

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

# Parktakes

Winter 2026



**FCPA Celebrates 75 Years • Rec Center Membership Sale  
Meet the Park Authority Board • Golf is Year Round • Events  
Winter Class Registration begins October 28**



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# PARKSIDE

## Kiel Stone, Chairman, Fairfax County Park Authority Board



The winter season may be around the corner, but our parks and rec centers remain full of opportunities. Whether taking a class, keeping your golf game sharp, or (my favorite) hiking a few of our 334 miles of trails, there's always an activity nearby. Don't let the cold keep you from being active.

Behind these opportunities is the work of the Fairfax County Park Authority Board, where I serve as Chairman representing the Braddock District. I am fortunate to work alongside 11 dedicated colleagues — nine representing each of Fairfax County's districts and three serving at-large. We are parents, professionals, volunteers and neighbors, united by a passion for parks. Together, we set priorities and guide policy for a system that serves over a million county residents, maintains over 24,000 acres of parkland and welcomes millions of visitors each year. In this issue, you'll meet each of my colleagues and learn what drives their service.

You'll also find coverage of the 2025 Elly Doyle Awards, where we celebrated the contributions of outstanding volunteers, including long-time Park Board member Ken Quincy and Deputy Director Aimee Vosper, whose retirement marks the close of a remarkable career in public service. It was an honor to recognize their dedication, along with so many others who give their time and energy to our parks.

Thank you for taking the time to read Parktakes and for supporting your park system. I invite you to stay connected via email at [fcpaboard.braddock@fairfaxcounty.gov](mailto:fcpaboard.braddock@fairfaxcounty.gov) or on Instagram @kielstone00, where I share park highlights and updates. And beginning next year, look out for a new Chairman's Corner in future issues.

See you on the trails.  
Kiel Stone



Photo of Kiel Stone hiking at his favorite park, Huntley Meadows Park.

**Cover:** Girl enjoying class at Stone Mansion. Photo by Melodie Stehling.  
For information about children's classes, turn to pg. 43.

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# THE PARK AUTHORITY TURNS 75!

The Fairfax County Park Authority has a rich history and will celebrate 75 years of excellence this December. The Park Authority started on December 6, 1950 when the Fairfax County Board of Supervisors created the agency. The supervisors envisioned setting aside park land with a starting operating budget for the first six months in 1951 of \$250. Roy Eakin of Eakin Properties Incorporated donated the first 77 acres of stream valley land along Accotink Creek for the first county parkland. The Park Authority's first land purchase was in 1952 – 16 acres that is now the heart of Great Falls Park. By the late 1950s, the Park Authority hired a full-time director, Fred M. Packard. That same year brought the first bond referendum for acquiring parkland.



Early planning meeting, circa 1950



Sully, circa 1960s



Hidden Oaks Nature Center



Chessie's Trail at Franconia Park



Woodlands Stewardship Education Center

The Park Authority obtained the Sully Historic Site in 1959 to protect it from destruction when Dulles Airport was built. It included the owner's house, outbuildings and 31.34 acres by an Act of Congress to be maintained as a museum and open to the public. The next year the Old Floris School property was transferred by the county school board to the Park Authority. Thirteen years later, Frying Pan Farm Park opened on that land. Another historic property, Colvin Run Mill, was acquired in 1965. The 1960s also saw the acquisition of Lake Accotink Park and the development of Burke Lake Park, which was the largest outdoor recreation area in the Greater Washington Metropolitan area at that time. Lake Fairfax was purchased from a private owner in 1965, as were the 186 acres that eventually became Twin Lakes Golf Course.

Nature centers followed at Hidden Oaks, Hidden Pond and Riverbend parks. Huntley Meadows became the largest park in the system with its acquisition in 1975. Green Spring Farm Park, now called Green Spring Gardens, was opened that same year, and 1978 brought the establishment of the county's archaeology program. Meanwhile, Park Authority divisions were established or expanded to oversee maintenance, forestry, horticulture, development, historic preservation and golf courses. Using bond money for construction and user fees for maintenance costs in 1977, Wakefield Recreation Center became the first of the Park Authority's nine rec centers, fulfilling a public demand for leisure activities.

Programs grew at park sites in the 1980s, and the Park Authority gained national stature in 1983 by winning the National Recreation and Park Association's National Gold Medal Award, the most prestigious award a park agency can receive. The Elly Doyle Park Service award, to publicly recognize outstanding contributions to the parks, was established in 1988 and the Arts in the Parks concert series for kids began in 1989.

The 2000s continued to see immense progress and growth for the Park Authority. The establishment of the non-profit Fairfax County Park Foundation in 2000 helped raise funds to fill unmet park needs. Over a dozen synthetic fields were opened to answer an increasing need for athletic fields. The 40-mile Cross County Trail opened in 2005 followed by the first fully accessible playground, Clemyjontri Park, opening in 2006. Ox Hill Battlefield Park, the site of the only Civil War battle that took place in Fairfax County, was re-dedicated in 2008.

In the last 15 years, the Park Authority has continued expanding. In 2011 Observatory Park opened at Turner Farm, followed by a skatepark at Lake Fairfax in 2012. Renovations at facilities such as Oakmont Rec Center, Burke Lake Golf and Mount Vernon Rec Center continue to take place, with more planned for the future. At Franconia Park and Rec Center a carousel and themed 2,160-foot trail, Chessie's Trail, opened in 2017 designed for children of all abilities featuring a sound garden, spinning rocks, boardwalk and seating area. The state-of-the-art sports complex, Patriot Park North, opened in 2023 featuring six synthetic turf diamond fields, batting cages, trails and playground. The Woodlands Stewardship Education Center followed in opening in 2024. The building is one of the newest and most innovative facilities in the FCPA System, designed to meet the rigorous sustainability standards of the Living Building Challenge.

For more information about FCPA history, visit [www.fairfaxcounty.gov/parks/history-timeline](http://www.fairfaxcounty.gov/parks/history-timeline).

# Deputy Director Aimee L. Vosper's Lasting Impact on Parks



For the last decade, Aimee Vosper, Deputy Director and Chief of Business and Development with the Fairfax County Park Authority (FCPA) has left an undeniable mark with her passion for and leadership to parks. Aimee joined FCPA in 2015 bringing a rich history of supporting the environment and parks. Prior to her time at FCPA, she worked with the Northern Virginia Regional Commission as Director of Environmental Programs and with the City of Alexandria Department of Recreation, Parks and Cultural Activities, where she served as Division Chief of Planning and Development.

Her leadership is evident in countless capital projects — from the Mount Vernon Rec

Center to the land acquisitions that have moved FCPA closer to its goal of setting aside 10 percent of the county as parkland. Aimee's patience and diplomacy have been essential in securing critical Memorandum of Understanding (MOU) agreements that reflect the shared goals and trust between FCPA, the County and our Friends Groups. And when the pandemic struck, her steady leadership helped ensure our parks remained safe and welcoming spaces for the community at a time when people needed them most. Beyond her leadership at FCPA, Aimee has also served nationally through the National Association of Certified Park and Recreation Officials as Vice President and President.

Though Aimee is retiring from FCPA in December, her impact will be felt for years to come because of her vision and steady leadership that has strengthened FCPA in lasting ways.



## To Infinity and Beyond Summer: Year-Round Camps with FCPA



When most people hear the word "camp," they think of summer, with long days filled with swimming, games, outdoor adventures and new friendships. But in Fairfax County, camp doesn't stop when summer ends. The Fairfax County Park Authority offers a wide variety of camp programs throughout the year, giving children opportunities to stay active, explore their interests and build new skills no matter the season.

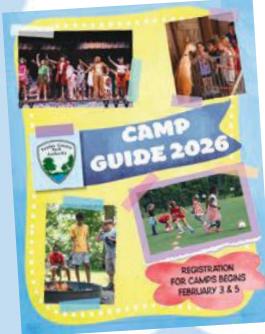
The Park Authority's summer camps are a long-standing tradition, but families may be surprised to learn that options extend into fall, winter and spring as well. Seasonal camps are designed to align with Fairfax County Public Schools' calendar, making them an excellent solution for parents looking for engaging activities during school breaks, holidays and teacher workdays. Whether your child is passionate about sports, the arts, science or the great outdoors, there's a camp to match their curiosity. From nature exploration at county parks to STEM-based programs, art workshops, sports clinics and specialty camps like ice skating or fishing, the Park Authority ensures that every child can find a program that excites them. With camp programs offered at recreation centers, nature centers, historic sites and parks across the county, families don't need to travel far to find high-quality experiences.

Beyond the fun, camps provide meaningful benefits for kids throughout the year. They keep children socially engaged, physically active and intellectually stimulated, even during breaks from school. They also give working parents peace of mind, knowing their children are in a safe, supervised and enriching environment.



From summer sunshine to winter break fun, the Fairfax County Park Authority makes it possible for camp to be more than just a once-a-year experience. Families can browse seasonal offerings and register online through the Park Authority's website. Search category "Camps" for summer programs and "Camps School Year" for everything else! Popular camps often fill quickly, so early registration is encouraged.

Also, please note that the Park Authority's Summer Camp Guide will be mailed as a separate publication and not be listed in the Spring Parktakes.



# MEET THE FCPA BOARD MEMBERS

The Fairfax County Park Authority Board is appointed by the Fairfax County Board of Supervisors. These 12 appointees are comprised of one representative from each of the nine FCPA magisterial districts, plus three at-large members. The board sets policy and establishes priorities for the park agency.



**Kiel Stone**  
**Chairman, Braddock**

**Of Fairfax County's parks, trails, rec centers, nature centers or golf courses in your district, which is your favorite?**

Fairfax Villa Park is my neighborhood gem—just a short walk from home, with a number of trails through some woods that make every stroll feel like a little getaway in a quiet, natural space.

**What is your favorite way to recreate?**

I got into ultimate frisbee a few years ago, which brings me to parks like Lake Fairfax and Oakmont Rec Center. I also really enjoy hiking and birding, both here in Fairfax and at national parks and wildlife refuges across the country — always searching for a great view or that next bird to add to the life list.



**Timothy B. Hackman**  
**Vice Chairman, Dranesville**

**What is your favorite way to recreate?**

I'm generally a hiker, and I relish the variety of trails I find at Riverbend Park and elsewhere in the FCPA system. Special events like the Blue Bell festival add to the enjoyment, and one may even see an eaglet or two there in a treetop aerie across the river.

**What is one goal you hope to achieve during your Park Authority Board term?**

FCPA's historic general fund/revenue (fee-based) fund budget model is becoming unsustainable given the demands for facilities/services/programming that our users want, and maintaining our parks and facilities at a level our users demand. Addressing these needs will require committed buy-in from various public and private groups, more funding (perhaps even a "Parks" endowment), and more equitable access. I think FCPA is moving in that direction, and it is terrific to be part of the team trying to make that happen.



**Dr. Abena Aidoo**  
**Newton, Ph. D.**  
**Treasurer, At-Large**

**Of Fairfax County's parks, trails, rec centers, nature centers or golf courses in your district, which is your favorite?**

My favorite in the Franconia District is the Franconia Rec Center.

**What is your favorite part about serving on the Park Authority Board?**

Serving with a great group of Board Members, witnessing the passion of county residents for our parks, and witnessing the dedication and passion of staff as they work hard daily for our park system.



**Dr. Cynthia Jacobs Carter, Ed.D.**  
**Secretary, Franconia**

**What is your favorite part about serving on the Park Authority Board?**

My favorite part is working closely with volunteers who also serve both on and off the board, along with the staff. I especially enjoy chairing the Elly Doyle Service Awards that enables us to recognize those who share their time, talent, and treasure.

**What is one goal you hope to achieve during your Park Authority Board term?**

My goal is two-fold, but it is related: To continue to uphold One Fairfax, and to find ways to increase our Park Authority's financial health, thus making Fairfax County the Number One Park Authority in the country. My goal is two-fold, but it is related: To continue to uphold One Fairfax, and to find ways to increase our Park Authority's financial health, thus making Fairfax County the Number One Park Authority in the country.



**William G. Bouie**  
**Hunter Mill**

**Why were you interested in joining the Park Authority Board?**

I was very interested in joining the Park Authority Board because I always had a love for parks and spent a lot of time in parks growing up in Detroit where we had a tremendous park system. It also allowed me to help in getting projects moving and completed for the community. I always try to find a path to YES, and over the years we have changed our park system to the best in the country.

**What is your favorite part about serving on the Park Authority Board?**

I love meeting the people in the community and trying to make sure that we can deliver exceptional service and parks to our residents. Parks are a major reason that people move to Fairfax County. I love working with my fellow board members who all come from different backgrounds and experiences, and who come together to deliver a world class park system.



**Jose Peralta Sully**

**What is your favorite way to recreate?**

It's a toss up between time at the soccer fields coaching my daughter's rec team and taking her to the Cub Run Rec Center pools. Seeing her learn and grow is infinitely rewarding.

**Why were you interested in joining the Park Authority Board?**

Fairfax County parks are integral to my life. I've been visiting our parks for 38 years. As a kid, the parks gave my family a place to be. We could enjoy nature, each other, or just play. For a working-class, immigrant family, the County's parks were vital to us. Today, the park facilities are where my daughter has her birthday parties, takes summer classes, and we go on family hikes. I wanted to join the FCPA Board to give a little back to an organization that's given me so much.



**Linwood Gorham**  
**Mount Vernon**

**Of Fairfax County's parks, trails, rec centers, nature centers or golf courses in your district, which is your favorite?**  
The newly renovated Mount Vernon Rec Center of course.

**What is one goal you hope to achieve during your Park Authority Board term?**  
See the Grist Mill Barn developed into a positive community assist and finish the sports fields and courts in the Central Green area.



**Michael T. Reynolds**  
**Providence**

**Of Fairfax County's parks, trails, rec centers, nature centers or golf courses in your district, which is your favorite?**  
Ruckstahl Park. It's my closest FCPA unit, I see and enjoy it, it's a brand new park for a community that really enjoys it, and it's great to see the range of users embracing it daily.

**What is your favorite part about serving on the Park Authority Board?**  
I like the gift of working with dedicated staff, board and community members and park users.



**Rick Healy**  
**Mason**

**What is your favorite way to recreate?**  
I am an active sports user of our county parks. I am a member of a softball league and we use FCPA ball fields twice a week during the spring, summer, and fall.

**Why were you interested in joining the Park Authority Board?**  
My professional career was centered on working on legislation and government policies involving our national parks, forests and public lands. So, it seemed like a good fit to apply this experience to local park issues.



**Johna Toomey**  
**At-Large**

**What is your favorite way to recreate?**  
Walking and hiking on trails. Sometimes we like bring a picnic and just relax and enjoy the scenery.

**What is your favorite part about serving on the Park Authority Board?**  
My favorite part of serving on the Park Authority Board is hearing from the community and working with the staff and volunteers. I am constantly amazed by the passion and dedication of this community of parks supporters.



**Michael W. Thompson, Jr.**  
**Springfield**

**Of Fairfax County's parks, trails, rec centers, nature centers or golf courses in your district, which is your favorite?**  
My favorite park is Burke Lake. And it has been my favorite park for over 50 years. I started going there when I was a young child. I still remember walking around the lake with my parents, going out on boats and fishing with my cousins, and having cook outs with friends when we were in high school. It's the best water front park in the state.

**What is one goal you hope to achieve during your Park Authority Board term?**  
One of my primary goals will always be trying to make it possible for as many kids as possible to get involved in youth sports.



**Faisal Khan**  
**At-Large**

**Why were you interested in joining the Park Authority Board?**  
To contribute towards preserving and securing the nature and beautiful open spaces that we are blessed with.

**What is your favorite part about serving on the Park Authority Board?**  
Top class professional staff and fellow board members who are a great examples of public service.

# NEW WINTER CLASSES AND PROGRAMS

The Park Authority has hundreds of new classes and programs this winter! Browse this issue to find family gardening programs, afternoon teas, nature classes and special holiday events. There is something for every age and interest. Here is a small sampling of what the parks have to offer!



## FINE ARTS:

Floral Design Workshop-  
Branches, Blooms & Balance

## GARDENING:

Family Fun - Growing Green with Recycled Things  
Family Fun - Nature Folklore  
Family Fun - Rhythms of the Winter Sky  
Family Fun - Winter Wildlife  
Garden Artists - Nature's Flame  
Garden Artists - Naturally Yours  
Garden Artists - Late Winter Sketching  
Garden Exploration - A Stargazer's Garden  
Garden Talk - Everything About Orchids, 1/25  
Movie at the Gardens - WALL-E  
Seeds of Resistance - Women in Farming Movements  
Winter Storytime - Valentine's Day

## HISTORY:

Art of the Heart Afternoon Tea  
Crossing the Delaware Afternoon Tea  
Forgotten Treasure - The American Chestnut  
Historic Radios on the Farm  
Seraphim Sextet Afternoon Tea

## Taste a World of Chocolate

Tasting - Teas From Each Continent  
Tea, Glorious Tea (Gluten-Free) Afternoon Tea

## NATURE:

Biology of The Despised  
Creature Feature Homeschool STEAM  
Escape the Nature Center  
Flight School - Wings, Wind, and Wonder  
Forest Flora Frenzy - Plant Power Revealed  
Ice-Ten Math Mystery  
Nature's Architects - Biomimicry Building  
Nature's Hidden Heroes  
Sensory Superpowers - Super Skin Science  
Snakes Secret Lives  
Super Salamander Healing Lab  
Upcycle Your World  
Winter Lakeside Lantern Walks  
Winter Survival Skills Workshop  
Winter - The Silent Season  
Wonderful Woodpeckers

## SCIENCE & TECHNOLOGY:

Valentine's Stargazing Stroll

# GOING GREEN Workshops

Do you find yourself wanting to do the right thing and save the planet but are totally overwhelmed at where to start and want some guidance on where to begin. Whoever you are and whatever your background is, this class is for eco-warriors ages 14 to adult who want to save money, make less waste, and live cleaner, healthier lives.

This workshop series is designed as a crash course to provide you with the knowledge and skills to live your life more sustainably and create lasting positive habits that will make the world a better place. Each three-hour class will begin with a lecture providing a brief background on the topic, what issues we currently face, and offer large-scale solutions. The rest of the class time will focus on small-scale solutions that you can implement right in your own home. We will learn how to read product labels to avoid greenwashing, go on a foraging adventure, take a tour of the new Woodlands Stewardship Education Center and learn about the Living Building Challenge, and participate in hands-on activities including making staple pantry foods and personal care products from scratch. While you can register separately for each class, the series is designed to be taken consecutively as each class will build on themes and concepts learned in the previous class.

To find out more about the workshops, turn to pg. 97 in the Nature section.



## Here is a list of the workshops:

**Modeling Nature** - Explore the fascinating concept of biomimicry and how we can model natural systems and structures.

**Regenerative Agriculture** - Explore the five parameters of what makes a food system truly green.

**Sustainable Swaps** - Join us as we take a look at what we throw away and learn ways to minimize your impact.

**Clean Conscience** - Much of our food, personal care and cleaning products are filled with toxins that harm our bodies and the environment. Learn how to read labels and become a savvy sustainable shopper.

**Home & Garden** – Learn simple ways to upgrade your home (inside and out) to make it more sustainable.

# WINTER '26 CALENDAR

## Classes, Events, Programs and Registration Dates

Tuesday, October 28

Registration begins for Winter Classes	pg. 118
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Saturday, November 15-Friday, November 28

Golf Fairfax Pass Sale	pg. 76
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WEEKENDS: Friday, December 5-Saturday, December 20

Holiday On the Farm	Frying Pan Farm Park	pg. 53
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WEEKENDS: Saturday, December 6-Sunday, December 21

Winter Wonderland	Burke Lake Park	pg. 54
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Saturday, November 22

Thanksgiving Family Skate and Dance Night	Franconia Rec Center	pg. 56
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Wednesday, December 3

Winter Trees and Landscapes Sketch Hike	Green Spring Gardens	pg. 98
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Saturday, December 6

Cozy Creations and Winter Wellness Workshop	Green Spring Gardens	pg. 42
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Children's Holiday Shopping	Colvin Run Mill	pg. 54
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Sunday, December 7

Children's Holiday Shopping	Colvin Run Mill	pg. 54
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Swim with Santa	Spring Hill Rec Center	pg. 55
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Saturday, December 13

Santa at the Mill/Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 55
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Paper Quilling Workshop - Holiday Ornaments	Green Spring Gardens	pg. 42
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Astronomy Festival	Turner Farm	pg. 56
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Candy Cane Lane	Oakmont Rec Center	pg. 56
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Sunday, December 14

Santa at the Mill/Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 55
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Saturday, December 20

Ugly Sweater Family Skate and Dance Night	Franconia Rec Center	pg. 56
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Sunday, December 21

Winter Solstice Campfire	Green Spring Gardens	pg. 98
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Sunday, January 1

First Hike	All FCPA Parks	pg. 120
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Saturday, January 10

Astronomy Festival	Turner Farm	pg. 56
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Monday, January 19

MLK Service and Learning Day	Frying Pan Farm Park	pg. 53
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Sunday, February 1

Remembering Metilda-Growing Up Enslaved	Colvin Run Mill	pg. 81
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Saturday, February 7

Black History Month at the Meeting House	Frying Pan Farm Park	pg. 80
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Nature DIY Valentines	Ellanor C. Lawrence Park	pg. 93
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Custom Valentine Making	Frying Pan Farm Park	pg. 53
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Garden Artist-Naturally Yours	Green Spring Gardens	pg. 70
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Queen of Hearts Tea Party	Colvin Run Mill	pg. 80
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Sunday, February 8

Remembrance-Enslaved Lives at Sully	Sully Historic Site	pg. 81
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Saturday, February 14

Astronomy Festival	Turner Farm Park	pg. 56
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Winter Storytime-Valentines Day	Green Spring Gardens	pg. 71
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Tea and Chocolates	Historic Huntley	pg. 81
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Valentines Day Science	Hidden Oaks Nature Center	pg. 103
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Valentine's Stargazing Stroll	Lake Accotink Park	pg. 103
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Couples Evening at the Nature Center	Hidden Oaks Nature Center	pg. 97
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Sunday, February 15

Maple Syrup Boil Down	Colvin Run Mill	pg. 80
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FOR INFORMATION ABOUT SPECIAL  
PROGRAMMING IN OBSERVANCE OF:

BLACK HISTORY  
MONTH



VALENTINES DAY

Visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) and  
search "Black History Month" and/or  
"Valentines Day".



# Stay **SHARP** All Season with **GOLF FAIRFAX**

Just because the temperature drops doesn't mean your game has to cool off. With Golf Fairfax, you can practice, learn and train all winter long to keep your swing sharp and your game golf-ready for spring.

The best and most efficient way to practice your swing is with repetition, and Golf Fairfax makes it easy with our award-winning ranges. Golfers can stay on top of their game at Burke Lake and Oakmont Golf Center, where heated, covered bays and LED lighting make it easy to practice in comfort no matter the weather. Both facilities are open daily and offer food and beverage options, creating a relaxed, family-friendly setting. Range Flex Passes and Buy One, Get One Free Junior Golf Bucket discounts are also available, so the whole family can keep their swings in shape through the winter.

Of course, practice is only part of the equation. Golf is a lifetime sport and a game of constant learning and winter provides the ideal opportunity to focus on growth. Golf Fairfax has options for both group classes and private lessons. Group instruction is available at Burke Lake and Pinecrest, with classes designed for beginners, women and junior golfers as well as specialized programs focused on the short and long game. For golfers who want more personal attention, private lessons provide the chance to focus on exactly what your game needs. Private lessons are offered at Burke Lake, Greendale, Oakmont, Laurel Hill, Pinecrest and Twin Lakes, giving golfers the opportunity to work one-on-one with a PGA-certified instructor.

And when the weather is too cold to handle, golfers can bring their game inside at the Valis Family Golf Learning Center at Pinecrest Golf Course. Indoor practice bays and the Trackman 4 Simulator Suite let golfers practice, learn and play in comfort. Simulators are the newest way to golf, combining entertainment with the same technology trusted by tour professionals. Trackman delivers real-time feedback on swing data, ball flight and putting analysis, while also letting players tee it up on world-famous courses. Sessions can host up to four players, with space for six, making it an ideal outing for family and friends.

Pinecrest also offers a Winter Trackman League, giving golfers a chance to stay competitive and social through the off-season. With food and beverage service from the Pinecrest Grill and savings through multi-session passes, Pinecrest's Trackman room is an exciting and effective way to keep your game strong.

To find out more about Golf Fairfax facilities and classes, please turn to the Golf section.



Pinecrest Golf Course

# STRAWBERRY PARK BRINGS FRESH ENERGY

The Fairfax County Park Authority is excited to announce a vibrant new addition to the county's park system, a bringing fresh space for recreation, connection and play to residents in the Providence District. This park showcases the different ways the Park Authority works to meet community needs and provide accessible recreational opportunities.



Located in the heart of the Mosaic District, **STRAWBERRY PARK PLAYGROUND** opened in late September, offering families a lively urban space for play. The playground features a naturalistic design with sculpted mounds that incorporate play features, a climbing cube, spinner and springer rides and outdoor drums. The new Strawberry Park mural, which faces the playground and features long-time Mosaic District resident, Thy Pham, was created by deaf painter and muralist Nico Cathcart, whose work creates realistic, socially informed works on walls and canvas. The park was created in partnership with EDENS, a retail and mixed-use real estate owner, developer and steward of a nationally leading portfolio of more than 100 open-air retail and mixed-use places. This park was created as part of planning proffers to address the added population from new development in the Mosaic area, representing a proactive way the Park Authority brings recreation into growing communities. This public-private partnership enhances access to urban high-quality recreational experiences in the Fairfax County Park system.

Strawberry Park is located at 2911 District Ave. in Merrifield and will be open to the public from 8 a.m. to 10 p.m. For more information visit [www.fairfaxcounty.gov/parks/park-news/2025/strawberry-park-playground-mosaic-district-opening](http://www.fairfaxcounty.gov/parks/park-news/2025/strawberry-park-playground-mosaic-district-opening).



Jai Cole, FCPA Executive Director



## Stream Valley Trails

**Stream Valley Trails** provide one of the primary means to enjoy natural landscapes and wildlife, particularly migratory birds, even during the winter. The Park Authority maintains and operates over 334 miles of trails in our park system alone, including most of the stream valley trails throughout Fairfax County. Of the Stream Valley Trails, 40% have paved surfaces, 20% are gravel or stone, and the remaining 40% are composed of natural materials. Consider these six popular stream valley trails for your next bike ride or hike:



**Accotink Stream Valley** is a lengthy portion of the Gerry Connolly Cross County Trail that runs through Eakin Community Park – the County's first park. Walk or ride from Thaiss Park on Pickett Road to Byron Avenue Park near Old Keene Mill Road. The total distance is 12 miles. **Difficult Run Stream Valley Trail** runs from Oakmont Rec Center to Great Falls National Park for a total of 16.5 miles. It's a "Difficult Run and a difficult trail". If you are looking for a trail in the southern part of the County, try **South Run Stream Valley** that starts at the Burke Lake information center. Travel south, crossing under Lee Chapel Road, to South Run Rec Center to Lake Mercer. That's a total of 3.9 miles. Towards the west is **Frying Pan Stream Valley Trail** that lies entirely inside Frying Pan Park in the Cub Run Watershed. Enjoy Fairfax County's only working farm while taking a hike, that includes passing by small waterfalls, in the back portion of the park. This 2.1 mile walk takes about 47 minutes. **Long Branch Stream Valley** is a woodsy trail that runs through the Accotink Creek watershed from Olley Lane to Braddock Road in Annandale. This trail is 2.7 miles and takes about an hour to hike. **Rocky Run Stream Valley Trail** runs along Big Rocky Run from Cabell's Mill at Ellanor C. Lawrence Park and goes under Stringfellow Road to Greenbriar Park and beyond. Start at Ellanor C. Lawrence Park and go to Greenbriar Community Center for a total of 2.2 miles.

The trails are open from sunrise to sunset. Just a reminder that Park Authority trails are shared by bike riders, walkers, joggers and horseback riders alike so please be considerate of others. For more information about these trails or others within the Park Authority, please visit [www.fairfaxcounty.gov/parks/trails/trail-buddy](http://www.fairfaxcounty.gov/parks/trails/trail-buddy).





From left, FCPA Personal Trainers Andrew Bone and George Clark with a friend at the Tough Viking race.

# FCPA PERSONAL TRAINERS PROVE THEY ARE TOUGH VIKINGS

Two personal trainers from Spring Hill Rec Center stepped up to the Tough Viking race in Stockholm, Sweden and came out victorious. After months of preparation, George Clark and Andrew Bone successfully conquered the obstacle race on Saturday, August 23.

"The race was an absolute blast. We finished as a team and left no man behind," Bone said. Clark and Bone completed the race together in 2 hours and 34 minutes, overcoming the 15 km (9 mi) race filled with as many as 30 obstacles challenging strength and endurance through mud, icy water and flames. "In my opinion, the hardest part of the race is constantly getting in and out of ice water and the Baltic," Bone says.

"In order to prepare for the race, I used functional training with weights and less rest in between sets," Bone said. "The goal was to keep my heart rate elevated while I kept moving for an extended period of time."

Preparing for and running the race showcased the importance of listening to your body, a lesson both share with clients at Spring Hill Rec Center. Push harder on days when you are rested and prepared. "If a body part doesn't feel good that day, train a [different] body part," Bone said. "Your body will tell you what it wants, you just have to listen."

Pick up tips from our fitness experts and conquer a race of your own! Learn more about personal training at [www.fairfaxcounty.gov/parks/reccenter/personal-training/](http://www.fairfaxcounty.gov/parks/reccenter/personal-training/).

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Linwood Gorham.....	Mt. Vernon
Faisal Khan.....	Member-at-Large
Rick Healy.....	Mason
Ken Quincy.....	Providence
Michael Thompson, Jr.....	Springfield
Jose Peralta.....	Sully
Johnna Toomey.....	Member-at-Large

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The Spring 2026 issue of Parktakes and the NEW 2026 Spring and Summer Camp Guide will be available in late January.

## 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/ptsbs.htm](http://www.fairfaxcounty.gov/parks/ptsbs.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 and Videos:** The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes. Vehicle safety audio/video systems may record program participants when they are being transport-

## A Quarterly Magazine

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ed in Park Authority vehicles.

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

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



Fairfax County Park Authority

# Elly Doyle

Park Service Awards Honorees

The annual Elly Doyle Park Service Awards, established in 1988, recognize those who have made outstanding contributions over the last year. These are individuals and/or groups who have given of their time or expertise to the Fairfax County Park Authority for the advancement of recreational and/or educational opportunities for the protection of natural, cultural or historic resources in Fairfax County.

Congratulations to the following award recipients for outstanding volunteer service and contributions to Fairfax County Parks!



## Chairman's Choice Award

Ken Quincy

Aimee Vosper

## Elly Doyle Park Service Awards

Tim Bowers

## Sally Ormsby Award

Sara Holtz

Carolyn J. Gamble

## Mayo Stuntz Cultural Stewardship Award

Mary Lipsey

## Harold L. Strickland Award

Marc Kohn

## Eakin Philanthropy Awards

Helen L. Kafka

## Elly Doyle

McLean Central Park Playground Team

## Special Recognition Award

Cynthia Glakas

Pohanka Automotive

Paul Gross

Scott A. & Phyllis P. Crabtree  
Family Foundation

Brian Keith

Christina Tyler Wenks

To learn more about the Elly Doyle Park Service Awards,  
please visit [www.fairfaxcounty.gov/parks/awards/ellydoyle](http://www.fairfaxcounty.gov/parks/awards/ellydoyle).



# PARKS at a Glance

For more information, visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

	Phone Number	Accessible Playground	Agriculture Field/Kitchen Garden	Basketball Courts (Indoors)	Basketball Courts (Outdoors)	Birthday Parties	Boating/Boat Rentals	Campgrounds	Carousel	Catering	Drop-in Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Farmers Market	Fishing	Fitness Center	Fitness Trails	Food Service/Concession	Golf-Driving Cages/Indoor Range	Golf-Driving Range	Golf Lessons	Golf-Number of Holes	Golf-Par	Golf-Adapted Power Carts	Golf-Power Carts	Golf Pro Shop			
<b>Rec Centers</b>																																
Audrey Moore	703-321-7081		●	●	●												●	●														
Cub Run	703-817-9407				●						●								●													
George Washington	703-780-8894				●																											
Franconia	703-922-9841		●	●	●				●																							
Mount Vernon	703-768-3224				●						●								●													
Oakmont	703-281-6501				●					●								●	●													
Providence	703-698-1351		●	●															●													
South Run	703-866-0566			●	●														●													
Spring Hill	703-827-0989		●	●															●													
<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	●	●	●	●	●				
Oakmont	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

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



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

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

Historic Sites	
<b>34</b>	<b>Nottoway Park &amp; Hunter House</b> 9537 Courthouse Road Vienna 22181 • 703-827-0609
<b>35</b>	<b>Stone Mansion &amp; Stoneybrooke Park</b> 3900 Stoneybrooke Drive Alexandria 22306 • 703-827-0609
<b>36</b>	<b>Sully Historic Site</b> 3650 Historic Sully Way Chantilly 20151 • 703-437-1794
Golf Courses	
<b>37</b>	<b>Burke Lake Golf Center</b> 6915 Ox Road Fairfax Station 22039 • 703-323-1641
<b>38</b>	<b>Greendale Golf Course</b> 6700 Telegraph Road Alexandria 22310 • 703-971-6170
<b>39</b>	<b>Jefferson District Golf Course</b> 7900 Lee Highway Falls Church 22042 • 703-573-0443
<b>40</b>	<b>Laurel Hill Golf Club</b> 8701 Laurel Crest Drive Lorton 22079 • 703-493-8849
<b>41</b>	<b>Oakmont Golf Center</b> (formerly Oak Marr Golf Complex) 3136 Jermantown Road Oakton 22124 • 703-255-5390
<b>42</b>	<b>Pinecrest Golf Course</b> 6600 Little River Turnpike Alexandria 22312 • 703-941-1061
<b>43</b>	<b>Twin Lakes Golf Course</b> 6201 Union Mill Road Clifton 20124 • 703-631-9372
<b>44</b>	<b>FCPA Headquarters</b> 12055 Government Center Parkway, Suite 927, Fairfax 22035 • 703-324-8700

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

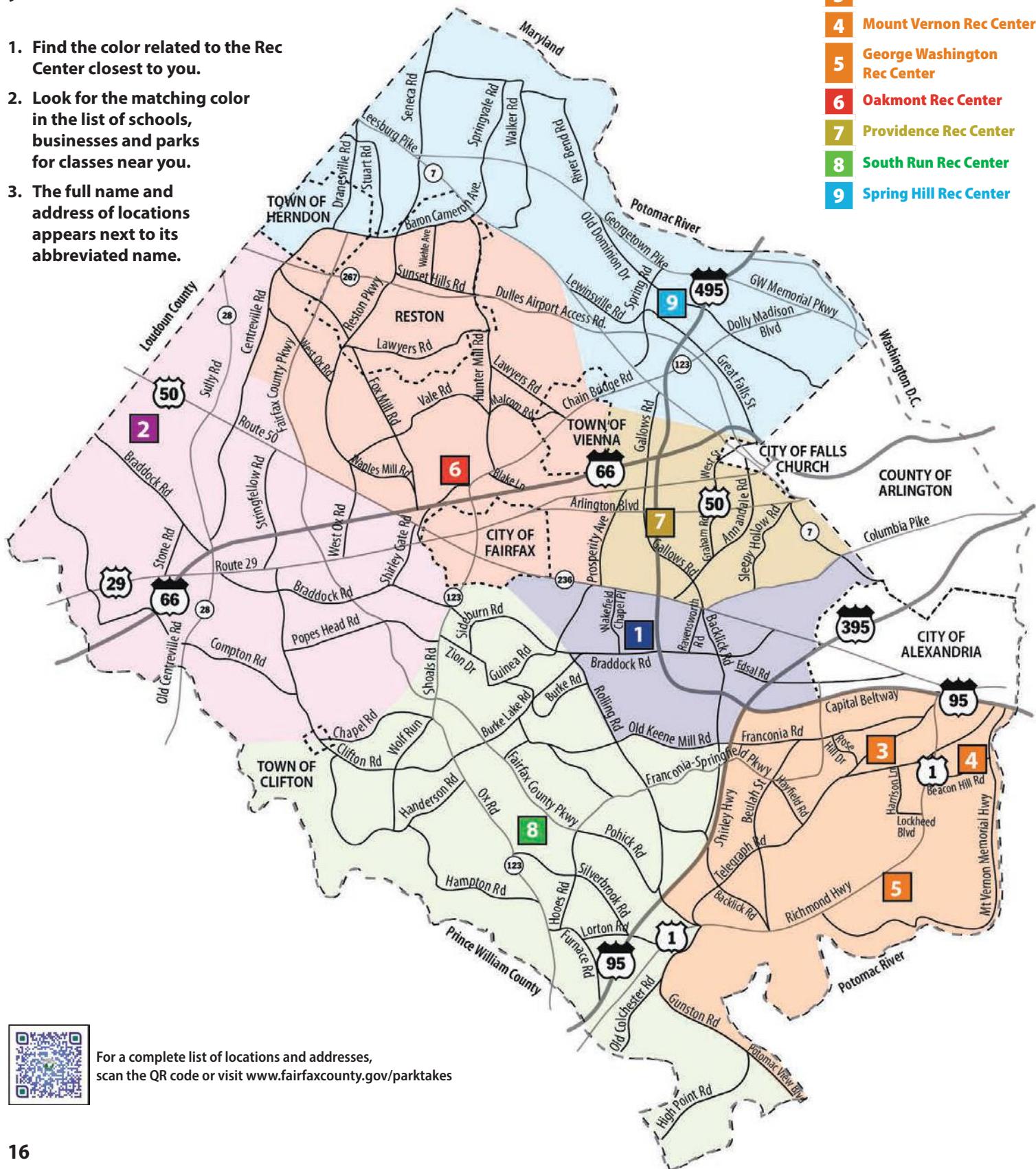
Historic Sites	
<b>29</b>	<b>Cabell's Mill</b> 5235 Walney Road Centreville 20151 • 703-827-0609
<b>30</b>	<b>Clark House</b> 6332 Barcroft Mews Drive Falls Church 22041 • 703-827-0609
<b>31</b>	<b>Colvin Run Mill</b> 10017 Colvin Run Road Great Falls 22066 • 703-759-2771
<b>32</b>	<b>Dranesville Tavern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



# 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.



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

## 2: Cub Run

Bricks&Minifigs	Bricks & Minifigs Herndon	1064 Elden St	Herndon 20170
Bull Run ES	Bull Run Elementary	15301 US-29	Centreville 20121
Craftspace	Craftspace	3675 Concorde Pkwy	Chantilly 20151
CubRunES	Cub Run Elementary	5301 Sully Station Dr	Centreville 20120
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
DeerPark ES	Deer Park Elementary	15109 Carlbern Drive	Centreville 20120
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
GreenbrW ES	Greenbriar West Elementary	13300 Poplar Tree Rd	Fairfax 22033
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

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

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

## 6: Oakmont

Cunn Pk ES	Cunningham Park Elementary	1001 Park Street	Vienna 2210
FfxIceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
Flint HI ES	Flint Hill Elementary	2444 Flint Hill Rd	Vienna 22181
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbyExFrOks	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
Navy ES	Navy Elementary	3500 West Ox Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124

Abbrv	Name	Address	City, Zip
<b>7: Providence</b>			
Fairhill ES	Fairhill Elementary	3001 Chichester Ln	Fairfax 22031
Jefferson Golf	Jefferson Golf Course	7900 Lee Hwy	Falls Church 22042
JRheeFlsCh	Jhoon Rhee Falls Church	1136 West Broad St	Falls Church 22046
NOVA Fencers	No. VA Fencers Club	3431-E Carlin Springs Rd	Falls Church 22041
ProvREC	Providence Rec Center	7525 Marc Dr	Falls Church 22042
RndtreePk	Roundtree Park	3411 Casilear Rd	Falls Church 22042
Shrevewood ES	Shrevewood Elementary	7525 Shreve Rd	Falls Church 22043
Woodbrn ES	Woodburn Elementary	3401 Hemlock Dr	Falls Church 22042

Abbrv	Name	Address	City, Zip
<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
CherryRun ES	Cherry Run Elementary	9732 Ironmaster Dr	Burke 22015
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Laurel Hill GC	Laurel Hill Golf Course	8701 Laurel Crest Dr	Lorton 22079
LaurelHillPk	Laurel Hill Park	8400 Lorton Rd	Lorton 22079
Legacy Martial Arts	Legacy Martial Arts	7200 Fullerton Rd B-300	Springfield 22150
OrngHunt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
RollngVly ES	Rolling Valley Elementary	6703 Barnack Dr	Springfield 22152
Sangster ES	Sangster Elementary	7420 Reservation Dr	Springfield 22153
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
Terra Centre ES	Terra Centre Elementary	6000 Burke Centre Pkwy	Burke 22015
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152
WhiteOk ES	White Oaks Elementary	6130 Shiplett Blvd.	Burke 22015

Abbrv	Name	Address	City, Zip
<b>9: Spring Hill</b>			
B2R McLean	Bach to Rock McLean	6649A Old Dominion Drive	McLean 22101
Clemyjontri	Clemyjontri Park	6317 Georgetown Pike	McLean 22101
ColvinRunMill	Colvin Run Mill	10017 Colvin Run Rd	Great Falls 22066
FrnkShermES	Franklin Sherman Elementary	6633 Brawner St	McLean 22101
LemonRd ES	Lemon Road Elementary	7230 Idylwood Rd	Falls Church 22043
Lewinsville PK	Lewinsville Park	1659 Chain Bridge Road	McLean 22101
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
SpringHI ES	Spring Hill Elementary	8201 Lewinsville Rd	McLean 22102
SpHillREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066



# Adapted Recreation

## Adapted Recreation Programs

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



### ADA/Inclusion Support



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

### Facility Accessibility

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

### Follow guidelines when registering

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

### Practice and Repetition are keys to success

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

## Sensory-Friendly Santa at the Mill



Saturday, December 13 • 12:30 – 2:15 p.m.

Sunday, December 14 • 11:30 a.m. – 1:15 p.m.

\$40 per family (up to 5 people)

Reservations required

Turn to the Events section for more information



## Adapted Swimming 2

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

**4AD 6--30 minute lessons--\$99**

**4AE 7--30 minute lessons--\$114**

**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:35pm	6D7.J79F	1/11	4AE
OakmontREC	Sa	10:40am	6D7.KFSF	1/10	4AF
ProvREC	Su	10:15am	6D7.TMSJ	1/11	4AD
SoRunREC	Su	1:35pm	6D7.1TRF	1/11	4AD
SoRunREC	Sa	9:45am	6D7.DCOG	1/10	4AE

## Adapted Swimming 3

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

**4AD 6--30 minute lessons--\$99**

**4AE 7--30 minute lessons--\$114**

**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11:20am	422.M8V2	1/10	4AF
ProvREC	Su	10:50am	422.1187	1/11	4AD
SoRunREC	Sa	10:25am	422.X8HI	1/10	4AE

## Adapted Aquatics

### Adapted Swimming-Preschoolers

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

**4AD 6--30 minute lessons--\$99**

**4AE 7--30 minute lessons--\$114**

**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9:20am	COA.ENTJ	1/10	4AF
SoRunREC	Sa	11:45am	COA.BYDP	1/10	4AE
SoRunREC	Su	12:15pm	COA.7IE4	1/11	4AD

### Adapted Swimming 1

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

**4AD 6--30 minute lessons--\$99**

**4AE 7--30 minute lessons--\$114**

**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	E48.8DMC	1/11	4AE
OakmontREC	Sa	10am	E4B.1Z5G	1/10	4AF
SoRunREC	Sa	9:05am	E4B.29A3	1/10	4AE
SoRunREC	Su	12:55pm	E4B.BZNC	1/11	4AD

## Adapted Intro to Basic Strokes

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

**4AN 6--45 minute lessons--\$99**

**4AO 7--45 minute lessons--\$115**

**4AP 8--45 minute lessons--\$134**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.2E19	1/10	4AO
OakmontREC	Sa	12:40pm	E06.8U51	1/10	4AP
ProvREC	Su	11:25am	E06.W25P	1/11	4AN
ProvREC	Su	12:15pm	E06.PK4W	1/11	4AN
SpHillREC	Sa	12pm	E06.SYUB	1/10	4AO
Wkfld/Moore	Sa	12pm	E06.5KD3	1/10	4AO

## Adapted Lap Swim and Water Walking

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

### 4AO 7--45 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	UM5.V700	1/11	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.

### 4AN 6--45 minute lessons--\$99 4AZ 8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
SpHillIREC	Su	3:30pm	460.2HMD	1/11	4AN
SpHillIREC	Su	4:15pm	460.7NDA	1/11	4AN
SpHillIREC	Su	5pm	460.4AVV	1/11	4AN
Wkfld/Moore	F	11am	460.VY8Z	1/9	4AZ

## Swim Team Training/Intermediate Swimmers w/Disabilities

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

### 4AI1 19--55 minute lessons--\$307

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.DUFQ	1/10	4AI1
Franconia Rec	Sa	2pm	C26.6STL	1/10	4AI1
OakmontREC	Su	2pm	C26.3J69	1/11	4AI1
SpHillIREC	Sa	1pm	C26.R94B	1/10	4AI1
Wkfld/Moore	Sa	2pm	C26.NTQY	1/10	4AI1

## Swim Team Training/Advanced Swimmers w/Disabilities

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

### 4AI1 19--55 minute lessons--\$307 4AZ 8--55 minute lessons--\$139

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	4pm	B1D.F97Z	1/10	4AI1
Franconia Rec	W	7pm	B1D.4NS7	1/7	4AZ
Franconia Rec	Sa	3pm	B1D.0DQ7	1/10	4AI1
OakmontREC	Su	1pm	B1D.NS67	1/11	4AI1
OakmontREC	Su	3pm	B1D.3T3E	1/11	4AI1
SpHillIREC	Sa	2pm	B1D.1FCW	1/10	4AI1
Wkfld/Moore	Sa	1pm	B1D.SDHW	1/10	4AI1

## Adapted Sports & Fitness

### Adapted Basketball

**(8-12 yrs.)** This JST Athletics class is for individuals with mild intellectual and developmental disabilities.

Emphasis on the development of basketball skills including dribbling, passing, and shooting.

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	2pm	SSI.ZVWZ	1/11	4AZ
Sully CommCtr	Su	12pm	SSI.8CPK	1/11	DTVE
Sully CommCtr	Su	1pm	SSI.KT2B	1/11	DTVE

## Adapted Fitness Training

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	T	5pm	76F.KDQ1	1/6	4EB

## SPIRIT Club Adapted Fitness

**(Adults)** Classes focus on building functional skills aimed to improve your capabilities throughout your day-to-day life. Expected outcomes of participation in SPIRIT Fitness include improved balance, strength, flexibility, endurance, coordination, speed, agility, and more. Exercises are taught with visual demonstrations and verbal cues to make sure instructions are clear and easy to follow. While SPIRIT Club trainers focus on a wide range of skills and exercises, SPIRIT Fitness uses a consistent class structure.

### BEVA 6--55 minute lessons--\$149

Location	Day	Time	Code	Begin	\$
MtVern REC	Th	5:30pm	87D.JSGX	1/15	BEVA
MtVern REC	W	3:30pm	87D.QILP	1/14	BEVA
MtVern REC	Th	5:30pm	87D.KQ4	10/7	BEVA
MtVern REC	W	3:30pm	87D.JZUR	10/15	BEVA

## Adapted Ice Skating

**(6-12 yrs.)** This foundational/transitional class offers additional staff supervision and support to help students with disabilities develop basic skating skills. Helmets are required.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	11am	568.W9YG	1/11	4IA
MtVernREC	Su	11:35am	568.7EZR	1/11	4IA
MtVernREC	Su	12:10pm	568.LWV2	1/11	4IA

## 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--\$152

Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	5D9.200U	1/6	4EB
ProvREC	T	6:15pm	5D9.BNU5	1/6	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--\$127

Location	Day	Time	Code	Begin	\$
(5-10 yrs.)					
LdbyExFr0ks	Sa	3pm	A12.255F	1/10	DMVB
(10-17 yrs.)					
LdbyExFr0ks	Sa	4:15pm	EEC.96RK	1/10	DMVB
(16-Adult)					
LdbyExFr0ks	W	7:45pm	456.T90G	1/14	DMVB

## 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.

### 4AAB 10--55 minute lessons--\$170

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

Location	Day	Time	Code	Begin	\$
Lemon Rd ES	Su	9am	6C3.FN96	1/11	4AAB
LittleRn ES	Sa	9am	6C3.51ZE	1/17	DAVA
SpringHI ES	Sa	11am	6C3.IW2I	1/10	4AAB

## Adapted Yoga

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

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

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6:10pm	D0E.KAX9	1/8	4EL

## Adapted Other Opportunities

### Mini Maestros Adapted Music

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

### 4AQ 9--45 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
MtVern REC	T	4:30pm	I8I.9Z93	1/6	4AQ
MtVern REC	W	4:30pm	I8I.H921	1/7	4AQ

## Adapted Movement to Music

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

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

Location	Day	Time	Code	Begin	\$
SpHillIREC	W	4pm	TL8.Z1PW	1/7	4EL

# Aquatics

## Aquatics

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



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

### Follow guidelines when registering

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

### Practice and Repetition are keys to success

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

### Combining course levels

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

### Pool Health Information

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

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



## Preschooler & Me Swim

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.THLB	1/3	4AF
CubRunREC	Su	10:45am	D6F.ZG7A	1/4	4AF
Franconia Rec	Sa	10:45am	D6F.L9V8	1/3	4AF
Franconia Rec	Su	10:10am	D6F.Z71F	1/4	4AF
GWREC	Sa	11:25am	D6F.DPSO	1/10	4AF
MtVernREC	Sa	10:10am	D6F.Q8KK	1/3	4AG
MtVernREC	Su	10:10am	D6F.AS4H	1/4	4AF
MtVernREC	F	5:35pm	D6F.QWSI	1/30	4AC
OakmontREC	Sa	11:15am	D6F.DAMD	1/3	4AD
OakmontREC	Su	11:15am	D6F.PP1Y	1/4	4AF
ProvREC	Sa	9:45am	D6F.J9J3B	1/3	4AF
ProvREC	Su	10:10am	D6F.5CCD	1/4	4AF
SoRunREC	Sa	9:35am	D6F.L6CT	1/3	4AF
SpHillIREC	Sa	10:10am	D6F.VMRY	1/3	4AE
SpHillIREC	Su	10:45am	D6F.R263	1/4	4AE
SpHillIREC	M	11:10am	D6F.3SGI	1/5	4AF
SpHillIREC	W	6:20pm	D6F.6LJT	1/7	4AF
SpHillIREC	F	11:10am	D6F.RXVD	1/9	4AF

## Toddler & Me Swim

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	665.SR6V	1/3	4AF
CubRunREC	Sa	10:10am	665.VZBK	1/3	4AF
CubRunREC	Su	9am	665.HKUX	1/4	4AF
CubRunREC	Su	10:10am	665.GM07	1/4	4AF
CubRunREC	T	10:30am	665.P6YL	1/6	4AF
Franconia Rec	Sa	9:35am	665.771B	1/3	4AF
Franconia Rec	Su	9am	665.PTAV	1/4	4AF
GWREC	M	10:40am	665.H4SI	1/5	4AF
GWREC	Sa	10:15am	665.6VLK	1/10	4AF
MtVernREC	Sa	9am	665.STAE	1/3	4AG
MtVernREC	Sa	10:45am	665.8GFX	1/3	4AG
MtVernREC	Su	9am	665.AJUZ	1/4	4AF
MtVernREC	Su	10:45am	665.MPJU	1/4	4AF
OakmontREC	Sa	10:05am	665.TSOF	1/3	4AD
OakmontREC	Su	10:05am	665.XEVB	1/4	4AF
OakmontREC	F	10:30am	665.9WM1	1/9	4AD
ProvREC	Sa	8:35am	665.R4KG	1/3	4AF
ProvREC	Su	9am	665.L4KX	1/4	4AF
ProvREC	Su	10:55am	665.TMC9	1/4	4AF
SoRunREC	Sa	10:25am	665.YHDH	1/3	4AF
SoRunREC	Su	10:15am	665.8BKL	1/4	4AF
SoRunREC	M	11:15am	665.UJVN	1/5	4AF
SpHillIREC	Sa	9am	665.DPO2	1/3	4AE
SpHillIREC	Su	9:35am	665.UDH1	1/4	4AE
SpHillIREC	M	10am	665.T3U4	1/5	4AF
SpHillIREC	W	5:10pm	665.YFAW	1/7	4AF
SpHillIREC	F	10am	665.NEVO	1/9	4AF
Wkfld/Moore	Sa	10:10am	665.FMBL	1/3	4AF
Wkfld/Moore	Sa	11:20am	665.SERU	1/3	4AF
Wkfld/Moore	Su	10:10am	665.SCOG	1/4	4AF
Wkfld/Moore	Su	11:20am	665.IJ84	1/4	4AF
Franconia Rec	Sa	9am	FAB.B7WI	1/3	4AF
Franconia Rec	Sa	10:10am	FAB.NVUL	1/3	4AF
Franconia Rec	Su	9:35am	FAB.LS3K	1/4	4AF
Franconia Rec	Su	10:55am	FAB.GQAD	1/4	4AF
Franconia Rec	Th	6pm	FAB.47XF	1/8	4AF
GWREC	Sa	9:40am	FAB.QLUY	1/10	4AF
GWREC	M	10am	FAB.3UEN	1/10	4AF
GWREC	Sa	10:50am	FAB.G1AO	1/10	4AF
MtVernREC	Sa	9:35am	FAB.WD12	1/3	4AG
MtVernREC	Sa	11:20am	FAB.7DT8	1/3	4AG
MtVernREC	Su	9:35am	FAB.5W4Q	1/4	4AF
MtVernREC	Su	11:20am	FAB.FYUQ	1/4	4AF

MtVernREC	F	5pm	FAB.ERAP	1/30	4AC
OakmontREC	Sa	10:40am	FAB.AYSI	1/3	4AD
OakmontREC	Sa	11:50am	FAB.3QBR	1/3	4AD
OakmontREC	Su	9:30am	FAB.QX4M	1/4	4AF
OakmontREC	Su	10:40am	FAB.W90J	1/4	4AF
OakmontREC	F	10:30am	FAB.8ZEG	1/9	4AD
ProvREC	Sa	9:10am	FAB.AT24	1/3	4AF
ProvREC	Su	9:35am	FAB.7P9K	1/4	4AF
ProvREC	Su	11:30am	FAB.ZQJC	1/4	4AF
SoRunREC	Sa	11am	FAB.YCY9	1/3	4AF
SoRunREC	Su	9:40am	FAB.SUMD	1/4	4AF
SoRunREC	W	10:40am	FAB.JDK9	1/7	4AF
SoRunREC	F	10:40am	FAB.N2SO	1/9	4AF
SpHillIREC	Sa	9:35am	FAB.CFWQ	1/3	4AE
SpHillIREC	Su	10:10am	FAB.BRC2	1/4	4AE
SpHillIREC	Su	11:20am	FAB.CLCY	1/4	4AE
SpHillIREC	M	10:35am	FAB.H1PM	1/5	4AF
SpHillIREC	W	5:45pm	FAB.5XV9	1/7	4AF
SpHillIREC	Th	5:20pm	FAB.W3RP	1/8	4AF
SpHillIREC	F	10:35am	FAB.IFV6	1/9	4AF
Wkfld/Moore	Sa	9:35am	FAB.9J1Z	1/3	4AF
Wkfld/Moore	Sa	10:45am	FAB.ZNAG	1/3	4AF
Wkfld/Moore	Su	9:35am	FAB.AFAQ	1/4	4AF
Wkfld/Moore	Su	11:20am	FAB.ZIMG	1/4	4AF

**Pee Wee Paddler 1**

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

**4AC 5-30 minute lessons--\$81****4AD 6-30 minute lessons--\$99****4AE 7-30 minute lessons--\$114****4AF 8-30 minute lessons--\$131****4AG 9-30 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	4EC.86QU	1/3	4AF
CubRunREC	Sa	9:35am	4EC.ZC99	1/3	4AF
CubRunREC	Sa	10:10am	4EC.MSKZ	1/3	4AF
CubRunREC	Sa	11:20am	4EC.Q7KG	1/3	4AF
CubRunREC	Su	9am	4EC.MNZF	1/4	4AF
CubRunREC	Su	9:35am	4EC.KWAM	1/4	4AF
CubRunREC	Su	10:10am	4EC.HSKC	1/4	4AF
CubRunREC	Su	11:20am	4EC.MX9D	1/4	4AF
CubRunREC	T	5pm	4EC.KQUW	1/6	4AF
CubRunREC	T	11:05am	4EC.D8WJ	1/6	4AF
Franconia Rec	Sa	9am	4EC.XVUD	1/3	4AF
Franconia Rec	Sa	11:30am	4EC.585C	1/3	4AF
Franconia Rec	Sa	12:40pm	4EC.Q6LQ	1/3	4AF
Franconia Rec	Su	9am	4EC.4T62	1/4	4AF
Franconia Rec	Su	10:55am	4EC.RIWD	1/4	4AF
Franconia Rec	Su	12:05pm	4EC.L414	1/4	4AF
Franconia Rec	M/W	6pm	4EC.LZP3	1/5	4AE
Franconia Rec	T	6pm	4EC.B3N3	1/6	4AF
Franconia Rec	Th	6pm	4EC.97ZZ	1/8	4AF
Franconia Rec	M/W	6pm	4EC.HL2W	2/2	4AE
GWREC	T	1:30pm	4EC.2MW6	1/6	4AF
GWREC	T	9:30am	4EC.UOM9	1/6	4AF
GWREC	W	1:30pm	4EC.C033	1/7	4AF
GWREC	W	5:45pm	4EC.DTGK	1/7	4AF
GWREC	W	9:30am	4EC.OPXF	1/7	4AF
GWREC	Th	1:30pm	4EC.7XSC	1/8	4AF
GWREC	Th	9:30am	4EC.04KO	1/8	4AF
GWREC	Sa	9:05am	4EC.6H6M	1/10	4AF
MtVernREC	Sa	9am	4EC.U2SJ	1/3	4AG
MtVernREC	Sa	10:10am	4EC.ND9T	1/3	4AG
MtVernREC	Sa	12:15pm	4EC.GOOL	1/3	4AG
MtVernREC	Su	9am	4EC.OFLG	1/4	4AF
MtVernREC	Su	10:10am	4EC.NMOW	1/4	4AF
MtVernREC	Su	12:15pm	4EC.85PC	1/4	4AF
MtVernREC	M/W	5pm	4EC.ADUB	1/5	4AF
MtVernREC	T/Th	5:35pm	4EC.XORE	1/6	4AF
MtVernREC	F	5pm	4EC.AVEW	1/30	4AC
MtVernREC	F	6:45pm	4EC.3ISJ	1/30	4AC
MtVernREC	M/W	5pm	4EC.KEDL	2/2	4AF
MtVernREC	M/W	7:15pm	4EC.TVIH	2/2	4AF
OakmontREC	Sa	8am	4EC.YZ76	1/3	4AD
OakmontREC	Sa	8:35am	4EC.J93T	1/3	4AD
OakmontREC	Sa	9:10am	4EC.AGVX	1/3	4AD
OakmontREC	Sa	10:20am	4EC.DYKL	1/3	4AD
OakmontREC	Sa	12:25pm	4EC.ULYX	1/3	4AD
OakmontREC	Su	9am	4EC.AVNZ	1/4	4AF
OakmontREC	Su	9:35am	4EC.XH5B	1/4	4AF
OakmontREC	Su	10:45am	4EC.5G44	1/4	4AF
OakmontREC	Su	11:50am	4EC.Y1VJ	1/4	4AF
OakmontREC	M	5:45pm	4EC.1H6T	1/5	4AF
OakmontREC	T	5:40pm	4EC.L5Q7	1/6	4AF

OakmontREC	W	5:40pm	4EC.0ZA0	1/7	4AF
OakmontREC	Th	5:05pm	4EC.EQEG	1/8	4AF
ProvREC	Sa	8:10am	4EC.27XH	1/3	4AF
ProvREC	Sa	9:20am	4EC.7924	1/3	4AF
ProvREC	Su	9:10am	4EC.4AQ9	1/4	4AF
ProvREC	Su	10:20am	4EC.RZRQ	1/4	4AF
ProvREC	M	5:45pm	4EC.22MH	1/5	4AD
ProvREC	T	6pm	4EC.77QY	1/6	4AF
ProvREC	W	5:30pm	4EC.J59R	1/7	4AF
ProvREC	Th	6pm	4EC.XIDC	1/8	4AF
ProvREC	Th	6pm	4EC.ZX3B	1/8	4AF
SoRunREC	Sa	9am	4EC.K3FY	1/3	4AF
SoRunREC	Sa	10:25am	4EC.ARBH	1/3	4AF
SoRunREC	Sa	11:35am	4EC.P207	1/3	4AF
SoRunREC	Su	9am	4EC.614G	1/4	4AF
SoRunREC	Su	9:05am	4EC.RDGB	1/4	4AF
SoRunREC	Su	11:35am	4EC.05Q1	1/4	4AF
SoRunREC	M/W	6:05pm	4EC.0R31	1/5	4AF
SoRunREC	M	10:40am	4EC.MN0W	1/5	4AF
SoRunREC	T/Th	6pm	4EC.10L0	1/6	4AF
SoRunREC	W	10:40am	4EC.49M3	1/7	4AF
SoRunREC	F	1pm	4EC.5QSC	1/9	4AF
SoRunREC	F	10:40am	4EC.WYCB	1/9	4AF
SoRunREC	F	5:30pm	4EC.RY4Z	1/30	4AC
SoRunREC	M/W	6:05pm	4EC.T2NP	2/2	4AF
SoRunREC	T/Th	6pm	4EC.SG1C	2/3	4AF
SpHillIREC	Sa	1pm	4EC.XVNL	1/3	4AE
SpHillIREC	Sa	1:20pm	4EC.88RQ	1/3	4AE
SpHillIREC	Sa	10:10am	4EC.77AR	1/3	4AE
SpHillIREC	Sa	11:20am	4EC.BVJ6	1/3	4AE
SpHillIREC	Su	9:35am	4EC.FVR4	1/4	4AE
SpHillIREC	Su	10:45am	4EC.BJAL	1/4	4AE
SpHillIREC	Su	11:55am	4EC.QAM4	1/4	4AE
SpHillIREC	M	4:40pm	4EC.925K	1/5	4AF
SpHillIREC	T	4:35pm	4EC.731U	1/6	4AF
SpHillIREC	W	4pm	4EC.L78U	1/7	4AF
SpHillIREC	W	4:35pm	4EC.AIP6	1/7	4AF
SpHillIREC	Th	4:45pm	4EC.FH6X	1/8	4AF
SpHillIREC	F	5:05pm	4EC.0XZN	1/9	4AF
Wkfld/Moore	Sa	9am	4EC.3D27	1/3	4AF
Wkfld/Moore	Sa	9:35am	4EC.998T	1/3	4AF
Wkfld/Moore	Sa	10:25am	4EC.N240	1/3	4AF
Wkfld/Moore	Sa	10:45am	4EC.FUMI	1/3	4AF
Wkfld/Moore	Su	9am	4EC.J21N	1/4	4AF
Wkfld/Moore	Su	9:35am	4EC.GNFQ	1/4	4AF
Wkfld/Moore	Su	10:25am	4EC.ZM45	1/4	4AF
Wkfld/Moore	Su	10:45am	4EC.JAPO	1/4	4AF
Wkfld/Moore	M/W	6pm	4EC.K35V	1/5	4AF
Wkfld/Moore	T	6pm	4EC.HMHQ	1/6	4AF
Wkfld/Moore	Th	6pm	4EC.31C6	1/8	4AF
Wkfld/Moore	M/W	5:30pm	4EC.VCGD	2/2	4AF

**THE 4'S'S OF WATER SAFETY**

**SUPERVISION** Children should be directly supervised by an adult, even in the presence of 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.





# Aquatics

## Pee Wee Paddler 2

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

**4AC 5-30 minute lessons--\$81**

**4AD 6-30 minute lessons--\$99**

**4AE 7-30 minute lessons--\$114**

**4AF 8-30 minute lessons--\$131**

**4AG 9-30 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	7D6.QCS9	1/3	4AF
CubRunREC	Sa	9:35am	7D6.R4CK	1/3	4AF
CubRunREC	Sa	10:05am	7D6.CN8W	1/3	4AF
CubRunREC	Sa	10:45am	7D6.2X3V	1/3	4AF
CubRunREC	Su	9am	7D6.Y6Q5	1/4	4AF
CubRunREC	Su	9:35am	7D6.8PL6	1/4	4AF
CubRunREC	Su	10:45am	7D6.4K2N	1/4	4AF
CubRunREC	Su	11:10am	7D6.RYVC	1/4	4AF
CubRunREC	T	5:35pm	7D6.W67W	1/6	4AF
CubRunREC	T	6:35pm	7D6.CGUZ	1/6	4AF
CubRunREC	T	11:40am	7D6.W7VD	1/6	4AF
CubRunREC	Th	6:35pm	7D6.CPYJ	1/8	4AF
CubRunREC	M/W	5:35pm	7D6.J7RL	2/2	4AF
Franconia Rec	Sa	9am	7D6.XFEG	1/3	4AF
Franconia Rec	Sa	11:10am	7D6.A9Y2	1/3	4AF
Franconia Rec	Sa	12:05pm	7D6.Y2W2	1/3	4AF
Franconia Rec	Su	9:35am	7D6.3Z1G	1/4	4AF
Franconia Rec	Su	11:30am	7D6.SB4E	1/4	4AF
Franconia Rec	Su	12:40pm	7D6.EZOA	1/4	4AF
Franconia Rec	M/W	6pm	7D6.FD2T	1/5	4AE
Franconia Rec	T	6pm	7D6.FMHG	1/6	4AF
Franconia Rec	Th	6:35pm	7D6.VJ2I	1/8	4AF
Franconia Rec	M/W	6pm	7D6.T75J	2/2	4AE
GWREC	T	2:05pm	7D6.JNTE	1/6	4AF
GWREC	T	10:05am	7D6.V9DM	1/6	4AF
GWREC	W	2:05pm	7D6.YWMA	1/7	4AF
GWREC	W	6:20pm	7D6.IZOP	1/7	4AF
GWREC	W	10:05am	7D6.ZXCX	1/7	4AF
GWREC	Th	2:05pm	7D6.EBLD	1/8	4AF
GWREC	Th	10:05am	7D6.TCFT	1/8	4AF
GWREC	Sa	9:30am	7D6.B1IU	1/10	4AF
GWREC	Su	9:40am	7D6.YD06	1/11	4AE
MtVernREC	Sa	9am	7D6.WYJO	1/3	4AG
MtVernREC	Sa	9:35am	7D6.HWDO	1/3	4AG
MtVernREC	Sa	11:40am	7D6.2HH4	1/3	4AG
MtVernREC	Sa	12:35pm	7D6.ODTY	1/3	4AG
MtVernREC	Su	9am	7D6.5FWY	1/4	4AF
MtVernREC	Su	9:35am	7D6.53HE	1/4	4AF
MtVernREC	Su	11:40am	7D6.2R20	1/4	4AF
MtVernREC	Su	12:35pm	7D6.JL3Y	1/4	4AF
MtVernREC	M/W	5:35pm	7D6.AAJT	1/5	4AF
MtVernREC	F	6:10pm	7D6.9NT0	1/30	4AC
MtVernREC	F	6:45pm	7D6.VZ8N	1/30	4AC
MtVernREC	M/W	5pm	7D6.IIR1	2/2	4AF
MtVernREC	M/W	5:35pm	7D6.VFX5	2/2	4AF
MtVernREC	M/W	7:50pm	7D6.Y656	2/2	4AF
MtVernREC	T/Th	5:35pm	7D6.9GMM	2/3	4AF
OakmontREC	Sa	8am	7D6.CC08	1/3	4AD
OakmontREC	Sa	8:35am	7D6.VYY5	1/3	4AD
OakmontREC	Sa	10:55am	7D6.BQY4	1/3	4AD
OakmontREC	Sa	11:45am	7D6.4F2V	1/3	4AD
OakmontREC	Su	9am	7D6.TVC0	1/4	4AF
OakmontREC	Su	9:35am	7D6.HG19	1/4	4AF
OakmontREC	Su	11:20am	7D6.DPG7	1/4	4AF
OakmontREC	Su	12:25pm	7D6.2ALD	1/4	4AF
OakmontREC	M	6:20pm	7D6.FK3B	1/5	4AF
OakmontREC	T	5:40pm	7D6.10S2	1/6	4AF

OakmontREC	W	5:40pm	7D6.00M1	1/7	4AF	Franconia Rec	Su	12:40pm	E4.E.GF1	1/4	4AF
OakmontREC	Th	5:40pm	7D6.27JX	1/8	4AF	Franconia Rec	M/W	6pm	E4.E.SVUJ	1/5	4AE
ProvREC	Sa	8:45am	7D6.JFC5	1/3	4AF	Franconia Rec	T	6:35pm	E4.E.IWRC	1/6	4AF
ProvREC	Sa	9:25am	7D6.LYJD	1/3	4AF	GWREC	T	2:40pm	E4.E.DJDM	1/6	4AF
ProvREC	Su	9am	7D6.DGX6	1/4	4AF	GWREC	T	10:40am	E4.E.OWB6	1/6	4AF
ProvREC	Su	9:45am	7D6.GK9B	1/4	4AF	GWREC	W	2:40pm	E4.E.D887	1/7	4AF
ProvREC	M	5:45pm	7D6.XDBD	1/5	4AD	GWREC	W	6:55pm	E4.E.NXDR	1/7	4AF
ProvREC	T	6:35pm	7D6.ABG7	1/6	4AF	GWREC	W	10:40am	E4.E.Z98	1/7	4AF
ProvREC	W	5:30pm	7D6.DRGK	1/7	4AF	GWREC	Th	2:40pm	E4.E.ZEPH	1/8	4AF
ProvREC	Th	6:35pm	7D6.8CPD	1/8	4AF	GWREC	Th	10:40am	E4.E.NLYK	1/8	4AF
SoRunREC	Sa	9am	7D6.64TM	1/3	4AF	GWREC	Sa	10:05am	E4.E.USB	1/10	4AF
SoRunREC	Sa	9:50am	7D6.PX4W	1/3	4AF	GWREC	Su	10:15am	E4.E.AELA	1/11	4AE
SoRunREC	Sa	11:50am	7D6.58UJ	1/3	4AF	MtVernREC	Sa	9:35am	E4.E.AOWL	1/3	4AG
SoRunREC	Su	9:05am	7D6.06CJ	1/4	4AF	MtVernREC	Sa	12pm	E4.E.P2VK	1/3	4AG
SoRunREC	Su	9:40am	7D6.1IG1	1/4	4AF	MtVernREC	Su	9:35am	E4.E.V5NO	1/4	4AF
SoRunREC	Su	10:10am	7D6.LS3S	1/4	4AF	MtVernREC	Su	12:35pm	E4.E.49C0	1/4	4AF
SoRunREC	Su	10:50am	7D6.8FQV	1/4	4AF	MtVernREC	M/W	5pm	E4.E.FM5W	1/5	4AF
SoRunREC	M/W	6:40pm	7D6.6UTJ	1/5	4AF	MtVernREC	M/W	7:50pm	E4.E.Y4A6	1/5	4AF
SoRunREC	M	10:10am	7D6.F07D	1/5	4AF	MtVernREC	T/Th	5pm	E4.E.CHSG	1/6	4AF
SoRunREC	T/Th	6:35pm	7D6.IJWA	1/6	4AF	MtVernREC	F	5:35pm	E4.E.2MZA	1/30	4AC
SoRunREC	W	10:05am	7D6.HW1K	1/7	4AF	MtVernREC	F	6:10pm	E4.E.N8GE	1/30	4AC
SoRunREC	F	1:35pm	7D6.7GTL	1/9	4AF	MtVernREC	M/W	5pm	E4.E.V6PD	2/2	4AF
SoRunREC	F	10:05am	7D6.ZZ74	1/9	4AF	MtVernREC	M/W	7:15pm	E4.E.9RYT	2/2	4AF
SoRunREC	F	5:30pm	7D6.X2Q7	1/30	4AC	MtVernREC	T/Th	5pm	E4.E.TMQQ	2/3	4AF
SoRunREC	M/W	6:40pm	7D6.4RYZ	2/2	4AF	OakmontREC	Sa	9:10am	E4.E.FVYU	1/3	4AD
SoRunREC	T/Th	6:35pm	7D6.RVY8	2/3	4AF	OakmontREC	Sa	9:45am	E4.E.9D3I	1/3	4AD
SpHillREC	Sa	9am	7D6.IDR1	1/3	4AE	OakmontREC	Sa	11:30am	E4.E.2N8R	1/3	4AD
SpHillREC	Sa	10:45am	7D6.2GUC	1/3	4AE	OakmontREC	Sa	12:20pm	E4.E.Y8LE	1/3	4AD
SpHillREC	Sa	12:45pm	7D6.MZ1K	1/3	4AE	OakmontREC	Su	10:10am	E4.E.QPTO	1/4	4AF
SpHillREC	Su	9am	7D6.UOGC	1/4	4AE	OakmontREC	Su	11:55am	E4.E.Y7F	1/4	4AF
SpHillREC	Su	11:20am	7D6.61FJ	1/4	4AE	OakmontREC	M	5:45pm	E4.E.DF3	1/5	4AF
SpHillREC	Su	12:30pm	7D6.FUDD	1/4	4AE	OakmontREC	T	6:15pm	E4.E.BG38	1/6	4AF
SpHillREC	M	5:15pm	7D6.4WU5	1/5	4AF	OakmontREC	Th	6:15pm	E4.E.URXC	1/8	4AF
SpHillREC	T	5:10pm	7D6.MYOH	1/6	4AF	ProvREC	Sa	8:15am	E4.E.N8QH	1/3	4AF
SpHillREC	W	4pm	7D6.WV19	1/7	4AF	ProvREC	Sa	8:50am	E4.E.D9F3	1/3	4AF
SpHillREC	W	4:35pm	7D6.YZ9H	1/7	4AF	ProvREC	Su	9:35am	E4.E.SPX6	1/4	4AF
SpHillREC	Th	5:55pm	7D6.MHNV	1/8	4AF	ProvREC	Su	10:55am	E4.E.CBA3	1/4	4AF
Wkfld/Moore	Sa	9am	7D6.7LIX	1/3	4AF	ProvREC	T	6pm	E4.E.NGKP	1/6	4AF
Wkfld/Moore	Sa	10:10am	7D6.FCJF	1/3	4AF	ProvREC	W	6:05pm	E4.E.PL4B	1/7	4AF
Wkfld/Moore	Su	9am	7D6.E78T	1/4	4AF	ProvREC	Th	7:10pm	E4.E.QR24	1/8	4AF
Wkfld/Moore	Su	10:10am	7D6.613G	1/4	4AF	SoRunREC	Sa	9:50am	E4.E.T4NN	1/3	4AF
Wkfld/Moore	M/W	6:35pm	7D6.VYF3	1/5	4AF	SoRunREC	Su	8:30am	E4.E.3NIK	1/4	4AF
SoRunREC	Su	10:45am	7D6.EK65	1/4	4AF	SoRunREC	Su	10:45am	E4.E.4IEU	1/4	4AF
SoRunREC	Su	11am	E4.E.AIEU	1/4	4AF	SoRunREC	M/W	6pm	E4.E.UT15	1/5	4AF
SoRunREC	M	9:30am	E4.E.A7CF	1/5	4AF	SoRunREC	M	9:30am	E4.E.RJ3J	1/6	4AF
SoRunREC	T/Th	7:10pm	E4.E.RJ3J	1/6	4AF	SoRunREC	W	9:30am	E4.E.UKAM	1/7	4AF
SoRunREC	F	2:10pm	E4.E.D98V	1/9	4AF	SoRunREC	F	10:05am	E4.E.P4CT	1/9	4AF
SoRunREC	F	10:05am	E4.E.IV8Q	1/30	4AC	SoRunREC	F	7:30pm	E4.E.67S1	2/2	4AF
SoRunREC	M/W	6pm	E4.E.67S1	2/2	4AF	SoRunREC	T/Th	7:10pm	E4.E.F57L	2/3	4AF
SoRunREC	Sa	9:35am	E4.E.RYJX	1/3	4AE	SpHillREC	Sa	9:35am	E4.E.A07G	1/3	4AE
SpHillREC	Sa	10:45am	E4.E.10T9	1/4	4AE	SpHillREC	Su	10:10am	E4.E.WHMC	1/4	4AE
SpHillREC	Su	11:55am	E4.E.FJUQ	1/5	4AF	SpHillREC	M	4:40pm	E4.E.550W	1/5	4AF
SpHillREC	M	5:50pm	E4.E.550W	1/5	4AF	SpHillREC	T	5:45pm	E4.E.J8TA	1/6	4AF
SpHillREC	T	5:45pm	E4.E.HS07	1/7	4AF	SpHillREC	W	5:10pm	E4.E.L8K	1/7	4AF
SpHillREC	W	6:20pm	E4.E.LE8K	1/7	4AF	SpHillREC	Th	4:10pm	E4.E.QJJA	1/8	4AF
SpHillREC	Th	4:10pm	E4.E.QJJA	1/8	4AF	SpHillREC	Th	7:05pm	E4.E.9L52	1/8	4AF
Wkfld/Moore	Sa	9am	E4.E.DCL5	1/3	4AF	Wkfld/Moore	Sa	11:20am	E4.E.3TAF	1/3	4AF
Wkfld/Moore	Sa	11:20am	E4.E.3TAF	1/3	4AF	Wkfld/Moore	Su	9am	E4.E.EOXF	1/4	4AF
Wkfld/Moore	Su	9am	E4.E.EOXF	1/4	4AF	Wkfld/Moore	Su	11:20am	E4.E.P7LI	1/4	4AF
Wkfld/Moore	M/W	6pm	E4.E.YKHN	1/5	4AF	Wkfld/Moore	M/W	6:35pm	E4.E.01E0	1/8	4AF
Wkfld/Moore	M/W	6:35pm	E4.E.01E0	1/8	4AF	Wkfld/Moore	M/W	6:10pm	E4.E.MJRR	2/2	4AF



### SGL Pee Wee Paddler 3

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

**4ANF 8--30 minute lessons--\$202**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5:05pm	667.8JYX	1/5	4ANF
CubRunREC	M	6:45pm	667.HQGY	1/5	4ANF
OakmontREC	Su	12:25pm	667.6T05	1/4	4ANF
OakmontREC	W	6:15pm	667.UE91	1/7	4ANF

### Pee Wee Paddler 4

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

**4AC 5--30 minute lessons--\$81  
4AD 6--30 minute lessons--\$99  
4AE 7--30 minute lessons--\$114  
4AF 8--30 minute lessons--\$131  
4AG 9--30 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	198.3PDN	1/3	4AF
CubRunREC	Sa	11am	198.RULT	1/3	4AF
CubRunREC	Su	9:35am	198.7BRP	1/4	4AF
CubRunREC	Su	11am	198.5PZA	1/4	4AF
CubRunREC	T	5:35pm	198.XFBM	1/6	4AF
CubRunREC	T	12:15pm	198.SE2R	1/6	4AF
Franconia Rec	Sa	9:35am	198.DTM9	1/3	4AF
Franconia Rec	Su	11:30am	198.0YBV	1/4	4AF
Franconia Rec	T	6:35pm	198.5GL4	1/6	4AF
Franconia Rec	M/W	6pm	198.CJPR	2/2	4AE
GWREC	Sa	11:10am	198.LWI8	1/10	4AF
MtVernREC	Sa	10:10am	198.TZ5B	1/3	4AG
MtVernREC	Sa	12:35pm	198.GJ0K	1/3	4AG
MtVernREC	Su	10:10am	198.CZZW	1/4	4AF
MtVernREC	Su	12pm	198.RVY8	1/4	4AF

MtVernREC	M/W	7:15pm	198.ASTN	1/5	4AF
MtVernREC	T/Th	5:35pm	198.4AXU	1/6	4AF
MtVernREC	F	5:35pm	198.ZQMK	1/30	4AC
MtVernREC	F	7:20pm	198.AZB1	1/30	4AC
MtVernREC	M/W	7:50pm	198.82U1	2/2	4AF
MtVernREC	T/Th	5:35pm	198.FIKO	2/3	4AF
OakmontREC	Sa	9am	198.WEQQ	1/3	4AD
OakmontREC	Sa	11:10am	198.J1NV	1/3	4AD
OakmontREC	Su	9am	198.XSR4	1/4	4AF
OakmontREC	M	6:20pm	198.U96G	1/5	4AF
OakmontREC	W	6:15pm	198.LI3D	1/7	4AF
OakmontREC	Th	5:45pm	198.X13U	1/8	4AF
ProvREC	Sa	8:15am	198.7X3U	1/3	4AF
ProvREC	Sa	11:45am	198.BQA3	1/3	4AF
ProvREC	Su	9:10am	198.W3ZA	1/4	4AF
ProvREC	Su	10:10am	198.FDMB	1/4	4AF
ProvREC	T	6pm	198.T3PL	1/6	4AF
ProvREC	W	6:40pm	198.QJUG	1/7	4AF
SoRunREC	F	2:45pm	198.TZWC	1/4	4AE
SoRunREC	Su	11:50am	198.1TXB	1/4	4AF
SpHillIREC	Sa	9:35am	198.900H	1/3	4AE
SpHillIREC	Sa	10:45am	198.D2CF	1/3	4AE
SpHillIREC	Su	10:25am	198.XK7Y	1/4	4AE
SpHillIREC	Su	11:50am	198.21X5	1/4	4AE
SpHillIREC	M	5:15pm	198.IBGZ	1/5	4AF
SpHillIREC	W	5:45pm	198.9UQJ	1/7	4AF
SpHillIREC	Th	6:30pm	198.98E5	1/8	4AF
SpHillIREC	F	4:30pm	198.90B2	1/9	4AF
Wkfld/Moore	Sa	10:25am	198.TPJE	1/3	4AF
Wkfld/Moore	Su	10:25am	198.EPVT	1/4	4AF
Wkfld/Moore	Th	6pm	198.FOTF	1/8	4AF

### SGL Pee Wee Paddler 4

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

**4AND 6--30 minute lessons--\$152  
4ANF 8--30 minute lessons--\$202**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:10pm	9DB.H7J5	1/5	4ANF
OakmontREC	Sa	12:15pm	9DB.FPG7	1/3	4AND

### Pee Wee Paddler 5

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

**4AC 5--30 minute lessons--\$81  
4AD 6--30 minute lessons--\$99  
4AE 7--30 minute lessons--\$114  
4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	631.AF6N	1/3	4AF
CubRunREC	Sa	11:35am	631.XXM2	1/3	4AF
CubRunREC	Su	9am	631.9EKC	1/4	4AF
CubRunREC	Su	11am	631.GI46	1/4	4AF
CubRunREC	Su	11:35am	631.F3VE	1/4	4AF
CubRunREC	T	6:10pm	631.TWSK	1/6	4AF
Franconia Rec	Sa	11:10am	631.CIGV	1/3	4AF
Franconia Rec	Su	12:05pm	631.K03X	1/4	4AF
GWREC	Sa	11:45am	631.MBAD	1/10	4AF
MtVernREC	M/W	6:40pm	631.YOQE	1/5	4AF
MtVernREC	F	5pm	631.7IZZ	1/30	4AC
OakmontREC	Sa	9:35am	631.EBP2	1/3	4AD
OakmontREC	Su	9:35am	631.67QU	1/4	4AF
OakmontREC	Th	6:20pm	631.7MHC	1/8	4AF
ProvREC	Sa	11am	631.XMLG	1/3	4AF
ProvREC	Su	9:45am	631.Z44G	1/4	4AF
ProvREC	W	5:30pm	631.4WL8	1/7	4AF
SpHillIREC	Sa	10:10am	631.C3XW	1/3	4AE
SpHillIREC	Su	9:50am	631.SV5K	1/4	4AE
SpHillIREC	W	6:20pm	631.4DA1	1/7	4AF
SpHillIREC	F	5:05pm	631.0Q77	1/9	4AF

### SGL Pee Wee Paddler 5

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

**4ANF 8--30 minute lessons--\$202**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	5:35pm	166.QF62	1/7	4ANF
<b>Pee Wee Paddler 6</b>					
<b>(4-7 yrs.)</b> Prerequisite: Pee Wee Paddler 5 or equivalent skill proficiency. Class emphasizes improving swimming stroke proficiency and endurance. Skills include swimming front crawl, back crawl, elementary backstroke and breaststroke 25 yards, butterfly stroke 10 yards, and treading water for 30 seconds.					
<b>4AD 6--30 minute lessons--\$99 4AE 7--30 minute lessons--\$114 4AF 8--30 minute lessons--\$131</b>					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	FC3.LGY5	1/3	4AF
CubRunREC	Su	10am	FC3.F4SL	1/4	4AF
Franconia Rec	Sa	11:45am	FC3.LBOJ	1/3	4AF
OakmontREC	Sa	10:10am	FC3.KD3A	1/3	4AD
OakmontREC	Su	10:10am	FC3.72AR	1/4	4AF
OakmontREC	Su	12:25pm	FC3.ODYO	1/4	4AF
ProvREC	Sa	8:15am	FC3.G39K	1/3	4AF
ProvREC	Su	10:20am	FC3.CMCQ	1/4	4AF
SpHillIREC	Sa	9am	FC3.M2FZ	1/3	4AE
SpHillIREC	Su	12:25pm	FC3.FBY0	1/4	4AE

# Aquatics

## SGL Pee Wee Paddler 6

**(4-7 yrs.)** Prerequisite: Pee Wee Paddler 5 or equivalent skill proficiency. This small group class is designed to help students improve swimming stroke proficiency and endurance. Skills include swimming front crawl, back crawl, elementary backstroke, and breaststroke 25 yards, butterfly stroke 10 yards and treading water for 30 seconds.

**4ANF 8--30 minute lessons--\$202**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:10pm	F47.PZUR	1/7	4ANF

## Intro to Swimming for Children

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

**4AD 6--30 minute lessons--\$99**

**4AE 7--30 minute lessons--\$114**

**4AF 8--30 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DYK.Z2BT	1/3	4AF
CubRunREC	Sa	10:25am	DYK.7DGH	1/3	4AF
CubRunREC	Sa	11:50am	DYK.LDCQ	1/3	4AF
CubRunREC	Su	9am	DYK.4G86	1/4	4AF
CubRunREC	Su	11:15am	DYK.VPWB	1/4	4AF
OakmontREC	Sa	9am	DYK.EA2J	1/3	4AD
OakmontREC	Sa	12:05pm	DYK.N1UZ	1/3	4AD
OakmontREC	Su	10:10am	DYK.QZYT	1/4	4AF
OakmontREC	T	6:15pm	DYK.OC74	1/6	4AF
OakmontREC	W	6:50pm	DYK.3D6H	1/7	4AF
SpHillREC	Su	12:25pm	DYK.K1YW	1/4	4AE
Wkfld/Moore	M/W	6:40pm	DYK.8R1J	2/2	4AF

## Swimming 1 for Children

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

**4AM 5--45 minute lessons--\$83**

**4AN 6--45 minute lessons--\$99**

**4AO 7--45 minute lessons--\$115**

**4AP 8--45 minute lessons--\$134**

**4AQ 9--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:35am	48D.HFLS	1/3	4AP
CubRunREC	Sa	11am	48D.QEMY	1/3	4AP
CubRunREC	Su	9am	48D.ERVA	1/4	4AP
CubRunREC	Su	10:25am	48D.CC4V	1/4	4AP
CubRunREC	Su	11:45am	48D.S6ZV	1/4	4AP
CubRunREC	T	6:45pm	48D.8F2E	1/6	4AP
Franconia Rec	Sa	10:10am	48D.V9GU	1/3	4AP
Franconia Rec	Su	9am	48D.38VW	1/4	4AP
Franconia Rec	Su	11:40am	48D.12B3	1/4	4AP
Franconia Rec	M/W	6:35pm	48D.0RS4	1/5	4AO
Franconia Rec	T	7:10pm	48D.B0ZZ	1/6	4AP
Franconia Rec	Th	6:35pm	48D.FDT6	1/8	4AP
Franconia Rec	M/W	6:35pm	48D.C3H2	2/2	4AO

GWREC	M	5:45pm	48D.340N	1/5	4AP
GWREC	Sa	10:45am	48D.9ZQW	1/10	4AP
MtVernREC	Sa	10:45am	48D.EEGG	1/3	4AQ
MtVernREC	Sa	12:25pm	48D.VFEI	1/3	4AQ
MtVernREC	Su	10:45am	48D.KK4L	1/4	4AP
MtVernREC	Su	11:35am	48D.UL7J	1/4	4AP
MtVernREC	M/W	5:35pm	48D.Q7ER	1/5	4AP
MtVernREC	M/W	7:10pm	48D.CPGL	1/5	4AP
MtVernREC	T/Th	6:10pm	48D.UKTB	1/6	4AP
MtVernREC	F	5:50pm	48D.JPB2	1/30	4AM
MtVernREC	F	7:20pm	48D.YKA8	1/30	4AM
MtVernREC	M/W	5:35pm	48D.GOJU	2/2	4AP
OakmontREC	Sa	10:35am	48D.LHJC	1/3	4AN
OakmontREC	Su	10:45am	48D.D2Y4	1/4	4AP
OakmontREC	M	6:55pm	48D.M08L	1/5	4AP
OakmontREC	Th	6:50pm	48D.DBTM	1/8	4AP
ProvREC	Sa	10:30am	48D.N8W8	1/3	4AP
ProvREC	Sa	12:10pm	48D.658R	1/3	4AP
ProvREC	Su	11:05am	48D.92SX	1/4	4AP
ProvREC	Su	12:05pm	48D.6GDM	1/4	4AP
ProvREC	M	6:20pm	48D.ZDUG	1/5	4AN
ProvREC	W	6:05pm	48D.5RL4	1/7	4AP
SoRunREC	Sa	9am	48D.PEXI	1/3	4AP
SoRunREC	Sa	10:10am	48D.FIQF	1/3	4AP
SoRunREC	Su	9:20am	48D.OLNQ	1/4	4AP
SoRunREC	M/W	6:35pm	48D.MJXT	1/5	4AP
SoRunREC	T/Th	6pm	48D.001Z	1/6	4AP
SoRunREC	M/W	6:35pm	48D.VIJ3	2/2	4AP
SoRunREC	T/Th	6pm	48D.IETO	2/3	4AP
SpHillREC	Sa	11:55am	48D.K90V	1/3	4AO
SpHillREC	Su	9am	48D.2EID	1/4	4AO
SpHillREC	M	5:15pm	48D.ESSJ	1/5	4AP
SpHillREC	W	4:05pm	48D.1VD3	1/7	4AP
SpHillREC	F	5:40pm	48D.UXAZ	1/9	4AP
Wkfld/Moore	Sa	9:35am	48D.LSLP	1/3	4AP
Wkfld/Moore	Su	9:35am	48D.9Z2A	1/4	4AP
Wkfld/Moore	Su	3:00pm	48D.LI67	1/4	4AP
Wkfld/Moore	T	7:10pm	48D.IXWN	1/6	4AP

## SGL Swimming 1 for Children

**(6-12 yrs.)** Prerequisite: Children must be able to function in a group setting. This small-group class is designed to help students gain basic swimming and water safety skills and overcome fear of water. Skills include entering and exiting water safely, blowing bubbles through mouth and nose. With assistance: floating on front and back, gliding on front and back, rolling over from front to back and back to front, swimming at least two body lengths on front and back using arms and legs.

**4APF 8--45 minute lessons--\$217**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:20pm	E21.2JQG	1/5	4APF
CubRunREC	W	6:10pm	E21.EXNA	1/7	4APF

## Swimming 2 for Children

**(6-12 yrs.)** Prerequisite: Swimming 1 or equivalent skill proficiency. Class emphasizes increasing confidence and ability to perform skills with and without assistance or use of flotation devices. Skills include: jumping in chest deep water, blowing bubbles with face submerged under water, floating on front and back, gliding on front and back at least two body lengths, rolling over from front to back and back to front, swimming on front and back at least three body lengths using arms and legs and treading water.

**4AM 5--45 minute lessons--\$83**

**4AN 6--45 minute lessons--\$99**

**4AO 7--45 minute lessons--\$115**

**4AP 8--45 minute lessons--\$134**

**4AQ 9--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	F13.4E6R	1/3	4AP
CubRunREC	Sa	10:40am	F13.JER4	1/3	4AP
CubRunREC	Sa	11:45am	F13.5UVC	1/3	4AP
CubRunREC	Su	9:35am	F13.BUPY	1/4	4AP
CubRunREC	Su	10:40am	F13.PRCG	1/4	4AP
CubRunREC	Su	11:50am	F13.PNW3	1/4	4AP
CubRunREC	T	7:35pm	F13.9TCF	1/6	4AP
CubRunREC	Th	6:10pm	F13.9XVV	1/8	4AP
Franconia Rec	Sa	10:10am	F13.7U9D	1/3	4AP
Franconia Rec	Sa	12:20pm	F13.CV1M	1/3	4AP
Franconia Rec	Su	9:50am	F13.FHS3	1/4	4AP
Franconia Rec	Su	12:30pm	F13.TTGM	1/4	4AP
Franconia Rec	M/W	6:35pm	F13.JRP0	1/5	4AO
Franconia Rec	T	7:10pm	F13.NF5G	1/6	4AP
Franconia Rec	Th	7:10pm	F13.RP2Q	1/8	4AP
Franconia Rec	M/W	6:35pm	F13.PZQJ	2/2	4AO
GWREC	M	6:35pm	F13.26D0	1/5	4AP
GWREC	Sa	9:10am	F13.ILLV	1/10	4AP
GWREC	Su	10:55am	F13.U1M9	1/11	4AO
MtVernREC	Sa	9:50am	F13.MUJT	1/3	4AQ
MtVernREC	Sa	10:45am	F13.TTK4	1/3	4AQ
MtVernREC	Su	9:50am	F13.DP2N	1/4	4AP
MtVernREC	Su	10:45am	F13.BNZ2	1/4	4AP
MtVernREC	M/W	5pm	F13.IDJE	1/5	4AP
MtVernREC	M/W	7:15pm	F13.A4F6	1/5	4AP
MtVernREC	F	5pm	F13.HHMW	1/30	4AM
MtVernREC	M/W	6:25pm	F13.ANH4	2/2	4AP
MtVernREC	M/W	7:10pm	F13.WKA7	2/2	4AP
MtVernREC	T/Th	6:10pm	F13.PWSA	2/3	4AP
OakmontREC	Sa	9:30am	F13.PH7P	1/3	4AN
OakmontREC	Sa	9:45am	F13.UY2N	1/3	4AN
OakmontREC	Su	11:35am	F13.1D2E	1/4	4AP
OakmontREC	M	6:55pm	F13.BISQ	1/5	4AP
OakmontREC	T	6:50pm	F13.7HLI	1/6	4AP
OakmontREC	W	6:50pm	F13.DK00	1/7	4AP
ProvREC	Sa	9:55am	F13.ECQK	1/3	4AP
ProvREC	Sa	11:20am	F13.EL2U	1/3	4AP
ProvREC	Su	11:05am	F13.5CZS	1/4	4AP



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

ProvREC	Su	11:55am	F13.VZCZ	1/4	4AP
ProvREC	M	7:10pm	F13.2F9J	1/5	4AN
ProvREC	T	6:35pm	F13.U3DX	1/6	4AP
ProvREC	W	6:55pm	F13.XXUM	1/7	4AP
ProvREC	Th	6pm	F13.DHSE	1/8	4AP
SoRunREC	Sa	9:30am	F13.ZVIH	1/3	4AP
SoRunREC	Sa	11am	F13.K4PB	1/3	4AP
SoRunREC	Su	8:30am	F13.90IF	1/4	4AP
SoRunREC	Su	10:15am	F13.31EE	1/4	4AP
SoRunREC	M/W	7:25pm	F13.0AAB	1/5	4AP
SoRunREC	T/Th	6:50pm	F13.3YLQ	1/6	4AP
SoRunREC	F	7:05pm	F13.4CPU	1/30	4AM
SoRunREC	M/W	7:25pm	F13.759Q	2/2	4AP
SoRunREC	T/Th	6:50pm	F13.TJ9M	2/3	4AP
SpHillIREC	Sa	11:20am	F13.2HMG	1/3	4AO
SpHillIREC	Su	11am	F13.BUH2	1/4	4AO
SpHillIREC	Th	4:10pm	F13.Z8ZJ	1/8	4AP
SpHillIREC	F	6:30pm	F13.ETHS	1/9	4AP
Wkfld/Moore	Sa	11:00am	F13.949U	1/3	4AP
Wkfld/Moore	Su	11:00am	F13.KKVZ	1/4	4AP
Wkfld/Moore	Su	3:00pm	F13.FX3T	1/4	4AP
Wkfld/Moore	Th	7:10pm	F13.TY54	1/4	4AP

## SGL Swimming 2 for Children

**(6-12 yrs.)** Prerequisite: Swimming 1 or equivalent skill proficiency. This small group class is designed to help students increase confidence and ability to perform skills with and without assistance or use of flotation devices. Skills include: entering water by jumping in chest deep water, blowing bubbles with face submerged under water, floating on front and back, gliding on front and back at least two body lengths, rolling over from front to back and back to front and swimming on front and back at least three body lengths using arms and legs. Treading water is introduced.

**4APF 8--45 minute lessons--\$217**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:25pm	B5F.RF9J	1/5	4APF
CubRunREC	W	7pm	B5F.AGTE	1/7	4APF
OakmontREC	M	7:45pm	B5F.GKM4	1/5	4APF
OakmontREC	Th	7:45pm	B5F.HPU9	1/8	4APF

## Swimming 3 for Children

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

**4AM 5--45 minute lessons--\$83  
4AN 6--45 minute lessons--\$99  
4AO 7--45 minute lessons--\$115  
4AP 8--45 minute lessons--\$134  
4AQ 9--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	7E0.X9WV	1/3	4AP
CubRunREC	Sa	10:10am	7E0.LYS1	1/3	4AP
CubRunREC	Sa	11:30am	7E0.YBFH	1/3	4AP
CubRunREC	Sa	12:10pm	7E0.8G99	1/3	4AO
CubRunREC	Su	9:50am	7E0.A2E3	1/4	4AP
CubRunREC	Su	10:10am	7E0.ERGF	1/4	4AP
CubRunREC	Su	11:30am	7E0.UYU9	1/4	4AP
CubRunREC	Su	12:10pm	7E0.BMGJ	1/4	4AO
CubRunREC	T	6:45pm	7E0.TYXK	1/6	4AP
CubRunREC	T	12:50pm	7E0.DZGV	1/6	4AP
CubRunREC	Th	5:20pm	7E0.5PU2	1/8	4AP
Franconia Rec	Sa	9:50am	7E0.VWXS	1/3	4AP
Franconia Rec	Sa	12:20pm	7E0.G73N	1/3	4AP

Franconia Rec	Su	10:50am	7E0.8BHP	1/4	4AP	SoRunREC	M/W	7:15pm	7E0.DUMS	2/2	4AP
Franconia Rec	M/W	7:25pm	7E0.FIIV	1/5	4AO	SoRunREC	T/Th	6pm	7E0.ST7A	2/3	4AP
Franconia Rec	Th	7:25pm	7E0.2HF3	1/8	4AP	SpHillIREC	Sa	11:20am	7E0.JD36	1/3	4AO
Franconia Rec	M/W	7:25pm	7E0.3AHZ	2/2	4AO	SpHillIREC	Sa	12:10pm	7E0.IKKA	1/3	4AO
GWREC	M	7:25pm	7E0.N03T	1/5	4AP	SpHillIREC	Su	9am	7E0.QWC9	1/4	4AO
GWREC	Sa	10am	7E0.3ZC8	1/10	4AP	SpHillIREC	Su	11am	7E0.2EQU	1/4	4AO
GWREC	Su	11:45am	7E0.J9E9	1/11	4AO	SpHillIREC	M	5:50pm	7E0.J71A	1/5	4AP
MtVernREC	Sa	9am	7E0.357L	1/3	4AQ	SpHillIREC	T	6:20pm	7E0.QHAJ	1/6	4AP
MtVernREC	Sa	10:45am	7E0.Q1XJ	1/3	4AQ	SpHillIREC	W	4:05pm	7E0.X591	1/7	4AP
MtVernREC	Su	10:40am	7E0.KESJ	1/4	4AP	SpHillIREC	W	4:55pm	7E0.TFM2	1/7	4AP
MtVernREC	Su	12:25pm	7E0.K516	1/4	4AP	SpHillIREC	Th	7pm	7E0.EWDY	1/8	4AP
MtVernREC	M/W	6:25pm	7E0.MGFY	1/5	4AP	SpHillIREC	F	7:20pm	7E0.NP70	1/9	4AP
MtVernREC	T/Th	6:10pm	7E0.VJQE	1/6	4AP	Wkfld/Moore	Sa	9:35am	7E0.A809	1/3	4AP
MtVernREC	F	7:30pm	7E0.309R	1/30	4AM	Wkfld/Moore	Su	9:35am	7E0.YCOT	1/4	4AP
MtVernREC	M/W	5:35pm	7E0.GZ16	2/2	4AP	Wkfld/Moore	M/W	4:40pm	7E0.KTPX	1/4	4AP
MtVernREC	T/Th	6:10pm	7E0.MZQ1	2/3	4AP	Wkfld/Moore	M/W	6:35pm	7E0.UJMG	1/5	4AP
OakmontREC	Sa	10:20am	7E0.K7MK	1/3	4AN	Wkfld/Moore	M/W	6:10pm	7E0.09JF	2/2	4AP
OakmontREC	Sa	11:25am	7E0.UTT8	1/3	4AN						
OakmontREC	Su	10:45am	7E0.9N30	1/4	4AP						
OakmontREC	Su	11:35am	7E0.JTCK	1/4	4AP						
OakmontREC	M	7:45pm	7E0.7PCU	1/5	4AP						
OakmontREC	T	6:50pm	7E0.UPJJ	1/6	4AP						
OakmontREC	W	7:40pm	7E0.G6ME	1/7	4AP						
OakmontREC	Th	6:55pm	7E0.3HK9	1/8	4AP						
ProvREC	Sa	10am	7E0.HKD9	1/3	4AP						
ProvREC	Sa	10:55am	7E0.NKVB	1/3	4AP						
ProvREC	Su	11:30am	7E0.VZRC	1/4	4AP						
ProvREC	Su	11:55am	7E0.BEUQ	1/4	4AP						
ProvREC	M	6:20pm	7E0.2QLF	1/5	4AN						
ProvREC	T	6:35pm	7E0.6K6R	1/6	4AP						
ProvREC	Th	6:50pm	7E0.Y3ZV	1/8	4AP						
SoRunREC	Sa	9am	7E0.2M1R	1/3	4AP						
SoRunREC	Sa	11am	7E0.A62S	1/3	4AP						
SoRunREC	Sa	11:25am	7E0.U1M8	1/3	4AP						
SoRunREC	Su	9:20am	7E0.D48E	1/4	4AP						
SoRunREC	Su	11:20am	7E0.S305	1/4	4AP						
SoRunREC	M/W	7:15pm	7E0.SJDB	1/5	4AP						
SoRunREC	T/Th	6pm	7E0.SH6K	1/6	4AP						

## SGL Swimming 3 for Children

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

**4AQD 6--45 minute lessons--\$166**

**4AQF 8--45 minute lessons--\$222**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:15pm	COC.BF3L	1/5	4AQF
OakmontREC	Sa	10:45am	COC.ORUR	1/3	4AQD
OakmontREC	Th	7:40pm	COC.YURT	1/8	4AQF

## Aqua Flex Pass Sale

November

Buy the Pass that Gets You Access to Aquatic Fitness



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- \*Entry into classes is space permitting.

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



# Aquatics

## Swimming 4 for Children

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

<b>4AM</b>	<b>5--45 minute lessons--\$83</b>
<b>4AN</b>	<b>6--45 minute lessons--\$99</b>
<b>4AO</b>	<b>7--45 minute lessons--\$115</b>
<b>4AP</b>	<b>8--45 minute lessons--\$134</b>
<b>4AQ</b>	<b>9--45 minute lessons--\$151</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	A7C.K6BA	1/3	4AP
CubRunREC	Sa	10:35am	A7C.D2UK	1/3	4AP
CubRunREC	Sa	11:50am	A7C.8ZUJ	1/3	4AP
CubRunREC	Su	9am	A7C.6598	1/4	4AP
CubRunREC	Su	10:35am	A7C.KG9K	1/4	4AP
CubRunREC	Su	12:20pm	A7C.V3BA	1/4	4AO
CubRunREC	T	1:40pm	A7C.YGVF	1/6	4AP
CubRunREC	T	7:35pm	A7C.ZB72	1/6	4AP
Franconia Rec	Sa	9am	A7C.GBB2	1/3	4AP
Franconia Rec	Sa	10:40am	A7C.M9TC	1/3	4AP
Franconia Rec	Su	11am	A7C.HXP3	1/4	4AP
Franconia Rec	M/W	6:35pm	A7C.YZG	1/5	4AO
Franconia Rec	T	6pm	A7C.59EP	1/6	4AP
Franconia Rec	M/W	6:35pm	A7C.C1E3	2/2	4AO
GWREC	T	6:10pm	A7C.SLE3	1/6	4AP
GWREC	Sa	10:50am	A7C.C61N	1/10	4AP
MtVernREC	Sa	9:05am	A7C.0R9E	1/3	4AQ
MtVernREC	Sa	11:35am	A7C.QY2T	1/3	4AQ
MtVernREC	Su	9am	A7C.1BE1	1/4	4AP
MtVernREC	M/W	5:50pm	A7C.TBYB	1/5	4AP
MtVernREC	F	6:40pm	A7C.9AUK	1/30	4AM
MtVernREC	M/W	6:25pm	A7C.YOUK	2/2	4AP
OakmontREC	Sa	8am	A7C.HD2Z	1/3	4AN
OakmontREC	Sa	10:50am	A7C.SGF5	1/3	4AN
OakmontREC	Su	9am	A7C.YCEX	1/4	4AP
OakmontREC	M	6pm	A7C.HPE1	1/5	4AP
OakmontREC	T	6pm	A7C.D32H	1/6	4AP
OakmontREC	W	6pm	A7C.QITP	1/7	4AP
ProvREC	Sa	8:50am	A7C.39NH	1/3	4AP
ProvREC	Sa	11:50am	A7C.BW4W	1/3	4AP
ProvREC	Su	9am	A7C.JW53	1/4	4AP
ProvREC	Su	12pm	A7C.LSHX	1/4	4AP
ProvREC	M	7:10pm	A7C.UCTZ	1/5	4AN
ProvREC	T	7:25pm	A7C.C4HE	1/6	4AP
ProvREC	Th	7:40pm	A7C.6RX9	1/8	4AP
SoRunREC	Sa	9:50am	A7C.IFY7	1/3	4AP
SoRunREC	Su	8:30am	A7C.XPCB	1/4	4AP
SoRunREC	Su	10:10am	A7C.MI5V	1/4	4AP
SoRunREC	M/W	6:10pm	A7C.HY0Z	1/5	4AP
SoRunREC	T/Th	6:50pm	A7C.8HZB	1/6	4AP
SoRunREC	F	6:05pm	A7C.7F0H	1/30	4AM
SoRunREC	M/W	6:10pm	A7C.XJBX	2/2	4AP
SoRunREC	T/Th	6:50pm	A7C.G163	2/3	4AP
SpHillREC	Sa	9:10am	A7C.5ZQ9	1/3	4AO
SpHillREC	Sa	12:10pm	A7C.CXIM	1/3	4AO
SpHillREC	Su	9:10am	A7C.PAXC	1/4	4AO
SpHillREC	Su	12pm	A7C.CUJO	1/4	4AO
SpHillREC	M	7:05pm	A7C.LSQK	1/5	4AP
SpHillREC	T	5:10pm	A7C.JKF5	1/6	4AP
SpHillREC	W	6:05pm	A7C.B1G3	1/7	4AP
Wkfld/Moore	Sa	9:00am	A7C.XZ5Z	1/3	4AP
Wkfld/Moore	Su	9:00am	A7C.FHCD	1/4	4AP
Wkfld/Moore	M/W	6:00pm	A7C.Y0YM	1/5	4AP
Wkfld/Moore	M/W	5:35pm	A7C.ZHT9	2/2	4AP
Wkfld/Moore	Th	6:00pm	A7C.JDC2	1/8	4AP



## SGL Swimming 4 for Children

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

<b>4AQD</b>	<b>6--45 minute lessons--\$166</b>
<b>4AQF</b>	<b>8--45 minute lessons--\$222</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:45pm	D76.SC78	1/5	4AQF
CubRunREC	W	6:10pm	D76.WN4G	1/7	4AQF
OakmontREC	Sa	11:35am	D76.825V	1/3	4QD
OakmontREC	Th	6pm	D76.826Z	1/8	4AQF

## Swimming 5 for Children

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	D55.6ABU	1/3	4AZ
CubRunREC	Sa	12:40pm	D55.5JKH	1/3	4AY
CubRunREC	Su	9:50am	D55.DDQT	1/4	4AZ
CubRunREC	Su	12:15pm	D55.JFBV	1/4	4AY
Franconia Rec	Sa	9am	D55.7FE7	1/3	4AZ
Franconia Rec	M/W	7:25pm	D55.1FXQ	1/5	4AY
Franconia Rec	T	7pm	D55.2DTR	1/6	4AZ
GWREC	T	7:05pm	D55.B4C9	1/6	4AZ
GWREC	Sa	10am	D55.564U	1/10	4AZ
MtVernREC	Sa	9am	D55.U80G	1/3	4AAA
MtVernREC	Sa	9am	D55.ZN7I	1/3	4AAA
MtVernREC	Su	11:55am	D55.UZIY	1/4	4AZ
MtVernREC	T/Th	5pm	D55.DROH	1/6	4AZ

MtVernREC	T/Th	5pm	D55.U1E5	2/3	4AZ
OakmontREC	Sa	8:50am	D55.6HFY	1/3	4AX
OakmontREC	Su	9:50am	D55.N7KJ	1/4	4AZ
OakmontREC	Su	11:50am	D55.PZQU	1/4	4AZ
OakmontREC	M	6:50pm	D55.21C9	1/5	4AZ
OakmontREC	T	6:50pm	D55.UN48	1/6	4AZ
OakmontREC	W	6:50pm	D55.KF78	1/7	4AZ
ProvREC	Sa	9:40am	D55.8P8P	1/3	4AZ
ProvREC	Su	9:50am	D55.XAJT	1/4	4AZ
ProvREC	T	6pm	D55.4JX4	1/6	4AZ
ProvREC	W	7:15pm	D55.EEWB	1/7	4AZ
SoRunREC	Sa	10:25am	D55.M4GR	1/3	4AZ
SoRunREC	Su	8:30am	D55.MVY7	1/4	4AZ
SoRunREC	M/W	7pm	D55.R7E7	1/5	4AZ
SoRunREC	T/Th	7:40pm	D55.M3WS	1/6	4AZ
SoRunREC	F	6:05pm	D55.H309	1/30	4AW
SoRunREC	M/W	7pm	D55.4U1D	2/2	4AZ
SoRunREC	T/Th	7:40pm	D55.6386	2/3	4AZ
SpHillREC	Sa	10am	D55.5708	1/3	4AY
SpHillREC	Sa	12pm	D55.B9Z6	1/3	4AY
SpHillREC	Su	10am	D55.69ND	1/4	4AY
SpHillREC	M	6:05pm	D55.8B8W3	1/5	4AZ
SpHillREC	T	6pm	D55.GHP1	1/6	4AZ
SpHillREC	W	6:55pm	D55.ZB3V	1/7	4AZ
SpHillREC	Th	6pm	D55.4L8K	1/8	4AZ
SpHillREC	F	5:40pm	D55.RPNP	1/9	4AZ
Wkfld/Moore	Sa	10:50am	D55.II9	1/3	4AZ
Wkfld/Moore	Su	10:50am	D55.7YC6	1/4	4AZ
Wkfld/Moore	M/W	6:50pm	D55.2JRA	1/5	4AZ
Wkfld/Moore	M/W	6:25pm	D55.90BU	2/2	4AZ
Wkfld/Moore	Th	6:50pm	D55.YE82	1/8	4AZ

## SGL Swimming 5 for Children

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

<b>4ARD</b>	<b>6--55 minute lessons--\$170</b>
<b>4ARF</b>	<b>8--55 minute lessons--\$222</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:35pm	HQJ.DRSY	1/5	4ARF
CubRunREC	W	7pm	HQJ.YFEJ	1/7	4ARF
OakmontREC	Sa	12:25pm	HQJ.SONT	1/3	4ARD
OakmontREC	Th	6:50pm	HQJ.MBKJ	1/8	4ARF

**Swimming 6 for Children**

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.QX5Z	1/3	4AZ
CubRunREC	Sa	10:50am	DF4.2XGA	1/3	4AZ
CubRunREC	Su	9am	DF4.85JL	1/4	4AZ
CubRunREC	Su	10:50am	DF4.ZCGA	1/4	4AZ
Franconia Rec	Sa	10am	DF4.VSPR	1/3	4AZ
Franconia Rec	Su	1pm	DF4.KAX9	1/4	4AZ
Franconia Rec	T	8pm	DF4.I20Q	1/6	4AZ
Franconia Rec	M/W	7:25pm	DF4.4CVC	2/2	4AY
MtVernREC	Sa	10am	DF4.LIC9	1/3	4AAA
MtVernREC	Su	10:50am	DF4.EJ8L	1/4	4AZ
MtVernREC	T/Th	6pm	DF4.YNQZ	1/6	4AZ
MtVernREC	T/Th	6pm	DF4.PS7T	2/3	4AZ
OakmontREC	Sa	9:50am	DF4.JWUI	1/3	4AX
OakmontREC	Sa	11:40am	DF4.KJ2H	1/3	4AX
OakmontREC	Su	10:50am	DF4.07FA	1/4	4AZ
OakmontREC	M	7:50pm	DF4.0TRO	1/5	4AZ
OakmontREC	T	7:50pm	DF4.JHR3	1/6	4AZ
OakmontREC	W	7:50pm	DF4.H51A	1/7	4AZ
ProvREC	Sa	10:50am	DF4.5H2Z	1/3	4AZ
ProvREC	Su	11am	DF4.62MZ	1/4	4AZ
ProvREC	T	7pm	DF4.VRTT	1/6	4AZ
SoRunREC	Sa	10:40am	DF4.W05Q	1/3	4AZ
SoRunREC	Su	9:30am	DF4.55ZA	1/4	4AZ
SoRunREC	M/W	6pm	DF4.6U5	1/5	4AZ
SoRunREC	T/Th	7pm	DF4.5QFZ	1/6	4AZ
SoRunREC	M/W	6pm	DF4.0H1M	2/2	4AZ
SoRunREC	T/Th	7pm	DF4.FPSH	2/3	4AZ
SpHillIREC	Sa	11am	DF4.FLZM	1/3	4AY
SpHillIREC	Su	11am	DF4.2UNJ	1/4	4AY
SpHillIREC	T	7pm	DF4.71HA	1/6	4AZ
SpHillIREC	Th	5pm	DF4.FMX2	1/8	4AZ
SpHillIREC	F	6:40pm	DF4.V9T3	1/9	4AZ
Wkfld/Moore	Sa	9:00am	DF4.RC9A	1/3	4AZ
Wkfld/Moore	Su	9:00am	DF4.U28Z	1/4	4AZ
Wkfld/Moore	M/W	7:50pm	DF4.IITZ	1/5	4AZ
Wkfld/Moore	M/W	7:25pm	DF4.RT8D	2/2	4AZ
Wkfld/Moore	Th	7:10pm	DF4.BHFE	1/8	4AZ

**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.

4AP	8--45 minute lessons--\$134
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Location	Day	Time	Code	Begin	\$
CubRunREC	T	12:50pm	CAC.2M2E	1/6	4AP
SoRunREC	W	2:30pm	CAC.TH00	1/7	4AP

**Home School Learn to Swim Level 3 & 4**

**(6-17 yrs.)** This course combines the learn-to-swim levels I & II and targets children who are home schooled, but is open to any child. Children work on basic swimming skills such as breathing, floating on front and back, and swimming on front and back.

4AP	8--45 minute lessons--\$134
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Location	Day	Time	Code	Begin	\$
SoRunREC	W	1:40pm	8B2.Y1LZ	1/7	4AP

**Home School Learn to Swim Level 5 & 6**

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

4AZ	8--55 minute lessons--\$139
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Location	Day	Time	Code	Begin	\$
SoRunREC	W	12:30pm	A75.4ATA	1/7	4AZ

**Home School Stroke & Swim**

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:40pm	AFC.K6GT	1/6	4AZ
OakmontREC	F	10:30am	AFC.BKJ8	1/9	4AX
SoRunREC	W	11:30am	AFC.6APQ	1/7	4AZ

**Swim Classes for Teens & Adults****Swimming 1 - Teens & Adults**

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

4AF	8--30 minute lessons--\$131
4AAA	9--55 minute lessons--\$157

4AX	6--55 minute lessons--\$105
4AY	7--55 minute lessons--\$122

4AZ	8--55 minute lessons--\$139
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	7D5.GRLT	1/4	4AZ
CubRunREC	W	8pm	7D5.V8XY	1/7	4AZ
CubRunREC	Th	7pm	7D5.E53S	1/8	4AZ
CubRunREC	F	11am	7D5.DVHN	1/9	4AZ
Franconia Rec	Sa	11:40am	7D5.WX3P	1/3	4AZ
Franconia Rec	M/W	7:25pm	7D5.H048	1/5	4AY
GWREC	Th	7pm	7D5.0MVF	1/8	4AZ
MtVernREC	Sa	11:35am	7D5.40Q9	1/3	4AAA
MtVernREC	Su	11:35am	7D5.65NU	1/4	4AZ
MtVernREC	M/W	6:10pm	7D5.HQDY	1/5	4AZ
MtVernREC	T/Th	7pm	7D5.G662	1/6	4AZ
MtVernREC	T/Th	7pm	7D5.32HH	2/3	4AZ
OakmontREC	Sa	8am	7D5.3BHZ	1/4	4AZ
OakmontREC	Su	8am	7D5.2IWH	1/5	4AZ
OakmontREC	M	9am	7D5.8BVW	1/7	4AZ
ProvREC	M	8pm	7D5.AN94	1/5	4AX
ProvREC	W	7:45pm	7D5.4BQZ	1/7	4AZ
SoRunREC	M/W	8:05pm	7D5.HD3M	1/5	4AZ
SoRunREC	M/W	8:05pm	7D5.UEXX	2/2	4AZ
SpHillIREC	Su	1:05pm	7D5.3Z03	1/4	4AY
Wkfld/Moore	Sa	9:00am	7D5.VCVV	1/3	4AF
Wkfld/Moore	Sa	10:50am	7D5.ECS5	1/3	4AZ
Wkfld/Moore	Su	10:50am	7D5.YCMA	1/4	4AZ
Wkfld/Moore	Su	3:00pm	7D5.K121	1/4	4AZ
Wkfld/Moore	M/W	7:25pm	7D5.5LZY	1/5	4AZ
Wkfld/Moore	M/W	7:00pm	7D5.R5KY	2/2	4AZ

**Swimming 2 - Teens & Adults**

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	75A.MEV7	1/4	4AZ
CubRunREC	Th	8pm	75A.6SSX	1/8	4AZ
CubRunREC	Th	12pm	75A.VV5V	1/8	4AZ
Franconia Rec	Sa	12:40pm	75A.AW9R	1/3	4AZ
Franconia Rec	T	8pm	75A.5DHZ	1/6	4AZ
Franconia Rec	M/W	7:25pm	75A.LBTF	2/2	4AY
MtVernREC	T/Th	7pm	75A.5NDH	1/6	4AZ
MtVernREC	M/W	6:10pm	75A.1CA4	2/2	4AZ
MtVernREC	T/Th	7pm	75A.VEUN	2/3	4AZ
OakmontREC	Sa	8am	75A.TY5L	1/3	4AX
OakmontREC	Su	8am	75A.A7N2	1/4	4AZ
OakmontREC	T	7:40pm	75A.IB1Z	1/6	4AZ
ProvREC	Th	6pm	75A.ZMDY	1/6	4AZ
ProvREC	T	7:25pm	75A.HXCC	1/6	4AZ
SoRunREC	T/Th	7:40pm	75A.TLWC	1/6	4AZ
SoRunREC	T/Th	7:40pm	75A.7HUD	2/3	4AZ
SpHillIREC	Su	1:05pm	75A.GRFT	1/4	4AY
Wkfld/Moore	Sa	9:50am	75A.75CU	1/3	4AZ
Wkfld/Moore	Su	9:50am	75A.9DDF	1/4	4AZ
Wkfld/Moore	Su	4:00pm	75A.W7U2	1/4	4AZ
Wkfld/Moore	M/W	7:10pm	75A.R20P	1/5	4AZ
Wkfld/Moore	M/W	7:15pm	75A.ONJW	2/2	4AZ

**Swimming 3 - Teens & Adults**

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

4AZ	8--55 minute lessons--\$139
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	346.N5N2	1/4	4AZ
CubRunREC	Th	8pm	346.E2RV	1/8	4AZ
CubRunREC	F	12pm	346.9FHR	1/9	4AZ
Franconia Rec	Su	9am	346.C2NP	1/4	4AZ
OakmontREC	Su	8am	346.H50H	1/4	4AZ
OakmontREC	T	7:40pm	346.NN23	1/6	4AZ
ProvREC	Th	7pm	346.F7T8	1/8	4AZ
SpHillIREC	W	7pm	346.41VF	1/7	4AZ
Wkfld/Moore	Su	5:05pm	346.8H73	1/4	4AZ
Wkfld/Moore	T	6pm	346.91AG	1/6	4AZ

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# Aquatics

## Swimming 4 - Teens & Adults

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	915.DU2D	1/4	4AZ
CubRunREC	Th	8pm	915.Z6KK	1/8	4AZ
CubRunREC	F	1pm	915.YBJ5	1/9	4AZ
Franconia Rec	Su	9am	915.J5FE	1/4	4AZ
OakmontREC	Su	8am	915.3964	1/4	4AZ
OakmontREC	Th	7:50pm	915.3XRO	1/8	4AZ
SpHillIREC	Th	7:40pm	915.2ZKI	1/8	4AZ
Wkfld/Moore	Su	4pm	915.H3ST	1/4	4AZ
Wkfld/Moore	T	7pm	915.ZNNZ	1/6	4AZ



## Advanced Swimming

### Stroke Mechanics

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

### 4AHI 7--55 minute lessons--\$124 4AHJ 8--55 minute lessons--\$142

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:25am	BEE.89WC	1/3	4AHI
CubRunREC	Su	11:50am	BEE.Q6MX	1/4	4AHI
Wkfld/Moore	Su	5:05pm	BEE.8ZJ7	1/4	4AHI

### Stroke Mechanics 1

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

### 4AHB 6--45 minute lessons--\$100 4AHC 7--45 minute lessons--\$117 4AHD 8--45 minute lessons--\$136 4AHE 9--45 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	2C5.JK72	1/3	4AHD
CubRunREC	Sa	12:25pm	2C5.YZSJ	1/3	4AHC
CubRunREC	Su	9am	2C5.KWY5	1/4	4AHD
CubRunREC	Su	11:25am	2C5.N73K	1/4	4AHD
Franconia Rec	Sa	12:10pm	2C5.TOST	1/3	4AHD
Franconia Rec	Su	11am	2C5.JP03	1/4	4AHD
Franconia Rec	Th	6:50pm	2C5.RM30	1/8	4AHD
MtVernREC	Sa	11am	2C5.8T3L	1/3	4AHE
MtVernREC	Su	10am	2C5.6F7E	1/4	4AHD
MtVernREC	T/Th	7pm	2C5.6CJ6	1/6	4AHD
MtVernREC	T/Th	7pm	2C5.Y9PP	2/3	4AHD

### Stroke Mechanics 2

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

### 4AHH 6--55 minute lessons--\$106 4AHI 7--55 minute lessons--\$124 4AHJ 8--55 minute lessons--\$142 4AHK 9--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	6D4.QNKH	1/3	4AHH
CubRunREC	Su	9:50am	6D4.KC7C	1/4	4AHH
Franconia Rec	Sa	11:10am	6D4.EIM6	1/3	4AHH
Franconia Rec	Su	10am	6D4.LSLQ	1/4	4AHH
MtVernREC	Sa	10am	6D4.EPHX	1/3	4AHH
MtVernREC	Su	9am	6D4.MGEQ	1/4	4AHH
OakmontREC	Sa	9am	6D4.YQ00	1/3	4AHH
OakmontREC	Su	9:50am	6D4.R7R9	1/4	4AHH
OakmontREC	M	6pm	6D4.I5VY	1/5	4AHH
OakmontREC	W	6pm	6D4.GNAQ	1/7	4AHH
ProvREC	Sa	9:40am	6D4.JWXC	1/3	4AHH
ProvREC	Su	9:50am	6D4.78JX	1/4	4AHH

ProvREC	M	6:50pm	6D4.VDTV	1/5	4AHH
SoRunREC	Sa	11:40am	6D4.38KA	1/3	4AHJ
SoRunREC	T/Th	6pm	6D4.JC4B	1/6	4AHJ
SoRunREC	T/Th	6pm	6D4.A6N0	2/3	4AHJ
SpHillIREC	Sa	11am	6D4.D8EE	1/3	4AHI
SpHillIREC	Su	10am	6D4.1V3K	1/4	4AHI
SpHillIREC	M	7pm	6D4.4MLB	1/5	4AHJ
SpHillIREC	W	6:50pm	6D4.H9LN	1/7	4AHJ
Wkfld/Moore	Su	9am	6D4.UIDK	1/4	4AHJ

### Stroke Mechanics 3

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

### 4AHH 6--55 minute lessons--\$106 4AHI 7--55 minute lessons--\$124 4AHJ 8--55 minute lessons--\$142 4AHK 9--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:50am	E57.FWZG	1/3	4AHH
CubRunREC	Su	10:50am	E57.XESW	1/4	4AHH
Franconia Rec	Su	9am	E57.57PB	1/4	4AHH
MtVernREC	Sa	11:40am	E57.U2KE	1/3	4AHH
OakmontREC	Sa	10am	E57.6PGQ	1/3	4AHH
OakmontREC	Su	10:50am	E57.T68X	1/4	4AHH
OakmontREC	T	6:50pm	E57.QBQP	1/6	4AHH
OakmontREC	Th	6:50pm	E57.EKXJ	1/8	4AHH
ProvREC	Sa	10:50am	E57.W7WF	1/3	4AHH
ProvREC	Su	11am	E57.JNUT	1/4	4AHH
ProvREC	W	6:05pm	E57.TXVU	1/7	4AHH
SoRunREC	M/W	7pm	E57.UG7K	1/5	4AHH
SoRunREC	T	8pm	E57.6KPQ	1/6	4AHH
SoRunREC	M/W	7pm	E57.0QC7	2/2	4AHH
SoRunREC	T/Th	8pm	E57.LE77	2/3	4AHH
SpHillIREC	Sa	12pm	E57.7WFZ	1/3	4AHI
SpHillIREC	Su	11am	E57.Y1KS	1/4	4AHI
SpHillIREC	T	6:05pm	E57.A0GU	1/6	4AHI
SpHillIREC	Th	6pm	E57.FAWC	1/8	4AHI
Wkfld/Moore	Su	10am	E57.ADQI	1/4	4AHH

**Stroke Mechanics 4**

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:50am	2F3.BHZK	1/3	4AHI
CubRunREC	Su	11:50am	2F3.UQTL	1/4	4AHI
OakmontREC	Sa	11am	2F3.R8XM	1/3	4AHH
OakmontREC	Su	11:50am	2F3.UU26	1/4	4AHJ
OakmontREC	M	7pm	2F3.ABQF	1/5	4AHJ
OakmontREC	W	7pm	2F3.JNEM	1/7	4AHJ
ProvREC	Sa	11:50am	2F3.N6QM	1/3	4AHJ
ProvREC	Su	12pm	2F3.DVXL	1/4	4AHJ
ProvREC	W	7:05pm	2F3.5NBB	1/7	4AHJ
SoRunREC	M/W	8pm	2F3.MGGG	1/5	4AHJ
SoRunREC	M/W	8pm	2F3.4C2F	2/2	4AHJ
SpHillIREC	Sa	1pm	2F3.ET0R	1/3	4AHI
SpHillIREC	Su	12pm	2F3.PMYS	1/4	4AHI
SpHillIREC	T	7:05pm	2F3.1V91	1/6	4AHJ
SpHillIREC	Th	7pm	2F3.6YFR	1/8	4AHJ
Wkfld/Moore	Su	11am	2F3.2FKT	1/4	4AHJ

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	8am	41A.RLRA	1/4	4AZ
CubRunREC	T	8pm	41A.JFZT	1/6	4AZ
CubRunREC	Th	7pm	41A.AN6D	1/8	4AZ
CubRunREC	F	1pm	41A.46P8	1/9	4AZ
Franconia Rec	Su	12:50pm	41A.HBAA	1/4	4AZ
Franconia Rec	Th	7:40pm	41A.ONQ9	1/8	4AZ
GWREC	Th	8pm	41A.F4BR	1/8	4AZ
GWREC	Sa	9am	41A.32GV	1/10	4AZ
OakmontREC	Sa	8am	41A.LM66	1/3	4AX
OakmontREC	Su	8am	41A.NHJN	1/4	4AZ
OakmontREC	T	7:50pm	41A.FTS9	1/6	4AZ
OakmontREC	W	10:30am	41A.HE7A	1/7	4AZ
OakmontREC	F	11:30am	41A.MUWC	1/9	4AX
SoRunREC	T/Th	9:30am	41A.KK01	1/6	4AZ
SoRunREC	T/Th	9:30am	41A.N879	2/3	4AZ
SpHillIREC	Sa	9:10am	41A.KLJP	1/3	4AY
SpHillIREC	M	6:25pm	41A.GQGG	1/5	4AZ
SpHillIREC	F	7:40pm	41A.NIB5	1/9	4AZ
Wkfld/Moore	Sa	10am	41A.B40R	1/3	4AZ
Wkfld/Moore	Tu	6pm	41A.ID78	1/6	4AZ

**Lap Swim Lite**

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	11:40am	C96.WUOR	1/4	4AZ
OakmontREC	W	11:30am	C96.M1F8	1/7	4AZ
SoRunREC	T/Th	10:30am	C96.R0RW	1/6	4AZ
SoRunREC	T/Th	10:30am	C96.0C4F	2/3	4AZ

**Advanced Lap Swim**

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

**4AX 6--55 minute lessons--\$105**  
**4AZ 8--55 minute lessons--\$139**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	8am	85E.AR2F	1/3	4AX
OakmontREC	Su	8am	85E.50R7	1/4	4AZ
OakmontREC	M	8pm	85E.20N4	1/5	4AZ
OakmontREC	W	8pm	85E.HG34	1/7	4AZ
OakmontREC	W	9:30am	85E.F6PY	1/7	4AZ
OakmontREC	F	9:30am	85E.CLLT	1/9	4AX
Wkfld/Moore	Sa	9am	85E.7TQ5	1/3	4AZ
Wkfld/Moore	T	7pm	85E.Y82K	1/5	4AZ

**Swim Clinics****Butterfly & Breaststroke Clinic I**

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

**4AL 4--45 minute lessons--\$68**  
**4AP 8--45 minute lessons--\$134**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6:30pm	8DD.S73P	2/6	4AL
Franconia Rec	Su	12pm	8DD.DRPR	1/4	4AP
OakmontREC	Su	10am	8DD.UW8R	1/4	4AP
Wkfld/Moore	Su	2pm	8DD.I34C	1/4	4AP

**Butterfly & Breaststroke Clinic 2**

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

**4AX 6--55 minute lessons--\$105**  
**4AY 7--55 minute lessons--\$122**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11am	2D5.L1FK	1/3	4AX
SpHillIREC	Su	12:50pm	2D5.PPXQ	1/4	4AY

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



**Saturday, November 1**

**2 - 4 p.m.**

**FREE! • Adults Only**  
**Registration Required**

**3 Rec Centers:**

**Oakmont**

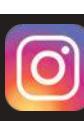
**Audrey Moore**

**Franconia**

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



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# Aquatics

## Freestyle & Backstroke Clinic 1

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

<b>4AL</b>	<b>4--45 minute lessons--\$68</b>
<b>4AP</b>	<b>8--45 minute lessons--\$134</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5:30pm	9D9.GNTB	2/6	4AL
Franconia Rec	Th	6pm	9D9.9585	1/8	4AP
OakmontREC	Su	10:50am	9D9.ND5T	1/4	4AP
Wkfld/Moore	Su	2:50pm	9D9.S79Z	1/4	4AP

## Freestyle & Backstroke Clinic

**(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>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AY</b>	<b>7--55 minute lessons--\$122</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10am	40A.RDPG	1/3	4AX
SpHillIREC	Su	1pm	40A.5XJL	1/4	4AY

## Swim Team Prep

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

<b>4AP</b>	<b>8--45 minute lessons--\$134</b>
<b>4AX</b>	<b>6--55 minute lessons--\$105</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
CubRunREC	Su	4pm	E8D.FNTR	1/4	4AZ
CubRunREC	Su	5pm	E8D.V9GC	1/4	4AZ
GWREC	Sa	11am	E8D.ZK20	1/10	4AP
GWREC	Sa	12pm	E8D.CHA4	1/10	4AP
OakmontREC	Sa	9am	E8D.17RU	1/3	4AX
OakmontREC	Su	9am	E8D.7090	1/4	4AZ
OakmontREC	Th	7:50pm	E8D.TPR6	1/8	4AZ
ProvREC	Th	6pm	E8D.3VDC	1/8	4AZ
SoRunREC	Su	4pm	E8D.CNJ9	1/4	4AZ
Wkfld/Moore	Su	11am	E8D.NKS4	1/4	4AZ
<b>(13-18 yrs.)</b>					
CubRunREC	Su	4pm	246.4YQ0	1/4	4AZ
CubRunREC	Su	5pm	246.6K6F	1/4	4AZ
ProvREC	Th	7pm	246.4C4Y	1/8	4AZ
SoRunREC	Su	5pm	246.UZ47	1/4	4AZ



## Aquatic Fitness

### Options for aquatic exercisers:

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

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

#### Aqua Exercise Flex Pass

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

#### Register for coded class listed in Parktakes

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

## Aerobic Water Exercise

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

<b>4ABA</b>	<b>11--55 minute lessons--\$163</b>
<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABG</b>	<b>24--55 minute lessons--\$354</b>
<b>4ABL</b>	<b>36--55 minute lessons--\$531</b>
<b>4ABN</b>	<b>10--55 minute lessons--\$148</b>
<b>4ABS</b>	<b>34--55 minute lessons--\$503</b>

Location	Day	Time	Code	Begin	\$
GWREC	M/W/F	8:30am	3AD.HP14	1/5	4ABL

GWREC	T/Th	5:05pm	3AD.YY8B	1/6	4ABG
OakmontREC	Su	4pm	3AD.HYXC	1/4	4ABA
OakmontREC	T	10am	3AD.IY9J	1/6	4ABB
OakmontREC	W	9am	3AD.G60H	1/7	4ABB
OakmontREC	Th	10am	3AD.5ZHW	1/8	4ABB
OakmontREC	F	9am	3AD.LGCG	1/9	4ABN
ProvREC	Sa	9am	3AD.D2RN	1/4	4ABB
ProvREC	M/W/F	7:30am	3AD.93NM	1/5	4ABS
ProvREC	M/W/F	10:30am	3AD.YBSA	1/5	4ABS
ProvREC	T/Th	8:30am	3AD.N2JH	1/6	4ABG
ProvREC	T/Th	9:30am	3AD.77HS	1/6	4ABG
SoRunREC	M/W/F	9am	3AD.Q6VW	1/5	4ABL
SoRunREC	T/Th	9am	3AD.61NO	1/6	4ABG
SpHillIREC	M/W/F	8:30am	3AD.9ZP6	1/5	4ABL
Wkfld/Moore	M/W	9am	3AD.AGFP	1/5	4ABG
Wkfld/Moore	F	9am	3AD.U7IN	1/9	4ABB

## Advanced Water Aerobics

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

<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABL</b>	<b>36--55 minute lessons--\$531</b>
<b>4ABN</b>	<b>10--55 minute lessons--\$148</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	40C.6T4R	1/8	4ABB
Franconia Rec	F	9:10am	40C.P2P0	1/9	4ABB
OakmontREC	W	8am	40C.BWLR	1/7	4ABB
OakmontREC	F	8am	40C.QFLU	1/9	4ABN
SpHillIREC	M/W/F	7:30am	40C.NJXJ	1/5	4ABL
SpHillIREC	T	10am	40C.PUBI	1/6	4ABB

## Now Hiring and Training LIFEGUARDS

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

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



**Aqua Bootcamp**

**(13-Adult)** Get ready to make a splash and take your workout to the next level with Aqua Bootcamp. This invigorating and dynamic class is packed with fun, challenging and energizing activities designed to help you crush your fitness goals. Combining the perfect mix of strength training and cardio, this low-impact workout leverages the natural resistance of water to help sculpt lean muscle, improve endurance, and boost overall fitness. Whether you're just starting out or you're a seasoned fitness enthusiast, Aqua Bootcamp lets you tailor the intensity to match your personal needs. Jump in, push your limits, and discover how fun and effective a water-based workout can be; your journey to a stronger, healthier you starts here!

**4ABB 12--55 minute lessons--\$180**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	6:35am	M8R.D80F	1/8	4ABB

**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.

**4ABB 12--55 minute lessons--\$180**

**4ABF 22--55 minute lessons--\$325**

**4ABG 24--55 minute lessons--\$354**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	8am	2A9.NTS4	1/5	4ABF
Franconia Rec	T	6:35am	2A9.G4RX	1/6	4ABB
Franconia Rec	T/Th	7:30pm	2A9.V1WH	1/6	4ABG
MtVernREC	M/W	8am	2A9.521X	1/5	4ABG

**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.

**4ABB 12--55 minute lessons--\$180**

**4ABG 24--55 minute lessons--\$354**

**4ABL 36--55 minute lessons--\$531**

**4ABQ 23--55 minute lessons--\$340**

**4ABS 34--55 minute lessons--\$503**

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.WKZL	1/6	4ABG
Franconia Rec	M/W	9:10am	9E8.VSEO	1/5	4ABQ
GWREC	M/W/F	11:30am	9E8.VPT7	1/5	4ABL
GWREC	T/Th	9am	9E8.6DXQ	1/6	4ABG
GWREC	T/Th	10am	9E8.1APC	1/6	4ABG
MtVernREC	M/W	9:10am	9E8.0H3N	1/5	4ABG
MtVernREC	T	9:10am	9E8.0WWV	1/6	4ABB
MtVernREC	Th	10am	9E8.3GKL	1/9	4ABB
OakmontREC	T	11am	9E8.4P1W	1/6	4ABB
OakmontREC	Th	11am	9E8.JMS3	1/8	4ABB
ProvREC	M/W/F	11:30am	9E8.G873	1/5	4ABS
ProvREC	T/Th	11:30am	9E8.JUQ5	1/6	4ABG
SoRunREC	M/W/F	10am	9E8.9XAU	1/5	4ABL
SoRunREC	T/Th	10am	9E8.9NGP	1/6	4ABG
SoRunREC	T/Th	11am	9E8.ZVGN	1/6	4ABG
SpHillIREC	M/W/F	10:40am	9E8.91LV	1/5	4ABL

**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.

**4ABA 11--55 minute lessons--\$163**

**4ABB 12--55 minute lessons--\$180**

**4ABG 24--55 minute lessons--\$354**

**4ABK 33--55 minute lessons--\$488**

**4ABL 36--55 minute lessons--\$531**

**4ABS 34--55 minute lessons--\$503**

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.TMDP	1/6	4ABG
GWREC	Su	1pm	B8B.WY5S	1/4	4ABB
GWREC	M/W/F	7:30am	B8B.HZFS	1/5	4ABL
GWREC	M/W/F	9:30am	B8B.CWGU	1/5	4ABL
GWREC	M/W/F	10:30am	B8B.CTAS	1/5	4ABL
OakmontREC	Su	5pm	B8B.BB5Z	1/4	4ABA
OakmontREC	M/W/F	9:10am	B8B.7U7C	1/5	4ABK
OakmontREC	T/Th	9am	B8B.EVH2	1/6	4ABG
ProvREC	M/W/F	8:30am	B8B.8XA2	1/5	4ABS
ProvREC	T/Th	5:50pm	B8B.PSGQ	1/6	4ABG
ProvREC	T/Th	6:50pm	B8B.MKLX	1/6	4ABG
SoRunREC	M/W/F	8am	B8B.TSX9	1/5	4ABL
SpHillIREC	M/W/F	9:40am	B8B.AOMB	1/5	4ABL
SpHillIREC	T	9am	B8B.3K9A	1/6	4ABB
Wkfld/Moore	M/W	11am	B8B.6QPD	1/5	4ABG
Wkfld/Moore	T/Th	10:05am	B8B.IF64	1/6	4ABG
Wkfld/Moore	T	8am	B8B.01MV	1/6	4ABG
Wkfld/Moore	Th	8am	B8B.DK5J	1/8	4ABB

**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

# Make a SPLASH in Your Community!

We're hiring instructors to teach swim lessons and water-based fitness classes at our Rec Centers.





**Benefits:**

- Free use of the Rec Center where you work
- Training and professional development
- Competitive Pay



SCAN ME

**Learn more and apply online:**  
[www.fairfaxcounty.gov/parks/reccenter/aquatic-certification](http://www.fairfaxcounty.gov/parks/reccenter/aquatic-certification)



**joinFCPA**  
@fairfaxparks

# Aquatics

swim 25 yards continuously and confidently without stopping and can tread water for one minute without flotation assistance.

<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABK</b>	<b>33--55 minute lessons--\$488</b>

Location	Day	Time	Code	Begin	\$
MtVernREC	F	9am	4A8.1D2U	1/9	4ABB
OakmontREC	M/W/F	10:10am	4A8.5U08	1/5	4ABK

## 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.

<b>4ABA</b>	<b>11--55 minute lessons--\$163</b>
<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABG</b>	<b>24--55 minute lessons--\$354</b>
<b>4ABK</b>	<b>33--55 minute lessons--\$488</b>
<b>4ABS</b>	<b>34--55 minute lessons--\$503</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9am	B79.NMT1	1/3	4ABA
Franconia Rec	Su	4:10pm	B79.AJ2P	1/4	4ABA
Franconia Rec	F	8am	B79.A30N	1/9	4ABB
MtVernREC	T/Th	8am	B79.L3LR	1/6	4ABG
OakmontREC	M/W/F	8:10am	B79.06XF	1/5	4ABK
ProvREC	M/W/F	9:30am	B79.DJ5M	1/5	4ABS

## Hydro Pilates

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

<b>4ABG</b>	<b>24--55 minute lessons--\$354</b>
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Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	12pm	7F0.92IL	1/6	4ABG

## Power Fanning

**(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.

<b>4ABA</b>	<b>11--55 minute lessons--\$163</b>
<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABN</b>	<b>10--55 minute lessons--\$148</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	8am	83P.E7Y1	1/3	4ABA
Franconia Rec	M	7:35pm	83P.Q282	1/5	4ABN
GWREC	Th	10am	83P.QBFP	1/8	4ABB

## S'WET Deep

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

<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
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Location	Day	Time	Code	Begin	\$
Franconia Rec	W	7:35pm	32R.YG23	1/7	4ABB

## S'WET Shallow

**(13-Adult)** S'WET shallow water combines muscle, strength, and high intensity interval training with advanced cardio, plyometrics, unique equipment from around the world, and a splash of fun. S'WET offers an intense, athletic boot camp that is modifiable for all levels of experience and ability.

<b>4ABA</b>	<b>11--55 minute lessons--\$163</b>
<b>4ABS</b>	<b>34--55 minute lessons--\$503</b>

## Location

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	3pm	NC7.N2GZ	1/4	4ABA
Franconia Rec	M/W/F	6:35am	NC7.RRAA	1/5	4ABS

## S'WET Silver

**(5 yrs.+)** S'WET Silver is a low-impact water workout blending Low-Intensity Interval Training (LIIT), joint mobility and functional movement to support strength, balance and daily living. This program is designed for active adults, aging athletes and participants seeking a balanced, full-body workout in a supportive aquatic environment.

<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABQ</b>	<b>23--55 minute lessons--\$340</b>

## Location

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	8am	GMN.WOR9	1/6	4ABQ
MtVernREC	Th	9:10am	GMN.LJCY	1/8	4ABB

## Water Walking

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

<b>4ABB</b>	<b>12--55 minute lessons--\$180</b>
<b>4ABG</b>	<b>24--55 minute lessons--\$354</b>

## Location

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	9:10am	7B5.SEZW	1/6	4ABG
Franconia Rec	F	10:15am	7B5.U6TW	1/9	4ABB
ProvREC	T/Th	10:30am	7B5.LNTK	1/6	4ABG
Wkfld/Moore	M/W	10am	7B5.JJ5	1/5	4ABG
Wkfld/Moore	T/Th	11:05am	7B5.8M55	1/6	4ABG
Wkfld/Moore	T	10am	7B5.CYBW	1/6	4ABB
Wkfld/Moore	F	10am	7B5.D4AJ	1/9	4ABB

## Specialty Classes

### Springboard Diving-Beginning

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

<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	9am	5B5.PLJZ	1/4	4AZ
OakmontREC	Su	11am	5B5.NU79	1/4	4AZ
ProvREC	Sa	1:05pm	5B5.RMDH	1/3	4AZ

### Springboard Diving-Intermediate

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

<b>4AZ</b>	<b>8--55 minute lessons--\$139</b>
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Location	Day	Time	Code	Begin	\$
OakmontREC	Su	10am	8A5.JL1N	1/4	4AZ
OakmontREC	Su	12pm	8A5.2XP9	1/4	4AZ
ProvREC	Sa	2:05pm	8A5.RHQQ	1/3	4AZ

## Cub Run INDOOR POOL Rec Center PLAYGROUND



## Attractions

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



### 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!

Visit [www.fairfaxcounty.gov/parks/reccenter/cub-run/leisure-pool](http://www.fairfaxcounty.gov/parks/reccenter/cub-run/leisure-pool) or call 703-817-9407 for more information and hours.



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

#### Burke Lake Park

7315 Ox Road, Fairfax Station • 703-323-6600  
**Oakmont Rec Center**

3200 Jermantown Road, Oakton • 703-281-6501

**Jefferson Falls in Jefferson District Park**  
 7900 Lee Highway, Falls Church • 703-573-0444

**Lucky Duck in Lake Accotink Park**  
*It is right by the carousel for added fun!*  
 7500 Accotink Park Road, Springfield  
 703-569-3464

## Attractions

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

**Experience the magic of parks with a:**

- Fairfax County Park Authority Gift Card: Available at Nature Centers/Historic Sites and Online
- Golf Fairfax Gift Card: Available at Golf Pro Shops

**Activities, Classes, Camps, Food and Merchandise**

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



### Celebrate your Birthday in the Parks!

#### Swing into Fun with Mini Golf

Burke Lake • Jefferson • Lake Accotink • Oakmont

#### Splash Around Year Round

Your Local Rec Center Pools & Party Rooms

#### Ride a Carousel or Train

Burke Lake • Clemlyjontri • Lake Accotink  
 Frying Pan Farm Park

#### Bounce Around a Soft Playroom

Franconia Rec Center

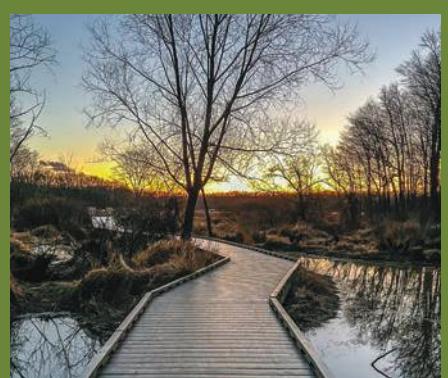
For information, call the individual sites.  
 Attractions vary by site.

## Come to the Parks for Picnics



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

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



## 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).

# FCPA CAMP GUIDE

## Important Information

- Camp Forms are required for each camper to ensure their safety. This includes information on health, emergency contacts, medications, accommodations, and waivers (when needed). Fairfax County Park Authority is introducing the use of electronic forms. After registration, you will receive an email invitation from ePACT to complete the camp forms. More information on ePACT can be found on the camps website at [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps).
- Some camps are licensed by the Va. Dept. of Social Services that require additional paperwork such as immunization record and proof of child's identity. Visit [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps) for more information.
- There is an additional \$15 fee for Non-Fairfax County residents, per camp.
- Camp length and times vary. Check the number of days and hours for each camp.
- Some outdoor camps may be cancelled on rainy days or when substantial rain is expected. On code red days, campers will engage in outdoor activities during the day while taking in plenty of water and several shade breaks. Many of our camps are held outdoors. Please check with the site for more information.
- You will receive an email a few days before the start of camp with more camp-specific information. Half-day campers should bring a snack and drink. Full-day campers should bring a snack, drink and lunch. If your child's camp includes swim time, also bring a swimsuit and towel daily. ALL campers should wear weather-appropriate, comfortable play clothes and have sunscreen applied before leaving home.
- Host-a-Coach Program: we are always looking for families who would like to host an international soccer coach for a week during the summer. In turn for hosting, families earn a free week of camp. For application and details, visit [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps).
- It is important to register early! Camps that do not meet minimum requirements for enrollment may be canceled. This decision is made two weeks in advance.
- Camps may be added after Parktakes was printed. Check camp website for most current listings.

## Introducing Electronic Camp Forms



## REFUNDS/TRANSFERS FOR CAMPS AND WORKSHOPS

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



# WINTER CAMPS



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



## Art & Performing Arts

### ACTION! Acting Adventures

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

Location	Days	Time	Code	Dates	\$
FryingPan	M-T	9am-4pm	WXT.9PJ7	2/16-2/17	\$155
MtVernREC	Th-F	9am-4pm	WXT.THEO	1/29-1/30	\$155
ProvREC	M-T	9am-4pm	WXT.EJ7W	2/16-2/17	\$155
Wkfld/Moore	M-T	9am-4pm	WXT.1570	2/16-2/17	\$155

### ACTION! Broadway Camp

**(7-14 yrs.)** Put on a surprise showcase with new music and scripts inspired by Broadway hits like Wicked, Matilda and Aladdin. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises. Rec Center camps should bring a swimsuit/towel for a pool break.

Location	Days	Time	Code	Dates	\$
ProvREC	Th-F	9am-4pm	R85.0T72	1/29-1/30	\$155
MtVernREC	M-T	9am-4pm	R85.3AND	2/16-2/17	\$155
Wkfld/Moore	Th-F	9am-4pm	R85.JCCJ	1/29-1/30	\$155

### ACTION! Pop Star Jingle Jam

**(7-14 yrs.)** Performers channel their favorite pop stars with a special a musical line-up filled with holiday hits. Take center stage singing and dancing to your favorite holiday songs and ac in original scenes. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises. Family and friends will enjoy a mini performance. Rec Center camps should bring a swimsuit/towel for a pool break. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
CubRunREC	M,T,F	9am-4pm	COP.T2GG	12/22-12/26	\$209
MtVernREC	M,T,W,F	9am-4pm	COP.3F9G	12/29-1/2	\$279
OakmontREC	M,T,W,F	9am-4pm	COP.1E1D	12/29-1/2	\$279
ProvREC	M,T,F	9am-4pm	COP.5ASW	12/22-12/26	\$209
SoRunREC	M,T,W,F	9am-4pm	COP.P9K4	12/29-1/2	\$279
Wkfld/Moore	M,T,F	9am-4pm	COP.EA48	12/22-12/26	\$209



### NEW! ACTION! Wickedly Oz for Good

**(7-14 yrs.)** In this brand-new Moonlit Wings one-week camp, young performers journey back to Oz in a fresh theatrical adventure inspired by the magical worlds of Wicked: For Good, The Wizard of Oz, and Harry Potter. Campers take the stage in a variety-style mini-show filled with original scenes, skits, and music set along the yellow brick road. Explore improvisation games, character creation, a talent show, and more to develop imagination, storytelling skills, and teamwork. All levels welcome. Session ends with a mini-performance for family and friends. Rec Center camps also bring swimsuit/towel for swim break. Prefer to be behind-the-scenes? Teens ages 14+ interested in our tech program instead of performing can email info@moonlitwings.org. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
CubRunREC	M,T,W,F	9am-4pm	06H.T3D0	12/29-1/2	\$279
MtVernREC	M,T,F	9am-4pm	06H.VC85	12/22-12/26	\$209
OakmontREC	M,T,F	9am-4pm	06H.QPMF	12/22-12/26	\$209
ProvREC	M,T,W,F	9am-4pm	06H.ITAF	12/29-1/2	\$279
SoRunREC	M,T,F	9am-4pm	06H.7J5F	12/22-12/26	\$209
Wkfld/Moore	M,T,W,F	9am-4pm	06H.FC24	12/29-1/2	\$279

### Art Creation Academy

**(5-12 yrs.)** Campers will create their own clay paintbrush, craft a vibrant rainbow with oil pastels, watercolor paint, and yarn, explore the art of printmaking, and make an adorable hedgehog out of clay. This Kidcreate camp sparks creativity, encourages hands-on exploration, and inspires endless imaginative adventures.

Location	Days	Time	Code	Dates	\$
GrnSpgGdns	M-T	9am-12pm	70X.JTH2	2/16-2/17	\$105

### Art Innovators

**(5-9 yrs.)** Campers draw self-portraits, mold sculptures, and create captivating collages—cultivating essential creativity and risk-taking skills with SPARK Business Academy. As campers explore the world of art, from da Vinci to Kahlo, they'll show their creativity and grow their confidence by sharing their work with others. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
GWREC	M,T,F	9am-4pm	8ND.9F63	12/22-12/26	\$249



## Swim with Santa!

For details turn to the Events section

### Art in the Giving Season

**(5 1/2-12 yrs.)** Let colorful, happy heart paintings inspired by Chris Uphues put a smile on your face! Cozy up with winter bears in sweaters while creating surprises for your family in this Abrakadoodle camp. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
MtVernREC	M,T,F	9am-4pm	XT7.0GMN	12/22-12/26	\$225

### Art of Warm and Cool Colors

**(5 1/2-12 yrs.)** Paint with Abrakadoodle while you discover the magic of the color wheel. Explore color theory while learning about how well-known artists, Elizabeth Estivalet and Henry Rousseau.

Location	Days	Time	Code	Dates	\$
MtVernREC	M-T	9am-4pm	09W.SCAE	2/16-2/17	\$149
SpHillREC	M-T	9am-4pm	09W.HTUC	2/16-2/17	\$149
SoRunREC	M-T	9am-4pm	09W.CEVR	2/16-2/17	\$149
Wkfld/Moore	M-T	9am-4pm	09W.ZGY8	2/16-2/17	\$149

### Bead Creative Kids Camp

**(7-14 yrs.)** Join Green Tea Ideas to make necklaces, wristbands, earrings and a wearable jewelry set for holidays. Rec Center camps may include an afternoon swim break. Supply fee of \$10 is due on the first day. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
SpHillREC	M,T,W,F	9am-4pm	KA1.2GTT	12/29-1/2	\$279
SpHillREC	Th-F	9am-4pm	KA1.Q334	1/29-1/30	\$139
ProvREC	M,T,F	9am-4pm	KA1.65TP	12/22-12/26	\$209
ProvREC	M-T	9am-4pm	KA1.JASS	2/16-2/17	\$139
SpHillREC	M-T	9am-4pm	KA1.ABEA	2/16-2/17	\$139

### Broadway Extravaganza Art Camp

**(5 1/2 - 12 yrs.)** Join the Abrakadoodle crew as we sketch costumes, craft a mini revolving stage with props, design a promotional poster, and make masks.

Location	Days	Time	Code	Dates	\$
MtVernREC	Th-F	9am-4pm	40S.74F9	1/29-1/30	\$149
ProvREC	Th-F	9am-4pm	40S.HN3D	1/29-1/30	\$149
SpHillREC	Th-F	9am-4pm	40S.C8KL	1/29-1/30	\$149

### NEW! Clay Candy Creations Art Camp

**(5-12 yrs.)** Join Kidcreate to experience the outrageous side of art as we learn about the Pop Art Movement and create our own clay candy creations.

Location	Days	Time	Code	Dates	\$
LkFairfaxPk	Th-F	9am-12pm	Z8G.RK64	1/29-1/30	\$105
OakmontREC	Th-F	9am-12pm	Z8G.HOUC	1/29-1/30	\$105
Wkfld/Moore	Th-F	9am-12pm	Z8G.3QJL	1/29-1/30	\$105

### Craftspace Craft Camps

**(6-13 yrs.)** Spend your days getting creative with themed, hands-on craft projects. Kids will explore new techniques where their artistic talents can shine. All materials are included.

Location	Days	Time	Code	Dates	\$
Craftspace	M	9am-4pm	TPC.LRL1	12/22	\$85
Craftspace	T	9am-4pm	TPC.PIL8	12/23	\$85
Craftspace	M	9am-4pm	G74.DFPC	12/29	\$85
Craftspace	T	9am-4pm	G74.PQYX	12/30	\$85
Craftspace	W	9am-4pm	G74.7ZHL	12/31	\$85
Craftspace	F	9am-4pm	G74.EZNS	1/2	\$85

### Super Makers Camp

Craftspace	Th	9am-4pm	IM0.1RKQ	1/29	\$85
All Day Art Camp					
Craftspace	F	9am-4pm	T12.NW4U	1/30	\$85
Leaders & Legends Camp					
Craftspace	M	9am-4pm	I6G.Z603	2/16	\$85
Royal Creations Camp					
Craftspace	T	9am-4pm	2TR.BTT8	2/17	\$85

# Camps

## Drawing Club

**(5-12 yrs.)** Join the Kidcreate Drawing Club, where campers bring to life a giant robot bursting with personality, an irresistibly lovable cactus, and the capybara. With step-by-step guidance, they'll turn doodles and details into colorful masterpieces.

Location	Days	Time	Code	Dates	\$
GrnSpGdns	M-T	1pm-4pm	458.1PLA	2/16-2/17	\$105

## Fine Arts Mediums Exploration

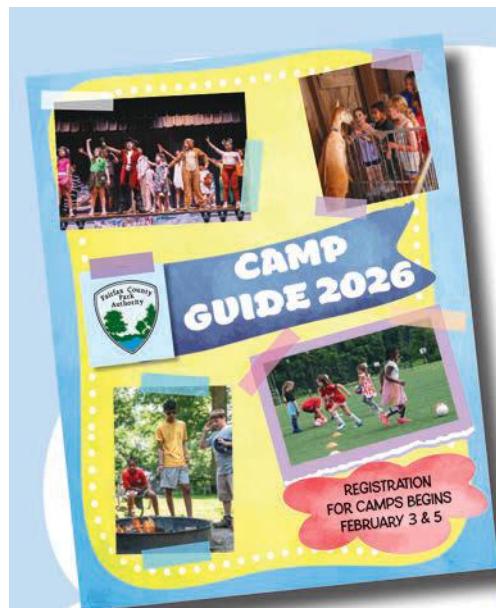
**(5-12 yrs.)** Join Mudskippers as we explore different fine art mediums. Each day we will focus on pottery, painting, printmaking and sculpture. Learn how real artists create their portfolios with this diverse array of mediums and find your new favorite form of art. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
SpHillREC	M,T,F	9am-4pm	JOV.XXVO	12/22-12/26	\$265

## Foundations of Pottery

**(6-12 yrs.)** Join Mudskippers to learn the foundations of hand-built pottery with pinch pots, coil pots and slabs using stoneware clay. We'll also paint some ready-made bisqueware just like in a "Paint Your Own Pottery" studio. We will keep your imagination busy from start to finish with modeling clay creations, air hardening creations and drawing. Your camper's pottery will be fired in our kiln creating artwork to treasure. This is a hand-building camp, no potters wheels are used. No camp January 1.

Location	Days	Time	Code	Dates	\$
OakmontREC	M,T,W,F	9am-4pm	RX9.HJB7	12/29-1/2	\$355
SpHillREC	M,T,W,F	9am-4pm	RX9.COK9	12/29-1/2	\$355



The Camp Guide will be available on the website:

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

## FANTastic Art Camp

**(5-12 yrs.)** Enjoy making Kidcreate's top-requested projects in one FANTastic class. Design and build cute puppy bobbleheads, craft a 3D pet goldfish and design and draw your dream treehouse. Learn how to create a super coop 3D masterpiece that pops out right at you. No camp January 1.

Location	Days	Time	Code	Dates	\$
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LkFairfaxPk	M,T,W,F	9am-12pm	OCX.U590	12/29-1/2	\$209
OakmontREC	M,T,W,F	9am-12pm	OCX.WS95	12/29-1/2	\$209

## NEW! Let's Make, Play, Create Art

**(5-12 yrs.)** The art of playing comes to life in this Kidcreate camp. Dive into projects featuring cuddly puppies, adorable teddy bears, cute kitties, and even sporty basketballs. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
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OakmontREC	M,T,F	1pm-4pm	ACH.L61U	12/22-12/26	\$159
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## Paint & Create Characters we Adore

**(5-12 yrs.)** Campers create their favorite characters, including Pete the Cat, Bluey and Snoopy in this Kidcreate Camp. Then, they'll master the art of slime-making.

Location	Days	Time	Code	Dates	\$
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LkFairfaxPk	Th-F	1pm-4pm	06Q.6QF7	1/29-1/30	\$105
OakmontREC	Th-F	1pm-4pm	06Q.GLOG	1/29-1/30	\$105
Wkfld/Moore	Th-F	1pm-4pm	06Q.WJ4L	1/29-1/30	\$105

## Paint on Canvas: Snow Day

**(5-12 yrs.)** Campers paint on canvas in this Kidcreate camp. During this guided painting lesson, your camp

will create a scene featuring a favorite day of the year...a snow day!

Location	Days	Time	Code	Dates	\$
OakmontREC	T	9am-12pm	SMV.BZLT	2/17	\$55

## NEW! Pottery Around the World

**(6-12 yrs.)** Pack your bags and join Mudskippers on a creative journey to collect all your imagination passport stamps. From stoneware and bisqueware to sculpture we will explore and create all the places you've always wanted to visit. Your camper's pottery will be fired in our kiln creating artwork to treasure. \*This is a hand-building camp, no potters wheels are used. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
ProvREC	M,T,F	9am-4pm	8Z1.8WT4	12/22-12/26	\$265

## NEW! Pint Sized Picks Camp

**(5-12 yrs.)** Featuring beloved characters like Spiderman, Rainbow Fish and Olaf these are the Kidcreate projects our young artists adore. Uniting all these favorites in one popular class promises an artsy blast that kids can't resist—a guaranteed good time overflowing with creativity! No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
OakmontREC	M,T,F	9am-12pm	FJ7.WQG3	12/22-12/26	\$159

## NEW! Plushy Pals Clay Factory

**(5-12 yrs.)** In this Kidcreate camp, kids will craft a silly pizza, a cupcake trinket box, and a lovable dinosaur from clay.

Location	Days	Time	Code	Dates	\$
OakmontREC	T	1pm-4pm	EXW.Y77D	2/17	\$55

## Rock Band Camp

**(7-15 yrs.)** Practice and perform as part of a real rock band on the instrument of your choice. Bands receive coaching from professional musicians to record and perform at least two songs by the end of camp. Bands will either be encouraged to write original songs or pick from our 400+ popular arrangements. No music experience required. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
B2R McLean	M,T,F	9am-4pm	C3S.9JKK	12/22-12/26	\$249
B2R McLean	M,T,F	9am-12:30pm	C3S.YROA	12/22-12/26	\$155
B2R McLean	M,T,W,F	9am-4pm	C3S.EYZ7	12/29-1/2	\$335
B2R McLean	M,T,W,F	9am-12:30pm	C3S.G7GP	12/29-1/2	\$209
B2R McLean	Th-F	9am-4pm	C3S.K2Y1	1/29-1/30	\$169
B2R McLean	Th-F	9am-12:30pm	C3S.BSD5	1/29-1/30	\$105
B2R McLean	M-T	9am-4pm	C3S.ZZTU	2/16-2/17	\$169
B2R McLean	M-T	9am-12:30pm	C3S.FFD5	2/16-2/17	\$105

## Rock City World Tour

**(4-7 yrs.)** Learn core musical concepts, like loud and soft, fast and slow, and high and low notes through movement-based activities. Children receive hands-on experience with a variety of instruments while learning skills to prepare them for future music lessons. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
B2R McLean	M,T,F	9:30am-12:30pm	JRA.UPSY	12/22-12/26	\$125
B2R McLean	M,T,W,F	9:30am-12:30pm	JRA.IYC6	12/29-1/2	\$169
B2R McLean	Th-F	9:30am-12:30pm	JRA.SLAQ1	1/29-1/30	\$85
B2R McLean	M-T	9:30am-12:30pm	JRA.LFNY	2/16-2/17	\$85

## NEW! Splat-tacular Art Camp

**(5-12 yrs.)** Campers will throw and splatter paint on a canvas board to create a one-of-a-kind masterpiece in this Kidcreate camp. No camp January 1.

Location	Days	Time	Code	Dates	\$
LkFairfaxPk	M,T,W,F	1pm-4pm	QWW.VZ90	12/29-1/2	\$209
OakmontREC	M,T,W,F	1pm-4pm	QWW.R4R9	12/29-1/2	\$209



### Ultimate Music Experience MiniCamp

**(5-12 yrs.)** Learn Now Music introduces campers to a variety of musical instruments and concepts through musical games, crafts, musical listening excerpts and related projects (a.m. session-piano and drum; p.m. session is guitar and violin). FREE instrument rentals are provided for in-camp use and at-home exploration during the camp week (rental agreement must be signed). No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
FryingPan	Th-F	9am-4pm	E8C.JSL1	1/29-1/30	\$159
GWREC	Th-F	9am-4pm	E8C.KB06	1/29-1/30	\$159
MtVernREC	M,T,F	9am-4pm	E8C.NH8D	12/22-12/26	\$239
MtVernREC	M,T,W,F	9am-4pm	E8C.S5E3	12/29-1/2	\$319
MtVernREC	Th-F	9am-4pm	E8C.4TPB	1/29-1/30	\$159
MtVernREC	M-T	9am-4pm	E8C.5GCT	2/16-2/17	\$159
OakmontREC	Th-F	9am-4pm	E8C.MQDH	1/29-1/30	\$159
SoRunREC	M-T	9am-4pm	E8C.14V0	2/16-2/17	\$159
SpHillREC	T	9am-4pm	E8C.53KT	2/17	\$79
Wkfld/Moore	M,T,F	9am-4pm	E8C.75ES	12/22-12/26	\$239
Wkfld/Moore	M-T	9am-4pm	E8C.RN8I	2/16-2/17	\$159

### Winter Wonderland Art Camp

**(5 1/2-12 yrs.)** Create snowy owls, winter villages and warm cups of cocoa in this Abrakadoodle camp. Celebrate winter with creativity, inspired by artists like Tom Baker and his snowy window landscapes. Warm-up exploring the art of Heather Galler and her colorful folk-art paintings. Learn about Albert Laessie and his playful penguin sculptures. No camp January 1.

Location	Days	Time	Code	Dates	\$
ECLawrncePk	M,T,W,F	9am-4pm	YEW.WJ0N	12/29-1/2	\$299
MtVernREC	M,T,W,F	9am-4pm	YEW.T1MP	12/29-1/2	\$299
ProvREC	M,T,W,F	9am-4pm	YEW.FMKC	12/29-1/2	\$299

### Nature & History

#### Cooking & Crafts Camp

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

Location	Days	Time	Code	Dates	\$
ColvinRun	M	9am-4pm	GK9.8C9V	1/19	\$89
ColvinRun	M-T	9am-4pm	GK9.T9VR	2/16-2/17	\$175

### Specialty

#### Aspiring Fashionistas Camp

**(10-13 yrs.)** In this stylish program for boys and girls, Spark Business Academy campers gain knowledge of the fashion industry and develop skills in fashion design, marketing, journalism and branding. Campers develop sketching skills, explore popular brands, analyze industry trends, design various articles of clothing, define their own brand and explore careers in fashion. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
LkFairfax Pk	M,T,F	9am-4pm	R5H.7I10	12/22-12/26	\$249

#### Circus and Magic Camp

**(6-12 yrs.)** This Spirit Pros camp combines the best of circus arts which includes magic, juggling and balloon sculpting. Try your hand at popular circus stunts using a variety of apparatus. Learn magic tricks to stump your friends, how to juggle different objects and create fascinating balloon sculptures. Rec Center campers bring swimsuit/towel for afternoon swim time. A signed participation release is due on the first day. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
MtVernREC	M,T,F	9am-4pm	8PR.6C9U	12/22-12/26	\$209

#### Holiday Denim Apron Sewing Camp

**(8-12 yrs.)** Boys and girls will learn basic hand and machine techniques, measuring, using patterns, fabric structure, maintenance and sewing machine operation. An additional supply fee of \$35 will be collected prior to the first day (covers a personal sewing kit, fabric, patterns, and notions). No camp January 1.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M,T,W,F	9am-4pm	P4U.5BFR	12/29-1/2	\$359

#### Holiday Fashion Design with AI Sewing Camp

**(8-12 yrs.)** Boys and girls will learn basic hand and machine techniques, measuring, using patterns, fabric structure, maintenance and sewing machine operation. An additional supply fee of \$35 will be collected prior to the first day (covers a personal sewing kit, fabric, patterns, and notions). No camp January 1.

Location	Days	Time	Code	Dates	\$
FryingPan	M,T,W,F	9am-4pm	5B7.9TBP	12/29-1/2	\$359

#### Holiday Donut & Cookie Pillow Sewing Camp

**(8-12 yrs.)** Boys and girls learn basic hand and machine techniques, measuring, using patterns, fabric structure, maintenance and sewing machine operation. Design and decorate your favorite holiday donut or cookie out of fleece to make a pillow. A supply fee of \$35 is due on the first day for materials. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M,T,F	9am-4pm	V2U.QL0Z	12/22-12/26	\$269

#### Holiday Pillow or Tote Bag Sewing Camp

**(8-12 yrs.)** Campers will 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 used to create a variety of holiday pillow and tote bag projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
MtVernREC	M,T,F	9am-4pm	UXT.M6KT	12/22-12/26	\$269

# Camps

## Junior CEO's Camp

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

**Location Days Time Code Dates \$**

ProvREC Th-F 9am-4pm M9W.EVD4 1/29-1/30 \$169

## Junior ROCS Camp

**(5yrs. 3mos.-7 yrs.)** R.O.C.S. (Rec Centers Offer Cool Stuff) campers will enjoy swimming (where available), arts and crafts, outdoor activities, cooperative games, special events and exciting themes. Bring a lunch, drink, swimsuit/towel.

**Location Days Time Code Dates \$**

Prov REC M,Tu,F 9am-4pm M4T.IT31 12/22-12/26 \$179

Prov REC M,Tu,W,F 9am-4pm M4T.HXNY 12/29-1/2 \$239

## NEW! Little Shoppers Camp

**(5-9 yrs.)** In this Spark Business Academy camp, become a savvy shopper through games and hands-on projects. Experiential bartering and purchasing activities help campers internalize key concepts related to money choices, like needs versus wants. Campers analyze marketing power, put their cashier math skills to the test, and engage in dynamic marketplaces taking turns as buyers and sellers.

**Location Days Time Code Dates \$**

MtVernREC M-T 9am-4pm OK5.8GZJ 2/16-2/17 \$169

OakmontREC M-T 9am-4pm OK5.8TWR 2/16-2/17 \$169

## My First Hot Cocoa Stand

**(5-9 yrs.)** Campers become savvy shoppers through games and hands-on projects with SPARK Business Academy. Campers analyze marketing power, put their cashier math skills to the test, and engage in dynamic marketplaces taking turns as buyers and sellers. No camp January 1.

**Location Days Time Code Dates \$**

Wkfld/Moore M,T,W,F 9am-4pm XXK.ZSBL 12/29-1/2 \$355

MtVernREC M,T,W,F 9am-4pm XXK.AMWG 12/29-1/2 \$355

## Sports Management Camp

**(10-13 yrs.)** For the sports lover, future team General Manager, sports team owner or ESPN analyst, this unique Spark Business Academy program helps campers view the world of sports from a business perspective. Campers participate in fun mock drafts for various sports and analyze different sports topics, including player contracts, college sports, NIL, endorsements, the Nike vs Under Armour competition, sports agents, the Super Bowl, and e-sport. No camp January 1.

**Location Days Time Code Dates \$**

ProvREC M,T,W,F 9am-4pm ZRJ.EUBZ 12/29-1/2 \$355

## The Great Cupcake Showdown

**(6-10 yrs.)** If you want to expand your cupcake palate and refine your piping skills while competing, then this is the camp for you! To welcome all baking skill levels, we will spend the first days 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!". Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment. No camp January 1.

**Location Days Time Code Dates \$**

SoRunREC M,T,W,F 9am-4pm MW3.9VET 12/29-1/2 \$359

## Sports

### Basketball Camp

**(6-12 yrs.)** Players learn the fundamentals of dribbling, passing, shooting and defense with JST Athletics. Camp includes confidence-building drills and scrimmages incorporating skills learned. Activities include hot-seat, ultimate knockout and relays. No camp December 24 and 25.

**Location Days Time Code Dates \$**

Wkfld/Moore M,T,F 9am-4pm 4PP.HE13 12/22-12/26 \$189

### Basketball Winter Hoops Camp

**(8-13 yrs.)** One on One campers of all skill levels will participate in drills and contests before daily game play. Participants are divided by age and ability. The week concludes with Championship Friday. Rec Center camps include an afternoon swim break.

**Location Days Time Code Dates \$**

SpHillREC Th-F 9am-4pm HQ3.9NX1 1/29-1/30 \$145

### Basketball & Sports Winter Camp

**(6-12 yrs.)** A combination of positive, energetic and fundamentals-based coaching while maximizing real game action daily. Learn and refine skills with One on One Basketball coaches. Rec Center campers should

bring a swimsuit/towel for afternoon pool time if available. No camp December 24, 25 and January 1.

**Location Days Time Code Dates \$**

SpHillREC M,T,F 9am-4pm 99A.3SY9 12/22-12/26 \$215

Wkfld/Moore M,T,W,F 9am-4pm 99A.BEU8 12/29-1/2 \$289

### Basketball & Pickleball Camp

**(6-12 yrs.)** This camp will focus on fundamentals and skills in both basketball and pickleball with One on One coaches. Campers will participate in drills and contests before playing daily games in each sport. The program will culminate with championship games. Bring a swimsuit/towel for afternoon pool time if available. No camp January 1.

**Location Days Time Code Dates \$**

SpHillREC M,T,W,F 9am-4pm G05.CUUT 12/29-1/2 \$289

SpHillREC M-T 9am-4pm G05.LZFT 2/16-2/17 \$145

### Cheer Tots Camp

**(3.5-5 yrs.)** In this vibrant program by Skyhawks, campers will enhance cheerleading skills, personal expression, agility, and teamwork.

**Location Days Time Code Dates \$**

FranconiaREC Th-F 9am-4pm 3EW.0R61 1/29-1/30 \$109

### Fun Games & Sports Camp

**(5-8 yrs.)** This One on One camp will introduce kids to both classic playground games and popular sports games. Kids will learn fundamentals before playing daily games. This is a great way for your kids to spend days off from school. No camp December 24 and 25.

**Location Days Time Code Dates \$**

SpHillREC M,T,F 9am-4pm 5AG.REVD 12/22-12/26 \$215

### Fun Games & Swim Camp

**(5-8 yrs.)** One on One instructors introduce campers to classic playground games like Freeze Tag, Kickball, Capture the Flag and Kick the can. Campers will also have the opportunity to swim each day.

**Location Days Time Code Dates \$**

SpHillREC M-T 9am-4pm ZNJ.P4LB 2/16-2/17 \$145

### Girls Basketball Camp

**(7-14 yrs.)** Attention Girls: One on One has over 30 years' experience developing basketball players of all ages. This girls only camp will teach you how to think two steps ahead and avoid becoming a typical reactionary player.

**Location Days Time Code Dates \$**

SpHillREC Th 9am-4pm Y8M.BNRP 1/29 \$75

### Gymnastics Camp

**(5 1/2-12 yrs.)** In this Metro Movement gymnastics camp, build skills and learn to master the balance beam, bars, floor and vault. Bring swimsuit/towel for an afternoon swim break. A signed waiver is required to participate. No camp January 1.

**Location Days Time Code Dates \$**

CubRunREC M,T,W,F 9am-4pm E5H.ACK6 12/29-1/2 \$279

SpHillREC M,T,W,F 9am-4pm E5H.YT6H 12/29-1/2 \$279

### Gymnastics, Cheer & Dance Camp

**(6-12 yrs.)** Three camps in one with Spirit Pros: gymnastics skills and equipment, cheer elements and routine, and dance skills and combinations. Camp agenda developed by a nationally ranked gymnast, pro football captain cheerleader, and a national dance champion. No camp December 24 and 25.

**Location Days Time Code Dates \$**

Franconia REC M,T,F 9am-4pm HN9.BNXH 12/22-12/26 \$209

**Indoor Soccer: Futsal**

**(8-14 yrs.)** Campers will learn basic skills and strategies for indoor soccer (futsal) with Brazilian United Soccer coaches. This game is fast paced with a lot of touches on the ball. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
SoRunREC	M,T,F	9am-4pm	44T.NN6N	12/22-12/26	\$149
Wkfld/Moore	M,T,F	9am-4pm	44T.Q3CW	12/22-12/26	\$149

**NEW! Intensive Basketball Camp**

**(11-13 yrs.)** For middle school students, this 2-hour session with One on One will be run like a high school practice to show 6th-8th graders what to expect in the future. The instruction will focus on individual skills with typical team offensive & defensive concepts during scrimmages.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	7am-9am	U06.W7XK	1/19	\$35

**Mini-Hawk Camp**

**(4-6 yrs.)** Get ready to rally with Skyhawks Cheerleading! This program teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free. Participants will also learn valuable teamwork and leadership skills. The program ends with a performance where each cheerleader shines. No camp January 1.

Location	Days	Time	Code	Dates	\$
FranconiaREC	M,T,W,F	9am-4pm	1FG.JYDP	12/29-1/2	\$215

**NEW! Multi-Sport Camp**

**(6-11 yrs.)** Athletes will learn the rules and essential skills of baseball, soccer, basketball and flag football, along with vital life lessons such as sportsmanship, inclusion and teamwork. Each camper receives an award certificate and Skyhawks t-shirt. No camp January 1.

Location	Days	Time	Code	Dates	\$
Sully CC	M,T,W,F	9am-4pm	LHQ.KK1I	12/29-1/2	\$279

**Stay Cool Ice Skating Camp**

**(6-13 yrs.)** Beat the heat and improve your ice-skating skills. Enjoy a daily, on-ice lesson, free skate time, on-ice games and activities. Direct on-ice time is 1.5-2 hours. Camp includes free use of rental skates. Previous skating experience (Basic 1 level) required. Campers also enjoy off ice activities. No Camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
MtVernREC	M,T,F	9am-4pm	SH1.ZB2S	12/22-12/26	\$249
MtVernREC	M,T,W,F	9am-4pm	SH1.TUFO	12/29-1/2	\$339
MtVernREC	Th-F	9am-4pm	SH1.0HUT	1/29-1/30	\$169
MtVernREC	M-T	9am-4pm	SH1.75JU	2/16-2/17	\$169

**NEW! Stem & Play: Multi-Sport Camp**

**(7-12 yrs.)** Unlock the power of play and learning with Skyhawks. This camp blends a variety of sports skills along with cognitive challenges centered around two or more sports. Players will gain foundational skills while discovering key elements of each sport. Each session enhances STEM literacy and fosters a love for learning and sports.

Location	Days	Time	Code	Dates	\$
FranconiaREC	M-T	9am-4pm	GL7.PMI1	2/16-2/17	\$109

**Total Sports MiniCamp**

**(6-13 yrs.)** In this camp directed by Coach Rich, play a variety of sports such as basketball, flag football, soccer and track in this fast-paced, high-energy camp. Appropriate for boys and girls of all skill/experience

levels. Camp includes a daily swim break. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
Franconia REC	M,T,F	9am-4pm	3F5.HUT	12/22-12/26	\$189
Franconia REC	M,T,W,F	9am-4pm	3F5.JL7B	12/29-1/2	\$255

**Tumbling & Cheer Camp**

**(5 1/2-11 yrs.)** Learn jumps, stunts, cheers and a dance routine from former high school, collegiate, and pro cheerleaders in this Metro Movement camp. Build skills using the balance beam, bars, floor and vault taught by USA Gymnastics Instructors. Bring swimsuit/towel for an afternoon swim break. A signed participation release is due on the first day. No camp January 1.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M,T,W,F	9am-4pm	CW0.GHF9	12/29-1/2	\$279

**Volleyball Camp**

**(6-11 yrs.)** In this Skyhawks Volleyball camp, kids will focus on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. No camp December 24 and 25.

Location	Days	Time	Code	Dates	\$
SullyCC	M,T,F	9am-4pm	GIW.XDTB	12/22-12/26	\$159

**STEM (Science, Technology, Engineering & Math)****3D Printing & Game Design**

**(6-12 yrs.)** Engage your young tech-enthusiasts with two cutting-edge, 3D technologies for a unique learning experience in this STEM exCEL camp. Design, create and print 3D objects. Build your own video game integrating the 3D models you create. Campers get 3D prints and digital files of their creations. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
SoRunREC	M,T,W,F	9am-4pm	OPF.4ND9	12/29-1/2	\$389
Wkfld/Moore	M,T,F	9am-4pm	OPF.HVOT	12/22-12/26	\$295

**Battle of the Bots**

**(7-10 yrs.)** In this action-packed iCode's Battle of the Bots camp, campers will dive into the fascinating world of VEX robotics and hardware. Kids will experience the thrill of designing, building, programming and controlling their very own battle-bot. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
SoRunREC	M,T,F	9am-4pm	CSV.5RAI	12/22-12/26	\$229
CubRunREC	M,T,W,F	9am-4pm	CSV.RT83	12/29-1/2	\$305
Wkfld/Moore	M,T,W,F	9am-4pm	CSV.SHVH	12/29-1/2	\$305

**Bricking Fun LEGO® Engineering**

**(5-12 yrs.)** Through creative challenges and projects, campers unlock the secrets behind these machines and see how engineering brings them to life. Campers in morning and afternoon sessions will have a supervised hour lunch break.

Location	Days	Time	Code	Dates	\$
Brick&Minifigs	T	9am-12pm	DWQ.SKPM	12/30	\$39
Brick&Minifigs	T	9am-12pm	DWQ.E9TM	2/17	\$39

**Bey Blade & Crane**

**Bricks&Minifigs** T 9am-12pm N50.NSLU 12/23 \$39  
**Bricks&Minifigs** F 9am-12pm N50.HDVM 1/30 \$39

**Crank It Up!**

**Bricks&Minifigs** M 9am-12pm MEH.G28B 12/29 \$39  
**Bricks&Minifigs** M 9am-12pm MEH.69N7 2/16 \$39

**Engineering Corps**

**Bricks&Minifigs** F 9am-12pm HZG.Q562 1/2 \$39

**Force Multiplied**

Bricks&Minifigs	W	9am-12pm	NUO.V6Z8	12/31	\$39
Bricks&Minifigs	M	9am-12pm	VU4.BXZQ	12/22	\$39
Bricks&Minifigs	Th	9am-12pm	VU4.D4ZV	1/29	\$39

**Bricking Fun LEGO® Creative:****Holiday Ornaments**

**(5-12 yrs.)** Campers design and build their very own festive ornaments—LEGO® style. From snowflakes and stars to mini wreaths and jolly penguins, each ornament is a unique creation. Campers in morning and afternoon sessions will have a supervised hour lunch break.

Location	Days	Time	Code	Dates	\$
Bricks&Minifigs	F	9am-12pm	JBQ.BHGC	12/26	\$39

**Bricking Fun LEGO® Robotics**

**(5-12 yrs)** Through hands-on exploration, campers dive into the world of robotic movement, sensing, and programming, discovering the amazing potential of technology as they bring their creations to life. Campers in morning and afternoon sessions will have a supervised hour lunch break.

Location	Days	Time	Code	Dates	\$
Bricks&Minifigs	T	1pm-4pm	R16.SG6I	12/23	\$39

**Creature Creator**

Bricks&Minifigs	M	1pm-4pm	53M.NX15	12/22	\$39
Bricks&Minifigs	Th	1pm-4pm	53M.Z522	1/29	\$39

**Fun and Games**

Bricks&Minifigs	T	1pm-4pm	EZI.DMN3	12/30	\$39
Bricks&Minifigs	T	1pm-4pm	EZI.FN6C	2/17	\$39

**Happy Holidays**

Bricks&Minifigs	Th	1pm-4pm	RGS.IZVD	12/26	\$39
Bricks&Minifigs	F	1pm-4pm	XOZ.DX3Y	1/2	\$39

**Military Robots**

Bricks&Minifigs	F	1pm-4pm	EOQ.BACQ	12/29	\$39
Bricks&Minifigs	M	1pm-4pm	EOQ.D45D	2/16	\$39

**Out of this World**

Bricks&Minifigs	W	1pm-4pm	Y65.9NFO	12/31	\$39
Bricks&Minifigs	T	1pm-4pm	FTG.LUVE	12/29-1/2	\$349

**Chess Winter Camp**

**(6-13 yrs.)** This Silver Knights camp has taught the great strategy game to more than 100,000 children including national champions. This camp is for advanced players to sharpen their skills or beginners who want to learn the game. Campers will learn the rules, openings, tactics, strategy, endgames, while playing games and taking outdoor breaks. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	\$
Franconia REC	M,T,W,F	9am-4pm	FTG.VFHF	2/16-2/17	\$175
OakmontREC	M,T,F	9am-4pm	FTG.UOQU	12/22-12/26	\$259

ProvREC	M-T	9am-4pm	FTG.JLXR	2/16-2/17	\$175
SoRunREC	M,T,W,F	9am-4pm	FTG.TG1X	12/29-1/2	\$349

SpHillREC	M,T,F	9am-4pm	FTG.3SAS	12/22-12/26	\$259
SpHillREC	M,T,W,F	9am-4pm	FTG.VIIZ	12/29-1/2	\$349

SpHillREC	Th-F	9am-4pm	FTG.VU58	1/29-1/30	\$175
SpHillREC	T	9am-4pm	FTG.P6TS	2/17	\$89

Wkfld/Moore	M,T,F	9am-4pm	FTG.I4C1	12/22-12/26	\$349
Bricks&Minifigs	W	1pm-4pm	FTG.LUVE	12/29-1/2	\$349

**Introducing Electronic****Camp Forms!**

For information visit

<a href="http://www

# Camps

## Eureka! The Inventor's Camp

**(6-10 yrs.)** This Mad Science camp is designed by you—the Inventor. Each day you'll be given a series of challenges which must be overcome using basic materials, simple machines and tips from world famous inventors. With a little bit of ingenuity, you will create catapults and forts, construct working light sticks to take home, and assemble a set of circuits with batteries and light bulbs. No camp December 24 and 25.

**Location Days Time Code Dates \$**

SoRunREC	M,T,F	9am-4pm	P2S.KPTL	12/22-12/26	\$255
SpHillREC	M,T,F	9am-4pm	P2S.OYVP	12/22-12/26	\$255

## Gamer Adventures

**(6-12 yrs.)** Join STEM exCEL to learn the fundamentals of programming, art and level design to create a video game from the ground up. Using a game engine with integrated art software and an easy-to-use events system, campers have the freedom to create a product that is truly their own. Learn about the history of video games by playing classic ones to see the advancement of technology. Campers leave with a digital copy of their work. No camp December 24, 25 and January 1.

**Location Days Time Code Dates \$**

Franconia REC	Th-F	9am-4pm	CNA.S057	1/29-1/30	\$195
MtVernREC	M,T,W,F	9am-4pm	CNA.NAQ7	12/29-1/2	\$389
MtVernREC	M-T	9am-4pm	CNA.F2AO	2/16-2/17	\$195
OakmontREC	M,T,W,F	9am-4pm	CNA.MPJW	12/29-1/2	\$389
OakmontREC	M-T	9am-4pm	CNA.MQR9	2/16-2/17	\$195
SpHillREC	M,T,F	9am-4pm	CNA.2EYI	12/22-12/26	\$295

## NEW! Minecraft AI Explorers

**(6-12 yrs.)** Embark on a hands-on journey into the world of artificial intelligence! With iCODE, campers will use Minecraft Education to explore how AI works, where it's used in the real world, and the impact it has on global communities. Through interactive challenges and creative builds, campers will learn how technology shapes our world while developing critical thinking and problem-solving skills

**Location Days Time Code Dates \$**

OakmontREC	Th-F	9am-4pm	KTI.TDOR	1/29-1/30	\$139
Wkfld/Moore	Th-F	9am-4pm	KTI.IUGOU	1/29-1/30	\$139

## Minecraft & Computer Science

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

**Location Days Time Code Dates \$**

MtVernREC	Th-F	9am-4pm	RSD.010I	1/29-1/30	\$195
SoRunREC	Th-F	9am-4pm	RSD.5JU9	1/29-1/30	\$195

## Money Math Camp

**(5-9 yrs.)** Designed for our youngest campers, this program serves as a real-life math lab where campers practice their computational skills and develop a foundation in financial literacy. Spark Business Academy instructors lead money math games and activities that help campers internalize how they can use their math skills in everyday life.

**Location Days Time Code Dates \$**

MtVernREC	Th-F	9am-4pm	XXH.UP2N	1/29-1/30	\$169
SpHillREC	Th-F	9am-4pm	XXH.3ZD0	1/29-1/30	\$169

## NEW! Roblox Tycoon Typhoon

**(6-12 yrs.)** In this iCODE camp, campers will dive into the exciting world of tycoon-style games using Roblox Studio. They'll design and build their very own



## Science in Motion

**(6-10 yrs.)** Each day, learn about a different realm of the scientific world with Mad Science. Become a zoologist and study the lives of birds, step into the shoes of an engineer to learn all about structures and simple machines and put on your lab coat and be a chemist for the day. Campers will make and bring home animal houses, challenging puzzles, and chemistry-based creations. No camp January 1.

**Location Days Time Code Dates \$**

SpHillREC	M,T,W,F	9am-4pm	8NR.LCOM	12/29-1/2	\$339
Wkfld/Moore	M,T,W,F	9am-4pm	8NR.BA43	12/29-1/2	\$339

## STEM & Minecraft with LEGO®

**(5-10 yrs.)** Build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then, venture into the world of Minecraft in Play-Well TEKnologies unique LEGO® experience. Build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world.

**Location Days Time Code Dates \$**

GWREC	M-T	9am-4pm	SPC.SNUW	2/16-2/17	\$149
LkFairfax Pk	M-T	9am-4pm	SPC.PC5P	2/16-2/17	\$149

## STEM & Radical Rides with LEGO®

**(5-10 yrs.)** Let your imagination run wild with Play-Well TEKnologies tens of thousands of LEGO® parts! First, discover the world through our inquiry-based learning model and engineer-designed projects. Then, start your engines as you build and design an array of exciting machines, traversing land, sea, and air. Learn about the engineering principles behind motors and gears. No camp December 24 and 25.

**Location Days Time Code Dates \$**

CubRunREC	M,T,F	9am-4pm	WVL.2GHY	12/22-12/26	\$229
OakmontREC	M,T,F	9am-4pm	WVL.XOAM	12/22-12/26	\$229



## Winter Wonder Lab

All Timed Entries December -February

Included in your timed entry session ticket

Save \$2 when you purchase your tickets online!



## Birthday Parties

Weekends Only

- STEM educators facilitate activities
- Full exploration of the Lab
- 2 hour party time for up to 50 people



Located at Fair Oaks Mall

[childsci.org/events](http://childsci.org/events)

**STEM & Wildlife Wonders with LEGO®**

**(5-10 yrs.)** In this Play Well TEKnologies LEGO® camp, start the day by building engineer-designed projects and using special pieces to create your own unique designs. Then design and build animals in their natural habitats. Play, create, and learn in this new full-day themed STEM engineering camp for LEGO® fanatics.

No camp January 1.

Location	Days	Time	Code	Dates	\$
FryingPan	M,T,W,F	9am-4pm	00T.FRQ7	12/29-1/2	\$299

**STEM & Winter Wonderland Engineering with LEGO®**

**(5-10 yrs.)** In this Play Well TEKnologies LEGO® camp, start by building engineer-designed projects and putting your creativity and problem solving into action. Then, apply engineering, architecture and creativity to create a magical Winter Wonderland. Build motorized contraptions like snowmobiles and gondolas, or a hilltop village with slopes for LEGO® skiers and sledders.

Location	Days	Time	Code	Dates	\$
ColvinRun	Th-F	9am-4pm	AJ5.M42I	1/29-1/30	\$149
GrnSpgGdn	Th-F	9am-4pm	AJ5.VE7C	1/29-1/30	\$149

**Volatile Volcanoes**

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

Location	Days	Time	Code	Dates	\$
SoRunREC	Th-F	9am-4pm	GGY.Z73Q	1/29-1/30	\$159
ECLawrncePk	M-T	9am-4pm	GGY.7BYU	2/16-2/17	\$159

# INSTRUMENTAL & VOICE LESSONS

# HARMONIA

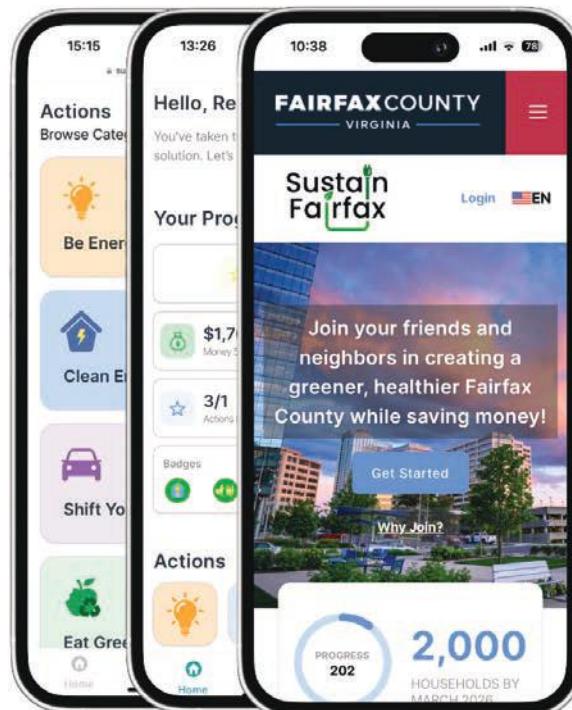
## SCHOOL OF MUSIC & ART

★ EARLY SUMMER CAMP ENROLLMENT OPENS JANUARY 6TH ★





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# CELEBRATE THE SEASON!



Experience the wonders of winter,  
meet Santa, enjoy festive treats and decorations,  
and make merry! For more details, turn to Events.

## THANKSGIVING & UGLY SWEATER FAMILY SKATE & DANCE NIGHTS

Saturdays, November 22 and December 20  
Franconia Rec Center

## HOLIDAY ON THE FARM

Fridays -Saturdays, December 5-20  
Frying Pan Farm Park

## WINTER WONDERLAND

Weekends, December 6-21  
Burke Lake Park

## CHILDREN'S HOLIDAY SHOPPING

Saturday-Sunday, December 6-7  
Colvin Run Mill

## SANTA AT THE MILL/ SENSORY-FRIENDLY SANTA AT THE MILL

Saturday-Sunday, December 13-14  
Colvin Run Mill

## SWIM WITH SANTA

Sunday, December 7  
Spring Hill Rec Center

## HOLIDAY LANTERN TOUR

Friday-Saturday, December 19-20  
Colvin Run Mill

## WINTER LECTURE SERIES

Sundays, January 11-February 15  
Green Spring Gardens

**LOOKING FOR MORE?** Get festive with special crafts, campfires, themed hikes and historic celebrations:

- Winter Trees and Landscapes Sketch Hike • Wednesday, December 3
- Wonderful Winter Wildlife • Wednesday, December 3
- Holiday Tiny Tot Activity Time • Thursday-Friday, December 4-5
- DIY Holiday Ornaments • Saturday, December 6
- Winter Bird Walk • Saturday, December 6
- Cozy Creations and Winter Wellness Workshop • Saturday, December 6

- Hot Cocoa Wetland Night Hike • Friday, December 12
- Caroling Wagon Ride and Campfire • Saturday, December 13
- Paper Quilling Workshop - Holiday Ornaments • Saturday, December 13
- Santa's Critters and Craft • Saturday, December 13
- Christmas Tea at the Harrisons • Thursday, December 18

## Children's Corner

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



### Celebrating 35 years of Partnership!

In 2026, Katydid, Inc. and Fairfax County celebrates 35 years of partnership. Kate Plummer founded Katydid, Inc. in 1991 beginning with classes and workshops at Frying Pan Farm Park. She then developed the Farm Preschool, Tiny Tots Classes, and Day Camps, based at the Old Floris Schoolhouse. In 1993, Day Camps expanded to Burke Lake, Colvin Run, E.C. Lawrence, Lake Fairfax, and Riverbend. More than 40,000 children participated in Katydid's programs over the past 35 years.

Currently, Katydid's immersive programs center around Frying Pan Farm Park's working farm. Children engage in hands-on, nature-based activities that foster emotional, social, and intellectual growth. Youngsters visit farm animals and explore the outdoors, sparking their curiosity, creativity, and a lifelong connection to nature.

While families are initially drawn to the programs' unique park setting, what they find is a community. Connections extend beyond the programs. Families develop lasting friendships while meeting for picnics, playing on the playground, and visiting the animals together. Many children grow with Katydid—advancing from Tiny Tots to preschoolers, preschoolers to campers, campers to counselors, and later returning as parents and even teachers.

After 35 years, Katydid looks forward to continuing to partner with FCPA to foster learning and develop community both on and off the farm.

Current programs offered through Parktakes:

- Tiny Tot Music & Movement and Activity Time parent-child classes - Fall, Winter, Spring
  - Day Camps - Winter, Spring, Summer school breaks
- Farm Preschool (ages 3-5) - Fall registration begins January 2026. Visit [www.katydidkids.com](http://www.katydidkids.com) or email [info@katydiddkids.com](mailto:info@katydiddkids.com).

## PRESCHOOL ON THE FARM

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



### Art & Variety Classes

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

**(2-3 yrs.)** Children will learn their letters and numbers through hands-on crafts in this class. Kids learn how to associate a sound with each letter and number from the craft they make in class. Parent must attend class with the 2- to 3-year-old age group. Additional supply fee payable.

#### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	378.BJ18	1/13	4TC

#### Abrakadoodle Mini Doodlers

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

#### DTVW 8--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	498.JCBH	1/10	DTVW
OakmontREC	W	2pm	498.U056	1/7	DTVW
SoRunREC	Sa	1pm	498.0E3A	1/3	DTVW
SoRunREC	W	3pm	498.UGWX	1/7	DTVW
SpHillREC	Sa	2pm	498.8Z39	1/10	DTVW
Wkfld/Moore	Th	6pm	498.KIFM	1/8	DTVW

#### Abrakadoodle Twoozy Doodlers

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

#### DTVW 8--45 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:30am	F2D.MGF8	1/10	DTVW
OakmontREC	M	10am	F2D.MUAM	1/5	DTVW
OakmontREC	M	11am	F2D.4U44	1/5	DTVW
OakmontREC	W	10am	F2D.7048	1/7	DTVW
SoRunREC	T	10am	F2D.20D2	1/6	DTVW
SpHillREC	T	10am	F2D.VUUA	1/6	DTVW
SpHillREC	Sa	3pm	F2D.0M4A	1/10	DTVW
Wkfld/Moore	Th	10am	F2D.VYGM	1/8	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.

#### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	0F1.N8UW	1/14	4TC
SoRunREC	T	11am	0F1.SSHM	1/6	4TC

#### Ceramic Creations

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

#### 3TE 6--45 minute lessons--\$73

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	5pm	Q3F.33WI	1/15	3TE

#### Fun with Clay

**(3-5 yrs.)** Students make a variety of simple projects with clay while learning clay-working basics. Supply fee payable to instructor at first class.

#### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	6F0.ATEW	1/11	4TC

#### Kidcreate Keepsake Art

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

#### DTVM 8--45 minute lessons--\$142

Location	Day	Time	Code	Begin	\$
MtVern REC	Sa	10:30am	N3L.0NEQ	1/17	DTVM
MtVern REC	T	4:30pm	N3L.YLXV	1/13	DTVM

#### Mixed Media Art Explorers

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

#### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	2pm	Q9Y.XBZW	1/11	4TC
MtVernREC	W	4:45pm	Q9Y.D0F1	1/14	4TC

# Children's Corner

## Practicing Preschool

**(3-5 yrs.)** This class gently guides little ones through the rhythm of a school day with playtime, songs, stories and crafts, and is a brilliant way to ease them into what's ahead. Pretending to go to school gives them a sense of independence and curiosity while still keeping things light and fun.

### APP1 16-2 hour lessons--\$304

Location	Day	Time	Code	Begin	\$
CubRunREC	M/W	10am	09Z.ETON	1/12	APP1

## Preschool Picasso

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

### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	W	11am	0A7.AQGG	1/14	4TC

## Preschool Prep

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

### 4TC 8--45 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	2BC.1GJ7	1/11	4TC

**Winter WONDERLAND BURKE LAKE PARK**

**Saturdays and Sundays**  
**December 6-7, 13-14 and 20-21**  
**11 a.m. - 5 p.m.**

**HOLIDAY EXPRESS TRAIN RIDES**

**VISIT WITH SANTA**

**CAROLERS CAROUSEL**

**GINGERBREAD MAN GOLF**

**S'MORES, HOT CHOCOLATE AND CANDY CANES**

**BURKE LAKE PARK**  
7315 Ox Road, Fairfax Station  
703-323-6600

For registration information, visit [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake)

## Tiny Tot Activity Time

Enjoy arts and crafts, songs, stories, puppets, circle time, and other activities related to the theme of the week with your child. Class includes fine and gross motor skills to enhance learning. Classes are held in the Schoolhouse in front of the carousel. A \$5 supply fee is due the first day of class.. For information call 703-689-3104.

### DTVM 8--45 minute lessons--\$142

Location	Day	Time	Code	Begin	\$
<b>(18-28 mos.)</b>					

Frying Pan Pk	Th	9:30am	443.01VQ	1/15	DTVM
Frying Pan Pk	F	9:30am	443.GAPI	1/16	DTVM

Frying Pan Pk	Th	10:30am	55F.9VG5	1/15	DTVM
Frying Pan Pk	F	10:30am	55F.1B30	1/16	DTVM

## Dance Classes

### Baby Ballerinas

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

### DTVA 10--45 minute lessons--\$146

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
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Franconia Rec	Sa	9am	YDT.84Y8	1/3	DTVR
Franconia Rec	F	9am	YDT.8J3	1/9	DTVR
Frying Pan Pk	T	2pm	YDT.TULI	1/6	DTVA
OakmontREC	W	9:05am	YDT.DMOZ	1/7	DTVR
OakmontREC	Th	3:30pm	YDT.GV6I	1/8	DTVR
Oakton ES	Sa	9:30am	YDT.GFGD	1/10	DTVR
Oakton ES	Sa	10:30am	YDT.V3SH	1/10	DTVR
Oakton ES	Sa	11:30am	YDT.MH0G	1/10	DTVR
ProvREC	M	1:30pm	YDT.EZBY	1.5	DTVA
SoRunREC	M	9:45am	YDT.5SKU	1/5	DTVR
SoRunREC	Th	1pm	YDT.03D6	1/8	DTVR
SpHillREC	Su	9:30am	YDT.ZIPH	1/11	DTVR

### Ballet & Acro

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

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
OakmontREC	W	11:45am	I75.73KG	1/7	DTVR
Wkfld/Moore	F	1:45pm	I75.FPOR	1/9	DTVR

### Ballet & Tap

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

### DTVF 8--45 minute lessons--\$147

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
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<b>(2-3 yrs.)</b>					
OakmontREC	W	10:55am	5F8.7IEK	1/7	DTVR
SoRunREC	Sa	12pm	5F8.0GD8	1/3	DTVR
<b>(3-5 yrs.)</b>					
CubRunREC	Su	2:15pm	AD3.QHJB	1/11	DTVF
Franconia Rec	Sa	10am	AD3.IZ8Z	1/3	DTVR
Franconia Rec	T	10:20am	AD3.KQGR	1/6	DTVR
Franconia Rec	F	9:55am	AD3.W4T9	1/9	DTVR
Frying Pan Pk	T	1pm	AD3.71XR	1/6	DYVR
ProvREC	Sa	9am	AD2.UQZL	1/3	DTVR
ProvREC	Sa	9:50am	AD2.4AXR	1/3	DTVR
ProvREC	M	2:30pm	AD2.9RPA	1/5	DTVR
SoRunREC	Su	9am	AD3.EB5B	1/4	DTVR
SoRunREC	M	12:30pm	AD3.UA2H	1/5	DTVR
SpHillREC	Su	10:20am	AD3.NLA2	1/11	DTVR
Wkfld/Moore	Sa	9am	AD3.LDLJ	1/10	DTVR
<b>(4-5 yrs.)</b>					
SoRunREC	Sa	11am	6C5.IGVG	1/3	DTVR

## 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.

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	1:20pm	CMH.0446	1/11	DTVR
Franconia Rec	F	3:45pm	CMH.C1UT	1/9	DTVR
OakmontREC	Sa	9am	CMH.K7HP	1/3	DTVR
OakmontREC	Sa	10am	CMH.8GHQ	1/3	DTVR
OakmontREC	W	10am	CMH.YW4X	1/7	DTVR
OakmontREC	Th	1:30pm	CMH.60XP	1/8	DTVR
ProvREC	Sa	10:40am	CMH.W52C	1/3	DTVR
ProvREC	Sa	11:30am	CMH.K16F	1/3	DTVR
ProvREC	M	3:30pm	CMH.661N	1/5	DTVR
SoRunREC	Sa	10am	CMH.ZDZE	1/3	DTVR
SoRunREC	Su	10am	CMH.ICY7	1/4	DTVR
SoRunREC	M	10:45am	CMH.4IYP	1/5	DTVR
SoRunREC	M	12:30pm	CMH.3YM3	1/5	DTVR
SoRunREC	Th	3pm	CMH.I3V5	1/8	DTVR
Wkfld/Moore	Th	11:45am	CMH.0KVB	1/8	DTVR

## Combo Tap & Hip Hop

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

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10am	REO.05UX	1/5	DTVR
Franconia REC	F	10:50am	REO.PAB4	1/9	DTVR
Franconia REC	T	9:30am	REO.RWKW	1/6	DTVR

## Creative Dance

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

### 4TA 10--45 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
<b>(2-3 yrs.)</b>					
MtVernREC	Sa	9:30am	TQD.36QQ	1/10	4TA
<b>(3-5 yrs.)</b>					
MtVernREC	Sa	10:30am	2I1.8RE0	1/10	4TA
<b>Hip Hop for Tots</b>					
<b>(3-5 yrs.)</b> 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.					
<b>DTVA 10--45 minute lessons--\$146</b>					
<b>DTVR 8--45 minute lessons--\$118</b>					
<b>(Location)</b>					
Franconia Rec	Sa	10:55am	370.TG4Y	1/3	DTVR
Frying Pan Pk	T	3pm	370.7405	1/6	DTVR
OakmontREC	Su	9am	370.U3RX	1/4	DTVR
OakmontREC	Su	12pm	370.MX1N	1/4	DTVR
ProvREC	Su	9:30am	370.T72Z	1/4	DTVA
ProvREC	Su	11:30am	370.KPSL	1/4	DTVA
ProvREC	T	10am	370.H4QX	1/6	DTVA
SoRunREC	Th	4pm	370.VMMD	1/8	DTVR
Wkfld/Moore	Sa	1pm	370.3FDP	1/10	DTVR

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## Intro to Ballet

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

<b>4TA</b>	<b>10--45 minute lessons--\$120</b>
<b>DTVR</b>	<b>8--45 minute lessons--\$118</b>

Location	Day	Time	Code	Begin	\$
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### (3-5 yrs.)

Franconia Rec	F	2:45pm	PMD.MIK6	1/9	DTVR
OakmontREC	Th	2:30pm	PMD.15G9	1/8	DTVR
SoRunREC	M	11:40am	PMD.544M	1/5	DTVR
SoRunREC	Th	2pm	PMD.A71G	1/8	DTVR

### (4-5 yrs.)

MtVernREC	Sa	11:30am	1B1.2KEV	1/10	4TA
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## Lil Tap and Tu Tu's

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

<b>4TA</b>	<b>10--45 minute lessons--\$120</b>
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Location	Day	Time	Code	Begin	\$
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SoRunREC	T	5pm	2A4.37U8	1/6	4TA
SoRunREC	W	4pm	2A4.TCSS	1/7	4TA

## Little Dancers

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

<b>4TA</b>	<b>10--45 minute lessons--\$120</b>
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Location	Day	Time	Code	Begin	\$
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## Martial Arts Classes

### Little Ninjas

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

<b>4TV</b>	<b>8--45 minute lessons--\$102</b>
<b>BMVE</b>	<b>8--30 minute lessons--\$90</b>
<b>DMVE</b>	<b>10--30 minute lessons--\$112</b>
<b>DMVF</b>	<b>10--45 minute lessons--\$113</b>

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

LdbyExFr0ks	Sa	11am	943.6TV3	1/10	DMVE
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### (4-5 yrs.)

BlkBltFFX	M	4:30pm	415.TNYN	1/12	DMVE
BlkBltFFX	T	4:30pm	415.IJUR	1/13	DMVE
BlkBltFFX	W	4:30pm	415.43BQ	1/14	DMVE

CubRunREC	Su	10:15am	TSJ.572B	1/11	4TC
Legacy Mart	Su	11am	415.JTV1	1/11	BMVE
Legacy Mart	T	5:15pm	415.KE50	1/13	BMVE

LdbyExFr0ks	Sa	11:30am	415.0K23	1/10	DMVF
LdbyExFr0ks	T	6pm	415.TSN6	1/13	DMVF
LdbyExFr0ks	W	4:30pm	415.K09X	1/14	DMVF

LdbyExFr0ks	Th	6pm	415.CSMM	1/15	DMVF
LdbyExFr0ks	F	4:30pm	415.JNTT	1/16	DMVF
SoRunREC	Sa	11:15am	415.ZEE4	1/3	DMVE



## Movement Classes

### Blast Off for Babies

You and your tiny tot will blast off in our play environment including games, songs and fingerplays. A great way to introduce youngsters to interactive play. Adults must attend class. Socks required for everyone.

<b>4TA</b>	<b>10--45 minute lessons--\$120</b>
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Location	Day	Time	Code	Begin	\$
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### (13-18 mos.)

Franconia Rec	Th	9:15am	334.FZVX	1/8	4TA
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### (18-24 mos.)

Franconia Rec	T	9:15am	ABC.J7QH	1/6	4TA
Wkfld/Moore	Sa	4pm	ABC.W195	1/10	4TA

### Full Speed Ahead

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

<b>DTVQ</b>	<b>10--45 minute lessons--\$177</b>
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Location	Day	Time	Code	Begin	\$
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### 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.

<b>DTVM</b>	<b>8--45 minute lessons--\$142</b>
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Location	Day	Time	Code	Begin	\$
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### (11 mos-4 yrs.)

SpHillREC	Th	9:10am	61F.TDFH	1/8	DTVM
SpHillREC	Su	9:10am	61F.ZA1A	1/11	DTVM

### (1-2 yrs.)

SpHillREC	Th	10:05am	D21.RSU4	1/8	DTVM
SpHillREC	Su	10:05am	D21.A1X5	1/11	DTVM

### (2-3 yrs.)

SpHillREC	Th	11am	504.32T1	1/8	DTVM
SpHillREC	Su	11am	504.QOHD	1/11	DTVM

## The Tot Spot

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

<b>DTVF</b>	<b>8--45 minute lessons--\$147</b>
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<b>DTVQ</b>	<b>10--45 minute lessons--\$177</b>
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Location	Day	Time	Code	Begin	\$
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### TotZone

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

<b>4TC</b>	<b>8--45 minute lessons--\$102</b>
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Location	Day	Time	Code	Begin	\$
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### Zoom Around the Room

In this class obstacle courses and creative games are intermingled with songs and fingerplays. Franconia Rec Center classes held in unique a soft play room. Adult must attend class. Socks required.

<b>4TA</b>	<b>10--45 minute lessons--\$120</b>
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<b>4TC</b>	<b>8--45 minute lessons--\$102</b>
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Location	Day	Time	Code	Begin	\$
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### (2 yrs.)

Franconia Rec	T	10:15am	421.CFDN	1/6	4TA
Franconia Rec	Th	10:15am	421.MKEX	1/8	4TA

### (2-5 yrs.)

CubRunREC	T	10am	A7B.BMZP	1/13	4TC
Franconia Rec	T	11:15am	A7B.5TAN	1/6	4TA
Franconia Rec	Th	11:15am	A7B.MIPP	1/8	4TA

# Children's Corner

## Music Classes

### Let's Make Music

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	962.K6L5	1/9	4TC
Wkfld/Moore	Sa	3pm	962.4W74	1/10	4TA

### Tiny Tot Music & Movement

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

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

Frying Pan Pk	T	9:30am	326.CT3M	1/13	DTVM
Frying Pan Pk	W	9:30am	326.PHQ4	1/14	DTVM

#### (24-42 mos.)

Frying Pan Pk	T	10:30am	71E.ENN2	1/13	DTVM
Frying Pan Pk	W	10:30am	71E.MZX9	1/14	DTVM

### Tiny Tunes Piano

**(4-5 yrs.)** Introduce your little one to the magic of music with this joyful, hands-on piano class designed just for preschoolers. Through songs, movement and playful activities, kids develop their listening skills, finger coordination, and a love for the keys in this Learn Now Music class. A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

DTVQ	10--45 minute lessons--\$177
DTVF	8--45 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
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MtVernREC	M	10am	OAR.FF69	1/12	DTVF
OakmontREC	T	12pm	OAR.RLVC	1/13	DTVF
ProvREC	Sa	10am	OAR.A503	1/10	DTVF
ProvREC	Sa	10:45am	OAR.CY8B	1/10	DTVF
ProvREC	Sa	11:30am	OAR.VCTH	1/10	DTVF
SoRunREC	W	12pm	OAR.251H	1/14	DTVF
Wkfld/Moore	Su	11am	OAR.VG4N	1/18	DTVQ

## Nature & Science Classes

### Dinosaurs Galore

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

R19C	1-1 hour program child--\$9
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Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	871.YK6A	1/10	R19C
CubRunREC	Sa	10:30am	871.NX49	1/31	R19C
CubRunREC	Sa	10:30am	871.89U8	2/14	R19C

## LEGO STEAM Park

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

DTVK	8--45 minute lessons--\$159
DTVQ	10--45 minute lessons--177

Location	Day	Time	Code	Begin	\$
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OakmontREC	Sa	11:30am	04B.38CD	1/3	DTVK
Wkfld/Moore	Su	10:30am	04B.9CXJ	1/11	DTVQ

### The Science Seed

**(3-6 yrs.)** Children will learn about geology, chemistry, biology and nature through activities in this series of interactive classes. Each class includes a note for the parents about what was taught and how lessons can be continued at home.

DTV9	8--55 minute lessons--\$195
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Location	Day	Time	Code	Begin	\$
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OakmontREC	M	4:30pm	YMM.6NQ4	1/5	DTV9
ProvREC	Su	10am	YMM.DY2T	1/4	DTV9
ProvREC	Su	11am	YMM.LH2S	1/4	DTV9
SoRunREC	Su	10am	YMM.VDNC	1/4	DTV9
SoRunREC	Su	11am	YMM.LJKI	1/4	DTV9
Wkfld/Moore	Sa	10am	YMM.T0V9	1/10	DTV9
Wkfld/Moore	Sa	11am	YMM.OBV4	1/10	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. Kids will learn new sports and teamwork.

DTVF	8--45 minute lessons--\$147
DTVQ	10--45 minute lessons--\$177
DTVZ	8--55 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
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CubRunREC	F	3pm	FC7.324A	1/16	DTVF
Franconia Rec	M	5:30pm	FC7.WV7H	1/12	DTVZ
Sully CommCtr	W	10am	FC7.YK95	1/14	DTVF
Wkfld/Moore	M	11am	FC7.KT3U	1/5	DTVQ
Wkfld/Moore	Th	11am	FC7.8MTY	1/8	DTVQ
Wkfld/Moore	Sa	9am	FC7.U97	1/10	DTVZ

### Basketball

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

DFVG	8--55 minute lessons--\$154
DTVD	10--55 minute lessons--\$146
DTVF	8--45 minute lessons--\$147
DTVM	8--45 minute lessons--\$142
DTVI	10--45 minute lessons--\$150
DTVZ	8--55 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
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(4-5 yrs. with Adult)	
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Franconia Rec	Sa	9:30pm	176.4L7F	1/10	DTVI
Wkfld/Moore	Sa	10am	176.27NF	1/10	DTVZ

(4-6 yrs. Child only)	
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Belle Vw ES	Sa	9am	EFA.UKLQ	1/10	DTVM
SpHillREC	Th	5pm	EFA.TB75	1/8	DTVD
SpHillREC	Su	9am	EFA.QOKH	1/11	DTVD
SpHillREC	F	5:30pm	EFA.D7FG	1/16	DFVG
Sully CommCtr	Th	3:30pm	EFA.6G6R	1/15	DTVF
Wkfld/Moore	M	5:30pm	EFA.QNSE	1/5	DTVF

## Fencing ABCs

**(4-6 yrs.)** This beginner class helps young children develop agility, balance and coordination, the building blocks of athletic movement. Students explore fencing basics using fun games and age-appropriate activities in this NOVA Fencing Club program, while building confidence and improving motor skills. No equipment or prior experience required.

DSVP	8--55 minute lessons--\$133
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Location	Day	Time	Code	Begin	\$
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NOVA Fence	Sa	10am	ST3.08JF	1/24	DSVP
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### Gym Jam

Children will be introduced to fitness through creative up-beat exercises and sports related skills with an emphasis on team play and group interaction. Parent participation is required.

4TA	10--45 minute lessons--\$120
DTVQ	10--45 minute lessons--\$177

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

Wkfld/Moore	M	10am	59Q.AUTO0	1/5	DTVQ
Wkfld/Moore	Th	10am	59Q.8APN	1/8	DTVQ

#### (3-5 yrs. Child only)

SoRunREC	W	11:30am	705.3DVJ	1/7	4TA
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### 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--\$131
4TA	10--45 minute lessons--\$120

DSVA	8--55 minute lessons--\$114
DTVD	10--55 minute lessons--\$146

DTVF	8--45 minute lessons--\$147
DTVQ	10--45 minute lessons--\$177

## Challenger TinyTykes Soccer-Cubs

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

### DTVF 8--45 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	9:30am	EF0.78C7	1/14	DTVF
Franconia Rec	Sa	9am	EF0.7AHP	1/17	DTVF
Orng Hnt ES	Su	9am	EF0.A0J6	1/11	DTVF
Orng Hnt ES	Su	10am	EF0.GAXD	1/11	DTVF
SoRunREC	T	10am	EF0.03FL	1/6	DTVF

## Challenger TinyTykes Soccer-Lions

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

### DTVJ 8--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	10:30am	38C.LRGV	1/14	DTVJ
Franconia Rec	Sa	10am	38C.F5VC	1/17	DTVJ
Orng Hnt ES	Su	11am	38C.4418	1/11	DTVJ
SoRunREC	T	11am	38C.XLAD	1/6	DTVJ

## Challenger International Soccer Academy

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

### DTVJ 8--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	E08.6XIR	1/17	DTVJ
Orng Hnt ES	Su	12pm	E08.3JIO	1/11	DTVJ

## Future Soccer Stars

**(4-5 yrs.)** This class offered by Brazilian United introduces soccer to younger children in a playful environment that engages the imagination while teaching basic soccer techniques. Soccer is used as a tool for motor and cognitive development.

### CSVC 6--55 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
MtVern REC	Su	9am	VZ0.BT1E	1/11	CSVC
WSprngd ES	Sa	8am	VZ0.T7ZB	1/10	CSVC
WSprngd ES	Sa	10am	VZ0.4WG6	1/10	CSVC

## T-Ball

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

### DTVM 8--45 minute lessons--\$142

Location	Day	Time	Code	Begin	\$
Sully CommCtr	M	3:30pm	HFX.IBZC	1/12	DTVM



## Little Tennis I

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

### DTV5 8--55 minute lessons--\$142

### DTVQ 10--45 minute lessons--\$177

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	5:30pm	KUB.ASCX	1/14	DTV5
Franconia Rec	F	5:30pm	KUB.NMG4	1/16	DTV5
RollValy ES	Sa	9am	KUB.SZEL	1/10	DTVQ

## Gymnastics & Tumbling

### Gymnastics with Parent

**(18 mos.-3 yrs.)** This class incorporates creative movement, listening skills, and gross motor development. Youngsters are also introduced to floor exercises, and balance beam moves. An adult must participate with the child. Equipment varies at each site.

### 4TA 10--45 minute lessons--\$120

### DTVF 8--45 minute lessons--\$147

### DTVP 8--45 minute lessons--\$168

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	10am	088.AN5B	1/6	4TA
Franconia Rec	T	11am	088.VD6Q	1/6	4TA
Wkfld/Moore	Sa	9am	088.1WHG	1/10	4TA
Wkfld/Moore	Sa	10am	088.NR1S	1/10	4TA
Wkfld/Moore	Su	4pm	088.DV2	1/11	4TA
Wkfld/Moore	Su	9am	088.ZQLA	1/11	4TA
Wkfld/Moore	Su	10am	088.8WHA	1/11	4TA
Franconia Rec	Sa	9:30am	IBA.Q1T	1/3	DTVR
Franconia Rec	Su	9am	IBA.FDPS	1/4	DTVR
Franconia Rec	Su	9:50am	IBA.DLD5	1/4	DTVR
Franconia Rec	M	10am	IBA.6GC4	1/5	DTVR
Franconia Rec	W	1pm	IBA.NBU	1/7	DTVR
OakmontREC	Sa	9am	IBA.OD90	1/10	DTVF
OakmontREC	Sa	9:55am	IBA.GIXQ	1/10	DTVF
SoRunREC	Su	10am	IBA.B8Z6	1/4	DTVR
Wkfld/Moore	Sa	1pm	IBA.XMLM	1/10	DTVF

## Gymnastics for Preschoolers

An exciting challenge for children interested in gymnastics that incorporates creative movement, listening skills, and gross motor development. Youngsters are also introduced to floor exercises, and balance beam moves. Equipment varies at each site.

### 4TA 10--45 minute lessons--\$120

### DTVF 8--45 minute lessons--\$147

### DTVP 8--45 minute lessons--\$168

### DTVR 8--45 minute lessons--\$118

Location	Day	Time	Code	Begin	\$
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<b>(3-4 yrs.)</b>					
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MtVernREC	Sa	8:30am	2B8.7R9N	1/10	4TA
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CubRunREC	T	4:30pm	BWO.JSIK	1/13	DTVP
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CubRunREC	W	5pm	BWO.F1PT	1/14	DTVP
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Franconia Rec	Sa	10:30am	BWO.JGGG	1/3	DTVR
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Franconia Rec	Su	10:45am	BWO.QS29	1/4	DTVR
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OakmontREC	Sa	10:50am	BWO.6WLH	1/10	DTVF
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SoRunREC	Su	11am	BWO.VJLI	1/4	DTVR
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Sully CommCtr	W	1pm	BWO.7WXA	1/14	DTVP
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<b>(3-5 yrs.)</b>					
<b>(4-5 yrs.)</b>					
CubRunREC	T	5:20pm	M3Q.9GKL	1/13	DTVP

CubRunREC	W	5:50pm	M3Q.BH6	1/14	DTVP
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Franconia Rec	M	12pm	M3Q.R5MC	1/5	DTVR
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Franconia Rec	W	3pm	M3Q.M4WF	1/7	DTVR
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OakmontREC	Sa	11:45am	M3Q.0NNB	1/10	DTVF
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SoRunREC	Sa	11am	M3Q.LU04	1/3	DTVR
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SoRunREC	Su	12pm	M3Q.9ROR	1/4	DTVR
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Sully CommCtr	W	2pm	M3Q.1GV1	1/14	DTVP
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Wkfld/Moore	W	5:30pm	M3Q.XGHV	1/7	DTVP
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MtVernREC	Sa	9:30am	094.NML4	1/10	4TA
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MtVernREC	Sa	10:30am	094.BP90	1/10	4TA
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## Dance

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



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

### Wake Up & Dance

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

#### 4PA 10--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
MtVernREC	W	6:30am	ZIH.HW17	1/7	4PA

### Intro to Ballet

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

#### DPVJ 10--55 minute lessons--\$159

Location	Day	Time	Code	Begin	\$
ProvREC	M	4:30pm	408.Z9BK	1/5	DPVJ

### Ballet I

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

#### 3PA 8--55 minute lessons--\$110

#### 4PA 10--55 minute lessons--\$140

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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### (5-7 yrs.)

MtVernREC	Sa	12:30pm	55F.MOXN	1/10	4PA
SoRunREC	T	6pm	55F.S3SZ	1/6	4PA
SoRunREC	W	5pm	55F.HJPS	1/7	4PA
CubRunREC	Su	3:05pm	2BE.F2EB	1/11	CPVF
Wkfld/Moore	Sa	9:55am	2BE.0M3U	1/10	CPVF

### (6-12 yrs.)

DeerPk ES	Th	5:30pm	5KA.2B0Q	1/8	3PA
DeerPk ES	Th	6:30pm	96S.5P4J	1/8	3PA

### (10-14 yrs.)

MtVernREC	Th	8pm	63B.5QYP	1/8	4PA
Wkfld/Moore	T	8pm	63B.4AT8	1/6	4PA

### Ballet & Jazz

**(6-12 yrs.)** Introduction to basic steps and movements for ballet and jazz.

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	224.ZA4G	1/4	CPVF



### Combo Dance & Tap

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

#### 4PA 10--55 minute lessons--\$140

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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**(5-8 yrs.)**

SoRunREC	Sa	1pm	3A9.BBJE	1/3	CPVF
SoRunREC	Su	11am	3A9.S0GB	1/4	CPVF

### (6-12 yrs.)

SoRunREC	W	6pm	3EE.JUSI	1/7	4PA
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### Combo Ballet & Hip Hop

Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

#### 4PA 10--55 minute lessons--\$140

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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**(5-8 yrs.)**

Franconia Rec	Sa	11:45am	NFK.ES58	1/3	CPVF
OakmontREC	Th	4:30pm	NFK.8A9F	1/8	CPVF

ProvREC	Sa	11:30am	NFL.X51L	1/3	CPVF
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### (6-12 yrs.)

SoRunREC	Th	4:55pm	NFK.QPKB	1/8	CPVF
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MtVernREC	Th	6pm	NBE.0MZO	1/8	4PA
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### Hip Hop I

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

#### 4PA 10--55 minute lessons--\$140

#### CPVF 8--55 minute lessons--\$127

#### DPVJ 10--55 minute lessons--\$159

#### DPVN 8--55 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
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### (5-7 yrs.)

Franconia Rec	F	4:45pm	209.53LG	1/9	CPVF
OakmontREC	Su	9:55am	209.OURN	1/4	CPVF

ProvREC	Su	10:30am	209.LWTT	1/4	DTPJ
SpHillREC	Su	12pm	209.VOEZ	1/4	CPVF

Wkfld/Moore	Sa	11:10am	209.RZOF	1/11	DPVN
Wkfld/Moore	Sa	11am	209.MZCO	1/10	CPVF

### (8-13 yrs.)

MtVernREC	Th	7pm	P3P.727J	1/8	4PA
OakmontREC	Su	11am	085.B9ZL	1/4	CPVF

Wkfld/Moore	Sa	12pm	085.RZFC	1/10	CPVF
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### (13-Adult)

ProvREC	T	11am	5CF.6CTN	1/6	CPVF
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### Street Jazz

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

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Franconia Rec	Sa	12:55pm	5MC.IZ22	1/3	CPVF
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### Tap I

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

#### CPVF 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Franconia Rec	T	11:15am	XNE.K8NT	1/6	CPVF
Franconia Rec	F	5:45pm	XNE.DT9H	1/9	CPVF

OakmontREC	Sa	12pm	XNE.2UWU	1/3	CPVF
OakmontREC	Th	5:30pm	XNE.1PGC	1/8	CPVF

Wkfld/Moore	Th	12:45pm	XNE.8Z17	1/8	CPVF
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**Tap II**

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	7pm	D94.DS18	1/4	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--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	6pm	C3B.UHDY	1/4	4PA

**Ballroom Dancing I**

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

**2PA 6--55 minute lessons--\$84**

**3PA 8--55 minute lessons--\$110**

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
<b>(Singles &amp; Couples)</b>					
MtVernREC	M	7pm	162.1F8C	1/12	3PA
OakmontREC	Su	12pm	162.J4ZY	1/4	4PA
Wkfld/Moore	T	6:30pm	162.GLNA	1/6	4PA
<b>(Couples only)</b>					
Franconia Rec	Su	1pm	A6D.96AS	1/4	4PA
Franconia Rec	Th	8:10pm	A6D.BPK8	1/8	4PA
Frying Pan Pk	T	7pm	A6D.7P1S	1/6	2PA
ProvREC	T	7:30pm	A6D.UN1K	1/6	3PA
SoRunREC	F	6pm	A6D.1XFZ	1/9	4PA
SpHillREC	Su	3pm	A6D.G276	1/11	4PA



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**East Coast Swing**

**(13-Adult)** This vibrant, upbeat, rhythm dance belongs to the group of swing dance. It features a basic 6-count pattern with a variety of turns, spins and wraps. No prior experience needed. All students must register.

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	6:30pm	QM4.PDC5	1/7	4PA
Wkfld/Moore	Sa	4pm	QM4.G2WE	1/10	4PA

**East Coast Swing II**

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	5pm	KIS.IY7F	1/10	4PA

**West Coast Swing**

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	FEF.IFDJ	1/4	4PA

**West Coast Swing II**

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	MD6.VBJJ	1/4	4PA

**Line Dancing I**

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

**4PA 10--55 minute lessons--\$140**

**DPVK 10--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.PTFT	1/5	4PA
OakmontREC	F	10am	W7D.48GP	1/16	DPVK
SpHillREC	T	11am	W7D.XUAD	1/13	DPVK

**Line Dancing II**

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

**4PA 10--55 minute lessons--\$140**

**DPVK 10--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.B0Q8	1/5	4PA
SpHillREC	T	9:30am	9Z4.64DX	1/13	DPVK

# Dance

## Line Dancing All Levels

**(13-Adult)** Students of all ability levels are welcome in this class which provides alternative steps for different abilities. Basic steps such as grapevines, as well as more complex steps such as weaves, sailor shuffles and swirls.

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	U56.76VA	1/8	4PA

## Country & Western Dancing I

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	3pm	706.1TK6	1/3	4PA

## Country & Western Line Dancing

### Beginning I

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	4pm	607.6KCW	1/3	4PA
Frying Pan Pk	W	6pm	607.BR12	1/7	4PA
OakmontREC	Su	3pm	607.ZAQ8	1/4	4PA

## Country & Western Line Dancing

### Beginning II

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	5pm	C8C.4J5U	1/3	4PA
Frying Pan Pk	W	7:15pm	C8C.CZKP	1/7	4PA
OakmontREC	Su	4pm	C8C.2H7P	1/4	4PA

## Country & Western Line Dancing

### Intermediate I

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	742.XSMC	1/4	4PA

## Country & Western Line Dancing

### Intermediate II

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	6pm	81E.LCNO	1/4	4PA

## Bachata

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

**3PA 8--55 minute lessons--\$110**

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
ProvREC	M	8pm	872.A97C	1/5	3PA
Wkfld/Moore	F	7:30pm	872.6U1U	1/9	4PA

## Bolero Dancing

**(13-Adult)** Prerequisite: Ballroom Dancing I or equivalent. Bolero is a slow and elegant dance combining ballroom and Latin styles characterized by smooth, movements and dramatic arm styling. Class focuses on fundamentals and partnering techniques for beginners and experienced dancers.

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3pm	Z6P.30XN	1/4	4PA

## Latin Dancing I

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

**3PA 8--55 minute lessons--\$110**

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
MtVernREC	W	7pm	7BF.WBOB	1/7	3PA
SpHillREC	Su	2pm	7BF.Z7M2	1/11	4PA

## Salsa I Singles & Couples

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	7:30pm	375.QQN4	1/7	4PA

## Salsa II Singles & Couples

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	P7M.PMB3	1/9	4PA

## Belly Dance I

Get in shape while learning the magic and mystery of the oldest dance form.

**3PA 8--55 minute lessons--\$110**

**CPVF 8--55 minute lessons--\$127**

**Location Day Time Code Begin \$**

<b>(13-Adult)</b>					
OakmontREC	W	12:45pm	Y21.G2AU	1/7	CPVF
ProvREC	M	6pm	Y21.ILPS	1/5	CPVF
ProvREC	F	12:20pm	Y21.59D	1/9	CPVF
Wkfld/Moore	T	6pm	Y21.22N5	1/6	CPVF
<b>(Adults)</b>					
MtVernREC	Th	7pm	C24.4A8T	1/15	3PA
MtVernREC	Su	1pm	C24.RTLL	1/18	3PA
MtVernREC	Su	11am	C24.6VYJ	1/18	3PA

## Hula Dance-Beginning

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.E8GK	1/11	4PA

## Hula Dance-Intermediate

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

**4PA 10--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.M4UF	1/11	4PA

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## REC CENTERS OPEN HOUSE



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## Day Trips & Tours

Scan the QR code to go directly to the Parktakes Online Day Trips & Tours page.



### Day Trips & Tours Information & Policies

**Transportation:** Transportation is either by chartered motor coach equipped with reclining seats and restroom or by a small bus or van.

**Bus Seating:** Registered participants may select seats on a first-come first-served basis. Usually, two seats adjacent to the driver are reserved for the trip escort and a tour guide (if needed). The trip escort will try to accommodate requests for special seating when possible.

**Age Parameters:** FCPA trips are for ages 18 years and older.

**Alcohol:** No kegs, opened cans or glass containers are allowed on the bus. No large coolers are allowed unless the cooler can be positioned on the back seat so that it does not take away a seat from any passenger. Damage or spillage from a cooler can stain coach seat upholstery and compromise bus cleanliness and appearance.

**Discounts:** Early registration discounts apply only to tours first advertised in this issue of Parktakes. Senior discount fees do not apply to tours. The class scholarship policies also do not apply to tours.

**People with Disabilities:** Participants requiring ADA accommodations must call 703-324-8563 at least 10 business days in advance of the scheduled activity. TTY Va. Relay 711.

**Cancellations:** The FCPA reserve the right to cancel a trip due to low enrollment and/or other circumstances. If a trip is canceled, all registrants will be notified, and all fees will be refunded to your Parktakes account. Trips are not canceled due to inclement weather unless you are notified by phone.

**Refund Policy:** Refunds, credits or transfers for day trips are allowed up to 14 days prior to the trip date. Cancellation/refund requests received 13 or fewer days prior to the trip date will not be granted because of bus company and vendor deadlines. For trips requiring deposits, the deposit is nonrefundable. You can, however, substitute another person in your place.

The FCPA retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.

Schedule times are approximate. Reasonable substitutions for some items included in the printed trip description may be necessary in certain cases. Refunds are not given for delays or changes in the itinerary due to weather, traffic, security delays, crowds, mechanical breakdown, or other factors beyond the Park Authority's control. FCPA is not liable for cost of tickets, meals or expenses due to schedule changes.

**Confirmation and Itinerary:** A welcome email is sent 1-2 weeks before the trip with important information regarding the trip.



### Philadelphia Flower Show

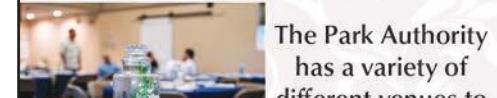
**(16-Adult)** The Philadelphia Flower Show is the nation's largest and longest-running horticultural event. It features stunning displays by some of the world's premier floral and landscape designers. Immerse yourself in the spectacular and decadent floral displays and the exciting, energetic and passionate side of flowers, gardens and horticulture. Bring a lunch or enjoy the atmosphere and food at the Reading Terminal Market located across the street. Trip includes motor coach and admission. The March 2 trip departs Green Spring at 10 a.m. and returns at 10 p.m. The March 4 trip departs at 8 a.m. and returns at 8 p.m. Trip cancellation deadline is February 15, 2026.

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10am	A19.B1WN	3/2	\$179
GrnSprGardn	W	8am	A19.L3YW	3/4	\$179



Turn to the Events section for a schedule of events.

### BOOK YOUR CORPORATE OUTING AT AN FCPA SITE



The Park Authority has a variety of different venues to suit all needs:

Small Offsite Meetings

Large Teambuilding

Events Corporate Parties



For more information visit [www.fairfaxcounty.gov/parks/facility-rentals](http://www.fairfaxcounty.gov/parks/facility-rentals)



# Equestrian and Farm

## Equestrian and Farm

### FCPA Equestrian Facilities

#### Frying Pan Farm Park



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

**703-437-9101**

- Indoor and outdoor riding arenas
  - Jump equipment
  - Dressage ring
  - Cross-country course
  - Brand-new sound system
  - Horse shows
  - State-of-the-art barns with stalls for 150 horses.
- Due to the heavy use of indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not have horses for rent. For show schedules, entry forms and rental details visit [www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark).

#### Laurel Hill Equestrian Center



#### 9500 Furnace Road, Lorton

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

Scan the QR code to go directly to the Parktakes Online Equestrian & Farm page.



#### Turner Farm Park



#### 925 Springvale Road, Great Falls

**703-437-8261**

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

### Equestrian Programs and Classes

Please note that if you are unable to attend class, you must notify the stable at least one day in advance.

Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes.

#### Frying Pan Farm Park

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

### English Style Riding Lessons

Student weight must not exceed 200 lbs.

#### Horseback Riding Advanced Beginner

**(8-14 yrs.)** Prerequisite: Students must have taken Horseback Riding Beginning for three previous sessions with SPIRIT. Riders will build on skills learned in level I.

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

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	6pm	GR4.L97V	1/7	DHAF
Frying Pan Pk	W	7pm	GR4.NS3R	1/7	DHAF

#### Horseback Riding-Beginner

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

**CHAF 6--45 minute lessons--\$599**

**DHAI 7--45 minute lessons--\$699**

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

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	15F.RXRA	1/5	DHAF
Frying Pan Pk	M	7pm	15F.Q0HJ	1/5	DHAF
Frying Pan Pk	T	6pm	15F.GPT1	1/6	DHAI
Frying Pan Pk	T	7pm	15F.GEIT	1/6	DHAI
Frying Pan Pk	Th	6pm	15F.WMDN	1/8	CHAF
Frying Pan Pk	Th	7pm	15F.DJAY	1/8	CHAF



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



nextdoor



Follow us at @fairfaxparks

## 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.

<b>CHAF</b>	<b>6--45 minute lessons--\$599</b>
<b>DHAI</b>	<b>7--45 minute lessons--\$699</b>
<b>DHAF</b>	<b>8--45 minute lessons--\$799</b>

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	1F7.4NL4	1/5	DHAF
Frying Pan Pk	T	6pm	1F7.1GB9	1/6	DHAI
Frying Pan Pk	W	6pm	1F7.1LB1	1/7	DHAF
Frying Pan Pk	Th	6pm	1F7.GSGF	1/8	CHAF

## Therapeutic Horseback Riding II

**(4-Adult)** Prerequisite: Students must have taken Therapeutic Horseback Riding I for three previous sessions with SPIRIT. Advancement is based on the rider's abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. Student weight must not exceed 200 lbs. A medical form is required by Spirit for participation.

<b>CHAF</b>	<b>6--45 minute lessons--\$599</b>
<b>DHAI</b>	<b>7--45 minute lessons--\$699</b>
<b>DHAF</b>	<b>8--45 minute lessons--\$799</b>

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	7pm	JJJ.9IAV	1/5	DHAF
Frying Pan Pk	T	6pm	JJJ.FNU6	1/6	DHAI
Frying Pan Pk	W	7pm	JJJ.CNHI	1/7	DHAF
Frying Pan Pk	Th	7pm	JJJ.0NK3	1/8	CHAF



## Kidwell Farm at Frying Pan Farm Park

2709 West Ox Road, Herndon  
703-437-9101

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

### Down on the Farm

Meet draft horses, chickens, peacocks, rabbits, sheep, goats, cows and pigs at Kidwell farm, Frying Pan Farm Park's 1930s era working farm. Pet the friendly farm animals, take a wagon ride or watch the farm hands at work. At the Kidwell Farm House, you can take a tour to see how farm families lived in the 1930s. Kidwell Farm is open daily from 9 a.m. to 5 p.m. More information about the park's historic schoolhouse, blacksmith shop and meeting house is available on the web. Groups are welcome, fees may apply. Field trip programs can be requested from the website. Call for tour information.



### The Country Store

703-435-3710

Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts.

See current hours at [www.fairfaxcounty.gov/parks/operational-hours](http://www.fairfaxcounty.gov/parks/operational-hours)

## Little Hands on the Farm

Join us to learn about a different element of farm life each week. Classes held during the same week will have repeat topics. Other activities can include story time, crafts and small farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

### 1-45 minute program

Location	Day	Time	Code	Date	\$
(2-3 yrs.)					
Frying Pan Pk	M	9:45am	58A.EX2V	2/2	\$10/child
Frying Pan Pk	M	9:45am	58A.E3PR	2/23	\$10/child
(3-5 yrs.)					
Frying Pan Pk	M	11am	100.H97B	2/2	\$10/child
Frying Pan Pk	M	11am	100.I3E7	2/23	\$10/child

## Farm

### Child and Parent Programs

#### Animal Tea Party

**(4-7 yrs.)** Join us for a cozy tea party on the farm. Bring your favorite stuffed animal, help us decorate for the party and read a story. We will enjoy drinks and cookies in a special environmentally friendly tea set and meet one of our animals.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	11am	M3W.YGJ6	1/24	\$10/child
Frying Pan Pk	Sa	2pm	M3W.395V	1/24	\$10/child
Frying Pan Pk	F	2pm	M3W.W622	1/30	\$10/child
Frying Pan Pk	Sa	11am	M3W.DMJW	1/31	\$10/child
Frying Pan Pk	Sa	2pm	M3W.315P	1/31	\$10/child

**Holiday ON THE FARM**

**Fridays and Saturdays, December 5-6, 12-13 or 19-20 • 4:30-7:30 p.m.**

**Online Presale: \$15 (Sales end day before event)**

**At the Door: \$20**

Celebrate the season with an evening of holiday magic at the farm! The evening includes:

- Wagon rides though a dazzling light show
- Carousel and trackless train rides
- Create holiday crafts
- Cozy campfire
- Visit with farm animals
- Meet Santa himself

**Frying Pan Farm Park**  
2709 West Ox Road, Herndon, Va.  
703-437-9101  
[www.fairfaxcounty.gov/parks/frying-pan](http://www.fairfaxcounty.gov/parks/frying-pan)

### Family/All Ages

Children must be accompanied by an adult also registered in the program.

#### Custom Valentine Making

**(3-Adult)** Nothing says I LOVE MOO like a handmade Valentine's Day card. Bring your smocks and creativity to the Frying Pan Farm Park Visitor Center to get creative with your family and friends. Listen to music, use a ton of glue and leave the clean-up to us. Materials will be provided for cards that kids and adults can make. Farm animal puns and historic style cards will be the featured crafts. Stay for a little while, or the whole time.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	ZX9.UYLN	2/7	\$8/ea.

### MLK Service and Learning Day

**(4-Adult)** Introduce your young ones to Martin Luther King, Jr. Day at the Frying Pan Farm Park Visitor Center. Learn about Martin Luther King and the importance of giving back to our community. Rotate through stations to hear about the Civil Rights Movement, participate in a service project and reflect on the power of community cooperation. All participants must be registered.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	10:30am	F2C.023X	1/19	Free
Frying Pan Pk	M	1pm	F2C.8WKU	1/19	Free

### Roundup Playtime

**(1-6 yrs.)** Enjoy 2 hours of unstructured themed play time to meet new friends in the Visitor Center Auditorium. Each playtime is free from 10 a.m.-12 p.m. Registration recommended.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	10am	C62.WU1Ø	1/14	Free
Frying Pan Pk	W	10am	C62.6715	1/28	Free
Frying Pan Pk	W	10am	C62.9A7J	2/11	Free
Frying Pan Pk	W	10am	C62.NQW1	2/25	Free



**SCAN THE QR CODE  
TO FIND MORE  
CLASSES ONLINE**

# CELEBRATE THE SEASON!



## HOLIDAY ON THE FARM

Fridays & Saturdays, December 5-20

4:30 p.m.-7 p.m.

Frying Pan Farm Park

**\$15 per person, Reservations recommended**

**(2-Adult)** Celebrate the season with an evening of holiday magic at the farm. Take a wagon ride through dazzling lights, cozy up by the campfire, and meet Santa before he heads to the North Pole. Create fun crafts, stroll the grounds to see friendly farm animals and soak up the festive farm charm. Admission includes a wagon, trackless train and carousel ride. Tickets are \$15 per person in advance or \$20 at the gate. Online sales end at 11:59 p.m. the day before the event date. For safety, walking on the wagon route is not allowed. No refunds unless the event is canceled.

## WINTER WONDERLAND AT BURKE LAKE

**(2-Adult)** All aboard the Holiday Express! Climb on for a train ride, spin around the Carolers Carousel, play a round of Gingerbread Man Golf or cozy up by the fire to make s'mores. Celebrate the season with family fun, a visit with Santa, hot chocolate and candy canes. Passes for the event are available for \$20 if purchased online by the Thursday before the event. Day-of passes will be sold for \$25. Passes can be picked up at the ice cream parlor on the day of the event. Refunds are only offered if the event is canceled. Children under 10 must be accompanied by an adult on the train. Kids younger than 2 can ride the train for free with a paying adult but must purchase tickets for other activities, including drinks, s'mores and crafts. Children shorter than 42 inches must purchase a ticket to ride the carousel and must be accompanied by an adult. Adults riding with small children on the carousel do not need a ticket. A limited number of activity tickets will be available for purchase at the park on the day of the event. Online registration closes the Thursday before the event.

### 1-6 hour pass

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	B7A.5Q8K	12/6	\$20/ea.
BurkeLakePk	Su	11am	B7A.WKR2	12/7	\$20/ea.
BurkeLakePk	Sa	11am	B7A.SAF6	12/13	\$20/ea.
BurkeLakePk	Su	11am	B7A.M1EF	12/14	\$20/ea.
BurkeLakePk	Sa	11am	B7A.76Z5	12/20	\$20/ea.
BurkeLakePk	Su	11am	B7A.FNX6	12/21	\$20/ea.



## CHILDREN'S HOLIDAY SHOPPING AT HISTORIC COLVIN RUN

**(5-12 yrs.)** No peeking, it's a surprise. Children are accompanied by a secret shopper to assist them with purchasing holiday gifts at the Colvin Run Mill General Store. Assistants help wrap and tag gifts. Cost of gifts not included. Adults may tour the site and visit the Miller's House exhibit while waiting.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	N3V.YT8P	12/6	\$7/child
ColvinRunMill	Sa	11:30am	N3V.BQKR	12/6	\$7/child
ColvinRunMill	Sa	12pm	N3V.JLKJ	12/6	\$7/child
ColvinRunMill	Sa	12:30pm	N3V.H7XR	12/6	\$7/child
ColvinRunMill	Sa	1pm	N3V.1LRP	12/6	\$7/child
ColvinRunMill	Sa	1:30pm	N3V.IPX4	12/6	\$7/child
ColvinRunMill	Sa	2pm	N3V.23ZQ	12/6	\$7/child
ColvinRunMill	Sa	2:30pm	N3V.DTQB	12/6	\$7/child
ColvinRunMill	Sa	3pm	N3V.XM22	12/6	\$7/child
ColvinRunMill	Su	11am	N3V.UZ64	12/7	\$7/child
ColvinRunMill	Su	11:30am	N3V.1WMC	12/7	\$7/child
ColvinRunMill	Su	12pm	N3V.5RYL	12/7	\$7/child
ColvinRunMill	Su	12:30pm	N3V.8X0W	12/7	\$7/child
ColvinRunMill	Su	1pm	N3V.2QYM	12/7	\$7/child
ColvinRunMill	Su	1:30pm	N3V.V5YZ	12/7	\$7/child
ColvinRunMill	Su	2pm	N3V.5IV5	12/7	\$7/child
ColvinRunMill	Su	2:30pm	N3V.F56C	12/7	\$7/child
ColvinRunMill	Su	3pm	N3V.EWYW	12/7	\$7/child

## SENSORY-FRIENDLY SANTA AT THE MILL

**Saturday, December 13 • 12:30 p.m. – 2:15 p.m.**  
**Sunday, December 14 • 11:30 a.m. – 1:15 p.m.**  
**\$40 per family (up to 5 people)**  
**Reservations required**

**(3-Adult)** At this sensory-friendly event, children with disabilities and their families can experience old-fashioned holiday fun at Colvin Run Mill in a quiet and calm environment. Families will have 15 minutes to visit Santa in the mill, and we will offer holiday crafts. Families may also visit the historic house and general store. The cost is for a whole family or friend group of up to 5 people.

## SANTA AT THE MILL

**(3-Adult)** Experience old-fashioned holiday fun at Colvin Run Mill. Visit Santa in the Mill, tour the Miller's House decorated for the holidays, roast a marshmallow, and enjoy cocoa. Festive music and children's crafts complete the experience. Most families spend about an hour at this event.

### 1-1 hour event

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	3pm	1ED.WAXC	12/13	\$10/ea.
ColvinRunMill	Sa	3:30pm	1ED.TGJK	12/13	\$10/ea.
ColvinRunMill	Sa	4pm	1ED.VP3S	12/13	\$10/ea.
ColvinRunMill	Sa	4:30pm	1ED.LPCX	12/13	\$10/ea.
ColvinRunMill	Sa	5pm	1ED.LCTT	12/13	\$10/ea.
ColvinRunMill	Sa	5:30pm	1ED.VPOF	12/13	\$10/ea.
ColvinRunMill	Su	2pm	1ED.BEUN	12/14	\$10/ea.
ColvinRunMill	Su	2:30pm	1ED.JY9Z	12/14	\$10/ea.
ColvinRunMill	Su	3pm	1ED.17UØ	12/14	\$10/ea.
ColvinRunMill	Su	3:30pm	1ED.2XRI	12/14	\$10/ea.
ColvinRunMill	Su	4pm	1ED.XPDG	12/14	\$10/ea.
ColvinRunMill	Su	4:30pm	1ED.23W4	12/14	\$10/ea.

## Swim with Santa!

at Spring Hill  
Rec Center

**Sunday, December 7**

Celebrate the holiday season with a festive pool party and the opportunity to swim with Santa!

- 3-4 p.m. for children ages 1-6
- 4:30-5:30 p.m. for children ages 7-12
- \$15 per child

[www.fairfaxcounty.gov/parks/reccenter/spring-hill](http://www.fairfaxcounty.gov/parks/reccenter/spring-hill)

**SPRING HILL  
REC CENTER**

1239 Spring Hill Road  
McLean, Va.

## Events



### Astronomy Festival

**(3-Adult)** Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.

1-2 hour 30 minute event

Location	Day	Time	Code	Date	\$
TurnerFarm	Sa	5pm	4DF.3ZRG	12/13	\$10/ea.
TurnerFarm	Sa	5pm	4DF.ØYQA	1/10	\$10/ea.
TurnerFarm	Sa	5:30pm	4DF.KUTB	2/14	\$10/ea.



### Lunar New Year Celebration

**(3-Adult)** Celebrate the Lunar New Year with the Fairfax County Park Authority. Enjoy an evening filled with festive traditions, including hands-on crafts and cultural games, delicious samples of Asian cuisine and live performances featuring martial arts, dance and music. Discover the history and stories behind this vibrant holiday as we welcome a new year together. Registration closes Thursday, February 19, at 11:59 p.m. Children must be accompanied by an adult also registered in the program.

1-2 hour event

Location	Day	Time	Code	Date	\$
Twin Lakes GC	Sa	6pm	ADF.38EN	2/21	\$10/ea.



**CANDY CANE LANE**

**Saturday, December 13 • 3 - 7 p.m.**  
Tickets are \$12 in advance, \$15 at the door

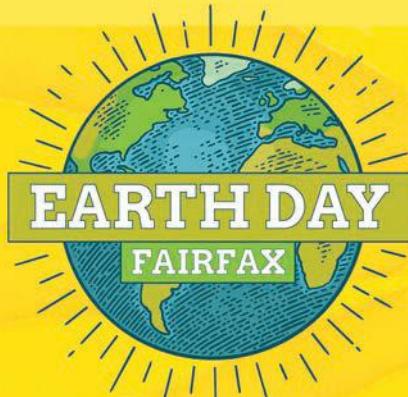
Stroll down Candy Cane Lane for a game of mini golf!



- Hot Chocolate
- Sweet Treats and Goodies to Take Home
- Crafts
- All Ages Welcome

Learn more and get tickets: [www.fairfaxcounty.gov/parks/reccenter/oakmont](http://www.fairfaxcounty.gov/parks/reccenter/oakmont)

 **OAKMONT REC CENTER**  
3200 Jermantown Rd. • Oakton



**EARTH DAY FAIRFAX**

**SAVE THE DATE!**

**Saturday, April 25, 2026**

**10 a.m. - 4 p.m.**



**Family Skate & Dance Night**

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

**Halloween Costume Party**  
Saturday, October 25 • 5 - 9 p.m.

**Thanksgiving Family Skate and Dance Night**  
Saturday, November 22 • 6 - 9 p.m.

**Holiday and Ugly Sweater Skate and Dance Night**  
Saturday, December 20 • 6 - 9 p.m.

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

 **FRANCONIA REC CENTER**



**Northern Virginia Handcrafters Guild**

**Art & Craft SHOW**

**Thanksgiving Weekend**  
**November 28, 29, 30**

**FRI-SAT 10 am to 5 pm**  
**SUN 11 am to 4 pm**



**Vienna Community Center**  
120 Cherry Street SE • Vienna, VA 22180

for additional information  
**www.nvhg.org**

Admission \$3 (for all three days)  
Children 12 and under Free

# WINTER '26 CALENDAR

## Classes, Events, Programs and Registration Dates

Tuesday, October 28

Registration begins for Winter Classes	pg. 118
Saturday, November 15-Friday, November 28	
Golf Fairfax Pass Sale	pg. 76
WEEKENDS: Friday, December 5-Saturday, December 20	
Holiday On the Farm	Frying Pan Farm Park pg. 53
WEEKENDS: Saturday, December 6-Sunday, December 21	
Winter Wonderland	Burke Lake Park pg. 54
Saturday, November 22	
Thanksgiving Family Skate and Dance Night	Franconia Rec Center pg. 56
Wednesday, December 3	
Winter Trees and Landscapes Sketch Hike	Green Spring Gardens pg. 98
Saturday, December 6	
Cozy Creations and Winter Wellness Workshop	Green Spring Gardens pg. 42
Children's Holiday Shopping	Colvin Run Mill pg. 54
Sunday, December 7	
Children's Holiday Shopping	Colvin Run Mill pg. 54
Swim with Santa	Spring Hill Rec Center pg. 55
Saturday, December 13	
Santa at the Mill/Sensory-Friendly Santa at the Mill	Colvin Run Mill pg. 55
Paper Quilling Workshop - Holiday Ornaments	Green Spring Gardens pg. 42
Astronomy Festival	Turner Farm pg. 56
Candy Cane Lane	Oakmont Rec Center pg. 56
Sunday, December 14	
Santa at the Mill/Sensory-Friendly Santa at the Mill	Colvin Run Mill pg. 55
Saturday, December 20	
Ugly Sweater Family Skate and Dance Night	Franconia Rec Center pg. 56
Sunday, December 21	
Winter Solstice Campfire	Green Spring Gardens pg. 98
Sunday, January 1	
First Hike	All FCPA Parks pg. 120
Saturday, January 10	
Astronomy Festival	Turner Farm pg. 56
Monday, January 19	
MLK Service and Learning Day	Frying Pan Farm Park pg. 53
Sunday, February 1	
Remembering Metilda-Growing Up Enslaved	Colvin Run Mill pg. 81
Saturday, February 7	
Black History Month at the Meeting House	Frying Pan Farm Park pg. 80
Nature DIY Valentines	Ellanor C. Lawrence Park pg. 93
Custom Valentine Making	Frying Pan Farm Park pg. 53
Garden Artist-Naturally Yours	Green Spring Gardens pg. 70
Queen of Hearts Tea Party	Colvin Run Mill pg. 80
Sunday, February 8	
Remembrance-Enslaved Lives at Sully	Sully Historic Site pg. 81
Saturday, February 14	
Astronomy Festival	Turner Farm Park pg. 56
Winter Storytime-Valentines Day	Green Spring Gardens pg. 71
Tea and Chocolates	Historic Huntley pg. 81
Valentines Day Science	Hidden Oaks Nature Center pg. 103
Valentine's Stargazing Stroll	Lake Accotink Park pg. 103
Couples Evening at the Nature Center	Hidden Oaks Nature Center pg. 97
Sunday, February 15	
Maple Syrup Boil Down	Colvin Run Mill pg. 80



### FOR INFORMATION ABOUT SPECIAL PROGRAMMING IN OBSERVANCE OF:

#### BLACK HISTORY MONTH



#### VALENTINES DAY

Visit [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/) topics and search "Black History Month" and/or "Valentines Day".

# Exercise and Physical Fitness

## Exercise and Physical Fitness

Scan the QR code to go directly to the Parktakes Online Exercise and Physical Fitness page.



Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to a variety of drop-in classes and specialty classes for an additional registration fee.

### Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 300 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- Visit [www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes) for more information.

### Personal Training

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

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

Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available.

For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.



### BODYPUMP

**(13-Adult)** BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

#### 4ECA 11--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
ProvREC	M	6pm	A90.XJKI	1/5	4ECA
ProvREC	W	6pm	A90.QZM9	1/7	4ECA
SoRunREC	M	7pm	A90.BN5Y	1/5	4ECA
SoRunREC	W	7pm	A90.TSQE	1/7	4ECA
SoRunREC	Sa	7:45am	A90.6FBS	1/10	4ECA

### Fitness for Seniors

**(60 yrs.+)** Class is designed to help students build greater strength, flexibility and cardiovascular endurance by using weights, bands and low-to moderate-intensity aerobics.

#### 4EB 11--55 minute lessons--\$151

#### 4EC 22--55 minute lessons--\$300

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	1A0.SZAY	1/6	4EB
CubRunREC	T	8am	1A0.8EBH	1/6	4EB
CubRunREC	T	12pm	1A0.PW08	1/6	4EB
MtVernREC	M	11am	1A0.PSKT	1/5	4EB
MtVernREC	W	11am	1A0.XG3N	1/7	4EB
MtVernREC	F	11am	1A0.ABL5	1/9	4EB
OakmontREC	F	8am	1A0.TH61	1/9	4EB
ProvREC	T/Th	8:30am	1A0.1PG3	1/6	4EC
SpHillREC	T	12pm	1A0.CPF5	1/6	4EB
SpHillREC	F	11am	1A0.1U4Q	1/9	4EB

### Fitness for Women

**(16-Adult)** Unlock your full potential and embrace a healthier, more confident you in this class. This dynamic program is designed specifically to cater to the unique fitness needs and goals of women, offering a balanced mix of strength training, cardiovascular exercises, and flexibility routines.

#### 4ED 11--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	3:30pm	486.SAJX	1/8	4EB
OakmontREC	Th	8am	8B3.VYS6	1/8	4EB
SpHillREC	F	5pm	41C.1GBV	1/11	4ED

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### Golf Fit

**(13-Adult)** For the golfer who wants a better, all-around game through a golf-specific fitness program. Improve your strength, flexibility, balance, posture, stabilization and endurance training.

#### 4ED 11--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
SpHillREC	W	5pm	83D.LINH	1/7	4ED

### Stay Active/Independent for Life-Standing

**(55 yrs.+)** Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help students with balance issues or a history of falls. Class meets twice weekly with a certified SAIL instructor who leads exercises to improve overall fitness while focusing on improving balance. Exercise is done standing up.

#### 4EVA 24--55 minute lessons--\$298

Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	10am	E98.JTCG	1/6	4EVA

### Total Body Conditioning

**(60 yrs.+)** For students who want to add variety to their exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
OakmontREC	M	12pm	FOC.3UCA	1/5	4EB
OakmontREC	T	9:30am	FOC.OZUZ	1/6	4EB
OakmontREC	W	12pm	FOC.DWMH	1/7	4EB
OakmontREC	Th	10:30am	FOC.AHP0	1/8	4EB

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# Exercise and Physical Fitness

## TRX Suspension Training

**(13-Adult)** TRX suspension training uses individual body weight, gravity and suspension tools in an exciting way to get a whole new workout. Senior discount does not apply to these lessons.

### 4ECA 11--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	4:30pm	35C.QXW4	1/8	4ECA
Wkfld/Moore	T	9am	35C.WPYM	1/6	4ECA
Wkfld/Moore	W	7pm	35C.ZKA4	1/7	4ECA
Wkfld/Moore	Th	11:15am	35C.F5UF	1/8	4ECA

## TRX II

**(13-Adult)** Want a more intense TRX class? Try TRX II with more advanced moves. Prerequisite: TRX Suspension Training. Senior discount does not apply to these lessons.

### 4ECA 11--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
OakmontREC	T	3:30pm	B74.G8EB	1/6	4ECA

## Weight Training

**(16-Adult)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

### 4EX 11--55 minute lessons--\$190

Location	Day	Time	Code	Begin	\$
SoRunREC	W	6:30pm	BB2.ZERC	1/7	4EX
SoRunREC	Sa	3pm	BB2.Z7K1	1/10	4EX
SoRunREC	Su	11am	BB2.RNIF	1/11	4EX
SpHillIREC	Sa	9am	BB2.4EFP	1/10	4EX

## Weight Training

**(60 yrs.+)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

### 4EX 11--55 minute lessons--\$190

Location	Day	Time	Code	Begin	\$
CubRunREC	M	12pm	503.GUF3	1/5	4EX
SoRunREC	Th	5:30pm	503.NP50	1/8	4EX
SoRunREC	Sa	3pm	503.PYHF	1/10	4EX
SpHillIREC	Th	12pm	503.64T7	1/8	4EX

## Weight Training for Women I

**(16-Adult)** These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities. For women only.

### 4EX 11--55 minute lessons--\$190

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	8:30am	9EA.SRID	1/3	4EX
MtVernREC	T	5:30pm	9EA.M5G2	1/6	4EX
OakmontREC	M	12:30pm	9EA.898U	1/5	4EX
SoRunREC	Sa	3pm	9EA.B1XD	1/10	4EX
SoRunREC	Su	9am	9EA.C580	1/11	4EX
SpHillIREC	F	12pm	9EA.D52T	1/9	4EX

## Weight Training for Teens

**(12-15 yrs.)** Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final

test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

**3EW 4--55 minute lessons--\$69  
4EW 5--55 minute lessons--\$89**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1pm	E8B.74KY	1/10	4EW
MtVernREC	Sa	11am	E8B.UVLG	1/3	4EW
MtVernREC	M	4:30pm	E8B.OKQU	1/5	4EW
MtVernREC	Th	5:30pm	E8B.E8D3	1/8	4EW
OakmontREC	W	4pm	E8B.UG80	1/7	4EW
ProvREC	Sa	11am	E8B.0U7G	1/3	4EW
ProvREC	Sa	11am	E8B.B0P9	2/7	4EW
SoRunREC	Th	4:30pm	E8B.2130	1/8	4EW
SoRunREC	Sa	4pm	E8B.JRSW	1/10	4EW
SoRunREC	Su	10am	E8B.WNME	1/11	4EW
SoRunREC	W	5:30pm	E88.99SM	1/7	4EW
SoRunREC	W	5:30pm	E88.T3BC	2/11	4EW
SoRunREC	Th	4:30pm	E88.5QWI	2/12	4EW
SoRunREC	Sa	4pm	E8B.ZSM1	2/14	4EW
SoRunREC	Su	10am	E8B.P7F1	2/15	4EW
SpHillIREC	W	4pm	E8B.6LQV	1/7	3EW
SpHillIREC	Su	4pm	E8B.YMH7	1/11	3EW
SpHillIREC	W	4pm	E8B.3EOX	2/11	3EW
SpHillIREC	Su	4pm	E8B.RMHW	2/15	3EW
Wkfld/Moore	M	5pm	E8B.5YM3	1/5	4EW
Wkfld/Moore	M	5pm	E8B.SHSK	2/9	4EW

## Free Weight Training

**(16-Adult)** Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

**4EW 5--55 minute lessons--\$89  
4EX 11--55 minute lessons--\$190**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	5pm	52C.CP8Z	1/7	4EX
SoRunREC	W	6:30pm	52C.4X3I	1/7	4EW
SoRunREC	Sa	3pm	52C.3V9S	1/10	4EW
SoRunREC	W	6:30pm	52C.561Z	2/11	4EW
SoRunREC	Sa	3pm	52C.2HFK	2/14	4EW
SpHillIREC	T	10am	52C.4J0H	1/6	4EW
SpHillIREC	T	10am	52C.XIB1	2/17	4EW

## Group Aerobic Exercise

### Aerobics II

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	F	9:30am	C1D.721Z	1/9	4EB

## Barre Workout

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	7am	3BF.NBDQ	1/5	4EB
SoRunREC	W	9:30am	3BF.8BGX	1/7	4EB
SoRunREC	Sa	8am	3BF.4STI	1/10	4EB
SpHillIREC	Sa	10am	3BF.6STM	1/10	4EB

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# Exercise and Physical Fitness

## Cardio Kickboxing

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
ProvREC	T	7pm	7C5.QAY9	1/6	4EB
ProvREC	Th	7pm	7C5.50KL	1/8	4EB
SoRunREC	T	6:30pm	7C5.XPLE	1/6	4EB

## Cycle Spin

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

**4EB 11--55 minute lessons--\$151**

**4EE 11-1 hour 25 minute lessons--\$226**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	8am	EUJ.7IYF	1/7	4EE
ProvREC	M	5:30pm	EUJ.F16T	1/5	4EB
ProvREC	W	5pm	EUJ.256M	1/7	4EB
SoRunREC	T	6pm	EUJ.0C7P	1/6	4EB
SoRunREC	Th	6:30pm	EUJ.EWE0	1/8	4EB
SoRunREC	Sa	9am	EUJ.KOLV	1/10	4EB
SoRunREC	Su	3:45pm	EUJ.KHBX	1/11	4EB

## Gentle Cardio

**(13-Adult)** This class is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping. Class may include light body sculpting with hand weights or floor work.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	GN4.HW0K	1/6	4EB
CubRunREC	Th	12pm	GN4.FW05	1/8	4EB

## H.I.I.T.

**(13-Adult)** This High Intensity Interval Training class will introduce you to this effective workout known as H.I.I.T. Cardio health and fat loss are just some of the benefits. All levels welcome.

**4ED 11--55 minute lessons--\$153**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	8pm	OJJ.5XFU	1/5	4ED
SpHillREC	Th	5pm	OJJ.8407	1/8	4ED

## HIGH Fitness

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9am	CAP.6LVK	1/10	4EB

## Zumba

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	8pm	69F.MG01	1/5	4EB
SoRunREC	W	8pm	69F.G9WG	1/7	4EB
SoRunREC	Th	8pm	69F.YZTM	1/8	4EB
SoRunREC	F	6pm	69F.ILFQ	1/9	4EB
SoRunREC	Sa	9am	69F.TN5G	1/10	4EB
Wkfld/Moore	F	9am	69F.LOCU	1/9	4EB



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## Zumba Gold

**(60 yrs.+)** Class features the same great Latin music and dance styles as Zumba but at a slower pace. This is a safe, easy way to do a great total body workout.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	8F6.J2LM	1/9	4EB
ProvREC	M	10:30am	8F6.J2D5	1/5	4EB
ProvREC	W	10:30am	8F6.C5ZW	1/7	4EB
ProvREC	F	11am	8F6.9IN8	1/9	4EB
SpHillREC	Th	10am	8F6.8EK0	1/8	4EB
Wkfld/Moore	Th	9am	8F6.TDHI	1/8	4EB

## Alternative Exercise

### Awareness through Movement for a Pain Free Back

**(13-Adult)** Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce and prevent back pain, tension and movement restrictions. This class will help improve your posture and flexibility.

**4EW 5--55 minute lessons--\$89**

Location	Day	Time	Code	Begin	\$
ProvREC	Th	2:15pm	I93.ZB8H	2/12	4EW

## Balance and Beyond

**(55 yrs.+)** Certified balance and mobility specialists help you enhance mobility, strength and flexibility. Advanced techniques from the FallProof fall prevention program are incorporated to improve overall wellness.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	11am	FDD.VGTA	1/7	4EB
ProvREC	Th	1pm	FDD.P0QC	1/8	4EB
Wkfld/Moore	T	1:30pm	FDD.TSNM	1/6	4EB
Wkfld/Moore	Th	11am	FDD.IAT1	1/8	4EB

## BodyAwake Yoga®

**(13-Adult)** BodyAwake® Yoga is an accessible practice that blends ancient yogic practices and asana (postures) with energy medicine techniques. Through asana, breathwork and conscious energy flow, the students learn to tap into the energetic fields of their body and anchor deeply in their core. This unique practice enlivens the energetic circuitry in the body resulting in a transformational practice focused on embodiment and conscious integration of body, mind and spirit.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	10:30am	E7T.CF26	1/9	4EB
Franconia Rec	Su	10:30am	E7T.LPJ6	1/11	4EB

## Bones for Life

**(13-Adult)** Learn safe weight-bearing exercises to increase and maintain bone health. This class uses impact exercises designed to reduce stress on vulnerable joints while building bone strength, balance and overall health.

**4EA 5--55 minute lessons--\$70**

Location	Day	Time	Code	Begin	\$
ProvREC	Th	3:30pm	519.QV9A	2/12	4EA



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## Creative Balance

**(Adults)** This class will help participants regain and improve balance skills and move with more ease, agility, and confidence. With upbeat music, simple physical games, props and challenges, you'll get social while addressing a wide range of factors involved in balance, from foot stability to core strength.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
ProvREC	T	12:30pm	WBB.T4JF	1/6	4EB
SpHillREC	W	1pm	WBB.WG18	1/7	4EB

## Chair Yoga

**(13-Adult)** This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
SoRunREC	T	3:05pm	ED6.11Z6	1/6	4EB
SoRunREC	Th	11:15am	ED6.KEUC	1/8	4EB
Wkfld/Moore	M	1pm	ED6.8YLB	1/5	4EB
Wkfld/Moore	M	2:15pm	ED6.CO3A	1/5	4EB

## Gentle Yoga

**(13-Adult)** Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges.

**4EB 11--55 minute lessons--\$151**

**4EF 10--55 minute lessons--\$137**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	9am	21C.6AUV	1/7	4EB
MtVernREC	W	9am	21C.ERMO	1/7	4EB
MtVernREC	W	12:10pm	21C.E09T	1/7	4EB
OakmontREC	Th	11am	21C.V8ER	1/8	4EF
SoRunREC	T	2pm	21C.3P38	1/6	4EB
SoRunREC	Th	10am	21C.POAJ	1/8	4EB
Wkfld/Moore	T	6pm	21C.7H9A	1/6	4EB

## Meditation

**(13-Adult)** Focus and calm your mind with breathing exercises that release tension. Centered mindfulness relaxes the physical body for overall wellbeing, concentration and positive energy.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
MtVernREC	M	8pm	7C.UGD2	1/5	4EB

## Gentle Pilates

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

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
OakmontREC	W	3:30pm	F82.Q8CD	1/7	4EB
OakmontREC	F	7am	F82.I3KX	1/9	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--\$151**

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

Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	16E.HTYX	1/7	4EB
Franconia Rec	W	5:30pm	16E.WSHW	1/7	4EB
OakmontREC	W	9am	16E.I4PL	1/14	4EB
SoRunREC	Th	6pm	16E.XF0Y	1/8	4EB
SoRunREC	Sa	8:50am	16E.GVN2	1/10	4EL
SpHillREC	T	10am	16E.J3V9	1/6	4EB
SpHillREC	Th	10am	16E.AUFH	1/8	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--\$246**

Location	Day	Time	Code	Begin	\$
SpHillREC	F	11am	78C.YSBX	1/9	4EAA
SpHillREC	F	12pm	78C.K40W	1/9	4EAA
SpHillREC	Sa	11am	78C.90PZ	1/10	4EAA



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# Exercise and Physical Fitness

## 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--\$246

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6pm	08E.99RN	1/5	4EAA
CubRunREC	M	7pm	08E.9D7H	1/5	4EAA
CubRunREC	M	9:45am	08E.ODJU	1/5	4EAA
CubRunREC	M	11am	08E.W8SY	1/5	4EAA
CubRunREC	M	12pm	08E.MGHM	1/5	4EAA
CubRunREC	T	5:45pm	08E.Z05M	1/6	4EAA
CubRunREC	T	6:45pm	08E.8290	1/6	4EAA
CubRunREC	T	9am	08E.5GCI	1/6	4EAA
CubRunREC	T	10am	08E.8R2E	1/6	4EAA
CubRunREC	Th	5:45pm	08E.XRVO	1/8	4EAA
CubRunREC	W	10am	08E.EQZ9	1/7	4EAA
CubRunREC	F	10am	08E.92GQ	1/9	4EAA
CubRunREC	Sa	10am	08E.IUBM	1/10	4EAA
CubRunREC	Sa	11am	08E.L742	1/10	4EAA
CubRunREC	Su	9:30am	08E.K6IQ	1/11	4EAA
CubRunREC	Su	10:45am	08E.EGJ0	1/11	4EAA
Franconia Rec	M	6:30pm	08E.ZHJJ	1/5	4EAA
Franconia Rec	W	6:30pm	08E.1JCW	1/7	4EAA
Franconia Rec	W	10am	08E.E4GL	1/7	4EAA
Franconia Rec	Th	4pm	08E.U5MZ	1/8	4EAA
Franconia Rec	Su	5:30pm	08E.5N7Q	1/11	4EAA
MtVernREC	M	4pm	08E.QTV5	1/5	4EAA
MtVernREC	M	7pm	08E.RG4H	1/5	4EAA
MtVernREC	M	10:45am	08E.G56E	1/5	4EAA
MtVernREC	T	5:30pm	08E.PGKG	1/6	4EAA
MtVernREC	T	6:30pm	08E.4DNH	1/6	4EAA
ProvREC	M	9:30am	08E.VREW	1/5	4EAA
ProvREC	M	10:30am	08E.DG3X	1/5	4EAA
ProvREC	T	6pm	08E.W22C	1/6	4EAA
ProvREC	T	10am	08E.ORWP	1/6	4EAA
ProvREC	T	11am	08E.WFYI	1/6	4EAA
ProvREC	W	6pm	08E.X5PY	1/7	4EAA
ProvREC	Th	11:30am	08E.MG43	1/8	4EAA
ProvREC	Su	9am	08E.EKDG	1/11	4EAA
SoRunREC	M	6pm	08E.Z1V3	1/5	4EAA
SoRunREC	W	10am	08E.6BPT	1/7	4EAA
SpHillIREC	W	6pm	08E.SDUH	1/7	4EAA
SpHillIREC	W	7pm	08E.VYU3	1/7	4EAA
SpHillIREC	Th	6pm	08E.908D	1/8	4EAA
SpHillIREC	Sa	9am	08E.DK4V	1/10	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--\$246

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	7:30pm	5B6.FK64	1/7	4EAA
ProvREC	T	5pm	5B6.5FNV	1/6	4EAA
ProvREC	Th	10:30am	5B6.FMDU	1/8	4EAA
SpHillIREC	M	6:30pm	5B6.XPFN	1/5	4EAA
SpHillIREC	M	7:30pm	5B6.3AHE	1/5	4EAA
SpHillIREC	T	8am	5B6.0KK6	1/6	4EAA
SpHillIREC	T	9am	5B6.UD56	1/6	4EAA
SpHillIREC	W	8am	5B6.E3SO	1/7	4EAA
SpHillIREC	W	9am	5B6.5EP9	1/7	4EAA
SpHillIREC	W	10am	5B6.NL4G	1/7	4EAA
SpHillIREC	F	10am	5B6.SSK0	1/9	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--\$246

Location	Day	Time	Code	Begin	\$
SpHillIREC	Th	7pm	A40.JOHS	1/8	4EAA
SpHillIREC	Sa	10am	A40.10FS	1/10	4EAA

## Pilates Allegro Reformer Jumpboard

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

### 4EAA 11-55 minute lessons--\$246

### 4EAC 11 30 minute lessons--\$123

### Location Day Time Code Begin \$

CubRunREC	M	5pm	719.SUUN	1/5	4EAA
SpHillIREC	W	11am	719.Y2LY	1/7	4EAC

## Mat Fusion

**(13-Adult)** Looking for a safe and effective way to improve flexibility, endurance and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

### 4EB 11-55 minute lessons--\$151

### Location Day Time Code Begin \$

SoRunREC	T	7pm	34B.8B4I	1/6	4EB
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# Exercise and Physical Fitness

## Intro to Tai Chi: Find your Balance

**(13-Adult)** Experience the calming flow of Tai Chi in this introductory class which is perfect for anyone curious about its gentle movements and stress-reducing benefits. Learn fundamental principles, basic forms and cultivate a sense of mind-body connection in a welcoming environment. This class provides a great way to discover if Tai Chi is right for you.

**4EZZ 1--55 minute lesson--\$13**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	Y5R.B4S8	2/21	4EZZ

## Tai Chi I

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

**4EF 10--45 minute lessons--\$137**  
**4EB 11--55 minute lessons--\$151**  
**DEBA 8--55 minute lessons--\$111**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	ED9.ILZ0	1/6	4EB
Franconia Rec	W	6pm	ED9.65W0	1/7	4EB
Frying Pan Pk	Th	8pm	ED9.FEOQ	1/8	4EF
GrnSprGardn	M	1:30pm	ED9.2HHF	1/5	DEBA
OakmontREC	Th	4:30pm	ED9.7K40	1/8	4EB
ProvREC	M	1:30pm	ED9.1RLR	1/5	4EB
ProvREC	W	1pm	ED9.P8TQ	1/7	4EB
SpHillIREC	M	7pm	ED9.A872	1/5	4EB
SpHillIREC	Sa	9am	ED9.CWVE	1/10	4EB

## Tai Chi II

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

**4EB 11--55 minute lessons--\$151**  
**DEBA 8--55 minute lessons--\$111**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	630.UBMW	1/6	4EB
Franconia Rec	Th	6pm	630.VVCS	1/8	4EB
GrnSprGardn	M	12:15pm	630.YRRL	1/5	DEBA
OakmontREC	Th	5:30pm	630.D11A	1/8	4EB
ProvREC	M	2:30pm	630.J8IE	1/5	4EB
ProvREC	W	2:30pm	630.359I	1/7	4EB
SpHillIREC	M	8pm	630.MBHV	1/5	4EB
SpHillIREC	Sa	10am	630.HZXF	1/10	4EB

## Outdoor Classes



### Outdoor Running for Fitness

**(13-Adult)** Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

**4EB 11--55 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.2HVX	1/10	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, body and breath awareness while leaving the body energized and the mind at peace.

**4EB 11--55 minute lessons--\$151**

**4EE 11-1 hour 25 minute lessons--\$226**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6:30pm	308.I61K	1/5	4EE
OakmontREC	Th	10am	308.P6G4	1/8	4EB
OakmontREC	Th	10:15am	308.3DMS	1/8	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--\$226**

Location	Day	Time	Code	Begin	\$
SpHillIREC	Th	6pm	KXS.XNBR	1/8	4EE

## Yoga for Gardeners

**(Adults)** This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors.

**DEBA 8--55 minute lessons--\$111**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	9:30am	6E6.HW0G	1/5	DEBA

## Yoga for Golfers

**(13-Adult)** Classes focus improving flexibility, swing rotation, posture awareness and balance. Your stamina improves and risk of injury decreases.

**4EA 5--55 minute lessons--\$70**

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	9am	835.LU4U	1/3	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--\$226**

Location	Day	Time	Code	Begin	\$
SpHillIREC	Su	5pm	D01.YSUQ	1/11	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--\$151**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	49D.W60Z	1/5	4EB

# Exercise and Physical Fitness



## Specialty Programs

### Corrective Exercise

**(16-Adult)** Enhance your movement and prevent injuries in this engaging session crafted to identify and correct undesirable movement patterns through straightforward, effective exercises. Learn from a NASM Certified Corrective Exercise Specialist who will guide you through clear and concise exercises targeting tight muscles and weak areas. Practice specific stretches and strengthening exercises designed to address and correct imbalances. Improving overall movement quality and reducing the risk of injury with this specialized class.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
OakmontREC	T	11am	CTY.9RAZ	1/6	4EB

### Intro to Rock Climbing

Unleash your inner adventurer and conquer new heights! This introductory rock climbing class is designed for beginners to learn the fundamentals of indoor climbing in a safe and supportive environment. Our experienced instructors will guide you through essential techniques, safety protocols, and climbing etiquette.

#### 3EAB 4--55 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
MtVernREC	Th	6pm	TDI.3DHO	1/8	3EAB
MtVernREC	Th	6pm	TDI.JK7E	2/12	3EAB
<b>(13-Adult)</b>					
MtVernREC	M	6pm	Z49.PXYQ	1/5	3EAB
MtVernREC	T	6pm	Z49.JVMR	1/6	3EAB

### Joint Mobility

**(13-Adult)** This joint protection class is designed to enhance stability, mobility and overall well-being

using exercises and techniques that strengthen muscles around your joints, improve flexibility and reduce the risk of injury. Come prepared to engage in low-impact movements, resistance training, and stretching routines that promote joint health, keeping you active, strong and confident at any stage of life.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
OakmontREC	T	12:30pm	UYS.MJIM	1/6	4EB

### Jump Start Nutrition

**(13-Adult)** This program helps you build a strong foundation for lasting health through a holistic, food-based approach. Each session explores key wellness pillars such as balanced nutrition, digestion, mindful eating and stress resilience, as well as offering practical tips and habits to nourish your body and mind.

#### 4EW 5--55 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
SpHillREC	M	1pm	3YL.4NRU	1/5	4EW
SpHillREC	F	10am	3YL.8DKP	1/9	4EW

### Movement Connection

**(13-Adult)** In today's world, we sit too much and feel disconnected from our bodies, nature and each other. This class helps reverse that by using everyday objects and outdoor spaces (weather permitting) to restore natural ease, balance and strength through guided, level-appropriate challenges. With dynamic and mindful movement, you'll build physical confidence while enjoying connection and time in nature.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
ProvREC	M	11:30am	771.ULMZ	1/5	4EB

## Virtual Classes



### Virtual Gentle Cardio

**(13-Adult)** This class is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping. Class may include light body sculpting or floor work. This class will be delivered online using Microsoft Teams. Link will be emailed prior to first class.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Virtual FCPA	W	8am	5U8.MAR3	1/7	4EB

### Virtual Pilates

**(13-Adult)** Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

#### 4EC 22--55 minute lessons--\$300

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.37YP	1/13	4EC

### Virtual Tai Chi I

**(13-Adult)** Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Chinese exercises to increase energy flow while decreasing stress. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	1:30pm	XF2.B9V1	1/5	4EB

### Virtual Tai Chi II

**(13-Adult)** Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.LK58	1/5	4EB

### Virtual Wall Pilates

**(Adults)** This simple and gentle form of exercise for beginners and seniors offers a safe and effective way to get your body moving. Virtual Wall Pilates is a low-impact exercise that is great for strengthening, stretching and balance. The only equipment needed is a wall and mat. The wall is used for resistance and support in a variety of different poses and movements. This class will be delivered online using Microsoft Teams. Link will be emailed prior to first class.

#### 4EB 11--55 minute lessons--\$151

Location	Day	Time	Code	Begin	\$
Virtual FCPA	F	11:15am	32X.YK8W	1/9	4EB

## Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

### Drawing Classes

#### Art Above & Beyond

**(6-12 yrs.)** This mixed-media class offers a variety of projects including drawing and painting. Supply fee payable to instructor at first class.

**4FA 10--55 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	5:30pm	EB5.CWW4	1/5	4FA

#### Colorful Art by Abrakadoodle

**(6-12 yrs.)** Young artists will create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest. Students will take an imaginary tour to New England and paint lighthouse scenes. Supply fee of \$32 payable to instructor at first class.

**DFVW 8--55 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.E20F	1/10	DFVW
SoRunREC	Sa	2pm	PRL.Z0V0	1/3	DFVW
SoRunREC	W	5pm	PRL.OLIM	1/7	DFVW

#### Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential storytelling. This Baroody Camps class is geared towards those interested in creating their own personal comic books. The program, developed and taught by pro comic book creator Arsia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk and X-Men) delves into the hands-on fun of creating sequential art that is not limited to the super-hero genre. Any supply fee payable at first class.

**DFVR 8--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
OakmontREC	F	5:30pm	7KT.0CA0	1/9	DFVR
LittleRn ES	Sa	10:00am	7KT.WEP2	1/17	DFVR
Woodson HS	T	6:30pm	7KT.047L	1/13	DFVR
<b>(13-Adult)</b>					
LittleRn ES	Sa	11am	LEH.V4X9	1/17	DFVR
Woodson HS	T	7:30pm	LEH.XU15	1/13	DFVR

## WEATHER PROCEDURE

For weather-related Park Authority closings or cancellations, visit [www.fairfaxcounty.gov/parks/updates](http://www.fairfaxcounty.gov/parks/updates) or call 703-324-8661.



drawing techniques. Students receive a sketchbook to use and keep.

**DFVK 8--55 minute lessons--\$161**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:30am	GUX.VOXQ	1/17	DFVK
MtVernREC	T	5:30pm	GUX.KB30	1/13	DFVK

#### Mindful Drawing

**(13-Adult)** Learn to use drawing and meditation to improve attention, observation and connection to nature. Focus on breathing, mindful awareness and basic drawing skills in a peaceful outdoor setting (weather permitting). Learn how drawing in nature can calm your spirit. Bring your sketchbook and supplies; paper and pencils will also be available for use.

**DFAH 1--2 hour lesson--\$22**

Location	Day	Time	Code	Begin	\$
HuntMdws	Sa	10am	365.10UU	12/6	DFAH

#### Young Artists Explore Mixed Media

**(6-12 yrs.)** Young artists explore open ended art experiences while developing their personal and unique creativity using mixed media including drawing, painting, printmaking and collage. Supply fee of \$10 payable to instructor at first class.

**3FA 8--55 minute lessons--\$106**

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	3pm	NZ6.50D2	1/11	3FA
MtVernREC	W	5:30pm	NZ6.IJE4	1/14	3FA

#### Young Rembrandts Cartooning

**(6-12 yrs.)** In this Young Rembrandts class students learn to draw exciting, dynamic characters using a structured stepwise format to create their own animated characters in humorous settings. Objects and ideas are broken down into simple shapes, through use of exaggeration, caricature, and personification to construct cartoon images. Any supply fee payable to instructor at first class.

**DFVG 8--55 minute lessons--\$173**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	10am	D63.QUGF	1/17	DFVG
OakmontREC	Su	10am	D63.MXST	1/18	DFVG
SoRunREC	Su	1pm	D63.2YCF	1/18	DFVG
Wkfld/Moore	Sa	10am	D63.XDDJ	1/17	DFVG

#### Painting Classes

##### Abrakadoodle Kids on Canvas

**(6-12 yrs.)** Children will learn to paint as they imagine a fantastic world inspired by nature. Learn about shapes, how to create 3D buildings and how to explore maps, and how to mix colors. Supply fee payable to instructor at first class.

**DFVW 8--55 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	ZBL.A4ML	1/8	DFVW

#### Composition in Art

**(Adults)** Students learn the rules and theories of composition in art through pictures and exercises, then will apply these them to their own artwork. Topics include the rule of thirds, the golden ratio and elements of composition. Class is for all skill levels.

**3FB 8--1 hour 25 minute lessons--\$158**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	10:30am	WFJ.JIFS	1/8	3FB

# Fine Arts and Crafts

## Discover Painting

**(13-Adult)** This course provides a basic introduction painting fundamentals. Students learn basic painting skills and techniques to create simple works of art. Practical exercises include simple sketching, use of color theory and application and basic composition.

**3FB 8-1 hour 25 minute lessons--\$158**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	11:45am	E9E.4ZCZ	1/6	3FB
OakmontREC	F	10am	E9E.LTUL	1/9	3FB

## Landscape Painting

**(16-Adult)** Students will use design elements such as lines, shapes, values and spatial relation, to create landscape paintings. Students construct and deconstruct landscapes from realism to abstract. Bring watercolor paper and water-based medium watercolors or acrylics. Additional supply list provided before start of class.

**3FB 8-1 hour 25 minute lessons--\$158**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	1pm	A30.PR2Y	1/95	3FB

## Mixed Media Painting

**(13-Adult)** In this mixed media class students create works using basic techniques in acrylic, ink, watercolor and pastels. Supply fee of \$40 payable to instructor at first class.

**3FB 8-1 hour 25 minute lessons--\$158**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	7pm	MOK.R3Q5	1/12	3FB



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## Master Watercolor Studio

**(Adults)** Prerequisite: Intermediate Watercolor. Class provides experienced artists focused art time and an opportunity to work independently with the mentorship and support of the instructor and their peers. Students learn to finesse their skills, evaluate technique options, plan pieces and make stronger decisions on how to start, progress and complete their own unique art pieces.

**DFGD 8-1 hour 55 minute lessons--\$204**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	1pm	2SX.5JUC	1/5	DFGD

## Watercolor Workshop -

### Color with Sargent

**(16-Adult)** John Singer Sargent was a master of color. His side-by-side use of warm and cool colors gave his work vibrancy. Artist and instructor Dawn Flores presents a history of Sargent's life and work, then shows you how to copy Sargent's techniques and create your own compelling piece inspired by his use of color. A supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$112**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	WQ7.3091	3/28	DFAK

## Watercolor Workshop-

### Watercolor from the Beginning

**(16-Adult)** You will learn everything you need to build a strong foundation in getting started in watercolor. Learn detailed information on paper, paint and brushes explained clearly and demonstrated with helpful visual aids. Practice mixing colors, learn how to do basic washes and find out about special techniques unique to watercolor. A supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$112**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	7IL.0LMJ	2/28	DFAK

## Fun with Acrylics

**(13-Adult)** Class introduces you to acrylics in a fun and pressure-free way. Learn to make simple paintings using acrylic paints on canvas as you explore color, texture, composition and design. Supply fee of \$40 payable to instructor at first class.

**DFGB 8-1 hour 25 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
SoRunREC	W	7pm	4VW.9KG3	1/14	DFGB
Wkfld/Moore	T	7pm	4VW.8MCF	1/20	DFGB

## Fun with Acrylics II

**(13-Adult)** Students should have some experience paint with acrylics. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$40 payable to instructor at first class.

**DFGB 8-1 hour 25 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	VOF.QZFJ	1/22	DFGB

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## Creative Art Workshop-Acrylics

**(13-Adult)** Explore different painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels and painting on a photo. Supply fee of \$10 per session payable to instructor. Focus of this session is acrylics.

### DFAL 1-2 hour lesson--\$51

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	2CY.TTSG	1/11	DFAL
OakmontREC	Su	3:30pm	2CY.0DGA	2/15	DFAL
OakmontREC	Su	3:30pm	2CY.4JBB	3/8	DFAL

## Creative Art Workshop-Soft Pastels

**(13-Adult)** Explore various techniques designed to enhance your artistic skills using soft pastels. Supply fee of \$10 per session payable to instructor.

### DFAL 1-2 hour lesson--\$51

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	7S9.QSSS	1/18	DFAL
OakmontREC	Su	3:30pm	7S9.Q0M8	2/22	DFAL
OakmontREC	Su	3:30pm	7S9.3SDH	3/15	DFAL

## Photography Classes

### Digital Photography

**(13-Adult)** There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable at first class.

### 3FC 8-1 hour 55 minute lessons--\$210

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	F54.JDT8	1/7	3FC
Wkfld/Moore	Th	9:30am	F54.J75C	1/8	3FC

### Photography- Get Off Auto & Intro to Lighting

**(10-Adult)** Picking up your camera and exploring new photographic opportunities will motivate and inspire you to grow as a photographer. This workshop will take you safely and directly to shooting portraits, basics of posing, manipulating available light (including natural light). This simplistic workflow and knowledge of your camera will give you the confidence and motivation to explore new horizons and capture beautiful memories. The course will also touch on landscape and macro photography.

### CFEB 1-4 hour lesson--\$66

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	1pm	PWF.AD33	1/24	CFEB
SpHillREC	Sa	1pm	PWF.FK7Q	3/21	CFEB

## Pottery Classes

### Clay Makers

**(6-12 yrs.)** Learn the magic of clay by creating jewelry for mom, animals in the wild, a garden of flowers and bugs, keychain emojis or new additions to an old mug. The possibilities are endless in this Baroody Camps program. Students will use their clay craft tool kit to tackle projects to see how creative they can be. Materials are included in the price of the class.

### DFVR 8-55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
LittleRn ES	Sa	12:15pm	QAQ.CIMO	1/17	DFVR
Orng Hnt ES	W	5:30pm	QAQ.THNV	1/14	DFVR
RollValy ES	Th	5:30pm	QAQ.OS07	1/15	DFVR



### Fun with Clay!

**(6-12 yrs.)** Students make a variety of simple projects with clay while learning the basics of working with clay. Supply fee payable to instructor at first class.

### 3FA 8-55 minute lessons--\$106

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	154.TJJD	1/11	3FA

### Audrey Moore Rec Center Pottery Lab



Open pottery lab is offered for experienced potters who want extra time to work on their project.

**Save by purchasing a 12-hour lab pass:**  
\$50 for current students  
\$150 for non-students.

Clay is \$34 for a 25-pound bag, firing fee included with purchased clay.

We only fire pieces that were made with clay issued by the Rec Center.

#### Open Pottery Lab Hours:

**Sunday:** 10 a.m. – 1 p.m.

**Monday:** 9 a.m. - Noon

**Friday:** 9 a.m. - Noon

**Friday:** 6 p.m. – 9 p.m.

Call Audrey Moore Rec Center at 703-321-7081 to confirm lab hours on given days. Lab closed on holidays.

### Pottery for Children

Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

### DFP3 10--1 hour 25 minute lessons--\$227

Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
Wkfld/Moore	Sa	9am	Q7L.1241	1/10	DFP3

### Pottery for Teens

**(13-17 yrs.)** Create beautiful pots and clay forms using simple tools and the pottery wheel. Explore hand building with the three most common forms of creating hand-built pots: pinch pot, coiling, and slab techniques. Then paint, glaze and kiln fire your pieces. Bring hand tools to the first class meeting or purchase a set during class.

### DFP1 10--1 hour 55 minute lessons--\$302

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	D8C.SGRW	1/10	DFP1

### Pottery I

**(16-Adult)** Introduction to the potter's wheel with emphasis on clay preparation, centering, firing and glazing. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

### DFP2 10--2 hour 55 minute lessons--\$409

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	1pm	A6F.ER54	1/5	DFP2
Wkfld/Moore	M	6pm	A6F.K2K6	1/5	DFP2
Wkfld/Moore	T	1pm	A6F.VTNH	1/6	DFP2
Wkfld/Moore	Th	1pm	A6F.AEQA	1/8	DFP2
Wkfld/Moore	Th	9am	A6F.D26K	1/8	DFP2
Wkfld/Moore	Su	3pm	A6F.RDN5	1/11	DFP2

# Fine Arts and Crafts

## Pottery II

**(16-Adult)** Prerequisite: Pottery I. Refine and develop your clay preparation, throwing, trimming and glazing skills. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

**DFP2 10-2 hour 55 minute lessons--\$409**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6pm	54E.X3K4	1/6	DFP2
Wkfld/Moore	W	6pm	54E.XGKF	1/7	DFP2
Wkfld/Moore	W	9am	54E.QN06	1/7	DFP2
Wkfld/Moore	Sa	3pm	54E.K80X	1/10	DFP2

## Pottery - Handbuilding

**(16-Adult)** Introduction to intermediate instruction using pinch, slab and coil methods to create either functional or abstract pieces. Glazing and techniques for textures and other decorations are included. Class fee includes 25 lbs. of clay and three hours of lab time.

**DFP2 10-2 hour 55 minute lessons--\$409**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	BE7.3LJG	1/6	DFP2
Wkfld/Moore	Th	6pm	BE7.ZR35	1/8	DFP2

## Paper Crafts

### Cosmic Smash Book Art Journalling

**(Adults)** Connect with your creativity through Cosmic Smash Booking, a guided art journaling experience, and to transform an ordinary composition notebook into a Cosmic Smashbook art journal. Each week students explore a new journal prompt and create an easy art project using a variety of techniques including painting, collage and mixed media. Journals will be provided. No artistic talent needed!

**4FB 10-1 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	08Y.LYL9	1/8	4FB

### Paper Quilling Cherry Blossom Frame Workshop

**(8-Adult)** Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate cherry blossom-themed picture frames. Supply fee of \$30 payable to instructor at class.

**DFAR 1-3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	2KG.6T2M	3/7	DFAR

### Paper Quilling Greetings Cards with Parent

**(5-7 yrs.)** Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate heart picture frames. Supply fee of \$25 payable to instructor at class. Parent must participate with child.

**DFAR 1-3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	2pm	ZVK.SZ19	1/31	DFAR

## Paper Quilling Heart Frame

**(8-Adult)** Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate heart picture frames. Supply fee of \$30 payable to instructor at class.

**DFAR 1-3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	VQB.9DP4	2/7	DFAR

### Paper Quilling Snowflake Frame

**(8-Adult)** Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate snowflake picture frames. Supply fee of \$30 payable to instructor at class.

**DFAR 1-3 hour lesson--\$43**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	2pm	8T0.8SDA	1/10	DFAR

### Workshop - Hand-Bound Watercolor Journal

**(16-Adult)** Make a hand-bound journal by sewing signatures together filled with watercolor paper and various types of paper. Then create a unique cover and add other special touches to some inside pages. Your journal will be a unique treasure ready to be filled with drawings, paintings or writing. It will be special, but it is made to be used often.

**DFAK 1-6 hour lesson--\$112**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	Y1S.BZWC	2/21	DFAK

## Needlework

### Crocheting

Students receive individual attention based on skill level. Class covers basic stitches and pattern reading. Bring one crochet hook in size G (6), H (8), I (9) or J (10) and a skein of light colored four-ply worsted weight yarn. Any supply fee payable to instructor at class.

**3FA 8-55 minute lessons--\$106**

Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					

Wkfld/Moore	T	5:30pm	EL6.SGZS	1/6	3FA
(Adults)					

Wkfld/Moore	T	6:30pm	7B1.0HFS	1/6	3FA
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### Felting Basics - Build a Snowman

**(16-Adult)** Learn how to needle felt wool and other fibers to create a cute snowman with personality. Supplies for the project are included in the class fee. Class meets two Thursday nights.

**DFVX 2-2 hour lessons--\$51**

Location	Day	Time	Code	Begin	\$
ColvinRunMill	Th	6:30pm	4CR.2R7C	1/8	DFVX

## Knitting

**(13-Adult)** Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FC	10-1 hour 55 minute lessons--\$262
4FG	5-1 hour 25 minute lessons--\$98

Location	Day	Time	Code	Begin	\$
CubRunREC	F	11:30am	8AD.AL49	1/9	4FG
ProvREC	W	10am	8AD.V43N	1/7	4FC

## Knitting II

**(13-Adult)** Prerequisite: Knitting I.

4FC	10-1 hour 55 minute lessons--\$262
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Location	Day	Time	Code	Begin	\$
ProvREC	T	10am	FD8.69LI	1/6	4FC

## Quilting-All Levels

**(13-Adult)** Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Also included are instructions for finishing a quilt including sandwiching, quilting and binding. This is an ongoing class with students at all stages of their chosen project. Supply list will be emailed to registered participants prior to the first day of class.

DFCC	10-2 hour 25 minute lessons--\$305
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Location	Day	Time	Code	Begin	\$
Frying Pan Park	Th	12:30pm	285.092T	1/8	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--\$230
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Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	3B2.RM3H	1/13	DFVC
MtVernREC	Th	6:30pm	3B2.QITF	1/8	DFVC
OakmontREC	M	6:30pm	3B2.VJ62	1/5	DFVC
Wkfld/Moore	W	6:30pm	3B2.VQW7	1/7	DFVC

## Sewing 102

**(12-Adult)** Prerequisite: Sewing 101 or equivalent. In this class offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4-2 hour 25 minute lessons--\$230
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Location	Day	Time	Code	Begin	\$
Franconia Rec	T	6:30pm	EEE.SQ2I	2/17	DFVC
MtVernREC	Th	6:30pm	EEE.K5BY	2/12	DFVC
OakmontREC	M	6:30pm	EEE.CQCD	2/2	DFVC
Wkfld/Moore	W	6:30pm	EEE.7244	2/4	DFVC



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## 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--\$230

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6:30pm	85C.Q7QM	3/2	DFVC
Wkfld/Moore	W	6:30pm	85C.SUHM	3/4	DFVC

## Sewing Workshop Hand Alterations

**(9-Adult)** No sewing machine needed. In this My Last Gift Sewing Institute programs students learn how to alter garments by hand. Techniques include hemming cotton or knit pants by hand, taking in a shirt and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

### DFVD 1-3 hour lesson--\$72

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	1pm	MF1.04NS	3/7	DFVD
Wkfld/Moore	Sa	9:30am	MF1.25Q1	1/17	DFVD
Wkfld/Moore	Sa	9:30am	MF1.UZZ4	3/21	DFVD

## Sewing Workshop-Alterations

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, you learn techniques for altering garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills covered include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

### DFVD 1-3 hour lesson--\$72

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	1pm	912.UUKM	2/7	DFVD
OakmontREC	Sa	1:30pm	912.AAWV	1/31	DFVD
Wkfld/Moore	Sa	1pm	912.FE60	1/17	DFVD

## Sewing Workshop-Alterations II

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program offered by My Last Gift Sewing Institute, you will learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

### DFVD 1-3 hour lesson--\$72

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	1pm	79E.PQSB	3/21	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--\$72

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:30am	E49.G8US	2/7	DFVD
MtVernREC	Sa	1pm	E49.754E	2/21	DFVD
OakmontREC	Sa	10am	E49.ASQL	1/31	DFVD

## Wool Basics - Cleaning, Carding and Spinning

**(9-Adult)** Join wool artisan Lisa Neel, co-founder of Twins N Needles, and discover how to process wool for knitting or craft projects. Practice cleaning and carding wool and how to use a drop spindle to create yarn.

### DFAH 1-2 hour lesson--\$22

Location	Day	Time	Code	Begin	\$
ColvinRunMill	Su	4pm	NQ1.I0QM	2/22	DFAH

## Floral Crafts

### 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.

### DFAA 1-1 hour 30 minute program--\$51

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6pm	1ZV.PXYO	2/12	DFAA

## Floral Design Workshop-Banches, Blooms & Balance

**(16-Adult)** Explore the art of contemporary floral arranging using natural branches and seasonal flowers cultivated at Green Spring Gardens. Horticulturist, Parker Jennings guides you in creating a striking winter arrangement that emphasizes balance, line, and form. Discover how to transform simple materials into an elegant, sculptural centerpiece that reflects the quiet beauty of the season. Please register for the workshop and the \$30 supply fee.

### DFAS 1-1 hour lesson---\$46

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10:30am	514.LNN1	3/7	DFAS

## Other Opportunities

### DIY Self Care Craft-Bath Salts

**(13-Adult)** Students learn bath salt crafting basics. Each hands-on session builds skills, introduces new techniques and focuses on sensory experience and self-care. Through scent, color, and mindful creation participants explore how small rituals can support emotional balance and well-being. Additional supply fee payable at first class.

### 3FG 4-1 hour 25 minute lessons--\$79

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5pm	5Q1.RY25	1/13	3FG
MtVernREC	T	5pm	5Q1.M3TR	2/17	3FG

### DIY Self Care Crafts-Candles

**(13-Adult)** Students learn candle making basics. Each hands-on session builds skills, introduces new techniques and focuses on sensory experience and self-care. Through scent, color, and mindful creation

participants explore how small rituals can support emotional balance and well-being. Supply fee payable at first class.

### 3FG 4-1 hour 25 minute lessons--\$79

Location	Day	Time	Code	Begin	\$
MtVernREC	Th	5pm	KN3.8WHU	1/15	3FG
MtVernREC	Th	5pm	KN3.LH2A	2/12	3FG

## Furniture Facelift

**(13-Adult)** Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable to the instructor at the first class.

### DFVY 4-1 hour 25 minute lessons--\$93

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	4W7.LTEA	1/8	DFVY
Wkfld/Moore	Th	6:30pm	4W7.8300	2/12	DFVY

## Jewelry Masters

**(6-12 yrs.)** In this Athena Coding class students design and string beads to make unique bracelets, necklaces and earrings. Students learn jewelry making techniques and discover the magic of combining different shapes, colors, and textures to fashion truly one-of-a-kind pieces.

### DFVW 8--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
SoRunREC	W	5:30pm	AN5.EGX3	1/7	DFVW

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Original and unique handcrafted items by local artists. We teach classes too!

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## Gardening

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



### Green Spring Gardens



**4603 Green Spring Road, Alexandria**

**703-642-5173**

[www.fairfaxcounty.gov/parks/green-spring](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
- Art exhibits
- Horticulture Center
- Library
- Event rental space
- Private garden tours
- Nature walks
- Glasshouse
- Plant Shop
- Gift Shop

To book a private garden tour, call 703-642-5173. Cost is \$15 per person for a group of 8 to 19; \$12 per person for a group of 20 or more.

Visit the garden Gate Plant Shop and choose from a nice selection of shrubs, perennials, and ornamental grasses (many of which are native to our region). Friends of Green Spring (FROGS) receive 10% off in the plant shop. For more information, call Green Spring Gardens at 703-642-5173.

#### Hours and Admission:

**Horticulture Center and Gift Shop** open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

**Garden Gate Plant Shop** open Monday-Saturday, 9:30 a.m.-3:30 p.m. and Sunday, 12:30-3:30 p.m.

**Historic House** open Wednesday-Sunday, 12-4:30 p.m.  
**Park grounds** open dawn to dusk daily

### Child and Parent Programs

Child must be accompanied by a parent or guardian who does not need to register for the program.

#### Garden Sprouts Winter - 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. Siblings under 3 welcome to accompany parent without registering.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	10:30am	DC0.8V1D	1/12	\$12/child
GrnSprGardn	M	10:30am	DC0.V1GQ	2/9	\$12/child
GrnSprGardn	M	10:30am	DC0.J7TH	3/9	\$12/child



### Family/All Ages

All attendees, including parents, must be registered for these programs.

#### Family Fun - Winter Wildlife

**(5-Adult)** Explore the fascinating world of winter wildlife. Kids will listen to a story about how animals adapt to the colder months, we will identify animal tracks and signs, and then we will create an animal track inspired craft.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	K0Q.BFM1	1/10	\$12/ea.

#### Garden Artists - Late Winter Sketching

**(10-Adult)** Calling all young artists and nature explorers. Create and personalize your own sketch journal, then head outdoors to spot and illustrate vibrant new blooms as we say goodbye to the winter season. Connect with the natural world and capture the beauty around you.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	BWQ.HTNP	3/14	\$15/ea.

#### Garden Artists - Naturally Yours

**(9-Adult)** Celebrate Valentine's Day by creating a nature inspired craft. We will take a nature walk to gather natural materials and use them to create a one-of-a-kind Valentine's Day card. Creative, hands-on and full of love for both art and the outdoors.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	48Q.X7FD	2/7	\$12/ea.

#### Family Fun - Growing Green with Recycled Things

**(8-Adult)** Inspired by Disney-Pixar's WALL-E, this hands-on workshop invites you to imagine a greener future, starting with your trash. Learn how to transform everyday discarded items like cans, bottles, or jars into creative, eco-friendly planters. Just like WALL-E discovers hope in a single plant, you'll plant your own seedling in a recycled container and take

home a symbol of renewal. Explore how plants help restore the planet and how small actions, like reusing and growing green, can make a big impact. Bring a clean item to upcycle, or choose from our collection.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	9GS.QC8R	1/31	\$15/ea.

#### Family Fun - Nature Folklore

**(8-Adult)** Celebrate Valentine's Day with a storytelling adventure rooted in nature and connection. Discover how landscapes, plants and animals have inspired folktales from different traditions. Enjoy heartwarming stories about kindness, friendship and togetherness, then collaborate to craft your own nature-inspired tale to take home.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	PCF.K1P6	2/14	\$10/ea.

#### Family Fun - Rhythms of the Winter Sky

**(7-Adult)** Get to know the Winter season with a celestial twist. Learn about the winter zodiac signs and discover activities you can do together to reflect the astrological rhythms of winter. Then, create your own Family Rhythm Wheel filled with zodiac-inspired activities to take home and enjoy all season long.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	11am	LZ0.XUEL	1/3	\$12/ea.

# VOLUNTEER



## Family Fun - Sensational Seeds

**(5-Adult)** Come learn about the sensational world of seeds as we examine our seed collection, explore how seeds travel and take a walk to find seeds. Then make a chia seed pet to take home.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	E8E.IR76	3/7	\$10/ea.

## Garden Artists - Nature's Flame

**(6-Adult)** Ignite your creativity with an exploration of fire's role in nature and everyday life. Learn how fire supports different ecosystems, brings us together around campfires, and fuels our traditions through cooking. Then, create a vibrant fire-themed mobile that reflects the many ways fire is special to you.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	Q8V.UXCB	3/14	\$12/ea.

## Garden Artists - Winter Bird Feeder Mobile

**(5-Adult)** Create a natural bird feeder mobile out of pinecones that can double as an art piece. Hang it in your garden and watch the birds flock.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	GAV.UKD8	1/10	\$10/ea.

## Garden Exploration - A Stargazer's Garden

**(6-Adult)** Discover the cosmic magic where sky meets soil. Explore constellations in the night sky and learn how stars have influenced gardening traditions from around the world. Then, bring the stars down to Earth by creating your own glow-in-the-dark constellation craft to take home.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	J7N.1CJS	1/31	\$12/ea.



**(All Ages)** Take a peaceful stroll through the tropical plants in the glasshouse, then settle in for an indoor screening of **WALL-E** (2008) in Green Spring Gardens' Horticulture Center. Follow the lovable robot on his journey through a post-apocalyptic Earth, where a single plant holds the key to humanity's future. Bring your own blanket and cushions for a cozy seat. Popcorn included with admission. Other refreshments and concessions will be available for purchase. Children under 2 years old do not need to register.

**1-2 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	2:30pm	T6N.CM6V	1/31	\$15/ea.

## Winter Storytime - Valentine's Day

**(All Ages)** Love is in the air at Green Spring Gardens. Come read Valentine's Day stories with your little one and make a Valentine's craft.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	MRP.C67J	2/14	\$8/ea.

## Adult Garden Programs

### Indoor Gardening

**(13-Adult)** Learn how to grow fresh herbs and vegetables year-round. Perfect for beginners and apartment dwellers, this hands-on course covers everything from choosing the right containers and soil to lighting, watering and plant care. Discover easy-to-grow edible plants that thrive indoors and gain the confidence to start your own windowsill or balcony garden. Supply fee payable at first class.

### GGA1 8-55 minute lessons--\$104

Location	Day	Time	Code	Date	\$
MtVernREC	T	6pm	3ZH.L518	1/13	GGA1
MtVernREC	Sa	1pm	3ZH.MQUP	1/17	GGA1

### Plant Swap - Houseplants, Cuttings & Containers

**(All Ages)** Bring your unwanted houseplants, cuttings and containers to swap with others or simply give away. Leave with new plants, containers, garden friends and expert advice. Registration encouraged.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	1AT.1YUX	3/14	free

### Seeds of Resistance - Women in Farming Movements

**(16-Adult)** Discover the inspiring stories of women who have revolutionized farming practices and reshaped the future of agriculture. Then, get your hands dirty and learn how to start your own seeds—no experience needed, and all materials are provided. Grow knowledge, grow community, grow food.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1:30pm	ZL5.J394	3/7	\$23/ea.

### Special Garden Tour - Witch Hazels

**(16-Adult)** An Extension Master Gardener docent showcases our nationally accredited witch hazel collection, featuring over 200 specimens. Fragrant, willowy blooms glow red, yellow, purple and copper throughout the gardens from fall through March.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	U52.DYPK	3/7	\$18/ea.

### Washington Gardner Seed Exchange

**(Adults)** Washington Gardner Magazine is co-hosting the annual seed exchange at Green Spring Gardens with lectures and a face-to-face seed swap. Bring your extra seeds to swap and leave with a bag full of seeds and expert planting advice. \$15 for verified Friends of Green Spring members and Washington Gardner subscribers; \$20 for guests.

### 1-4 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12:30pm	C1E.0UEA	2/7	\$20/ea.
GrnSprGardn	Sa	12:30pm	C1E.4LMU	2/7	\$15/ea.

## Garden Talks

### Garden Talk - Easy Houseplants to Grow

**(16-Adult)** Liven up space in your home by adding beautiful indoor plants. Discover easy care, low light and other tips to keep them thriving. Extension Master Gardeners will show you some of the toughest, most resilient plants available. You'll be amazed at the wide selection.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	F36.F30Ø	3/14	\$12/ea.

### Garden Talk - Everything About Orchids

**(16-Adult)** Join Extension Master Gardeners to learn about the different types of orchids, the easy varieties to grow and how to use these plants in your home and even in the landscape. Learn beginner care to keep orchids blooming in your home.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	MQS.YIMA	1/24	\$12/ea.

### Garden Talk - Spring Vegetable and Herb Gardening

**(16-Adult)** If you have never grown a vegetable garden before, then this is the year to start. Extension Master Gardeners show you the basics of how to plan a vegetable and herb garden while conserving water, reducing waste and reducing grocery bills with a homegrown vegetable and herbs.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	DVK.4R2Y	2/21	\$12/ea.



**IMA**  
INVASIVE MANAGEMENT AREA

## Volunteers Needed!



The Invasive Management Area (IMA) Volunteer Program is a community-based project designed to reduce invasive plants on our parklands.

To learn more visit

[www.fairfaxcounty.gov/parks/invasive-management-area](http://www.fairfaxcounty.gov/parks/invasive-management-area)



## Harry Allen Winter Lecture Series



### Winter Lecture Online - Growing a Bird Safe Garden

**(16-Adult)** Join Hardy Kern, Director of Government Relations for American Bird Conservancy's Pesticides and Birds Campaigns, for an engaging talk on how to garden with birds in mind, even in small or container spaces. Learn how to choose bird-safe plants, avoid common outdoor hazards and create welcoming habitats with food, water and shelter. Lecture is held online with an option to watch at the Horticulture Center. A link for the program will be emailed no later than the morning of the event.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	AIP.ALEQ	1/11	\$15/ea.

### Winter Lecture - Fairy Gardens

**(16-Adult)** Step into the world of fairy gardens with a Green Spring Gardens fairy expert. Discover how these miniature landscapes have larger-than-life impacts by sparking imagination and creativity, deepening our connection to nature and even strengthening community bonds. Learn how to create your own fairy garden, from design themes and plant selection to sourcing figurines and natural materials. Get inspired and see how easy it is to add a touch of whimsy to your everyday garden spaces.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	FIN.JZRØ	1/18	\$15/ea.

### Winter Lecture Online - Conservation Detection Dogs

**(16-Adult)** Dogs are well known for their powerful noses, and those sniffing superpowers are proving to be invaluable for conservation efforts. Join Laura Holder, founder of Conservation Dogs Collective, for an inside look at the groundbreaking work her team of canine conservationists is doing. These specially trained dogs are locating endangered species like bumblebee nests and turtles, playing a vital role in wildlife preservation. They're also helping to detect and eradicate invasive plant species and improving

the health of our ecosystem. Come learn more about how these incredible dogs are protecting the natural world. Lecture is held online with an option to watch at the Horticulture Center. A link for the program will be emailed no later than the morning of the event.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	HR9.004J	1/25	\$15/ea.

### Winter Lecture - Moon Gardens

**(16-Adult)** Designed as a tranquil, rejuvenating retreat for the end of the day, a moon garden comes to life at twilight and into the night. Discover with a Green Spring horticulturalist how to cultivate this serene with plants that glow softly in the dark and foliage that shimmers in the moonlight. Silvery leaves and luminous blooms not only create a magical atmosphere but also attract nocturnal wildlife—watch bats swoop for mosquitoes, lunar and hummingbird moths visit moonflowers, and fireflies dance through the air, evoking memories of warm summer nights.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	7XLJL93	2/1	\$15/ea.

### Winter Lecture - Imperiled and Emboldened Insects

**(16-Adult)** Our landscapes and gardens house a rich diversity of insects, some native, some non-native, some nice and some nasty. Explore with Mike Raupp, Professor Emeritus of Entomology at the University of Maryland, how many of our charismatic insects like butterflies, bees and fireflies are faring in our rapidly changing world and learn why the ongoing stream of dastardly pests like emerald ash borers and spotted lanternflies is unlikely to be stemmed. Not to be without hope, actions to help our imperiled friends and actions to mitigate the noxious pests will be discussed.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	N59.TI15	2/8	\$15/ea.

### Winter Lecture - Colonial Seed Exchange

**(16-Adult)** Discover how 18th-century neighbors built community through the exchange of seeds, cuttings and garden knowledge. Join Holly Gruntner, Mount Vernon's landscape historian for a look at how early Americans shared plants, ideas and innovations—shaping both their gardens and relationships. Explore the social and botanical networks that helped gardens thrive in George Washington's time.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	KBC.XVYN	2/15	\$15/ea.

### Winter Lecture - History From Green Springs Doorstep

**(16-Adult)** Discover how great changes and events from America's past were viewed "from the doorstep" of Green Spring's Historic House. In commemoration of America's 250th anniversary this year, Green Spring historian Debbie Waugh interprets pivotal chapters of American history through the lives of people who lived and worked here. From the nation's founding to the late 20th century, hear compelling stories of public service, trailblazing women, Gilded Age excess, war, espionage, enslavement and struggles for freedom as witnessed, experienced and even driven by Green Spring's past occupants.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	AV4.3063	3/1	\$15/ea.



## Golf

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



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**Burke Lake Golf Center****6915 Ox Road****Fairfax Station****703-323-1641****<https://bit.ly/fcpa-blgc>**

- 18-hole, par-3 course, 2,843 yards.
- Putting green and chipping area.
- Burke Lake Golf Academy group and private lessons: 703-324-9719.
- Short game holes from 90-200 yards.
- Clubhouse offers food service, clubs and golf supplies.
- Pull carts and clubs are available for rent.
- Two-level driving range with 64 hitting stations; 24 are heated and covered.

**Greendale Golf Course****6700 Telegraph Road, Alexandria****703-971-6170****<https://bit.ly/greendalegc>**

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- New practice bays and nets.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.

**Jefferson District Golf Course****7900 Route 29, Falls Church****703-573-0444****<https://bit.ly/jeffersongc>**

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.

**Laurel Hill Golf Club****8701 Laurel Crest Drive, Lorton****703-493-8849****<https://bit.ly/laurelhillgc>**

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts and golf clubs are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Instruction for all levels including juniors, through Eisman Golf Academy, call 703-919-3056.
- Classes and camps for ages 7-18 through The First Tee of Greater Washington DC, call 202-479-2588.

**Oakmont Golf Center****3136 Jermantown Road****Oakton****703-255-5390****<https://bit.ly/oakmontgc>**

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with sand bunker.
- Covered and heated driving range stations allow for practice in all weather conditions.
- Everybody Golf School offers private and group lessons: 703-255-5396.
- Additional instruction for ages 7-18 through The First Tee: 202-479-2588.

**Pinecrest Golf Course****6600 Little River Turnpike****Alexandria****703-941-1061****<https://bit.ly/pinecrestgc>**

- 9-hole, par-35 executive course, 2,459 yards.
- Putting green and 10-outdoor practice nets.
- Indoor practice bays and TrackMan 4 golf simulator.
- Clubhouse offers food service and golf supplies.
- Pinecrest Golf Academy offers private and group lessons: 703-941-1061.
- Golf clubs, pull carts and power carts are available for rent.

**Twin Lakes Golf Course****6201 Union Mill Road****Clifton****703-631-9099****<https://bit.ly/twin-lakes-gc>**

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
  - The Lakes Course, 18-hole, par-72, 6,695 yards.
  - Putting green, chipping area and driving range.
  - Clubhouse offers food service, special event catering, clubs and golf accessories.
  - Eisman Golf Academy offers private and group lessons: 703-919-3056.

# Golf

## Golfers, please note:

Cart rental and greens fees vary by site. Call the course of your choice for information. Metal golf spikes are prohibited at all Fairfax County Park Authority golf courses. Senior and Junior rate availability varies by course.

## Junior Golf Fairfax

Golf Fairfax is committed to encouraging juniors, ages 5-17\*, to learn, practice, play and enjoy the game. Golf is an excellent family sport that promotes good manners, builds friendships and can be enjoyed for a lifetime. Members receive discounted greens fees and range balls at all courses. Classes, camps and lessons are also available.

To learn more, call the course of your choice. \*Minimum age for course play at Greendale is six. Minimum age for course play at Laurel Hill and Twin Lakes is eight.

## USGA handicap service offered

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes, Burke Lake, Oakmont and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any FCPA golf course for more information.

## Starting New at Golf (SNAG)

**(5-7 yrs.)** Course covers basic golf elements in a modified form for kids. Children use larger and more colorful clubs to increase confidence and coordination. All equipment is provided. Athletic shoes are recommended. Classes at Pinecrest are held indoors.

### 4GB 5--55 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	12pm	C5A.7609	1/3	4GB
Pinecrest GC	Su	2pm	C5A.AG9Z	1/4	4GB
Pinecrest GC	Su	12:30pm	C5A.DUIQ	1/4	4GB
Pinecrest GC	Sa	12pm	C5A.ODTC	2/21	4GB
Pinecrest GC	Su	1pm	C5A.72GC	2/22	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--\$160

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Sa	1:30pm	D71.0D6A	1/3	4GB
Pinecrest GC	Sa	1:30pm	D71.937G	2/21	4GB
Pinecrest GC	Su	2:30pm	D71.FFOX	2/22	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--\$160

Location	Day	Time	Code	Begin	\$
<b>Co-ed</b>					
Pinecrest GC	Sa	2:30pm	19C.4JWB	1/3	4GB
Pinecrest GC	Sa	2:30pm	19C.N4GV	2/21	4GB



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Small bucket + One Beer/Wine/Seltzer = \$11  
Large bucket + One Beer/Wine/Seltzer = \$17

\*Range specials may not be used with current range passes or combined with any other offers.  
Purchase in Pro Shop.

For more information visit: [www.fairfaxcounty.gov/parks/golf/practice](http://www.fairfaxcounty.gov/parks/golf/practice)



**Available at all Park Authority Golf Courses**

## Get Golf Ready II

**(13-Adult)** Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting, chipping and iron shots, and hybrids and woods are hit without a tee. Range balls are included in the class fee, and loaner clubs are available. The final class may be held on the golf course.

### 4GB 5--55 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
Pinecrest GC	Su	10am	F2A.1U8L	2/22	4GB

## Golf-Long Game Lessons Parent/Child

**(7-17 yrs.)** Both the parent and the child participate. 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.

### 4GF 4--55 minute lessons--\$163

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	3pm	F86.D5AT	1/4	4GF
Burke Lake GC	Su	4pm	F86.VUIA	1/4	4GF
Burke Lake GC	Th	5pm	F86.SGU2	1/8	4GF
Burke Lake GC	Th	6pm	F86.FJLO	1/8	4GF
Burke Lake GC	Su	1pm	F86.LFOR	2/8	4GF
Burke Lake GC	Su	3pm	F86.H9L5	2/8	4GF
Burke Lake GC	Su	4pm	F86.QAHS	2/8	4GF
Burke Lake GC	Th	5pm	F86.FNOS	2/12	4GF
Burke Lake GC	Th	6pm	F86.1DZV	2/12	4GF

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**Golf-Long Game Lessons**

Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

**4GC 4--55 minute lessons--\$134**

Location	Day	Time	Code	Begin	\$
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**(7-12 yrs.) Co-ed**

Burke Lake GC	Su	2pm	32C.G99R	1/4	4GC
Burke Lake GC	M	5pm	32C.N8EU	1/5	4GC
Burke Lake GC	T	5pm	32C.C3J0	1/6	4GC
Burke Lake GC	T	6pm	32C.E3XI	1/6	4GC
Burke Lake GC	Su	2pm	32C.11SN	2/8	4GC
Burke Lake GC	M	5pm	32C.90X8	2/9	4GC
Burke Lake GC	T	5pm	32C.MZKX	2/10	4GC
Burke Lake GC	T	6pm	32C.QUN3	2/10	4GC

**(13-Adult Co-ed)**

Burke Lake GC	Sa	3pm	49C.9FJW	1/3	4GC
Burke Lake GC	Sa	4pm	49C.WOKG	1/3	4GC
Burke Lake GC	M	6pm	49C.S77B	1/5	4GC
Burke Lake GC	W	6pm	49C.F12I	1/7	4GC
Burke Lake GC	Sa	3pm	49C.R6UA	2/7	4GC
Burke Lake GC	M	6pm	49C.JNMA	2/9	4GC
Burke Lake GC	W	6pm	49C.75PQ	2/11	4GC

**(13-Adult Ladies only)**

Burke Lake GC	Sa	2pm	AB2.UFCM	1/3	4GC
Burke Lake GC	Su	1pm	AB2.867S	1/4	4GC
Burke Lake GC	W	2pm	AB2.EUAC	1/7	4GC
Burke Lake GC	W	5pm	AB2.0VB1	1/7	4GC
Burke Lake GC	Sa	2pm	AB2.4RMM	2/7	4GC
Burke Lake GC	W	2pm	AB2.KDOP	2/11	4GC
Burke Lake GC	W	5pm	AB2.3BPZ	2/11	4GC

**Golf-Long Game Lessons in Korean**

(13세 이상) 이 수업은 한국어로 진행됩니다. 아이언, 하이브리드, 페어웨이 우드, 드라이버 등 롱게임에 사용되는 클럽들을 중심으로 배웁니다. 연습장에서 사용하는 공은 수업료에 포함되어 있으며, 대여 클럽도 제공됩니다. Course taught in Korean. Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in fee and loaner clubs are available.

**4GN 1--55 minute lesson--\$33**

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	10am	1EK.XP8P	1/3	4GN
Burke Lake GC	T	2pm	1EK.FXVX	1/6	4GN
Burke Lake GC	Th	10am	1EK.VAQK	1/8	4GN
Burke Lake GC	Sa	10am	1EK.KOTM	2/7	4GN
Burke Lake GC	T	2pm	1EK.GVOW	2/10	4GN
Burke Lake GC	Th	10am	1EK.W3A2	2/12	4GN

**Golf-Wedge & Short Irons**

(13-Adult) Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

**4GC 4--55 minute lessons--\$134**

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	12pm	D23.G1IL	1/4	4GC
Burke Lake GC	T	1pm	D23.QBAJ	1/6	4GC
Burke Lake GC	T	12pm	D23.UGL1	1/6	4GC
Burke Lake GC	W	1pm	D23.KH4X	1/7	4GC
Burke Lake GC	Su	11am	D23.C7KV	2/8	4GC
Burke Lake GC	Su	12pm	D23.TZKP	2/8	4GC
Burke Lake GC	T	1pm	D23.MRAO	2/10	4GC
Burke Lake GC	T	12pm	D23.4LGK	2/10	4GC
Burke Lake GC	W	1pm	D23.6KY0	2/11	4GC

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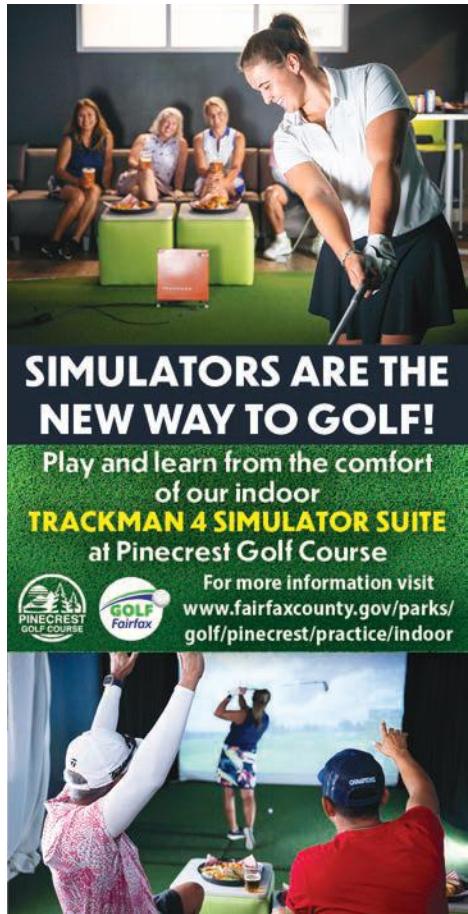
[www.fairfaxcounty.gov/parks/volunteer](http://www.fairfaxcounty.gov/parks/volunteer)

## Golf-Wedges & Short Irons in Korean

(13세 이상) 이 수업은 한국어로 진행됩니다. 점수를 줄이는 데 중요한 퍼치 샷, 플롭 샷, 60 약드 이내의 어프로치 샷 등을 연습하며, 샷 유형별 거리 감각을 익히는 데에도 중점을 둡니다. 연습장에서 사용하는 공은 수업료에 포함되어 있으며, 대여 클럽도 제공됩니다. Course taught in Korean. 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.

4GN 1-55 minute lesson--\$33

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	11am	JDT.6ZCS	1/3	4GN
Burke Lake GC	T	3pm	JDT.01PT	1/6	4GN
Burke Lake GC	Th	11am	JDT.FJAJ	1/8	4GN
Burke Lake GC	Sa	11am	JDT.NKYK	2/7	4GN
Burke Lake GC	T	3pm	JDT.3CEW	2/10	4GN
Burke Lake GC	Th	11am	JDT.9ZE9	2/12	4GN



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## Oakmont 2026 Winter 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
Sunday	11:05am	January 11
Saturday	1:05 PM	February 14
Sunday	2:05 PM	February 15

### Accelerated Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions TWICE A WEEK ON THREE CONSECUTIVE WEEKS. Fee: \$140 plus range balls.

Day	Time	Start Date
Sat- Sun	12:05 PM	Feb 14 OR March 14

### Beginning Golf 2 For Adults

This class reviews golf fundamentals: grip, stance, and swing. This class also reviews various shots: fairway clubs, tee shots, and short game. PREREQUISITE: Beginning Golf 1 or equivalent experience. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	11:05 AM	February 14

### 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 expereince. Four- 50 minute lessons on four consecutive weeks. Fee: \$125, plus range balls.

Day	Time	Start Date
Saturday	10:05AM	February 28

### Beginning Junior Golf

Limited to 10 students, this class is designed to help junior golfers learn the basics of the game including rules and etiquette, the short game, and full swing. Four 50-minute sessions on four consecutive weeks. Fee: \$95, includes range balls.

Day	Time	Start Date
Saturday	3:05 PM	February 28

### Beginning Teen Golf

Limited to 10 students, this class is designed to help teen golfers ages 13-17, learn the basics of the game including rules and etiquette, the short game, and the full swing. Four 50-minute lessons on four consecutive weeks. Fee: \$95 includes range balls.

Day	Time	Start Date
Sunday	1:05 PM	March 1

### Intermediate Junior Golf

This four-week class is designed for the young golfer who has taken our basic junior program. This class will be limited to 8 students to allow the instructor to work more closely with each child on specific,individual needs. Four 50-minute sessions on four consecutive weeks. Fee: \$110 includes range balls.

Day	Time	Start Date
Saturday	2:05 PM	February 28



# EISMAN GOLF ACADEMY



FOR OVER 20 YEARS, JON HAS BEEN HIGHLY SOUGHT AFTER FOR HIS KNOWLEDGE AND GUIDANCE IN THE INSTRUCTIONAL WORLD. WITH A STRONG BACKGROUND IN SCIENCE, ANATOMY, KINESIOLOGY, AND HUMAN MOTOR FUNCTIONS, HIS APPROACH BLENDS MODERN RESEARCH WITH MENTORSHIP FROM THE GREAT COACHES OF HIS PAST. JON'S TEACHING IS BUILT ON SCIENCE-BASED METHODS THAT ACCELERATE LEARNING FOR HIGHLY SKILLED AMATEURS, COLLEGE PLAYERS, AND PGA TOUR PLAYERS. NAMED BY GOLF DIGEST AS ONE OF THE BEST TEACHERS IN VIRGINIA, JON ALSO MENTORS COACHES AND INSTRUCTORS ACROSS THE U.S. AND ABROAD.

WITH THE NEW EGA PERFORMANCE LAB, JON HAS CREATED A NATIONALLY RECOGNIZED LEARNING ENVIRONMENT THAT HELPS PLAYERS AND PROFESSIONALS REACH THEIR HIGHEST POTENTIAL.

### **Private Lessons (includes video analysis and recap)**

- Junior (12 & Under) - 30 min: \$60
- Junior (12 & Under) - 60 min: \$120
- Adult - 1 hour: \$120-\$180

### **Private Lesson Series**

- Junior - 3 x 30 min: \$170
- Adult - 3 x 1 hour: \$330-\$500

Please refer to our website for Junior classes and camps!



### **Performance Labs (Trackman & GASP Force Plates)**

- Junior - 1 hour: \$170
- Adult - 1 hour (Wonsuk Rhee): \$220
- Adult - 1 hour (Jon Eisman): \$500

### **Performance Lab Series**

- Junior - 3 x 1 hour: \$450
- Adult - 3 x 1 hour: \$550

### **Golf Fitness**

- Private Training Session - 1 hour: \$120
- TPI Assessment: \$180



[WWW.EISMANGOLFACADEMY.COM](http://WWW.EISMANGOLFACADEMY.COM)



## History

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



### Colvin Run Mill Historic Site

#### 10017 Colvin Run Road • Great Falls

703-759-2771

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

Now a beautiful, wooded park, Colvin Run Mill Historic Site preserves and interprets Fairfax County's agricultural and industrial history. The buildings here were the center of the Colvin Run community throughout the 19th and early 20<sup>th</sup> centuries. The water-powered Colvin Run Mill was essential to the local farming community and the Colvin Run General Store was where people shopped, gathered, and conducted business.

- Take a self-guided walk and see Colvin Run Mill's exterior, including the 20-foot waterwheel
- Join a docent-guided Mill Tour to explore this still-operational example of early American mass production
- Family-friendly Discovery Baskets
- Visit the 200-year-old Miller's House and replanted gardens to experience 1800s home life
- Shop in the c. 1910 Colvin Run General Store, where you can see exhibits, purchase CRM-ground grains and other gift items
- Recreational and educational activities for all ages
- Thematic tours, classes, camps, school programs and special events
- On the National Register of Historic Places and the Virginia Landmark Register

#### Hours and Admission

**General Store and Miller's House** Please visit the website for hours of operation.



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

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



### Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Road • Chantilly

703-631-0013

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

The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Self-guided historic grounds tour

#### Hours

Please visit the website for hours of operation. Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.



### Historic Green Spring

4603 Green Spring Road • Alexandria

703-941-7987

[www.fairfaxcounty.gov/parks/green-spring/historic-house](http://www.fairfaxcounty.gov/parks/green-spring/historic-house)

Families occupied the 1784 Historic House until the mid-20th century when Green Spring became a public garden. Features include:

- Historic House and garden
- Lectures
- English tea programs
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed items for purchase

#### Hours and Admission

Please visit the website for hours of operation.



### Historic Huntley

6918 Harrison Lane • Alexandria

703-768-2525

[www.fairfaxcounty.gov/parks/historic-huntley](http://www.fairfaxcounty.gov/parks/historic-huntley)

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. The grounds at Historic Huntley are open dawn to dusk from March through November.

### Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria

703-768-2525

[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)



### Sully Historic Site

3650 Historic Sully Way • Chantilly

703-437-1794

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

The 1794 home of Northern Virginia's first congressman, Richard Bland Lee, combines aspects of Georgian and Federal architecture. Guided tours highlight the early 19<sup>th</sup> century Lee family, the enslaved community, and other families who lived here before it became a park in 1959. Features include:

- Historic House
- Original outbuildings
- Reconstructed home of enslaved residents
- Heirloom garden
- Accredited by American Alliance of Museums
- On the National Register of Historic Places and the Virginia Landmark Register
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

#### Hours and Admission

Please visit the website for hours of operation.

# History

## Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

### History Hoppers

**(1-3 yrs.)** Hop through history with your toddler as they explore the past through sight, sound, smell and touch. This interactive program features both indoor and outdoor activities. Adults must participate with children. A new historical topic is introduced every month.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	11am	LEP.4K0X	1/14	\$10/child
ECLawrncePk	W	11am	LEP.ZJHS	2/11	\$10/child



### 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 colony.

#### 1-2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	1pm	925.EKAT	1/7	\$14/ea.

## Homeschool Programs

### History for Homeschoolers – Letter Writing

**(7-13 yrs.)** Discover more about life in 18th century Virginia as we dive into primary sources and stories from the past at Sully Historic Site. Practice analyzing historical documents, make your own ink, and write your very own historical document.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	T	2pm	52W.WCFK	1/13	\$12/ea.

### Mapping the Past for Homeschoolers

**(7-13 yrs.)** Supplement your historical studies with a 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	W	1pm	C5B.FJH8	12/10	\$14/ea.
HistHuntley	W	1pm	C5B.90SN	2/25	\$14/ea.

**FIRST HIKE FAIRFAX**  
New Year's Day

Submit your photos and win prizes!  
www.fairfaxcounty.gov/parks/first-hike

## DIY Holiday Ornaments

**(6-Adult)** Try making holiday ornaments inspired by history. Get inspired by history and nature to create festive decorations for your home. All materials provided.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	1pm	WPK.784R	12/6	\$8/ea.
ECLawrncePk	Sa	2:30pm	WPK.1H5G	12/6	\$8/ea.

## Forgotten Treasure - The American Chestnut

**(6-Adult)** Delve into the history of the American Chestnut and learn about efforts to revitalize what was once an iconic North American tree. Enjoy a fire while cooking and sampling chestnuts from an American Chestnut relative. Program is held at the Woodland Stewardship Education Center.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	2pm	T2M.PS66	1/10	\$9/ea.

## Making Ice and Ice Cream at Walney

**(4-Adult)** Crank ice cream as you discover how ice was harvested and stored in this 19th century farm. Try using ice tongs.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	2pm	AC3.YWRD	2/15	\$10/ea.

## Queen of Hearts Tea Party

**(3-Adult)** Bring your child to the mill and celebrate Valentine's Day with this heart-themed tea party. We'll have tea, savory and sweet treats and play 19th century parlor games.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	YRW.KCUZ	2/7	\$15/ea.

## Snowflake Family Tea Party

**(3-Adult)** Bring your child to the mill and celebrate winter with this snowflake-themed tea party. You'll enjoy tea, savory and sweet treats, along with a winter craft and 19th century games.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	XS3.CVFY	1/10	\$15/ea.



**(4-Adult)** The sap is rising and the maple trees are tapped. Bundle up to brave the weather and watch and learn as sap is boiled down into delicious, sweet syrup over an open fire. Sample the delicious combination of maple syrup over cornbread, made from Colvin Run cornmeal. While supplies last. This is an outdoor event, please dress appropriately.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	11am	8GQ.XH3V	2/15	\$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.E796	2/15	\$8/ea.
ColvinRunMill	Su	2pm	8GQ.TIKW	2/15	\$8/ea.
ColvinRunMill	Su	11am	8GQ.IV9H	2/22	\$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.028D	2/22	\$8/ea.
ColvinRunMill	Su	2pm	8GQ.E1CC	2/22	\$8/ea.

## The Civil War at Sully

**(6-Adult)** Discover more about the turbulent history and importance of Sully and Fairfax County during the Civil War. Tour the historic site and learn about the different figures who experienced the war at Sully. Hear about Maria Barlow, who encountered and dealt with troops on both sides. Gain a better understanding of the effects the war had on Fairfax County and why it matters today.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	YAN.9JDØ	1/31	\$10/ea.

## The Lees at Sully

**(5-Adult)** Discover the 1794 home built for Richard Bland Lee, Northern Virginia's first Congressman. Hear stories of his family and friends, political career and the lives of the people enslaved at Sully.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	Z90.XTCØ	12/13	\$10/ea.
Sully	Sa	1pm	Z9D.BLC6	1/10	\$10/ea.

## Teen/Adult Programs

### Civil War at Huntley - Division and Endurance

**(16-Adult)** Fairfax was as divided as the nation in 1861. Yet these divisions help to explain how Huntley endured the war. This program will examine Huntley through the Civil War through the experiences of the Mason family, their neighbors, and an occupying army. Includes a tour of Historic Huntley.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Su	3pm	4NZ.8C9Z	2/8	\$10/ea.

## Grit and Grain - African American Millers

**(14-Adult)** African Americans' labor, experience, and knowledge were crucial to 19th-century grist milling. Explore a historic mill as you discuss the contributions of African American millers in Fairfax County.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2pm	VUG.BBNA	2/28	\$10/ea.

## Historic Radios on the Farm

**(14-Adult)** Few things improved the daily life of the farm family more than the radio. Learn how radio technology advanced during both World War I and II and listen to famous moments in radio history. Join us for a tour through history by hearing and seeing the antique radios from that time.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	4pm	Q2S.TDI6	1/24	\$12/ea.

## Remembering Metilda - Growing Up Enslaved

**(14-Adult)** Come learn about Metilda, an enslaved 14-year old girl who came to live at Colvin Run Mill. Discuss her life at the mill and the house. Examine what history tells us about the lives of enslaved children, their work, and their families.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	2pm	Z09.B08M	2/1	\$10/ea.

## Remembrance - Enslaved Lives at Sully

**(12-Adult)** Learn about the lives and legacy of the people enslaved at Sully Historic Site from the 1700s

NEW IN 2025!



## BE A PRESERVATION HERO

### HISTORY ★ PRESERVATION PARTNERSHIPS



For more information and to apply visit  
[www.fairfaxcounty.gov/parks/rcp](http://www.fairfaxcounty.gov/parks/rcp)  
 call 703-324-8700 or email  
[Parkmail@fairfaxcounty.gov](mailto:Parkmail@fairfaxcounty.gov).



Help Fairfax County preserve our tangible past by partnering with us to care for our historic resources.

The Resident Curator Program is designed to preserve historic properties by offering long-term leases to qualified tenants who agree to rehabilitate and maintain these historic resources. In return, curators pay no rent as long as they continue to meet the terms of their contract.

to the Civil War. This tour includes a walk into the original outbuildings, main house and representative housing for the enslaved. Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. The tour is held weather permitting.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	UNQ.8C1	12/7	\$10/ea.
Sully	Su	1pm	UNQ.PFZM	2/8	\$10/ea.
Sully	Sa	1pm	UNQ.EDØR	2/21	\$10/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 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	F12.2N2P	1/17	\$10/ea.

## Adult Programs

### Enslaved Lives and the Legacy of Slavery

**(Adults)** Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	BF1.4MRS	2/19	\$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	Th	1pm	87A.EL8X	1/22	\$35/ea.

## Tea and Chocolates

**(Adults)** Indulge in all things chocolate and tea. Then enjoy a tour, includes the romantic view from Historic Huntley. May be canceled in case of inclement weather.

### 1-2 hour tea program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	F59.MVZ6	2/14	\$35/ea.



Turn to the Events section for a schedule of events.

# History

## Tasting Programs

### Taste a World of Chocolate

**(Adults)** Explore the world of craft chocolate with River-Sea Chocolates. Learn about bean-to-bar production, local producers, and sustainability. Taste your way around the world with samples of dark and milk chocolate made from single-origin cacao beans.

**1-1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	4pm	J0Q.L42M	2/21	\$20/ea.

### Tasting - Teas From Each Continent

**(Adults)** Sample teas from each of the seven continents of the world. This special selection spans the full range of tea types. Hear about their distinct characteristics and pair them with traditional accompaniments as you savor this intercontinental tour of tea.

**1-1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	E10.S3KL	1/24	\$35/ea.

## HISTORIC TOURS

### COLVIN RUN MILL TOUR

**Saturdays & Sundays, December-February**  
11 a.m., 12 p.m., 1 p.m. & 2 p.m.

**\$10 per person,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**1 hour tour, Reservations Recommended**

**(All Ages)** The historic Colvin Run Mill, built c.1811, is a tribute to industrial and mechanical innovation and to the working people. Learn the importance of how our operational, water-powered gristmill is a prime example of people, technology, and society relying on each other for survival and success. 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.

### HOLIDAY LANTERN TOUR

**Friday, December 19 • 6:30 p.m.**

**Saturday, December 20 • 5:30 p.m.**

**\$12 per adult,**

**\$10 Seniors/Students/Children (5-15 yrs.)**

**90-minute tour, Registration recommended**

Tour beautiful Colvin Run by candlelight. Discover how different a 200-year old mill looks at night and visit the miller's house decorated for the holidays. Learn how families of the mill spent the winter months and enjoy some holiday treats. Individual tickets are available at Parktakes online. Space is limited.

### SULLY HISTORIC SITE TOUR

**Thursday-Sunday, December-February**

**11:30 a.m., 1 p.m. & 2:30 p.m.**

**\$10 per adult,**

**\$8 Seniors/Students/Children (5-15 yrs.)**

**45-minute tour, Reservations Recommended**

**(All Ages)** Learn about the history and importance of Sully Historic Site. Explore the lives of the people who lived and worked at this site from the 1700s to the 1950s. This guided tour covers the housing of enslaved people, the 1794 Sully house, the kitchen, the laundry, and other historic structures. Private tours available upon request. Please contact the site for details. Individual tickets are available at Parktakes online.



A traditional British afternoon tea served in the Historic House follows each tea program. Full tea includes finger sandwiches, pastries, and scone with cream and jam. Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988. Tea program cancellation policy: Full refund will be issued up to two weeks prior to event. Thereafter, a \$15 cancellation fee will apply to each reservation. No refund can be given within 72 hours (3 working days) of a tea.

### Crossing the Delaware

**Sunday, January 11 1-3 p.m.**

**\$45 (program + tea); \$18 (program only)**

**(Adults)** As Fairfax County commemorates 250 years of America, take a deep dive into Emanuel Leutze's 1851 iconic painting of one of the most notable Revolutionary War events, Washington Crossing the Delaware. Explore the surprising misconceptions and meanings of this celebrated work of art and learn what you don't know about one of the most recognizable paintings of American history.

### Art of the Heart

**Saturday, February 14 1-3 p.m.**

**\$45 (program + tea); \$18 (program only)**

**(Adults)** Love has been a subject for artists throughout history. In honor of St. Valentine's Day, enjoy representations of the emotion on canvas. Discover art that shows love of many kinds – romantic, maternal, brotherly and patriotic. Be inspired, amused, moved, and elevated as we delve into the heart of art.

### Tea, Glorious Tea (Gluten-Free)

**Sunday, February 22 1-3 p.m.**

**\$45 (program + tea); \$18 (program only)**

**(Adults)** There's nothing quite like it for all kinds of things. Tea can be used in a multitude of different, and surprising, ways – from cleaning Persian rugs to feeding plants. We'll help you get the most out of your used tea bags or leftover brew with a variety of practical uses for tea.

\*All tea food for this afternoon tea will be made with no gluten-containing ingredients but cross-contamination is possible.

### Seraphim Sextet

**Sunday, March 8 1-3 p.m.**

**\$50 (program + tea); \$25 (program only)**

**(Adults)** Women's vocal ensemble The Seraphim Sextet performs as ladies of the Renaissance. History of the period is revealed through authentic songs and dances and enlivened by audience involvement. Enjoy the ladies' musings on life and love and find yourself transported to the court of Henry VIII with songs composed by the king himself.

# FAIRFAX COUNTY VA250

Join Fairfax County Park Authority for a year of special programs and events honoring our history and celebrating the future.

## Special Edition History Programs Nature Programs with a Historic Twist



Battlefields, gardens, historic houses and wild meadows – Fairfax County parks is where history lives. Be part of the commemoration!



[www.fairfaxcounty.gov/parks/topics/Fairfax250](http://www.fairfaxcounty.gov/parks/topics/Fairfax250)



## Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.



### Ice skating classes:

- Offered at Mount Vernon Ice Arena at Mount Vernon Rec Center and at Fairfax Ice Arena.
- Students should report 15 minutes before class and be ready to go on the ice at class time.
- Prior to the first class, students should attend a public session to become accustomed to the ice and to determine proper skate fitting.
- Recommended clothing is a sweater or jacket, knit hat, gloves or mittens and warm, comfortable slacks.
- Ice skating classes include free admission to public skating sessions equal to the number of classes. All group-lesson students are entitled to free rental skates for use during lessons and practice sessions.
- Although there are no equipment requirements except as noted in Hockey 1 and up, head protection (hockey or biking helmets), knee and elbow protection are strongly recommended.

### WHICH LEVEL IS RIGHT FOR ME?

Two different instructional progressions are used for lessons, USFSA (Skate with US – Snowplow Sam, Basic, Freestyle, Adult) and ISI (Ice Skating Institute – Tot, Pre-Alpha, Alpha, Beta). The Park Authority offers the full progression of classes for USFSA and the ISI introductory-level classes for each age group. \*Students in one progression may change to the other progression at the appropriate skating level by using the chart below. Consult the course descriptions for more information.

USFSA	Ages	ISI
Snowplow Sam 1	3-6 yrs.	Tot 1 or 2 (4-6 yrs.)
Snowplow Sam 2	3-6 yrs	*
Snowplow Sam 3	3-6 yrs	*
Basic 1	6-13 yrs.	Pre-Alpha (7-13 yrs.)
Basic 2	6-13 yrs.	*
Basic 3	6-13 yrs.	*
Basic 4	6-13 yrs.	*
Basic 5	6-13 yrs.	*
Basic 6	6-13 yrs.	*
Basic 7	7-13 yrs.	*
Basic 8	6-Adult	*
Adult 1	14-Adult	Pre-Alpha Adult
Adult 2	14-Adult	*
Adult 3	14-Adult	*
Adult 4	14-Adult	*



### Skating Tots/Preschool

#### Mom or Dad and Me

**(3-5 yrs.)** This class helps students develop preliminary coordination and strength necessary for ice skating. The skills are like those in Snowplow Sam 1 except that adults and children stay together on the ice for the whole class. Each participating adult must be able to skate without assistance to help the student in the learning process; this is not a learn-to-skate class for the adult. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared toward balance, movement and coordination. Helmets are required.

### Snowplow Sam 1

This class helps students develop preliminary coordination and strength necessary for ice skating. Students must be able to work in a group setting without direct parental supervision and be able to listen to and follow instructions. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared toward balance, movement and coordination. Helmets are required.

**4IA 6--30 minute lessons--\$148  
DIAA 7--30 minute lessons--\$162**

Location	Day	Time	Code	Begin	\$
<b>(3-5 yrs.)</b>					
MtVernREC	T	4:15pm	9BB.2LD8	1/6	4IA
MtVernREC	Th	5:30pm	9BB.WUDP	1/8	4IA
MtVernREC	Sa	10:35am	9BB.RP8I	1/10	4IA
MtVernREC	Sa	11:45am	9BB.SYHQ	1/10	4IA
MtVernREC	Su	11am	9BB.3ALK	1/11	4IA
MtVernREC	Su	11:35am	9BB.38XH	1/11	4IA
MtVernREC	F	4pm	9BB.6PGZ	1/23	4IA
<b>(4-6 yrs.)</b>					
FfxlceArena	M	5:35pm	8A6.N1N8	1/12	DIAA
FfxlceArena	T	6:40pm	8A6.GKUE	1/13	DIAA
FfxlceArena	W	6:40pm	8A6.YDRK	1/14	DIAA
FfxlceArena	Th	6:40pm	8A6.27GS	1/15	DIAA
FfxlceArena	Sa	8:55am	8A6.XQ6I	1/17	DIAA

### Doing More with Specialists

The Park Authority contracts with specialists in different areas to offer a broad range of programs and times to skate. Service partners who rent the ice at the Mount Vernon Rec Center include:

- Youth and Adult Hockey Leagues/Clubs
- Adult Drop-in Hockey
- Figure Skating Clubs
- Special Olympics

A list of these organizations is available online: [www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena](http://www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena).

### 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,

# Ice Skating

movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	800.PZX2	1/6	4IA
MtVernREC	Th	6pm	800.Y1X5	1/8	4IA
MtVernREC	Sa	11:10am	800.WAKF	1/10	4IA
MtVernREC	Sa	11:45am	800.AYXJ	1/10	4IA
MtVernREC	Su	11:35am	800.KDYJ	1/11	4IA
MtVernREC	Su	12:10pm	800.KF9M	1/11	4IA
MtVernREC	F	4:30pm	800.BLD1	1/23	4IA

## Snowplow Sam 3

**(3-5 yrs.)** This class emphasizes ice skating skills learned in Sam 1 and 2 and teaches students basic ice-skating elements. Skills include forward skating, forward one-foot glide, forward swizzles, backward swizzles, moving forward snowplow stop, curves and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 2. Helmets are required.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	C1B.5AXU	1/6	4IA
MtVernREC	Sa	11:10am	C1B.EYDO	1/10	4IA
MtVernREC	Sa	11:45am	C1B.DF11	1/10	4IA
MtVernREC	Su	12:10pm	C1B.94ND	1/11	4IA

## Tot 1

**(4-6 yrs.)** For children who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

## DIAA 7--30 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
FfxlceArena	M	5:35pm	9B3.YV4X	1/12	DIAA
FfxlceArena	T	6:40pm	9B3.PFLP	1/13	DIAA
FfxlceArena	W	6:40pm	9B3.KYWY	1/14	DIAA
FfxlceArena	Th	6:40pm	9B3.0630	1/15	DIAA
FfxlceArena	Sa	8:55am	9B3.XR0Z	1/17	DIAA



## Beginning Skating – Youth

### Basic 1

For students who have never skated before, this class helps develop preliminary coordination and strength necessary for ice skating. Students learn basic elements including falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination. Helmets are required.

## 4IA 6--30 minute lessons--\$148

## DIAA 7--30 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
<b>(6-13 yrs.)</b>					
MtVernREC	T	4:15pm	FBC.7Z6L	1/6	4IA
MtVernREC	T	5:15pm	FBC.3UZA	1/6	4IA
MtVernREC	Th	5:30pm	FBC.267R	1/8	4IA
MtVernREC	Sa	10am	FBC.MN0X	1/10	4IA
MtVernREC	Sa	10:35am	FBC.SG77	1/10	4IA
MtVernREC	Sa	11:10am	FBC.3EMW	1/10	4IA
MtVernREC	Sa	11:45am	FBC.3LPP	1/10	4IA
MtVernREC	Su	11am	FBC.QQGH	1/11	4IA
MtVernREC	Su	11:35am	FBC.SPKB	1/11	4IA
MtVernREC	Su	12:10pm	FBC.TB2X	1/11	4IA
MtVernREC	F	4pm	FBC.6RVV	1/23	4IA
<b>(7-13 yrs.)</b>					
FfxlceArena	M	6:10pm	7AC.NJXN	1/12	DIAA
FfxlceArena	T	7:15pm	7AC.L50M	1/13	DIAA
FfxlceArena	W	7:15pm	7AC.BGCV	1/14	DIAA
FfxlceArena	Th	7:15pm	7AC.XC42	1/15	DIAA
FfxlceArena	Sa	9:30am	7AC.693Q	1/17	DIAA

### Basic 1 Advanced

**(6-13 yrs.)** For those with some ice skating ability who have had no organized skating instruction or for those who wish to repeat Basic 1. Students continue to learn basic elements which provide a solid foundation for advanced skills. Class is adjusted based on participants' skill level. Skills include falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	B6D.877M	1/10	4IA
MtVernREC	Sa	11:45am	B6D.DNJE	1/10	4IA
MtVernREC	Su	11am	B6D.DXYN	1/11	4IA

### Basic 2

**(6-13 yrs.)** This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skating skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow stop and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 1.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	291.UV9T	1/6	4IA
MtVernREC	Th	6pm	291.ZEX6	1/8	4IA
MtVernREC	Sa	10am	291.NK9D	1/10	4IA
MtVernREC	Sa	11:10am	291.IB3J	1/10	4IA
MtVernREC	Su	11am	291.WPXU	1/11	4IA
MtVernREC	Su	12:10pm	291.TYLA	1/11	4IA
MtVernREC	F	4:30pm	291.DVHR	1/23	4IA

### Basic 3

**(6-13 yrs.)** Skaters continue working on ice skating skills including beginning forward stroking showing correct use of blade, forward half swizzle pumps on a circle, moving forward to backward two-foot turns on a circle, beginning backward one-foot glides, backward snowplow stop, forward slalom and other skills geared toward balance, movement and coordination. Prerequisite: Basic 2.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:15pm	63A.ZMVY	1/6	4IA
MtVernREC	Sa	10am	63A.626G	1/10	4IA
MtVernREC	Sa	11:10am	63A.YQEW	1/10	4IA
MtVernREC	Su	11am	63A.418E	1/11	4IA
MtVernREC	Su	12:10pm	63A.8PAA	1/11	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--\$162

Location	Day	Time	Code	Begin	\$
FfxlceArena	M	6:10pm	E65.LNNT	1/12	DIAA
FfxlceArena	T	7:15pm	E65.TYR9	1/13	DIAA
FfxlceArena	W	7:15pm	E65.ZLSB	1/14	DIAA
FfxlceArena	Th	7:15pm	E65.BZLQ	1/15	DIAA
FfxlceArena	Sa	9:30am	E65.FGR7	1/17	DIAA

## Beginning Skating – Teens/Adults

### Adult Introductory Skating

**(14-Adult)** This class, for students who have never skated before, develops preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling safely, sitting on the ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

## 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	M	7:45pm	C06.OPXQ	1/5	4IA
MtVernREC	Sa	10am	C06.5ABQ	1/10	4IA
MtVernREC	Su	11:35am	C06.Y3PO	1/11	4IA

### Adult 1

**(14-Adult)** For students with some skating ability who have had no organized skating instruction. This class helps students develop preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling and recovery, forward marching, forward two-foot glide, forward swizzles, one forward swizzle/one backward swizzle, dip and other skills geared toward balance, movement and coordination.

## 4IA 6--30 minute lessons--\$148

## DIAA 7--30 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
MtVernREC	M	7:45pm	AA1.U81N	1/5	4IA
MtVernREC	Sa	10am	AA1.N28D	1/10	4IA
MtVernREC	Su	11:35am	AA1.4146	1/11	4IA
FfxlceArena	T	7:50pm	GCH.JFYN	1/13	DIAA
FfxlceArena	W	7:50pm	GCH.UN90	1/14	DIAA
FfxlceArena	Th	7:50pm	GCH.MGZO	1/15	DIAA
FfxlceArena	Sa	11:15am	GCH.M2WA	1/17	DIAA

## Adult 2

**(14-Adult)** Skaters concentrate on forward skating across the width of the ice, forward one-foot glides, forward slalom, backward skating, backward swizzles, two-foot turns in place and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Adult 1.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	M	8:15pm	5B4.2TM3	1/5	4IA
MtVernREC	Sa	11:10am	5B4.V44V	1/10	4IA

## Adult 3

**(14-Adult)** Students concentrate on forward stroking using the blade properly, forward half-swizzle pumps on the circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating into a long two-foot glide, forward chasses on a circle, backward snowplow stop and other skills geared toward balance, movement and coordination. Prerequisite: Adult 2.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	M	8:15pm	B42.X8F7	1/5	4IA
MtVernREC	Sa	11:10am	B42.B74A	1/10	4IA

## Pre-Alpha

**(14-Adult)** For those who have not had organized skating instruction. Students work on gliding, forward and backward swizzles, backward wiggles and one-foot glides.

### DIAA 7--30 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
FfxlceArena	T	7:50pm	C52.MBAB	1/13	DIAA
FfxlceArena	W	7:50pm	C52.CQES	1/14	DIAA
FfxlceArena	Th	7:50pm	C52.UNMB	1/15	DIAA
FfxlceArena	Sa	11:15am	C52.215W	1/17	DIAA

## Intermediate Skating - Youth

## Basic 4

**(6-13 yrs.)** Students focus on skills including skating on the proper outside and inside edges, forward crossovers, backward half swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 3.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	98F.PFM3	1/6	4IA
MtVernREC	Sa	10am	98F.TQ5D	1/10	4IA
MtVernREC	Su	11am	98F.UYSM	1/11	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--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:15pm	681.K8NK	1/6	4IA
MtVernREC	Sa	10:35am	681.MU4J	1/10	4IA

## Basic 6

**(6-13 yrs.)** Skills include forward inside three-turn, moving backward to forward two-foot turn on a circle, backward stroking, beginning one-foot spin with optional free leg position and entry, T-stops, bunny hop, forward spiral on a straight line and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 5.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:15pm	4C4.SAP4	1/6	4IA
MtVernREC	Sa	10:35am	4C4.DRVZ	1/10	4IA

## Advanced Skating – All Levels

### Intro to Free Skate

**(6-Adult)** This class prepares skaters to advance into specialized ice skating areas. Skills include forward inside open mohawk from a standstill position, backward crossovers to a backward outside edge glides, backward outside edge to a forward outside edge transition, two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one-foot upright spin and other skills geared toward balance, movement and coordination. Prerequisite: Basic 6.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:15pm	381.V595	1/6	4IA
MtVernREC	Sa	10am	381.6C8X	1/10	4IA
MtVernREC	Su	11:35am	381.NWS2	1/11	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--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	37E.T6QE	1/6	4IA
MtVernREC	Sa	10am	37E.EZCW	1/10	4IA

## Free Skate 2

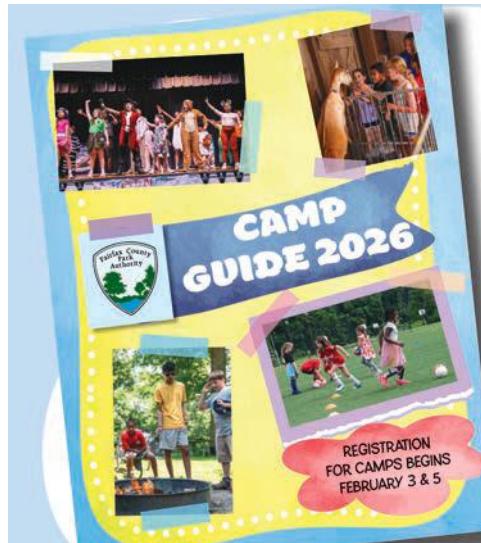
**(6-Adult)** This class focuses on alternating forward outside and inside spirals on a continuous axis, basic backward outside and backward inside consecutive edges, backward inside three-turns, beginning back spin, half Lutz, salchow and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 1.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:45pm	087.JES4	1/6	4IA
MtVernREC	Sa	10am	087.KCCA	1/10	4IA

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♦GREEN LOCATION CAMPS  
Register starting Tuesday, February 3 @ 9 a.m.

♦BLUE LOCATION CAMPS  
Register starting Thursday, February 5 @ 9 a.m.

# Ice Skating

## 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--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	4F3.JYJ3	1/10	4IA

## Free Skate 4

**(6-Adult)** This class focuses on forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip and other skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	3E7.FHU9	1/10	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--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:45am	09F.L65P	1/10	4IA

## Hockey – All Levels

### Intro to Hockey

**(6-Adult)** For students who have never played ice hockey before. This class helps students develop the preliminary coordination and strength necessary for hockey. Students learn basic elements which provide a solid foundation for more advanced skills. Students need hockey skates, hockey gloves and a helmet. Prerequisite: Snowplow Sam 3 or Basic 2.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:45am	5D3.DX9T	1/10	4IA
MtVernREC	Su	11am	5D3.J1A8	1/11	4IA

### Hockey 1

This class focuses on ice hockey fundamentals including proper balance and correct hockey skating technique. Students need hockey skates, hockey gloves, a helmet and a correctly sized stick. Prerequisite: Introduction to Hockey.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
(6-Adult)					
MtVernREC	T	4:15pm	BBE.U6AV	1/6	4IA
MtVernREC	Sa	11:10am	BBE.0CDJ	1/10	4IA
MtVernREC	Su	11:35am	BBE.4X4W	1/11	4IA
(14-Adult)					
MtVernREC	M	7:45pm	ND0.9K51	1/5	4IA



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## Hockey 2

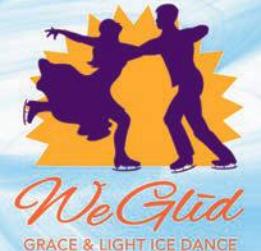
This class continues to focus on hockey fundamentals with skills such as forward strides using 45 degree v-push, forward one-foot push and glide, forward c-cuts single leg and alternating feet in a straight line, backward hustle or march, backward swizzles/double c-cuts, backward c-cuts single leg and alternating feet in a straight line and two-foot moving snowplow stop. Students need hockey skates, hockey gloves, a helmet and a hockey stick. Prerequisite: Hockey 1.

### 4IA 6--30 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
(6-Adult)					
MtVernREC	T	4:45pm	E3B.DH5Z	1/6	4IA
MtVernREC	Sa	11:10am	E3B.VGY4	1/10	4IA
(14-Adult)					
MtVernREC	M	8:15pm	7WZ.NKJ3	1/5	4IA



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# Ice Skating Lessons

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#### 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

### Tot 1/2 (Ages 4-6)—Beginner Level

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$180	Nov 3	4-6
Tuesday	6:40pm	\$180	Nov 4	4-6
Wednesday	6:40pm	\$180	Nov 5	4-6
Thursday	6:40pm	\$180	Nov 6	4-6
Saturday	8:55am	\$185	Nov 8	4-6
Saturday	9:30am	\$185	Nov 8	4-6
Monday	5:35pm	\$180	Dec 15	4-6
Tuesday	6:40pm	\$180	Dec 16	4-6
Wednesday	6:40pm	\$180	Dec 17	4-6
Thursday	6:40pm	\$180	Dec 18	4-6
Saturday	8:55am	\$185	Dec 20	4-6
Saturday	9:30am	\$185	Dec 20	4-6
Monday	5:35pm	\$180	Jan 5	4-6
Tuesday	6:40pm	\$180	Jan 6	4-6
Wednesday	6:40pm	\$180	Jan 7	4-6
Thursday	6:40pm	\$180	Jan 8	4-6
Saturday	8:55am	\$185	Jan 10	4-6
Saturday	9:30am	\$185	Jan 10	4-6

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

Skills Learned: One-Foot Glide, Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$180	Nov 3	7-13
Tuesday	7:15pm	\$180	Nov 4	7-13
Wednesday	7:15pm	\$180	Nov 5	7-13
Thursday	7:15pm	\$180	Nov 6	7-13
Saturday	10:05am	\$185	Nov 8	7-13
Saturday	10:40am	\$185	Nov 8	7-13
Monday	6:10pm	\$180	Dec 15	7-13
Tuesday	7:15pm	\$180	Dec 16	7-13
Wednesday	7:15pm	\$180	Dec 17	7-13
Thursday	7:15pm	\$180	Dec 18	7-13
Saturday	10:05am	\$185	Dec 20	7-13
Saturday	10:40am	\$185	Dec 20	7-13
Monday	6:10pm	\$180	Jan 5	7-13
Tuesday	7:15pm	\$180	Jan 6	7-13
Wednesday	7:15pm	\$180	Jan 7	7-13
Thursday	7:15pm	\$180	Jan 8	7-13
Saturday	10:05am	\$185	Jan 10	7-13
Saturday	10:40am	\$185	Jan 10	7-13

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

Skills Learned: One-Foot Glide, Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$180	Nov 4	14 & Up
Wednesday	7:50pm	\$180	Nov 5	14 & Up
Thursday	7:50pm	\$180	Nov 6	14 & Up
Saturday	11:15am	\$185	Nov 8	14 & Up
Tuesday	7:50pm	\$180	Dec 16	14 & Up
Wednesday	7:50pm	\$180	Dec 17	14 & Up
Thursday	7:50pm	\$180	Dec 18	14 & Up
Saturday	11:15am	\$185	Dec 20	14 & Up
Tuesday	7:50pm	\$180	Jan 6	14 & Up
Wednesday	7:50pm	\$180	Jan 7	14 & Up
Thursday	7:50pm	\$180	Jan 8	14 & Up
Saturday	11:15am	\$185	Jan 10	14 & Up

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# Martial Arts

## Martial Arts

Scan the QR code to go directly to the Parktakes Online Martial Arts page.



For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

### For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.



### Aikido & Self Defense Beginning

Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

**4MB 10-1 hour 25 minute lessons--\$198**  
**4MG 10-1 hour 55 minute lessons--\$264**

Location	Day	Time	Code	Begin	\$
<b>(10-17 yrs.)</b>					
SpHillREC	Su	2pm	OKJ.2JVP	1/11	4MB
<b>(13-Adult)</b>					
SoRunREC	Sa	4pm	78D.R73A	1/3	4MG

### Aikido & Self-Defense Intermediate

**(13-Adult)** Prerequisite: Aikido and Self-Defense Beginning or permission of instructor.

**4MB 10-1 hour 25 minute lessons--\$198**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	4pm	CF6.WHVI	1/11	4MB

### Aikido-Jo

**(13-Adult)** This traditional Japanese martial art focuses on using a wooden staff (jo) as a weapon. It is an integral part of Aikido training and complements empty-hand techniques. The Jo staff is used for spearing, hitting, or deflecting a strike from an opponent. While similar to jodo in that both styles involve fencing techniques, the styles differ in the overall nature of and strategies that are used.

**DMVF 10-45 minute lessons--\$117**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5:30pm	1V2.Z8EB	1/11	DMVF



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### Jung Su Beginning

Martial art that combines tang soo do, jujitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

**4MA 10-55 minute lessons--\$132**

Location	Day	Time	Code	Begin	\$
<b>(8-Adult)</b>					
Wkfld/Moore	Sa	10am	U1X.WBBG	1/10	4MA
<b>(13-Adult)</b>					
Wkfld/Moore	M	6pm	11F.SEDM	1/5	4MA

### Jung Su Intermediate

**(8-Adult)** Prerequisite: Jung Su Beginning. For yellow and green belt students only. This continuation of learning covers blocking, striking, kicking, grappling and sparring concepts.

**4MA 10-55 minute lessons--\$132**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6pm	10K.SL2E	1/7	4MA

### Jung Su Advanced

**(8-Adult)** Prerequisite: Jung Su Beginning or equivalent.

**3MB 8-1 hour 25 minute lessons--\$159**

**4MB 10-1 hour 25 minute lessons--\$198**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	3BJ.66LO	1/10	3MB
Wkfld/Moore	M	7pm	3BJ.YGB5	1/5	4MB
Wkfld/Moore	W	7pm	3BJ.JX0D	1/7	4MB
Wkfld/Moore	Sa	11am	3BJ.YP73	1/10	4MB

### Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

**4MA 10-55 minute lessons--\$132**

**DMVF 10-45 minute lessons--\$117**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
SoRunREC	Sa	1pm	27A.Y4TR	1/3	4MA
BlkBlkFFX	M	5:30pm	4XF.M66C	1/12	DMVF
BlkBlkFFX	T	5:30pm	4XF.SYW4	1/13	DMVF
BlkBlkFFX	W	5:30pm	4XF.JJ41	1/14	DMVF
BlkBlkFFX	Th	5:30pm	4XF.72ZL	1/15	DMVF
BlkBlkFFX	F	4:45pm	4XF.8SQ9	1/16	DMVF

### (13-Adult)

OakmontREC	Th	7pm	996.50JT	1/15	4MA
SoRunREC	Sa	1pm	996.180I	1/3	4MA
BlkBlkFFX	T	7:45pm	LYL.GY10	1/13	DMVF
BlkBlkFFX	Th	7:45pm	LYL.22UQ	1/15	DMVF

### Karate II

**(6-Adult)** Prerequisite: Karate I or equivalent.

**4MA 10-55 minute lessons--\$132**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.VFCU	1/3	4MA
SoRunREC	Sa	2pm	964.B991	1/3	4MA

### Karate III

**(6-Adult)** Prerequisite: Karate II or equivalent.

**4MA 10-55 minute lessons--\$132**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	3pm	B94.MVEY	1/3	4MA

## Karate for Families

**(6-Adult)** This class gives family members an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	D2F.EX21	1/3	4MA
Franconia Rec	Sa	12:30pm	D2F.4MAN	1/3	4MA
Franconia Rec	M	7pm	D2F.ZLD9	1/5	4MA
Franconia Rec	T	6:30pm	D2F.KL4B	1/6	4MA
Franconia Rec	W	7:30pm	D2F.C5MK	1/7	4MA
Franconia Rec	F	7pm	D2F.8LX9	1/9	4MA
Frying Pan Pk	Th	7pm	D2F.TL20	1/8	4MA
ProvREC	Su	1pm	D2F.1PO5	1/4	4MA
ProvREC	Su	12pm	D2F.P2IX	1/4	4MA

## 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.

### 3MA 8--55 minute lessons--\$107

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	8E5.990Z	1/11	3MA

## Shoshinkan Karate

**(13-Adult)** Learn the principles, techniques and self-defense applications of traditional Okinawan and Japanese karate (empty hand). Emphasis is on kata (forms) and paired drills.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6pm	DTQ.KOGE	1/8	4MA
Wkfld/Moore	Su	4pm	DTQ.D2KY	1/11	4MA

## Shotokan Japanese Karate I

**(6-Adult)** Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	W	6pm	31A.47DT	1/7	4MA
SpHillREC	Sa	10am	31A.RF91	1/10	4MA

## Shotokan Japanese Karate II

**(6-Adult)** Shotokan Japanese Karate I strongly recommended.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	454.EX2Z	1/6	4MA
SpHillREC	W	7pm	454.XX7E	1/7	4MA
SpHillREC	Sa	9am	454.539U	1/10	4MA

## Shotokan Japanese Karate III

**(6-Adult)** Shotokan Japanese Karate II strongly recommended.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	3E5.QTM2	1/6	4MA
SpHillREC	W	7pm	3E5.Z7GR	1/7	4MA
SpHillREC	Sa	9am	3E5.16Z6	1/10	4MA

## Shotokan Japanese Karate-All Levels

**(6-Adult)** Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	M	7pm	481.14LC	1/5	4MA
SpHillREC	Sa	8am	481.NZRX	1/10	4MA

## Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

### 3MA 8--55 minute lessons--\$107

### 4MA 10-55 minute lessons--\$132

### 4MB 10-1 hour 25 minute lessons--\$198

Location	Day	Time	Code	Begin	\$
(6-Adult)					

### SoRunREC Sa 10:15am 9CF.Q35N 1/3 4MA

## Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai. Supply fee of \$35 for classes at Franconia Rec Center.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
(8-Adult)					

### SpHillREC T 7:15pm 3F3.YWRW 1/6 4MA

### (13-Adult)

### Franconia Rec F 7pm 48C.QW63 1/9 4MA

## Kendo II

**(8-Adult)** Prerequisite: Kendo I or equivalent.

### 4MB 10-1 hour 25 minute lessons--\$198

Location	Day	Time	Code	Begin	\$
SpHillREC	T	7:15pm	357.S43V	1/6	4MB

### SpHillREC Th 7pm 6B2.V78V 1/8 4MB

## Kung Fu

This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. Additional fee for class t-shirt and pants.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
(6-Adult)					

### SpHillREC T 7pm 9DF.PUUL 1/6 4MA

### SpHillREC Th 7pm 9DF.XEEH 1/8 4MA

### SpHillREC Sa 10am 9DF.ZBX9 1/10 4MA

## Kung Fu II

**(6-Adult)** Prerequisite: Kung Fu I. This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. For beginners to intermediate levels of white to green sash. Additional fee for class t-shirt and pants.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	CA6.L25U	1/6	4MA
SpHillREC	Th	7pm	CA6.HPLG	1/8	4MA
SpHillREC	Sa	9am	CA6.D1Z5	1/10	4MA

## Kung Fu III

**(6-Adult)** Prerequisite: Kung Fu II. For intermediate and advanced green to black sash students with continued training on long fist and short hand and northern kicks, as well as weapons training in staff, broadsword, straight sword and spear. Sparring and light contact drills offered as preparation for tournament competition.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	9TG.RFF5	1/10	4MA

## Kung Fu MMA

**(13-Adult)** This class focuses on challenging conditioning and skills in the standing and ground arena. Tactics include versatility in punching and kicking and counters as well as options in common clinch and ground positions. Some personal safety equipment required.

### 4MA 10-55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.SNTB	1/8	4MA

## Indonesian Kung Fu

**(13-Adult)** Unique combination of Chinese gungfu and Indonesian pentjak silat offers a modern hybrid of the fighting arts. Training includes single- and multiple-attacker exercises, forms, solo drills, weapons and body conditioning.

### 4MB 10-1 hour 25 minute lessons--\$198

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	6B2.V5XA	1/3	4MB
SoRunREC	Th	7pm	6B2.V78V	1/8	4MB

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**REC CENTERS**

## Martial Arts

### Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

**3MA** 8--55 minute lessons--\$107  
**4MA** 10--55 minute lessons--\$132  
**CMVF** 8--45 minute lessons--\$89  
**DMVF** 10--45 minute lessons--\$117

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Legacy Mart	M	5:15pm	6MJ.QQ46	1/12	CMVF
Legacy Mart	W	6:15pm	6MJ.X9Q3	1/14	CMVF
BlkBltFFX	M	5:30pm	6MJ.F6GI	1/12	DMVF
BlkBltFFX	T	5:30pm	6MJ.KX0X	1/13	DMVF
BlkBltFFX	W	5:30pm	6MJ.YF48	1/14	DMVF
BlkBltFFX	Th	5:30pm	6MJ.Q6FY	1/15	DMVF
BlkBltFFX	F	4:45pm	6MJ.XFRS	1/16	DMVF
JRheeFlsCh	T	5:30pm	6MJ.BF34	1/13	CMVF
JRheeFlsCh	W	6:15pm	6MJ.KEZY	1/14	CMVF
JRheeFlsCh	F	5:30pm	6MJ.3MEG	1/16	CMVF
LdbyExFrOks	Sa	11:30am	6MJ.MXQR	1/10	DMVF
LdbyExFrOks	T	4:30pm	6MJ.DRTQ	1/13	DMVF
LdbyExFrOks	W	6pm	6MJ.093N	1/14	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.C99M	1/15	DMVF
LdbyExFrOks	F	5:15pm	6MJ.7TKU	1/16	DMVF
SoRunREC	Sa	12pm	6MJ.UOIL	1/3	DMVF
<b>(6-Adult)</b>					
CubRunREC	Su	11am	31F.BC5H	1/11	3MA
CubRunREC	W	7:15pm	31F.PKT8	1/14	3MA
Frying Pan Pk	Th	6pm	31F.BTDJ	1/8	4MA
OakmontREC	M	7pm	31F.7A3L	1/12	3MA

SpHillREC	M	5:30pm	31F.X1DA	1/5	4MA
Legacy Mart	Su	1:15pm	FM7.07RX	1/11	CMVF
Legacy Mart	Th	7pm	FM7.Y7LY	1/15	CMVF
BlkBltFFX	T	7:45pm	FM7.YNY5	1/13	DMVF
BlkBltFFX	Th	7:45pm	FM7.IN6V	1/15	DMVF
LdbyExFrOks	W	6:45pm	FM7.VMY9	1/14	DMVF
LdbyExFrOks	F	6:45pm	FM7.VZAS	1/16	DMVF

### Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

**3MA** 8--55 minute lessons--\$107  
**4MC** 20--55 minute lessons--\$264

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.RS9F	1/11	3MA
SpHillREC	M/W	6:30pm	2B9.D82G	1/5	4MC

### Tae Kwon Do III

(6-Adult) Prerequisite: Tae Kwon Do II or equivalent.

**4MC** 20--55 minute lessons--\$264

Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.G4Q2	1/5	4MC

### Tae Kwon Do IV

(9-Adult) Prerequisite: Tae Kwon Do III or equivalent. Advanced Tae Kwon Do for high red belt students and higher.

**4MA** 10--55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
SpHillREC	W	5:30pm	E9Y.GDIN	1/7	4MA



### Martial Arts for Seniors

(55 yrs.+) Basic martial arts techniques are introduced in this non-contact class. Movements are designed to help improve balance and strength.

**DMVD** 8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	2IF.920Z	1/8	DMVD

### Shoshinkan Kobudo

(13-Adult) Learn the techniques and self-defense applications of traditional Okinawan weapons including bo (6' staff), sai, and nunchaku. Emphasis on kata (forms) and paired drills. Weapons will be available for beginners.

**4MA** 10--55 minute lessons--\$132

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	BPH.JWX	1/8	4MA
Wkfld/Moore	Su	5pm	BPH.G6YE	1/11	4MA

### Self-Defense for Women

(13-Adult) Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

**4MF** 5--1 hour 25 minute lessons--\$102

**DMVD** 8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
OakmontREC	M	7pm	UBC.8TND	1/5	DMVD
SoRunREC	Sa	4pm	UBC.HKEN	1/3	DMVD
Wkfld/Moore	Th	7:30pm	UBC.XQ2X	1/8	DMVD

### Self-Defense for Women II

(13-Adult) Prerequisite: Self-Defense for Women I or equivalent.

**4MF** 5--1 hour 25 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.PY47	2/10	4MF



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## Nature

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### Burke Lake Park



7315 Ox Rd., Fairfax Station • 703-323-6600  
[www.fairfaxcounty.gov/parks/burkelake](http://www.fairfaxcounty.gov/parks/burkelake)

- Campgrounds
- Marina
- Hiking & Biking trails
- Volleyball court
- Disc golf course
- Picnic Areas

### Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd., Chantilly • 703-631-0013  
[www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence)

- Natural and cultural exhibits
- Hands-on children's area
- Live Animal Display
- Self-guided historic structure walking tour
- Gardens
- Woodlands Trails and Meadow

### Hidden Oaks Nature Center



7701 Royce Street, Annandale • 703-941-1065  
[www.fairfaxcounty.gov/parks/hiddenoaks](http://www.fairfaxcounty.gov/parks/hiddenoaks)

- Woodland trails
- Creeks with a pond
- Gardens and Butterfly-themed playground
- Nature Playce outdoor exploration center
- Self-guided interpretive trail
- Live animal displays
- Interactive urban woodlands exhibit
- Meeting rooms reservable for private functions
- Winged Wonders wall

### Hidden Pond Nature Center



8511 Greeley Blvd., Springfield • 703-451-9588  
[www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond)

- Extensive woodland trails
- Wildlife supported by Pohick Creek
- Nature center exhibits
- Pond
- Picnic shelter
- Tot playground
- Nature trail

### Huntley Meadows Park and Visitor Center



3701 Lockheed Blvd., Alexandria • 703-768-2525  
[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)

- 1,500 acres
- Wildlife watching
- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits

### Lake Accotink Park



7500 Accotink Park Rd., Springfield • 703-569-3464  
[www.fairfaxcounty.gov/parks/accotink](http://www.fairfaxcounty.gov/parks/accotink)

- Marina
- Miniature golf
- Carousel
- Hiking and biking trails
- Basketball Court
- Visitor Center
- Volleyball Court
- Picnic Areas

### Lake Fairfax Park



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

- Campgrounds
- Skate park
- Pump track
- Hiking and biking trails
- Athletic fields
- 476 acres of parkland

### Riverbend Park



8700 Potomac Hills St. • Great Falls • 703-759-9018  
[www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend)

- The Park Authority's only riverfront park
- 418 acres of forest, meadows and ponds
- Wildflowers and birds
- 10 miles of trails including Potomac Heritage Trail
- Canoe and single/tandem kayak rentals available
- Fishing
- Visitor Center with snack bar, gift shop & exhibits

### Woodlands Stewardship Education Center



5301 Walney Rd. • Chantilly  
[www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center](http://www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center)

- LOOP- Learning Outdoor Observational Pod self-guided exploratory learning space
- Access to Big Rocky Run Trail
- Meadow and Walney pond
- Larger than life size eastern box turtle sculpture

All park and nature center hours are located online by visiting [www.fairfaxcounty.gov/parks/holiday-hours](http://www.fairfaxcounty.gov/parks/holiday-hours). Park grounds are open dawn till dusk daily.

# Nature

## Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

### Animal Pajama Party

**(3-7 yrs.)** Put on your pajamas and come to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring your favorite stuffed animal with you.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	6:30pm	6CC.C929	12/7	\$10/child
HiddenOaks	Su	6:30pm	6CC.8FB7	1/4	\$10/child
HiddenOaks	Sa	6:30pm	6CC.V4N1	2/7	\$10/child

### Caribbean Reef Puppet Show

**(3-7 yrs.)** Join an octopus, ray, shark, lobster and all their friends in this undersea adventure. After the show, play a game, sing songs and make a craft.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	4C7.W9HA	2/15	\$10/child

### Dino Puppet Show and Activities

**(4-8 yrs.)** Dinosaurs once roamed all the Earth in places far and near. Enjoy a puppet show and crafts along with fossil facts.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1:30pm	C97.WVJX	1/25	\$10/child
HiddenOaks	Su	3pm	C97.W0SO	1/25	\$10/child

### Fireside Family Fun

**(3-6 yrs.)** Bring a cozy blanket or sleeping bag and huddle up by the fireplace to listen to a winter-themed story while you sip on hot cocoa. Then create a craft based on the theme of the story. Five programs run bi-weekly throughout the winter season.

#### 5-1 hour programs

Location	Day	Time	Code	Date	\$
Riverbend Pk	W	11am	3QM.XM8U	12/10	\$50/ea.

### Furry Foxes

**(3-8 yrs.)** These wild members of the dog family are a common sight in our neighborhoods. Learn about their lives through activities and practice yipping like a fox.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	7YG.0YCQ	1/31	\$10/ea.



### Little Acorns-Winter

**(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 Dec 1: Hibernation, Dec 8: Evergreens, Dec 15: Winter Wonderland, Jan 5: Snowflakes, Jan 12: Mittens, Jan 26: Winter Birds, Feb 2: Groundhogs, Feb 9: Animal Valentines, Feb 23: Penguins & Polar Bears.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	9:45am	392.TP4A	12/1	\$10/child
HiddenOaks	M	11am	392.4592	12/1	\$10/child
HiddenOaks	M	9:45am	392.THC9	12/8	\$10/child
HiddenOaks	M	11am	392.KKWB	12/8	\$10/child
HiddenOaks	M	9:45am	392.QHYO	12/15	\$10/child
HiddenOaks	M	11am	392.OPUI	12/15	\$10/child
HiddenOaks	M	9:45am	392.F2BB	1/5	\$10/child
HiddenOaks	M	11am	392.MJLF	1/5	\$10/child
HiddenOaks	M	9:45am	392.PA34	1/12	\$10/child
HiddenOaks	M	11am	392.M8RI	1/12	\$10/child
HiddenOaks	M	9:45am	392.5VYU	1/26	\$10/child
HiddenOaks	M	11am	392.KHOH	1/26	\$10/child
HiddenOaks	M	9:45am	392.QFGF	2/2	\$10/child
HiddenOaks	M	11am	392.IUWT	2/2	\$10/child
HiddenOaks	M	9:45am	392.ZPDG	2/9	\$10/child
HiddenOaks	M	11am	392.NHWS	2/9	\$10/child
HiddenOaks	M	9:45am	392.AMTV	2/23	\$10/child
HiddenOaks	M	11am	392.4K3X	2/23	\$10/child

### Little Gardeners

**(2-6 yrs.)** Explore the ever-changing landscape of the garden. Each week, participants will explore and discover the changes in the garden. This program will feature seasonal activities that can include planting seeds, pollinators, harvesting vegetables, digging in the soil and exploring plant parts.

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	ZF6.OZGS	1/24	\$10/child
GrnSprGardn	Sa	10:30am	ZF6.ODEB	2/28	\$10/child

### Mr. Weather Bear

**(2-5 yrs.)** With the help of Mr. Bear, learn about the weather with a felt-board story, bubble play, an ice cube race and songs. Children must be accompanied by an adult.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10:30am	20B.YXLE	1/4	\$10/child

### Nature Tots

**(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. A different amazing topic every month

#### 1-45 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	M	10am	SYX.BS4U	12/8	\$10/child
ECLawrncePk	M	11am	SYX.P3VN	12/8	\$10/child
ECLawrncePk	M	10am	SYX.058E	1/12	\$10/child
ECLawrncePk	M	11am	SYX.YNIH	1/12	\$10/child
ECLawrncePk	M	10am	SYX.K1HS	2/9	\$10/child
ECLawrncePk	M	11am	SYX.AH9I	2/9	\$10/child

### Otter-ly Wonderful

**(2-5 yrs.)** Preschoolers and their grown-ups explore the fun-filled world of sea and river otters, through stories, crafts and activities.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	12pm	467.L7L5	2/1	\$10/child

### Skiing Penguins and Snowman Fun

**(3-9 yrs.)** Create fun crafts and activities. Build and race penguins and create a snowmen.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	B24.WFJ	1/4	\$10/child

## Children's Programs

Children must be accompanied by an adult also registered in the program.

### Creature Feature Homeschool STEAM

**(8-12 yrs.)** Students will investigate what adaptations and behaviors are needed to survive in various biomes by examining a different creature each week. Students will create their own 3-D species and habitat using various art mediums and utilizing the engineering design process.

#### 6--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	1:30pm	YKS.2K0H	1/7	\$78/child

### Feeding Day

**(4-13 yrs.)** Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner. Children must be accompanied by an adult.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	1pm	605.XRRR	1/10	\$10/child
ECLawrncePk	Sa	1pm	605.WCBY	2/21	\$10/child

### Homeschool at the Pond

**(7-11 yrs.)** This program is based on the popular Po-hick Rangers series geared to meet some homeschool science requirements. Topics vary. Meets every week.

#### 4--1 hour 30 minute lessons

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.QT00	1/13	\$54/child



The Fairfax County Park Authority has a variety of beautiful outdoor facilities available for your next event! For information about our reservable areas, fees, amenities, availability and booking, visit [www.fairfaxcounty.gov/parks/picnics](http://www.fairfaxcounty.gov/parks/picnics)

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



**Rentals for 2026 will open in the New Year!**



### Homeschool Wilderness Skills-Winter

**(7-12 yrs.)** Join a Park Naturalist to learn how to survive in nature's most challenging season. Learn skills humans use to stay safe and warm like preparing a winter survival kit, avoiding getting lost, building a fire in wet conditions and keeping a healthy mindset when faced with a challenge.

#### 4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	W	2pm	20E.3P9E	1/21	\$72/child

### Ice-Ten Math Mystery

**(8-12 yrs.)** Ice-ten, a polymorph of ice, has been stolen from a secret research lab and may be unleashed on the world. You must solve the problems and find all the clues to neutralize the Ice-ten before it is too late.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	4:30pm	IRK.5K0V	2/21	\$10/child

### Make Your Own Pinecone Birdfeeders

**(6-14 yrs.)** Help feed your feathered friends this winter by making and taking home your very own pinecone bird feeder. Find out what those familiar bird calls are as we discuss common birds you may see visit your feeder.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	942.Y455	12/6	\$10/child
Riverbend Pk	Sa	10am	942.47TF	2/7	\$10/child
BurkeLakePk	Su	1pm	942.45C5	2/8	\$10/child

### 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	\$
HuntMdws	Sa	1pm	1F6.86L3	2/7	\$12/child

### Nature DIY Valentines

**(6-12 yrs.)** Nothing says "I love you" more than a homemade card. Use natural materials to create your own card just in time for the holiday. Materials will be provided for cards that kids can make. Stay for a little while, or the whole time.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	2pm	RR5.TH5C	2/7	\$9/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	\$
CubRunREC	Th	11am	741.SI46	1/15	\$32/child
HiddenPond	Th	11:30am	741.HP9D	1/8	\$32/child
CubRunREC	Th	11am	741.AA47	2/12	\$32/child

### Penguins and Polar Bears

**(3-9 yrs.)** Learn about penguins, polar bears and other animals who enjoy the chilly temperatures. Build and race penguins and create a snowman. Children must be accompanied by an adult.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10:30am	ECD.EL0S	12/7	\$8/child
Riverbend Pk	Su	10:30am	ECD.MXP1	2/8	\$8/child

### Science and Nature Explorers

**(5-7 yrs.)** Supplement your child's science education. Students will participate in science experiments and activities exploring the Virginia science standard of learning, as they relate to nature and the outdoors. This program focuses on grades K to 1.

#### 4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	W	4:30pm	555.QB2S	1/7	\$32/child

### Super Salamander Healing Lab

**(11-14 yrs.)** Discover the amazing superpower of salamanders—they can regrow entire limbs. In this fun STEM workshop, students became nature detectives and medical inventors to create super bandages inspired by these incredible creatures.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	1pm	5DI.6BBY	1/31	\$12/child
LkAccontPk	Sa	10am	5DI.MI1W	1/31	\$12/child



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# Nature

## Wonderful Winter Wildlife

**(4-9 yrs.)** Join our naturalist for six bi-weekly story time classes to learn about animals and their unique adaptations that help them survive the cold winters. Then bundle up and take a hike to look for signs of winter wildlife or participate in a themed game or activity based on the story.

### 6--1 hour programs

Location	Day	Time	Code	Date	\$
Riverbend Pk	W	11am	UT6.A33S	12/3	\$54/child

## Family/All Ages

### All Things Frozen Tea Party

**(4-Adult)** Join the naturalist as she shares stories about animals that enjoy being chilly including penguins and polar bears plus others that can get through the cold. Come dressed as your favorite frozen friend. Enjoy a sit down tea with china cups, treats and snow crafts. Contact the nature center one week prior with any dietary restrictions.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	8C1.WR09	2/22	\$15/ea.

### Animal Feeding

**(3-Adult)** It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	W	4:30pm	46D.QZ16	12/10	\$8/ea.
HiddenPond	W	4:30pm	46D.246E	1/14	\$8/ea.
HiddenPond	W	4:30pm	46D.U7UK	2/11	\$8/ea.
HiddenPond	W	4:30pm	46D.PCQS	2/25	\$8/ea.

### Animal Paper Mache Sculptures

**(7-Adult)** Learn how to create one or two paper mache animals in week one. In week two, paint your sculptures with acrylic paints. Meet live animals and play an animal pictogram game as part of the classes. All materials included.

### 2-1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	610.Z7M1	2/21	\$30/ea.

### Biology of The Despised

**(5-Adult)** Challenge misconceptions about frequently maligned animals like snapping turtles, nonvenomous snakes, spiders and other fascinating creatures. Participants will learn to distinguish harmless Dekay's brown snake from copperheads, understand their ecological roles and develop appreciation for these important species.

### 1-1 hour program

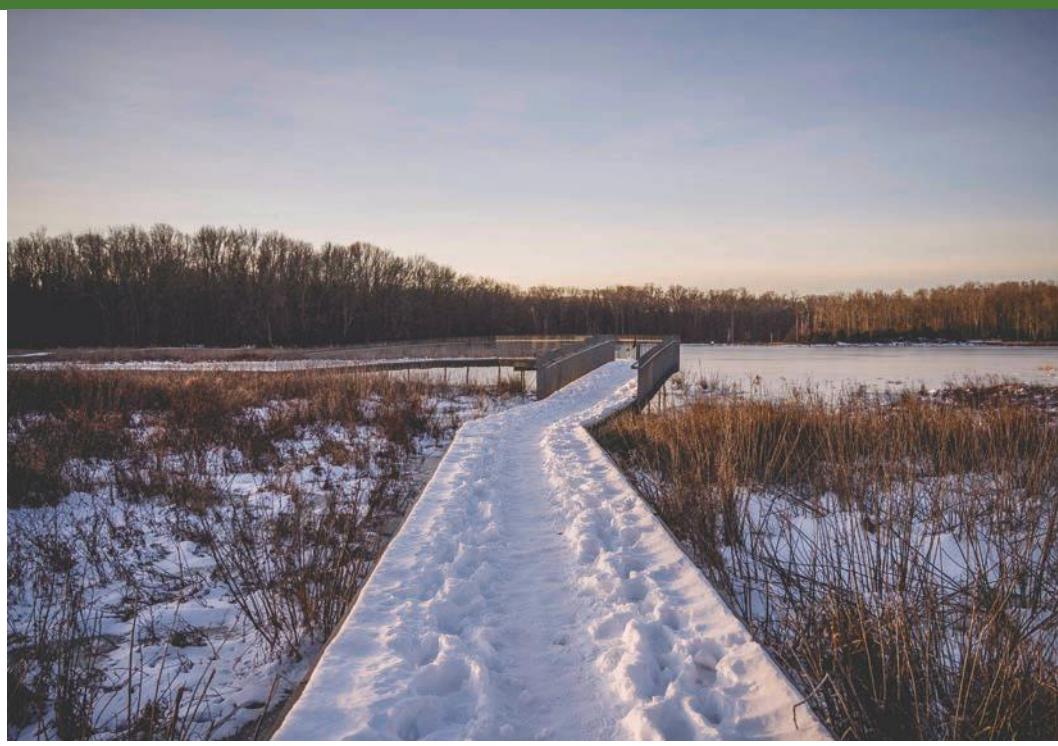
Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	10am	R9H.6G1R	2/7	\$9/child
LkAccontPk	Sa	1pm	R9H.1IBD	2/21	\$9/child

### Bird Bingo

**(3-Adult)** Explore the trails with a naturalist to learn about the different characteristics that can be used to identify birds. Keep an eye on your surroundings as you fill out a bingo sheet to better connect to birds.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	1J1.J08L	1/3	\$8/ea.



### Corn Grinding and Clay Pottery

**(4-Adult)** Learn how the Powhatan Native Americans used the plants and animals you see every day for their medicine, grocery store and clothing. Immerse yourself in a way of life 400 years ago. Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	1pm	147.KTR3	12/7	\$12/ea.
HuntMdws	T	1pm	147.SB7K	1/6	\$12/ea.
HuntMdws	W	10am	147.9G5A	2/4	\$12/ea.

### Escape the Nature Center

**(6-Adult)** In this adapted version of the popular Escape Room games, race against the clock to solve puzzles and unlock secret codes to complete the mission of saving the captured animals. This exciting, critical-thinking adventure is both fun and educational. Learn about common animals you might encounter at Riverbend Park, what threats they face, and what we can do to protect them. End the event with prizes and a meet and greet with one of our box turtles.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	210.QAPR	1/24	\$10/ea.

### Family Owl Outing

**(6-Adult)** Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:15pm	A78.VA5B	1/31	\$9/ea.

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

### Family Woodcock Walk

**(6-Adult)** Come for an evening walk through the woods to one of the park's large meadows. Listen for the call of the male woodcock and hopefully see his amazing courtship display and flight. Bring a flashlight. Approximately 1.5 mile walk on uneven terrain. Canceled if rain. Meets at the South Kings Highway entrance to the park.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	5:30pm	3C9.PLBY	2/28	\$9/ea.

### First Sunrise Hike of the Year

**(4-Adult)** Take a hike with a naturalist in the early morning to view the stunning first sunrise of the year as it crests over the lake. Rejuvenate as you walk along the park trails and signal in the new year.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Th	6:30am	NAU.ZI4I	1/1	\$8/ea.

### First Sunset Hike of the Year

**(4-Adult)** Take a hike with a naturalist in the evening to view the stunning first sunset of the year as it sets over the lake. Rejuvenate as you walk along the park trails and signal in the new year.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Th	4pm	MMU.YMTW	1/1	\$8/ea.

### Flight School - Wings, Wind, and Wonder

**(5-Adult)** Discover the amazing secrets of flight by studying natures most skilled aviators. In this hands-on program, participants will explore how birds, bats and bugs achieve flight, while also inspiring innovations in aviation.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Su	4:30pm	ASZ.NYDZ	12/7	\$9/ea.

## Foraging for Wild Edibles

**(9-Adult)** With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake. Please be aware that foraging is prohibited in Fairfax County parks. This class will focus on how to safely identify various edible plants, as well as their uses. No plants will be picked during the course of the class.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10:30am	8Y3.I681	1/17	\$10/ea.

## Forest Flora Frenzy -

### Plant Power Revealed

**(5-Adult)** Investigate the innovative engineering solutions plants have evolved through millions of years of natural selection and adaptation. Discover how forest flora inspires cutting-age technologies from velcro to solar panels through biomimetic research and design. This hands-on program demonstrates how botanical structures and mechanisms are revolutionizing modern science and technology.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	2pm	TUF.AVWJ	1/10	\$9/ea.
LkAccontkPk	Sa	1pm	TUF.DFNJ	1/31	\$9/ea.

## Geminid Meteor Shower and Cocoa

**(4-Adult)** Join park naturalists for a special opportunity to be in the park after dark and delight in the magic of the geminid meteor shower. Peer through the telescope and enjoy an astronomy talk with a park naturalist. Bring a yoga mat or blanket and find a comfortable spot on the boardwalk to gaze at the night sky while you sip hot cocoa. Bundle up and space out with us on this crisp winter evening.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	9pm	TBM.BQUV	12/13	\$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.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	4pm	756.B81Z	12/12	\$10/ea.
HuntMdws	F	4pm	756.8AAT	1/9	\$10/ea.
HuntMdws	F	4:30pm	756.XZWV	2/6	\$10/ea.

## Invasive Plant Identification Walk

**(8-Adult)** Identify some of Fairfax County's common invasive plant species. Explore ways to lessen these plants around your home.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	660.PFXU	1/10	\$8/ea.

## Naturally Crafted

**(5-Adult)** Using found natural objects and recycled materials we will craft unique pieces of art for you

and your family to take home and proudly display. Materials included in price.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	Q2B.JCJE	12/7	\$12/ea.
Riverbend Pk	Su	1pm	Q2B.3YUF	1/4	\$12/ea.
Riverbend Pk	Su	1pm	Q2B.XUWX	2/8	\$12/ea.

## Nature's Architects -

### Biomimicry Building

**(5-Adult)** Examine the sophisticated structural engineering found in animal constructions from beaver dams to bird nests and insect colonies. Discover how these natural building techniques inspire modern architectural innovations and sustainable design solutions. This interactive program explores the intersection of biological systems and human engineering through hands-on biomimicry investigations.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	4pm	OTN.EQME	1/10	\$9/ea.
LkAccontkPk	Sa	4:30pm	OTN.HMFS	1/24	\$9/ea.

## Nature's Hidden Heroes

**(5-Adult)** Join us for up-close encounter with some of nature's most fascinating but misunderstood creatures. Meet native crawlies, friendly giant millipedes and hissing cockroaches as you discover the important roles these "creepy crawlies" play in keeping our ecosystems healthy. This hands-on family program reveals why these incredible invertebrates are actually the unsung heroes of the natural world.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	3pm	6MT.OPMB	12/6	\$9/ea.
LkAccontkPk	Sa	11am	6MT.QZSQ	12/13	\$9/ea.

## Owl Walk and Talk

**(4-Adult)** Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. During a story reading, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	4:30pm	7X8.7C12	2/8	\$8/ea.
HiddenOaks	Su	4:15pm	7X8.K4M6	2/22	\$8/ea.

## Scavenger Hunt Adventure at the Lake

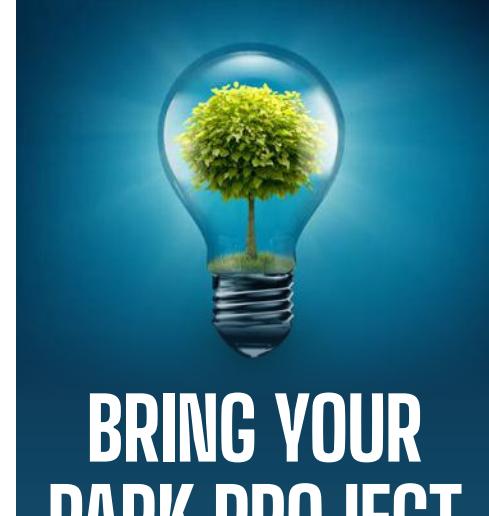
**(4-Adult)** Join a naturalist to learn about various nature topics that relate to the lake depending on the season. Then go on a scavenger hunt adventure to find different related objects around the lake and collect a small themed prize.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	GZ6.5X9I	2/28	\$8/ea.

## Support your parks!

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# BRING YOUR PARK PROJECT IDEA TO LIFE!



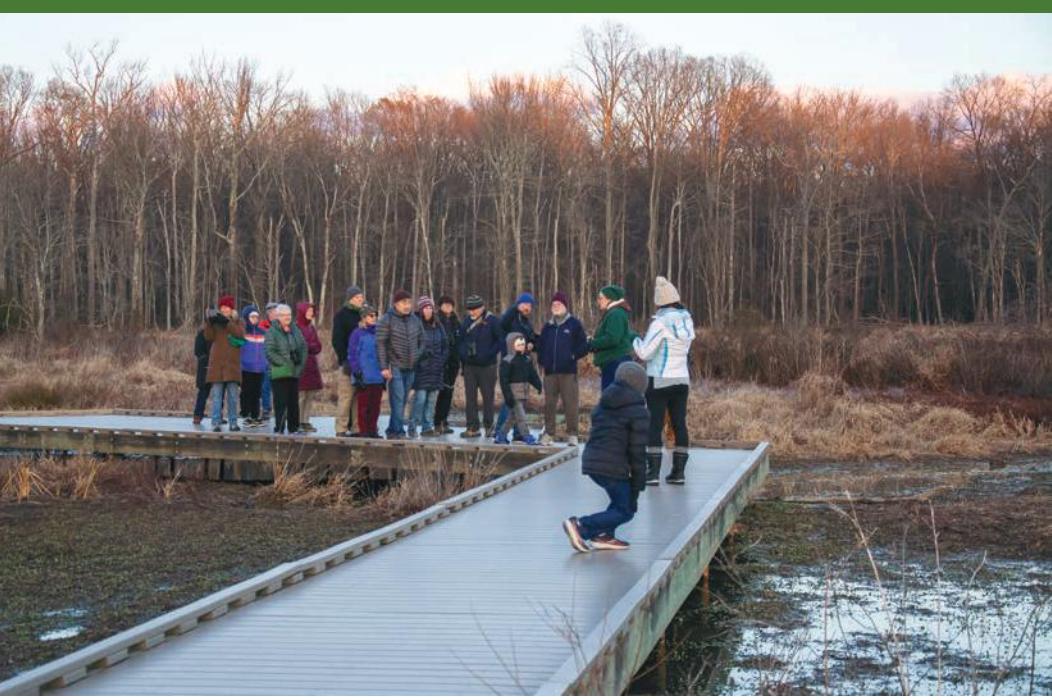
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[www.fairfaxcounty.gov/parks/mastenbrook-grant](http://www.fairfaxcounty.gov/parks/mastenbrook-grant)





## Sensory Superpowers -

### Super Skin Science

**(5-Adult)** Investigate the amazing properties of animal skin and sensory systems. From heat-sensing snake pits to amphibian poison glands, discover how specialized skin helps animals perceive their environment and survive.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	1pm	LAZ.QJN5	2/7	\$9/ea.
LkAccontkPk	Sa	10am	LAZ.GNEF	2/21	\$9/ea.

## Snake and Turtle Feeding

**(4-Adult)** Enjoy a brief presentation and demonstration by our animal caretaker staff. At least one snake, two turtles and a toad will be fed.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2:30pm	EFC.U6M6	12/27	\$8/ea.
HiddenOaks	Th	2pm	EFC.RPKW	1/29	\$8/ea.

## Snakes Secret Lives

**(5-Adult)** Explore the remarkable adaptations and behaviors of these specialized predators through hands-on encounters with non-venomous snake ambassadors. Discover the sophisticated hunting strategies, sensory capabilities and ecological roles that makes this reptiles masters of evolutionary design.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	4:30pm	HTY.UIO4	12/6	\$9/ea.
LkAccontkPk	Sa	1pm	HTY.MKKU	12/13	\$9/ea.

## Spellbinders - Tales of Tails

**(4-Adult)** Enjoy oral storytelling from countries around the world. Attendees are welcome to share a 5-minute story for ages 4 and above. From trickster tales to fables, oral stories share traditions and connect communities. Every child receives a free book.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	11am	M0Q.T0WA	12/14	free
HiddenOaks	Sa	11am	M0Q.959R	2/7	free

## Winter Bird Walk

**(4-Adult)** Take a hike through the woods with a naturalist to listen and look for the park's winter avian residents and migrants. Find out what birds do to survive the winter weather. Feel free to bring your own guides, binoculars and spotting scopes. Site will have a limited number of supplies for participants to borrow for the duration of the program.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	8am	4F9.K5LV	12/6	\$8/ea.
Riverbend Pk	Sa	8am	4F9.K05L	1/17	\$8/ea.
Riverbend Pk	Sa	8am	4F9.IJWI	2/21	\$8/ea.
BurkeLakePk	Su	11am	4F9.PBZN	2/22	\$8/ea.
ECLawrncePk	Sa	10am	4F9.2AZL	2/28	\$8/ea.

## Winter Lakeside Lantern Walks

**(5-Adult)** Create a magical evening experience with a guided lantern walk around the lake. Participants will carry battery operated lanterns or LED candles while learning about winter wildlife, nocturnal animals and seasonal changes in the ecosystem. The program will include brief educational stops, opportunities for quiet reflection by the water and a hot cocoa station.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	5pm	2B2.G51I	1/3	\$12/ea.
LkAccontkPk	Su	4:30pm	2B2.46V6	2/1	\$12/ea.

## Winter Solstice Evening Walk

**(5-Adult)** Celebrate the first day of winter and shortest day of the year with a Park Naturalist for an outing into the forest and wetland at sunset on this December evening. We will look and listen for signs of nocturnal wildlife.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	4pm	8CF.RQK8	12/21	\$9/ea.

## Winter Stream Life

**(8-Adult)** Explore Walney Creek with a naturalist to meet some of the small creek critters (macroinvertebrates) that call it home. Learn why so many different types of macroinvertebrates are active in winter streams. The naturalist will demonstrate winter collecting and participants can help pick, sort and learn to identify these magnificent critters.

#### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	1pm	9A6.10UK	1/31	\$8/ea.

## Winter Survival Skills Workshop

**(5-Adult)** Learn essential winter outdoor skills in this hands-on family workshop designed for adventure-seeking families. Participants will discover how to build Emergency shelters, identify winter animal tracks, start fires safely and recognize edible winter plants alongside their parents. The workshop will combine practical survival education with fun, interactive activities that build confidence in nature.

#### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	9:30am	T4U.KME6	1/17	\$10/ea.
LkAccontkPk	Sa	2pm	T4U.SC81	2/7	\$10/ea.

## Winter - The Silent Season

**(8-Adult)** To many people, the winter season is often seen as cold and dark and foreboding. But to the earth, this is a vital time of rest, beauty and restoration. Join us for a short lecture about the joys of winter from the perspective of nature and venture out on a hike in the woods to see what the plants and animals are up to during this silent season. Conclude the event with a warm drink and meet one of our resident animals.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12:30pm	WJU.ATKO	12/21	\$10/ea.

## Winter Waterfowl Hike

**(8-Adult)** Hike with a naturalist to search winter waterfowl along the Upper Potomac River. Bring binoculars and spotting scopes.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	8am	259.YEF	12/7	\$10/ea.
Riverbend Pk	Su	8am	259.EEC	1/4	\$10/ea.
Riverbend Pk	Su	8am	259.IOHW	2/8	\$10/ea.

## Winter Woods Hike and Craft

**(4-Adult)** Hike through the winter woods to learn some useful tips for identifying winter trees. Afterwards, appreciate season's beauty with a fun winter-themed craft.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	11am	XMC.7Z9T	2/15	\$8/ea.

## Teen/Adult Programs

### National Bird Day and Bagels

**(16-Adult)** Celebrate National Bird Day and join a Park Naturalist to assist with the Christmas Bird Count by learning how to identify different bird species found in the forest and wetland habitats. We will tally different species we find and end the program with complementary bagels and coffee.

### 1-3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	M	8am	669.M3Y3	1/5	\$15/ea.

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## Wonderful Woodpeckers

**(16-Adult)** Woodpeckers are keystone species which help many other forest animals by excavating holes in trees. Learn about our six local species, their lifestyles and adaptations. The two sessions include a hike, natural history information, drawing tips, journal page ideas and making a whimsical woodpecker creation.

### 2-2 hour programs

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	OM9.ELWV	1/24	\$40/ea.

## Adult Programs

### Couples Evening at the Nature Center

**(Adults)** Enjoy a peaceful adults only visit to the nature center for Valentine's Day. Meet animals and learn about their dating and mating habits. A fun activity and a special treat complete your nature-themed holiday celebration. Each attendee must register individually.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	7pm	5J6.SZLL	2/14	\$12/ea.

# GOING GREEN Workshops

### Going Green Workshop -

#### Modeling Nature

**(14-Adult)** Explore the fascinating concept of biomimicry and how we can model natural systems and structures to solve complex problems and create a greener world. We will compare our current "take-make-waste" system to an updated model known as the circular economy. Get inspired by businesses and products that are committed to reducing, repurposing and repairing. We will end the class with 3 unique upcycling projects that you can give as gifts for the holidays.



### Going Green Workshop -

#### Clean Conscience

**(14-Adult)** Much of our food, personal care, and cleaning products are filled with toxins that harm our bodies and the environment. With so many products and claims saturating the market, it's hard to know which ingredients to avoid and which ones we can trust. Learn how to read labels, spot "greenwashing" tricks and become a savvy sustainable shopper in this interactive workshop. We will explore common products and find healthier alternatives by using a cosmetic scanner app. Then we will end the class by crafting our own personal care products made with simple, natural ingredients.

### 1-3 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	CLP.R001	12/20	\$28/ea.

### Going Green Workshop -

#### Regenerative Agriculture

**(14-Adult)** Explore the 5 parameters of what makes a food system truly green and gain the skills and knowledge to be a part of the solution to food issues. Learn the truth about the pollinator plight, factory farming and food deserts and how we can support regenerative farming practices through eating locally. Take a hike through the park in search of edible plants, learn how to recycle food scraps through composting and practice basic homesteading by make your own hummus and nut milk from scratch.

### Going Green Workshop -

#### Home and Garden

**(14-Adult)** Learn simple ways to upgrade your home (inside and out) to make it more sustainable. We will discuss clean energy and energy-saving tips, water systems, garden design and other general conservation habits that will save the planet while saving you money. The majority of the class will be spent taking a tour of the Woodlands Stewardship Education Center which contains key elements of the Living Building Challenge. Learn about the seven tenants of regenerative building design and how these self-sufficient structures-modeled after nature-connect occupants to their surroundings and create a net positive impact on human and natural communities. Participants will leave with a native plant to add to their yard.

### 1-3 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	1pm	NHH.UG2E	2/28	\$28/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.

### 1-1 hour campfire

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	6:30pm	232.5QHN	12/28	\$10/ea.
CubRunREC	Sa	7pm	232.3CNO	1/17	\$10/ea.

## Campfire Fridays

**(5-Adult)** Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

### 1-1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
HiddenPond	F	6pm	546.LH78	1/16	\$12/ea.
HiddenPond	F	6pm	546.Z3MM	2/20	\$12/ea.
LkFairfaxPk	F	6pm	546.JIGU	2/20	\$12/ea.

## Campfire Night Hike -

### Predators at Night

**(4-Adult)** Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them in the forest. End the evening with s'mores round the campfire.

### 1-1 hour campfire

Location	Day	Time	Code	Date	\$
CubRunREC	W	7pm	02D.1Q0Y	1/7	\$10/ea.

## Campfire Saturdays - Stargazing

**(3-Adult)** Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided.

### 1-1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	5pm	395.WM4X	12/6	\$12/ea.
BurkeLakePk	Sa	5pm	395.SG70	1/17	\$12/ea.
LkFairfaxPk	Sa	5:30pm	395.L8RP	1/17	\$12/ea.
BurkeLakePk	Sa	5:30pm	395.P1J3	2/7	\$12/ea.
LkFairfaxPk	Sa	5:30pm	395.DG1B	2/7	\$12/ea.
BurkeLakePk	Sa	6pm	395.CZCN	2/21	\$12/ea.

## Caroling Wagon Ride and Campfire

**(4-Adult)** Join us in song and exploration on a wagon ride. Warm up with refreshments at the campfire. Children must be accompanied by a

registered adult.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	2am	6B4.UOM5	12/13	\$10/ea.
ECLawrncePk	Sa	3pm	6B4.YQ2Q	12/13	\$10/ea.

## Flying Squirrel Campfire

**(4-Adult)** Enjoy an evening around the campfire, toasting marshmallows over the embers and learn about flying squirrels that live in our area. Cancelled in case of inclement weather.

### 1-1 hour campfire

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	7pm	4F5.RSU9	12/14	\$10/ea.
HiddenOaks	Su	7pm	4F5.Q6QC	1/11	\$10/ea.
HiddenOaks	Su	7pm	4F5.M8GT	2/8	\$10/ea.

## Full Moon Nature Hike and Campfire

**(6-Adult)** Enjoy nature's tranquil beauty and the night sky under a full moon. Your naturalist guide points out signs of creatures that glide, fly and tiptoe through the woods in the dark. Enjoy a campfire after the hike with s'mores provided.

### 1-1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	Th	6pm	193.LSH	12/4	\$12/ea.
Riverbend Pk	Sa	6pm	193.AZCV	1/3	\$12/ea.
Riverbend Pk	Su	6pm	193.T4G1	2/1	\$12/ea.

## To Build a Fire

**(4-Adult)** Learn the science and art of building a fire and then test your skill with primitive fire bows and modern fire-making techniques. Use your new skills to roast some s'mores at the end.

### 1-1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	11am	9DC.RQXV	12/6	\$10/ea.
Riverbend Pk	Sa	11am	9DC.XT4Z	1/3	\$10/ea.
Riverbend Pk	Sa	11am	9DC.A20J	2/7	\$10/ea.

## Winter Solstice Campfire

**(6-Adult)** Celebrate the winter solstice at Riverbend Park. Take a hike with a naturalist through the peaceful forest, craft an ornament with natural materials, sip on warm spiced cider and pine leaf tea, and cozy up around the campfire. Conclude the program with a fire ritual to set new intentions or let go of negative thoughts by releasing them into the flames. Program canceled in case of inclement weather.

### 1-2 hour campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	3pm	AF4.W2TC	12/21	\$14/ea.

## Wetland at Dusk Walk

**(Adults)** Join park naturalists for a relaxing stroll through the park's forest and wetland paths. Look and listen for wildlife settling down or waking up during the transition of day to night.

### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	M	5pm	F3C.CPE5	2/2	\$10/ea.

## Sketch Hike Programs

All drawing materials will be provided.

### Lichens Sketch Hike

**(10-Adult)** What happens when a fungus and an algae take a lichen to each other? Join local artist and naturalist, Margaret Wohler, to learn all about this hybrid organism, identify those greenish patches seen on trees and rocks and learn how to draw the textures defining lichen colonies.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	830.IG2B	2/7	\$18/ea.

### Poetry in Nature Sketch Hike

**(10-Adult)** Come enjoy a little creative time in the wild through poetry and drawing outdoors! Join naturalist and artist Margaret Wohler as we combine writing exercises and basic drawing skills to create a field page filled with images and words describing the Huntley wetlands and woods. Families are welcome.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	MDS.B15Z	1/10	\$18/ea.

## Winter Trees and Landscapes Sketch Hike

**(12-Adult)** Join park naturalist and artist Margaret Wohler on a walk through the park to learn about the techniques of drawing winter trees and landscapes.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	W	10am	FC1.5D3	12/3	\$18/ea.

## World Wetlands Day Sketch Hike

**(10-Adult)** Celebrate World Wetlands Day by joining park naturalist and artist Margaret Wohler on a hike to learn about the vital role wetlands play while identifying plants and animals. Learn drawing techniques to enhance your wetland observation skills.

### 1-2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	M	10am	YF.VZQV	2/2	\$18/ea.

## Outdoor Recreation



### Burke Lake Park

7315 Ox Road • Fairfax Station

703-323-6600

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

Burke Lake's expansive park offers a wide range of activities for all ages.

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Mini golf
- Volleyball
- Miniature train
- Carousel
- Ice cream parlor
- Picnic areas with grills
- Playgrounds
- Disc golf course
- Rowboat and canoe rentals

Sailboats, gasoline motors, kayaks and swimming are prohibited. Park grounds and restrooms are open daily, closed only on Dec. 25. For hours and fees, visit the website or call the park.



### Lake Accotink Park

7500 Accotink Park Road • Springfield

703-569-3464

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

Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family!

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, swimming, paddleboarding and windsurfing are prohibited. Park grounds are open year-round. For facility hours and fees, visit the website or call the park.

- Boating
- Fishing (*Va. fishing license required*)
- Trails
- Picnic areas with grills
- Kayak rentals
- Playground
- Mini Golf
- Carousel
- Visitor Center

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



### Lake Fairfax Park

1400 Lake Fairfax Drive • Reston

703-471-5415

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

Home of The Water Mine Family Swimmin' Hole, Lake Fairfax is for outdoor lovers of all ages!

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Picnic areas with grills
- Athletic fields
- Skate park
- Pump track
- Kayak and pedal boat rentals
- The Water Mine Family Swimmin' Hole (*Closed for the season.*)

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats, paddleboarding, windsurfing and swimming in the lake are prohibited. For hours and fees, visit the website or call the park.



### Riverbend Park

8700 Potomac Hills Street • Great Falls

703-759-9018

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

A park steeped in Native American history, Riverbend Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife.

- Boating
- Fishing (*Va. or Md. fishing license required*)
- Trails
- Forest
- Meadows
- Kayak and canoe rentals
- Boat launch
- Riverside picnic areas with grills
- River view observation deck
- Visitor center

Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Grounds open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats (\$5 per boat or \$40 for annual launch pass).



### Birding Programs

Children age 12 to 16 years must be accompanied by a registered adult.

#### Birding for Beginners

**(12-Adult)** Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion.

##### 1-3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	8am	A4F.Z434	12/21	\$19
HuntMdws	Su	8am	A4F.KILK	1/18	\$19
HuntMdws	Su	8am	A4F.VBV7	2/15	\$19

#### Birds and Beans

**(12-Adult)** Enjoy a hot cup of coffee while you hike with a naturalist and look for birds. The program will begin with a short discussion of the concept of bird-friendly coffee. To reduce waste, please bring your own mug to fill. Tea and hot cocoa options will also be available.

##### 1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	8am	TSF.PTD0	1/25	\$12

### Other Programs

#### Geocaching Adventures

**(8-Adult)** Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Equipment provided.

##### 1-1 2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	K98.TKZP	1/11	\$16

#### Basic Bike Maintenance

**(10-Adult)** Learn essential bike maintenance skills in this hands-on class. Students master the art of changing a tire, adjusting brakes and ensuring your bike is road ready. Discover important safety tips for both you and your bike. Bring your own bike and get ready to hit the road with confidence.

##### 3BM 4--55 minute lessons--\$74

Location	Day	Time	Code	Begin	\$
ProvREC	T	6pm	E1Q.NNSE	1/6	4BM

# Performing Arts

## Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



### Please note:

- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

## Drama Classes

### Act Up! Pop Star Academy

**(7-14 yrs.)** Kids sing and dance to favorite pop hits by stars like Taylor Swift, Dua Lipa and Harry Styles, and take center stage in original scenes and skits in this Moonlit Wings class. Performers sharpen vocals, movement, stage presence and teamwork through theatre. Parents are invited to a mini-performance during the final class.

**DPVD 7-1 hour 25 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	6:30pm	K1T.LJMZ	1/26	DPVD
OakmontREC	Su	11:30am	K1T.24N7	1/25	DPVD
ProvREC	Sa	11:30am	K1T.5HV9	1/24	DPVD
SoRunREC	T	6:30pm	K1T.NK40	1/27	DPVD
Wkfld/Moore	Sa	3:30pm	K1T.NIIH	1/24	DPVD

### Act Up! Wizards for Good

**(7-14 yrs.)** Inspired by the "For Good" finale from Wicked, The Wizard of Oz and Harry Potter, young performers journey to the Emerald City in this Moonlit Wings class. Performers explore all-new original scenes, songs and games that bring magic to life on stage, sharpening their acting and singing skills while making new friends along the way. Parents are invited to a mini performance during the final class.

**DPVD 7-1 hour 25 minute lessons--\$145**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	5pm	9KY.5BET	1/26	DPVD
Frying Pan Pk	Sa	10am	9KY.HG8Z	1/24	DPVD
OakmontREC	Su	10am	9KY.VLE5	1/25	DPVD
ProvREC	Sa	10am	9KY.BRDX	1/24	DPVD
SoRunREC	T	5pm	9KY.JXFK	1/27	DPVD
Wkfld/Moore	Sa	2pm	9KY.JEV9	1/24	DPVD



## Music Classes

### Guitar I

Learn to play, tune and care for your guitar. Students must furnish their own instrument. Any supply fees are payable to instructor at first class.

**3PPA 8--55 minute lessons--\$107  
4PPA 10--55 minute lessons--\$133**

Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
CubRunREC	Su	12pm	DFD.0TIW	1/11	3PPA
SoRunREC	Sa	9:30am	DFD.AGS7	1/3	4PPA
Wkfld/Moore	M	6pm	DFD.AUTY	1/5	4PPA
<b>(10-Adult)</b>					
CubRunREC	Su	12pm	128.GF3J	1/11	3PPA
OakmontREC	M	6pm	128.GT5E	1/12	3PPA
SoRunREC	Sa	9:30am	128.6DK4	1/3	4PPA
SoRunREC	M	5pm	128.26W7	1/5	4PPA
<b>(16-Adult)</b>					
ProvREC	T	10:30am	1BF.08CE	1/6	3PPA
Wkfld/Moore	M	8pm	1BF.S040	1/5	4PPA

### Guitar II

Prerequisite: Guitar I or equivalent.

**3PPA 8--55 minute lessons--\$107  
4PPA 10--55 minute lessons--\$133**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
CubRunREC	F	5pm	641.TAZG	1/	3PPA
SoRunREC	Sa	10:30am	641.N79D	1/3	4PPA
Wkfld/Moore	M	7pm	641.FIGM	1/5	4PPA
<b>(10-Adult)</b>					
CubRunREC	F	5pm	030.W507	1/?	3PPA
SoRunREC	Sa	10:30am	030.44F6	1/3	4PPA
<b>(16-Adult)</b>					
ProvREC	T	9:30am	19X.PR6F	1/6	3PPA

### Blues Guitar

**(10-Adult)** Prerequisite: Guitar I or equivalent, this is not a beginners course. Students should be familiar with and efficient at playing the basic guitar cords. Course introduces some 12-bar blues rock rhythm studies using the E, G and A major scales as well as simple blues concepts. Students expand their guitar playing using a variety of rhythm fills along with the triads, sus, and add9 cords. Students must furnish their own instrument.

**4PPA 10--55 minute lessons--\$133**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	6pm	FGZ.3EGX	1/5	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.

**3PPA 8--55 minute lessons--\$107**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	189.89E3	1/?	3PPA

## Support your parks!

Donate through the Fairfax County Park Foundation. To learn more, scan the QR or visit [www.fairfaxparkfoundation.org](http://www.fairfaxparkfoundation.org)



## Frets and Fun Beginning Guitar

**(6-12 yrs.)** Let the music begin in this Learn Now Music class. From the first chord to the final strum, students learn notes, rhythms and guitar basics. A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

### DPVK 10-55 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
ProvREC	F	6pm	HAS.KWWX	1/9	DPVK

## 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.

### 3PPA 8-55 minute lessons--\$107

### DPPA 8-55 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
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### (6-12 yrs.)

Little Run ES	Sa	10am	69C.2SGM	1/17	DPPA
Little Run ES	Sa	1pm	60C.YHNG	1/17	DPPA
OrngHnt ES	M	5pm	69C.HGAZ	1/12	DPPA

### (10-Adult)

Little Run ES	Sa	11am	A86.JMSJ	1/17	DPPA
OrngHnt ES	M	7pm	A86.ERUN	1/12	DPPA

### (16-Adult)

ProvREC	Th	11:15am	NK6.XG8A	1/8	3PPA
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## Piano-Beginning II

Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee of \$10-\$15 payable to instructor at first class.

### 3PPA 8-55 minute lessons--\$107

### DPPA 8-55 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
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### (6-12 yrs.)

Little Run ES	Sa	12pm	A0C.FEPF	1/17	DPPA
OrngHnt ES	M	6pm	A0C.37P2	1/12	DPPA

### (10-Adult)

Little Run ES	Sa	2pm	LSN.A4MY	1/17	DPPA
OrngHnt ES	M	8pm	LSN.0UTZ	1/12	DPPA

### (16-Adult)

ProvREC	Th	10:15am	91D.5KXI	1/8	3PPA
ProvREC	Th	12:15pm	91D.U7NQ	1/8	3PPA

## Virtual Piano I

**(10-Adult)** 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--\$102

Location	Day	Time	Code	Begin	\$
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Virtual FCPA	Sa	9am	WZX.ZT0G	1/3	DPPA
Virtual FCPA	Sa	10am	WZX.FP12	1/3	DPPA
Virtual FCPA	Th	7pm	WZX.L5RK	1/15	DPPA

## Virtual Piano II

**(10-Adult)** Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice.



We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

### DPPA 8-55 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
Virtual FCPA	Sa	11am	COU.ML91	1/3	DPPA
Virtual FCPA	Th	8pm	COU.T1AD	1/15	DPPA

## Keys to Fun Beginning Piano

**(6-12 yrs.)** Unlock the joy of music with this playful piano class with Learn Now Music. Students learn notes, rhythms and short songs in a fun, hands-on environment, no experience needed. A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

### DPVK 10-55 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
OakmontREC	W	6pm	KU9.03JX	1/14	DPVK

## 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--\$107

### 4PPA 10-55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
ProvREC	T	11:30am	A61.0AA5	1/6	3PPA
SpHillREC	Su	12pm	A61.58V8	1/11	4PPA

## Ukulele II

**(10-Adult)** Prerequisite: Ukulele I or equivalent.

### 4PPA 10-55 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	3F1.AW84	1/11	4PPA

## Band Together Beginning Music Ensemble

**(6-12 yrs.)** This ensemble music class is teamwork—with a beat. Young musicians learn to play together as a band, learning collaboration, timing, and performance skills in this Learn Now Music class.

Students choose which instrument they will play in class at registration (Piano, Guitar, Violin, or Drums). A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

### CPVK 8-55 minute lessons--\$204

### DPVK 10-55 minute lessons--\$255

Location	Day	Time	Code	Begin	\$
MtVernREC	M	6pm	OKS.8Q5Y	1/12	CPVK
ProvREC	Th	6pm	OKS.M06J	1/22	DPVK
SoRunREC	F	6pm	OKS.MHQY	1/9	CPVK
Wkfld/Moore	T	6pm	OKS.R07E	1/13	DPVK

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## Pet Place

Scan the QR code to go directly to the Parktakes Online Pet Place page.



Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies and parvovirus shots to the first class.
- All dogs must be legally licensed, vaccinated, wear a visible dog license and be leashed when entering or leaving the class area.
- Check with instructor at first class for proper leashes, collars and other equipment.
- An adult must stay with student if younger than 16 or does not have own transportation.
- All classes are held outdoors.
- **Register the handler, not the dog; one handler/one dog per registration.**
- Some classes may have supply fees, so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

### Off-Leash Dogs Welcome in Special Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog parks for free play, a good run or a friendly romp with other dogs. FCPA has eleven established dog parks:

- **Baron Cameron**, 11300 Baron Cameron Ave., Reston
- **Blake Lane**, 10033 Blake Lane, Oakton
- **Chandon**, 900 Palmer Drive, Herndon
- **Dulles Station Community Park**, 13707 Sayward Blvd, Herndon
- **Grist Mill**, 4710 Mt. Vernon Memorial Hwy, Alexandria
- **Lenclair**, 6725 Lenclair St., Alexandria
- **Mason District**, 6621 Columbia Pike, Annandale
- **Monticello Park**, 5315 Guinea Road, Burke
- **Rock Hill District Park**, 15150 Old Lee Road, Centreville
- **South Run**, 7550 Reservation Drive, Springfield
- **Westgrove**, 6801 Fort Hunt Road, Alexandria

Most of the Park Authority dog parks are public/private partnerships, developed in cooperation with sponsoring organizations of pet owners. Volunteers assist with monitoring and cleaning up the facilities, making users aware of dog park rules and regulations and reporting maintenance needs to the Park Authority.

Dog parks are open year-round from 7 a.m. to 30 minutes after sunset on weekdays and from 8 a.m. to 30 minutes after sunset on weekends and Federal holidays. Neither Fairfax County nor the Fairfax County Park Authority is liable for any injury or damage caused by any dog in the off-leash area. For off-leash dog park rules and regulations, visit [www.fairfaxcounty.gov/parks/parkrules/dogpark.htm](http://www.fairfaxcounty.gov/parks/parkrules/dogpark.htm), or call 703-324-8594



### Obedience Classes

#### 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.

**DDVA 8--55 minute lessons--\$158**

Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	V89.FTXA	1/4	DDVA

### K9 Nose Work

**(14-Adult)** K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

**DDVC 6--55 minute lessons--\$112**

Location	Day	Time	Code	Begin	\$
ProvREC	Su	4:30pm	9D8.USH3	1/4	DDVC

# NOW HIRING!

## Part-Time Seasonal Maintenance Workers

Positions available across Fairfax County (work vehicle provided!)

*Love the outdoors? Enjoy making a difference?*

Join our team and help keep our parks clean, safe and beautiful for the community!

**What You'll Do:**

- Maintain athleticfields, picnicshelters and park grounds
- Collect and dispose of trash to keep parks pristine

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**Requirements:**

- Valid driver's license
- Ability to lift up to 50 lbs and operate vehicles
- Comfortable working outdoors
- Ability to stand, walk & work on uneven terrain
- Weekend work required

\* All duties are performed with or without reasonable accommodations.



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www.fairfaxcounty.gov/parks/parkops/employment-opportunities

Questions? Contact [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)



## Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



### Astronomy Programs

Courses at Turner Farm are held rain or clear skies in the Roll-Top Observatory. Telescope viewing is weather permitting. Children must be accompanied by an adult also registered in the program. Advance registration required, no walk-in registration available.

#### Boardwalk Astronomy

**(8-Adult)** Join park naturalists as they take you on a tour of constellations, comets and other current events happening in the skies above. Children must be accompanied by adult also registered.

**STAC 1-2 hour program--\$14**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	TTM.UMOT	1/17	STAC

#### Introduction to Astronomy

**(8-Adult)** This course provides a general introduction to some fundamentals of astronomy and the universe. We will discuss the basic types of astronomical objects from the small to the large, the motions of planets and stars, and interesting phenomena in the night sky. A classroom discussion is followed by an observatory session with telescopes, weather permitting.

**AJ 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
TurnerFarm	F	7pm	C83.DJ9V	1/30	AJ

#### Night Sky Tour at the Roll-Top Observatory

**(8-Adult)** Take a tour of planets, constellations, stars, nebulas and galaxies in the night sky at Turner Farm Observatory Park using telescopes or just your eyes. In case of inclement weather, we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed.

**AJ 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
TurnerFarm	F	7:30pm	S84.EYK9	12/12	AJ
TurnerFarm	F	7:30pm	S84.NAAK	1/16	AJ
TurnerFarm	F	7:30pm	S84.2NDY	2/13	AJ

#### 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.

**AJ 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
TurnerFarm	F	6pm	8PM.I042	1/2	AJ
TurnerFarm	F	6pm	8PM.7H6B	2/27	AJ



#### Valentine's Stargazing Stroll

**(8-Adult)** Share the wonder of winter stars with someone special during our romantic Valentine's stargazing adventure. This enchanting evening stroll combines astronomy education with Valentine's Day Magic. Create lasting memories as families explore the night sky together, learning about the cosmos while enjoying quality time under the stars. This evening adventure concludes with hot cocoa and Valentine's treats.

**T 1-1 hour 30 minute program--\$13**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	4pm	9IM.46DC	2/14	T

### Science Programs

#### Future Scientists

**(5-8 yrs.)** In this class offered by Athletes Global, students will explore chemistry, astronomy, earth science and health through interactive hands-on science experiments while improving their critical, creative thinking and problem-solving skills.

**DVXI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Date	\$
OakmontREC	W	5:15pm	ISS.TZD9	1/7	DVXI
Wkfld/Moore	Su	12pm	ISS.HXB9	1/11	DVXI

#### Holiday Engineering Challenge

**(6-10 yrs.)** Celebrate the season with an engineering challenge with a holiday twist. Think like an engineer to solve this holiday themed challenge.

**Y 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	0Y7.NK97	12/7	Y

#### Junior Alchemists-Chemistry for Kids

**(6-12 yrs.)** In this Athena Coding class students engage in hands-on activities such as creating a lava lamp, engineering a fully functional race car and Ferris Wheel, levitating a ping pong ball and constructing a Newton's Cradle. Activities introduce students to a deeper understanding of the world around them as well as scientific concepts like physical and chemical

reactions, potential and kinetic energy, as well as acids and bases. Students will take home their experiments after each class.

**DVXI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6pm	SNJ.UE1Q	1/15	DVXI
OakmontREC	F	5:15pm	SNJ.S7LJ	1/9	DVXI
SoRunREC	F	6pm	SNJ.0ULR	1/9	DVXI

#### Mysterious Space

**(7-Adult)** Chase away Winter boredom by going on an interactive space adventure that includes an activity, puzzles, and a craft.

**T 1-1 hour 30 minute program--\$13**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	6:30pm	LRH.7RSV	1/24	T

#### Outdoor Science Lab at Huntley

**(6-Adult)** Explore the exciting world of science with 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.

**Y 1-1 hour program--\$10**

**AK 1-1 hour 30 minute program--\$12**

Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	JDI.HTNF	12/4	Y
HuntMdws	Th	1pm	JDI.HNWX	1/15	Y
HuntMdws	Th	1pm	JDI.EEEJ	1/29	AK
HuntMdws	Th	1pm	JDI.4GFR	2/12	Y
HuntMdws	Th	1pm	JDI.1ZBQ	2/26	Y

#### 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.

**CXVI 8--55 minute lessons--\$159**

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

**DVXL 10--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	ED0.TPF9	1/11	DVXE
SoRunREC	Th	6:10pm	ED0.ATX8	1/8	CXVI
Wkfld/Moore	Su	12:30pm	ED0.PKNX	1/11	DVXL

#### Valentines Day Science

**(5-Adult)** Does Valentine's Day make you think of electricity, chemistry, magnetism, candy? This year share the love with your family while we explore those topics with hands-on Valentine's Day science.

**AJ 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	GYM.W1FJ	2/14	AJ

#### Winter Engineering Challenge

**(6-10 yrs.)** Celebrate the cold with an engineering challenge with a seasonal twist. Think like an engineer to solve this winter themed challenge.

**Y 1-1 hour program--\$10**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	5L5.C60A	1/10	Y

# Science/Technology

## Homeschool Programs

### Homeschool Science -

#### Introduction to Mammalogy

**(6-12 yrs.)** Join park naturalists to study the branch of biology that studies and observes mammals. Learn how mammals interact with their habitats, other wildlife, and their contributions to the ecosystem. We will also discuss anatomy and physiology. Use scientific instruments to enhance your observation skills. Examine preserved specimens followed by outdoor exploration into their natural habitat.

#### STAA 1-2 hour program--\$16

Location	Day	Time	Code	Date	\$
HuntMdws	M	10am	BM2.J6HX	1/12	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--\$16

Location	Day	Time	Code	Date	\$
HuntMdws	M	10am	F32.MFM5	2/9	STAA

### Homeschool Science -

#### Intro to Planetary Astronomy

**(6-12 yrs.)** Join a park naturalist to learn about this branch of astronomy that studies planets, moons, asteroids and comets in our solar system. Discover what they are made of and why earth is so special. Make a model solar system to take home.

#### STAA 1-2 hour program--\$16

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	329.ZR4M	12/15	STAA

### Homeschool Science -

#### Vertebrate Classification

**(6-12 yrs.)** 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--\$16

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	85D.LGFU	1/26	STAA

### Homeschool Science -

#### Environmental Engineers

**(6-12 yrs.)** Did you know that beavers are a keystone species and they created the wetland habitat at Huntley? Learn about what a keystone species is, the beavers life cycle, adaptations and impact on the environment. We use outdoor exploration, observation and lab skills to explore this topic.

#### STAA 1-2 hour program--\$16

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	981.87X8	2/23	STAA

## Technology Programs

### 3D Printing Basics

**(13-Adult)** Whether you're a curious beginner or an enthusiast eager to explore the latest technology, this hands-on course will take you on a captivating

journey. Expert instructors will guide you through understanding the basics of 3D printing to creating and printing your own designs. Unleash your creativity and be amazed at the endless possibilities of this innovative and transformative technology. No prior experience required. A laptop or tablet with mouse and an email address are required. A Fairfax County library card number is recommended. There will be a \$15 materials fee.

#### 4XD 5--55 minute lessons--\$67

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	4pm	IIS.B64Q	1/17	4XD
ProvREC	Su	4pm	IIS.FA63	1/18	4XD

### 3D Printing Basics with Parent

**(6-12 yrs.)** Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Through hands-on activities, students will learn the basics of 3D design and witness their creations come to life as tangible objects. From custom toys to personalized backpack tags, this class is an exciting adventure of creativity and technology. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a \$15 materials fee.

#### 4ND 5--55 minute lessons--\$67

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	Z2W.WMZF	1/17	4ND
ProvREC	Sa	3pm	Z2W.BAGS	1/17	4ND
ProvREC	Su	2pm	Z2W.THHW	1/18	4ND
ProvREC	Su	3pm	Z2W.BAMV7	1/18	4ND

### 3D Bobblehead Workshop

**(13-Adult)** In this bobblehead workshop students use photogrammetry software on their phones to scan their heads and create custom bobbleheads using TinkerCAD. The scans can be used to add the likeness to many other projects. This workshop is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. This course covers the steps needed to create bobblehead designs. We will print one design per person which will be available for pick up at the rec center one week after the second class. Bring a laptop and a mouse. \$15 materials fee.

#### CXAA 1-1 hour 30 minute lesson--\$19

Location	Day	Time	Code	Begin	\$
ProvREC	Su	12:15pm	3UM.Z5F0	1/11	CXAA

### 3D Printing Workshop-Dragons

**(13-Adult)** Everyone loves articulated dragons. Have you ever looked at the dragon designs and wanted to make your own? This workshop is for those that have taken 3D printing basics or have a working knowledge of how to use TinkerCAD. This course covers the steps needed to create your own articulated Dragon designs and print them. There will be two classes of two hours on consecutive weekends. We will print one design per person which will be available for pick up at the rec center one week after the second class. Bring a laptop and a mouse. \$15 materials fee.

#### STAA 1-2 hour lesson--\$14

Location	Day	Time	Code	Begin	\$
ProvREC	Su	12pm	P5K.RHWU	3/1	STAA

### 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 short animation exercises and projects.

#### DXVG 6--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
Flint HI ES	Su	9:30am	2XP.CTLY	1/18	DXVG
RollValley ES	Sa	9:30am	2XP.BCML	1/17	DXVG
(10-14 yrs.)					
Flint HI ES	Su	10:45am	8KL.FS91	1/18	DXVG
RollValley ES	Sa	10:45am	8KL.Z2GML	1/17	DXVG

### 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 challenges in this RoboThink program.

#### DXVG 6--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
ShreveWd ES	W	5:30pm	R8R.WL55	1/14	DXVG
Camelot ES	Th	5:30pm	R8R.036S	1/15	DXVG
Navy ES	F	5:30pm	R8R.DOL8	1/16	DXVG
WhiteOaksES	M	5:30pm	R8R.S020	1/12	DXVG
MtVernREC	T	5:30pm	R8R.5L3L	1/13	DXVG
LittleRn ES	Sa	9:30am	R8R.F7GZ	1/17	DXVG

### Codebreakers-Spy Games

**(6-12 yrs.)** Enter the world of espionage where students become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and even create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a journey into the science of secrecy.

#### DXVI 8--55 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5pm	54I.SRK3	1/12	DXVI
OakmontREC	T	5:15pm	54I.R7YV	1/6	DXVI
Wkfld/Moore	T	5:30pm	54I.K9Q5	1/6	DXVI

### Coding in Minecraft

In this Cybertek Academy class, students use a custom mod called "ComputerCraft" to program robots called "Turtles" inside the world of Minecraft. Students utilize problem-solving skills to program their robots to complete various tasks and objectives such as automatically building, mining, and crafting items and structures. Students are introduced to programming using if-then-else statements, for-while loops, and implementing their own functions using Lua, a simple scripting language.

#### DXVG 6--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SoRunREC	F	6pm	9CC.AN5E	1/23	DXVG
SpringHI ES	Sa	9:30am	9CC.SRXS	1/17	DXVG
(8-13 yrs.)					
SoRunREC	F	7:15pm	71A.TB40	1/23	DXVG
SpringHI ES	Sa	10:45am	71A.WRKU	1/17	DXVG

**Electronics w/Minecraft Redstone**

**(6-12 yrs.)** In this class offered by STEM exCEL, students explore electronics in a virtual world with essentially infinite resources. Using Minecraft's wire system called Redstone, students can build constructs representing real-world electrical circuits and simple computer projects. Students gain an initial understanding of circuitry, electronics and electrical theory to understand virtually how real circuits, switches, bread boards, etc. are used. Any supply fee payable to instructor at first class.

**DXVF 6--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	12:30pm	4F8.YB8S	1/17	DXVF
MtVernREC	Sa	12pm	4F8.NCB3	1/17	DXVF

**eSports Class**

**(11-17 yrs.)** In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. This session features the Nintendo Switch platform with various games.

**4XH 8-1 hour 25 minute lessons--\$148**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6pm	3AK.AYAL	1/9	4XH

**Game Development & Python**

**(9-12 yrs.)** In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

**DXVZ 8--55 minute lessons--\$223**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	7M9.2TB1	1/10	DXVZ

**Intro to Game Design**

**(6-12 yrs.)** In this STEM exCEL class, students learn the fundamentals and concepts of game design with a real game engine. Students will design and build their game from the ground up while learning 2D game art and programming logic.

**DXVF 6--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	12pm	766.57TU	1/17	DXVF
Orng Hnt ES	Sa	12pm	766.4DDR	1/17	DXVF
Oakton ES	Sa	12pm	766.R5KE	1/17	DXVF
ProvREC	Sa	1pm	766.3Y2Y	1/17	DXVF
Wkfld/Moore	Sa	12pm	766.L03M	1/17	DXVF

**Junior Lego Robotics**

**(5-8 yrs.)** This Sci Genie class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

**DXVI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
SpHillIES	W	5:30pm	8CV.F5X0	1/17	DXVI
CherryRn ES	W	5:30pm	8CV.KYIK	1/14	DXVI
Woodburn ES	Th	5:30pm	8CV.C2J2	1/15	DXVI
CubRunES	Th	5:30pm	8CV.A8IC	1/15	DXVI

**LEGO Aquatic Bots**

**(5-8 yrs.)** Make LEGO® WeDo 2.0 AquaBots in this Baroody Camps robotics class. Each day students build and code a different water-themed robot using LEGO® gears, pulleys, axles, motors and sensors. Make boats, seaplanes, ocean explorers and robotic denizens of the deep.

**DXVE 8--55 minute lessons--\$148**  
**DXVL 10--55 minute lessons--\$185**

Location	Day	Time	Code	Begin	\$
SoRunREC	T	5:30pm	XZ7.4C7K	1/6	DXVE
Wkfld/Moore	Su	11:30am	XZ7.L0NN	1/11	DXVL

**Lego® Design Architects**

**(8-13 yrs.)** Take your child's love of Lego® to new heights in this Athena Coding program that blends architectural design, science, and engineering. Students build moving models that demonstrate key STEM concepts, while integrated storytelling boosts creativity, problem-solving, and literacy. Whether beginner or advanced, every builder will be challenged and inspired.

**DXVI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	Z6X.VA65	1/16	DXVI
Wkfld/Moore	T	7:30pm	Z6X.DI03	1/6	DXVI

**Lego Robotics & Engineering**

**(8-12 yrs.)** This Sci Genie class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software

and inspiring, standards-based science projects results in a resource that builds students' confidence.

**DXVI 8--55 minute lessons--\$188**

Location	Day	Time	Code	Begin	\$
SpHillREC	T	5:30pm	FX5.3J75	1/13	DXVI
TerraCentr ES	T	5:30pm	FX5.QF4D	1/13	DXVI
ProvREC	F	5:30pm	FX5.YQWV	1/16	DXVI
BallRun ES	F	5:30pm	FX5.350W	1/16	DXVI

**Minecraft 101: A Beginner's Guide**

**(5-12 yrs.)** In this beginner level Baroody Camps class students Minecraft 101, students create and build simple and complex buildings in the Minecraft world. Students build a new project each week using different types of blocks, windows, doors, walls and floorings. Students enhance their creativity, basic computer skills, civil engineering ideas within the Minecraft world. Projects can be saved on a USB to take home at the end of the session.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	71R.I7AY	1/11	DXVE

**Minecraft Programming**

**(6-12 yrs.)** In this Stem exCEL Minecraft Programming class students learn important problem-solving and design skills with Command Block and Redstone. Coding concepts are instructed for all kinds of amazing projects that include flying machines, large-scale rollercoasters, and water elevators.

**DXVF 6--55 minute lessons--\$152**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	1pm	TRE.8G74	1/17	DXVF
OakmontREC	Sa	12pm	TRE.P9QG	1/17	DXVF



**Twin Lakes Golf Course • \$10 per person, registration required**

Get ready for an unforgettable night for an enchanting evening filled with:

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- Stories and history behind this vibrant holiday
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To register, visit  
[www.fairfaxcounty.gov/parks/lunar-new-year](http://www.fairfaxcounty.gov/parks/lunar-new-year)





## Python Programming & Digital Arts

**(6-8 yrs.)** In this iCode program students learn foundational computer skills, programming, game development and robotics. Extra exposure to patterns, sequencing and logical thinking will result in an improved ability to solve problems. Students develop keyboarding skills, learn programming concepts such as loops, conditional statements and logic gates while working with Go Mouse Robots. Electronics programming using snap circuits is explored along with the basics of programming in Python.

**DXVZ 8--55 minute lessons--\$223**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	EU6.TX3C	1/10	DXVZ

## Roblox - Imaginative Game Design

In this Cybertek Academy course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. "Roblox, Imaginative Game Design" provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming.

**DXVG 6--55 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
Orng Hnt ES	Sa	9:30am	AKM.SNE2	1/17	DXVG
Woodbrn ES	Su	10m	AKM.UBSV	1/18	DXVG
<b>(10-14 yrs.)</b>					
Orng Hnt ES	Sa	10:45am	6EL.4LXV	1/17	DXVG
Woodbrn ES	Su	11:15am	6EL.RI15	1/18	DXVG

## RoboThink Expedition Mars

**(7-12 yrs.)** Future space pioneers embark on an epic expedition to the captivating planet of Mars. Equipped with an impressive fleet of rovers inspired by the iconic Curiosity and Perseverance explorations, students venture deep into the unknown, unraveling the secrets of this mysterious new world. Using gears, axles, motors and RoboThink's cutting-edge proprietary hardware, they'll construct a remarkable spaceship, their ticket back to our solar system. No

## WeDo Robotics

**(5-8 yrs.)** In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills.

<b>CXVI</b>	<b>8--55 minute lessons--\$159</b>
<b>DXVE</b>	<b>8--55 minute lessons--\$148</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	5:30pm	GW9.EZ3D	1/8	<b>DXVE</b>
SoRunREC	M	5:30pm	GW9.07U3	1/5	<b>CXVI</b>

## Virtual Classes

### Virtual Make your First Video Game

**(8-14 yrs.)** In this Black Rocket classic, go beyond traditional 2D game design classes and create an immersive 3D world. Students learn the physics behind 3D games, explore beginner event scripting, level design, controlling the flow of gameplay, and storytelling. Student projects will be available on a password protected Black Rocket website. Projects are only compatible with Windows devices.

<b>C</b>	<b>6--2 hour lessons--\$205</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	Sa	10:30m	3LQ.SH8M	1/24	<b>C</b>

### Virtual Minecraft Club

**(8-14 yrs.)** Join kids around the country in our Creator Corps Community of Minecraft maniacs who play and create together. Each Friday one of our Coaches will teach a new technique and challenge to the club and let you show off your skills. Software only compatible with Windows devices.

<b>G</b>	<b>6--55 minute lessons--\$96</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	F	6:30pm	T18.PRM6	1/23	<b>G</b>

### Virtual Minecraft Modders

**(8-14 yrs.)** Customize your own Minecraft world and mod the classic game in this Black Rocket class. Learn scripting and logic statements as you create your first mods. Students will create a wide variety of new elements, gameplay mechanics, and world generating mods to change the way you play Minecraft. Projects will be available on a password protected Black Rocket website to share with friends and family. Students must have the Java version of Minecraft to take this class. Tablet, phone, and game console versions of Minecraft are not compatible. Returning students can create more advanced projects that build on previous years. Software only compatible with Windows devices.

<b>F</b>	<b>8--1 hour 30 minute lessons--\$194</b>
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Location	Day	Time	Code	Begin	\$
Virtual FCPA	M/W	5pm	N30.KD64	3/2	<b>F</b>

### Virtual Python Programmers

**(8-14 yrs.)** Want to learn the world's fastest-growing programming language favored by Google, NASA, Youtube, and the CIA? Learn how to code with Python to create engaging apps and games in this Black Rocket class. Each lesson takes you step-by-step on a programming path that will let you challenge friends with content you create from start to finish! Returning students can create more advanced projects that



build on previous years. \*Compatible with MAC, Windows, and Chrome OS.

F 8-1 hour 30 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	6:30pm	R14.9CN6	3/3	F

### Virtual Roblox Club

**(8-14 yrs.)** Are you an avid Roblox player and creator? Join us virtually on Friday nights to collaborate and play mini-games with one of our Roblox Coaches.

G 6--55 minute lessons--\$96					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	F	6:30pm	U7J.XWE7	3/6	G

### Virtual Roblox Coders

**(8-14 yrs.)** Discover the Lua coding language while designing experiences in ROBLOX®, an online universe where you can create anything you can dream of. This class combines game design concepts and coding. New developers will learn to use Roblox's Studio software to reimagine the popular game genres with your own custom code! Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Compatible with MAC and Windows OS only.

F 8-1 hour 30 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	M/W	6:30pm	W19.6ZW7	2/2	F

### Virtual YouTube Content Creators

**(8-14 yrs.)** Find your voice and leave your mark on the world in this Black Rocket class. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Develop a plan for launching your own channel with the content created in class. Student projects will be available on a password protected Black Rocket website to share with friends and family. \*Compatible with MAC and Windows OS only.

C 6--2 hour lessons--\$205					
F 8-1 hour 30 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	5pm	AVV.0L4Z	2/3	F
Virtual FCPA	Sa	10:30m	AVV.JQXQ	3/7	C



**FIRST HIKE FAIRFAX**  
New Year's Day

Submit your photos and win prizes!  
[www.fairfaxcounty.gov/parks/first-hike](http://www.fairfaxcounty.gov/parks/first-hike)



## WE'RE HIRING TO FILL POSITIONS IN ALL AREAS OF THE PARK AUTHORITY

For available employment opportunities, visit [www.fairfaxcounty.gov/parks/jobs-internships](http://www.fairfaxcounty.gov/parks/jobs-internships)

If you have questions, please email [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)



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 **CHARGE UP FAIRFAX**

Are you part of an **organization** or **community** that's interested in installing electric vehicle charging — but not sure where to start?

**Fairfax County can help!**

- overcome barriers to installing EV chargers
- receive both technical assistance and financial support (\$8K or more)

**Learn more!** 

 [bit.ly/ChargeUpFFX](http://bit.ly/ChargeUpFFX)

# Scouts

## Scouts

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



Complete most or all requirements to earn your scout badges with Fairfax County Parks. Programs are offered at Rec Centers, nature centers and historic sites. Some sites offer flexible scheduling for programs by request. To inquire please contact the site directly or complete a program request form on our scouting main page. Early registration discount and out-of-county fees do not apply.



BSA Scouts are required by Scouting BSA to bring a blue card signed by their Scoutmaster to any merit badge program. Scouts are encouraged to have completed all prework before the start of class.

Pre-work and program details available at [www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts). Scouts unable to complete all requirements may receive partial credit from their merit badge counselor.



## Girl Scout Programs

### Daisy Girl Scouts (5-7 yrs.)

#### Outdoor Art Maker

##### 1-1 hour lesson including supplies

Location	Day	Time	Code	Date	\$
HuntMdw	Sa	2pm	437.FNV3	1/17	\$9

#### Space Science Explorer

##### 1-1 hour lesson

Location	Day	Time	Code	Date	\$
TurnerFarm	Sa	5:30pm	A15.E69Z	12/6	\$7
TurnerFarm	Sa	6pm	A15.US6I	1/17	\$7

### Brownie Girl Scouts (7-9 yrs.)

#### Craft and Tinker

##### 1-1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Sully	Sa	2pm	C2D.DSW7	1/17	\$11

#### Space Science Adventurer

##### 1-1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
TurnerFarm	Sa	6:30pm	608.3J5L	12/20	\$11
TurnerFarm	Sa	6:30pm	608.SJL9	1/31	\$11

### Junior Girl Scouts (9-11 yrs.)

#### JGS-Detective

##### 1-1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Sully	Sa	2pm	DB7.UU75	2/7	\$11

#### Playing the Past

##### 1-1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	2pm	87E.9T61	2/21	\$11

## WEATHER PROCEDURE

For weather-related Park Authority closings or cancelations, visit [www.fairfaxcounty.gov/parks/updates](http://www.fairfaxcounty.gov/parks/updates) or call 703-324-8661.

### Dark Sky Patch - Daisy and Brownie

**(5-9 yrs.)** This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

#### 1-1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
TurnerFarm	Su	6pm	5ZY.MHQN	1/18	\$11
TurnerFarm	Sa	6pm	5ZY.0F0Z	2/28	\$11

## Scouting America Programs

### Merit Badges (11-17 yrs.)

Programs satisfy most requirements to earn the badge. Visit the site's website for pre-work and information.

#### Animal Science

##### 1-2 hour Merit Badge

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	2:30pm	647.4MVM	2/28	\$24

#### Archaeology

##### 1-5 hour Merit Badge

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	10am	04C.K980	1/30	\$60

#### Art

##### 1-3 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdw	Sa	10am	3DD.K6VR	1/24	\$36
HiddenOaks	M	10am	3DD.QELD	2/16	\$36

**Astronomy****1-4 hour Merit Badge**

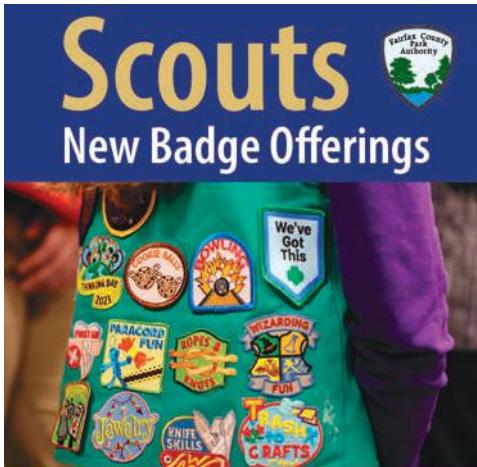
Location	Day	Time	Code	Date	\$
TurnerFarm	Th	4:30pm	2FE.3IJZ	1/29	\$48
TurnerFarm	M	4:30pm	2FE.M7RB	2/16	\$48

**Bird Study****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	BCB.73LW	2/21	\$48

**Camping****1-5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	642.CTMN	12/7	\$60
LkFairfaxPk	Su	9am	642.GE89	1/11	\$60

**GIRL SCOUT SPECIALTY BADGES:**

Dark Sky Patch (badge included, All levels)

Sun Safety Patch (Daisy and Brownie)

Fishing Fun Patch (Junior and Cadettes)

Climate Challenge (Daisies, Brownies and Juniors)

**OTHER GIRL SCOUT BADGES:**

Create and Innovate (Brownie)

Science in Nature (All levels)

STEM Career Exploration (Cadette)

Think Like a Citizen Scientist (All levels)

Craft and Tinker (Brownie and Junior)

Woodworker (Cadette)

**CUB SCOUTS BADGE PROGRAMS:**

A Bear Goes Fishing (Bears)

Baloo the Builder (Bears)

Champions for Nature (Bears and Webelos)

Digging in the Past (Wolf)

Earth Rocks (Webelos)

Gizmos and Gadgets (Lions)

Paws for Action (Bears)

Paws on the Path (Wolf)

Sky is the Limit (Lions)

Super Science (Bears)

\*Not all badges offered at each site. Program details vary depending on location. Badges not included, unless otherwise stated. See Scouting main page for more information and to submit your request.

[www.fairfaxcounty.gov/parks/scouts](http://www.fairfaxcounty.gov/parks/scouts)
**Chemistry****1-4 hour Merit Badge include supplies**

Location	Day	Time	Code	Date	\$
HiddenOaks	M	12:30pm	A71.AEKO	1/19	\$50
HuntMdws	Su	10am	A71.YWMC	2/15	\$50

**Chess****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	10am	C78.YDØJ	12/21	\$48

**Citizenship in the Community****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	8:30am	FEØ.PKX7	1/17	\$48
Sully	W	10am	FEØ.NP1C	1/28	\$48
HuntMdws	Su	10am	FEØ.AFFF	2/8	\$48
HiddenOaks	M	2pm	FEØ.8PBC	2/16	\$48
Riverbend Pk	T	10am	FEØ.5P9S	2/17	\$48

**Citizenship in the Nation****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	10am	38A.TWPC	12/13	\$48
HiddenOaks	Sa	1pm	38A.X5ZP	1/17	\$48
Riverbend Pk	M	10am	38A.97ND	1/19	\$48
Sully	Sa	10am	38A.VRVU	2/14	\$48
HiddenOaks	T	8:30am	38A.CXMZ	2/17	\$48

**Citizenship in the World****1-5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	DDB.4PAN	12/28	\$60
HuntMdws	Su	10am	DDB.96Q7	1/18	\$60
HiddenOaks	Su	12pm	DDB.L2X0	1/18	\$60
HiddenOaks	T	1pm	DDB.UIZL	2/17	\$60

**Coin Collecting****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Sully	Su	10am	80W.R69Ø	1/18	\$48

**Communication****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9am	5BE.J6YR	12/6	\$48
HiddenOaks	F	9am	5BE.U69Ø	1/2	\$48
Riverbend Pk	Su	12pm	5BE.TRB9	1/25	\$48
HuntMdws	Su	10am	5BE.ZEUZ	2/1	\$48
Riverbend Pk	Su	12pm	5BE.VLNF	2/22	\$48

**Environmental Science****1-5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	FFA.13BB	12/20	\$60
LkFairfaxPk	Su	9am	FFA.082F	1/18	\$60
HiddenOaks	Su	12pm	FFA.IK2K	2/8	\$60

**First Aid****1-5 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	869.T6NZ	2/22	\$60
HiddenOaks	Sa	1pm	869.MMK	2/28	\$60

**Forestry****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	F	12pm	BDE.FT59	1/9	\$48

**Genealogy Merit Badge****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Sully	Su	10am	183.N61V	1/11	\$48

**Geology Merit Badge****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	Su	12pm	5E3.WT9S	2/15	\$48

**Indian Lore****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	ØCD.4N23	1/18	\$48

**Mammal Study****1-2 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	16Ø.WZ18	1/3	\$24
Riverbend Pk	Su	2pm	16Ø.NRL0	2/1	\$24

**Mining in Society****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	ØC6.OZZS	1/31	\$48

**Oceanography****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
CubRunREC	T	12pm	A5E.Z6S8	1/20	\$48
LkFairfaxPk	Su	10am	A5E.NYWS	2/8	\$48

**Reptile and Amphibian****1-3 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Th	10am	EAC.Q6H3	1/29	\$36

**Soil and Water Conservation****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	ØA1.ZPR4	2/28	\$48

**Space Exploration****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	92C.W7CF	1/17	\$48

**Sustainability****1-4 hour Merit Badge**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9am	435.IJ2	1/3	\$48
LkFairfaxPk	Sa	9am	435.SBQF	1/10	\$48
HuntMdws	Su	10am	435.84WY	1/11	\$48
Riverbend Pk	M	10am	435.FZ58	2/16	\$48

# Sports and Leagues

## Sports and Leagues

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



Golf facilities, classes and tournaments are listed in the Golf section.

### Agility & Strength

**(10-14 yrs.)** In this program young athletes improve strength training using resistance and body weight while learning nutrition basics.

#### 4SM 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
MtVern REC	Sa	4pm	BZA.A8ML	1/17	4SM

### Speed, Agility & Quickness

Elevate your game to the next level with workouts geared to make you a better athlete in any sport. A combination of drills and competitions increases strength, endurance, agility, acceleration, speed, lateral and vertical movement. Focus is on cross-sport movements.

#### 4SM 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
<b>(9-12 yrs.)</b>					
MtVern REC	Sa	2pm	9X5.AGXZ	1/17	4SM

Location	Day	Time	Code	Begin	\$
<b>(13-18 yrs.)</b>					
MtVern REC	Sa	3pm	WRK.4X25	1/17	4SM

### Beginning Athletes

In this high-energy class, kids are introduced to a variety of sports and activities each week including soccer, basketball and flag football.

#### 4SM 8--55 minute lessons--\$140

#### DSV1 8--55 minute lessons--\$160

#### DSVF 8--55 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
FlintHI ES	Su	9am	FOZ.XI6M	1/4	4SM
Franconia Rec	M	6:30pm	FOZ.A5U6	1/12	DSVF

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					

### Badminton

Learn basic badminton skills. Instructor also covers scoring and game play. Students must bring their own racquet. Students learn boxing fundamentals including punches, footwork and defensive techniques while increasing strength and stamina.

#### 4SM 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
BelleVw ES	Sa	11am	75E.IPCL	1/17	4SM

Location	Day	Time	Code	Begin	\$
<b>(13-Adult)</b>					

Location	Day	Time	Code	Begin	\$
BelleVw ES	Sa	12pm	8D9.X5GQ	1/17	4SM



### Intro to Basketball

**(5-6 yrs.)** This beginner program for those new to the sport or with limited experience focuses on building a strong foundation in essential basketball skills to include basic right hand and left-hand dribbling (stationary and with movement), basic passing, triple threat position, basic shooting form and follow through, rules of basketball, and basic basketball terminology.

#### 4SM 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	1pm	9ML.IPFN	1/4	4SM

### Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork. Classes at Providence meet outdoors.

#### 4SA 10--55 minute lessons--\$176

#### 4SM 8--55 minute lessons--\$140

#### DSV1 8--55 minute lessons--\$160

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					

#### DSV1 10--55 minute lessons--\$171

#### DSVR 10--55 minute lessons--\$202

Location	Day	Time	Code	Begin	\$
<b>(8-10 yrs.)</b>					

Location	Day	Time	Code	Begin	\$
<b>(10-12 yrs.)</b>					

#### FlintHI ES 12pm 680.KC94 1/4 4SM

#### Wkfld/Moore 6pm 680.ODHZ 1/6 4SM

Location	Day	Time	Code	Begin	\$
<b>(12-14 yrs.)</b>					

#### BelleVw ES 12:30pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(14-18 yrs.)</b>					

#### BelleVw ES 1pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(16-18 yrs.)</b>					

#### BelleVw ES 2pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(18-20 yrs.)</b>					

#### BelleVw ES 3pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(20-22 yrs.)</b>					

#### BelleVw ES 4pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(22-24 yrs.)</b>					

#### BelleVw ES 5pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(24-26 yrs.)</b>					

#### BelleVw ES 6pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(26-28 yrs.)</b>					

#### BelleVw ES 7pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(28-30 yrs.)</b>					

#### BelleVw ES 8pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(30-32 yrs.)</b>					

#### BelleVw ES 9pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(32-34 yrs.)</b>					

#### BelleVw ES 10pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(34-36 yrs.)</b>					

#### BelleVw ES 11pm 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(36-38 yrs.)</b>					

#### BelleVw ES 12am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(38-40 yrs.)</b>					

#### BelleVw ES 1am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(40-42 yrs.)</b>					

#### BelleVw ES 2am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(42-44 yrs.)</b>					

#### BelleVw ES 3am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(44-46 yrs.)</b>					

#### BelleVw ES 4am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(46-48 yrs.)</b>					

#### BelleVw ES 5am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(48-50 yrs.)</b>					

#### BelleVw ES 6am 94C.HWF3 1/11 DSV1

Location	Day	Time	Code	Begin	\$
<b>(50-52 yrs.)</b>			</		

## Basketball Handling Skills

This class introduces and focuses on foundational dribbling and ball handling skills which are reinforced through drills.

### 4SA 10-55 minute lessons--\$176

**Location Day Time Code Begin \$**

**(5-6 yrs.)**

Franconia Rec T 6pm RRM.U22M 1/6 4SA

**(6-8 yrs.)**

Franconia Rec Th 6pm NUT.3FKE 1/8 4SA

## Basketball Shooting Clinic

**(10-16 yrs.)** With modern offenses geared towards five perimeter players, shooting has become paramount on all teams at all levels. Focus will on re-working shooting mechanics for maximum accuracy, developing a lightning-quick release and discovering the mindset and training to become a better shooter.

### DSVU 4-1 hour 25 minute lessons--\$117

**Location Day Time Code Begin \$**

SpHillREC Sa 2pm 3LV.WFX7 1/10 DSVU

SpHillREC Sa 2pm 3LV.AEIK 2/7 DSVU

Wkfld/Moore T 7pm 3LV.2EKD 1/6 DSVU

Wkfld/Moore Su 9:30am 3LV.U8LE 1/11 DSVU

Wkfld/Moore T 7pm 3LV.W3QJ 2/3 DSVU

Wkfld/Moore Su 9:30am 3LV.ZPFQ 2/8 DSVU

## Basketball Shooting Fundamentals I

Focus of this class is on proper shooting form and body mechanics. Drills will refine shooting techniques and consistency.

### 4SA 10-55 minute lessons--\$176

**Location Day Time Code Begin \$**

**(6-8 yrs.)**

Franconia Rec T 7pm WWR.Y2T9 1/6 4SA

**(8-10 yrs.)**

Franconia Rec Th 7pm S3J.M1NL 1/8 4SA

## Basketball Shooting Fundamentals II

**(10-12 yrs.)** Class focus is on refining basketball shooting techniques and consistency through drills and game situation shots.

### 4SA 10-55 minute lessons--\$176

**Location Day Time Code Begin \$**

Franconia Rec Th 8pm WVE.YKJU 1/8 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--\$176

**Location Day Time Code Begin \$**

SpHillREC Su 11am 924.VBYW 1/11 4SA

## Basketball Training/Girls II

**(11-14 yrs.)** Prerequisite: Level I or equivalent. Students learn advanced skills as well as offensive and defensive strategies. Class includes scrimmages to reinforce teamwork.

### 4SA 10-55 minute lessons--\$176

**Location Day Time Code Begin \$**

SpHillREC T 6pm SX4.G1T9 1/6 4SA

SpHillREC Su 10am SX4.72E3 1/11 4SA

## Coach Rich's Co-ed 3-on-3 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--\$207

**Location Day Time Code Begin \$**

Franconia Rec Sa 12pm CD5.2DCC 1/10 DSV9

## Co-ed Basketball League

These U6 and U7 leagues introduce students to basketball and teach them the rules and basic game fundamentals. Fee includes uniform shirt.

### DSVW 10-55 minute lessons--\$259

**Location Day Time Code Begin \$**

**(5-6 yrs.)**

SpHillREC Sa 9am 086.YISR 1/10 DSVW

**(6-7 yrs.)**

SpHillREC Sa 10am 403.K79Y 1/10 DSVW

Wkfld/Moore Su 12pm 403.TGNF 1/11 DSVW

## Game Time Basketball

**(5-6 yrs.)** This U6 league introduces 5- and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

### DSVK 10-55 minute lessons--\$171

**Location Day Time Code Begin \$**

Franconia Rec F 5:30pm A55.MMMJ 1/16 DSVK

## Game Time Basketball

This co-ed class is a perfect complement to skill-building basketball classes and camps and focuses on core team concepts, game strategies, and basketball fundamentals. Class incorporates full-court game play.

### DSVK 10-55 minute lessons--\$171

**Location Day Time Code Begin \$**

**(7-9 yrs.)**

Franconia Rec F 6:30pm 097.I7HM 1/16 DSVK

**(10-13 yrs.)**

Franconia Rec F 7:30pm 45C.BQZA 1/16 DSVK

## Intro to Cheerleading

Skills taught include motions, jumps, chants and fun cheers. Class culminates in a performance on the last day. Wear comfortable clothing and athletic shoes.

### 4SM 8-55 minute lessons--\$140

**Location Day Time Code Begin \$**

**(6-9 yrs.)**

MtVern REC Th 5:30pm TGC.D9C7 1/15 4SM

**(9-15 yrs.)**

MtVern REC Th 6:30pm 16D.USHW 1/15 4SM

## Intro to Fencing

**(8-Adult)** Learn fencing basics such as proper footwork, attack-and-defense actions and basic strategy.

### DSVN 10-1 hour 25 minute lessons--\$228

**Location Day Time Code Begin \$**

OakmontREC F 5:30pm 217.XOU1 1/9 DSVN

## Intermediate Fencing

**(9-Adult)** This class offers a continuation program for students who have completed the VAF Beginning Fencing class or have previous fencing experience. Students will learn and utilize advanced techniques and strategies, and be introduced to competitive bouts using electronic equipment. An equipment fee of \$49 is payable at first class.

### CPVH 7-55 minute lessons--\$108

**Location Day Time Code Begin \$**

Wkfld/Moore T 7pm PZQ.G266 1/6 CPVH

Wkfld/Moore W 7pm PZQ.LKNF 1/7 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 is payable at first class.

### DSVP 8-55 minute lessons--\$133

**Location Day Time Code Begin \$**

**(7-13 yrs.)**

NOVA Fence M/W 5pm 30E.2LQM 1/12 DSVP

NOVA Fence M/W 6pm 30E.QSTZ 1/12 DSVP

NOVA Fence T/Th 6pm 30E.RM24 1/13 DSVP

NOVA Fence M/W 5pm 30E.2IZ8 2/18 DSVP

NOVA Fence M/W 6pm 30E.NIEQ 2/18 DSVP

NOVA Fence T/Th 6pm 30E.NFKB 2/17 DSVP

**(13-Adult)**

NOVA Fence M/W 7pm 9C1.CV6K 1/12 DSVP

NOVA Fence T/Th 7pm 9C1.IBLB 1/13 DSVP

NOVA Fence M/W 7pm 9C1.GA8f 2/18 DSVP

NOVA Fence T/Th 7pm 9C1.MSI3 2/17 DSVP

## Intro to Sport Fencing

This class introduces students to the sport of Olympic fencing. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for \$49 or purchased for \$199 with payment due after first class.

### CPVH 7-55 minute lessons--\$108

**Location Day Time Code Begin \$**

**(8-14 yrs.)**

Wkfld/Moore T 6pm TSB.84LC 1/6 CPVH

**(14-Adult)**

Wkfld/Moore W 6pm IAB.CG72 1/7 CPVH

## Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus is 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.

### 4SM 8-55 minute lessons--\$140

### DSV1 8-55 minute lessons--\$160

**Location Day Time Code Begin \$**

**(6-8 yrs.)**

Belle Vw ES Sa 2pm 2NO.K392 1/10 DSV1

Wkfld/Moore W 5:30pm 2NO.9BWY 1/7 DSV1

**(8-11 yrs.)**

Belle Vw ES Sa 12pm N49.QOK4 1/10 DSV1

Wkfld/Moore W 6:30pm N49.EEHH 1/7 DSV1

Wkfld/Moore Su 11am N49.YNN5 1/11 4SM

**(12-14 yrs.)**

Belle Vw ES Sa 1pm LED.KNIC 1/10 DSV1

Wkfld/Moore W 7:30pm LED.V7UK 1/7 DSV1

# Sports and Leagues

## Gymnastics for Girls

**(5-7 yrs.)** Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>
<b>DSVL</b>	<b>8--55 minute lessons--\$182</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12:30pm	COF.BN8C	1/3	DSV1
Franconia Rec	W	4pm	COF.JCV6	1/7	DSVL
SoRunREC	Sa	12pm	COF.2IIB	1/3	DSVL
SoRunREC	Su	1pm	COF.6JBR	1/4	DSVL
Wkfld/Moore	W	6:30pm	COF.1DL5	1/7	DSVL
Wkfld/Moore	Sa	3pm	COF.OCCN	1/10	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.

<b>DSV1</b>	<b>8--55 minute lessons--\$160</b>
<b>DSVL</b>	<b>8--55 minute lessons--\$182</b>

Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
SoRunREC	Sa	1pm	8D7.X58A	1/3	DSVL
SoRunREC	Su	2pm	8D7.DKR7	1/4	DSVL
Wkfld/Moore	Sa	4pm	8D7.94ED	1/10	DSVL
<b>(6-12 yrs.)</b>					
CubRunREC	T	6:15pm	JBN.D4MT	1/13	DSVL
CubRunREC	W	6:50pm	JBN.7THS	1/14	DSVL
Franconia Rec	Sa	11:30am	JBN.8AH2	1/3	DSV1
Franconia Rec	Su	11:35am	JBN.K5LQ	1/4	DSV1
SoRunREC	Sa	2pm	JBN.UMXS	1/3	DSVL
Wkfld/Moore	W	7:30pm	JBN.2CJK	1/7	DSVL

# SAVE THE DATE!



**HEALTHY STRIDES**

# HEROES VS. VILLAINES

5K/10K

**Saturday May 2, 2026**

**7:30 a.m.**

**Burke Lake Park**  
7315 Ox Road,  
Fairfax Station

**Use the Code 26HSPARKS by January 1 for a \$5 early registration discount.**

**Register now at [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)**

A portion of the proceeds go to Fairfax County Park Foundation to support Burke Lake Park. Donate or sponsor at [www.fairfaxparkfoundation.org/our-projects/healthy-strides](http://www.fairfaxparkfoundation.org/our-projects/healthy-strides).



## Pickleball 1

Pickleball is an easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this class students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

<b>BPV1</b>	<b>5--55 minute lessons--\$102</b>
<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
<b>Indoor classes</b>					

### (6-12 yrs.)

BelleVw ES	Sa	9am	B1R.KWQ6	1/17	DSP1
<b>(Adults)</b>					
BelleVw ES	Sa	10am	TTX.YUN1	1/17	DSP1
Franconia Rec	T	9am	TTX.89AQ	1/13	DSP1
Franconia Rec	Th	9am	TTX.ZW2P	1/15	DSP1
Wkfld/Moore	M	9:30am	TTX.DW3	1/5	DSP1
Wkfld/Moore	T	12:15pm	TTX.09UR	1/6	DSP1
Wkfld/Moore	W	11:15am	TTX.7LIA	1/7	DSP1
Wkfld/Moore	F	9:30am	TTX.JRN2	1/9	DSP1
Wkfld/Moore	Su	3:30pm	TTX.PZZ5	1/11	DSP1
Franconia Rec	Su	1pm	B60.NMBZ	1/4	DPV1
Franconia Rec	Th	5pm	B60.B1KL	1/8	DPV1
Franconia Rec	Sa	9am	B60.FQUL	1/10	DPV1
SpHillIREC	M	9am	B60.55TY	1/5	DPV1
SpHillIREC	Th	11am	B60.93KV	1/8	DPV1
Sully CommCtr	Su	4pm	B60.AKM9	1/11	DVP2
Sully CommCtr	T	10:30am	B60.7IJP	1/13	DVP2
Sully CommCtr	Th	10am	B60.MN9J	1/15	DVP2
Wkfld/Moore	Th	12:15pm	B60.EN3U	1/8	DVP2
<b>Outdoor classes</b>					
Wkfld/Moore	M	10am	DZV.T1RQ	2/9	BPV1
Wkfld/Moore	F	10am	DZV.LCGY	2/13	BPV1

## Indoor Pickleball 1 Coached Play

**(Adults)** Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Beginners focus on learning basic strokes and rules.

<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
SpHillIREC	M	11am	GD0.XC03	1/5	DPV1
Wkfld/Moore	M	12:45pm	GD0.5DXZ	1/5	DVP2

## Pickleball 2

**(Adults)** Prerequisite: Pickleball I. This class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

<b>BPV1</b>	<b>5--55 minute lessons--\$102</b>
<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DSP2</b>	<b>5--55 minute lessons--\$91</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
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### Indoor classes

Franconia Rec	T	10am	REP.XKRE	1/13	DSP1
Franconia Rec	Th	10am	REP.M8QY	1/15	DSP1
Wkfld/Moore	M	10:30am	REP.68ZI	1/5	DSP1
Wkfld/Moore	T	1:15pm	REP.XTET	1/6	DSP1
Wkfld/Moore	W	12:15pm	REP.7BRK	1/7	DSP1
Wkfld/Moore	F	10:30am	REP.WN4D	1/9	DSP1
Wkfld/Moore	Su	4:30pm	REP.PYU7	1/11	DSP1
Franconia Rec	Su	2pm	QJ3.NZF6	1/4	DPV1
Franconia Rec	T	5pm	QJ3.K486	1/6	DPV1
Franconia Rec	Th	6pm	QJ3.417U	1/8	DPV1
Franconia Rec	Sa	10am	QJ3.ZS35	1/10	DPV1
SpHillIREC	M	10am	QJ3.PV1L	1/5	DPV1
SpHillIREC	W	10am	QJ3.JOHJ	1/7	DPV1
SpHillIREC	W	11am	QJ3.YOY	1/7	DPV1
SpHillIREC	Th	10am	QJ3.Q99Y	1/8	DPV1
SpHillIREC	F	9am	QJ3.CEBC	1/9	DPV1
SpHillIREC	F	11am	QJ3.ZJQ9	1/9	DPV1
Sully CommCtr	Su	5pm	QJ3.T6UO	1/11	DVP2
Sully CommCtr	T	11:30am	QJ3.Q0LB	1/13	DVP2
Sully CommCtr	Th	12pm	QJ3.QWUV	1/15	DVP2
Sully CommCtr	F	11am	QJ3.0LN9	1/16	DVP2
Wkfld/Moore	Th	1:15pm	QJ3.1F2Z	1/8	DVP2

### Outdoor classes

Wkfld/Moore	Th	10am	YB0.FH75	2/12	DSP2
Wkfld/Moore	M	11am	8RX.8X0V	2/9	BPV1
Wkfld/Moore	F	11am	8RX.M705	2/13	BPV1

## Indoor Pickleball 2 Coached Play

**(Adults)** Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this indoor program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and focus on developing consistency.

<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	11am	UP5.WD09	1/5	DSP1
Franconia Rec	Su	4pm	JAE.I10S	1/4	DPV1
Franconia Rec	T	6pm	JAE.SNLE	1/6	DPV1
SpHillIREC	M	12pm	JAE.MWHT	1/5	DPV1
Wkfld/Moore	F	12:45pm	JAE.DBPX	1/9	DVP2



## Pickleball 3

**(Adults)** Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

<b>BPV1</b>	<b>5--55 minute lessons--\$102</b>
<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DSP2</b>	<b>5--55 minute lessons--\$91</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
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### Indoor classes

Franconia Rec	T	11am	NMX.6BLQ	1/13	DSP1
Wkfld/Moore	M	11:30am	NMX.C332	1/5	DSP1
Wkfld/Moore	T	2:15pm	NMX.Y9HW	1/6	DSP1
Wkfld/Moore	W	1:15pm	NMX.5FRK	1/7	DSP1
Wkfld/Moore	Th	1:15pm	NMX.03UM	1/8	DSP1

Wkfld/Moore	F	11:30am	NMX.GNWV	1/9	DSP1
Franconia Rec	Su	3pm	UQP.G832	1/4	DPV1
Franconia Rec	T	7pm	UQP.DM9H	1/6	DPV1
Franconia Rec	Th	7pm	UQP.3HDX	1/8	DPV1
Franconia Rec	Sa	11am	UQP.EHTI	1/10	DPV1
SpHillREC	W	12pm	UQP.W060	1/7	DPV1
SpHillREC	Th	12pm	UQP.KJH	1/8	DPV1
SpHillREC	F	10am	UQP.VTJ9	1/9	DPV1
SpHillREC	F	12pm	UQP.6UMG	1/9	DPV1
Sully CommCtr	Su	6pm	UQP.GRMI	1/11	DPV1
Sully CommCtr	Th	11am	UQP.07TH	1/15	DPV1
Sully CommCtr	F	12pm	UQP.G062	1/16	DVP2
Wkfld/Moore	M	1:45pm	UQP.MIAL	1/5	DVP2

### Outdoor classes

Wkfld/Moore	Th	11am	BON.VFQU	2/12	DSP2
Wkfld/Moore	M	12pm	NUB.WC4G	2/9	BPV1
Wkfld/Moore	F	12pm	NUB.FEXA	2/13	BPV1

## Indoor Pickleball 3 Coached Play

**(Adults)** Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Focus is on executing strokes with increasing consistency.

<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
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Franconia Rec	Th	11am	S8A.SX8E	1/15	DSP1
Wkfld/Moore	W	1:15pm	S8A.FZUM	1/7	DSP1
Franconia Rec	T	8pm	20X.CY82	1/6	DPV1
SpHillREC	M	1pm	20X.V4R0	1/5	DPV1
Wkfld/Moore	Th	2:15pm	20X.EPW8	1/8	DVP2

## Indoor Pickleball 4

**(Adults)** This advanced program is designed for players who have successfully completed Pickleball 3 and are confident with foundational skills. Class focuses on the third shot drop, maintaining control in the transition zone, mastering the dink shot, including its variations and both defensive and offensive styles. Enhance your ability to sustain medium-length dink rallies, hit effective lobs and overheads, and move quickly to the non-volley zone when the opportunity arises.

<b>DSP1</b>	<b>8--55 minute lessons--\$146</b>
<b>DPV1</b>	<b>10--55 minute lessons--\$202</b>
<b>DVP2</b>	<b>8--55 minute lessons--\$161</b>

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	Th	12:15pm	5YB.UVSY	1/8	DSP1
Franconia Rec	Su	5pm	1FL.5PRH	1/4	DPV1
Franconia Rec	Sa	8am	1FL.X1QK	1/10	DPV1
SpHillREC	W	9am	1FL.78KW	1/7	DPV1
SpHillREC	Th	9am	1FL.Q96F	1/8	DPV1
Sully CommCtr	T	12:30pm	1FL.Z0FN	1/13	DVP2
Sully CommCtr	Su	7pm	1FL.3XJK	1/11	DVP2
Sully CommCtr	F	10am	1FL.WU9T	1/16	DVP2
Wkfld/Moore	F	1:45pm	1FL.G155	1/9	DVP2

## Indoor Small Group Pickleball I

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 1 players learn the fundamentals, scoring and develop a lifelong love of the game. Student-Instructor ratio 5:1.

<b>BSVF</b>	<b>5--55 minute lessons--\$125</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	9am	BHK.7KKR	1/13	BSVF
SpHillREC	T	9am	BHK.RKT3	2/17	BSVF

## Indoor Small Group Pickleball II

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 2 players learn important match-play skills that will improve results in open play and tournaments. Student-Instructor ratio 5:1.

<b>BSVF</b>	<b>5--55 minute lessons--\$125</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	10am	B3I.S90M	1/13	BSVF
SpHillREC	T	10am	B3I.L47M	2/17	BSVF

## Indoor Small Group Pickleball III

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 3 players will increase power and accuracy while learning advanced match-play techniques and tactics. Student-Instructor ratio 5:1.

<b>BSVF</b>	<b>5--55 minute lessons--\$125</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	11am	3NO.ZWXT	1/13	BSVF
SpHillREC	T	11am	3NO.SMMT	2/17	BSVF

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Questions? Email [FCPAPicnics@fairfaxcounty.gov](mailto:FCPAPicnics@fairfaxcounty.gov)

# Sports and Leagues

## Indoor Pickleball Round Robin

**(Adults)** Prerequisite: Pickleball 3. Players participate in ladder play with various partners. Focus in on playful competitive games.

**DSP1 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	1pm	LYW.LAAS	1/5	DSP1
Wkfld/Moore	W	11:15am	LYW.Z845	1/7	DSP1

## Indoor Pickleball Skills & Drills

**(Adults)** In this indoor class students focus on one skill per class, then play to reinforce that particular technique. Students should have some pickleball experience.

**DSP1 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	12pm	TOX.7D4P	1/5	DSP1
Wkfld/Moore	W	12:15pm	TOX.HM4V	1/7	DSP1
Wkfld/Moore	Th	2:15pm	TOX.RXMN	1/8	DSP1

## Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

**4SA 10--55 minute lessons--\$176**

**4SM 8--55 minute lessons--\$140**

**DSV1 8--55 minute lessons--\$160**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Franconia Rec	Su	1pm	29D.NCQI	1/4	4SM
Franconia Rec	Su	11am	29D.DWV6	1/4	4SM

LittleRn ES	Sa	11am	29D.94FS	1/17	DSV1
SoRunREC	Sa	1pm	29D.MDUB	1/10	4SA
SoRunREC	Sa	11am	29D.JK6H	1/10	4SA
SpringHI ES	Sa	10am	29D.8361	1/10	4SA
LemonRd ES	Su	11am	29D.L5AO	1/11	4SA
Wkfld/Moore	Sa	1:30pm	29D.N80R	1/10	4SA
Wkfld/Moore	Sa	3:30pm	29D.LTOM	1/10	4SA
Franconia Rec	Su	12pm	F64.ETTE	1/4	4SM
LittleRn ES	Sa	12pm	F64.QGYZ	1/17	DSV1
SoRunREC	Sa	2pm	F64.8ZZV	1/10	4SA
SoRunREC	Sa	12pm	F64.L95V	1/10	4SA
SpringHI ES	Sa	12pm	F64.L879	1/10	4SA
LemonRd ES	Su	12pm	F64.QV7Y	1/11	4SA
Wkfld/Moore	Sa	4:30pm	F64.3GOU	1/10	4SA

## Challenger International Soccer Academy

**(6-9 yrs.)** Players get to train with our coaches and work on core skills such as shooting, dribbling and passing while working on offensive and defensive 1v1 scenarios and receiving the ball. With no emphasis on winning, practices only have one goal-to develop and improve each player both on and off the field at their own pace. Practices are taken from our age-specific developmental curriculum designed by experts from around the world.

**DSV1 8--1 hour 15 minute lessons--\$193**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	D59.ZVSP	1/17	DSV1

## Indoor Soccer Clinic

Experience authentic indoor soccer training led by an experienced international Brazilian United coach. Enhance skills, including footwork, soccer techniques, tactics, physical abilities and mental sharpness. Methodology goes beyond soccer, promoting overall well-being, improving soft skills and developing core abilities.

**DSVC 6--55 minute lessons--\$91**

Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
BelleVw ES	Su	10am	P60.8P01	1/11	DSVC
BelleVw ES	Su	12pm	P60.0P43	1/11	DSVC
WSprngfd ES	Sa	9am	P60.10HZ	1/10	DSVC
WSprngfd ES	Sa	11am	P60.L4CK	1/10	DSVC
<b>(11-14 yrs.)</b>					
BelleVw ES	Su	11am	XE8.ENA9	1/11	DSVC
WSprngfd ES	Sa	12pm	XE8.K4NB	1/10	DSVC



# JUNIOR GOLF FAIRFAX

Introduce your teen or child to golf with these Golf Fairfax offerings:

### Discounts for Ages 5-17

- 35% off greens fees at all courses\*
- One small bucket free at Burke Lake and Oakmont with the purchase of any-sized bucket

\*Course availability varies

### Play a Round for \$5 for Youth on Course Members

- At designated times and courses
- Through our partnership with Youth on Course and the Virginia State Golf Association

For more information visit  
[www.fairfaxcounty.gov/parks/golf/junior](http://www.fairfaxcounty.gov/parks/golf/junior)





## Sport Boxing

Students learn boxing fundamentals including punches, footwork and defensive techniques while increasing strength and stamina.

**CSVW** 6--55 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
<b>(8-12 yrs.)</b>					
MtVern REC	W	5:30pm	SN2.GHES	1/14	CSVW
MtVern REC	W	5:30pm	SN2.1SM7	2/25	CSVW
<b>(13-Adult)</b>					
MtVern REC	W	6:30pm	M6J.JDBB	1/14	CSVW
MtVern REC	W	6:30pm	M6J.KSY1	2/25	CSVW

## T-Ball

**(5-7 yrs.)** Get a head start on the spring T-ball season. Skill development includes base running, hitting off tee, throwing and catching. Bring a baseball glove.

**4SM** 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
Sully CommCtr	Su	10am	3E1.KUCN	1/11	4SM
Sully CommCtr	W	4:30pm	3E1.UPR7	1/14	4SM

## Tennis Fundamentals-Indoors

**(Adults)** Keep up with your tennis skills during cold winter months. Class includes skill development, stroke improvement, video and tennis drills. Students need a tennis racquet and 2 cans of balls.

**4SM** 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	CC6.K96C	1/6	4SM
Wkfld/Moore	T	10am	CC6.64ZC	1/6	4SM
Wkfld/Moore	T	11am	CC6.LFLY	1/6	4SM
Wkfld/Moore	W	9am	CC6.3BJF	1/7	4SM
Wkfld/Moore	W	10am	CC6.CM3Z	1/7	4SM
Wkfld/Moore	Th	9am	CC6.BDVP	1/8	4SM
Wkfld/Moore	Th	10am	CC6.KOFJ	1/8	4SM
Wkfld/Moore	Th	11am	CC6.OLGZ	1/8	4SM

## Tennis Beginning I

An introduction to the basics: forehand and backhand drive, serve, footwork, rules, scoring and court etiquette. Emphasis is on correct form. Students need a tennis racquet and 2 cans of balls.

**DSV1** 8--55 minute lessons--\$160  
**DSVR** 10--55 minute lessons--\$202

**Location** **Day** **Time** **Code** **Begin** **\$**

**(5-8 yrs.)**

Franconia Rec	W	6:30pm	MKL.KBR5	1/14	DSV1
Franconia Rec	F	6:30pm	MKL.7FCK	1/16	DSV1
RollValy ES	Sa	10am	MKL.1KLQ	1/10	DSVR
RollValy ES	Sa	11am	MKL.QX5F	1/10	DSVR
RollValy ES	Sa	12pm	MKL.R4A7	1/10	DSVR
SpHillREC	Sa	1:30pm	MKL.E4QI	1/10	DSVR
SpHillREC	Sa	2:30pm	MKL.GCA7	1/10	DSVR

**(9-12 yrs.)**

Franconia Rec	W	7:30pm	NOB.UIYU	1/14	DSV1
Franconia Rec	F	7:30pm	NOB.YSMB	1/16	DSV1
SpHillREC	Su	3:30pm	NOB.CD5J	1/10	DSVR

## Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

**4SM** 8--55 minute lessons--\$140  
**DSV1** 8--55 minute lessons--\$160  
**DSVA** 8--55 minute lessons--\$118  
**DSVT** 10--55 minute lessons--\$166

**Location** **Day** **Time** **Code** **Begin** **\$**

**(8-12 yrs.)**

SpHillREC	M	5:40pm	8D1.IX7W	1/5	DSVT
Sully CommCtr	Su	10am	8D1.0DFJ	1/11	4SM
Sully CommCtr	T	4:30pm	8D1.Q1SG	1/13	4SM
Wkfld/Moore	T	5:30pm	8D1.MHQH	1/6	DSV1

Wkfld/Moore	T	6:30pm	8D1.FFAK	1/6	DSV1
Wkfld/Moore	Th	5:30pm	8D1.SZNJ	1/8	DSV1
Wkfld/Moore	F	6:30pm	8D1.XPUD	1/9	4SM
Woodbrn ES	Su	10am	8D1.DLGC	1/11	DSVA
<b>(12-17 yrs.)</b>					
Sully CommCtr	Su	11am	BA8.VWYB	1/11	DSV1
Wkfld/Moore	F	7:30pm	BA8.DKJX	1/9	4SM



**Swim with Santa!**  
*For details turn to the Events section*

## Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

**DSV1** 8--55 minute lessons--\$160  
**DSVA** 8--55 minute lessons--\$118

**Location** **Day** **Time** **Code** **Begin** **\$**

**(8-12 yrs.)**

Wkfld/Moore	Th	6:30pm	OX0.8RSO	1/8	DSV1
Woodbrn ES	Su	11am	OX0.4K4T	1/11	DSVA
<b>(12-17 yrs.)</b>					
Woodbrn ES	Su	12pm	6J8.N005	1/11	DSVA

# NOW HIRING AND TRAINING LIFEGUARDS

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



SCAN FOR  
THE DEETS!



**joinFCPA**  
@fairfaxparks

## Xtras

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



### Bridge I

**(13-Adult)** Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

**4XC 10-1 hour 55 minute lessons--\$268**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	7pm	DF7.VDNG	1/5	4XC

### 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--\$268**

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	348.Z0HP	1/4	4XC



**SCAN THE QR CODE  
TO FIND MORE  
CLASSES ONLINE**



### Brush-Up Bridge

**(13-Adult)** Not for beginners. Must be playing bridge and want to update your skills. Modern Standard American opening bids and responses are emphasized. After demonstration hands, class shuffles and deals.

**4XC 10-1 hour 55 minute lessons--\$268**

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.UB21	1/4	4XC
SoRunREC	M	1pm	615.IKA6	1/5	4XC

### Chess by Silver Knights

**(6-12 yrs.)** Learn chess with Silver Knights (formerly Magnus Chess Academy)! They've taught 100,000 children to play, including state and national champions, but most students are beginners looking to learn a

new skill. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

### DXVE 8--55 minute lessons--\$154

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	2PM.ZKDR	1/13	DXVE
Franconia Rec	T	6pm	2PM.ZWCZ	1/20	DXVE
Frying Pan Park	Th	6pm	2PM.AB7J	1/22	DXVE
OakmontREC	F	6pm	2PM.AP47	1/9	DXVE
ProvREC	W	6pm	2PM.TQLB	1/21	DXVE
SoRunREC	M	5:45pm	2PM.001G	1/19	DXVE
SpHillREC	M	6pm	2PM.4RWD	1/19	DXVE
Wkfld/Moore	M	6pm	2PM.CL10	1/19	DXVE

### Intro to Dungeons & Dragons

**(7-13 yrs.)** This Athena Coding class is a fun and engaging way for students to develop their social, problem-solving and teamwork skills while exploring the thrilling world of D&D. Teams are assigned a dungeon master and guided through a fantastical world filled with monsters, treasure, and challenges and work together to overcome obstacles and complete quests, fostering a sense of camaraderie and teamwork. Through role-playing and storytelling, students develop their critical thinking, communication and social skills, while also building their confidence and self-esteem.

### DXVC 8--55 minute lessons--\$185

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	6QA.10J0	1/16	DXVC
OakmontREC	T	5:30pm	6QA.ERB4	1/6	DXVC
SoRunREC	W	5:30pm	6QA.BBWK	1/7	DXVC

## Parktakes Statement of Ownership, Management, and Circulation Postal Permit

Statement of Ownership, Management, and Circulation (Requester Publications Only)					
1. Publication Title	2. Publication Number	3. Filing Date			
Parktakes	0 0 1 0 - 2 9 6	9/16/2025			
4. Issue Frequency	5. Number of Issues Published Annually	6. Annual Subscription Price (if any)			
Quarterly	4	Free			
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4#) 12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)					
102055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank) Publisher (Name and complete mailing address)					
Cindy Fortuno 12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
Editor (Name and complete mailing address)					
Cindy Fortuno 12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
Managing Editor (Name and complete mailing address)					
Cindy Fortuno 12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)					
Full Name					
Fairfax County Park Authority 12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5500					
11. Known Bondholders, Mortgagors, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box. <input checked="" type="checkbox"/> None					

15. Extent and Nature of Circulation		Average No. Copies During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		83,911	83,657
(1) Outside County Paid/Requested Mail Subscriptions stated on PS Form 3541 (include direct written requests from recipient, remailing, and Internet requests). Also include paid subscriptions including nominal rate subscriptions, employer requests, advertiser's profit copies, and exchange copies.)		11,296	11,565
(2) In-County Paid/Requested Mail Subscriptions stated on PS Form 3541. (Include direct written requests from recipient, remailing, and Internet requests from recipient; paid subscriptions including nominal rate subscriptions, employer requests, advertiser's profit copies, and exchange copies.)		72,615	72,092
(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside the USPS		0	0
(4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g., First-Class Mail)		0	0
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3) and (4))		83,911	83,657
(1) Outside County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 2 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)			
(2) In-County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 2 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)		17,800	18,040
(3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail (e.g., First-Class Mail, nonrequested copies mailed in excess of 10% that are not at Standard Mail or Package Services rates)			
(4) Nonrequested Copies Distributed Outside the Mail (include pickup stands, trade shows, showrooms, and other sources)			
e. Total Nonrequested Distribution (Sum of 15d (1), (2), (3) and (4))		17,800	18,040
f. Total Distribution (Sum of 15c and e)		101,711	101,697
g. Copies not Distributed (See Instructions to Publishers #4, (page #3))		1,600	200
h. Total (Sum of 15f and g)		103,311	101,897
i. Percent Paid and/or Requested Circulation (15c divided by 15f times 100)		82.49%	82.26%

\* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

Statement of Ownership, Management, and Circulation (Requester Publications Only)		
16. Electronic Copy Circulation	Average No. Copies Each Issue During Previous 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Requested and Paid Electronic Copies	► 113,960	112,200
b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 15a)	► 197,871	195,857
c. Total Requested Copy Distribution (Line 15b) + Requested/Paid Electronic Copies (Line 15a)	► 215,671	213,897
d. Percent Paid and/or Requested Circulation (Both Print & Electronic Copies) (16b divided by 16c x 100)	► 91.7%	91.6%
* I certify that 50% of all my distributed copies (electronic and print) are legitimate requests or paid copies.		
17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the Winter 2026 (October 14, 2025)		

## About the Statement of Ownership, Management, and Circulation Postal Permit

Parktakes Magazine is required to submit and publish a Statement of Ownership, Management, and Circulation form annually by the USPS to show proof of eligibility for mailing under a Periodical Permit.

# BEST JOB EVER!

Can't imagine sitting inside behind a desk?

Then come join us!

There are so many job and internship opportunities at the Park Authority.



You  
might  
even find  
a career!



**joinFCPA**  
@fairfaxparks

Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



# REGISTRATION INFORMATION

REGISTER BY NOVEMBER 7 AND SAVE \$8\*

CLASS REGISTRATION STARTS

TUESDAY, OCTOBER 28 AT 9 A.M.

## FIVE EASY WAYS TO REGISTER

### ONLINE



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

Browse online listings, check  
class enrollment and register.

### PHONE



**703-222-4664**  
Monday – Friday,  
9 a.m. – 4 p.m.

Please have class activity codes  
handy when you call.

### FAX



**703-631-2004**

Registration processing begins  
October 28 for classes for faxed  
forms. Forms received prior  
to that date will be processed  
starting October 28. Due to  
volume, we cannot confirm  
fax receipt. Allow 3-5 days for  
processing.

### MAIL



Send completed forms to  
**FCPA/Parktakes  
P.O. Box 4606  
Fairfax, Va. 22038**

Mailed registration processing  
begins October 28 for Classes.  
Forms received prior are held  
until that date. Allow 3-5 days  
for processing.

### IN PERSON



**Monday - Friday,  
9 a.m. - 4 p.m.**

Walk-in registration begins  
November 8. Visit our **Walk-  
in Registration Office** in the  
Herrity Building,  
12055 Government Center  
Parkway Suite 105.

### CAN'T FIND YOUR ACCOUNT?

#### How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button in the upper right corner.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

#### How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, email [PTOnline@fairfaxcounty.gov](mailto:PTOnline@fairfaxcounty.gov).

### IN THE EVENT OF BAD WEATHER

FCPA follows Fairfax County Government closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancellations, visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) or call the Park Authority inclement weather information line: 703-324-8661.
- Cancelation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancellations for classes held at vendor locations are made independently. Please call the location where the class is being held.

### HOLIDAY CLOSINGS

Any exceptions to the class schedule will be announced at the first class.

### WAITLISTS

Waitlists for classes open the day after registration begins at 10 a.m.

### CLASS TRANSFERS

Call for transfer options before the second class meets.

### CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

### REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- A full refund will be issued when a class or program is changed by FCPA, and it impossible for the customer to continue with the class.
- Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.**

**When a customer cancels a registration, the following fees apply per registration:**

#### Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

#### Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

#### Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

#### SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof, per family fees and programs priced \$50 or less.

### \*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camps, camp extended care, per family fees or classes priced \$50 or less.

### PHOTOS/VIDEOS

The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes.

### SCHOLARSHIPS/PUBLIC ASSISTANCE

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. **A \$15 processing fee applies for each scholarship class** and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

**Note:** No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

**Required documentation:** A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- Medicaid
- Free lunch verification from Fairfax County Public Schools
- SNAP (food stamps)
- TANF
- WIC
- Head Start
- FAMIS

### REGISTER FOR SCHOLARSHIPS:

Complete a scholarship eligibility form at [www.fairfaxcounty.gov/parks/scholarships](http://www.fairfaxcounty.gov/parks/scholarships) and submit it online, by fax or by mail. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes).

### Seniors and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

- \$16,700/one person
- \$22,500/family of 2
- \$28,300/family of 3
- \$34,100/family of 4
- \$39,900/family of 5
- \$45,700/family of 6

For each additional person, add \$5,800 to determine maximum annual income for eligibility.



# REGISTRATION FORM

REGISTER BY NOVEMBER 7 AND SAVE \$8\*

FILL OUT THE FORM COMPLETELY AND LEGIBLY, INCLUDING A VALID HOUSEHOLD EMAIL ADDRESS.

WINTER 2026 CLASS REGISTRATION  
STARTS TUESDAY, OCTOBER 28 AT 9 A.M.

CN-Staff use only #

## FIVE EASY WAYS TO REGISTER

### ONLINE



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

### PHONE



703-222-4664  
Monday-Friday, 9 a.m. 4 p.m.

### FAX



703-631-2004

### MAIL



FCPA/Parktakes  
P.O. Box 4606 • Fairfax, Va. 22038

### IN PERSON



12055 Government Center  
Parkway Suite 105, Fairfax

### PLEASE PRINT

Check if change of address

#### Primary Account Holder

Date of Birth

Address	Street			Apt.		
	City			State	Zip	
Phone #s	Cell	Work	Home			
Email						

Participant's Name (Last, first)	Date of Birth Month/Day/Year	Gender	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	\$91	33C.9CE4
	/ /							
	/ /							
	/ /							
	/ /							

**SUBSCRIBE TO PARKTAKES! IT'S FREE!**  Mail Parktakes to street address above.  I want to consider the environment. Send Parktakes to my e-mail address.

### PAYMENT INSTRUCTIONS

1	Total Listed Fee(s): For all 1st choice programs		
2	Fairfax County Senior Discount (classes with activity code): Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof or classes priced \$50 or less. See senior discount section on next page.	Line 1 x 0.35 = Seniors Only	
3	<b>SUBTOTAL</b> Line 1 minus line 2	=	
4	Early Registration Discount per Class: Deduct \$8 for each activity code submitted (postmarked if mailed) by early registration date. Does not apply to programs without catalog ID, re-advertised tours, scout programs or classes priced \$50 or less.	-	
5	<b>SUBTOTAL</b> Line 3 minus line 4	=	
6	Deduct House Account Credit: Deduct any credits received on this line	-	
7	Out-of-County Registration Fee: Add \$15 per catalog ID for activities priced \$51 and up; add \$2 for programs priced \$50 or less.	+	
8	Class Scholarship Donation: Add any amount you wish to donate. Fairfax County Park Foundation will send written confirmation of a tax deductible donation of \$10 or more.	+	
9	<b>TOTAL (PAY THIS AMOUNT):</b> Total lines 5-8. Pay this amount. Make checks payable to FCPA. A \$50 fee will be charged for returned checks.	=	



Fairfax County is committed to giving all residents equal access to recreation and leisure opportunities. Reasonable accommodations and inclusion opportunities are provided in accordance with the Americans with Disabilities Act in all Park Authority programs, classes and camps. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. Call 703-324-8563 or TTY: Va. Relay 711 at least 10 working days in advance of the date services are needed.

### PAYMENT METHOD

Credit Card  (Check one:)

#:

Exp. Date: Zip:

Signature

Check enclosed \$ #:

Cash (walk-in only)  Use House Account Credits (if credits don't cover full cost of registration, use any payment method listed above for balance due)

One household per registration form, please. Additional registration forms may be photocopied or downloaded from the Park Authority web page, [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) and search "registration form"

### SCHOLARSHIP REQUEST

Requires \$15 processing fee per class • **Check one:**

Income-Eligible Senior or Income-Eligible Disabled Adult

Public Assistance Recipient (attach verification)

See scholarship information on previous page. Signature is required.

Signature

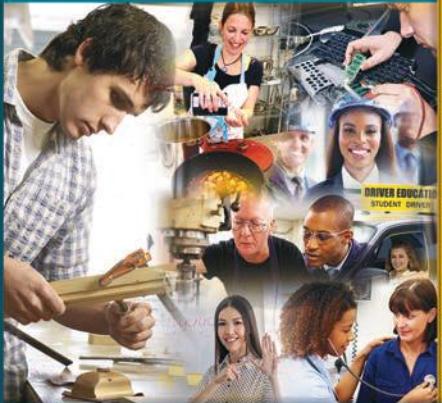
CN-Staff use only #



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Today!

[www.fcpsace.org](http://www.fcpsace.org)

703-658-1201



# WEATHER PROCEDURE



For weather-related Park Authority  
closings or cancellations, visit  
[www.fairfaxcounty.gov/parks/updates](http://www.fairfaxcounty.gov/parks/updates)  
or call 703-324-8661.



703-324-8563 • TTY Va. Relay 711



## FIRST HIKE FAIRFAX

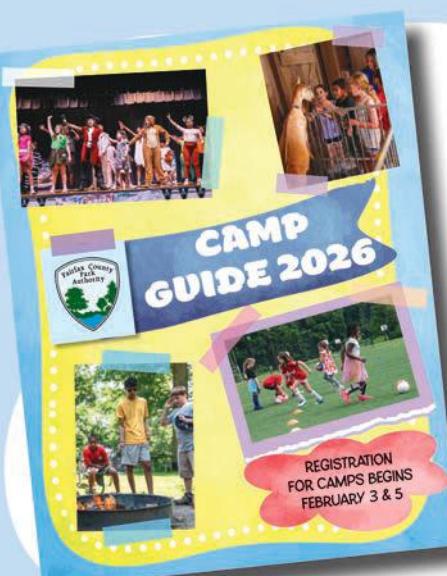
New Year's Day '26



The popular First Hike Fairfax Photo Contest  
returns for 2026! Grab your coats and cameras  
and join the fun on New Year's Day along more  
than 334 miles of Park Authority trails.

### SCAN THE QR CODE FOR:

Complete Contest Rules  
Submission Instructions  
Help to Plan Your Hike  
or visit the website  
[www.fairfaxcounty.gov/  
parks/first-hike](http://www.fairfaxcounty.gov/parks/first-hike)



The Camp Guide will  
be available on the  
website:

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



**Camp Guide 2026**  
will be a separate printed  
publication delivered in  
the mail, at FCPA sites,  
and Fairfax County  
Libraries.



### SAVE THE DATES FOR CAMP REGISTRATION!

■ **GREEN LOCATION CAMPS**  
Register starting  
Tuesday, February 3 @ 9 a.m.

◆ **BLUE LOCATION CAMPS**  
Register starting  
Thursday, February 5 @ 9 a.m.





# Park it for Parks.

**Donate your vehicle and help support the mission of the Fairfax County Park Foundation.**

Not only will you get rid of an unwanted vehicle without the hassle and expense of trying to sell it, you'll get a tax deduction and the pleasure of supporting your beautiful parks.

Donating is fast and easy and vehicle pick-up is free. We accept cars, trucks, boats and motor homes — even if not in operating condition.



*“When my husband and I decided to donate our Prius, my first choice was the Fairfax County Park Foundation since I know what a big part our parks play in making Fairfax County a great place to live!” - Jenny Pate*



For more information and to schedule free pick-up service, call toll-free **855-500-7433** or visit **www.FairfaxParkFoundation.org**

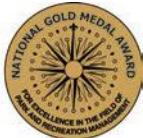


The Fairfax County Park Foundation is a nonprofit tax exempt organization under Section 501(c)(3) of the Internal Revenue Code. We support the Fairfax County Park Authority by raising private funds, obtaining grants and creating partnerships that supplement tax dollars to meet community needs for park land, facilities and services. Gifts to the Park Foundation are tax deductible to the fullest extent allowed by the law.



# Parktakes

Fairfax County Park Authority  
12055 Government Center Parkway, Suite 927  
Fairfax, VA 22035-5500



A Fairfax County,  
Virginia, publication

A!  
ALDEN

SMALL  
STAGE.  
BIG  
TALENT.

## GATHER. IMAGINE. BELONG.

Coming up this season...

Recent Cutbacks "Kevin!!!!!"

Saturday, Dec. 13, 4 p.m.

"I Want a Hippopotamus for Christmas"

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

Monday, Dec. 22, 6 p.m.

"Astronaut vs. Aquanaut"

Saturday, Feb. 7, 6 p.m.

Nai-Ni Chen Dance Company

Wednesday, Feb. 18, 7 p.m.

## aldentheatre.org

The Alden at the  
McLean Community Center  
703-790-0123, TTY: 711



McLean  
Community  
Center  
*Celebrating 50 Years*

FREE  
PARKING



SEE OUR  
COMPLETE  
SEASON  
ONLINE!

