DMVF
SoRunREC	Sa	12pm	6MJ.M9XK	9/16	DMVF
<b>(6-Adult)</b>					
CubRunREC	Su	11am	31F.UERM	9/17	4MA
CubRunREC	W	7pm	31F.V210	9/20	4MA
Frying Pan Pk	Th	6pm	31F.32Z8	9/14	3MA
OakMarREC	T	7pm	31F.BVRO	9/19	4MA
SpHillREC	M	5:30pm	31F.WZZM	9/18	4MH
<b>(13-Adult)</b>					
BlkBltFFX	T	7:45pm	FM7.HDDY	9/12	DMVF
BlkBltFFX	Th	7:45pm	FM7.KZ1X	9/14	DMVF
JRheeFlsCh	T	7:30pm	FM7.EW4L	9/12	CMVF
LdbyExFrOks	W	7:45pm	FM7.QN6K	9/13	DMVF
LdbyExFrOks	F	6:45pm	FM7.9SWT	9/15	DMVF

## Tae Kwon Do II

**(6-Adult)** Prerequisite: Tae Kwon Do I or equivalent.

4MA	10--55 minute lessons--\$120
4MC	20--55 minute lessons--\$239

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.SONL	9/17	4MA
SpHillREC	M/W	6:30pm	2B9.WHNQ	9/18	4MC

## Tae Kwon Do III

**(6-Adult)** Prerequisite: Tae Kwon Do II or equivalent.

4MC	20--55 minute lessons--\$239
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Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.J9H1	9/18	4MC

## Shoshinkan Martial Arts

**(13-Adult)** Learn principles, techniques and self-defense applications of traditional Karate, Kobudo (weapons) and Jujitsu.

4MB	10--1 hour 25 minute lessons--\$180
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	E5D.GATJ	9/17	4MB
Wkfld/Moore	Th	6:30pm	E5D.EIHX	9/21	4MB

## Self-Defense for Women

**(13-Adult)** Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

CMVA	6--55 minute lessons--\$91
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	4pm	UBC.OYAT	9/16	CMVA
SoRunREC	Th	7pm	UBC.LDQG	9/21	CMVA
Wkfld/Moore	T	8pm	UBC.NQBD	9/19	CMVA

## Self-Defense for Women I

**(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--\$92
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Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	158.2XZO	9/19	4MF

## Self-Defense for Women II

**(13-Adult)** Prerequisite: Self-Defense for Women I or equivalent.

4MF	5--1 hour 25 minute lessons--\$92
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Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.TJRK	10/24	4MF

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

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 11226 Waples Mill Road  
 Fairfax, VA 22030  
**703-273-1100**  
[www.LeadByExampleTaeKwonDo.com](http://www.LeadByExampleTaeKwonDo.com)



All programs and activities will follow current health safety protocols.

## Nature

## Burke Lake Park



7315 Ox Road, Fairfax Station, Va.  
703-323-6600

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

Burke Lake Park is over 800 acres and home to the largest lake in Fairfax County. This lake is around 218 acres and hosts a wild variety of wildlife. Surrounding the lake is an Oak-Hickory forest which includes streams, meadows and vernal pools. All these unique habitats are a great resource for our nature programs. Park grounds are open dawn till dusk daily.

## Child and Parent Programs

## Furry Foxes

**(3-8 yrs.)** These wild members of the dog family are a common sight in our neighborhoods. Learn about their lives through activities and practice yipping like a fox. Children must be accompanied by an adult.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	11am	7YG.BT39	11/5	\$10/child

## Family/All Ages

## 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	\$
BurkeLakePk	Sa	11am	3XZ.PDFU	9/2	\$8/ea.

## Lake Life

**(2-Adult)** Meet a naturalist and explore the lake. Bring old shoes that can get wet and muddy. Join us as we search for tadpoles and dragonfly nymphs to catch and release. Children must be accompanied by a registered adult.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	ARL.8BQU	9/10	\$8/ea.
BurkeLakePk	Su	10am	ARL.98KN	10/8	\$8/ea.



## Foraging for Wild Edibles

**(9-Adult)** With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the lake.

## 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	9am	8Y3.ME1W	9/16	\$10/ea.

## Birds Around Us

**(4-Adult)** Beaks, feathers, nests and talons are examined to explore the avian world that surrounds us. Find out about bird life cycles, migration patterns and adaptations that make these creatures fascinating. Children must be accompanied by a registered adult.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	6ED.ITAC	9/23	\$8/ea.

## Radical Raptors

**(5-Adult)** Join a naturalist to search for signs of raptors and explore what makes them different from other birds.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	BOB.FUC8	10/1	\$8/ea.

## Life in the Underworld

**(4-Adult)** Come and explore the "underworld" under fallen logs. Discover the bugs, fungus and salamanders that live under the forest floor. Collect, examine and identify creatures using magnifiers and microscopes. Learn about their important jobs as pollinators and decomposers through projects and scientific investigations.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	2pm	6JA.P8PS	10/15	\$8/ea.

## Autumn Leaves Hike &amp; Craft

**(5-Adult)** Hike through the fall foliage, identify trees. Find that perfect autumn leaf and make a craft keepsake. Registration is for a Family of up to four people.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	1C0.9U2W	10/21	\$8/ea.

## Teen/Adult Programs

## Using Technology in Nature

**(12-Adult)** Learn how to use your phone to enhance your outdoor experiences. Assist in community science and join a bustling community of online scientists and nature enthusiasts.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	TQN.7S3C	9/23	\$7/ea.

## Quiet Moments in Nature

**(12-Adult)** Going on nature walks are not only beneficial for your physical health, but also for your mental health. Clear your mind as you walk with a naturalist through the woods, as you learn what techniques you can use to help repair your mind from the stress of your day-to-day life.

## 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	9am	IXU.EVQZ	10/7	\$8/ea.





## Campfire Programs

### Campfire Saturdays

**(4-Adult)** Join us for an evening campfire the whole family can enjoy. During the program we will explore the wonders of our natural world. Our programs may include nature walks, interactive activities, animal presentations, or other opportunities to learn about nature and our place in it. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7pm	UUJ.HMOZ	9/16	\$10/ea.
BurkeLakePk	Sa	6pm	UUJ.J84V	11/4	\$10/ea.

### Campfire Saturdays-Stargazing

**(3-Adult)** Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided; hot dogs welcome. Children must be accompanied by a registered adult.

#### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7pm	395.05TO	9/23	\$10/ea.
BurkeLakePk	Sa	5pm	395.XXVQ	11/18	\$10/ea.

## Colvin Run Mill Historic Site



10017 Colvin Run Road  
Great Falls, Va. 22066  
703-759-2771  
[www.fairfaxcounty.gov/parks/colvinrunmill](http://www.fairfaxcounty.gov/parks/colvinrunmill)

### Fighting Climate Change at Home

**(Adult)** Concerned about Climate Change? Wondering what you can do? Join the Great Falls Citizens Association and the Friends of Colvin Run Mill for "Green Buildings, Passive Homes and Residential Energy Efficiency." Hear Peter Henry of Peter Henry Architecture discuss evaluating energy priorities, share ideas for DIY improvements, retrofits and new construction, and answer questions from local homeowners.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	7:30pm	KYV.CICV	11/6	\$8/ea.

## Cub Run Rec Center



4630 Stonecroft Blvd.  
Chantilly, Va 20151  
703-817-7081  
[www.fairfaxcounty.gov/parks/reccenter/cub-run](http://www.fairfaxcounty.gov/parks/reccenter/cub-run)

## Child and Parent Programs

### Exploring Art and Nature through Eric Carle

**(3-6 yrs.)** Have a family evening out at the parks where we read a classic Eric Carle book, learn about natural processes, and then do an Eric Carle inspired craft. Each session will be a different story.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	12pm	XG1.FHB9	9/16	\$9/ea.

### 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 program

Location	Day	Time	Code	Date	\$
CubRunREC	T	11am	741.0LV0	11/7	\$43/child

## Campfire Programs

### 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. Children must be accompanied by a registered adult.

#### 1--1 hour campfire

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	232.3RXP	9/8	\$8/ea.

### Campfire Night Hike - Predators at Night

**(4-Adult)** Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them in the forest. End the evening with s'mores round the campfire. Children must be accompanied by an adult registered in the program.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
CubRunREC	F	7pm	02D.P69C	10/20	\$8/ea.

## Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd., Chantilly, Va.  
703-631-0013  
[www.fairfaxcounty.gov/parks/ec](http://www.fairfaxcounty.gov/parks/ec)

The Walney Visitor Center features live animals, natural and cultural exhibits and a hands-on area for young visitors highlighting the past farmland and present parkland. Features include:

- Dairy historic foundation
- Spring house
- Icehouse historic foundation
- Smokehouse
- Gardens
- Meadow and pond
- Woodland trails
- Kid-friendly red wagon sandboxes

### Hours and Admission

Open Monday, Wednesday-Friday 9 a.m.-5 p.m. and Saturday-Sunday 12-5 p.m. (closed Tuesdays). Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.

## Child and Parent Programs

### Nature Tots-Fall

**(1-3 yrs.)** Bring your toddler to explore nature through sight, sound, smell and touch. Programs include indoor and outdoor activities. Adult must be able to participate with children. Topics vary with the seasons. Fall topics: September: Amazing Insects, October: Migration, November: Fall Colors, and December: Time To Sleep

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawncPk	W	9:45am	B9E.1KKH	9/6	\$10/child
ECLawncPk	W	11am	B9E.Q1QR	9/6	\$10/child
ECLawncPk	W	9:30am	B9E.897I	10/4	\$10/child
ECLawncPk	W	11am	B9E.U9WW	10/4	\$10/child
ECLawncPk	W	9:45am	B9E.XP58	11/1	\$10/child
ECLawncPk	W	11am	B9E.2G9T	11/1	\$10/child
ECLawncPk	W	9:45am	B9E.J703	12/6	\$10/child
ECLawncPk	W	11am	B9E.CE3Z	12/6	\$10/child

### Critter Crawl

**(2-6 yrs.)** Walk with a naturalist and your child as we investigate the critters who make this park their home. Children must be accompanied by an adult.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Th	10am	6A8.6SK4	9/21	\$10/child
ECLawncPk	Th	10am	6A8.VI40	10/19	\$10/child
ECLawncPk	Th	10am	6A8.5UZY	11/16	\$10/child





All programs and activities will follow current health safety protocols.

**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	\$
ECLawrencePk	Sa	10am	605.6AQ6	9/30	\$10/child

**Homeschool Programs****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	\$
ECLawrencePk	Th	1pm	A4A.6360	10/19	\$49/child

**Homeschool Environmental Science**

**(8-14 yrs.)** Go beyond the textbook and jump into a park setting to study and experience environmental science. Students get to discover the park and try hands on experiments and investigations that explore environmental science topics. Topics may include biodiversity, pollution, erosion, invasive species, and pollination.

**4--1 hour 25 minute lessons**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Th	1pm	1GM.NRNE	9/21	\$49/child

**Family/All Ages****Are You Going to Eat That?**

**(10-Adult)** Enjoy a naturalist-led hike and identify plants that are safe to eat and which ones to avoid. Learn the usefulness of plants for such rope making and folk remedies with connections to Eastern Woodland Indians. Meets at the pond.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	10am	7A8.1LA4	9/10	\$8/ea.

**Sublime Symmetry in Nature and Art**

**(5-Adult)** Come out to the park to discover the hidden beauty in everyday plants and animals and learn how to recreate it in art projects. Walk with a naturalist to see examples of symmetry in nature and then create your own symmetrical works of art to take home. All materials provided. Children must be accompanied by a registered adult.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	2pm	YJU.QUAD	9/16	\$9/ea.

**Pond Life**

**(4-Adult)** Join us as we search for tadpoles, dragonfly nymphs and water scorpions to catch and release. Learn about how they reflect the health of the pond. Meets at Walney Pond. Children must be accompanied by an adult registered in the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	M	6pm	87B.V9U6	9/18	\$8/ea.

**Stream Life**

**(4-Adult)** Freshwater ecosystems are full of fascinating creatures. Search for stoneflies, hellgrammites, water pennies and crayfish. Explore the park's streams with a naturalist, use dip nets and kick nets to catch and release these creatures. Learn stream monitoring techniques and the impacts humans have on these fragile ecosystems. Class meets at the pond.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	6pm	CC5.E1B1	9/23	\$8/ea.

**Bats**

**(7-Adult)** Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. Learn about our native bats and their habits. Children must be accompanied by a registered adult.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	F	7pm	072.YKP3	9/29	\$8/ea.

**Fungus Among Us**

**(4-Adult)** Get down and dirty with a naturalist and see how another kingdom lives. Investigate how one of our most common decomposers survives and thrives in our own woods.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	4pm	EFB.QCYG	10/15	\$8/ea.

**Teen/Adult Programs****Paw-Paw Prowl**

**(14-Adult)** Go off trail with a naturalist to learn about the Paw-Paws historical and ecological importance to Virginia.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	5:30pm	25E.VA8C	9/3	\$8/ea.

**Turkey Walk**

**(4-Adult)** Discover the wild turkey's habits and secret ways during a walk in the cedar forest. Look for wild turkeys and their signs. Children must be accompanied by an adult registered in the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	065.EWT9	11/25	\$8/ea.

**Campfire Programs****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. Children must be accompanied by a registered adult.

**1--1 hour campfire**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	6pm	232.KH9A	10/1	\$8/ea.







## ITS CAMPFIRE SEASON!

### ALL ABOUT OWLS CAMPFIRE

Cub Run Rec Center:

Fridays, September 8 & October 20 • 7-8 p.m.

Ellanor C. Lawrence Park:

Sunday, October 1 • 6-7 p.m.

Hidden Oaks Nature Center:

Sunday, October 8 • 7-8 p.m.

### CAMPFIRE FRIDAYS

Lake Accotink Park:

September 8 • 7:30-8:30 p.m. | September 22 • 7-8 p.m.

October 6 • 7-8 p.m. | October 20 • 6:30-7:30 p.m.

November 3 • 6:30-7:30 p.m. | November 17 • 5:30-6:30 p.m.

Hidden Pond Nature Center:

Fridays: September 8 • 7-8:30 p.m. | October 6 • 6:30-8 p.m.

Lake Fairfax Park:

September 15 • 7:30-9 p.m. | September 29 • 7:30-9 p.m.

October 13 • 7-8:30 p.m. | October 27 • 6-7:30 p.m.

November 10 • 5-6:30 p.m.

### CAMPFIRE SATURDAYS

Burke Lake Park:

Saturdays, September 16 & November 4 • 6-7:30 p.m.

### CAMPFIRE SATURDAYS-STARGAZING

Burke Lake Park:

Saturday, September 23 • 7-8 p.m.

Saturday, November 18 • 5-6:30 p.m.

### CAMPFIRE WAGON RIDES

Frying Pan Farm Park:

Friday, October 6

5:30-6:30 p.m. • 6:30-7:30 p.m. • 7-8 p.m. • 7:30-8:30 p.m.

Saturday, October 7

5:30-6:30 p.m. • 6:30-7:30 p.m. • 7-8 p.m. • 7:30-8:30 p.m.

### HOT DOG, SMORES! WAGON RIDE & CAMPFIRE

Ellanor C. Lawrence Park:

Wednesday, October 18 • 6-7:30 p.m.

Wednesday, November 15 • 5:30-7 p.m.

### CAMPFIRE NIGHT HIKE-PREDATORS AT NIGHT

Cub Run Rec Center:

Friday, October 20 • 7-8 p.m.

### LEGENDS & LORE NIGHT HIKE & CAMPFIRE

Ellanor C. Lawrence Park:

Friday, October 27 • 6-7 p.m.

### COYOTE CAMPFIRE

Ellanor C. Lawrence Park:

Saturday, October 28 • 6-7 p.m.

### CAMPFIRE SKILLS

Lake Fairfax Park:

Sunday, November 19 • 2-3 p.m.



### Hot Dog, S'mores!

### Wagon Ride & Campfire

**(4-Adult)** Meets at Cabell's Mill. Enjoy a turkey hot dog supper roasted over the campfire and a brisk wagon ride through the Rocky Run stream valley. Discover who Ellanor C. Lawrence was and learn about the areas local and natural history. We provide hot dogs, buns, condiments, and s'mores. Feel free to bring your own drinks and sides. Children must be accompanied by a registered adult.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	6pm	524.7W9A	10/18	\$12/ea.
ECLawrncePk	W	5:30pm	524.TX32	11/15	\$12/ea.

### Nocturnal Hunters

**(4-Adult)** Join a naturalist for a night hike to learn about nocturnal animals. This program will seasonally change based on the animals lives of the park. Finish the hike with a s'more's campfire. Children must be accompanied by a registered adult.

#### 1--1 hour campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	7pm	6B9.6UT5	10/22	\$8/ea.
ECLawrncePk	F	5:30pm	6B9.204H	11/17	\$8/ea.

### Legends & Lore Night Hike & Campfire

**(5-Adult)** Spark your interest in Walney history through legends, lore and stories of the supernatural on a night hike. Then gather around the campfire for s'mores.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	6pm	B96.NN38	10/27	\$10/ea.

### Coyote Campfire

**(4-Adult)** Satisfy your curiosity and your sweet tooth with one howling campfire. Listen to coyote calls, take a short hike, and make s'mores as you learn about this wily canine. Children must be accompanied by a registered adult.

#### 1--1 hour campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	9CA.QTHL	10/28	\$8/ea.

## Hidden Oaks Nature Center



7701 Royce Street, Annandale, Va. 22003  
703-941-1065

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

Located in Annandale District Park, the newly renovated and expanded Hidden Oaks Nature Center is nestled among woodland trails and creeks with a pond, gardens and a butterfly-themed playground nearby. Center features include:

- Nature Playce outdoor exploration center
- Self-guided interpretive trail
- Live animal displays
- Interactive urban woodlands exhibit
- By-request programs
- Meeting rooms reservable for private functions

Visit the Winged Wonders wall to compare your "wingspan" to that of wild animals and take a photo next to the woodland wildlife tree sculpture.

### Hours and Admission

Open Monday, Wednesday-Friday, 9 a.m.-5 p.m. and Saturday-Sunday 12-5 p.m. (closed Tuesdays). Grounds open dawn to dusk.

## Child and Parent Programs

### Little Acorns - Fall

**(2-5 yrs.)** Youngsters and their accompanying adult begin sharing nature's wonders in this interactive class. Experiences include: meeting animals, stories, games and outdoor exploration. Dress for the weather. Quiet infants welcome. Topics covered are: 9/11 Underground Animals, 9/18 Pink Animals, 9/25 Lots of Legs, 10/2 Water Critters, 10/9 Duck Duck Goose, 10/16 Terrific Turtles, 10/23 All About Autumn, 10/30 Halloween Fun, 11/6 Funny Bones, 11/13 Scampering Squirrels, 11/20 Leaping Lizards, 11/27 Creeping Crabs.

#### 1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	10am	8E2.XYA6	9/11	\$10/child
HiddenOaks	M	10am	8E2.JBMW	9/18	\$10/child
HiddenOaks	M	10am	8E2.OWII	9/25	\$10/child
HiddenOaks	M	10am	8E2.N3RY	10/2	\$10/child
HiddenOaks	M	10am	8E2.BAIF	10/9	\$10/child
HiddenOaks	M	10am	8E2.V907	10/16	\$10/child
HiddenOaks	M	10am	8E2.ULOJ	10/23	\$10/child
HiddenOaks	M	10am	8E2.KICI	10/30	\$10/child
HiddenOaks	M	10am	8E2.LIN7	11/6	\$10/child
HiddenOaks	M	10am	8E2.4JR9	11/13	\$10/child
HiddenOaks	M	10am	8E2.W006	11/20	\$10/child
HiddenOaks	M	10am	8E2.MTOL	11/27	\$10/child



All programs and activities will follow current health safety protocols.

**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. Child must be accompanied by an adult. Don't miss this Falltastic program!

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	E6E.3PE8	10/21	\$10/child
HiddenOaks	Sa	2:30pm	E6E.MQWM	10/21	\$10/child
HiddenOaks	Sa	4pm	E6E.Y7PA	10/21	\$10/child

**Tricky Turkeys**

**(2-5 yrs.)** Do you know a jake from a jenny? Baby turkeys and their grown-ups are surprisingly curious creatures. Find out about these birds through a story, song and craft. Children must be accompanied by an adult. Don't miss this Falltastic program!

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	6AD.CNBC	11/18	\$10/child
HiddenOaks	Sa	11am	6AD.ADUM	11/18	\$10/child

**Children's Programs****Artful Birdfeeders**

**(5-12 yrs.)** Make a birdfeeder with United Artisans Inc local artists. Use paint, ribbons, found woodland objects, colorful paper and more to create your own design. Bring a half gallon paper carton. Adult must attend with children under 10 years of age.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	7IC.NWPY	9/9	\$8/child

**All About Apples**

**(5-8 yrs.)** Join us to learn all about apples, do a taste test, an apple craft and explore the many facets of Fall's favorite fruit.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1:30pm	Z10.5MGB	9/10	\$8/child

**All About Pumpkins**

**(5-8 yrs.)** Discover all the gourd-y details about pumpkins. Let's take a look inside and discover the many features and uses of this versatile fruit. Craft included.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1:30pm	5JZ.S7CI	10/7	\$8/ea.

**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. One adult only per registered child.

**1--45 minute program**

Location	Day	Time	Code	Date	\$
HiddenOaks	F	6:30pm	6CC.FZ65	10/13	\$10/child
HiddenOaks	Sa	6:45pm	6CC.BYAF	11/4	\$10/child

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes)

**Family/All Ages****Amazing Spiders**

**(6-Adult)** Spiders are amazing, helpful predators! Learn amazing spider facts, search for spiders outside and draw some spiders and webs. Rain or shine, many spiders are under the nature center's sheltered, overhanging roof. A paying adult must accompany children in the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	12:30pm	SH3.YJKM	9/16	\$8/ea.

**Monarch & More**

**(4-Adult)** Learn how to identify and discover the fascinating life cycle of monarchs and other butterflies. The nature center raises monarchs annually for tagging and release. If available, at least one monarch will be tagged during the program. Due to the dramatic decline in the monarch butterfly population, wild monarchs may not be available for tagging. Visit a Monarch waystation and native butterfly garden. Learn about the monarch migration, its challenges and how you can make a difference. Children must attend with an adult and all attendees must register.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	3pm	1CF.6KVD	9/16	\$8/ea.
HiddenOaks	Su	1:30pm	1CF.FCA3	9/24	\$8/ea.

**Nature Walk with a Police Officer**

**(All Ages)** Families are invited to join a naturalist to stroll and explore along the Old Oak Trail. As summer turns to fall, we will roll logs, peek into the pond, and search the forest floor. We'll learn about safety while being a nature detective! An officer from the community outreach of Mason District FCPD will join us in this investigation.

**1--Free Program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	0RQ.4SL1	9/30	Free

**Monarch Tag and Tea**

**(4-Adult)** Parents and children sip tea and enjoy meeting and tagging live monarch butterflies. Release ceremony after the tea party. Tea treats include sweets from the Michoacan area of Mexico, the ultimate destination of the monarchs now traveling through Virginia. Children must be accompanied by an adult registered and paid in this program.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	5ED.IUMA	10/1	\$15/ea.

**All About Owls Campfire**

**(4-Adult)** Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather. Children must be accompanied by a registered adult.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	7pm	232.D9TN	10/8	\$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. \$25 supply cost will be included at check out.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	4W2.0IPW	10/14	\$15/ea.







## Fear-less Fest

**(3-Adult)** Greet costumed characters, including a black widow spider, raccoon, deer, and owl, along a woodland trail who each explain why they have undeserved scary reputations. Great for scout groups. Come in costume. Children must be accompanied by an adult who is also registered in the program. Guided trail walk and activities take approximately 75 min. to complete; start times staggered to maximize your experience with each character!

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	5:30pm	FF7.UC2H	10/28	\$8/ea.
HiddenOaks	Sa	6:15pm	FF7.2FCR	10/28	\$8/ea.
HiddenOaks	Sa	7pm	FF7.QD0V	10/28	\$8/ea.

## American Indian Games & Crafts

**(4-Adult)** Play traditional Eastern Woodland Indian games of skill and luck which were common during the period of first European contact. Enjoy oral storytelling. Make a game to take home. Children must be accompanied by a registered adult.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1:30pm	F14.KJW1	11/12	\$8/ea.
HiddenOaks	Su	3pm	F14.R00Q	11/12	\$8/ea.

## Teen/Adult Programs

### Drawing and Investigating Spiders

**(16-Adult)** Learn more about these helpful predators on a hike in the park. Program includes natural history information, drawing tips, and local spider identification. Rain or shine, many spiders are under the nature's center's sheltered, overhanging roof.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	V91.MD9D	9/16	\$20/ea.

## Drawing and Learning About Evergreens

**(16-Adult)** Winter is a great time to search for evergreens. Learn about evergreen lore and identification on a hike, then return to the classroom to draw or paint local evergreens including ferns, Virginia pine, spruce, holly, partridge berry and more. Learn which animals depend on evergreens throughout the winter. Your choice of watercolor or colored pencils.

### 1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	9am	231.YKAY	11/19	\$25/ea.

## Hidden Pond Nature Center



8511 Greeley Boulevard, Springfield, Va.  
703-451-9588

[www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond)

Beautiful scenery, extensive woodland trails and abundant wildlife supported by Pohick Creek surrounding Hidden Pond Nature Center. Features include:

- Nature center exhibits
- Nature trail
- Pond
- Tot playground
- Picnic shelter

### Hours and Admission

The **Nature Center** is open Monday-Friday, 9 a.m.-5 p.m. (closed on Tuesdays) and Saturday-Sunday, 12-5 p.m. Group programs are available by request. **Park grounds** open dawn to dusk.

## Children's Programs

### 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. No class on 9/20 and 10/11.

### 6--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	W	5pm	555.U7TW	9/6	\$54/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

Location	Day	Time	Code	Date	\$
HiddenPond	M	11am	741.NPP7	9/11	\$32/child
HiddenPond	Th	11:30am	741.2R0L	11/2	\$32/child

## Pohick Creek Exploration

**(8-12 yrs.)** Join a park staff member at our wonderful creek where they can catch and identify creek critters that call this tributary of the Potomac River home. Program will touch base on geological influences which help to determine why some species occur where they do. Park has some waders; wear clothing and footwear that can get wet. Nets and their proper use will be covered. Program is weather dependent.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	M	12pm	3U5.J3ZZ	10/9	\$20/ea.
HiddenPond	M	12pm	3U5.2NAM	11/6	\$20/ea.

## Pohick Jr.

**(6-8 yrs.)** This program focuses on the same types of topics as our popular Pohick Rangers series (wetland diversity, forest ecosystem, insects, wildlife, etc.) but with an age-appropriate approach with more games and craft activities to enhance the outdoor exploration.

### 4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	M	5pm	65B.00FF	10/16	\$32/child

## Haunted Pond

**(6-12 yrs.)** This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, a campfire with spell-binding stories, s'mores and more. Scary stories told in the last 30 minutes.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	7pm	BAE.RWJ2	10/21	\$10/child

## Haunted Pond Jr.

**(3-6 yrs.)** This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, a campfire with spell-binding stories, s'mores and more. The stories are 'not so scary' as we don't want to frighten you.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	4:30pm	946.5T1Q	10/21	\$12/child

## Homeschool Programs

### 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 other week.

### 6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.TOYW	9/5	\$85/child



All programs and activities will follow current health safety protocols.

**Family/All Ages****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.H20J	9/20	\$7/ea.
HiddenPond	W	5:30pm	46D.W24A	10/11	\$7/ea.

**Fall Nature Appreciation & Celebration**

**(3-Adult)** November is National Gratitude Month. Learn why we appreciate trees, forests, streams, and the wildlife they contain. Join us for a hike to enjoy the fall foliage and observe our waterways. Make a craft to take home to remember to be thankful for nature!

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	1pm	VU5.K1KD	11/4	\$10/ea.

**Campfire Programs****Campfire Fridays**

**(5-Adult)** Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

**1--1 hour 30 minute campfire**

Location	Day	Time	Code	Date	\$
HiddenPond	F	7pm	546.R5M0	9/8	\$10/ea.
HiddenPond	F	6:30pm	546.9SB8	10/6	\$10/ea.

**Huntley Meadows Park and Visitor Center**

3701 Lockheed Blvd., Alexandria, Va.  
703-768-2525

[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)

One of Fairfax County Park Authority's largest parks (1,500 acres), Huntley Meadows offers opportunities for some of the best wildlife watching around!

**Features include:**

- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits
- Outdoor classroom

**Hours and Admission**

**Visitor Center** open Monday-Friday, 9 a.m.-5 p.m. (closed Tuesday) and weekends, 12-5 p.m. All programs require reservations. Private programs also available upon request. For more information visit the website or call the park directly. **Park grounds** open dawn to dusk.

**Children's Programs****Minecraft in the Woods**

**(6-12 yrs.)** Get wood, build a shelter, find food, and survive the monsters! Learn to take your Minecraft skills out into the real world with this adventurous program.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdw	W	1pm	1F6.TW5I	10/25	\$12/child

**Homeschool Programs****Homeschool Wilderness Skills-Fall**

**(7-12 yrs.)** Learn orienteering skills such as using a compass and reading maps and stars at night to find your way. Learn how to track animals and read the natural landscape around you to help you survive. Shelter building, fire building, guided nature hikes and engaging activities aid in our wilderness skills development. \$5 supply fee due to instructor first class.

**4--2 hour programs**

Location	Day	Time	Code	Date	\$
HuntMdw	F	2pm	D2D.3GHN	9/15	\$72/child

**Family/All Ages****Netting for Bugs**

**(4-Adult)** Join park naturalists for a fun day using sweep nets to catch flying insects and roll logs to look for life beneath the leaf litter like slugs and worms. Use a magnifying glass to get up close to examine these amazing tiny animals and learn about their fascinating lives. This rare opportunity to catch animals is

possible through the guidance of our park naturalists. Children must be accompanied by registered adult.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdw	F	1pm	9C8.WBPZ	9/1	\$9/ea.

**Catch a Critter!**

**(4-Adult)** Grab a net and join us for a special day with a park scientist to see, touch, and study wetland creatures up close and personal. Use magnifying lenses to study their unique characteristics. This rare opportunity to dip-net in the wetland is possible through the guidance of our park naturalists.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdw	Su	1pm	F81.BLYT	9/10	\$10/ea.
HuntMdw	Su	3pm	F81.8P1I	10/1	\$10/ea.
HuntMdw	W	3pm	F81.2NBV	11/1	\$10/ea.

**Twilight Boardwalk Stroll**

**(6-Adult)** Join a park naturalist for a guided walk along the forested paths to the wetland and experience the park as it transitions from day into night. Watch and listen for nocturnal residents such as beavers and owls.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdw	F	6:30pm	343.6YT5	9/15	\$10/ea.
HuntMdw	F	4:45pm	343.1491	11/3	\$10/ea.

**Galaxy Gazing-Jupiter and Saturn**

**(6-Adult)** Turn your eye to the sky and join a park naturalist as we peer through the telescope towards two visible planets in our solar system on this night, Jupiter and Saturn. How are these planets different from earth? Explore the galaxy with us.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdw	Sa	8pm	50C.JDA4	9/16	\$10/ea.

**Bat Night**

**(6-Adult)** Join a naturalist to discover the facts, fiction and folklore about nature's only true flying mammal- bats! We will set the record straight about these incredible but often-misunderstood group of animals. The program will start with a presentation followed by a night walk where we will use a special acoustic device to listen for and identify bat calls not heard with the human ear.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdw	Sa	5:45pm	5B9.BZ0Y	10/7	\$9/ea.
HuntMdw	Su	5:30pm	5B9.2WII	10/22	\$9/ea.

**Corn Grinding & Clay Pottery**

**(4-Adult)** Learn how the Powhatan Native Americans used plants and animals you see every day for their medicine and grocery store, 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	\$
HuntMdw	Su	2pm	147.NVCN	10/15	\$12/ea.
HuntMdw	M	2pm	147.UMQH	11/27	\$12/ea.



## Hot Cocoa Wetland Night Hike

**(4-Adult)** Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste. Children must be accompanied by registered adult.

### 1--1 hour 30 minutes program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5pm	756.A374	10/28	\$10/ea.
HuntMdws	Sa	4pm	756.7MVO	11/18	\$10/ea.
HuntMdws	Su	4pm	756.NE2G	11/26	\$10/ea.

## Fall Full Moon Hike

**(4-Adult)** Join us for a rare opportunity to explore the boardwalk under a bright full moon on this fall evening. We will look and listen for wildlife as we explore the forest and marsh trails. Don't miss this Falltastic program!

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	490.E8WC	10/28	\$9/ea.

## Family Owl Outing

**(6-Adult)** Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls. Children must be accompanied by a registered adult.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	4pm	A78.7YB2	11/12	\$9/ea.



## Fairfax Poet Laureate -

### Huntley Meadows Workshop

**(8-Adult)** Hosted by ArtsFairfax and the Fairfax Poet Laureate, come celebrate a new poetry series called "Poetry in the Parks." The fourth event in this series will be a generative writing workshop of poetry at Huntley Meadows Park. This event will begin with a naturalist guided tour of Huntley Meadows Park and will conclude at the visitors center where attendees will be provided with poetry examples, writing prompts and an opportunity to share their poetry inspired by the park. Learn about the amazing wetlands and waterfowl of Huntley Meadows and share your poetic meditations on the natural world.

### 1--Free Program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	1:30pm	NS1.NI4X	11/4	Free

## Adult Programs

### Autumn Equinox Evening Hike

**(Adults)** Welcome the first night of fall with a pleasant evening tour of the park at sunset. Learn about common wildlife in the marsh and where to find them.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	6pm	6B8.PJW0	9/23	\$9/ea.

## Owl Outing

**(Adults)** These nocturnal raptors are pair-bonding and looking for nesting sites at this time of year. Prowl the park after dark to listen for and learn about our local owls and possibly see a barred owl. Meet at the Visitor Center and dress for the weather and standing off trail.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5pm	6B8.C3D8	11/4	\$10/ea.
HuntMdws	Sa	3:30pm	6B8.1PGD	12/2	\$10/ea.

## Sketch Hike Programs

### Sketch Hike Fall Wildflowers ID

**(10-Adult)** Turtlehead, jewelweed, seed box, cardinal flowers; come see our beautiful fall wetland flowers. Discover how they live and how to draw them. Drawing materials included in the cost, courtesy of the RunningBrooke Fund.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	736.3RM6	9/23	\$18/ea.

### Sketch Hike Fall Color Snap

**(10-Adult)** What's that chill in the air? How do plants and animals adapt to the coming seasonal change? Join us for a hike and learn how to draw a beautiful autumn scene. Drawing materials included in the cost, courtesy of the RunningBrooke Fund. Don't miss this Falltastic program!

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	B68.PCIZ	11/4	\$18/ea.



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

## Lake Accotink Park



7500 Accotink Park Road, Springfield, Va.  
703-569-0285  
www.fairfaxcounty.gov/parks/accotink

## Homeschool Programs

### 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	\$
LkAccotnkPk	T	10am	494.8B6W	9/12	\$8/child
LkAccotnkPk	T	10am	494.HPDZ	9/26	\$8/child
LkAccotnkPk	T	10am	494.W4KO	10/10	\$8/child
LkAccotnkPk	T	10am	494.MWJH	10/24	\$8/child
LkAccotnkPk	T	10am	494.RA0B	11/7	\$8/child
LkAccotnkPk	T	10am	494.RIKF	11/21	\$8/child

## Family/All Ages

### Lake Life

**(2-Adult)** Meet a naturalist and explore the lake. Bring old shoes that can get wet and muddy. Join us as we search for tadpoles and dragonfly nymphs to catch and release. Children must be accompanied by a registered adult.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccotnkPk	F	2:30pm	ARL.ZBHH	9/1	\$8/ea.

### Foraging for Wild Edibles

**(9-Adult)** With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccotnkPk	Sa	9am	8Y3.DY3W	9/23	\$10/ea.

### Terrific Turtles

**(5-Adult)** Join a naturalist to meet and learn about the turtles that live in Fairfax County then hit the trail in search of native turtles. Dress for the weather and wear comfortable shoes. Meet at the campground office.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccotnkPk	Sa	11am	306.PU48	9/23	\$8/ea.



All programs and activities will follow current health safety protocols.

**Fungus Among Us**

**(4-Adult)** Get down and dirty with a naturalist and see how another kingdom lives. Investigate how one of our most common decomposers survives and thrives in our own woods.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	1:30pm	EFB.RFUS	9/23	\$8/ea.

**Fall Full Moon Hike**

**(4-Adult)** Join us for a rare opportunity to explore the boardwalk under a bright full moon on this fall evening. We will look and listen for wildlife as we explore the forest and marsh trails.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkAccontPk	F	7:30pm	490.GR4H	9/29	\$9/ea.

**Bats Class**

**(7-Adult)** Learn about our native bats and their habits as we walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. Children must be accompanied by a registered adult.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	F	7pm	COE.OA8D	10/13	\$8/ea.
LkAccontPk	F	7:30pm	COE.2T2K	10/27	\$8/ea.

**Beginning Birdwatching & More**

**(4-Adult)** Borrow child or adult binoculars (sanitized) for a view of outdoor bird feeding stations. Learn identification tips by sight and sound and how to make your yard more attractive to preferred species. Registration required for children and adults.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Su	8:30am	MY4.6VJB	10/22	\$8/ea.
LkAccontPk	Sa	8:30am	MY4.KKNN	11/11	\$8/ea.

**Colors of the Forest**

**(7-Adult)** Fall foliage is a sight to behold, but why do leaves turn colors? Get into the science of it. Hike through the park with a naturalist to find out what else is falling from the trees.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	2pm	OFC.ANFO	11/4	\$8/ea.
LkAccontPk	Su	2pm	OFC.Y6D6	11/12	\$8/ea.

**Teen/Adult Programs****Learning to Sketch in Nature**

**(12-Adult)** Join a park naturalist for a short hike as we observe and capture images of nature using pencil and paper. Improve your sketching and nature journaling as we practice shading, form, and other skills. ea. session will include a different theme or topic depending on the season. You are encouraged to bring your own journal/notebook and materials, but paper and pencils will be provided.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	2pm	WT9.40ID	9/9	\$15/ea.
LkAccontPk	Sa	2pm	WT9.R55G	9/30	\$15/ea.
LkAccontPk	Sa	2pm	WT9.61AZ	10/21	\$15/ea.
LkAccontPk	Sa	2pm	WT9.LIV1	11/11	\$15/ea.

**Skulls and Skeletons**

**(16-Adult)** This class will teach you about the skulls and skeletons of local animals using materials found in Fairfax County parks. You will learn to identify skulls and see all types of bones and learn how similar four-legged mammals really are on the inside.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	F	6pm	KT1.U03F	10/27	\$9/ea.
LkAccontPk	Sa	4pm	KT1.BWAC	11/04	\$9/ea.

**Campfire Programs****Campfire Fridays**

**(3-Adult)** Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

**1--1 hour campfire**

Location	Day	Time	Code	Date	\$
LkAccontPk	F	7:30pm	546.CBP6	9/8	\$8/ea.
LkAccontPk	F	7pm	546.WYLB	9/22	\$8/ea.
LkAccontPk	F	7pm	546.VCF7	10/6	\$8/ea.
LkAccontPk	F	6:30pm	546.XHJW	10/20	\$8/ea.
LkAccontPk	F	6:30pm	546.XTGI	11/3	\$8/ea.
LkAccontPk	F	5:30pm	546.JCZ8	11/17	\$8/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. Children must be accompanied by a registered adult.

**1--1 hour 30 minute campfire**

Location	Day	Time	Code	Date	\$
LkAccontPk	W	8pm	193.GFJI	8/30	\$10/ea.

**Lake Fairfax Park**

1400 Lake Fairfax Drive, Reston, Va.

703-471-5415

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

Lake Fairfax Park is a 476-acre park, boasting fully wooded campsites surrounded by more than five miles of trails. The 18-acre lake is home to many species of waterfowl, fish, and reptiles. The lake is surrounded by a forest. The unique habitats around the lake provide resources for nature programs and is a popular spot to learn about wildlife.

**Family/All Ages****Invasive Plant Identification Walk**

**(8-Adult)** Identify some of Fairfax County's common invasive plant species. Explore ways to lessen these plants around your home.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Th	6pm	660.MG83	9/7	\$8/ea.

**Bats Class**

**(7-Adult)** Walk the meadows and forest edges to see bats feeding on insects. Use a bat detector to hear echolocation. Learn about our native bats and their habits. Children must be accompanied by a registered adult.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Th	8:30pm	COE.3EYA	9/21	\$8/ea.

**Hike with a Naturalist**

**(8-Adult)** Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to use the iNaturalist app to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a different theme and may include: salamanders, birds and other wildlife, wildflowers, trees and other plants, Nature Photography, Cultural History, or a scenic destination.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2:30pm	XTG.06IW	10/7	\$8/ea.
LkFairfaxPk	Th	5pm	XTG.TVDV	10/19	\$8/ea.
LkFairfaxPk	Su	11am	XTG.5YP6	11/19	\$8/ea.



**Life in the Underworld**

**(4-Adult)** Come and explore the "underworld" under fallen logs. Discover the bugs, fungus and salamanders that live under the forest floor. Collect, examine and identify creatures using magnifiers and microscopes. Learn about their important jobs as pollinators and decomposers through projects and scientific investigations.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	6JA.DSJR	10/8	\$8/ea.

**Colors of the Forest**

**(7-Adult)** Fall foliage is a sight to behold, but why do leaves turn colors? Get into the science of it. Hike through the park with a naturalist to find out what else is falling from the trees.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	0FC.GF80	10/15	\$8/ea.
LkFairfaxPk	Su	1pm	0FC.76KT	10/29	\$8/ea.

**Animal Adaptations**

**(4-Adult)** Many animals have unusual physical and behavioral adaptations that enable them to get a meal or to keep from being a meal. Compare and contrast the adaptations of deer, owls, squirrels and turtles. Registration required for children and adults. Program is outdoors.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	11am	1R3.MN02	10/22	\$8/child

**Owl Walk and Talk**

**(4-Adult)** Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. Enjoy a story, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll. Children must be accompanied by an adult who is also registered in the class.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	4pm	7X8.KD14	11/5	\$8/ea.

**Teen/Adult Programs****Tree ID-Bark & Buds**

**(14-Adult)** Learn how to identify tree species even after the leaves and fruit are gone. Join us as we get to know a different side of local trees.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	BD1.TKGY	11/11	\$9/ea.

**Campfire Programs****Campfire Fridays**

**(3-Adult)** Join us for an evening campfire the whole family can enjoy. Explore the wonders of our nature through walks, interactive activities and animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	F	7:30pm	546.MPCP	9/15	\$10/ea.
LkFairfaxPk	F	7:30pm	546.IU61	9/29	\$10/ea.
LkFairfaxPk	F	7pm	546.P53B	10/13	\$10/ea.
LkFairfaxPk	F	6pm	546.KKPD	10/27	\$10/ea.
LkFairfaxPk	F	5pm	546.4EWL	11/10	\$10/ea.

**Riverbend Park**

**8700 Potomac Hills St.  
Great Falls, Va. 22066  
703-759-9018**

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

Fairfax County Park Authority's only riverfront park has 418 acres of forest, meadows and ponds.

**Nature highlights include:**

- Extraordinary river views
- Spectacular wildflowers and birds
- 10+ miles of trails
- Potomac Heritage Trail
- Fishing
- Kayak and canoe rentals seasonally
- Public boat ramp (river levels permitting)
- Visitor Center with snack bar, gift shop and exhibits

**Hours**

**Visiting center** open Monday-Friday 9 a.m.-5 p.m. (closed Tuesday) and Saturday & Sunday, 12 p.m.-5 p.m. Enjoy the riverside picnic area with grills or relax on the deck overlooking the Potomac River. The park's picnic shelters are available by reservation.

**Family/All Ages****Life in the Underworld**

**(4-Adult)** Come and explore the "underworld" under fallen logs. Discover the bugs, fungus and salamanders that live under the forest floor. Collect, examine and identify creatures using magnifiers and microscopes. Learn about their important jobs as pollinators and decomposers through projects and scientific investigations.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	11am	6JA.S5FA	9/23	\$8/ea.
Riverbend Pk	Su	11am	6JA.LMOB	10/29	\$8/ea.

**Autumn Leaves Hike & Craft**

**(5-Adult)** Hike through the fall foliage, identify trees. Find that perfect autumn leaf and make a craft keepsake. Registration is for a Family of up to four people.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	1C0.TMHW	10/14	\$8/ea.
Riverbend Pk	Sa	1pm	1C0.GWRS	10/28	\$8/ea.

**Colors of the Forest**

**(7-Adult)** Fall foliage is a sight to behold, but why do leaves turn colors? Get into the science of it. Hike through the park with a naturalist to find out what else is falling from the trees.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	0FC.M406	10/15	\$8/ea.
Riverbend Pk	Su	2pm	0FC.9NZ5	10/29	\$8/ea.

**Teen/Adult Programs****Goldenrods and Asters - Fall Wildflowers**

**(12-Adult)** Stroll along the riverbank in search of our fall wildflowers and learn some of the folklore associated with them.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	CA4.SLAG	9/3	\$11/ea.
Riverbend Pk	Su	10am	CA4.ISP1	9/17	\$11/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.9YHL	9/10	\$12/ea.
Riverbend Pk	Su	10am	LUX.MUCU	9/24	\$12/ea.





## Outdoor Recreation



### Burke Lake Park

7315 Ox Road  
Fairfax Station, Va. 22039  
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 (unless used for fishing) and swimming are prohibited. Park grounds and restrooms are open daily, closed only on Dec. 25. Rowboat rentals available. For hours and fees, visit the website or call the park.



### Lake Accotink Park

7500 Accotink Park Road  
Springfield, Va. 22150  
703-569-0285

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

Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family!

- Boating
- Fishing (Va. fishing license required)
- Trails
- Picnic areas with grills
- Bike rentals
- Kayak and pedal boat rentals
- Playground
- Mini Golf
- Carousel

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.



### Lake Fairfax Park

1400 Lake Fairfax Drive  
Reston, Va. 20190  
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
- Carousel
- Boat rentals
- Water Mine Family Swimmin' Hole

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats and swimming in the lake are prohibited. For hours and fees, visit the website or call the park.



### Riverbend Park

8700 Potomac Hills Street  
Great Falls, Va. 22066  
703-759-9018

[www.fairfaxcounty.gov/parks/riverbend/](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

### Birding for Beginners

(12-Adult) Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion. Children ages 12 to 16 must be accompanied by a registered adult.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	7am	A4F.1T82	11/19	\$12
CubRunREC	Sa	9am	A4F.E141	10/7	\$8
HuntMdws	Su	8am	A4F.IGNG	9/17	\$19
LkFairfaxPk	Su	9:30am	A4F.6GJF	9/3	\$12

### Birding by Kayak-Single

(13-Adult) Enjoy a naturalist-led birding trip by kayak. Park Authority lakes are home to more than 100 species of birds and holds many unique habitats. See how these small vessels can provide a closer look into the world of birds. Travel in a one-person kayak.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkAccotinkPk	Su	8am	218.A4UC	9/17	\$43
LkAccotinkPk	Su	8am	218.L2SE	10/8	\$43

## Camping Programs

### Family Campout

(5-Adult) Burke Lake Park is the perfect setting for a family campout and we're making it even better. Join us for planned events such as a campground orientation, guided nature programs and hike, DIY campfire and s'more supplies, and fishing. All the programs above and one campsite with one bundle of wood is included with each registration. Program starts at 2 p.m. on Saturday and ends at 11 a.m. on Sunday. One registration per family.

#### 1--family reservation

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	2pm	9C3.F59L	9/2	\$102
BurkeLakePk	Sa	2pm	9C3.2ADS	10/21	\$102





## Get your boating fun in before winter comes!

### Intro to Kayaking

Saturdays, September 2 & October 1  
2-4 p.m.  
Lake Fairfax Park

### Kayaking Basics

Saturdays, September 9 & September 30  
9-10:30 a.m.  
Lake Accotink Park

### Kayaking Skills

Saturdays, September 9 & September 30  
11 a.m.- 12:30 p.m.  
Lake Accotink Park

### Nature Kayaking

Saturday, September 16 • 2-4 p.m.  
Lake Fairfax Park  
Sunday, October 15 • 10 a.m.-Noon  
Burke Lake Park

### Sunrise Kayak

Sunday, September 17 • 7-9 a.m.  
Burke Lake Park

### Twilight by Kayak

Thursday, September 21  
Lake Accotink Park  
Friday, September 29 & October 20  
Burke Lake Park  
6:30-8:30 p.m.

### Twilight by Kayak -

### Draconids Meteor Shower

Saturday, October 7 • 6:30-8:30 p.m.  
Burke Lake Park

### Fall Foliage Kayak Expedition

Sunday, October 22 & November 5  
10 a.m.-Noon  
Lake Accotink Park



### 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	\$
LkFairfaxPk	Su	2pm	U4B.8BWI	11/19	\$10

### Fishing Programs

#### Fishing for Parent and Child

**(5-Adult)** In this introductory course parents and children will learn how to fish together. The class begins with the basics including how to rig and use a fishing rod, safety, environmental awareness and fishing. Rod and bait will be provided. Each person must register. Participants 16 and older must have valid Virginia fishing license.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccotinkPk	F	4pm	BC9.9NX9	9/1	\$12
LkFairfaxPk	Su	10am	BC9.5IHG	9/10	\$12
LkAccotinkPk	Sa	12pm	BC9.TN87	11/4	\$12

#### Family Fishing

**(5-Adult)** Come out and enjoy some guided fishing with a park naturalist at Burke Lake Park. Program meeting location will be emailed to registered participants a day before the program date. Equipment and bait provided.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	9am	UMS.MO9E	9/10	\$12
BurkeLakePk	Sa	9am	UMS.9KEO	10/7	\$12

### Family Fishing at Sunset

**(4-Adult)** Fish like to come up to eat when the water cools after a hot day. Join us for a beginning fishing lesson that might end up as a Fish Dinner! Fishing License required.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	6pm	2E6.846I	9/22	\$12

### Kayaking Programs

#### Intro to Kayaking

**(12-Adult)** This introductory-level class is perfect for beginners or for those who want to learn how to paddle more efficiently. Learn about different kayaks, paddles, personal flotation devices and safety gear. On the water learn to move the boat in every direction using forward and reverse strokes, a turning stroke, a slice stroke and stopping maneuvers.

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	16A.998Q	9/2	\$43
LkFairfaxPk	Su	2pm	16A.FYOS	10/1	\$43

#### Fall Foliage Kayak Expedition

**(13-Adult)** Enjoy a new perspective of fall colors at Lake Accotink this season aboard one of our kayaks. Our expedition takes us to the northern part of the lake to see glorious natural tunnels of orange, yellow and red leaves. Previous kayak experience is necessary. Don't miss this Falltastic program!

#### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkAccotinkPk	Su	10am	CBC.5DLG	10/22	\$43
LkAccotinkPk	Su	10am	CBC.XJXM	11/5	\$43



All programs and activities will follow current health safety protocols.

## Kayaking Basics

**(12-Adult)** Learn the fundamentals of kayaking in a relaxed and comfortable setting. Discover proper strokes and paddling techniques. Understand the basics of water safety and how to plan a pleasant paddling experience. All kayaks, paddles and necessary safety equipment is included.

### 2--1 hour, 30 minute lessons

Location	Day	Time	Code	Date	\$
LkAccotinkPk	Sa	9am	MVW.10US	9/9	\$64
LkAccotinkPk	Sa	9am	MVW.3T6M	9/30	\$64

## Kayaking Skills

**(12-Adult)** This course is designed to complement the Kayaking Basics Class and for students that have some experience and wish to practice skills in open water conditions. All kayaks, paddles and necessary safety equipment is included.

### 2--1 hour, 30 minute lessons

Location	Day	Time	Code	Date	\$
LkAccotinkPk	Sa	11am	X7T.IBCE	9/9	\$64
LkAccotinkPk	Sa	11am	X7T.5VDL	9/30	\$64

## Nature Kayaking

**(12-Adult)** Paddle with a naturalist to learn about the flora and fauna that call the lake it's home. Find out what's growing along the lake's edge, who likes to wade in the water, and what might be swimming underneath you right now. Single kayaks and all equipment provided

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	YCJ.VWDE	10/15	\$43
LkFairfaxPk	Sa	2pm	YCJ.OZL7	9/16	\$43

## Sunrise by Kayak

**(12-Adult)** Watch the sunrise on the lake as the wild-life wakes up and welcomes the new day. Listen to the birds tweeting, the insects chirping, and the frogs calling as you paddle around the lake. Single kayaks and all equipment provided

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	7am	TVH.B410	9/17	\$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	\$
LkAccotinkPk	Th	6:30pm	CA1.ADV9	9/21	\$43
BurkeLakePk	F	6:30pm	CA1.3TXF	9/29	\$43
BurkeLakePk	F	6:30pm	CA1.40BS	10/20	\$43

## Twilight by Kayak -

### Draconids Meteor Shower

**(12-Adult)** You can see so many stars from the lake! Catch a glimpse of the Draconids Meteor Shower as it begins at dusk. A Naturalist will guide you as you paddle across the lake.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	6:30pm	O0E.L0T2	10/7	\$43



## Other Programs

### Geocaching Workshop

**(8-Adult)** Students learn to use hand-held Global Positioning System (GPS) units to locate hidden treasure caches within the park. After learning how to enter latitude and longitude coordinates into a GPS, students follow the coordinates to find a hidden object, container or unique geological feature. Bring your own GPS; a limited number are available to borrow from instructor at class.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	197.EUPR	9/9	\$23

### Geocaching Adventures

**(8-Adult)** Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all! Equipment provided.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	K98.0G4C	11/18	\$23



## FCPA FARMERS MARKETS 2023

Buy Fresh, Buy Local.



Use your SNAP benefits at select Farmers Markets and get up to \$30 dollars worth of additional fruits and vegetables for FREE. Swipe your EBT card in exchange for tokens that can be used like cash (only at the Market which they were purchased). Tokens never expire.

## WEDNESDAYS

McCutcheon/Mt.Vernon  
Sherwood Library

April 19-December 20 • 8 a.m.-Noon

2501 Sherwood Hall Lane, Alexandria  
SNAP accepted, bonus dollar program!



Oak Marr Rec Center

May 3-November 8 • 8 a.m.-Noon

3200 Jermantown Road, Oakton

Wakefield Park

May 3-October 25 • 2 - 6 p.m.

8100 Braddock Road, Annandale

SNAP accepted, bonus dollar program!



## THURSDAYS

Annandale • Mason District Park

May 4-November 2 • 8 a.m. - Noon

6621 Columbia Pike, Annandale

SNAP accepted, bonus dollar program!



Old Town Herndon

May 4-November 9 • 8 a.m.-12:30 p.m.

700 Block of Lynn St., Herndon

## FRIDAYS

McLean • Lewinsville Park

May 5-November 17 • 8 a.m.-Noon

1659 Chain Bridge Road, McLean

Kingstowne Towne Center

May 5-October 27 • 3-7 p.m.

5870 Kingstowne Towne Center, Alexandria

## SATURDAYS

Burke • VRE parking Lot

April 22-December 16 • 8 a.m.-Noon

5671 Roberts Parkway, Burke

Reston • Lake Anne Village Center

April 29-December 2 • 8 a.m.-Noon

1609-A Washington Plaza, Reston

SNAP accepted, bonus dollar program!



## SUNDAYS

Lorton • VRE parking Lot

May 7-November 19 • 9 a.m.-1 p.m.

8990 Lorton Station Boulevard, Lorton

SNAP accepted, bonus dollar program!



## COMPOST

AT FCPA FARMERS MARKETS



For information and directions, visit:  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)  
or call 703-642-0128



## Performing Arts

### Please note:

- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

### Drama Classes

#### Act Up! Little Mermaid

**(7-14 yrs.)** In this class, young performers will take center stage to perform original scenes inspired by "The Little Mermaid". Parents are invited to a mini-performance during the final class, plus a cast party for the students. Taught by Moonlit Wings, this award-winning program is jam-packed with acting, music, improvisation games and new theatrical surprises every week!

**DPVD 7---1 hour 25 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	11:30am	PZL.6272	10/7	DPVD
FranconiaREC	M	6:30pm	PZL.01XI	10/2	DPVD
SoRunREC	T	6:30pm	PZL.ES3B	10/3	DPVD
CubRunREC	W	6:30pm	PZL.E7FE	10/4	DPVD
SpHillREC	Th	6:30pm	PZL.6ARY	10/5	DPVD
Lane ES	W	6:30pm	PZL.F4V1	10/4	DPVD
Flinthi ES	Su	11:30am	PZL.MZ0C	10/8	DPVD
Wkfld/Moore	Sa	2pm	PZL.G06T	10/7	DPVD

#### Act Up! Wonderful Wizards & Witches

**(7-14 yrs.)** Inspired by magical characters such as "Wednesday" and "Harry Potter", young performers act out enchanting stories in this class by Moonlit Wings Productions. Parents are invited to a mini-performance during the final class, plus a cast party celebration for the students. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises every week!

**DPVD 7---1 hour 25 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	10am	SBL.REZ5	10/7	DPVD
FranconiaREC	M	5pm	SBL.IHA4	10/2	DPVD
SoRunREC	T	5pm	SBL.2KU0	10/3	DPVD
CubRunREC	W	5pm	SBL.HQXK	10/4	DPVD
SpHillREC	Th	5pm	SBL.OUK8	10/5	DPVD
Lane ES	W	5pm	SBL.0D2J	10/4	DPVD
Flinthi ES	Su	10am	SBL.L45R	10/8	DPVD
Wkfld/Moore	Sa	3:30pm	SBL.75J3	10/7	DPVD

**Qualified instructors needed to teach children's classes**

Contact Jennifer Braun 703-324-5540 or e-mail [instructors@fairfaxcounty.gov](mailto:instructors@fairfaxcounty.gov).



### Actors Broadway & College Prep

**(12-18 yrs.)** In this Moonlit Wings class, students learn acting, singing and dancing skills to help prepare for Broadway or college performing arts program auditions. From monologues to scenes and songs, aspiring actors interested in pursuing a triple-threat training will explore mock auditions each week with lessons inspired by Broadway open-calls and college program admissions. Moonlit Wings award-winning programs are taught by industry professionals and packed with helpful resources for each performer to shine. Supply fee of \$15 payable to the instructor at first class.

**DPVD 7---1 hour 25 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Oakton ES	Sa	10am	PEK.CSPK	10/7	DPVD
GreenBrW ES	T	5pm	PEK.K9T9	10/3	DPVD
LaurelHI ES	W	5pm	PEK.HKLV	10/4	DPVD
OakVw ES	Th	5pm	PEK.Q1RY	10/5	DPVD

### Actors Film & Auditions Prep

**(12-18 yrs.)** In this Moonlit Wings class, students interested in acting on-camera learn how to get started and audition for film and television roles. Aspiring actors discover how to submit for local and Hollywood auditions, where to find a talent agent and explore scene study to help you book roles. Moonlit Wings award-winning programs are taught by industry professionals and packed with helpful resources for each performer to shine. Supply fee of \$15 payable to the instructor at first class.

**DPVD 7---1 hour 25 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Oakton ES	Sa	11:30am	THO.ODS4	10/7	DPVD
GreenBrW ES	T	5pm	THO.JV06	10/3	DPVD
LaurelHI ES	W	5pm	THO.DRDU	10/4	DPVD
OakVw ES	Th	5pm	THP.UKRS	10/5	DPVD

### Music Classes

#### Reading Music for Non-Musicians

**(8-Adult)** This class introduces students to the world of music and prepares them for playing instruments. Focus is on the basics of music theory, rhythmic patterns and chord charts, as well as reading notes on staff. Supply fee payable to instructor at first class.

**3PPA 8--55 minute lessons--\$97**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	IPO.MNCL	9/16	3PPA

#### Guitar I

Learn to play, tune and care for your guitar. Students must furnish their own instrument. Any supply fees are payable to instructor at first class.

**3PPA 8--55 minute lessons--\$97**  
**4PPA 10--55 minute lessons--\$121**

Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
CubRunREC	Sa	10am	DFD.YN1C	9/16	4PPA
SoRunREC	Sa	10:15am	DFD.ARGC	9/16	4PPA
SpHillREC	Sa	4pm	DFD.NYX0	9/16	4PPA
Wkfld/Moore	M	6pm	DFD.0370	9/18	4PPA
<b>(10-Adult)</b>					
CubRunREC	Sa	10am	128.C119	9/16	4PPA
OakMarREC	T	6pm	128.G3JL	9/19	4PPA
SoRunREC	Sa	10:15am	128.T1ZH	9/16	4PPA
SoRunREC	M	5:30pm	128.ZYUY	9/18	4PPA
SpHillREC	Sa	5pm	128.9VMJ	9/16	4PPA
<b>(16-Adult)</b>					
ProvREC	W	8pm	1BF.DAQU	9/20	3PPA
ProvREC	W	11am	1BF.TET3	9/20	3PPA
Wkfld/Moore	M	8pm	1BF.H8ZQ	9/18	4PPA



All programs and activities will follow current health safety protocols.

## Guitar II

Prerequisite: Guitar I or equivalent.

3PPA		8--55 minute lessons--\$97			
4PPA		10--55 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	11:15am	641.EIWW	9/16	4PPA
Wkfld/Moore	M	7pm	641.6LXW	9/18	4PPA
(10-Adult)					
CubRunREC	Su	3pm	030.P5HI	9/17	4PPA
ProvREC	W	7pm	030.76SF	9/20	3PPA
ProvREC	W	10am	030.XMZE	9/20	3PPA
SoRunREC	Sa	11:15am	030.FT2B	9/16	4PPA

## 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--\$121				
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	2pm	FGZ.RNXH	9/17	4PPA	

## Rock Guitar

**(10-Adult)** An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

4PPA		10--55 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	1pm	189.NTXS	9/17	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.

DPPA		8--55 minute lessons--\$92			
Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
LittleRn ES	Sa	9am	F66.RAQO	9/23	DPPA
<b>(6-12 yrs.)</b>					
LittleRn ES	Sa	10am	69C.EVVU	9/23	DPPA
OrngHnt ES	Sa	11am	69C.SIVF	9/23	DPPA
OrngHnt ES	Sa	12pm	69C.DJ1T	9/23	DPPA
<b>(16-Adult)</b>					
ProvREC	Th	11am	NK6.EX25	9/21	DPPA
OrngHnt ES	Sa	9am	NK6.YN9T	9/23	DPPA
OrngHnt ES	Sa	10am	NK6.43QP	9/23	DPPA

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



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



## Piano-Beginning II

Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee \$10-\$15 payable to instructor at first class.

DPPA		8--55 minute lessons--\$92			
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRn ES	Sa	11am	A0C.GBLR	9/23	DPPA
LittleRn ES	Sa	12pm	A0C.WQSE	9/23	DPPA
(10-15 yrs.)					
LittleRn ES	Sa	1pm	023.VPSU	9/23	DPPA
(16-Adult)					
ProvREC	Th	10am	91D.7BWU	9/21	DPPA

## Virtual Piano I

Group instruction. Learn fundamentals including reading music and keyboard skills in this online class. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA		8--55 minute lessons--\$92			
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	Sa	11am	JTQ.IQHD	9/16	DPPA
Virtual FCPA	Th	4pm	JTQ.4327	9/21	DPPA
(10-Adult)					
Virtual FCPA	Sa	10am	WZX.J1C2	9/16	DPPA
Virtual FCPA	Th	6pm	WZX.EPVQ	9/21	DPPA

## Virtual Piano II

Group instruction for students who have some piano experience. Improve fundamentals including reading

music and keyboard skills. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA		8--55 minute lessons--\$92			
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Virtual FCPA	Th	5pm	BHQ.YQ4K	9/21	DPPA
(10-Adult)					
Virtual FCPA	Sa	9am	COU.2F9M	9/16	DPPA
Virtual FCPA	Th	7pm	COU.4FK8	9/21	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.

3PPA		8--55 minute lessons--\$97				
4PPA		10--55 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$	
ProvREC	W	12pm	A61.XJEZ	9/20	3PPA	
SpHillREC	Su	12pm	A61.7U2X	9/17	4PPA	

## Ukulele II

**(10-Adult)** Prerequisite: Ukulele I or equivalent.

4PPA		10--55 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	1pm	3F1.57C3	9/17	4PPA	

## Fairfax Public Access

## TELEVISION & RADIO PRODUCTION Courses + TEEN Summer Camps

Home of channels:  
10, 30, 36, & 37



FCAC.org



## Pet Place

Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies and parvovirus shots to the first class.
- All dogs must be legally licensed, vaccinated, wear a visible dog license and be leashed when entering or leaving the class area.
- Check with instructor at first class for proper leashes, collars and other equipment.
- An adult must stay with student if younger than 16 or does not have own transportation.
- All classes are held outdoors.
- **Register the handler, not the dog; one handler/one dog per registration.**
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

### Off-Leash Dogs Welcome in Special Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog parks for free play, a good run or a friendly romp with other dogs. FCPA has eleven established dog parks:

- **Baron Cameron**, 11300 Baron Cameron Ave., Reston
- **Blake Lane**, 10033 Blake Lane, Oakton
- **Chandon**, 900 Palmer Drive, Herndon
- **Dulles Station Community Park**, 13707 Sayward Blvd, Herndon
- **Grist Mill**, 4710 Mt. Vernon Memorial Hwy, Alexandria
- **Lenclair**, 6725 Lenclair St., Alexandria
- **Mason District**, 6621 Columbia Pike, Annandale.
- **Monticello Park**, 5315 Guinea Road, Burke
- **Rock Hill District Park**, 15150 Old Lee Road, Centreville.
- **South Run**, 7550 Reservation Drive, Springfield
- **Westgrove**, 6801 Fort Hunt Road, Alexandria

Most of the Park Authority dog parks are public/private partnerships, developed in cooperation with sponsoring organizations of pet owners. Volunteers assist with monitoring and cleaning up the facilities, making users aware of dog park rules and regulations and reporting maintenance needs to the Park Authority.

Dog parks are open year-round from 7 a.m. to 30 minutes after sunset on weekdays and from 8 a.m. to 30 minutes after sunset on weekends and Federal holidays. Neither Fairfax County nor the Fairfax County Park Authority is liable for any injury or damage caused by any dog in the off-leash area. For off-leash dog park rules and regulations, visit [www.fairfaxcounty.gov/parks/parkrules/dogpark.htm](http://www.fairfaxcounty.gov/parks/parkrules/dogpark.htm), or call 703-324-8594



### AKC Programs

#### AKC Star Puppy Class

**(14-Adult)** This class follows the AKC Star curriculum to focus on how to care and raise a puppy, as well as basic puppy obedience. Puppies must be less than a year old and up to date on age-appropriate vaccinations. Rabies vaccination is required at 16 weeks. Dogs must attend 6 of the 8 lessons to qualify to take the AKC Star Puppy test. This is not a puppy play group. One handler per dog.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	W	3pm	UJN.UITY	9/20	4DA

#### AKC Fit Dog I

**(14-Adult)** Prerequisite: dogs must be at least one year old and have completed Dog Obedience Level 1. AKC Fit Dog is a reward-based program developed to help build your dog's fitness with fun, short and safe exercises. This class introduces you and your dog to exercises to improve their flexibility, strength and confidence. These skills increase your dog's performance, decrease their risk of injury, and lower their stress levels while they work toward a healthier body and mind. If you are participating in dog sports, plan to run or compete with your dog or just have a very active dog that needs a challenge, this course is for you. All breeds and ages are welcome, but dogs must be a healthy weight, (not obese) and free from injury and/or pain.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	1:30pm	IGE.NIYW	9/19	4DA
SoRunREC	T	4:30pm	IGE.ZBRV	9/19	4DA
Wkfld/Moore	W	1:30pm	IGE.D4NR	9/20	4DA
Wkfld/Moore	W	4:30pm	IGE.06M8	9/20	4DA

#### AKC Fit Dog II

**(14-Adult)** Prerequisite: dogs must be 18 months or older and have completed AKC Fit Dog I. In this level II class dogs build on the foundational skills learned in Level I. This is not a class for dogs who are recovering from injuries, morbidly obese, or suffer from chronic pain.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	5:30pm	E6U.TBFU	9/19	4DA

### Dog Obedience

#### Puppy Kindergarten

**(14-Adult)** Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6:30pm	6CD.DRDB	9/13	4DA
Frying Pan Pk	Sa	12:30pm	6CD.8255	9/16	4DA
OakMarREC	T	6pm	6CD.J1FT	9/12	4DA
SoRunREC	Sa	12pm	6CD.U171	9/16	4DA
SoRunREC	Su	1:15pm	6CD.1DHK	9/17	4DA

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

Check Events, Gardening, History and Outdoor sections.





All programs and activities will follow current health safety protocols.

## 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.

<b>4DA</b>	<b>8--55 minute lessons--\$124</b>
<b>DDVA</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:30pm	635.ZN19	9/13	4DA
Frying Pan Pk	Th	6:30pm	635.HMEL	9/14	4DA
Frying Pan Pk	Sa	9:30am	635.R9XY	9/16	4DA
OakMarREC	T	7pm	635.GN18	9/12	4DA
SoRunREC	Sa	9am	635.TTTA	9/16	4DA
SoRunREC	Su	11:05am	635.8I29	9/17	4DA
SoRunREC	T	11:30am	635.BY2H	9/19	4DA
SoRunREC	F	9am	635.HEZ2	9/22	4DA
Wkfld/Moore	W	5:30pm	635.8VI7	9/20	4DA
Wkfld/Moore	W	11:30am	635.30PX	9/20	4DA
ProvREC	Th	7pm	V89.Y2T0	9/21	DDVA
Wkfld/Moore	Sa	3pm	V89.M257	9/16	DDVA

## Dog Obedience I Family

**(9-Adult)** Class is designed for family units of two or three. Handlers learn together how to train their dog to sit, lie down, come, stay and walk on a leash. Class also includes home management and problem solving. No more than three family members and one dog per registration. One adult per family must be present at each class, and all family members must be age 9 or older. Dogs must be at least 6 months old.

<b>4DB</b>	<b>8--55 minute lessons family--\$157</b>
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	7:30pm	26E.HFDU	9/14	4DB
Frying Pan Pk	Sa	11:30am	26E.F968	9/16	4DB
SoRunREC	Su	12:10pm	26E.P58X	9/17	4DB
SoRunREC	W	4pm	26E.4RWG	9/20	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.

<b>4DA</b>	<b>8--55 minute lessons--\$124</b>
<b>DDVA</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	7:45pm	C14.TB1E	9/12	4DA
Frying Pan Pk	Sa	10:30am	C14.39KB	9/16	4DA
OakMarREC	T	8pm	C14.HJNX	9/12	4DA
SoRunREC	Sa	10am	C14.W93G	9/16	4DA
SoRunREC	Su	10am	C14.MTMF	9/17	4DA
SoRunREC	T	12:30pm	C14.P9LU	9/19	4DA
SoRunREC	F	10am	C14.G4W1	9/22	4DA
Wkfld/Moore	W	12:30pm	C14.BW5N	9/20	4DA
Wkfld/Moore	Sa	4pm	M70.5CYR	9/16	DDVA

## K9 Nose Work

**(14-Adult)** K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs' love of hunting by using their sense of smell and natural instincts to search and problem solve. As a low-impact class, it is perfect for dogs of any age, size and personality.

<b>DDVC</b>	<b>6--55 minute lessons--\$104</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	4:30pm	9D8.07MV	9/17	DDVC
Wkfld/Moore	F	7pm	9D8.MHK3	9/22	DDVC

## K9 Nose Work II

**(14-Adult)** Prerequisite: K9 Nose Work I or equivalent. Build on skills learned in level I through different, more advanced activities. This low-impact class is perfect for dogs of any age, size and personality.

<b>DDVC</b>	<b>6--55 minute lessons--\$104</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	8pm	X01.0BJK	9/22	DDVC

## Rally Obedience

**(14-Adult)** Prerequisite: Completion of Fairfax County Dog Obedience II or permission of instructor. Rally obedience exercises and corresponding signs from the beginner through expert level are taught. Dogs must show no fear or aggression.

<b>4DA</b>	<b>8--55 minute lessons--\$124</b>
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	6:30pm	126.23F5	9/12	4DA
Frying Pan Pk	Th	10am	126.FY8M	9/14	4DA

## Competitive Dog Agility

### Competitive Dog Agility I

**(14-Adult)** Prerequisite: Dog Obedience I or equivalent. Dogs must have one primary handler for the entire session. This class focuses on basic skills needed to succeed in agility and to make agility a game your dog will love. A minimum of 75% class attendance and contact/target behavior is required for progression. Attendance at first class is mandatory. Dog and handler are assessed at first class.

<b>4DE</b>	<b>6--55 minute lessons--\$139</b>
<b>4DG</b>	<b>8--55 minute lessons--\$185</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9:30am	A22.H5A5	9/10	4DE
SoRunREC	T	11am	A22.PNQR	9/19	4DG

## Competitive Dog Agility II

**(14-Adult)** Prerequisite: Competitive Dog Agility I. Dogs and handlers build on the skills introduced in Level I such as clicker training, building focus, attention and teamwork, targeting, basic handling and obstacle skills. Dogs are exposed to all agility equipment. Dogs must have one primary handler for the entire session. Attendance at first class is mandatory, and overall attendance is required for progression. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$139</b>
<b>4DG</b>	<b>8--55 minute lessons--\$185</b>

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	10:45am	7ED.H6GS	9/10	4DE
SoRunREC	T	9am	7ED.N7QN	9/19	4DG

**MORE CLASSES ONLINE:**  
[www.fairfaxcounty.gov/parks/parktates](http://www.fairfaxcounty.gov/parks/parktates)

## 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.

<b>4DG</b>	<b>8--55 minute lessons--\$185</b>
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Location	Day	Time	Code	Begin	\$
SoRunREC	Th	11am	00F.E63L	9/21	4DG







## Competitive Dog Agility IV

**(14-Adult)** Prerequisite: Competitive Dog Agility III or equivalent. Class focuses on advanced handling skills. Dogs must be able to work off leash and should exhibit appropriate performance and proficiency with all agility equipment. Focus is on handling skills, contact performance and short sequences. Overall attendance is required for progression. Bring dogs to first class.

4DG	8--55 minute lessons--\$185				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	10am	F02.G0TX	9/21	4DG

## Competitive Dog Agility V

**(14-Adult)** Prerequisite: Competitive Dog Agility IV or equivalent with permission of instructor. Class is aimed at preparing dog/handler teams to compete. Hone your handling skills and learn what it takes to compete at agility trials. Strong emphasis on advanced handling sequences involving full courses. Dogs must be able to perform straight up 12 weaves, full-height teeter and be confident and capable of taking commands at a distance. Handlers must be able to control their off-lead dogs at all times. Bring dogs to first class.

4DG	8--55 minute lessons--\$185				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	9am	EBF.DMQF	9/21	4DG

## Contacts, Weaves and Teeters

**(14-Adult)** Prerequisite: Competitive Dog Agility I or II or equivalent skill level with permission from instructor. Class helps dog/handler teams gain the skills and training criteria for consistent performance of the contacts, weaves and teeter. Emphasis is on the training steps and required behaviors needed to successfully perform these obstacles. Handlers must be able to control off-lead dogs at all times. Bring dogs to first class.

4DG	8--55 minute lessons--\$185				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	10am	A45.D44K	9/19	4DG

## Non-Competitive Dog Agility

### Dog Agility for the Fun of It I

**(13-Adult)** Prerequisite: Dog Obedience I. Class offers an introduction to dog agility. This class is not

competition oriented. Dogs must be at least 1 year old. Dogs and handlers learn teamwork, targeting and handling skills basics. Class utilizes agility equipment. Attendance at first class is required. Bring dogs to first class.

4DE	6--55 minute lessons--\$139				
4DG	8--55 minute lessons--\$185				

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	11am	859.6FSD	9/9	4DE
Frying Pan Pk	Sa	12pm	859.NZWS	9/9	4DE
Frying Pan Pk	W	6pm	859.3CFY	9/13	4DG
SoRunREC	M	12pm	859.07RT	9/18	4DG
SoRunREC	W	11am	859.SWMH	9/20	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 behaviors sit, lie down, stay and come and be reliable off leash. Confidence in performing contact obstacles (A-frame and dog walk) is required. Bring dogs to first class.

4DE	6--55 minute lessons--\$139				
4DG	8--55 minute lessons--\$185				

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	10am	585.YHTL	9/9	4DE
Frying Pan Pk	W	7pm	585.ZSBE	9/13	4DG
SoRunREC	M	11am	585.S1RA	9/18	4DG
SoRunREC	W	10am	585.61T7	9/20	4DG

### Dog Agility for Fun of It III

**(13-Adult)** Prerequisite: Dog Agility for the Fun of It II/Competitive Dog Agility II. Class is designed for dogs with an excellent command of all equipment and handlers ready to learn skills such as front and rear crosses, serpentines and pinwheels. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DE	6--55 minute lessons--\$139				
4DG	8--55 minute lessons--\$185				

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	9am	180.42MQ	9/9	4DE
Frying Pan Pk	W	8pm	180.JRFA	9/13	4DG
SoRunREC	M	10am	180.OUOH	9/18	4DG
SoRunREC	W	9am	180.GID5	9/20	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--\$185				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	9am	645.P01N	9/18	4DG

# Dog Daze

at The Water Mine  
Saturday, Sept. 9, 2023  
9 a.m. – 1 p.m.

The Water Mine goes to the dogs with a season-ending event to benefit your parks through the Fairfax County Park Foundation.

- Dogs-only Swimming
- Canine Resource Fair
- Family Fun
- \$10 per dog

Visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) and search "Dog Daze" for more information

The Water Mine  
at Lake Fairfax Park  
1400 Lake Fairfax Drive, Reston



## Science/Technology

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

### Science Classes

#### Boardwalk Astronomy

**(8-Adult)** Join park naturalists as they take you on a tour of constellations, comets and other current events happening in the skies above. Children must be accompanied by adult also registered.

STAA	1--2 hour program--\$14				
Location	Day	Time	Code	Begin	\$
HuntMdw	Sa	8pm	TTM.LB7G	11/18	STAA

#### Exploring the Moon

**(8-Adult)** The Moon is as old as the Earth, and its surface is marked by craters and lava flows billions of years old. Explore these lunar features through a high-powered telescope and learn about their origins. See where the Apollo lunar landings occurred and discuss what the astronauts found. Class meets rain or shine with alternate viewing sessions available for cloudy days. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B	1--1 hour program--\$8				
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	M	7:30pm	54A.A671	11/20	FEE B

#### Fall Engineering Challenge

**(6-11 yrs.)** Challenge your engineering skills as we explore boat construction techniques. Students will design and build a Mayflower ship. We will test our ships to see if they are sea worthy and whether they can keep our passengers afloat.

Fee AJ	1--1 hour program--\$10				
Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	2pm	L96.1ZN1	11/11	Fee AJ

#### Find Your Way in the Night Sky:

##### Intro to Star Maps

**(8-Adult)** This presentation will cover an introduction to sky coordinates, how astronomical objects are represented on maps of the sky, and how to read star maps to find your way among the stars in the sky. The talk will be illustrated by a variety of star atlases. The classroom discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B	1--1 hour program--\$8				
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	M	7:30pm	837.8W8E	11/6	FEE B



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#### Home Scientists

**(7-11 yrs.)** Students will become scientists, learning how to conduct experiments in a laboratory or using materials at home. Join us for a new topic each class to create interactive homegrown experiments.

3XE	6--55 minute lessons--\$67				
Location	Day	Time	Code	Begin	\$
HiddenPondNCT		5pm	S90.XWC3	9/12	3XE

#### Homeschool Science-

##### Vertebrate Classification

**(6-12 yrs.)** How does an animals body covering, like fur, feathers or scales, help it to survive? Learn the how mammals, reptiles, amphibians, birds and fish are classified. We use outdoor exploration, observation and lab skills to explore this topic.

STAA	1--2 hour program--\$14				
Location	Day	Time	Code	Begin	\$
Burke Lake Pk	M	1pm	85D.EXE5	10/2	STAA
HuntMdw	F	10am	85D.B7XY	9/8	STAA

#### Homeschool Science-Introduction to

##### Ornithology

**(6-12 yrs.)** Explore how bird adaptations allow birds to live in their chosen ecosystem. Study the parks collection of preserved specimens. Afterwards, make observations and explorations using field tools to learn identification and classification.

STAA	1--2 hour program--\$14				
Location	Day	Time	Code	Begin	\$
HuntMdw	Th	10am	F32.M8FI	9/14	STAA

#### Intro to Telescopes

**(8-Adult)** For those who are new to using a telescope or contemplating purchasing one. This course goes into introductory basics of astronomy, observing the sky, and what you need to know to setup and use your telescope. Class will provide hands-on use of telescopes and observing objects in the sky in the Roll-Top Observatory if the weather allows. Attendees can bring their own telescope for assistance and advice. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

STAC	1--1 hour 25 minute lesson--\$10				
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	T	7:30pm	58B.8JDH	9/26	STAC

#### Introduction to Astronomy

**(8-Adult)** This course provides a general introduction to some fundamentals of astronomy and the universe we see in the sky around us. We will discuss the basic types of astronomical objects from the small to the large, the motions of the planets and stars, and interesting phenomena in the night sky. The classroom discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B	1--1 hour program--\$8				
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	W	7:30pm	C83.ORH2	9/13	FEE B
TurnerFarmPk	W	7:30pm	C83.5NB3	10/25	FEE B

#### Night Sky Tour at the

##### Roll-Top Observatory

**(8-Adult)** This program is a fun tour of planets, constellations, stars, nebulas, and galaxies in the night sky that can be seen with the eye and in telescopes at the Roll-Top observatory at Turner Farm Park. If inclement weather, then we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed, just an interest in learning about the universe around our planet. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B	1--1 hour program--\$8				
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	M	7:30pm	S84.MYUL	9/11	FEE B
TurnerFarmPk	M	7:30pm	S84.GCEG	10/9	FEE B
TurnerFarmPk	W	7:30pm	S84.JU7C	11/8	FEE B

#### Outdoor Science Lab at Huntley

**(6-Adult)** Explore the exciting world of science with fun hands-on experiments, activities, and challenges. Enrich your understanding of various science and engineering topics using scientific investigations, observations, and lab skills with the guidance of a park naturalist. Each outdoor class will focus on a different science theme. Check session notes for details. All supplies included. Children must be accompanied by a registered adult.

Fee AJ	1--1 hour program--\$10				
Location	Day	Time	Code	Begin	\$
HuntMdw	W	3pm	JDI.HHSP	9/6	Fee AJ
HuntMdw	F	3pm	JDI.BUUE	9/8	Fee AJ
HuntMdw	T	1pm	JDI.76XP	9/12	Fee AJ
HuntMdw	T	2pm	JDI.8600	9/19	Fee AJ



## Partial Solar Eclipse Viewing at the Observatory

**(5-Adult)** View the partial solar eclipse event on Saturday, October 14 at the Roll-Top observatory at Turner Farm Park. The partial eclipse begins with first contact at 11:59 a.m., the peak with the Sun 42% covered is at 1:38 p.m., with the eclipse ending with last contact at 2:38 p.m.. View the eclipse through telescopes equipped with solar filters. Will have presentations in the classroom. Gate will be open at 11:30 a.m.. Event is weather dependent. Check the @AnalemmaSociety twitter account for event updates. Children under 5 enter free, but must be accompanied by a paying adult.

Fee AB 1--3 hour event--\$6						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	Sa	11:30am	KD9.WQJB	10/14	Fee AB	

## Planet Adventure Night

**(6-Adult)** This program is a tour of the planets and moons of our Solar System which are viewable in the current night sky. The classroom discussion is followed by an observatory session of planets and the stars beyond in telescopes, weather permitting. No knowledge of astronomy is needed, just an interest in learning about the universe. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Children need to be accompanied by a registered adult. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	7:30pm	8PM.75Q4	10/23	FEE B	
TurnerFarmPk	W	7:30pm	8PM.UETC	11/29	FEE B	



**Partial Solar Eclipse Celebrations**

**Saturday, October 14**

**Noon-2 p.m. • Burke Lake Park**  
4AE.M899 • \$10/ea.

**Noon-2 p.m. • Sully Historic Site**  
4AE.BMVQ • \$10/ea.

**11:30 a.m.-2:30 p.m. • Turner Farm Park**

Join our naturalists to view the partial annular solar eclipse. At noon, watch as the moon partially eclipses the sun as they travel across the sky. A limited number of eclipse viewing glasses and sun spotting scopes will be available to view the eclipse. As we await the eclipse and after it has passed, enjoy various related games, activities, and demonstrations.

 For more information about the event or to register, visit [www.fairfaxcounty.gov/parks/astronomy](http://www.fairfaxcounty.gov/parks/astronomy).

## Pluto: Planet or Something Else?

**(8-Adult)** This presentation will cover what we know about Pluto, the 2006 decision to designate Pluto as a "dwarf planet" and explain why that decision is still controversial. The discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	EZ6.TQMw	10/4	FEE B	

## Safely See the Partial Eclipse

**(5-Adult)** Come out to your local park and learn about the science behind eclipses what causes them and why they are so locally rare. We will teach you the many ways to safely view the eclipse while it is happening so you can try them out. Children must be accompanied by an adult registered in the program. Program attendees receive a free pair of solar viewing shades.

AXXX 1--3 hour event--\$10						
Location	Day	Time	Code	Begin	\$	
HistHuntley	Sa	11:30am	VLL.MOMG	10/14	AXXX	

## Science Potions & Explosions

**(6-9 yrs.)** In this Baroody Camps class, students create potions and exciting chemical reactions. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal or blast a rocket into the air while learning about the states of matter and how things change with mixtures, solutions, and chemical reactions.

DXVE 8--55 minute lessons--\$134						
DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	5:30pm	ED0.A7HI	9/21	DXVE	
OakMarREC	W	6:30pm	ED0.LHQA	9/20	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	Begin	\$	
HiddenOaks	Su	1pm	5YV.B9P8	10/15	Fee AJ	
HiddenOaks	Su	3pm	5YV.FGED	10/15	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--\$168						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	5:30pm	2WR.AZXF	9/20	DXVL	



**REGISTER ONLINE**

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

## Spooky Dry Ice Science

**(5-Adult)** Discover the states of matter through dry ice science. We will make bubbling concoctions, screaming spoons and Boo bubbles. Children must be accompanied by a paying, registered adult in class.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
HiddenOaks	F	4:30pm	HNV.RG5C	10/27	FEE B	
HiddenOaks	F	6:30pm	HNV.FH6U	10/27	FEE B	

## Spy Science

**(5-8 yrs.)** Learn the trick of the spy trade and forensic science in this Baroody Camps program. Students investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black light, and other sneaky science.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	6pm	RXQ.VB1N	9/22	DXVE	

## Stargazing with Binoculars

**(8-Adult)** Binoculars offer a fine introduction to the sights that lie in our night sky. Learn about different types of binoculars and how to use them to find planets, galaxies, star clusters, nebulae and to visually stroll through the beautiful star fields of the Milky Way. Attendees are welcome to bring binoculars. Program includes an observing session to help you find objects visible in the night sky, weather permitting. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	6WS.X000	11/15	FEE B	

## Take a Ride on an Asteroid

**(8-Adult)** There are thousands of asteroids in our solar system. The first asteroid Ceres was discovered in 1801. We'll answer questions such as "What happened at Chicxulub?", "How did OSIRIS-REx collect rocks from Bennu?", "How did DART move an asteroid?" and present other interesting facts about these celestial neighbors. The discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	VWR.ZZ7Q	11/1	FEE B	

## Telescope Observing for Beginners

**(8-Adult)** This course covers the basics of observing the night sky and objects with a telescope and astronomy resources. Class will provide hands-on observing with telescopes if the weather allows. Attendees can bring their own telescopes to use and for assistance. Supplements the "Introduction to Telescopes" class but can be taken independently. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	12U.3HBF	10/18	FEE B	



All programs and activities will follow current health safety protocols.

## The Science Seed

**(6-8 yrs.)** This series of classes introduces children to science in fun, interactive and age-appropriate ways. Children will learn about geology, chemistry, biology and nature through activities to ensure that children build a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and lessons to continue at home.

DXVJ 6--55 minute lessons--\$126						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	11am	76J.85QR	9/17	DXVJ	

## Technology Classes

### 3D Modeling & Printing

**(8-14 yrs.)** In this Youth Technology Network course, students learn to use computer-aided design software, 2D and 3D modeling processes, design thinking methods and 3D printing to create and print digital objects.

DXV4 4--1 hour 25 minute lessons--\$181						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	5pm	RDS.08DN	10/3	DXV7	

### Animation Using Minecraft

In this Cybertek Academy class, students are introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling by studying motion in reality, then apply these skills to animation. Students learn how animators work by completing a variety of short animation exercises and projects.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					

### Battle Robots

**(7-12 yrs.)** Learn engineering strategies for building sturdy structures using unique RoboThink bricks, and then apply that knowledge to build multiple robots for a variety of friendly competitions. You'll have a blast as you play robot soccer, compete in robot relay races, and complete dozens of other fun challenges in this RoboThink program.

DXVZ 8--55 minute lessons--\$202						
Location	Day	Time	Code	Begin	\$	
Camelot ES	T	5pm	R8R.NFQR	9/19	DXVZ	
Shrevewd ES	Th	5pm	R8R.UEBM	9/21	DXVZ	
WaplesMI ES	Th	5pm	R8R.PL6B	9/21	DXVZ	
Olde Creek ES	T	5pm	R8R.Q2EA	9/19	DXVZ	



## Coding & Game Design with Scratch

Students learn programming concepts using a drag-and-drop platform in the MIT-developed Scratch program. Students use pre-made art or create their own, then program them to walk, talk and interact with objects while learning logic and visual programming then create a simple 2D video game in this Cybertek Academy class.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
Woodbrn ES	W	5pm	7F9.9EWB	9/20	DXVG
Oakton ES	Sa	9:30am	7F9.IV9R	9/23	DXVG
SpHillREC	Sa	9:30am	7F9.KPVN	11/4	DXVG
(10-14 yrs.)					
Woodbrn ES	W	6:15m	C3A.DJOE	9/20	DXVG
Oakton ES	Sa	10:15am	C3A.KQCA	9/23	DXVG
SpHillREC	Sa	9:30am	C3A.VRG9	11/4	DXVG

## Engineering Design Process

**(8-14 yrs.)** In this Youth Technology Network course students learn about the engineering design process. Using virtual reality system and software applications, students study, develop, and solve a real-world problem.

DXV8 6--55 minute lessons--\$186						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Th	5pm	G1Y.384R	10/5	DXV8	

## 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.

DXVS 8--1 hour 25 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	6pm	3AK.F4XJ	9/22	DXVS	



## Esports Club

**(11-17 yrs.)** In this interactive gaming club, gamers will learn and gain tips from others plus receive coaching on strategic game play while in a competitive atmosphere. Participants will make new friends, have fun playing games and feel safe in an inclusive environment. This session features the Nintendo Switch platform with Mario Kart and Super Smash Bros.

AXXX 1--3 hour event--\$10						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	6pm	Y1Y.P54Q	9/8	AXXX	
SpHillREC	F	6pm	Y1Y.D6VV	9/15	AXXX	
SpHillREC	Su	3pm	Y1Y.HEXT	9/24	AXXX	
SpHillREC	Su	3pm	Y1Y.HGXO	10/1	AXXX	
SpHillREC	Su	3pm	Y1Y.DJJ9	10/8	AXXX	
SpHillREC	Su	3pm	Y1Y.4HAT	10/15	AXXX	
SpHillREC	Su	3pm	Y1Y.G58F	10/22	AXXX	
SpHillREC	Su	3pm	Y1Y.E7AO	11/5	AXXX	
SpHillREC	F	6pm	Y1Y.HD1B	11/17	AXXX	
SpHillREC	F	6pm	Y1Y.KKM6	12/1	AXXX	
SpHillREC	F	6pm	Y1Y.XA3M	12/8	AXXX	
SpHillREC	F	6pm	Y1Y.EYFW	12/15	AXXX	

## 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--\$202						
Location	Day	Time	Code	Begin	\$	
FreedomHI ES	Th	6pm	7M9.XS76	9/21	DXVZ	
SpHillREC	F	6pm	7M9.QNUY	9/22	DXVZ	
Wkfld/Moore	Sa	12pm	7M9.9Q71	9/16	DXVZ	
FlintHI ES	Su	12pm	7M9.CYZR	9/17	DXVZ	

## Intro to 3D Printing & Software

**(10-Adult)** Students learn what 3D printing is and is not, the various free software available and how to get started. Students learn how to make models in CAD software using the free and beginner friendly TinkerCAD from Autodesk and slicing software Cura from MakerBot. Instructor guides students through making CAD models, using the models to print objects and the care and feeding of 3D printers. Students may bring their own laptops or observe the instructor as he demonstrates.

4XF 5--1 hour 25 minute lessons--\$84						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	2pm	LFD.WA70	9/16	4XF	
ProvREC	Su	2pm	LFD.VX54	9/17	4XF	
ProvREC	Sa	2pm	LFD.OCKY	10/28	4XF	
ProvREC	Su	2pm	LFD.6VYD	10/29	4XF	

## Intro to Bitcoin Stem

**(6-12 yrs.)** This Stem exCEL Intro to Bitcoin STEM class introduces children to Bitcoin and its many applications. Topics include Bitcoin technology fundamentals of decentralization, mining and consensus. Python programming basics like functions, variables and loops used in Bitcoin blockchain programming also provide context for other pursuits like 3D modeling and Game Design. Using hands on learning, with Bitcoin wallet software and node and mining hardware and behind the laptop, students will learn about cryptography in American history, and its current and future technological impact.

DXVF 6--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
ProvREC	Su	1pm	YGF.07UQ	10/8	DXVF	
Belle Vw ES	Sa	11am	YGF.N9LM	9/30	DXVF	

## Intro to Computer Aided Design

**(8-14 yrs.)** In this Youth Technology Network course students learn to use computer-aided design software and design thinking methods to create, customize, prepare, and print digital objects.

DXV7 4--1 hour 25 minute lessons--\$181						
Location	Day	Time	Code	Begin	\$	
FranconiaREC	T	5pm	N62.AMM8	10/3	DXV7	



## Intro to Drones

**(8-14 yrs.)** In this Youth Technology Network "hands-on & brains-on" STEM program students build and operate a small drone while exploring physics, math, electronics, engineering, coding, teambuilding, as well as developing motor skills and hand-eye coordination. Course also covers recreational and professional uses for drones and how to operate them safely and responsibly. All materials provided.

DXV7 4--1 hour 25 minute lessons--\$181					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	Y10.QSN6	10/7	DXV7

## 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--\$138					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1pm	766.9Y10	9/30	DXVF
Wkfld/Moore	Sa	11am	766.RAZD	9/30	DXVF
Flint HI ES	Su	12pm	766.Q670	10/1	DXVF

## Java & Game Development with Video Editing

**(11-14 yrs.)** In this iCode program, students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students learn the basics of object-oriented programming and create a program using a Java environment as well as editing videos for game design.

DXVZ 8--55 minute lessons--\$202					
Location	Day	Time	Code	Begin	\$
WhiteOaks ES	F	6pm	7EP.F1JM	9/22	DXVZ
CherryRun ES	Th	6pm	7EP.R8WY	9/21	DXVZ
Wkfld/Moore	Sa	1pm	7EP.03PX	9/16	DXVZ

## Junior Lego Robotics & Engineering

**(5-8 yrs.)** This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

DXVR 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
ProvREC	F	6pm	8CV.B5PE	9/22	DXVR
SpHillREC	T	6pm	8CV.0GD5	9/19	DXVR

## LEGO Aquatic Bots

**(5-8 yrs.)** Make LEGO® WeDo 2.0 AquaBots in this Baroody Camps robotics class. Each day students build and code a different water-themed robot using LEGO® gears, pulleys, axles, motors and sensors. Make boats, seaplanes, ocean explorers and robotic denizens.

DXVL 10--55 minute lessons--\$168					
Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	XZ7.B7AW	9/18	DXVL
Wkfld/Moore	Th	5pm	XZ7.RFAA	9/21	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.

DXVR 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
ProvREC	Th	6pm	FX5.4218	9/21	DXVR
SoRunREC	T	5pm	FX5.P0DG	9/19	DXVR
SpHillREC	W	6:45pm	FX5.PHYF	9/20	DXVR

## LEGO Spike Quirky Creations

**(8-11 yrs.)** In this Baroody Camps program, students develop engineering design skills as they investigate ways of defining problems, brainstorming solutions, and testing and refining prototypes. Students then refine their problem-solving skills as they create a solution to a problem that has constraints, and improve on others' ideas while building fun and out of the ordinary creations.

DXVL 10--55 minute lessons--\$168					
DXVR 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
SoRunREC	T	6pm	QUS.A907	9/19	DXVR
SoRunREC	Sa	2pm	QUS.99MO	9/16	DXVR
SoRunREC	Sa	3:30pm	QUS.RJRT	9/16	DXVR
Wkfld/Moore	Th	7pm	QUS.CY6X	9/21	DXVL

## Minecraft 101: A Beginner's Guide

**(5-12 yrs.)** In this beginner level Baroody Camps class, students create and build simple and complex buildings in the Minecraft world. Students build a new project each week using different types of blocks, windows, doors, walls and floorings. Students enhance their creativity, basic computer skills, civil engineering ideas while having fun within the Minecraft secured world. Projects can be saved on a USB to take home at the end of the session.

DXVL 10--55 minute lessons--\$168					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6pm	71R.9JFC	9/21	DXVL

## Minecraft Modding by Cybertek

In this Cybertek Academy class, students learn to create their own custom gameplay items and elements using MCreator and Minecraft. Students also learn to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, and biomes.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
Hayfield ES	Th	5pm	OKC.CVP1	9/21	DXVG
ProvREC	Sa	9:30am	OKC.PAMU	11/4	DXVG
<b>(10-14 yrs.)</b>					
Hayfield ES	Th	6:15pm	ZDB.FEOK	9/21	DXVG
ProvREC	Sa	10:15am	ZDB.HD01	11/4	DXVG

## Python Programming & Digital Arts

**(6-8 yrs.)** In this iCode program, students learn foundational computer skills, programming, game development and robotics. Extra exposure to pat-

terns, 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--\$202					
Location	Day	Time	Code	Begin	\$
SoRunREC	M	7:30pm	EU6.RINK	9/18	DXVZ
SpHillREC	M	6pm	EU6.HZZQ	9/18	DXVZ
Flint HI ES	Su	11am	EU6.A410	9/17	DXVZ

## Roblox Game Design

**(6-12 yrs.)** This Stem exCEL Roblox Game Design class teaches students how to create an obby and game design concepts with the popular game engine Roblox Studio. Students create amazing 3D games while learning about 3D modeling and programming logic.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	JYR.28N4	10/1	DXVG

## Stemtree Coding

**(6-12 yrs.)** This Stemtree program teaches students to create and develop computer programs (games, stories, etc.) instead of playing them. Students learn computer programming concepts in a fun and interactive way by combining media elements to create and share stories, animations, games, music and more and using basic reasoning and problem solving skills. They also create their own computer programs to implement computer games and combine multiple topics (Science, Engineering, Teamwork).

DXVR 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	5:30pm	525.BGUQ	9/21	DXVR

## 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--\$168					
DXVR 8--55 minute lessons--\$173					
Location	Day	Time	Code	Begin	\$
OakMarREC	M	5:30pm	GW9.C5A2	9/18	DXVL
SoRunREC	Th	6pm	GW9.71NE	9/21	DXVR





## Scouts

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.

For all prework and by request programs:



## Girl Scout Programs

### Daisy Girl Scouts (5-7 yrs.)

#### Buddy Camper

1--1 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	83J.M16Q	11/4	\$7

#### Make the World a Better Place

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	10am	538.5EZ9	11/11	\$8

#### Outdoor Art Maker

1--1 hour lesson

Location	Day	Time	Code	Date	\$
HuntMdws	Su	3pm	437.8G17	9/10	\$7
Riverbend Pk	M	10am	437.9DMF	10/9	\$7

#### Space Science Explorer

1--1 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	A15.8GDQ	11/17	\$7

#### Start Your Journey 5 Flowers, 4 Stories, 3 Cheers

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	502.Q5KJ	9/9	\$8



#### Start Your Journey - Between Earth & Sky

1--2 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	M	2pm	0E3.81ML	10/9	\$14

#### Using Resources Wisely

1--1 hour lesson

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	3:30pm	057.Z800	10/8	\$7

### Brownie Girl Scouts (7-9 yrs.)

#### Bugs Naturalist

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	3pm	315.9RGS	9/17	\$8

#### Letterboxer

1--90 minute lesson --\$12 (supplies included)  
1--2 hour lesson--\$14

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	3pm	A4C.7B47	9/17	\$12
Riverbend Pk	Sa	1pm	A4C.2G5N	9/30	\$14
CubRunREC	Sa	10am	A4C.140U	10/21	\$14

#### Outdoor Adventurer

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	12:30pm	4E6.SFII	11/12	\$14

#### Outdoor Art Creator

1--2 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	2pm	E0F.RU6R	10/28	\$15

#### Painting Artist

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	9C4.Z372	10/22	\$14

#### Robotics

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	9am	2AA.SIJ2	11/18	\$23

#### Space Science Adventurer

1--1 hour lesson--\$7  
1--1 hour 30 minute lesson--\$11

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	5:30pm	608.UP6F	11/3	\$7
Riverbend Pk	F	6:30pm	608.N13K	11/10	\$11

### Junior Girl Scouts (9-11 yrs.)

#### Animal Habitats

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	3pm	4C3.WK58	10/15	\$11
Riverbend Pk	Sa	10am	4C3.XIBZ	10/28	\$11
CubRunREC	Su	10:30am	4C3.PUEX	10/29	\$11
ECLawncPk	Su	10am	4C3.W3RY	11/5	\$11

#### Detective

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	10:30am	DB7.LPXB	10/14	\$11
HuntMdws	F	3:30pm	DB7.AUJT	11/10	\$11

#### Geocacher

1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	1E4.5GAT	9/16	\$14
Riverbend Pk	Su	10am	1E4.JJBI	10/15	\$14

#### Robotics

Bring your own device laptop, cell phone or tablet.

1--4 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	Su	12:30pm	FC5.4U5V	12/3	\$36

#### Space Science Investigator

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	WVX.3AXA	11/3	\$14

#### Start Your Journey-Get Moving

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	M	9am	609.LOYQ	10/9	\$21



## Staying Fit

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	10am	894.0D0A	9/30	\$11

## Cadette Girl Scouts (11-14 yrs.)

### Babysitter

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	M	1pm	684.808I	10/9	\$23
CubRunREC	F	1pm	684.5C03	11/10	\$23

### Night Owl

1--2 hour lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	6pm	F93.HSLM	10/14	\$14
Riverbend Pk	Sa	6:30pm	F93.5SYP	11/4	\$14
ECLawrencePk	Sa	6pm	F93.AIR8	11/18	\$14

### Science of Happiness

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	49H.CC2C	10/1	\$14

### Start Your Journey-Breathe

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	340.CP8T	9/17	\$14
LkFairfaxPk	Sa	10am	340.JSRB	11/18	\$14

# SCOUTS

## by Request



We are keeping up with the latest scout program changes. View our newest by-request program offerings at [www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts)



### Trees Naturalist

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	BB6.118Q	10/22	\$14

### Woodworker

1--1 hour 30 minute lesson includes supplies

Location	Day	Time	Code	Date	\$
ColvinRunMill	T	2pm	7D9.1C8D	11/7	\$12

## Senior Girl Scouts (14-18 yrs.)

### Start Your Journey-Sow What?

1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	6A3.58UW	9/24	\$21

### SGS-Paddling

1--3 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9am	D32.ZM7K	10/1	\$23

## Speciality Scout Programs

### Dark Sky Patch - Daisy & Brownie

Be the first to earn this new GSCNC official Dark Sky Patch. 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.J5WI	10/13	\$9

## American Heritage Girls

### Tenderhearts (6-9 yrs.)

### Fire Safety

1--1 hour campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	LC0.L5KW	9/24	\$8

### Geocaching & Orienteering

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	40E.14XN	11/4	\$14

## Pioneer & Patriot (12-18 yrs.)

### Camping

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	58C.FL6E	9/24	\$11

## BSA Scout Programs

### Cub Scout Tiger (6-7 yrs.)

### Tigers in the Wild-Tiger Adventure

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	CC3.GJAE	10/7	\$8

### Cub Scout Wolf (7-8 yrs.)

### Digging in the Past-Wolf Elective

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	7BA.HJOW	11/4	\$11



All programs and activities will follow current health safety protocols.

**Cub Scout Bear (8-9 yrs.)****Fur, Feathers and Ferns-Bear Adventure****1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	10am	40B.7ISS	10/22	\$11
GrnSprGardn	Sa	1pm	40B.5KRO	11/4	\$11
HiddenOaks	Sa	1:30pm	40B.HOAZ	11/11	\$11

**Cub Scout Webelos (9-10 yrs.)****Into the Wild-Webelos Elective****1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	11am	3A7.86EI	10/28	\$11
ECLawrencePk	Sa	10am	3A7.G7O5	11/4	\$11

**Merit Badges (11-17 yrs.)****Animal Science****1--2 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	4pm	479.I5FW	10/25	\$24

**Archaeology****1--5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HistHuntley	M	10am	04C.1WVV	9/25	\$60

**Archery****1--8 hour Merit Badge**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	A9F.T7SW	9/16	\$128
BurkeLakePk	Sa	10am	A9F.60YI	10/21	\$128

**Bird Study****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	1pm	BCB.B8ZC	10/14	\$48

**Camping****1--5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	10am	642.RTWS	9/1	\$60

**Citizenship in the Community****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8:30am	FE0.U9GE	9/23	\$48
Sully	Sa	10am	FE0.JYVT	9/23	\$48
HistHuntley	Su	11am	FE0.84XH	10/22	\$48
ColvinRunMill	T	9am	FE0.T8IZ	11/7	\$48

**Citizenship in the Nation****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	38A.UYMN	9/16	\$48
HiddenOaks	Sa	1pm	38A.SITH	9/23	\$48
Sully	Su	10am	38A.84WR	11/5	\$48

**Citizenship in the World****1--5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	M	12pm	DDB.VA9I	9/25	\$60
Sully	Sa	10am	DDB.T1CN	9/30	\$60
Sully	Sa	10am	DDB.VDHE	10/21	\$60
HistHuntley	Th	10am	DDB.PBXI	11/2	\$60

**Communication****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	9am	5BE.8U14	9/24	\$48
HuntMdws	Su	10am	5BE.2CZ9	10/1	\$48
Sully	Sa	10am	5BE.0ZNA	10/7	\$48
Riverbend Pk	Su	10am	5BE.L10B	11/12	\$48

**Disability Awareness****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	W	12:30pm	9F8.JOVJ	11/22	\$48

**Environmental Science****1--4 hour Merit Badge--\$48****1--5 hour Merit Badge--\$60**

Location	Day	Time	Code	Date	\$
Riverbend Pk	M	12pm	FFA.3EOY	11/6	\$48
ECLawrencePk	M	10am	FFA.YCXX	10/30	\$60

**Farm Mechanics****1--3 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	4pm	767.4WJV	11/8	\$36

**First Aid****1--5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	M	12pm	869.MDYE	11/6	\$60

**Fishing****1--3 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	CEE.OW7N	9/10	\$45

**Forestry****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	M	12pm	BDE.OHJB	9/25	\$48
Riverbend Pk	M	12pm	BDE.8B07	10/9	\$48

**Geocaching****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	464.4J3L	11/4	\$48

**Geology****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	T	12pm	5E3.PCAE	11/7	\$48

**Indian Lore****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	0CD.3BL6	11/19	\$48

**Insect Study****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	02F.IMJJ	10/8	\$48

**Mammal Study****1--2 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	160.IJRO	10/15	\$24
ECLawrencePk	Su	9:30am	160.LH8B	11/19	\$24

**Nature Study****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	C84.GL76	9/17	\$48

**Oceanography****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	M	9am	A5E.L295	10/9	\$48

**Soil & Water Conservation****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	9am	0A1.BH35	11/18	\$48

**Sustainability****1--4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	W	10am	435.CAVB	11/1	\$48



## Sports and Leagues

Golf facilities, classes and tournaments are listed in the Golf section.

### Beginning Athletes

Kids love this high-energy class that introduces them to a variety of sports and activities each week including soccer, basketball and flag football. Have lots of fun with teamwork as you learn new sports.

<b>DSV1</b>	<b>8--55 minute lessons--\$145</b>				
<b>DSVF</b>	<b>8--55 minute lessons--\$141</b>				
<b>DSVL</b>	<b>8--55 minute lessons--\$165</b>				
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SoRunREC	Su	11am	FOZ.52ND	9/17	DSVF
SoRunREC	W	5:45pm	FOZ.MR7A	9/20	DSV1
SpHillREC	W	5:20pm	FOZ.B6RI	9/20	DSV1
<b>(6-12 yrs.)</b>					
SoRunREC	Su	2pm	JEE.T2IZ	9/17	DSV1
KingsPk ES	Sa	1pm	JEE.HXIM	9/23	DSVL
SoRunREC	Sa	1:30pm	JEE.AZOR	9/16	DSV1
Little Rn ES	Su	12pm	JEE.45QU	9/24	DSVF

### Mixed Sport & P. E. Games

**(6-12 yrs.)** Play some of the best sports and PE games ever invented including extreme kickball, handball, capture the flag, ultimate frisbee, floor hockey, soccer and more in this Baroody Camps program. Program goals are motivating each player to compete with high effort and a positive attitude towards self and others and improving teamwork skills. For extra fun, students can propose new games for the group to try!

<b>DSVF</b>	<b>8--55 minute lessons--\$141</b>				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2:30pm	IP0.GQSD	9/23	DSVF

### 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.

<b>4SD</b>	<b>5--55 minute lessons--\$78</b>				
<b>4SS1</b>	<b>1--5 hour lesson--\$78</b>				
Location	Day	Time	Code	Begin	\$
<b>(9-15 yrs.)</b>					
Burke Lake Pk	W	4:30pm	E27.FYCX	9/6	4SD
Burke Lake Pk	F	4:30pm	E27.XIIQ	9/8	4SD
LkFairfaxPk	Sa	9am	E27.4A3D	9/9	4SS1
LkFairfaxPk	Sa	9am	E27.OJFF	10/7	4SS1
<b>(13-Adult)</b>					
Burke Lake Pk	W	5:30pm	F74.J4V4	9/6	4SD
Burke Lake Pk	F	5:30pm	F74.VV01	9/8	4SD

### Archery II

Prerequisite: Archery I or equivalent.

<b>4SD</b>	<b>5--55 minute lessons--\$78</b>				
<b>4SS1</b>	<b>1--5 hour lesson--\$78</b>				
Location	Day	Time	Code	Begin	\$
<b>(9-12 yrs.)</b>					
Burke Lake Pk	Th	4:30pm	E59.HOTP	9/7	4SD
LkFairfaxPk	Sa	9am	E59.T3TJ	9/23	4SS1
LkFairfaxPk	Sa	9am	E59.N6UK	10/28	4SS1
<b>(13-Adult)</b>					
Burke Lake Pk	Th	5:30pm	80A.U9Z2	9/7	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.

<b>DSV1</b>	<b>8--55 minute lessons--\$145</b>				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	4pm	DDF.RJ88	9/16	DSV1

### 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.

<b>4SA</b>	<b>10--55 minute lessons--\$160</b>				
<b>4SM</b>	<b>8--55 minute lessons--\$127</b>				
<b>DSV1</b>	<b>8--55 minute lessons--\$145</b>				
<b>DSVF</b>	<b>8--55 minute lessons--\$141</b>				
<b>DSVK</b>	<b>10--55 minute lessons--\$155</b>				
<b>DSVL</b>	<b>8--55 minute lessons--\$165</b>				
<b>DSVR</b>	<b>10--55 minute lessons--\$183</b>				
<b>DSVT</b>	<b>10--55 minute lessons--\$169</b>				
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Flint HL ES	Su	11am	0F7.MBNI	9/17	DSVT
Franconia Rec	Sa	10:30am	0F7.HTZ8	9/16	DSVK
Franconia Rec	Su	9:30am	0F7.ST6H	9/17	DSVK
Oakton ES	Sa	10:30am	0F7.JYA9	9/16	DSVT
Orng Hnt ES	Sa	10am	0F7.S8K0	9/16	DSV1
Orng Hnt ES	Su	10am	0F7.4648	9/17	DSV1
ProvREC	Su	10am	0F7.5AK8	9/17	4SM
ProvREC	Th	5pm	0F7.9K2A	9/21	DSV1

SpHillREC	Sa	11am	0F7.HD8V	9/16	4SA
SpHillREC	Th	6pm	0F7.U9WR	9/21	4SA
SpHillREC	F	6pm	0F7.AZML	9/22	DSVR
Sully CommCtr	W	6pm	0F7.8G2Y	9/6	DSV1
Sully CommCtr	Th	6pm	0F7.NGCP	9/7	DSV1
Sully CommCtr	Sa	10am	0F7.EEY	9/9	4SM
Sully CommCtr	Su	1pm	0F7.OW5H	9/10	DSVT
Sully CommCtr	Su	10am	0F7.ZMLF	9/10	DSVR
Wkfld/Moore	Sa	11am	0F7.DNJW	9/16	4SA
Wkfld/Moore	Su	2pm	0F7.OLPG	9/17	DSVF
Wkfld/Moore	M	6:30pm	0F7.QH8K	9/18	DSVR
Wkfld/Moore	Th	5:30pm	0F7.08YP	9/21	DSVR
KingsPk ES	Sa	10am	0F7.TXTU	9/23	DSVL
Little Rn ES	Su	11am	0F7.BW17	9/23	DSVF
BelleVw ES	Sa	9:30am	0F7.3YJK	9/16	DSVL

### (8-10 yrs.)

Franconia Rec	Su	10:30am	134.EIHC	9/17	DSVK
Franconia Rec	M	5:30pm	134.95N9	9/18	DSVK
Oakton ES	Sa	11:30am	134.MX4Q	9/16	DSVT
Orng Hnt ES	Sa	11am	134.NOHU	9/16	DSV1
Orng Hnt ES	Su	11am	134.ZW2D	9/17	DSV1
ProvREC	Su	11am	134.RSA6	9/17	4SM
ProvREC	Th	6pm	134.CVRT	9/21	DSV1
SpHillREC	Sa	12pm	134.5X2D	9/16	4SA
SpHillREC	Th	7pm	134.V17L	9/21	4SA
Sully CommCtr	W	7pm	134.TMBB	9/6	DSV1
Sully CommCtr	Sa	1:30pm	134.5145	9/9	4SM
Sully CommCtr	Su	2pm	134.OCMH	9/10	DSVT
Sully CommCtr	Su	11am	134.4135	9/10	DSVR
Wkfld/Moore	Su	3pm	134.78B7	9/17	DSVF
Wkfld/Moore	M	7:30pm	134.M0XB	9/18	DSVR
Wkfld/Moore	Th	6:30pm	134.MTV2	9/21	DSVR
FlintHL ES	Su	12pm	134.VN2R	9/17	DSVT
KingsPk ES	Sa	11am	134.GXIG	9/23	DSVL
BelleVw ES	Sa	10:30am	134.02WX	9/16	DSVL

### (11-13 yrs.)

Franconia Rec	M	6:30pm	188.0WJP	9/18	DSVK
Orng Hnt ES	Sa	12pm	188.4F8F	9/16	DSV1
Orng Hnt ES	Su	12pm	188.TPQT	9/17	DSV1
ProvREC	Su	12pm	188.1SXT	9/17	DSV1
SpHillREC	Sa	1pm	188.F01I	9/16	4SA
Sully CommCtr	Th	7pm	188.MSNG	9/7	DSV1
Sully CommCtr	Sa	2:30pm	188.Z5J5	9/9	4SM
Sully CommCtr	Su	12pm	188.49MI	9/10	DSVT
Wkfld/Moore	Su	11:30am	188.8QTL	9/17	4SA
Wkfld/Moore	Th	7:30pm	188.IEFO	9/21	DSVR
KingsPk ES	Sa	12pm	188.TONT	9/23	DSVL

### Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

<b>4SA</b>	<b>10--55 minute lessons--\$160</b>				
<b>4SM</b>	<b>8--55 minute lessons--\$127</b>				
<b>DSV1</b>	<b>8--55 minute lessons--\$145</b>				
<b>DSVT</b>	<b>10--55 minute lessons--\$169</b>				
Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SpHillREC	Su	12pm	Z8E.E1TJ	9/17	4SA
<b>(8-10 yrs.)</b>					
SpHillREC	Su	1pm	919.I3EB	9/17	4SA
SpHillREC	T	5pm	919.9163	9/19	4SA
Sully CommCtr	Sa	11am	919.8KJC	9/9	4SM
FlintHL ES	Su	10am	919.Q67K	9/17	DSVT
<b>(8-12 yrs.)</b>					
Flint HL ES	Su	1pm	58D.4UCG	9/17	DSVT
Oakton ES	Sa	12:30pm	58D.PTV9	9/16	DSVT
Sully CommCtr	Sa	3:30pm	58D.70E8	9/9	DSV1
<b>(10-12 yrs.)</b>					
SpHillREC	Su	1pm	680.1WJX	9/17	4SA
Oakton ES	Sa	1:30pm	680.ULGJ	9/16	DSVT



All programs and activities will follow current health safety protocols.

**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--\$160					
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SpHillREC	T	7pm	988.E4C9	9/19	4SA
(12-14 yrs.)					
Wkfld/Moore	Sa	12pm	94C.F6E4	9/16	4SA

**Basketball Training/Girls**

(8-12 yrs.) Students learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	11am	924.HTOJ	9/17	4SA

**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 to become a deadly shooter.

DSVU 4--1 hour 25 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	1pm	3LV.RSR6	9/17	DSVU
ProvREC	Su	1pm	3LV.7AVK	10/15	DSVU
SpHillREC	Sa	2pm	3LV.EL1S	9/16	DSVU
SpHillREC	Su	2pm	3LV.OC1P	9/17	DSVU
Sully CommCtr	Sa	12pm	3LV.ZLBM	9/9	DSVU
Sully CommCtr	Sa	12pm	3LV.S7X9	10/7	DSVU
Wkfld/Moore	Su	10am	3LV.D68T	9/17	DSVU

**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--\$155					
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	5:30pm	A55.C304	9/22	DSVK

**Game Time Basketball**

This coed 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--\$155					
Location	Day	Time	Code	Begin	\$
(7-9 yrs.)					
Franconia Rec	F	6:30pm	097.N8R8	9/22	DSVK
(10-13 yrs.)					
Franconia Rec	F	7:30pm	45C.LJ7I	9/22	DSVK

**Co-ed Basketball League**

These U6 and U7 leagues introduces students to basketball and teaches them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2 8--55 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
SpHillREC	Sa	9am	086.63IU	9/16	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.XIQR	9/16	DSV2

**Coach Rich's Co-ed Basketball League**

(7-13 yrs. Co-ed) Games will be played on Saturdays. The number of players registered will determine the schedule, approximately 40 minutes of game play each week. 3-on-3 basketball is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. Upon registration, you will be contacted with 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--\$188					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	CD5.JSJM	9/16	DSV9

**Beginning Fencing**

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--\$83					
Location	Day	Time	Code	Begin	\$
(9-13 yrs.)					
Wkfld/Moore	W	6pm	D7D.OZ9M	9/20	DSVC
(9-Adult)					
Wkfld/Moore	W	7pm	PZQ.9L7M	9/20	DSVC

**Intro to Sport Fencing**

This class introduces students to the sport of Olympic. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for \$49 or purchased for \$199 with payment due after first class.

CPVH 7--55 minute lessons--\$98					
Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
Wkfld/Moore	Sa	10am	TSB.M4UW	9/16	CPVH
Wkfld/Moore	T	6pm	TSB.IS12	9/19	CPVH
(14-Adult)					
Wkfld/Moore	Sa	11am	IAB.3I9Q	9/16	CPVH
Wkfld/Moore	T	7pm	IAB.RBY5	9/19	CPVH

**Intro to Olympic Sport Fencing**

Introduction to Olympic Sport Fencing through drills, games and exercises done in pairs. Learn basic foot movements such as advances, retreats and lunges, as well as basic hand movements including thrusts and blocks. A \$29 equipment fee of is payable at first class.

DSVP 8--55 minute lessons--\$121					
Location	Day	Time	Code	Begin	\$
(7-13 yrs.)					
NOVA Fencers	M/W	4pm	30E.SNPP	9/18	DSVP
NOVA Fencers	M/W	6pm	30E.MEU9	9/18	DSVP
NOVA Fencers	T/Th	6pm	30E.PHQ5	9/19	DSVP
NOVA Fencers	M/W	4pm	30E.2ESU	10/23	DSVP
NOVA Fencers	M/W	6pm	30E.Q12I	10/23	DSVP
NOVA Fencers	T/Th	6pm	30E.K75X	10/24	DSVP
(13-Adult)					
NOVA Fencers	M/W	7pm	9C1.QEKL	9/18	DSVP
NOVA Fencers	M/W	7pm	9C1.WG7O	10/23	DSVP
NOVA Fencers	T/Th	7pm	9C1.7MUE	10/24	DSVP
NOVA Fencers	T/Th	7pm	9C1.XPWH	9/19	DSVP

**Flag Football**

In this Masi Sports Academy program students learn the fundamentals of football in an upbeat and engaging environment. Focus in on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(8-11 yrs.)					
Franconia Rec	T	5:30pm	N49.S96U	9/19	DSVL
BelleVw ES	Sa	11:30am	N49.99QG	9/16	DSVL
(12-14 yrs.)					
Franconia Rec	T	6:30pm	LED.NUVE	9/19	DSVL
Belle Vw ES	Sa	12:30pm	LED.80SU	9/16	DSVL

**Floor Hockey**

(5-7 yrs.) Floor hockey is an action packed game where players move constantly. Students learn hockey basics and how to compete as a team with high effort and sportsmanship in this Baroody Camps class. Each class begins with lead-up games and skill building and ends with a game.

DSVF 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	3:30pm	ME2.RG02	9/23	DSVF

**Gymnastics for Girls**

(5-7 yrs.) Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	11:15am	COF.E3A4	9/24	DSVL
Franconia Rec	T	5:05pm	COF.HT3P	9/26	DSVL
ProvREC	Su	1pm	COF.RV6A	9/17	DSVL
Wkfld/Moore	W	5:30pm	COF.H3PO	9/27	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--\$160					
DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
ProvREC	Su	2pm	8D7.YT3X	9/17	DSVL
SoRunREC	Su	2pm	8D7.4YS6	9/17	DSVL
SoRunREC	Su	3pm	8D7.1GV8	9/17	DSVL
SoRunREC	Su	4pm	8D7.WS6I	9/17	DSVL
SoRunREC	Th	6:35pm	8D7.FRQ3	9/21	DSVL
(6-12 yrs.)					
Franconia Rec	Sa	1:15pm	JBN.VXOA	9/23	DSVL
Franconia Rec	Sa	11:15am	JBN.IUMX	9/23	DSVL
Franconia Rec	M	5:05pm	JBN.5PCZ	9/25	DSVL
Franconia Rec	T	6:05pm	JBN.HQ2M	9/26	DSVL
ProvREC	Sa	1pm	JBN.VOTN	9/23	DSVL
ProvREC	W	7pm	JBN.EILW	9/27	DSVL
SoRunREC	Su	5pm	JBN.DOOD	9/17	DSVL
Wkfld/Moore	W	6:30pm	JBN.TGGW	9/27	DSVL



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**Gymnastics II**

(6-12 yrs.) Prerequisite: Gymnastics I.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	12:15pm	ZA4.UYLL	9/24	DSVL
Franconia Rec	M	6:05pm	ZA4.USB3	9/25	DSVL
Wkfld/Moore	W	7:30pm	ZA4.1ABA	9/27	DSVL

**Team Handball**

Team handball is similar to soccer except you only use your hands. Learn the skills and techniques of this fun game in this Sanowar Fitness class. No equipment required, wear athletic shoes.

DSV1 8--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Fairhill ES	Su	9am	Y2F.S415	9/17	DSV1
Fairhill ES	Sa	10am	Y2F.GA4Y	9/16	DSV1
RollVly ES	Su	12pm	Y2F.J6PK	9/17	DSV1
(9-12 yrs.)					
Fairhill ES	Su	10am	8YU.GSQI	9/17	DSV1
Fairhill ES	Sa	9am	8YU.AGM3	9/16	DSV1
RollVly ES	Su	11am	8YU.EK2A	6/17	DSV1

**Lacrosse**

Students develop lacrosse fundamentals including passing, catching, shooting and defensive positions. Students must bring their own lacrosse stick, mouth-guard and water bottle.

DSVF 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Wkfld/Moore	Sa	12:30pm	D48.60N5	9/16	DSVF
(8-12 yrs.)					
Wkfld/Moore	Sa	1:30pm	72D.NEML	9/16	DSVF

**Pickleball I**

(Adults) Pickleball is a fun, easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. Participants learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

DPV1 10--55 minute lessons--\$175					
DSP1 8--55 minute lessons--\$132					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
GWREC	T	6pm	931.A5K3	9/5	DSP1
RndtreePk	T	10am	931.VMAA	9/19	DSP1
RndtreePk	W	11am	931.GYNQ	9/20	DSP1
SoRunREC	Sa	7am	931.YUPU	9/16	DSP1
SoRunREC	Sa	8am	931.YHM6	9/16	DSP1
SpHillREC	T	10am	931.RQYU	9/19	DSP1
Wkfld/Moore	M	9:30am	931.SAI1	9/18	DSP1
Wkfld/Moore	T	6pm	931.SD9C	9/19	DSP1
Wkfld/Moore	T	9:30am	931.YILO	9/19	DSP1
Wkfld/Moore	W	9:30am	931.KRFP	9/20	DSP1
Wkfld/Moore	Th	6pm	931.J0PW	9/21	DSP1
Wkfld/Moore	Th	9:30am	931.BE77	9/21	DSP1
RndtreePk	Th	9am	B60.RDTY	9/21	DVP2
SoRunREC	T	10am	B60.XRF1	9/19	DVP2
SoRunREC	T	11am	B60.AE7T	9/19	DVP2
SoRunREC	Th	10am	B60.KG6T	9/21	DVP2
SpHillREC	W	9am	B60.WJHE	9/20	DSVT
SpHillREC	W	10am	B60.KZY7	9/20	DSVT
SpHillREC	Th	9am	B60.WTOH	9/21	DSVT
SpHillREC	Th	11am	B60.TU1D	9/21	DSVT
SpHillREC	F	9am	B60.A81K	9/22	DPV1
Sully CommCtr	Sa	5pm	B60.CPUJ	9/9	DVP2

Sully CommCtr	Sa	6pm	B60.U7YP	9/9	DVP2
Sully CommCtr	Su	1:30pm	B60.YDWW	9/10	DPV1
Sully CommCtr	Su	2:30pm	B60.LPNH	9/10	DPV1
Sully CommCtr	Su	6pm	B60.NYGO	9/10	DPV1
Sully CommCtr	Su	7pm	B60.QF7N	9/10	DPV1
Sully CommCtr	M	6pm	B60.RNFO	9/11	DVP2
Sully CommCtr	T	10:30am	B60.8NU1	9/12	DPV1
Wkfld/Moore	T	1pm	B60.CE8P	9/19	DVP2
Wkfld/Moore	T	6pm	B60.520P	9/19	DVP2
Wkfld/Moore	W	3pm	B60.L4QS	9/20	DVP2
Wkfld/Moore	Th	1pm	B60.DTOG	9/21	DVP2
Wkfld/Moore	Th	6pm	B60.QDU8	9/21	DVP2

**Pickleball II**

(Adults) Prerequisite: Pickleball I. Class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

DPV1 10--55 minute lessons--\$175					
DSP1 8--55 minute lessons--\$132					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
GWREC	Th	6pm	A17.SP6K	9/7	DSP1
RndtreePk	T	11am	A17.5PTX	9/19	DSP1
RndtreePk	W	10am	A17.ZWMN	9/20	DSP1
SpHillREC	T	1:15pm	A17.M6SV	9/19	DSP1
SpHillREC	T	11pm	A17.E2JR	9/19	DSP1
SpHillREC	T	12:15pm	A17.DN5K	9/19	DSP1
Wkfld/Moore	M	10:30am	A17.SOKZ	9/18	DSP1
Wkfld/Moore	T	7pm	A17.U2UU	9/19	DSP1
Wkfld/Moore	T	10:30am	A17.RIVD	9/19	DSP1
Wkfld/Moore	W	10:30am	A17.TTBU	9/20	DSP1
Wkfld/Moore	Th	7pm	A17.VUJB	9/21	DSP1
Wkfld/Moore	Th	10:30am	A17.8HQL	9/21	DSP1
RndtreePk	Th	10am	QJ3.GHP8	9/21	DVP2
SoRunREC	T	12pm	QJ3.D82I	9/19	DVP2
SoRunREC	Th	11am	QJ3.LEDH	9/21	DVP2
SpHillREC	M	9am	QJ3.U605	9/18	DPV1
SpHillREC	W	11am	QJ3.4VQA	9/20	DPV1
SpHillREC	W	12pm	QJ3.YIAW	9/20	DPV1
SpHillREC	Th	10am	QJ3.B5UY	9/21	DSVT
SpHillREC	Th	12pm	QJ3.P3R7	9/21	DPV1
SpHillREC	F	10am	QJ3.NYXT	9/22	DPV1
SpHillREC	F	12pm	QJ3.85Q1	9/22	DPV1
Sully CommCtr	Su	3:30pm	QJ3.ISZU	9/10	DPV1
Sully CommCtr	Su	5pm	QJ3.E8PW	9/10	DPV1
Sully CommCtr	M	7am	QJ3.67WK	9/11	DVP2
Sully CommCtr	T	11:30am	QJ3.0Y77	9/12	DPV1
Wkfld/Moore	T	2pm	QJ3.GKNY	9/19	DVP2
Wkfld/Moore	T	7pm	QJ3.IFDH	9/19	DVP2
Wkfld/Moore	W	4pm	QJ3.P0Z9	9/20	DVP2
Wkfld/Moore	Th	2pm	QJ3.ND8F	9/21	DVP2
Wkfld/Moore	Th	7pm	QJ3.G0VC	9/21	DVP2

**Pickleball III**

(Adults) Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

DSP1 8--55 minute lessons--\$132					
DVP1 10--55 minute lessons--\$175					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
RndtreePk	T	12pm	58E.BXSE	9/19	DSP1
SpHillREC	T	2:15pm	58E.JWZ5	9/19	DSP1
Wkfld/Moore	M	11:30am	58E.GHYJ	9/18	DSP1
Wkfld/Moore	T	8pm	58E.K3ER	9/19	DSP1
Wkfld/Moore	T	11:30am	58E.F9BR	9/19	DSP1
Wkfld/Moore	W	11:30am	58E.TBEC	9/20	DSP1
Wkfld/Moore	Th	8pm	58E.LTQO	9/21	DSP1
Wkfld/Moore	Th	11:30am	58E.WH64	9/21	DSP1
RndtreePk	Th	11am	SZ4.UMEU	9/21	DVP2
SpHillREC	M	10am	SZ4.45UJ	9/18	DPV1
SpHillREC	F	11am	SZ4.R2C3	9/22	DPV1
Wkfld/Moore	T	3pm	SZ4.45U9	9/19	DVP2

Wkfld/Moore	T	8pm	SZ4.F33Q	9/19	DVP2
Wkfld/Moore	W	5pm	SZ4.HLI6	9/20	DVP2
Wkfld/Moore	Th	3pm	SZ4.3NVJ	9/21	DVP2
Wkfld/Moore	Th	8pm	SZ4.C50Z	9/21	DVP2

**Senior Pickleball I**

(65 yrs.+) This slower paced class focuses on basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	9:30am	W14.0JDY	9/22	DVP2

**Senior Pickleball II**

(65 yrs.+) Prerequisite: previous pickleball class or experience. This 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--\$146					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	10:30am	NGG.9ZL2	9/22	DVP2

**Pickleball 1 Coached Play**

(Adults) Participants rally with other players alongside a certified coach. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Beginners focus on learning basic strokes and rules.

DVP1 10--55 minute lessons--\$175					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
SpHillREC	M	11am	VHG.YH02	9/18	DPV1
Wkfld/Moore	F	6pm	VHG.TX40	9/22	DVP2

**Pickleball 2 Coached Play**

(Adults) Prerequisite: Pickleball 1. Participants rally with other players alongside a certified coach. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun with the focus on developing consistency.

DSP1 8--55 minute lessons--\$132					
DVP1 10--55 minute lessons--\$175					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
RndtreePk	W	12pm	PD3.2NLT	9/20	DSP1
SpHillREC	M	12pm	D8K.04XB	9/18	DPV1
Wkfld/Moore	F	7pm	D8K.711C	9/22	DVP2

**Pickleball 3 Coached Play**

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Focus is on executing strokes with increasing consistency.

DVP1 10--55 minute lessons--\$175					
DVP2 8--55 minute lessons--\$146					
Location	Day	Time	Code	Begin	\$
SpHillREC	M	1pm	OVV.5Y70	9/18	DPV1
Wkfld/Moore	F	8pm	OVV.2PS2	9/22	DVP2

**Small-Group Pickleball I**

(15-Adult) Pickleball is a fun, popular mini-tennis-like game. In this First Serve Tennis program students learn the basic strokes including dinks, volleys, fore-



All programs and activities will follow current health safety protocols.

hands, backhands, the serve and how to keep score. Pickleball paddles and balls are provided. Please wear tennis shoes.

**DVP3 8--50 minute lessons--\$191**  
**DPV4 6--50 minute lessons--\$143**

Location	Day	Time	Code	Begin	\$
GWRec	Th	4:30pm	W6H.6EWS	9/14	DVP3
GWRec	Th	5:30pm	W6H.2U8D	9/14	DVP3
GWRec	W	9:30am	W6H.CV9L	9/13	DVP3
GWRec	W	10:30am	W6H.2BT1	9/13	DVP3
GWRec	M	9:30am	W6H.WU7F	9/11	DVP4
GWRec	M	10:30am	W6H.AADK	9/11	DVP4

### Small-Group Pickleball II

**(15-Adult)** Prerequisite Pickleball I or equivalent. Build on the skills in the level I to take your skills to the next level in the First Serve Tennis program. Prior playing experience is required. Pickleball paddles and balls are provided. Please wear tennis shoes.

**DVP3 8--50 minute lessons--\$191**  
**DPV4 6--50 minute lessons--\$143**

Location	Day	Time	Code	Begin	\$
GWRec	Th	6:30pm	DDL.AASE	9/14	DVP3
GWRec	W	11:30am	DDL.7AT6	9/13	DVP3
GWRec	M	11:30am	DDL.T8B6	9/11	DVP4

### Ping Pong

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

**4SA 10--55 minute lessons--\$160**

Location	Day	Time	Code	Begin	\$
<b>(8-12 yrs.)</b>					
SpHillREC	Sa	2pm	393.94HF	9/16	4SA
<b>(13-Adult)</b>					
SpHillREC	Sa	3pm	AAF.YBZC	9/16	4SA

### Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

**4SA 10--55 minute lessons--\$160**  
**4SM 8--55 minute lessons--\$127**  
**DSV1 8--55 minute lessons--\$145**  
**DSVT 10--55 minute lessons--\$169**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SoRunREC	Sa	10am	29D.BQP3	9/16	DSV1
SoRunREC	Su	10am	29D.FBJO	9/17	DSV1
SoRunREC	M	5:45pm	29D.VJ77	9/18	DSV1
SpHillREC	Sa	10am	29D.XO45	9/16	4SA
SpHillREC	Su	10am	29D.AVRJ	9/17	4SA
SpHillREC	M	5pm	29D.9SOY	9/18	4SA
Sully CommCtr F		6pm	29D.3YXE	9/8	DSV1
Sully CommCtr Su		3pm	29D.U4IK	9/10	DSVT
Wkfld/Moore Sa		10am	29D.1NBB	9/16	4SM
Wkfld/Moore Su		11am	29D.MAMW	9/17	4SM
Woodbrn ES Sa		11am	29D.2LFN	9/9	4SM

<b>(8-12 yrs.)</b>					
SoRunREC	Sa	11am	F64.QLVX	9/16	DSV1
SoRunREC	Su	11am	F64.35UQ	9/17	DSV1
SoRunREC	M	6:40pm	F64.UXHH	9/18	DSV1
SpHillREC	Sa	11am	F64.SAG8	9/16	4SA
SpHillREC	Su	11am	F64.CSPN	9/17	4SA

Sully CommCtr F		7pm	F64.R2G3	9/8	DSV1
Wkfld/Moore Sa		11am	F64.F06H	9/16	4SM
Wkfld/Moore Su		12pm	F64.U3K4	9/17	4SM
Woodbrn ES Sa		12pm	F64.UQ3K	9/9	4SM

### 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--\$160**  
**4SM 8--55 minute lessons--\$127**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SpHillREC	Sa	12pm	580.EQN1	9/16	4SA
SpHillREC	Su	12pm	580.006U	9/17	4SA
SpHillREC	T	4pm	580.HZSR	9/19	4SA
Wkfld/Moore Sa		12pm	580.ZZ9W	9/16	4SM
Wkfld/Moore Su		1pm	580.TP9V	9/17	4SM
Woodbrn ES Sa		1pm	580.GMMC	9/9	4SM
<b>(8-12 yrs.)</b>					
SpHillREC	Sa	1pm	DA0.QQ0J	9/16	4SA
SpHillREC	Su	1pm	DA0.ZXNT	9/17	4SA
SpHillREC	T	5pm	DA0.J5S2	9/19	4SA
Woodbrn ES Sa		2pm	DA0.ZU9G	9/9	4SM

### Small Goal Soccer

In this class Sanowar Fitness introduces students to Small Goal Soccer which is played five-on-five using smaller goals. Students build skills and self-confidence in a fun environment.

**DSV1 8--55 minute lessons--\$145**  
**DSVR 10--55 minute lessons--\$183**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SpHillREC	Sa	2pm	816.EWKJ	9/16	DSVR
SpHillREC	Su	2pm	816.DQJ2	9/17	DSVR
Wkfld/Moore Sa		1pm	816.NF5Q	9/16	DSV1
Wkfld/Moore Su		2pm	816.3295	9/17	DSV1
Woodbrn ES Sa		3pm	816.9UJ7	9/9	DSV1
Little Rn ES Sa		11am	816.J98X	9/23	DSV1
<b>(9-12 yrs.)</b>					
SpHillREC	Sa	3pm	3C5.RRLR	9/16	DSVR
SpHillREC	Su	3pm	3C5.C4ST	9/17	DSVR
Sully CommCtr F		7pm	3C5.WY31	9/8	DSV1
Woodbrn ES Sa		4pm	3C5.OWCW	9/9	DSV1
Little Rn ES Sa		12pm	3C5.RR2Q	9/23	DSV1

### Futsal

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

**DSV1 8--55 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
WestSprfld ES Sa		10:30am	FNH.V97N	9/16	DSV1
<b>(8-12 yrs.)</b>					
WestSprfld ES Sa		11:30am	FTR.SC58	9/16	DSV1
<b>(13-17 yrs.)</b>					
WestSprfld ES Sa		12:30pm	BDQ.CQAO	9/16	DSV1

### 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--\$127**  
**DSV1 8--55 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
AnnandalePk Su		11am	3E1.APBR	9/17	4SM
Wkfld/Moore Sa		3pm	3E1.JEA6	9/16	DSV1

### 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.

**4SA 10--55 minute lessons--\$160**  
**4SM 8--55 minute lessons--\$127**  
**DSV1 8--55 minute lessons--\$145**  
**DSVR 10--55 minute lessons--\$183**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
MasonDistPk Sa		11am	A08.9AHX	9/16	4SM
Franconia Rec Sa		10am	MKL.CXZC	9/16	DSVR
Franconia Rec M		5pm	MKL.1LX4	9/18	DSVR
McLeanCntrlPk Sa		3pm	MKL.OVWF	9/16	4SM
McLeanCntrlPk Sa		5pm	MKL.XVJ6	9/16	4SM
McLeanCntrlPk Su		2pm	MKL.O8CQ	9/17	4SM
McLeanCntrlPk Su		3pm	MKL.M76Q	9/17	4SM
SoRunREC Sa		9am	MKL.PVZU	9/16	DSV1
SoRunREC Su		9am	MKL.7AGR	9/17	DSV1
SoRunREC M		5pm	MKL.31H0	9/18	DSV1
SpHillREC Sa		3:30pm	MKL.N70I	9/16	DSVR
SpHillREC Sa		4:35pm	MKL.O04V	9/16	DSVR
Wkfld/Moore Sa		10am	MKL.0921	9/16	4SA
Wkfld/Moore Su		12pm	MKL.P2GT	9/17	4SA

### (9-12 yrs.)

Franconia Rec Sa		11am	N0B.VR35	9/16	DSVR
Franconia Rec M		6pm	N0B.NEIQ	9/18	DSVR
McLeanCntrlPk Sa		4pm	N0B.YOC7	9/16	4SM
SoRunREC Sa		10am	N0B.DT5Y	9/16	DSV1
SoRunREC Su		10am	N0B.DKP8	9/17	DSV1
SoRunREC M		6pm	N0B.MJE9	9/18	DSV1
Wkfld/Moore Sa		1pm	N0B.FD69	9/16	DSV1
Wkfld/Moore Sa		11am	N0B.KT56	9/16	4SA
Wkfld/Moore M		5:30pm	N0B.DT4U	9/18	DSV1

### (10-17 yrs.)

Franconia Rec Sa		12pm	A49.FPT2	9/16	DSVR
Franconia Rec M		7pm	A49.YGLB	9/18	DSVR
McLeanCntrlPk Sa		2pm	A49.09IN	9/16	4SM
SoRunREC Sa		11am	A49.E8MO	9/16	DSV1
SoRunREC Su		11am	A49.805C	9/17	DSV1
SoRunREC M		7pm	A49.P8Z4	9/18	DSV1
Wkfld/Moore Sa		2pm	A49.ZVQW	9/16	DSV1
Wkfld/Moore M		6:30pm	A49.IJW5	9/18	DSV1

### (Adults)

MasonDistPk Sa		10am	2AB.7PUR	9/16	4SM
Wkfld/Moore T		9am	2AB.OAB8	9/19	4SM
Franconia Rec Sa		1pm	PLO.MJ3L	9/16	DSVR
SoRunREC Su		12pm	PLO.R2U5	9/17	DSV1
Wkfld/Moore M		7:30pm	PLO.MQT2	9/18	DSV1
Wkfld/Moore W		6:30pm	PLO.XVVE	9/20	DSV1

### Tennis Beginning II

Students should be able to rally with the forehand and know the basic strokes. Stroke production, including ball trajectory over the net and basic game strategy, is refined. Students need a tennis racquet and 2 cans of balls.

**4SM 8--55 minute lessons--\$127**  
**4SA 10--55 minute lessons--\$160**  
**DSV1 8--55 minute lessons--\$145**  
**DSVR 10--55 minute lessons--\$183**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
SoRunREC T		5pm	Q98.SPPN	9/19	DSV1
<b>(9-12 yrs.)</b>					
Franconia Rec T		5pm	IWH.GYSV	9/19	DSVR
SoRunREC T		6pm	IWH.G25K	9/19	DSV1
Wkfld/Moore Sa		12pm	IWH.FGPO	9/16	4SA



## (10-17 yrs.)

Franconia Rec	T	6pm	TZD.NXPE	9/19	DSVR
SoRunREC	T	7pm	TZD.9SZX	9/19	DSV1

## (13-17 yrs.)

Wkfld/Moore	W	5:30pm	2PX.4FYC	9/20	DSV1
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## (Adults)

Wkfld/Moore	M	11am	457.SC69	9/18	4SM
Wkfld/Moore	Th	9am	457.ZH51	9/21	4SM
Wkfld/Moore	F	11am	457.FL29	9/22	4SM
Franconia Rec	Sa	9am	2P8.C70Y	9/16	DSVR
Franconia Rec	T	7pm	2P8.H1SJ	9/19	DSVR
Wkfld/Moore	Sa	3pm	2P8.MYFI	9/16	DSV1
Wkfld/Moore	W	7:30pm	2P8.1ZSF	9/20	DSV1

## Tennis Intermediate I

Student should know basic strokes, scoring, rules and court etiquette. Emphasis is on stroke production, shot placement and consistency. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127

DSV1 8--55 minute lessons--\$145

DSVR 10--55 minute lessons--\$183

Location	Day	Time	Code	Begin	\$
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## (9-12 yrs.)

Franconia Rec	Th	5pm	041.OYKP	9/21	DSVR
SoRunREC	W	5pm	041.JPY6	9/20	DSV1

## (10-17 yrs.)

Franconia Rec	Th	6pm	W8K.IDV5	9/21	DSVR
SoRunREC	W	6pm	W8K.G9TC	9/20	DSV1

## (13-17 yrs.)

Wkfld/Moore	F	5:30pm	6CX.PR91	9/22	DSV1
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## (Adults)

SoRunREC	W	7pm	HNK.YAXC	9/20	DSV1
Wkfld/Moore	T	10am	572.CCA0	9/19	4SM
Wkfld/Moore	Th	10am	572.90J6	9/21	4SM
Franconia Rec	Th	7pm	HNK.MV6P	9/21	DSVR
Wkfld/Moore	F	7:30pm	HNK.XV6H	9/22	DSV1

## Tennis Intermediate II

Stroke consistency and control are key factors at this level. Emphasis is on shot variety and pace under pressure. Percentage is stressed and mastery of intermediate skills is required. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127

DSV1 8--55 minute lessons--\$145

DSVM 8--1 hour 25 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
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## (13-17 yrs.)

Wkfld/Moore	F	6:30pm	K3G.71AR	9/22	DSV1
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## (Adults)

Wkfld/Moore	T	11am	013.1HBL	9/19	4SM
Wkfld/Moore	W	9:30am	013.SMTV	9/20	DSVM
Wkfld/Moore	Sa	4pm	QHM.2TRA	9/16	DSV1

## Tennis Advanced

(Adults) Students should be able to execute all basic strokes and have at least informal competitive playing experience. Stroke reliability and aggressive shots with pace and depth are expected. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	W	11am	B86.MWB0	9/20	4SM
Wkfld/Moore	Th	11am	B86.PFSN	9/21	4SM

## Senior Tennis

(65 yrs.+ ) This slower paced class focuses on improving essential skills such as forehand and backhand drive, serve, footwork, rules, scoring and court etiquette. Emphasis is on correct form. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	M	10am	5WF.NSBM	9/18	4SM
Wkfld/Moore	F	10am	5WF.788R	9/22	4SM

## Doubles Tennis

(Adults) Class focuses on both offensive and defensive doubles strategy and includes practical education to hone your skills. Students must bring a racquet and two cans of tennis balls to the first class.

4SM 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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MasonDistPk	Su	4pm	DBD.B2X7	9/17	4SM
MasonDistPk	Su	5pm	DBD.02W5	9/17	4SM

## Ultimate Frisbee

(7-12 yrs.) In this super active class offered by Ba-roody Camps players will learn the basics of Ultimate Frisbee. Students share strategies, learn how to make calls fairly while refereeing and work with teammates to make the most out of every play.

DSVF 8--55 minute lessons--\$141

Location	Day	Time	Code	Begin	\$
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ProvREC	Sa	4:30pm	TLO.BERD	9/23	DSVF
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## Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

DSVD 10--55 minute lessons--\$147

DSVT 10--55 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
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## (8-12 yrs.)

SpHillREC	M	6pm	8D1.WNL9	9/18	DSVT
SpHillREC	W	6pm	8D1.KLM9	9/20	DSVT
Wkfld/Moore	M	6pm	8D1.R710	9/18	DSVT
Woodbrn ES	Su	10am	8D1.BTBN	9/17	DSVD

## (12-17 yrs.)

Wkfld/Moore	M	7pm	BA8.BOMU	9/18	DSVT
Woodbrn ES	Su	1pm	BA8.8LD0	9/17	DSVD

## (16-Adult)

Wkfld/Moore	M	8pm	CR8.5607	9/18	DSVT
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## Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

DSVD 10--55 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
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## (8-12 yrs.)

Woodbrn ES	Su	11am	0X0.PNCU	9/17	DSVD
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## (12-17 yrs.)

Woodbrn ES	Su	12pm	6J8.6FLJ	9/17	DSVD
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## Windball Cricket

Windball Cricket is a ball-and-bat game played between two teams. Learn the basic skills and techniques of this fun game in this Sanowar Fitness class. Equipment will be provided and tennis balls will be used. Students do not need cleats.

DSV1 8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
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## (6-8 yrs.)

Fairhill ES	Sa	12pm	OPY.IP07	9/16	DSV1
Fairhill ES	Su	11am	OPY.G2D4	9/17	DSV1
RollVly ES	Su	9am	OPY.Y1L3	9/17	DSV1

## (9-12 yrs.)

Fairhill ES	Sa	11am	R47.C6DY	9/16	DSV1
Fairhill ES	Su	12pm	R47.GF2W	9/17	DSV1
RollVly ES	Su	10am	R47.H5BK	9/17	DSV

**REGISTER ONLINE**  
www.fairfaxcounty.gov/parks/parktakes

**CALLING ALL GAMERS... JOIN THE ESPORTS CLUB!**

For gamers ages 11-17

Learn tips and tricks for gaming  
Get coaching on strategic game play  
Make new friends  
Have fun playing games

Fridays • 6-9 p.m.  
August 18 – September 15

Sundays • 3-6 p.m.  
September 24 – December 15

www.fairfaxcounty.gov/parks/reccenter/spring-hill

**SPRING HILL REC CENTER**  
1239 Spring Hill Road, McLean, Va.  
703-827-0989



## Xtras

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

## Game Classes

## Bridge I

**(13-Adult)** Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

4XC	10--1 hour 55 minute lessons--\$243
4XL	8--1 hour 55 minute lessons--\$195

Location	Day	Time	Code	Begin	\$
OakMarREC	T	10:30am	DF7.LJL2	9/19	4XL
ProvREC	M	10:30am	DF7.CNMZ	9/18	4XL
SoRunREC	M	7:00pm	DF7.X419	9/18	4XC

## Bridge II

**(13-Adult)** Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL	8--1 hour 55 minute lessons--\$195
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Location	Day	Time	Code	Begin	\$
OakMarREC	T	1pm	70C.H661	9/19	4XL
ProvREC	M	1pm	70C.GMIN	9/18	4XL
ProvREC	M	7:00pm	70C.APJY	9/18	4XL

## Bridge III

**(13-Adult)** Further develop your defensive bridge skills. Learn how to communicate with your partner with the card you play on each trick and to set your opponent. Sessions include a review of the play of the hand and Standard American Bidding System.

4XC	10--1 hour 55 minute lessons--\$243
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Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1:00pm	348.V2VL	9/17	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--\$243
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Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3:00pm	615.K552	9/17	4XC
SoRunREC	M	1:00pm	615.VVW7Q	9/18	4XC

## Chess

**(6-14 yrs.)** Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Any supply fee payable to instructor at first class.

3XB	8--55 minute lessons--\$94
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Location	Day	Time	Code	Begin	\$
ProvREC	T	6:00pm	72C.TPN4	9/19	3XB



## Chess by Magnus Chess Academy

**(5-11 yrs.)** Learn chess with Magnus Chess Academy (formerly Silver Knights)! They've taught 100,000 children to play, including state & national champions, but most students are beginners looking to learn a new skill and have fun. 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--\$140
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Location	Day	Time	Code	Begin	\$
ProvREC	Th	6:00pm	2PM.UEKJ	9/28	DXVE
SoRunREC	M	6pm	2PM.TOYA	9/18	DXVE
SpHillREC	M	6:00pm	2PM.NDLB	9/18	DXVE
Wkfld/Moore	M	6:00pm	2PM.ECM2	9/18	DXVE

**COMPOST AT ALL 10 FCPA FARMERS MARKETS**

Collect your food scraps at home and drop them off at any of the ten FCPA Farmers Markets. Composting reduces trash, combats climate change, and builds nutrient rich soil.

**HELP US MEET OUR GOAL OF 8,000 LBS. OF FOOD SCRAPS!**

Use your SNAP benefits at select Farmers Markets and get up to \$30 dollars of additional fruits and vegetables for FREE. Come to the SNAP information tent to swipe your EBT card in exchange for tokens. Use your tokens like cash, but only at the Market at which they were purchased. Tokens never expire.

For information, visit:  
[www.fairfaxcounty.gov/parks/farmersmarkets/](http://www.fairfaxcounty.gov/parks/farmersmarkets/)  
 or call 703-642-0128

## Business Classes

## She Innovates

**(9-13 yrs.)** She innovates with her great ideas that will solve world problems and fulfill community needs. She just needs to know the development steps to turn her idea into a product or service. This SheEO Academy program will give her the tools to be confident in becoming an inventor, developer or entrepreneur. Prepare a pitch poster and earn a digital badge by completing this career exploration class.

DXVH	8-55 minute lessons--\$152
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Location	Day	Time	Code	Begin	\$
SpHill ES	T	5:30pm	S9N.ANZQ	9/19	DXVH
Oakton ESW	T	5:30pm	S9N.S48I	9/20	DXVH

## Cooking Classes

## Snack Attack

**(6-12 yrs.)** Students push the limits on the snack concept and prepare a variety of wholesome, delicious and unique nibbles, such as chicken salad cups, homemade granola bars, veggie nachos, roasted red pepper hummus with homemade pita chips and more. Any supply fee payable at first class.

DXVV	8--55 minute lessons--\$258
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Location	Day	Time	Code	Begin	\$
ProvREC	T	4:30pm	F65.1J7S	9/19	DXVV

## A Taste of Mexico - Sweet Tamale Workshop

**(16-Adult)** Learn to make this sweet dessert made with corn ground at Colvin Run Mill. This Latino-inspired culinary tradition is wrapped in cornhusks and filled with pineapple, raisins, nuts, and cinnamon. Maple syrup adds the perfect sauce for the tamales. Participants will help make the tamales, steam them on our outdoor hearth, and enjoy this tasty treat!

BXA	1--3 hour program--\$25
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Location	Day	Time	Code	Begin	\$
ColvinRunMill	Sa	1pm	5QC.J1RU	11/4	BXA



# IMPORTANT REGISTRATION INFORMATION

REGISTER BY AUGUST 11 AND SAVE \$8\*

REGISTRATION  
STARTS 9 A.M.  
AUGUST 1

## FIVE EASY WAYS TO REGISTER

### Register Online

[www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes). Browse online listings, check class enrollment and register.

### Talk to an Operator 703-222-4664

Mon. – Fri., 9 a.m. – 4 p.m. Please have class activity codes handy when you call.

### Fax it 703-631-2004

Registration processing begins August 1 for faxed forms. Forms received prior to August 1 are held until that date. Sorry! Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.

### Mail It

Send completed forms to  
FCPA/Parktakes, P.O. Box 4606, Fairfax, Va. 22038.  
Mailed registration processing begins August 1.  
Forms received prior to August 1 are held until that date. Allow 3-5 days for processing.

### Walk-In Registration

Walk-in registration begins August 14. Visit our **Walk-in Registration Office** in the Herrity Building, 12055 Government Center Parkway Suite 105.  
Hours: 9 a.m. - 4 p.m., Monday - Friday.

## CAN'T FIND YOUR ACCOUNT?

### How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button on the top right of the screen.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

### How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, please email [PTOnline@fairfaxcounty.gov](mailto:PTOnline@fairfaxcounty.gov) for assistance.

## CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

## HOLIDAY CLOSINGS

Any exception to regular schedules will be announced by the instructor at the first class.

## IN THE EVENT OF BAD WEATHER

The Park Authority follows Fairfax County Government closures, rather than public school closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancellations, visit [www.fairfaxcounty.gov/parks](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.
- For tour cancellation information, call the tours hotline, 703-324-8687.

## REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- FCPA will issue a full refund when a class or program is changed by FCPA, and the change makes it impossible for the customer to continue with the class.
- Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.

**When a customer cancels a registration, the following fees apply per registration:**

### Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

### Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

### Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

## CLASS TRANSFERS

Not the right class? Call for transfer options before the second class meets: 703-222-4664

**Please Note:** Classes, Camps, programs and Workshops are subject to change without notice.

## SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates lessons, FallProof, gravity lessons, per family fees and programs priced \$45 or less.

### \*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camp extended care, per family fees or classes priced \$45 or less.

## SCHOLARSHIPS AND PUBLIC ASSISTANCE

### \$15 PROCESSING FEE APPLIES

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. A \$15 processing fee applies for each scholarship class and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

**Note:** No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

**Required documentation:** A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- Medicaid
- Free lunch verification from Fairfax County Public Schools
- SNAP (food stamps)
- TANF
- WIC
- Head Start
- FAMIS

### REGISTER FOR SCHOLARSHIPS:

1. Complete a scholarship eligibility form at [www.fairfaxcounty.gov/parks/scholarships](http://www.fairfaxcounty.gov/parks/scholarships) and submit it online, by fax or by mail.
2. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes).

## Senior Adults and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

- \$16,700/one person
- \$22,500/family of two
- \$28,300/family of three
- \$34,100/family of four
- \$39,900/family of five
- \$45,700/family of six

For each additional person, add \$5,800 to determine maximum annual income for eligibility.



## 119

**Subscribe to Parktakes! It's FREE!** ☐ Mail Parktakes to street address below. ☐ I want to consider the environment. Send Parktakes to my e-mail address.



**CN-Staff use only#**

☐ Check if change of address

**2-4664.**

**Wants subscription, call 703-221-1234.**

## SCHOLARSHIP REQUEST

**Fall 2023** **For questions or for a free**





**ADULT AND COMMUNITY EDUCATION**






**Offering courses in:**

- Apprenticeship
- Business
- Culinary
- Driver Education
- CPR and First Aid
- ESOL
- Floral Design
- Health & Medical
- Information Technology
- K-12 Enrichment
- Professional Workplace Skills
- Real Estate
- Test Preparation
- Trade and Industrial
- World Languages, K-Adult
- and many more!*

**Contact us if you need more information about classes or if you are interested in teaching for ACE**

**ACEOnline@fcps.edu**

**aceclasses.fcps.edu**





**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)














Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



**Venture into Volunteering Fair**

EXPLORE A WIDE VARIETY OF OPPORTUNITIES!

**Sunday, October 15, 2023 • 12 - 4 p.m.**  
**Springfield Town Center**

**Have you been thinking about volunteering?**

Don't miss this fantastic opportunity to meet representatives from various nonprofits and local government agencies. Come learn about several types of volunteer roles. Venture into Volunteering will be located on the lower level of the Springfield Town Center. Go to [bit.ly/VOLFAIR](http://bit.ly/VOLFAIR) for more details. Questions? Email [VolunteerSolutionsRecruitment@FairfaxCounty.gov](mailto:VolunteerSolutionsRecruitment@FairfaxCounty.gov) or call 703-324-5406.

This fair will take place in conjunction with the annual **Beacon 50+ Expo**, which will be located on the upper level. Dozens of exhibitors – including government agencies, nonprofits, and local businesses will provide helpful information regarding retirement communities, home remodeling, financial planning, healthcare, travel, fitness, and more. Health screenings, flu shots and other vaccines will be offered. For more information about the Expo, including exhibitor opportunities, call 301-949-9766.

**Both events are free and there will be giveaways and door prizes!**










*“A win win for us  
and your Fairfax  
County 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 2002 Honda Accord Coupe was the best car we’ve ever had but it was time to say goodbye. To avoid the hassle of trying to sell it, my wife and I decided to donate it to the Park Foundation. The process was straightforward and easy and we received the tax deduction receipt a few weeks later. A win win for us and your Fairfax County parks.”*

- Don and Lisa Sweeney



**For more information and to schedule free pick-up service,  
call toll-free 855-500-7433 or visit [www.FairfaxParkFoundation.org](http://www.FairfaxParkFoundation.org)**

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.



For questions about Fairfax County Park Authority classes, please call 703-222-4664





# Parktakes

Fairfax County Park Authority  
12055 Government Center Parkway, Suite 927  
Fairfax, VA 22035-5500



A Fairfax County,  
Virginia, publication



## HELP GET THE Wonder Wagon ROLLING!



Vehicle photos courtesy of Cleveland Metroparks.



The Wonder Wagon Mobile Nature Center will bring environmental education to our neighbors particularly those in underserved and underrepresented communities. Children attending community outreach events, Rec-PAC summer camps, SACC programs at Title 1 schools in Fairfax County and other popular gatherings will have fun with hands-on learning about our local environment, and increase connectedness to nature where they live.



The Fairfax County  
Park Foundation is seeking a  
vehicle and accepting donations  
to support the exciting Wonder  
Wagon Mobile Nature Center!  
Visit [www.FairfaxParkFoundation.org](http://www.FairfaxParkFoundation.org)  
or call 703-324-8582.

