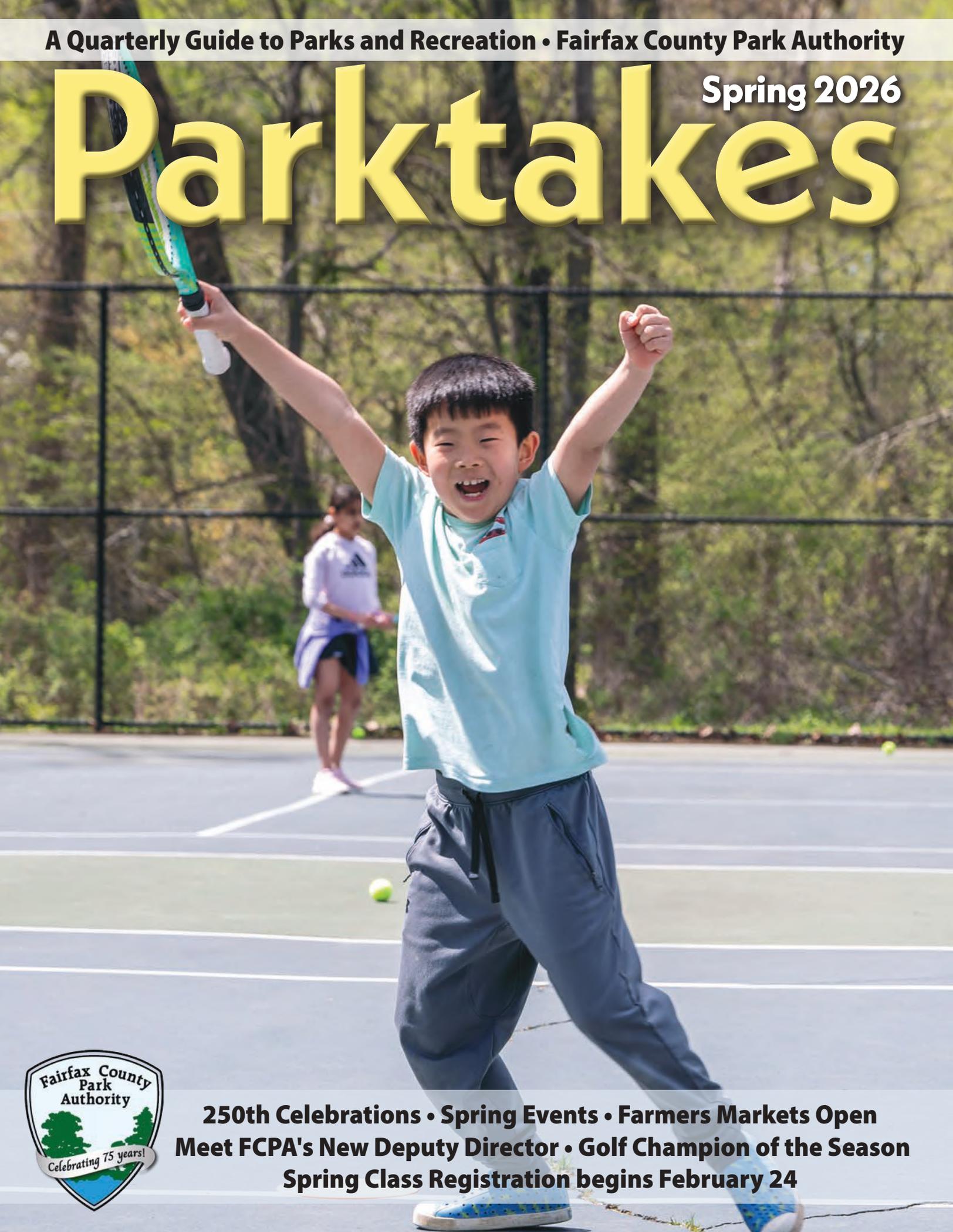


A Quarterly Guide to Parks and Recreation • Fairfax County Park Authority

Spring 2026

# Parktakes



**250th Celebrations • Spring Events • Farmers Markets Open  
Meet FCPA's New Deputy Director • Golf Champion of the Season  
Spring Class Registration begins February 24**



# Ice Skating Lessons



## AT FAIRFAX ICE ARENA

### BEGINNER LEVEL SKATING CLASSES

TOTS, CHILDREN, TEENS AND ADULTS

7-Week Program including:

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

**Only \$180\***

\* Weekend classes slightly higher

### Ways to register for classes

- 📄 Online at [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	Feb 23	4-6
Tuesday	6:40pm	\$180	Feb 24	4-6
Wednesday	6:40pm	\$180	Feb 25	4-6
Thursday	6:40pm	\$180	Feb 26	4-6
Saturday	8:55am	\$185	Feb 28	4-6
Monday	5:35pm	\$180	Mar 23	4-6
Tuesday	6:40pm	\$180	Mar 24	4-6
Wednesday	6:40pm	\$180	Mar 25	4-6
Thursday	6:40pm	\$180	Mar 26	4-6
Saturday	8:55am	\$185	Mar 28	4-6
Saturday	9:30am	\$185	Mar 28	4-6
Monday	5:35pm	\$180	Apr 6	4-6
Tuesday	6:40pm	\$180	Apr 7	4-6
Wednesday	6:40pm	\$180	Apr 8	4-6
Thursday	6:40pm	\$180	Apr 9	4-6
Saturday	8:55am	\$185	Apr 11	4-6
Saturday	9:30am	\$185	Apr 11	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	Feb 23	7-13
Tuesday	7:15pm	\$180	Feb 24	7-13
Wednesday	7:15pm	\$180	Feb 25	7-13
Thursday	7:15pm	\$180	Feb 26	7-13
Saturday	10:05am	\$185	Feb 28	7-13
Saturday	10:40am	\$185	Feb 28	7-13
Monday	6:10pm	\$180	Mar 23	7-13
Tuesday	7:15pm	\$180	Mar 24	7-13
Wednesday	7:15pm	\$180	Mar 25	7-13
Thursday	7:15pm	\$180	Mar 26	7-13
Saturday	10:05am	\$185	Mar 28	7-13
Saturday	10:40am	\$185	Mar 28	7-13
Monday	6:10pm	\$180	Apr 6	7-13
Tuesday	7:15pm	\$180	Apr 7	7-13
Wednesday	7:15pm	\$180	Apr 8	7-13
Thursday	7:15pm	\$180	Apr 9	7-13
Saturday	10:05am	\$185	Apr 11	7-13
Saturday	10:40am	\$185	Apr 11	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	Feb 24	14 & Up
Wednesday	7:50pm	\$180	Feb 25	14 & Up
Thursday	7:50pm	\$180	Feb 26	14 & Up
Saturday	11:15am	\$185	Feb 28	14 & Up
Tuesday	7:50pm	\$180	Mar 24	14 & Up
Wednesday	7:50pm	\$180	Mar 25	14 & Up
Thursday	7:50pm	\$180	Mar 26	14 & Up
Saturday	11:15am	\$185	Mar 28	14 & Up
Tuesday	7:50pm	\$180	Apr 7	14 & Up
Wednesday	7:50pm	\$180	Apr 8	14 & Up
Thursday	7:50pm	\$180	Apr 9	14 & Up
Saturday	11:15am	\$185	Apr 11	14 & Up

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

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



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

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[Fairfax250.org](https://Fairfax250.org) for details

# SPRING '26 CALENDAR

## Classes, Events, Programs and Registration Dates

<b>Tuesday, February 24</b>		
<b>Registration begins for Spring Classes</b>		pg. 126
<b>Sunday, March 1</b>		
Maple Syrup Boil Down	Colvin Run Mill	pg. 83
<b>Saturday, March 7</b>		
Astronomy Festival	Turner Farm	pg. 55
<b>Saturday, March 21</b>		
Women of Walney Walking Tour	Ellanor C. Lawrence Park	pg. 84
Dinosaur Egg Hunt	Hidden Oaks Nature Center	pg. 95
<b>Sunday, March 22</b>		
3D Printing Easter Workshop	Providence Rec Center	pg. 113
<b>Saturday, March 28</b>		
Mini-Golf Egg-plorations	Oakmont Mini-Golf Course	pg. 40
Paper Quilling Egg Ornaments	Oakmont Rec Center	pg. 68
<b>Wednesday, April 1</b>		
The Water Mine Gold Rush Season Passes Go On Sale	Lake Fairfax Park	pg. 37
<b>Saturday, April 4</b>		
Bubbles & Bunnies	Cub Run Rec Center	pg. 41
Baskets and Bunnies	Burke Lake Park	pg. 54
Egg Hunt at Colvin Run Mill	Colvin Run Mill	pg. 54
<b>Saturday, April 11</b>		
Art and Architecture at Huntley	Historic Huntley	pg. 55
Bluebells at the Bend	Riverbend Park	pg. 55
Going for the Green Tournament	Pinecrest Golf Course	pg.78
<b>Saturday, April 18</b>		
Farmers Market Opens	Burke VRE Parking Lot	pg. 56
Horse Expo	Frying Pan Farm Park	pg. 55
<b>Sunday, April 19</b>		
Archaeology at Sully	Sully Historic Site	pg. 86
<b>Tuesday, April 21</b>		
Getaway - Monticello, Charlottesville, Va.	Green Spring Gardens	pg. 50
<b>Saturday, April 25</b>		
Earth Day Fairfax Festival	Lake Fairfax Park	pg. 5
<b>Saturday, May 2</b>		
Spring Farm Day	Frying Pan Farm Park	pg. 52
Healthy Strides Heroes vs. Villains 5K/10K	Burke Lake Park	pg. 5
Two Person Best Ball	Oakmont Golf Center	pg.78
<b>Sunday, May 3</b>		
Wetlands Awareness Day	Huntley Meadows Park	pg. 55
<b>Saturday, May 9</b>		
Asian American Native Hawaiian & Pacific Islander Month Celebration	Mason District Park	pg. 55
Spring Best Ball	Jefferson Golf Course	pg.78
<b>Saturday, May 16</b>		
Spring Garden Day The Big Plant Sale	Green Spring Gardens	pg. 72
<b>Sunday, May 17</b>		
Anglers with Autism	Burke Lake Park	pg. 21
Spring Scramble	Pinecrest Golf Course	pg.78
<b>Saturday, May 23</b>		
Painting Workshop - Garden Stepping Stones	Green Spring Gardens	pg. 67
Spring Garden Tour	Green Spring Gardens	pg. 74
Spring Team Challenge	Burke Lake Golf Center	pg.78
<b>Wednesday, May 27</b>		
Getaway - Maymont and Tea, Richmond, Va.	Green Spring Gardens	pg. 50



# PARKSIDE **Torsha Bhattacharya, Ph.D**

**Stewardship and Planning Director  
Fairfax County Park Authority**



Since joining the Park Authority in August 2024, I've been incredibly fortunate to work with — and lead — such a talented group of people. Our team includes ecologists, biologists, arborists, archaeologists, planners, engineers, landscape architects and so many others. The depth of expertise across the

Stewardship and Planning Division is truly impressive, and no two days ever look the same. There's always something interesting, innovative or exciting happening across FCPA.

Winter kicked off the 20<sup>th</sup> Anniversary of our Invasive Management Area (IMA) Program. With more than 17,000 acres of natural resource areas to manage, the work of addressing non-native invasive species that harm our ecosystems is both challenging and essential. Thanks to the dedication of our staff and volunteers, we continue to make real progress restoring parkland through invasive removal and native planting—and that work is far from done.

Our heritage conservation efforts are also moving forward. Lahey Lost Valley is getting ready to welcome its resident curators, and we recently received three applications for the Dranesville Tavern Resident Curator Program. The continued and growing interest in our award-winning Resident Curator Program speaks volumes about the value of and leadership in cultural resource stewardship.

The Archaeology and Collections team remains busy with the important work of preserving and restoring historic cemeteries throughout Fairfax County, helping ensure these sites are cared for and protected for future generations.

Beyond stewarding our natural and cultural resources, my division also leads development reviews and works closely with county, state and federal agencies to avoid, minimize or mitigate impacts to parkland. This work helps us plan for and provide high-quality, accessible and equitable parks for all Fairfax County residents.

Finally, we've reached an exciting milestone with the completion of the countywide Parks and Recreation Needs Assessment survey and the kickoff of our next round of strategic and master planning. Thank you to all who participated since we advertised the Needs Assessment in 2025. These efforts will help guide our priorities over the next five years, reflecting community needs, and keeping FCPA at the forefront of parks and recreation leadership.

**Cover: Young boy enjoying a tennis class at Audrey Moore Rec Center.  
Photo by Shirley Walley. For more information, turn to pg. 123.**

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# ★ ★ ★ 250<sup>TH</sup> ★ ★ ★

## Celebrate 250 Years of Independence with the Park Authority

As our nation celebrates its 250th anniversary, Fairfax County Park Authority (FCPA) is celebrating its 75th Anniversary. Our nation's history is reflected in the places and stories preserved throughout our parks.

America is a place of many nations, and honoring our full history is important. Riverbend Park preserves the land and traces of indigenous peoples who lived here thousands of years before colonial settlement. Sully Historic Site teaches visitors the power of place and importance of remembering those who lived and worked in Fairfax County as it changed over time. At Colvin Run Mill, you can see



Riverbend Park



Sully Historic Site

how life evolved for the people of Fairfax during the Industrial Revolution that gave Americans a chance to be inventors and changed how people worked. Many other parks can take you through other times in our nation's history. You can also experience the early dairy history of our county during the 1900s at Frying Pan Farm Park and see where our food comes from today.

As part of the celebration, we invite you to embark on a journey through time and place with the Fairfax 250 Digital Passport Experience. This interactive tool allows you to explore more than 40 historic places including 10 FCPA sites, where you can immerse yourself in stories and activities spanning 250 years of Fairfax history. The Fairfax 250 digital passport can be found at [www.fairfax250.org](http://www.fairfax250.org).



Centreville Park



Frying Pan Farm Park

As you look through Parktakes, be on the lookout for activities designated as part of the 250th commemoration throughout 2026. This milestone is more than a celebration — it's an opportunity to reflect, learn and be part of a living legacy.

Visit [www.fairfaxcounty.gov/parks/topics/fairfax250](http://www.fairfaxcounty.gov/parks/topics/fairfax250) for more information and program updates as we approach July 4<sup>th</sup> 2026, and save the date for FCPA's big celebration on June 27, 2026 at Lake Fairfax Park in Reston.



The annual Earth Day Fairfax Festival returns this year on Saturday, April 25 and will be held at Lake Fairfax Park in Reston instead of Sully Historic Site. Admission is free but there is a \$10 per car parking fee.



Earth Day Fairfax is the largest Earth Day event in Fairfax County. Relocating to Lake Fairfax Park will provide an enhanced visitor experience while highlighting the park's natural lakefront environment. "We're excited to host this year's event at Lake Fairfax and eager to introduce new visitors to a space they can enjoy well beyond the festival," says Shera White, Events Manager with the Fairfax County Park Authority.

The festival attracts families from all over the region and will feature an entertaining mix of education, eco-friendly activities and attractions that guests have come to love. New this year will be outdoor endurance challenges, eco-experiments, community resources and electric bike demos. Returning activities include outdoor discovery activities, nature exhibits, farm animal petting area, a variety of food trucks, two stages of live bands and entertainment, free giveaways and earth friendly vendors. For adults, the popular Craft Beer Garden returns featuring a local Reston favorite, Bike Lane Brewing.

Volunteers play a vital role to ensure the event is successful. Community organizations, school groups, students and adults are encouraged to sign up to volunteer through the Earth Day Fairfax webpage.

This event is sponsored by the Fairfax Park Foundation. Sponsorships for Earth Day Fairfax are available. Visit [www.fairfaxparkfoundation.org/](http://www.fairfaxparkfoundation.org/) to learn more about supporting the event.

For more information about the Earth Day Fairfax Festival, and for vendor and volunteer opportunities, please visit [www.fairfaxcounty.gov/parks/earth-day-festival](http://www.fairfaxcounty.gov/parks/earth-day-festival).



# SUIT UP FOR THE HEALTHY STRIDES RACE



It's a bird, it's a plane ... no, it's a Healthy Strides runner! Anyone seeking the ultimate glory or villainous renown is invited to assemble their team for the 2026 Healthy Strides Heroes vs. Villains 5K/10K. The race returns to Burke Lake Park on Saturday, May 2 starting at 7:30 a.m.

Fairfax County Park Authority welcomes the community back for this exciting annual event that centers around a fun 5K (3.1 miles) and a competitive 10K (6.2 miles). Children can take part in the action by registering for a Tots Dash (ages 2-5) and Kids Dash (ages 6-10).

Secure your spot early to receive a themed shirt and commemorative medal as well as the chance at awards/bragging rights given to overall top finishers in different age groups for both the 5K and 10K. A portion of the proceeds from the event goes to the Fairfax County Park Foundation to support beautiful Burke Lake Park. Learn more and register at [www.fairfaxcounty.gov/parks/healthy-strides/](http://www.fairfaxcounty.gov/parks/healthy-strides/).

Whether you choose the light side or the dark side, come out to cheer for the runners and enjoy the post-race party. Please note that all race participants and spectators must wait until the race is over before leaving the park, since roadways will be closed for the runners.

This event is sponsored by the Fairfax Park Foundation. Explore all the ways to become a partner and support the 2026 event at [www.fairfaxparkfoundation.org/our-projects/healthy-strides/](http://www.fairfaxparkfoundation.org/our-projects/healthy-strides/).

## ENHANCING INCLUSION IN OUR PARKS

Fairfax County Park Authority (FCPA) is taking another meaningful step toward creating fully inclusive spaces for all park visitors. Through the generous support of the Fairfax County Park Foundation (FCPF), four new communication boards will be installed this spring at some of our most beloved destinations:

- Clemyjontri Park
- Lake Accotink Park playground
- Our Special Harbor sprayground
- The Water Mine Family Swimmin' Hole



## WITH COMMUNICATION BOARDS

Communication boards are visual tools that use pictures, symbols and simple words to help individuals express their wants, needs and feelings. They are especially helpful for children and adults who are nonverbal, have limited speech, are learning English or communicate best through visual supports. By pointing to symbols on the board, visitors can share how they are feeling, ask for help or indicate the activities they want to enjoy. The boards also encourage communication between children with and without disabilities, promoting positive socialization and inclusion.

These new boards reflect FCPA's ongoing commitment to accessibility and inclusion. The boards feature durable, weather-resistant materials and include clear, easy-to-navigate symbols designed for each location.

The new communication boards will be installed by spring and ready for families to use as they enjoy our parks. We invite visitors to explore them, learn from them and celebrate the expanded opportunities they bring to each site.

## BIKE TO WORK



In a recent report published in July 2025, researchers at ConsumerAffairs ranked the traffic in the Washington, D.C. region as the worst in the nation. Instead of sitting in traffic, try biking to work! The Fairfax County Park Authority (FCPA) has an extensive network of trails that cover over 300 miles. Biking is a great way to get exercise, reduce stress and breathe fresh air while commuting to and from work. Another benefit is reducing carbon emissions to help the environment. FCPA bike trails go through natural areas steeped in history and environmental diversity.

To learn more about the network of trails in Fairfax County, visit [www.fairfaxcounty.gov/parks/trails/trail-buddy](http://www.fairfaxcounty.gov/parks/trails/trail-buddy).

# NEW NATURE PROGRAMMING AT LAKE ACCOTINK PARK



Lake Accotink Park has a new Program Manager, Ana Maria Sparks, who is infusing her eclectic background to bring fresh, dynamic programs to Lake Accotink. Her background spans theology, social work, counseling, crisis intervention and applied behavior analysis, combined with advanced training in environmental education, conservation, herpetology and biomimicry, translating complex ideas into accessible, transformative experiences. What unites every chapter of her life is an unwavering belief that direct encounters with nature's most misunderstood

creatures can transform fear into compassion and curiosity into conservation.

Children have become her greatest inspiration — their fearless approach to every creature, from garter snakes to jumping spiders, taught her to shed inherited prejudices and rediscover wonder. Their unfiltered delight in observing a gecko's toe pads or a snake's fluid movement sparked her own transformation from cautious observer to passionate advocate.

The programs she is creating at Lake Accotink reflect her philosophy that the animals we most fear may be our greatest teachers and that compassionate coexistence begins with understanding. Through live animal encounters with legally obtained, captive-bred species raised in human care, visitors experience something rare — embodied learning. A child who once recoiled from snakes discovers the elegance of serpentine movement. An adult confronting lifelong fear realizes the gentle temperament of a misunderstood species. These moments don't just teach facts; they rewire perceptions and plant seeds of stewardship.

Biomimicry forms another cornerstone of her programming. When visitors observe how snakes move without limbs, how spider silk combines strength and flexibility, or how geckos climb vertical surfaces using molecular adhesion, they're witnessing millions of years of evolutionary problem-solving. These natural innovations inspire conversations about engineering, sustainability, and design — connecting nature's genius to human creativity and demonstrating why conservation matters beyond sentiment.

Her goal is to make Lake Accotink a destination for innovative, science-infused programming that welcomes all visitors regardless of background or ability and to transform public perceptions of maligned species through respectful, guided encounters. The new Lake Accotink programs include hands-on exploration, where children and adults alike discover that the creatures they once feared or dismissed are, in fact, worthy of awe and protection.

For more information about Nature programs at Lake Accotink Park, please turn to the Nature section or visit [www.fairfaxcounty.gov/parks/lake-accotink](http://www.fairfaxcounty.gov/parks/lake-accotink).



# NEW SPRING CLASSES AND PROGRAMS

The Park Authority has hundreds of new classes and programs this spring! Browse this issue to find family gardening programs, 250th Celebrations, nature classes and egg hunt events. There is something for every age and interest. Here is a small sampling of what the parks have to offer!

## DAY TRIP:

Getaway - Monticello, Charlottesville, VA

## FARM:

Animal House Party  
Sheep to Chic - Woolly Wonders

## FINE ARTS:

Basketweaving Workshop - Apple Basket  
Basketweaving Workshop - Multicolor Tote  
Drawing Workshop - Butterflies and Plants  
Ikebana Floral Design Workshop  
Painting Workshop - Garden Stepping Stones  
Paper Quilling Flower Basket Magnet Workshop  
Poetry Workshop - Thaw and Bloom  
Writing Workshop - Nature in Fiction

## GARDENING:

Botanical Book Club  
Family Fun - Celebration of Pachamama

## Feast of Flowers

Felting Basics - Make a Rabbit  
Garden Artists - Scentsational Spring  
Garden Exploration - Rooted in Nature  
Grocery Gardening 101  
Spring Bounty - Foraging for Edibles  
Spring Storytime - April Showers  
Spring Storytime - Sneaky Squirrels  
White Gardens Flower Walk

## HISTORY:

Art of Mending  
Book Workshop - Fighting for the Forests  
Diagnosing the Past  
Farm to Future - 250 Years of American Agriculture Movie at the Mill - Alice in Wonderland  
Movie at the Mill - Sense and Sensibility  
Run the Mill - Make Cornmeal  
Savor the Nation-250 Years of Culinary Traditions  
Special Relationship

## Tales of Our Trails

The Timbre of Trees

## NATURE:

Animal April Fools  
Chemical Masters - Amphibian Lab  
Creepy Crawly Construction Crew  
Forest Pharmacy - A Wild Medicine Walk  
Mathematical Patterns In Nature  
Microbiology Explorers Lab  
Mushroom Networks-The Internet Before the Internet  
Night Hike with a Naturalist  
Night Shift Naturalists  
Seed Dispersal Olympics - No Fuel Required  
Vernal Pool Field Study  
Weather Watchers in Animal Kingdom Wild Craft  
Institute Detectives  
Woodland Ninjas - The Stealth School Woodlands  
Stewardship Education Center Tour

# READY, SET, LAUNCH INTO WATER POLO



Get ready for something new and electrifying coming to a Fairfax County Park Authority pool near you in 2026! Beginners and experienced swimmers soon will be able to dive into one of the world's most dynamic and fast-paced aquatics sports: water polo.

"Water polo blends swimming, teamwork, strategy and athleticism into a thrilling game of endurance and finesse," says Nichol Wills, Aquatics Director at Providence Rec Center and lifelong water polo athlete. "Whether your child has never touched a ball in the water or they've been swimming all along, water polo offers a fresh new challenge, builds strength, and helps to connect with friends in a team environment."

Water polo is a collective effort. You learn strategy: offensive sets, defensive zones, fast breaks and transitions. That team dimension attracts swimmers who crave a more interactive, tactical challenge. USA Water Polo notes that many competitive swimmers are well positioned to transition into or augment their training with water polo, since foundational skills like swimming, breath control and conditioning carry over.

We invite all families, swimmers and water enthusiasts to explore this new offering. Whether you're looking for a high-energy workout, a team sport with strategic depth, or just an exciting way to spend summer in the pool, water polo serves up a win.

Turn to the Aquatics section for more information or visit [www.fairfaxcounty.gov/parks/reccenter/swimming](http://www.fairfaxcounty.gov/parks/reccenter/swimming) for more information.

# MUSHROOMS

## NATURE'S UNDERGROUND SUPERCOMPUTER

Beneath your feet in the soil of parks, forests or gardens are mycorrhizal networks — fungi have built an underground internet made of threadlike hyphae connecting hundreds of plants together. They're moving nutrients, passing information and managing resources like traffic engineers during rush hour.

These fungal networks store around 13 billion tons of carbon dioxide every single year. That's equivalent to about 36% of all the carbon emissions humanity produces by burning fossil fuels. Most people have no idea this is happening — it's one of the best parts of Earth's climate control system running on autopilot beneath our shoes.

Fungi can break down plastic. Species like *Aspergillus terreus*, *Penicillium funiculosum*, and *Yarrowia lipolytica* can actually consume polyethylene and other plastics that would normally take centuries to decompose.

Companies like Ecovative Design are literally growing furniture and packaging from mycelium. Not with mycelium, but from it. The packaging breaks down into compost in just 45 days when disposed of properly.

Bolt Threads created something called Mylo™ — a leather-like material made from mycelium. It's used for handbags, shoes, wallets. In addition, there are startups using fungi to clean up oil spills, remove *E. coli* from contaminated water and absorb toxic heavy metals from polluted sites. Some are even engineering fungi to make fire-resistant insulation and create flavor-enhancing ingredients for food.

Next time you're out on a trail and you spot a mushroom, just stop for a second and remember. There's an entire kingdom beneath your feet. One that's been hunting, communicating, engineering its way through millions of years of evolution. One that's storing carbon equivalent to a third of what we emit annually. One that might actually save us from ourselves.

And the wildest part? We're just now figuring out how incredible they are.

For programs to learn more about mushrooms and other natural wonders, turn to the Nature section or visit [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) and search "mushrooms".





Every golfer has a moment when the game clicks — that perfect shot, that unforgettable round or the tournament that turns a pastime into a passion. Across Golf Fairfax courses, players of every skill level are discovering these moments in tournaments and club championships designed to challenge, connect and celebrate.

At Jefferson District Golf Course, a beautifully landscaped 9-hole course tucked in the heart of Falls Church, those moments come to life each year through the Jefferson Cup Tournament Series. Held over several months, the Jefferson Cup brings together golfers of all backgrounds and skill levels. Each tournament in the series is different, rotating through best ball, scramble, stableford and stroke play formats, giving golfers the chance to test different aspects of their game.

For many golfers, Jefferson District isn't just a tournament venue, it's where their golf story begins. "Jefferson was the first round of golf I ever played. I was 7 at the time and still remember the starter telling me the rules. My dad thinks I shot 47 for that first 9 holes," said 2025 Jefferson Cup Champion Bandar Al-Saif. "After that first round, I was hooked."

Stories like his aren't uncommon. Generations have walked these fairways, building confidence, forming friendships and returning year after year to play.

One of Bandar's favorite moments from last season's tournament series had little to do with the competition, "I played the first event of the Jefferson Cup with my girlfriend. It was her first tournament, and I remember how nervous she was. The highlight was her par on number 8 — the toughest hole on the course. We placed fourth, and now she can't wait for the next event we can play together," said Al-Saif.

That shared excitement is the heartbeat of the course and the Jefferson Cup Series. Participating is about more than winning, it's about the challenge, the connection and the memories that keep players coming back. For many players, those moments lead to a new tradition of improving and celebrating the game together.

Golf Fairfax offers a variety of tournaments across our courses, welcoming both seasoned players and rising competitors. Whether you're chasing your personal best or creating new memories on the green, there's a place for you in our next tournament. To learn more visit [www.fairfaxcounty.gov/parks/golf/tournaments](http://www.fairfaxcounty.gov/parks/golf/tournaments).

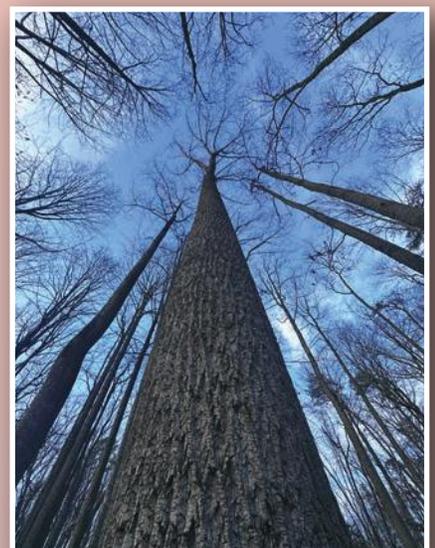


**Thank you for all who participated in the First Hike Fairfax photo contest!**

**The First Hike Fairfax Panel of Judges is pleased to award the Fairfax County Park Authority Staff Spotlight Award in the 2026 First Hike Fairfax Photo Contest to Paul Nicholson for his photo at Fred Crabtree Park.**

**Congratulations Paul!**

**The First Hike photo contest is hosted by the Fairfax County Park Authority and sponsored by the Fairfax Park Foundation.**



## NIGEL A. FIELDS NAMED NEW DEPUTY DIRECTOR



The Fairfax County Park Authority (FCPA) is pleased to announce the appointment of Nigel A. Fields. As Deputy Director, he oversees the Stewardship and Planning Division, Development Division, and Marketing and Communications Division. Nigel serves as the Park Authority Director's Office liaison to the Fairfax County Park Foundation.

Nigel is a leader in conservation, park development and programming, and land use planning and management. He has held senior positions at the National Park Service and the Environmental Protection Agency. During his distinguished career, his passion for environmental issues, cultural heritage, and community engagement and his appreciation for locals' love of public spaces have been a constant.

From the Great Smoky Mountains to the coral reefs of the Virgin Islands, Nigel has a track record of bringing visionary change to diverse parks and directing community renewal and partnership initiatives. Most recently, he served as the Director of the EPA's Office of Community Revitalization, where he directed land use, disaster resilience and community-based climate justice programs.



HIDDEN  
GEM



## Sully Historic Site

This summer, the United States will commemorate the 250th anniversary of the Declaration of Independence. Throughout the year, events and programs across the country will explore what the Declaration and its principles meant — and did not mean — to different people in 1776, and why they remain important today. As a result, 2026 is the perfect time to visit and learn more about history right here in Fairfax County.

One such place is Sully Historic Site, located next to Dulles International Airport on the doorstep of Washington D.C. From its use by First Peoples to the dawn of the Jet Age, Sully's past reflects centuries of change. To better share these stories with our community and visitors, Sully will be offering a variety of programs throughout the upcoming year. From guided tours



and special-interest programs to hands-on history and family-friendly events, visitors can discover Sully's importance to both Fairfax County and American history.

As we enter this milestone anniversary, Sully is pleased to announce that through the Fairfax County Park Authority Foundation it has received a generous grant from the Commonwealth and the Virginia 250 Preservation Fund Grant Program. With additional support from the Sully Foundation Ltd. and the Fairfax County Park Authority, site staff are actively working to restore historic buildings, improve accessibility, adding interpretive signage and more. These efforts will help Sully and the Park Authority prepare, not only for the 250th, but for the future as well.



# RECREATION FOR ALL



We want YOU to get active and ENJOY being active!

Fairfax County Park Authority (FCPA) works to provide inspiring recreational experiences and promote healthy lifestyles for everyone. In the Park Services division, we are passionate about physical activity. The best exercise for you is the one you want to do.

Physical activity can be thought of in two categories: intensity and impact. These considerations can help you determine what sort of activity you want to do on any given day.

Exercise intensity is the level of effort you put into an activity. One way to increase physical activity is to increase the intensity of the activity. This can be done under the guidance of our FCPA instructors — personal trainers, exercise instructors and sport coaches — who have the training to safely guide intensity increases. Many of our guided programs are structured to slowly increase activity intensity.

Impact refers to the amount of force against your body. FCPA Rec Centers offer physical activity options at all impact levels. Water exercise, swimming and walking are typically low impact activities. Competitive sports, plyometrics and high energy dancing often are high impact activities. While increased impact also heightens the risk of injury, high impact exercises can be beneficial to strengthen our bones, joints and heart muscles.

Whatever you're inclined to do, FCPA has a wide array of options support your goals. From walking in your neighborhood park, to playing hockey at the newly renovated Mount Vernon Rec Center Ice Arena, we are here with new, inspiring opportunities to support your healthy lifestyle.

## Fairfax County Park Authority Board Members

Timothy B. Hackman.....Acting Chairman, Dranesville  
 Dr. Abena Aidoo Hewton, Ph. D.....Treasurer, At Large  
 Dr. Cynthia Jacobs Carter, Ed.D.....Secretary, Franconia  
 Vacant.....Braddock  
 William G. Bouie.....Hunter Mill  
 Linwood Gorham.....Mt. Vernon  
 Faisal Khan.....Member-at-Large  
 Rick Healy.....Mason  
 Michael T. Reynolds.....Providence  
 Michael W. Thompson, Jr.....Springfield  
 Jose Peralta.....Sully  
 Johna Toomey.....Member-at-Large

## Fairfax County Park Authority Leadership

Jai Cole.....Executive Director/CEO  
 Sara Baldwin.....Deputy Director/COO  
 Nigel A. Fields.....Deputy Director/CBD

## Parktakes Production Staff

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

## Fairfax County Board of Supervisors

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

The Summer 2026 issue of Parktakes will be available in late April.

Park Authority Board meetings are open to the public.

For more information about dates and times, visit [www.fairfaxcounty.gov/parks/board](http://www.fairfaxcounty.gov/parks/board).

## About Parktakes

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

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

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

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

**Photos 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

Spring 2026 • Vol. 41/No. 2

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.

# THE FAIRFAX COUNTY PARK FOUNDATION



Fairfax County Park Foundation

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

The Fairfax County Park Foundation was established in April 2000 as a 501(c)(3) nonprofit charitable organization. The Foundation is led by a volunteer

Board of Directors and staffed by an Executive Director with a lean and efficient staff. The Board is comprised of volunteer community and business leaders.



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

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

## How You Can Help!

### Give Online

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

### Donate a Vehicle

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

### Monetary Gifts

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

### Workplace Giving

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



## THE OLMI FAMILY CONTINUES TO MAKE A DIFFERENCE

Fort Willard, a Civil War Fort, was constructed in 1862 as part of the defense system for Washington, D.C. It was donated by the developers of Belle Haven, Gene and Helen Olmi, Sr. and Gene and Natalie Olmi, Jr. Now Fort Willard is a Fairfax County Park Authority (FCPA) Historic Site near Alexandria, Virginia.

The Olmi Family Foundation recently made a significant contribution to the Fairfax County Park Foundation (FCPF) for improvements at Fort Willard Circle. FCPA cultural and natural resource staff will oversee site stabilization including tree work and invasive plant species management. The generous gift will also fund an Archaeological Study to confirm location and condition of Fort structures and to enhance access to Educational Opportunities at the site.

FCPF Executive Director, Bobbi Longworth, presented a Certificate of Appreciation to Geno Olmi and Nenita Castillo-Olmi for their Family Foundation's generous gift of appreciated stock.

Join the Olmi Family to enrich Fairfax County parks by donating to FCPF today!



# PARKS at a Glance

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

	Phone Number	Accessible Playground	Agriculture Field/Kitchen Garden	Basketball Courts (Indoors)	Basketball Courts (Outdoors)	Birthday Parties	Boating/Boat Rentals	Campgrounds	Carousel	Catering	Drop-in Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Farmers Market	Fishing	Fitness Center	Fitness Trails	Food Service/Concession	Golf-Driving Cages/Indoor Range	Golf-Driving Range	Golf Lessons	Golf-Number of Holes	Golf-Par	Golf-Adapted Power Carts	Golf-Power Carts	Golf Pro Shop		
<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													●																	



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

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



## Key

- Rec Center
- Park
- Nature Center
- Historic Site
- Golf Course



Gerry Connolly Cross County Trail

## Rec Centers

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

## Major Parks

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

## Major Parks

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

## Nature Centers

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

## Historic Sites

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

## Historic Sites

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

## Golf Courses

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



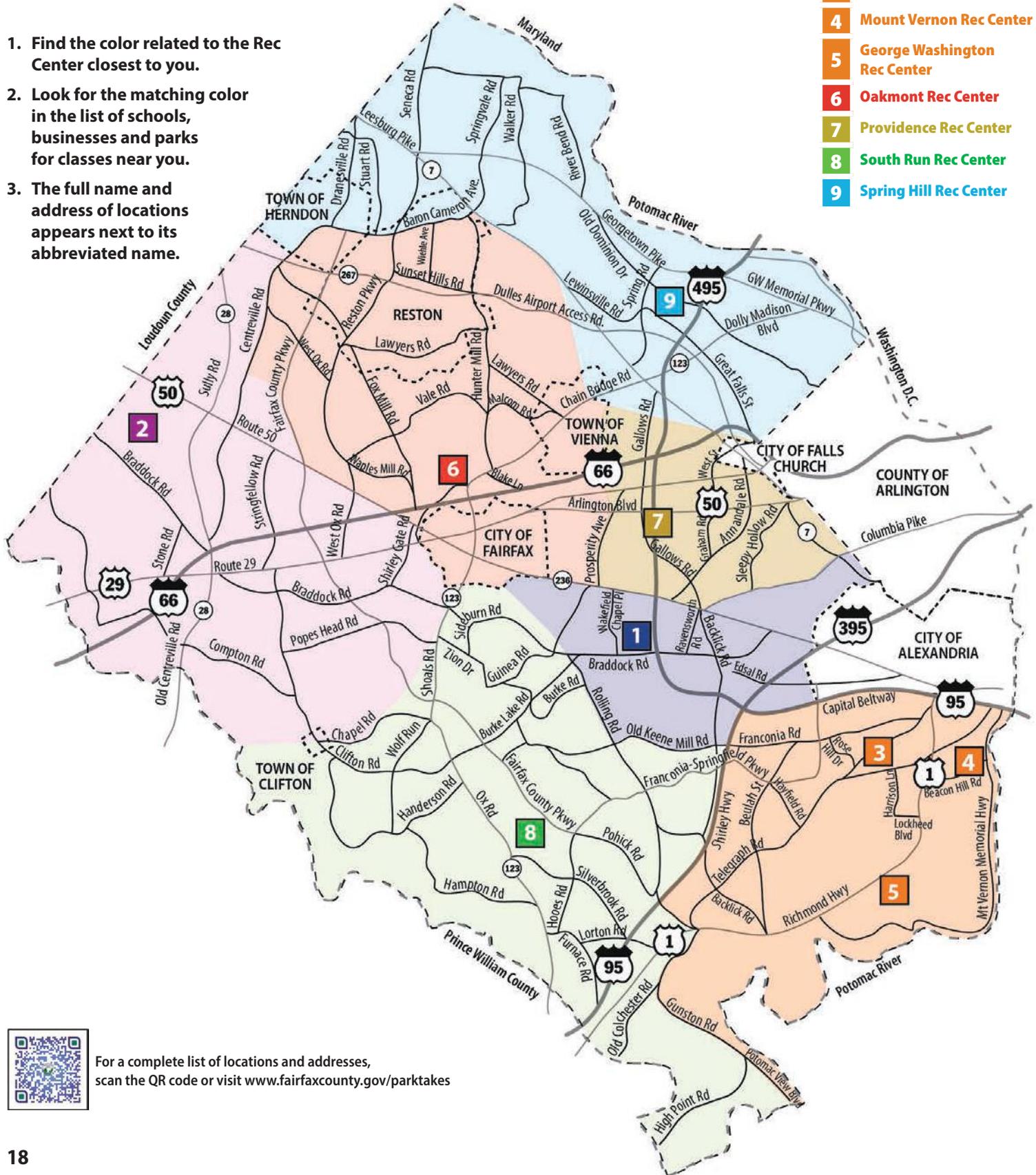
Visit [www.fairfaxcounty.gov/parks/locator](http://www.fairfaxcounty.gov/parks/locator) for more park locations and directions.

# LOCATION ABBREVIATION GUIDE

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

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

- 1** Audrey Moore Rec Center
- 2** Cub Run Rec Center
- 3** Franconia Rec Center
- 4** Mount Vernon Rec Center
- 5** George Washington Rec Center
- 6** Oakmont Rec Center
- 7** Providence Rec Center
- 8** South Run Rec Center
- 9** Spring Hill Rec Center



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

Abbrv	Name	Address	City, Zip
<b>1: Audrey Moore/Wakefield</b>			
Annandale Pk	Annandale Community Park	4030 Hummer Rd	Annandale 22003
Braddock ES	Braddock Elementary	7825 Heritage Dr	Annandale 22003
Garfield ES	Garfield Elementary	7101 Old Keene Mill Rd	Springfield 22150
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks NC	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
KingsPK ES	Kings Park Elementary	5400 Harrow Way	Springfield 22151
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	Fairfax 22032
Pinecrest GC	Pinecrest Golf Course	6600 Little River Tnpk	Alexandria 22312
Wkfld/Moore	Wakefield RECenter	8100 Braddock Rd	Annandale 22003
Woodson HS	Woodson High School	9525 Main St	Fairfax 22031

<b>2: Cub Run</b>			
Bricks&Minifigs	Bricks & Minifigs Herndon	1064 Elden St	Herndon 20170
Bull Run ES	Bull Run Elementary	15301 US-29	Centreville 20121
BullRunPk	Bull Run Park	7700 Bull Run Dr	Centreville 20121
Craftspace	Craftspace	3675 Concorde Pkwy	Chantilly 20151
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
Fairfax Fencers	Fairfax Fencers	4433 Brookfield Corporate Dr	Chantilly 20151
Floris ES	Floris Elementary School	2708 Centreville Rd	Herndon 20171
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
GreenBrEast ES	Greenbriar East Elementary	13005 Point Pleasant Dr	Fairfax 22033
Patriot Park North	Patriot Park North	5425 Willow Springs School Rd	Fairfax 22030
Powell ES	Powell Elementary	13340 Leland Rd	Centreville 20120
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

<b>3-5: Franconia /Mt. Vernon /GW</b>			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Collingwd Park	Collingwood Park	8200 West Boulevard Dr	Alexandria 22308
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
Riverside ES	Riverside Elementary	8410 Old Mt Vernon Rd	Alexandria 22309
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306
StratfrdLndgES	Stratford Landing Elementary	8484 Riverside Rd	Alexandria 22308
WoodleyHillsES	Woodley Hills Elementary	8718 Old Mount Vernon Road	Alexandria 22309

<b>6: Oakmont</b>			
Cunn Pk ES	Cunningham Park Elementary	1001 Park Street	Vienna 2210
EagleVw ES	Eagle View Elementary	4500 Dixie Hill Rd	Fairfax 22030
FfxIceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbyExFrOKs	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124
Westbriar ES	Westbriar Elementary	1741 Pine Valley Dr	Vienna 22182

Abbrv	Name	Address	City, Zip
<b>7: Providence</b>			
Jefferson Golf	Jefferson Golf Course	7900 Lee Hwy	Falls Church 22042
JRheeFlsCh	Jhoon Rhee Falls Church	1136 West Broad St	Falls Church 22046
MasonDistPk	Mason District Park	6621 Columbia Pike	Annandale, 22003
NOVA Fencers	No. VA Fencers Club	3431-E Carlin Springs Rd	Falls Church 22041
ProvREC	Providence Rec Center	7525 Marc Dr	Falls Church 22042
RndtreePk	Roundtree Park	3411 Casilear Rd	Falls Church 22042
Stenwood ES	Stenwood Elementary	2620 Gallows Rd	Vienna 22180
White Horticulture	White Horticulture Park	3301Hawthorne Ln	Falls Church 22042
Woodbrn ES	Woodburn Elementary	3401 Hemlock Dr	Falls Church 22042

<b>8: South Run</b>			
BlkBTfFx	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
GMU Field House	George Mason Field House	4501 University Dr	Fairfax 22030
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Hunt Vly ES	Hunt Valley Elementary	7101 Sydenstricker Rd	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
Sangster ES	Sangster Elementary	7420 Reservation Dr	Springfield 22153
Silverbrk ES	Silverbrook Elementary	9350 Crosspointe Dr	Fairfax Station 22039
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

<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
GreatFls Nike	Great Falls Nike Park	1149 Utterback Store Rd	Great Falls 22066
Lewinsville House	Lewinsville House	1659 Chain Bridge Road	McLean 22101
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
SpringHI ES	Spring Hill Elementary	8201 Lewinsville Rd	McLean 22102
SpHillREC	Spring Hill Rec Center	1239 Spring Hill Rd	McLean 22102
TurnerFarmPk	Turner Farm Park	925 Springvale Rd	Great Falls 22066



## Adapted Recreation Programs

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



### ADA/Inclusion Support



In keeping with the Americans with Disabilities Act (ADA), Fairfax County is committed to giving all residents equal access to recreational opportunities. Park Authority activities, programs, camps and classes are inclusive, and reasonable accommodations are available for people with disabilities. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. Call 703-324-8727 to request accommodations, or for more information about adapted program opportunities. 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.

## 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.

**4AC** 5--30 minute lessons--\$85  
**4AD** 6--30 minute lessons--\$104  
**4AE** 7--30 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9:20am	COA.DMKW	4/25	4AE
SoRunREC	Sa	11:45am	COA.BGAQ	5/2	4AD
SoRunREC	Su	12:15pm	COA.5UK4	5/3	4AC



### 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.

**4AC** 5--30 minute lessons--\$85  
**4AD** 6--30 minute lessons--\$104  
**4AE** 7--30 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	E4B.EPC4	4/26	4AD
OakmontREC	Sa	10am	E4B.CPHJ	4/25	4AE
SoRunREC	Sa	9:05am	E4B.SESC	5/2	4AD
SoRunREC	Su	12:15pm	E4B.7NYE	5/3	4AC

### 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.

**4AC** 5--30 minute lessons--\$85  
**4AD** 6--30 minute lessons--\$104  
**4AE** 7--30 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	6D7.EJG	4/26	4AD
OakmontREC	Sa	10:40am	6D7.Y8MD	4/25	4AE
ProvREC	Su	10:15am	6D7.VJXE	4/26	4AD
SoRunREC	Su	9:45am	6D7.G675	5/2	4AD
SoRunREC	Su	1:35pm	6D7.PH8Q	5/3	4AC

### 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--\$104  
**4AE** 7--30 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11:20am	422.9J46	4/25	4AE
ProvREC	Su	11:35am	422.KT7Y	4/26	4AD
SoRunREC	Sa	10:25am	422.H68X	5/2	4AD

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

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

**4AD** 6--30 minute lessons--\$104  
**4AE** 7--30 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	12pm	03B.WDJG	4/25	4AE
SoRunREC	Sa	11:05am	03B.2W5V	5/2	4AD

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

Check Events, Gardening, History and Outdoor sections.



## 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.

<b>4AL</b>	<b>4--45 minute lessons--\$71</b>
<b>4AN</b>	<b>6--45 minute lessons--\$104</b>
<b>4AO</b>	<b>7--45 minute lessons--\$121</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.L8VF	4/25	4AL
OakmontREC	Sa	12:40pm	E06.3U85	4/25	4AO
ProvREC	Su	12:15pm	E06.7HSU	4/26	4AN
SpHillREC	Sa	12pm	E06.ERYN	4/25	4AL
Wkfld/Moore	Sa	12pm	E06.TSK5	4/25	4AL

## Adapted Lap Swim and Water Walking

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

<b>4AN</b>	<b>6--45 minute lessons--\$104</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	UM5.FQDR	4/26	4AN

## 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 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.

<b>4AN</b>	<b>6--45 minute lessons--\$104</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3:30pm	460.OUUh	4/26	4AN
SpHillREC	Su	4:15pm	460.HKYJ	4/26	4AN
SpHillREC	Su	5pm	460.26WQ	4/26	4AN
Wkfld/Moore	F	11pm	460.E53B	4/24	4AZ

## Adapted Outdoor Opportunities

### Adapted Art in the Park

**(Adults)** This class is designed for participants with intellectual and developmental disabilities. Participants explore a variety of art materials and techniques including drawing, painting and collage while developing fine motor skills, self-expression, and creativity. Projects are adapted to support individual learning styles. All materials are provided.

<b>2FAD</b>	<b>4--55 minute lessons--\$77</b>
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Location	Day	Time	Code	Begin	\$
Clemjontri	W	10am	A0B.JH15	4/28	2FAD

### Riverside Connection

**(11-21 yrs.)** This four-week adapted recreation series introduces teens to hiking, fishing, orienteering and kayaking in our safe and accessible sit-on-top kayaks. Our experienced instructors focus on safety and fun for students who may have never enjoyed the great outdoors quite like this. Parents must be accessible during the program. Students are responsible for personal care during the length of each class.

<b>4BP</b>	<b>4--2 hour lessons--\$156</b>
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Location	Day	Time	Code	Begin	\$
Riverbend Pk	Sa	8am	22F.YGWQ	4/18	4BP

## 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.

<b>DPVK</b>	<b>10--55 minute lessons--\$197</b>
<b>2SA1</b>	<b>5--45 minute lessons--\$94</b>

Location	Day	Time	Code	Begin	\$
Sully CommCtr	Su	1pm	SSI.R4NC	4/26	2SA1
Sully CommCtr	Su	12pm	SSI.HAJY	4/26	2SA1
Wkfld/Moore	Su	1pm	SSI.IVLD	3/22	DPVK

### 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.

<b>4EB</b>	<b>11--55 minute lessons--\$158</b>
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Location	Day	Time	Code	Begin	\$
OakmontREC	T	5pm	76F.WQ33	4/7	4EB

### Adapted Ice Skating

This foundational/transitional class offers additional supervision and support to help students with disabilities develop basic skating skills. Helmets are required.

<b>4IA</b>	<b>6--30 minute lessons--\$154</b>
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Location	Day	Time	Code	Begin	\$
MtVernREC	Su	11am	568.634C	3/22	4IA
MtVernREC	Su	11:35am	568.XDQG	3/22	4IA
<b>(13-Adult)</b>					
MtVernREC	Su	12:10pm	E31.FERK	3/22	4IA

### Adapted Soccer

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

<b>DTVE</b>	<b>8--45 minute lessons--\$151</b>
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	GOB.R49C	3/28	DTVE

### Adapted Sports and Fitness

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

<b>4EB</b>	<b>11--55 minute lessons--\$158</b>
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Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	5D9.FSZC	4/27	4EB
ProvREC	T	6:15pm	5D9.1BFD	4/27	4EB

## Adapted TKD

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.

<b>DMVA</b>	<b>8--30 minute lessons--\$131</b>
<b>DMVB</b>	<b>8--45 minute lessons--\$131</b>

Location	Day	Time	Code	Begin	\$
<b>(5-10 yrs.)</b>					
LdbyExFr0ks	Sa	3:30pm	A12.5AA9	3/21	DMVA
<b>(10-17 yrs.)</b>					
LdbyExFr0ks	Sa	4:15pm	EEC.C1SY	3/21	DMVB
<b>(16-Adult)</b>					
LdbyExFr0ks	W	7:45pm	456.NF9H	3/25	DMVB

## Adapted Yoga

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

<b>4EL</b>	<b>11--45 minute lessons--\$157</b>
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Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6:10pm	DOE.59NZ	4/29	4EL

## Other Adapted Opportunities

### Anglers with Autism

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

<b>DEE1</b>	<b>1-2 hour program--\$17</b>
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Location	Day	Time	Code	Begin	\$
BurkeLakePk	Su	1pm	U50.8V7Y	5/17	DEE1

### Adapted Movement to Music

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

<b>4EL</b>	<b>11--45 minute lessons--\$157</b>
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Location	Day	Time	Code	Begin	\$
SpHillREC	W	4pm	TL8.8G6P	4/28	4EL

### 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.

<b>4AQ</b>	<b>9--45 minute lessons--\$159</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	Th	4:30pm	I81.HOD1	3/19	4AQ
MtVernREC	T	4:30pm	I81.7TBJ	3/17	4AQ
MtVernREC	W	4:30pm	I81.SF2Y	3/18	4AQ
SpHillREC	F	4:30pm	I81.1QGJ	3/20	4AQ



## Aquatics

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



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

### Follow guidelines when registering

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

### Practice and Repetition are keys to success

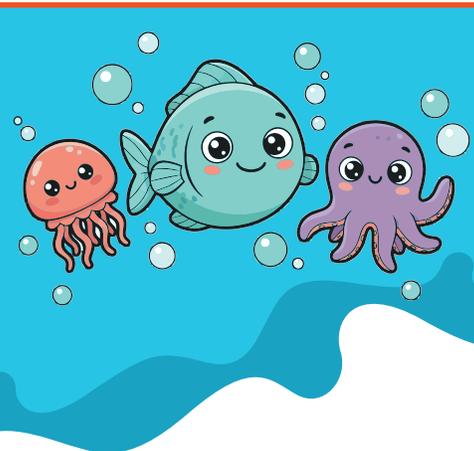
Each student learns at different speeds. Students often repeat a level several times before developing the endurance and skill proficiency necessary for advancement. Repeating a level does not constitute failure; it is to be expected. Mastering skills takes time, practice and patience.

### Combining course levels

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

### Pool Health Information

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



## ONE ON ONE BEGINNING SWIM LESSONS

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



### Baby & Me Swim

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

4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	665.F8FQ	4/21	4AG
CubRunREC	Sa	9am	665.KQAB	4/25	4AE
CubRunREC	Sa	10:10am	665.DZ5C	4/25	4AE
CubRunREC	Su	9am	665.RUWW	4/26	4AE
CubRunREC	Su	10:10am	665.F5T5	4/26	4AE
Franconia Rec	Sa	9am	665.LPK5	4/25	4AF
Franconia Rec	Su	9:35am	665.52E5	4/26	4AF
GWREC	Sa	9:10am	665.1WL9	4/25	4AE
MtVernREC	Sa	9am	665.TN31	4/25	4AF
MtVernREC	Sa	10:45am	665.5YKW	4/25	4AF
MtVernREC	Su	9am	665.INOG	4/26	4AF
MtVernREC	Su	10:45am	665.ANFR	4/26	4AF
OakmontREC	F	5:10pm	665.811K	4/24	4AF
OakmontREC	Sa	9am	665.VV9G	4/25	4AF
OakmontREC	Sa	10:45am	665.7LDO	4/25	4AF
OakmontREC	Su	9:10am	665.MULH	4/26	4AF
ProvREC	Sa	8:35am	665.HX3M	4/25	4AF
ProvREC	Su	9am	665.JZ58	4/26	4AF
ProvREC	Su	10:55am	665.PVTV	4/26	4AF
SoRunREC	Sa	11:40am	665.G4CV	4/25	4AE
SoRunREC	Su	10:30am	665.03DS	4/26	4AE
SpHillREC	M	10am	665.Q28U	4/20	4AF
SpHillREC	W	5:10pm	665.L7A4	4/22	4AG
SpHillREC	F	10am	665.40IY	4/24	4AF
SpHillREC	Sa	9am	665.FIG9	4/25	4AF
SpHillREC	Su	10:40am	665.YYRS	4/26	4AF
Wkfld/Moore	Sa	10:10am	665.WP83	4/25	4AF
Wkfld/Moore	Sa	11:20am	665.BU59	4/25	4AF
Wkfld/Moore	Su	10:10am	665.MLWR	4/26	4AF
Wkfld/Moore	Su	11:20am	665.YSVI	4/26	4AF

### Preschooler & Me Swim

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

4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.G7ZH	4/25	4AE
CubRunREC	Su	10:45am	D6F.SY4Q	4/26	4AE
Franconia Rec	Sa	11:30am	D6F.CS77	4/25	4AF
Franconia Rec	Su	11:30am	D6F.EF84	4/26	4AF
GWREC	W	10am	D6F.UKH4	4/22	4AG
GWREC	Sa	10:30am	D6F.XQXE	4/25	4AE
MtVernREC	Sa	10:10am	D6F.DD8M	4/25	4AF
MtVernREC	Su	10:10am	D6F.THZN	4/26	4AF
OakmontREC	F	6:20pm	D6F.Z1HR	4/24	4AF
OakmontREC	Sa	10:10am	D6F.X7ZA	4/25	4AF
OakmontREC	Su	10:20am	D6F.KBFJ	4/26	4AF
ProvREC	Sa	9:45am	D6F.DUKJ	4/25	4AF
ProvREC	Su	10:10am	D6F.HDK3	4/26	4AF
SpHillREC	M	10:35am	D6F.YOBL	4/20	4AF
SpHillREC	W	6:20pm	D6F.7TFD	4/22	4AG
SpHillREC	F	10:35am	D6F.2GNR	4/24	4AF
SpHillREC	Sa	10:10am	D6F.QZUI	4/25	4AF
SpHillREC	Su	2:10pm	D6F.XPOB	4/26	4AF
Wkfld/Moore	Su	9am	D6F.D8FR	4/26	4AF



## Toddler & Me Swim

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

<b>4AD</b>	<b>6--30 minute lessons--\$104</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	FAB.8GRG	4/21	4AG
CubRunREC	Sa	9:35am	FAB.SLMY	4/25	4AE
CubRunREC	Sa	10:10am	FAB.AGVA	4/25	4AE
CubRunREC	Sa	10:45am	FAB.ZCHF	4/25	4AE
CubRunREC	Sa	11:20am	FAB.HCLT	4/25	4AE
CubRunREC	Su	9:35am	FAB.S7HV	4/26	4AE
CubRunREC	Su	10:10am	FAB.JD7T	4/26	4AE
CubRunREC	Su	10:45am	FAB.9LRW	4/26	4AE
CubRunREC	Su	11:20am	FAB.UYEF	4/26	4AE
Franconia Rec	Sa	9:35am	FAB.X9BU	4/25	4AF
Franconia Rec	Sa	10:55am	FAB.9HNQ	4/25	4AF
Franconia Rec	Su	9am	FAB.GT84	4/26	4AF
Franconia Rec	Su	10:45am	FAB.CISO	4/26	4AF
GWREC	W	10:40am	FAB.LLQN	4/22	4AG
GWREC	Sa	9:50am	FAB.8MZO	4/25	4AE
GWREC	Sa	11:10am	FAB.KOQV	4/25	4AE
MtVernREC	Sa	9:35am	FAB.UKYY	4/25	4AF
MtVernREC	Sa	11:20am	FAB.XCIT	4/25	4AF
MtVernREC	Su	9:35am	FAB.9U8S	4/26	4AF
MtVernREC	Su	11:20am	FAB.MMUC	4/26	4AF
OakmontREC	W	5:10pm	FAB.YTT6	4/22	4AG
OakmontREC	F	5:45pm	FAB.7ZCI	4/24	4AF
OakmontREC	Sa	9:35am	FAB.F2SL	4/25	4AF
OakmontREC	Sa	11:20am	FAB.GDKO	4/25	4AF
OakmontREC	Su	9:45am	FAB.8DIW	4/26	4AF
OakmontREC	Su	10:55am	FAB.CEOB	4/26	4AF
ProvREC	Sa	9:10am	FAB.8RVW	4/25	4AF
ProvREC	Su	9:35am	FAB.YWBH	4/26	4AF
ProvREC	Su	11:30am	FAB.CVU7	4/26	4AF
SoRunREC	M	11:15am	FAB.9YZF	4/20	4AF
SoRunREC	W	11:15am	FAB.B1WR	4/22	4AG
SoRunREC	F	11:15am	FAB.AZIT	4/24	4AD
SoRunREC	Sa	10:10am	FAB.6H8D	4/25	4AE
SoRunREC	Su	10:15am	FAB.OU84	4/26	4AE
SpHillREC	M	10:35am	FAB.NVXB	4/20	4AF
SpHillREC	W	5:45pm	FAB.VDT2	4/22	4AG
SpHillREC	Th	5:25pm	FAB.OBHX	4/23	4AG
SpHillREC	F	10:35am	FAB.5VT6	4/24	4AF
SpHillREC	Sa	9:35am	FAB.W3OA	4/25	4AF
SpHillREC	Su	10:05am	FAB.KFWB	4/26	4AF
SpHillREC	Su	11:20am	FAB.5MIU	4/26	4AF
Wkfld/Moore	Sa	9:35am	FAB.FHCO	4/25	4AF
Wkfld/Moore	Sa	10:45am	FAB.BPMZ	4/25	4AF
Wkfld/Moore	Su	9:35am	FAB.OIKU	4/26	4AF
Wkfld/Moore	Su	10:45am	FAB.HF32	4/26	4AF

## Intro to Pee Wee Paddler

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

<b>2IP1</b>	<b>6--25 minute lessons--\$104</b>
<b>2IP2</b>	<b>7--25 minute lessons--\$120</b>
<b>2IP3</b>	<b>8--25 minute lessons--\$138</b>
<b>2IP4</b>	<b>9--25 minute lessons--\$154</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	AQI.UMES	4/25	2IP2
CubRunREC	Sa	9:35am	AQI.XVZH	4/25	2IP2
CubRunREC	Sa	10:05am	AQI.9JPK	4/25	2IP2
CubRunREC	Sa	10:40am	AQI.C4IA	4/25	2IP2
CubRunREC	Su	9am	AQI.ANXB	4/26	2IP2
CubRunREC	Su	9:35am	AQI.HRTR	4/26	2IP2
CubRunREC	Su	10:05am	AQI.6SUW	4/26	2IP2
CubRunREC	Su	10:40am	AQI.36YW	4/26	2IP2
MtVernREC	T/Th	5pm	AQI.RKVQ	4/7	2IP3
MtVernREC	Sa	9:35am	AQI.U2TI	4/25	2IP3
MtVernREC	Sa	10:45am	AQI.YGD3	4/25	2IP3
MtVernREC	Su	9:35am	AQI.POXX	4/26	2IP3
MtVernREC	Su	10:45am	AQI.PI4X	4/26	2IP3
MtVernREC	T/Th	5pm	AQI.MMEP	5/5	2IP3
MtVernREC	T/Th	5pm	AQI.J56J	6/2	2IP1
OakmontREC	M	10:40am	AQI.59C9	4/20	2IP3
OakmontREC	Th	5:15pm	AQI.YUHB	4/23	2IP4

OakmontREC	F	5:15pm	AQI.CTLV	4/24	2IP3
OakmontREC	Sa	9am	AQI.KJEP	4/25	2IP3
OakmontREC	Sa	10:05am	AQI.6AOC	4/25	2IP3
OakmontREC	Su	9am	AQI.1RJD	4/26	2IP3
OakmontREC	Su	10:05am	AQI.KCWM	4/26	2IP3
SpHillREC	M	4pm	AQI.BBH8	4/20	2IP3
SpHillREC	T	4:20pm	AQI.617E	4/21	2IP4
SpHillREC	Sa	9:35am	AQI.2GSZ	4/25	2IP3
SpHillREC	Sa	10:45am	AQI.WZGE	4/25	2IP3
SpHillREC	Su	9am	AQI.3YZX	4/26	2IP3
Wkfld/Moore	M/W	5:35pm	AQI.85ST	4/6	2IP3
Wkfld/Moore	Sa	9am	AQI.82KY	4/25	2IP3
Wkfld/Moore	M/W	5:35pm	AQI.JX3T	5/4	2IP2

## Pee Wee Paddler 1

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

<b>4AD</b>	<b>6--30 minute lessons--\$104</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.8VKU	4/21	4AF
CubRunREC	T	10:35am	4EC.AZAS	4/21	4AG



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# Aquatics

CubRunREC	W	6:10pm	4EC.ND3S	4/22	4AF	SoRunREC	M/W	6:35pm	4EC.OLAH	4/6	4AF	Franconia Rec	Th	6:05pm	7D6.1NOK	4/23	4AG
CubRunREC	Sa	9am	4EC.DJ2L	4/25	4AE	SoRunREC	T/Th	6:05pm	4EC.K56X	4/7	4AF	Franconia Rec	Th	11:15am	7D6.6C9M	4/23	4AG
CubRunREC	Sa	9:35am	4EC.S6EL	4/25	4AE	SoRunREC	W	10:40am	4EC.UYHJ	4/22	4AG	Franconia Rec	F	5pm	7D6.H1BY	4/24	4AF
CubRunREC	Sa	10:10am	4EC.N8C2	4/25	4AE	SoRunREC	F	4:55pm	4EC.2MYO	4/24	4AF	Franconia Rec	Sa	9am	7D6.4831	4/25	4AF
CubRunREC	Sa	10:35am	4EC.9QWA	4/25	4AE	SoRunREC	F	5:30pm	4EC.7XW3	4/24	4AF	Franconia Rec	Sa	10:10am	7D6.QF5N	4/25	4AF
CubRunREC	Sa	11:20am	4EC.RLHV	4/25	4AE	SoRunREC	F	10:40am	4EC.R81G	4/24	4AF	Franconia Rec	Sa	12:40pm	7D6.20NB	4/25	4AF
CubRunREC	Su	9am	4EC.Y2DL	4/26	4AE	SoRunREC	Sa	9am	4EC.D8EG	4/25	4AE	Franconia Rec	Su	9:35am	7D6.RF79	4/26	4AF
CubRunREC	Su	9:35am	4EC.4HTL	4/26	4AE	SoRunREC	Sa	9:35am	4EC.JCJA	4/25	4AE	Franconia Rec	Su	11:30am	7D6.S667	4/26	4AF
CubRunREC	Su	10:10am	4EC.9JP3	4/26	4AE	SoRunREC	Sa	11:15am	4EC.OWBM	4/25	4AE	Franconia Rec	Su	12:05pm	7D6.YZW4	4/26	4AF
CubRunREC	Su	10:35am	4EC.ZZSM	4/26	4AE	SoRunREC	Su	8:30am	4EC.EC4R	4/26	4AE	Franconia Rec	M/W	5:30pm	7D6.PONP	5/4	4AD
CubRunREC	Su	11:20am	4EC.PLUS	4/26	4AE	SoRunREC	Su	9:05am	4EC.8HV6	4/26	4AE	Franconia Rec	M/W	6:05pm	7D6.OGAM	5/4	4AD
Franconia Rec	M/W	5:30pm	4EC.L2TN	4/6	4AF	SoRunREC	M/W	6pm	4EC.8GYN	5/4	4AD	Franconia Rec	M/W	5:30pm	7D6.340G	5/27	4AD
Franconia Rec	M/W	6:05pm	4EC.7MP5	4/6	4AF	SoRunREC	M/W	6:35pm	4EC.VIYO	5/4	4AD	GWREC	M	6:15pm	7D6.IE25	4/20	4AF
Franconia Rec	T	5:30pm	4EC.5PNM	4/21	4AG	SoRunREC	T/Th	6:05pm	4EC.P3NP	5/5	4AD	GWREC	M	10:40am	7D6.8LM4	4/20	4AF
Franconia Rec	Th	5:30pm	4EC.ENKF	4/23	4AG	SoRunREC	T/Th	6pm	4EC.5QWB	5/26	4AF	GWREC	T	2:05pm	7D6.6LZW	4/21	4AG
Franconia Rec	Th	10:40am	4EC.TTJ2	4/23	4AG	SoRunREC	M/W	6pm	4EC.BH79	5/27	4AE	GWREC	T	10:05am	7D6.KJZ8	4/21	4AG
Franconia Rec	F	5pm	4EC.HCC3	4/24	4AF	SoRunREC	M/W	6:35pm	4EC.J8WG	5/27	4AE	GWREC	W	2:05pm	7D6.0S35	4/22	4AG
Franconia Rec	Sa	9am	4EC.EB4Y	4/25	4AF	SphillIREC	M	4:30pm	4EC.TC15	4/20	4AF	GWREC	W	10:05am	7D6.J4WQ	4/22	4AG
Franconia Rec	Sa	10:10am	4EC.X8B7	4/25	4AF	SphillIREC	T	4:50pm	4EC.YN44	4/21	4AG	GWREC	Th	2:05pm	7D6.ITW7	4/23	4AG
Franconia Rec	Sa	12:05pm	4EC.UBPW	4/25	4AF	SphillIREC	W	4pm	4EC.ROTG	4/22	4AG	GWREC	Th	10:05am	7D6.RJ7B	4/23	4AG
Franconia Rec	Su	9am	4EC.3ZLQ	4/26	4AF	SphillIREC	W	4:35pm	4EC.CPEQ	4/22	4AG	GWREC	Sa	9:45am	7D6.3HL7	4/25	4AE
Franconia Rec	Su	10:10am	4EC.8A00	4/26	4AF	SphillIREC	Th	4:45pm	4EC.37UQ	4/23	4AG	MtVernREC	M/W	5:35pm	7D6.Y34L	4/6	4AF
Franconia Rec	Su	12:40pm	4EC.S3RD	4/26	4AF	SphillIREC	F	5:05pm	4EC.SXDI	4/24	4AF	MtVernREC	F	6:10pm	7D6.OP2W	4/24	4AF
Franconia Rec	M/W	5:30pm	4EC.4UTD	5/4	4AD	SphillIREC	Sa	9am	4EC.4U65	4/25	4AF	MtVernREC	Sa	9am	7D6.OMBV	4/25	4AF
Franconia Rec	M/W	5:30pm	4EC.I4A3	5/27	4AE	SphillIREC	Sa	10:10am	4EC.KID3	4/25	4AF	MtVernREC	Sa	11:20am	7D6.2H20	4/25	4AF
GWREC	M	5:40pm	4EC.YZSL	4/20	4AF	SphillIREC	Sa	11:25am	4EC.GT6G	4/25	4AF	MtVernREC	Su	9am	7D6.AOYV	4/26	4AF
GWREC	M	10am	4EC.7162	4/20	4AF	SphillIREC	Sa	12:45pm	4EC.V3I1	4/25	4AF	MtVernREC	Su	11:20am	7D6.DH22	4/26	4AF
GWREC	T	1:30pm	4EC.BYAP	4/21	4AG	SphillIREC	Su	9:35am	4EC.L071	4/26	4AF	MtVernREC	Su	11:50am	7D6.XFEY	4/26	4AF
GWREC	T	9:30am	4EC.20CD	4/21	4AG	SphillIREC	Su	10:45am	4EC.6QHZ	4/26	4AF	MtVernREC	M/W	5:35pm	7D6.5DJJ	5/4	4AE
GWREC	W	1:30pm	4EC.FJW4	4/22	4AG	SphillIREC	Su	11:55am	4EC.V6IE	4/26	4AF	MtVernREC	T/Th	5pm	7D6.946N	5/5	4AF
GWREC	W	9:30am	4EC.0LAO	4/22	4AG	Wkfld/Moore	M/W	5:35pm	4EC.GA3V	4/6	4AF	MtVernREC	M/W	5:35pm	7D6.TZSB	6/1	4AD
GWREC	Th	1:30pm	4EC.ZL12	4/23	4AG	Wkfld/Moore	T	6pm	4EC.GAEH	4/21	4AG	MtVernREC	T/Th	5:35pm	7D6.SCFQ	6/2	4AD
GWREC	Th	9:30am	4EC.83QX	4/23	4AG	Wkfld/Moore	T	6pm	4EC.X5N7	4/23	4AG	OakmontREC	M	5:10pm	7D6.U3Y2	4/20	4AF
GWREC	Sa	9:05am	4EC.ITFP	4/25	4AE	Wkfld/Moore	Th	5:30pm	4EC.41MJ	4/24	4AF	OakmontREC	M	5:45pm	7D6.P4T1	4/20	4AF
MtVernREC	M/W	5pm	4EC.R68H	4/6	4AF	Wkfld/Moore	Sa	9am	4EC.07HG	4/25	4AF	OakmontREC	M	10:05am	7D6.9Q06	4/20	4AF
MtVernREC	T/Th	5:35pm	4EC.RNR2	4/7	4AF	Wkfld/Moore	Sa	9:35am	4EC.M00A	4/25	4AF	OakmontREC	T	5:10pm	7D6.EVCO	4/21	4AG
MtVernREC	F	5pm	4EC.AUU4	4/24	4AF	Wkfld/Moore	Sa	10:25am	4EC.UBQB	4/25	4AF	OakmontREC	T	5:45pm	7D6.726X	4/21	4AG
MtVernREC	F	6:45pm	4EC.HULP	4/24	4AF	Wkfld/Moore	Sa	10:45am	4EC.251Y	4/25	4AF	OakmontREC	W	6:20pm	7D6.SQAX	4/22	4AG
MtVernREC	Sa	9am	4EC.QK6K	4/25	4AF	Wkfld/Moore	Su	9:35am	4EC.0FOT	4/26	4AF	OakmontREC	Th	5:10pm	7D6.06C0	4/23	4AG
MtVernREC	Sa	10:10am	4EC.KXM0	4/25	4AF	Wkfld/Moore	Su	10:25am	4EC.YE3K	4/26	4AF	OakmontREC	F	5:45pm	7D6.6LZY	4/24	4AF
MtVernREC	Sa	11:55am	4EC.VPIR	4/25	4AF	Wkfld/Moore	Su	10:45am	4EC.OOQL	4/26	4AF	OakmontREC	Sa	9am	7D6.68BD	4/25	4AF
MtVernREC	Su	9am	4EC.QG1W	4/26	4AF	Wkfld/Moore	M/W	5:35pm	4EC.E2WU	5/4	4AE	OakmontREC	Sa	9:35am	7D6.P7W1	4/25	4AF
MtVernREC	Su	10:10am	4EC.QVE7	4/26	4AF	Wkfld/Moore	M/W	5:35pm	4EC.DN95	6/1	4AD	OakmontREC	Sa	11:20am	7D6.7U3B	4/25	4AF
MtVernREC	Su	11:55am	4EC.293H	4/26	4AF							OakmontREC	Sa	12:30pm	7D6.A1TY	4/25	4AF
MtVernREC	M/W	5pm	4EC.D0FG	5/4	4AE							OakmontREC	Su	8:35am	7D6.ER7F	4/26	4AF
MtVernREC	M/W	5:35pm	4EC.YKPW	5/4	4AE							OakmontREC	Su	9:35am	7D6.HF4X	4/26	4AF
MtVernREC	T/Th	5:35pm	4EC.LMQ0	5/5	4AF							OakmontREC	Su	10:20am	7D6.1KG6	4/26	4AF
MtVernREC	M/W	5pm	4EC.WA9T	6/1	4AD							OakmontREC	Su	11:30am	7D6.9W5H	4/26	4AF
MtVernREC	M/W	6:10pm	4EC.HTOU	6/1	4AD							ProvREC	M	5:45pm	7D6.2KJZ	4/20	4AF
OakmontREC	M	5:45pm	4EC.V14T	4/20	4AF							ProvREC	T	6:35pm	7D6.B5PK	4/21	4AG
OakmontREC	M	9:30am	4EC.F073	4/20	4AF							ProvREC	W	5:30pm	7D6.GJ4U	4/22	4AG
OakmontREC	T	5:10pm	4EC.KY27	4/21	4AG							ProvREC	Th	6:35pm	7D6.YZEN	4/23	4AG
OakmontREC	W	5:45pm	4EC.RFQE	4/22	4AG							ProvREC	F	5:15pm	7D6.H9XN	4/24	4AF
OakmontREC	Th	5:45pm	4EC.2R0Q	4/23	4AG							ProvREC	Sa	8:45am	7D6.2547	4/25	4AF
OakmontREC	F	6:55pm	4EC.IVVF	4/24	4AF							ProvREC	Sa	9:25am	7D6.FWRB	4/25	4AF
OakmontREC	Sa	9am	4EC.5DVN	4/25	4AF							ProvREC	Su	9am	7D6.CJ19	4/26	4AF
OakmontREC	Sa	10:45am	4EC.2CYQ	4/25	4AF							ProvREC	Su	9:45am	7D6.282S	4/26	4AF
OakmontREC	Sa	11:55am	4EC.X8PG	4/25	4AF							SoRunREC	M/W	6:35pm	7D6.2NPA	4/6	4AF
OakmontREC	Sa	12:30pm	4EC.EUT1	4/25	4AF							SoRunREC	T/Th	5:50pm	7D6.OY1E	4/7	4AF
OakmontREC	Su	8am	4EC.SGVM	4/26	4AF							SoRunREC	T/Th	6:55pm	7D6.U548	4/7	4AF
OakmontREC	Su	9am	4EC.UG77	4/26	4AF							SoRunREC	M	10:05am	7D6.DB1T	4/20	4AF
OakmontREC	Su	10:45am	4EC.R5F0	4/26	4AF							SoRunREC	W	10:05am	7D6.PP1Y	4/22	4AG
OakmontREC	Su	11:30am	4EC.3E91	4/26	4AF							SoRunREC	F	4:55pm	7D6.BI9H	4/24	4AF
ProvREC	M	5:45pm	4EC.PPU4	4/20	4AF							SoRunREC	F	5:30pm	7D6.FCKN	4/24	4AF
ProvREC	T	6pm	4EC.7UK7	4/21	4AG							SoRunREC	F	10:05am	7D6.AVOK	4/24	4AF
ProvREC	W	5:30pm	4EC.3GQC	4/22	4AG							SoRunREC	Sa	9am	7D6.X2WZ	4/25	4AE
ProvREC	Th	6pm	4EC.FXGR	4/23	4AG							SoRunREC	Sa	9:50am	7D6.Q8K6	4/25	4AE
ProvREC	F	5:15pm	4EC.S96G	4/24	4AF							SoRunREC	Su	9:05am	7D6.JNPU	4/26	4AE
ProvREC	Sa	8:10am	4EC.S9LD	4/25	4AF							SoRunREC	Su	9:40am	7D6.QQHQ	4/26	4AE
ProvREC	Sa	9:20am	4EC.BEW4	4/25	4AF							SoRunREC	M/W	6:35pm	7D6.7WSG	5/4	4AD
ProvREC	Su	9:10am	4EC.5MJL	4/26	4AF							SoRunREC	T/Th	5:50pm	7D6.GELS	5/5	4AD
ProvREC	Su	10:20am	4EC.QBC8	4/26	4AF							SoRunREC	T/Th	6:55pm	7D6.QRVG	5/5	4AD
SoRunREC	M/W	6pm	4EC.SSNI	4/6	4AF							SoRunREC	T/Th	5:50pm	7D6.70TX	5/26	4AF

## 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.

4AD	6--30 minute lessons--\$104
4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5:35pm	7D6.R036	4/20	4AF
CubRunREC	T	5:35pm	7D6.9GGR	4/21	4AF
CubRunREC	T	11:10am	7D6.XF7J	4/21	4AG
CubRunREC	W	5:35pm	7D6.H3KP	4/22	4AF
CubRunREC	Sa	9am	7D6.C06E	4/25	4AE
CubRunREC	Sa	9:35am	7D6.SZBB	4/25	4AE
CubRunREC	Sa	10:05am	7D6.BURY	4/25	4AE
CubRunREC	Sa	11:10am	7D6.V6S8	4/25	4AE
CubRunREC	Su	9am	7D6.TETB	4/26	4AE
CubRunREC	Su	9:35am	7D6.AJX6	4/26	4AE
CubRunREC	Su	10:05am	7D6.YUBA	4/26	4AE
CubRunREC	Su	11:10am	7D6.TK7H	4/26	4AE
Franconia Rec	M/W	5:30pm	7D6.GKXJ	4/6	4AF
Franconia Rec	T	5:30pm	7D6.NFZD	4/21	4AG

SoRunREC	T/Th	6:50pm	7D6.2ZZZ	5/26	4AF
SoRunREC	M/W	6:35pm	7D6.P20D	5/27	4AE
SpHillREC	M	4:45pm	7D6.DSZY	4/20	4AF
SpHillREC	T	5:25pm	7D6.GWKF	4/21	4AG
SpHillREC	W	4pm	7D6.YBU0	4/22	4AG
SpHillREC	W	4:35pm	7D6.S2NZ	4/22	4AG
SpHillREC	Th	6pm	7D6.4QV6	4/23	4AG
SpHillREC	Sa	9am	7D6.SEOB	4/25	4AF
SpHillREC	Sa	10:50am	7D6.6010	4/25	4AF
SpHillREC	Sa	12pm	7D6.WN7G	4/25	4AF
SpHillREC	Su	9am	7D6.FT7N	4/26	4AF
SpHillREC	Su	11:25am	7D6.JWBU	4/26	4AF
SpHillREC	Su	12:35pm	7D6.RLUB	4/26	4AF
Wkfld/Moore	M/W	5:35pm	7D6.AK3E	4/6	4AF
Wkfld/Moore	T	6pm	7D6.1RAC	4/21	4AG
Wkfld/Moore	T	6pm	7D6.1GJJ	4/21	4AG
Wkfld/Moore	Th	6pm	7D6.J4SF	4/23	4AG
Wkfld/Moore	Th	6:05pm	7D6.5H19	4/24	4AF
Wkfld/Moore	Sa	9am	7D6.LKYL	4/25	4AF
Wkfld/Moore	Sa	10:10am	7D6.X51M	4/25	4AF
Wkfld/Moore	Su	9am	7D6.PMKI	4/26	4AF
Wkfld/Moore	Su	10:10am	7D6.SXR0	4/26	4AF
Wkfld/Moore	M/W	5:35pm	7D6.3GYQ	5/4	4AE
Wkfld/Moore	M/W	5:35pm	7D6.PDKR	5/4	4AE
Wkfld/Moore	M/W	5:35pm	7D6.JGNO	6/1	4AD



### 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.

<b>4AD</b>	<b>6--30 minute lessons--\$104</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	E4E.CWQF	4/21	4AF
CubRunREC	T	12:25pm	E4E.56F2	4/21	4AF
CubRunREC	W	6:45pm	E4E.4ARW	4/22	4AF
CubRunREC	Sa	9am	E4E.QYQT	4/25	4AE
CubRunREC	Sa	9:30am	E4E.QYEN	4/25	4AE
CubRunREC	Sa	10:45am	E4E.ZHQ2	4/25	4AE
CubRunREC	Sa	11:10am	E4E.H2E7	4/25	4AE
CubRunREC	Sa	11:20am	E4E.CZ4E	4/25	4AE
CubRunREC	Su	9am	E4E.6D26	4/26	4AE
CubRunREC	Su	9:30am	E4E.VXVP	4/26	4AE
CubRunREC	Su	10:45am	E4E.ZZVA	4/26	4AE
CubRunREC	Su	11:10am	E4E.N5DR	4/26	4AE
CubRunREC	Su	11:20am	E4E.G8SC	4/26	4AE
Franconia Rec	T	6:05pm	E4E.17AJ	4/21	4AG
Franconia Rec	Th	5:30pm	E4E.KBJU	4/23	4AG
Franconia Rec	F	5pm	E4E.OQ26	4/24	4AF
Franconia Rec	Sa	9:35am	E4E.WCX5	4/25	4AF
Franconia Rec	Sa	10:10am	E4E.GVD7	4/25	4AF
Franconia Rec	Su	10:10am	E4E.609N	4/26	4AF
Franconia Rec	Su	10:10am	E4E.IPVD	4/26	4AF
GWREC	T	2:40pm	E4E.WJ54	4/21	4AG
GWREC	T	10:40am	E4E.AVNQ	4/21	4AG
GWREC	W	2:40pm	E4E.L3ZL	4/22	4AG
GWREC	W	10:40am	E4E.OPYD	4/22	4AG
GWREC	Th	2:40pm	E4E.G1W1	4/23	4AG
GWREC	Th	10:40am	E4E.Z5N9	4/23	4AG
GWREC	Sa	10:25am	E4E.9GF4	4/25	4AE
MtVernREC	M/W	5pm	E4E.YJLY	4/6	4AF
MtVernREC	T/Th	5pm	E4E.50H1	4/7	4AF
MtVernREC	F	5:35pm	E4E.818J	4/24	4AF
MtVernREC	Sa	9:35am	E4E.YROM	4/25	4AF
MtVernREC	Sa	11:55am	E4E.BYSO	4/25	4AF

MtVernREC	Su	9:35am	E4E.QDHM	4/26	4AF
MtVernREC	M/W	5pm	E4E.8DJS	5/4	4AE
MtVernREC	T/Th	5:35pm	E4E.YT60	5/5	4AF
MtVernREC	M/W	6:10pm	E4E.ZIHP	6/1	4AD
MtVernREC	T/Th	5:35pm	E4E.PPOM	6/2	4AD
OakmontREC	M	5:10pm	E4E.3JK4	4/20	4AF
OakmontREC	M	6:20pm	E4E.N61J	4/20	4AF
OakmontREC	T	6:20pm	E4E.90W6	4/21	4AG
OakmontREC	W	5:45pm	E4E.OUZ8	4/22	4AG
OakmontREC	W	6:20pm	E4E.W1R3	4/22	4AG
OakmontREC	Th	6:20pm	E4E.PXON	4/23	4AG
OakmontREC	F	6:20pm	E4E.IGM4	4/24	4AF
OakmontREC	Sa	9:35am	E4E.LRZ5	4/25	4AF
OakmontREC	Sa	10:10am	E4E.TX03	4/25	4AF
OakmontREC	Sa	11:55am	E4E.O4PW	4/25	4AF
OakmontREC	Su	9:45am	E4E.A9YH	4/26	4AF
OakmontREC	Su	10:10am	E4E.CSFH	4/26	4AF
OakmontREC	Su	10:55am	E4E.WQV0	4/26	4AF
OakmontREC	Su	11:20am	E4E.XOQE	4/26	4AF
ProvREC	T	6pm	E4E.JWHB	4/21	4AG
ProvREC	W	6:05pm	E4E.W542	4/22	4AG
ProvREC	Th	7:10pm	E4E.6RDR	4/23	4AG
ProvREC	F	5:30pm	E4E.CTHM	4/24	4AF
ProvREC	Sa	8:15am	E4E.GACD	4/25	4AF
ProvREC	Sa	8:50am	E4E.LYLV	4/25	4AF
ProvREC	Su	9:35am	E4E.7YDE	4/26	4AF
ProvREC	Su	10:55am	E4E.Z6M2	4/26	4AF
SoRunREC	M/W	6pm	E4E.89PT	4/6	4AF
SoRunREC	T/Th	6:40pm	E4E.W7L7	4/7	4AF
SoRunREC	M	9:30am	E4E.3M8F	4/20	4AF
SoRunREC	W	9:30am	E4E.BIUU	4/22	4AG
SoRunREC	F	4:55pm	E4E.BBPK	4/24	4AF
SoRunREC	F	5:30pm	E4E.SG6N	4/24	4AF
SoRunREC	F	9:30am	E4E.QS5T	4/24	4AF
SoRunREC	Sa	10:25am	E4E.3D0D	4/25	4AE
SoRunREC	Sa	11:40am	E4E.SNMF	4/25	4AE
SoRunREC	Su	8:30am	E4E.1BSK	4/26	4AE
SoRunREC	Su	10:10am	E4E.7R9C	4/26	4AE
SoRunREC	M/W	6pm	E4E.5HNQ	5/4	4AD
SoRunREC	T/Th	6:40pm	E4E.TNP6	5/5	4AD
SoRunREC	T/Th	7:25pm	E4E.LP2H	5/26	4AF
SoRunREC	M/W	6pm	E4E.LLWU	5/27	4AE
SoRunREC	M/W	6:50pm	E4E.CL2M	5/27	4AE
SpHillREC	M	4:35pm	E4E.78KB	4/20	4AF

SpHillREC	M	5:25pm	E4E.2JD5	4/20	4AF
SpHillREC	T	6:05pm	E4E.YSKH	4/21	4AG
SpHillREC	W	5:10pm	E4E.S3YC	4/22	4AG
SpHillREC	W	6:20pm	E4E.KI27	4/22	4AG
SpHillREC	Th	4:10pm	E4E.EOOD	4/23	4AG
SpHillREC	Th	7:10pm	E4E.OHDN	4/23	4AG
SpHillREC	Sa	1:10pm	E4E.R4F0	4/25	4AF
SpHillREC	Sa	9:35am	E4E.LFPH	4/25	4AF
SpHillREC	Sa	11:40am	E4E.LGQF	4/25	4AF
SpHillREC	Su	10:10am	E4E.3FE0	4/26	4AF
SpHillREC	Su	12pm	E4E.3DXK	4/26	4AF
Wkfld/Moore	M/W	6:10pm	E4E.TP02	4/6	4AF
Wkfld/Moore	M/W	6:10pm	E4E.W9WU	4/6	4AF
Wkfld/Moore	T	6:35pm	E4E.IFAD	4/21	4AG
Wkfld/Moore	Th	6:35pm	E4E.N6SD	4/23	4AG
Wkfld/Moore	Th	6:35pm	E4E.2X6D	4/24	4AF
Wkfld/Moore	Sa	9am	E4E.D6LM	4/25	4AF
Wkfld/Moore	Sa	11:20am	E4E.8XF4	4/25	4AF
Wkfld/Moore	Su	9am	E4E.PFYM	4/26	4AF
Wkfld/Moore	Su	11:20am	E4E.L076	4/26	4AF
Wkfld/Moore	M/W	6:10pm	E4E.3CRR	5/4	4AE
Wkfld/Moore	M/W	6:10pm	E4E.Q7MW	6/1	4AE

### 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.

<b>4AND</b>	<b>6--30 minute lessons--\$160</b>
<b>4ANE</b>	<b>7--30 minute lessons--\$186</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$212</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5pm	667.AGTA	4/20	4ANF
CubRunREC	M	6:45pm	667.49EL	4/20	4ANF
CubRunREC	F	5:35pm	667.9W3T	4/24	4ANF
Franconia Rec	M/W	6:05pm	667.F42A	4/6	4ANF
Franconia Rec	M/W	6:05pm	667.CHAN	5/4	4AND
Franconia Rec	M/W	6:05pm	667.GJ2C	5/27	4ANE
OakmontREC	F	7:30pm	667.GLS6	4/24	4ANF

## Pee Wee Paddler 4

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

<b>4AD</b>	<b>6--30 minute lessons--\$104</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	198.EJF4	4/21	4AF
CubRunREC	T	12:25pm	198.BWU2	4/21	4AF
CubRunREC	Sa	11am	198.PX6J	4/25	4AE
CubRunREC	Su	9:35am	198.2AR9	4/26	4AE
CubRunREC	Su	11am	198.Q6NU	4/26	4AE
Franconia Rec	T	6:05pm	198.JZAF	4/21	4AG
Franconia Rec	Th	6:20pm	198.ZA40	4/23	4AG
Franconia Rec	F	5:35pm	198.TCCQ	4/24	4AF
Franconia Rec	Sa	9:35am	198.P3UX	4/25	4AF
Franconia Rec	Su	10:45am	198.OSAZ	4/26	4AF
GWREC	Sa	11:05am	198.PXKU	4/25	4AE
MtVernREC	M/W	5:35pm	198.GUBF	4/6	4AF
MtVernREC	T/Th	5:35pm	198.ISG8	4/7	4AF
MtVernREC	F	7:20pm	198.D8JD	4/24	4AF
MtVernREC	Sa	10:10am	198.NKL6	4/25	4AF
MtVernREC	Su	10:10am	198.DWFO	4/26	4AF
MtVernREC	T/Th	5:35pm	198.9TT3	6/2	4AD
OakmontREC	M	6:20pm	198.9BVL	4/20	4AF
OakmontREC	T	5:45pm	198.BSPC	4/21	4AG
OakmontREC	W	5:10pm	198.SXRG	4/22	4AG
OakmontREC	Sa	10:10am	198.PDR9	4/25	4AF
OakmontREC	Sa	11am	198.MKDI	4/25	4AF
OakmontREC	Su	9:10am	198.SMV5	4/26	4AF
OakmontREC	Su	11:55am	198.U3VW	4/26	4AF
ProvREC	T	6pm	198.N4JQ	4/21	4AG
ProvREC	W	6:40pm	198.7AFG	4/22	4AG
ProvREC	F	6:05pm	198.3Z6E	4/24	4AF
ProvREC	Sa	8:15am	198.RB5R	4/25	4AF
ProvREC	Sa	11:45am	198.6YPQ	4/25	4AF
ProvREC	Su	9:10am	198.QTLT	4/26	4AF
ProvREC	Su	10:10am	198.LRC8	4/26	4AF
SoRunREC	T/Th	7:30pm	198.N484	4/7	4AF
SoRunREC	Sa	11am	198.AL6K	4/25	4AE
SoRunREC	Su	11am	198.2APD	4/26	4AE
SoRunREC	T/Th	7:30pm	198.SQ86	5/5	4AD
SoRunREC	T/Th	7:25pm	198.FCYA	5/26	4AF
SoRunREC	M/W	7:25pm	198.IDOH	5/27	4AE
SpHillREC	M	6pm	198.AFOH	4/20	4AF
SpHillREC	W	6:20pm	198.FMJP	4/22	4AG
SpHillREC	Th	6:35pm	198.3WX1	4/23	4AG
SpHillREC	F	4:30pm	198.VC7F	4/24	4AF
SpHillREC	Sa	1pm	198.Z4KB	4/25	4AF
SpHillREC	Sa	9:35am	198.Y4KG	4/25	4AF
SpHillREC	Su	10:25am	198.HQIA	4/26	4AF
SpHillREC	Su	12:30pm	198.3501	4/26	4AF
Wkfld/Moore	T	6pm	198.8BH2	4/21	4AG
Wkfld/Moore	Th	6pm	198.YIM7	4/23	4AG
Wkfld/Moore	Th	6pm	198.VTOU	4/24	4AF
Wkfld/Moore	Sa	10:20am	198.2BXP	4/25	4AF
Wkfld/Moore	Su	9am	198.UOZF	4/26	4AF
Wkfld/Moore	Su	10:20am	198.9SH6	4/26	4AF
Wkfld/Moore	Su	10:20am	198.AFUR	4/26	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.

<b>4ANE</b>	<b>7--30 minute lessons--\$186</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$212</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:10pm	9DB.YPY3	4/20	4ANF
CubRunREC	F	5pm	9DB.YB7G	4/24	4ANF
Franconia Rec	M/W	5:30pm	9DB.8GK3	4/6	4ANF
Franconia Rec	M/W	6:05pm	9DB.C8M6	5/27	4ANE

## Pee Wee Paddler 5

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

<b>4AC</b>	<b>5--30 minute lessons--\$85</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	631.XVH4	4/21	4AC
CubRunREC	Sa	9am	631.GKUZ	4/25	4AE
CubRunREC	Sa	11:35am	631.TYUS	4/25	4AE
CubRunREC	Su	9am	631.DF35	4/26	4AE
CubRunREC	Su	11:35am	631.2A77	4/26	4AE
Franconia Rec	Th	6:05pm	631.R67W	4/23	4AG
Franconia Rec	Sa	12:45pm	631.6FDI	4/25	4AF
Franconia Rec	Su	12:40pm	631.IB2C	4/26	4AF
GWREC	Su	1pm	631.RF4H	4/26	4AE
OakmontREC	Th	5:45pm	631.NEHB	4/23	4AG
OakmontREC	Sa	10:25am	631.OSEE	4/25	4AF
OakmontREC	Su	8:35am	631.UZII	4/26	4AF
ProvREC	W	5:30pm	631.X7VZ	4/22	4AG
ProvREC	Sa	11am	631.M2UV	4/25	4AF
ProvREC	Su	9:45am	631.4336	4/26	4AF
SpHillREC	M	6:40pm	631.9WUX	4/20	4AF
SpHillREC	W	6:55pm	631.0M97	4/22	4AG
SpHillREC	F	5:05pm	631.NI48	4/24	4AF
SpHillREC	Sa	10:10am	631.8VVT	4/25	4AF
SpHillREC	Su	9:50am	631.LMAA	4/26	4AF
Wkfld/Moore	Sa	10:55am	631.QAKO	4/25	4AF
Wkfld/Moore	Su	11am	631.AQDE	4/26	4AF
Wkfld/Moore	Su	11am	631.C1F1	4/26	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.

<b>4ANF</b>	<b>8--30 minute lessons--\$212</b>
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Location	Day	Time	Code	Begin	\$
CubRunREC	W	5:50pm	166.G6B7	4/22	4ANF
CubRunREC	F	6:10pm	166.ABWB	4/24	4ANF

## Pee Wee Paddler 6

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

<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	FC3.3R6D	4/25	4AE
CubRunREC	Su	10am	FC3.E7ZE	4/26	4AE
Franconia Rec	Su	12:35pm	FC3.ACGV	4/26	4AF
GWREC	Su	1:35pm	FC3.3LTS	4/26	4AE
OakmontREC	T	6:20pm	FC3.LMRO	4/21	4AG
OakmontREC	Th	6:20pm	FC3.HBL2	4/23	4AG
OakmontREC	Sa	9:50am	FC3.8QQK	4/25	4AF
OakmontREC	Su	8am	FC3.D5KY	4/26	4AF
ProvREC	Sa	8:15am	FC3.63EG	4/25	4AF
ProvREC	Su	10:20am	FC3.4C3V	4/26	4AF
SpHillREC	Sa	9am	FC3.KPWD	4/25	4AF
SpHillREC	Su	11:55am	FC3.1YRG	4/26	4AF

## SGL Pee Wee Paddler 6

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

<b>4AND</b>	<b>6--30 minute lessons--\$160</b>
<b>4ANF</b>	<b>8--30 minute lessons--\$212</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:25pm	F47.7GAJ	4/22	4AND
Franconia Rec	M/W	6:05pm	F47.G05W	4/6	4ANF

## Intro to Swimming for Children

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

<b>4AD</b>	<b>6--30 minute lessons--\$104</b>
<b>4AE</b>	<b>7--30 minute lessons--\$120</b>
<b>4AF</b>	<b>8--30 minute lessons--\$138</b>
<b>4AG</b>	<b>9--30 minute lessons--\$152</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DYK.RW2A	4/25	4AE
CubRunREC	Sa	10:25am	DYK.XS32	4/25	4AE
CubRunREC	Su	9am	DYK.3UF5	4/26	4AE
CubRunREC	Su	10:25am	DYK.QAHZ	4/26	4AE
CubRunREC	Su	11:50am	DYK.VPGV	4/26	4AE
OakmontREC	W	6:55pm	DYK.UPFW	4/22	4AG
OakmontREC	Sa	9:30am	DYK.YMVP	4/25	4AF
OakmontREC	Sa	10:35am	DYK.CO68	4/25	4AF
OakmontREC	Su	9:30am	DYK.UYAV	4/26	4AF
OakmontREC	Su	10:35am	DYK.JZSA	4/26	4AF
SpHillREC	Sa	11:05am	DYK.5K6P	4/25	4AF
SpHillREC	Su	12:30pm	DYK.H9AS	4/26	4AF
Wkfld/Moore	M/W	6:15pm	DYK.TAQN	4/6	4AF
Wkfld/Moore	M/W	6:15pm	DYK.IN9L	5/4	4AE
Wkfld/Moore	M/W	6:45pm	DYK.IQ9P	6/1	4AD



**Swimming 1 for Children**

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

- 4AN 6--45 minute lessons--\$104**
- 4AO 7--45 minute lessons--\$121**
- 4AP 8--45 minute lessons--\$141**
- 4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7:35pm	48D.UHNN	4/21	4AP
CubRunREC	Th	5:20pm	48D.3WAY	4/23	4AP
CubRunREC	Sa	9:35am	48D.5MTM	4/25	4AO
CubRunREC	Sa	11am	48D.ENFK	4/25	4AO
CubRunREC	Su	9:50am	48D.P9QN	4/26	4AO
CubRunREC	Su	11am	48D.RXWA	4/26	4AO
CubRunREC	Su	12:25pm	48D.S9S5	4/26	4AO
Franconia Rec	T	6:40pm	48D.5V61	4/21	4AQ
Franconia Rec	Th	6:40pm	48D.H0GF	4/23	4AQ
Franconia Rec	F	6:10pm	48D.U16B	4/24	4AP
Franconia Rec	Sa	10:55am	48D.REUZ	4/25	4AP
Franconia Rec	Sa	12:35pm	48D.1DCR	4/25	4AP
Franconia Rec	Su	9:50am	48D.GUM4	4/26	4AP
Franconia Rec	Su	11:35am	48D.NW6P	4/26	4AP
GWREC	M	6:55pm	48D.9W24	4/20	4AP
GWREC	Sa	9am	48D.2GX1	4/25	4AO
MtVernREC	M/W	6:10pm	48D.CTXM	4/6	4AP
MtVernREC	T/Th	6:10pm	48D.WH1U	4/7	4AP
MtVernREC	F	5:50pm	48D.G20B	4/24	4AP
MtVernREC	Sa	9:50am	48D.924W	4/25	4AP
MtVernREC	Su	9am	48D.D4RV	4/26	4AP
MtVernREC	Su	10:45am	48D.5UT3	4/26	4AP
MtVernREC	M/W	6:10pm	48D.T15L	5/4	4AO
MtVernREC	M/W	5pm	48D.RM00	6/1	4AN
MtVernREC	T/Th	6:10pm	48D.U1L5	6/2	4AN
OakmontREC	M	6:55pm	48D.YXCX	4/20	4AP
OakmontREC	Th	6:55pm	48D.95AF	4/23	4AQ
OakmontREC	Sa	10:45am	48D.3B2P	4/25	4AP
OakmontREC	Sa	11:35am	48D.CQCW	4/25	4AP
OakmontREC	Su	9am	48D.MWPS	4/26	4AP
ProvREC	M	6:20pm	48D.D5WY	4/20	4AP
ProvREC	W	6:05pm	48D.GRSY	4/22	4AQ
ProvREC	F	5:50pm	48D.J787	4/24	4AP
ProvREC	Sa	10:30am	48D.232B	4/25	4AP
ProvREC	Sa	12:10pm	48D.JRQC	4/25	4AP
ProvREC	Su	11:05am	48D.2ZX5	4/26	4AP
ProvREC	Su	12:05pm	48D.9XYV	4/26	4AP
SoRunREC	M/W	7:10pm	48D.ITS9	4/6	4AP
SoRunREC	T/Th	6:05pm	48D.OFJE	4/7	4AP
SoRunREC	F	7:05pm	48D.6MI9	4/24	4AP
SoRunREC	Sa	9am	48D.BTGC	4/25	4AO
SoRunREC	Sa	10:45am	48D.WFHA	4/25	4AO
SoRunREC	Su	9:40am	48D.MDQ1	4/26	4AO
SoRunREC	Su	10:45am	48D.4EX9	4/26	4AO
SoRunREC	M/W	7:10pm	48D.YFU3	5/4	4AN
SoRunREC	T/Th	6:05pm	48D.S9UB	5/5	4AN
SoRunREC	T/Th	6pm	48D.UAR6	5/26	4AP
SoRunREC	M/W	7:10pm	48D.75E0	5/27	4AO
SpHillREC	M	5:05pm	48D.9YQD	4/20	4AP
SpHillREC	W	4:05pm	48D.SR1M	4/22	4AQ
SpHillREC	F	5:40pm	48D.4D4S	4/24	4AP
SpHillREC	Sa	12:15pm	48D.NZ22	4/25	4AP
SpHillREC	Su	9am	48D.LX7Q	4/26	4AP
Wkfld/Moore	M/W	6:10pm	48D.4QRZ	4/6	4AP
Wkfld/Moore	T	6pm	48D.AWWT	4/7	4AQ
Wkfld/Moore	Th	6pm	48D.BKK5	4/9	4AQ
Wkfld/Moore	Th	6:40pm	48D.STY1	4/10	4AP
Wkfld/Moore	Sa	9:35am	48D.6R8X	4/25	4AP
Wkfld/Moore	Su	3pm	48D.XKM5	4/26	4AP
Wkfld/Moore	Su	9:35am	48D.4GR7	4/26	4AP
Wkfld/Moore	M/W	6:05pm	48D.EPOM	5/4	4AP
Wkfld/Moore	M/W	6:05pm	48D.4A01	6/1	4AN

**SGL Swimming 1 for Children**

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

- 4APE 7--45 minute lessons--\$201**
- 4APF 8--45 minute lessons--\$228**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:20pm	E21.PNAB	4/20	4APF
Franconia Rec	M/W	6:40pm	E21.P195	4/6	4APF
Franconia Rec	M/W	6:40pm	E21.07W6	5/4	4APD
Franconia Rec	M/W	6:40pm	E21.M8W3	5/27	4APE

**Swimming 2 for Children**

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

- 4AN 6--45 minute lessons--\$104**
- 4AO 7--45 minute lessons--\$121**
- 4AP 8--45 minute lessons--\$141**
- 4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	F13.8PXN	4/21	4AP
CubRunREC	Th	5:35pm	F13.PR2G	4/23	4AP
CubRunREC	Sa	9am	F13.CXXN	4/25	4AO
CubRunREC	Sa	10:40am	F13.6QUD	4/25	4AO
CubRunREC	Sa	11:50am	F13.VS2G	4/25	4AO
CubRunREC	Su	9am	F13.6Q2M	4/26	4AO
CubRunREC	Su	10:40am	F13.GT2T	4/26	4AO
Franconia Rec	T	6:40pm	F13.GCPL	4/21	4AQ
Franconia Rec	Th	6:40pm	F13.XBVL	4/23	4AQ
Franconia Rec	F	6:10pm	F13.1XPP	4/24	4AP
Franconia Rec	Sa	10:55am	F13.T3VL	4/25	4AP
Franconia Rec	Sa	11:45am	F13.M2LA	4/25	4AP
Franconia Rec	Su	9:50am	F13.HB4X	4/26	4AP

Franconia Rec	Su	12:25pm	F13.VZWP	4/26	4AP
GWREC	T	5:25pm	F13.UBWT	4/21	4AQ
GWREC	Sa	9:55am	F13.GF80	4/25	4AO
MtVernREC	M/W	7pm	F13.9W5I	4/6	4AP
MtVernREC	F	5pm	F13.DH09	4/24	4AP
MtVernREC	Sa	9am	F13.Z1J5	4/25	4AP
MtVernREC	Sa	10:45am	F13.PVUU	4/25	4AP
MtVernREC	Su	9:50am	F13.I4SH	4/26	4AP
MtVernREC	M/W	7pm	F13.SUI5	5/4	4AO
MtVernREC	T/Th	6:10pm	F13.F0S7	5/5	4AP
MtVernREC	M/W	5:50pm	F13.6ZNY	6/1	4AN
OakmontREC	T	6:55pm	F13.T4DR	4/21	4AQ
OakmontREC	W	6:55pm	F13.2YAI	4/22	4AQ
OakmontREC	F	6:55pm	F13.FY6R	4/24	4AP
OakmontREC	Sa	11:35am	F13.82YE	4/25	4AP
OakmontREC	Su	9:50am	F13.59Y3	4/26	4AP
ProvREC	M	7:10pm	F13.YHKW	4/20	4AP
ProvREC	Th	6pm	F13.HPKH	4/21	4AQ
ProvREC	T	6:35pm	F13.LMMP	4/21	4AQ
ProvREC	W	6:55pm	F13.NE3U	4/21	4AQ
ProvREC	F	6:40pm	F13.K563	4/24	4AP
ProvREC	Sa	9:55am	F13.J6G5	4/25	4AP
ProvREC	Sa	11:20am	F13.F8E2	4/25	4AP
ProvREC	Su	11:05am	F13.ZN3T	4/26	4AP
ProvREC	Su	11:55am	F13.AHY2	4/26	4AP
SoRunREC	M/W	8pm	F13.L6Z2	4/6	4AP
SoRunREC	T/Th	7:15pm	F13.OAB5	4/7	4AP
SoRunREC	F	7:05pm	F13.PPUP	4/24	4AP
SoRunREC	Sa	9:35am	F13.3F10	4/24	4AO
SoRunREC	Sa	10:25am	F13.BBKZ	4/24	4AO
SoRunREC	Su	8:30am	F13.WK3K	4/26	4AO
SoRunREC	Su	11:05am	F13.VMBM	4/26	4AO
SoRunREC	M/W	8pm	F13.63W5	5/4	4AN
SoRunREC	T/Th	7:15pm	F13.5YLK	5/5	4AN
SoRunREC	T/Th	6:35pm	F13.M9SP	5/26	4AP
SoRunREC	M/W	8pm	F13.TLZW	5/27	4AO
SpHillREC	M	6:35pm	F13.LXVJ	4/20	4AP
SpHillREC	T	5pm	F13.U9JX	4/21	4AQ
SpHillREC	Th	4:10pm	F13.EL00	4/23	4AQ
SpHillREC	F	6:30pm	F13.0WM8	4/24	4AP
SpHillREC	Sa	11:15am	F13.UF9K	4/25	4AP
SpHillREC	Su	11:05am	F13.GE8P	4/26	4AP
Wkfld/Moore	Th	7:10pm	F13.3P4G	4/21	4AQ
Wkfld/Moore	T	7:10pm	F13.18YF	4/21	4AQ
Wkfld/Moore	F	7:10pm	F13.5ZQZ	4/24	4AP
Wkfld/Moore	Sa	11am	F13.7516	4/25	4AP
Wkfld/Moore	Su	3:50pm	F13.HHJ5	4/26	4AP
Wkfld/Moore	M/W	6:55pm	F13.TLGP	4/26	4AP
Wkfld/Moore	Su	11am	F13.DH06	4/26	4AP
Wkfld/Moore	M/W	6:55pm	F13.MSEY	5/4	4AO
Wkfld/Moore	M/W	6:55pm	F13.SEDN	6/1	4AN



# Aquatics

## 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.

- 4APC 5--45 minute lessons--\$143**
- 4APD 6--45 minute lessons--\$171**
- 4APE 7--45 minute lessons--\$201**
- 4APF 8--45 minute lessons--\$228**
- 4APG 9--45 minute lessons--\$264**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	6:25pm	B5F.U8YP	4/20	4APC
CubRunREC	W	7pm	B5F.2FQK	4/22	4APF
Franconia Rec	M/W	6:40pm	B5F.RLCA	4/6	4APF
Franconia Rec	M/W	6:40pm	B5F.9U57	5/4	4APD
Franconia Rec	M/W	6:40pm	B5F.42MX	5/27	4APE
OakmontREC	Th	7:45pm	B5F.2GWF	4/23	4APG

## Swimming 3 for Children

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

- 4AN 6--45 minute lessons--\$104**
- 4AO 7--45 minute lessons--\$121**
- 4AP 8--45 minute lessons--\$141**
- 4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	7E0.SOGH	4/21	4AP
CubRunREC	T	6:45pm	7E0.ZB9Q	4/21	4AQ
CubRunREC	Th	6:10pm	7E0.3N3E	4/23	4AP
CubRunREC	Sa	9:50am	7E0.CZVH	4/25	4AO
CubRunREC	Sa	10:10am	7E0.7PTY	4/25	4AO
CubRunREC	Sa	11:30am	7E0.MJKA	4/25	4AO
CubRunREC	Sa	12:15pm	7E0.R474	4/25	4AO
CubRunREC	Su	9:35am	7E0.RU2H	4/26	4AO
CubRunREC	Su	10:10am	7E0.M4HU	4/26	4AO
CubRunREC	Su	11:30am	7E0.VM2W	4/26	4AO
CubRunREC	Su	12:10pm	7E0.MJ7V	4/26	4AO
Franconia Rec	T	7:30pm	7E0.Z0G2	4/21	4AQ
Franconia Rec	F	7pm	7E0.I7W2	4/23	4AP
Franconia Rec	Th	7:30pm	7E0.VTW0	4/23	4AQ
Franconia Rec	Sa	11:45am	7E0.E238	4/25	4AP
Franconia Rec	Sa	12:35pm	7E0.YSE5	4/25	4AP
Franconia Rec	Su	9am	7E0.D81P	4/26	4AP
Franconia Rec	Su	10:45am	7E0.E15C	4/26	4AP
GWREC	T	6:15pm	7E0.IRHX	4/21	4AQ
GWREC	Sa	10:50am	7E0.C17M	4/25	4AQ
MtVernREC	M/W	6:10pm	7E0.07RZ	4/6	4AP
MtVernREC	T/Th	6:10pm	7E0.I5PK	4/7	4AP
MtVernREC	Sa	10:40am	7E0.3B2W	4/25	4AP
MtVernREC	Su	10:40am	7E0.1180	4/26	4AP
MtVernREC	M/W	7pm	7E0.L4IU	5/4	4AO
MtVernREC	M/W	6:40pm	7E0.M780	6/1	4AN
MtVernREC	T/Th	6:10pm	7E0.JM1B	6/2	4AN
OakmontREC	M	6:55pm	7E0.M0FT	4/20	4AP
OakmontREC	W	7:30pm	7E0.EW6X	4/22	4AQ
OakmontREC	Th	6:55pm	7E0.TYL5	4/23	4AQ
OakmontREC	F	7:45pm	7E0.TSVJ	4/24	4AP

OakmontREC	Sa	9am	7E0.HLZZ	4/25	4AP
OakmontREC	Su	10:40am	7E0.0BXD	4/26	4AP
ProvREC	M	6:20pm	7E0.LQ4R	4/20	4AP
ProvREC	T	6:35pm	7E0.WXSY	4/21	4AQ
ProvREC	Th	6:50pm	7E0.YBXF	4/23	4AQ
ProvREC	F	5:50pm	7E0.7CCQ	4/24	4AP
ProvREC	Sa	10am	7E0.6973	4/25	4AP
ProvREC	Sa	10:55am	7E0.7BT5	4/25	4AP
ProvREC	Su	11:30am	7E0.UJLU	4/26	4AP
ProvREC	Su	11:55am	7E0.FGC2	4/26	4AP
SoRunREC	M/W	7:10pm	7E0.JZVV	4/6	4AP
SoRunREC	T/Th	6:25pm	7E0.RZN4	4/7	4AP
SoRunREC	F	6:55pm	7E0.6WQ4	4/24	4AP
SoRunREC	Sa	9am	7E0.FJJT	4/25	4AO
SoRunREC	Sa	10:50am	7E0.XT2M	4/25	4AO
SoRunREC	Su	8:30am	7E0.NQW7	4/26	4AO
SoRunREC	Su	9:20am	7E0.L1TU	4/26	4AO
SoRunREC	M/W	7:10pm	7E0.1GN9	5/4	4AN
SoRunREC	T/Th	6:25pm	7E0.VNN2	5/5	4AN
SoRunREC	T/Th	6:25pm	7E0.WSP2	5/26	4AP
SoRunREC	M/W	7:10pm	7E0.T1B4	5/27	4AO
SpHillREC	M	5:10pm	7E0.0848	4/20	4AP
SpHillREC	M	6pm	7E0.DRIZ	4/20	4AP
SpHillREC	T	5:10pm	7E0.340R	4/21	4AQ
SpHillREC	W	4:05pm	7E0.CWG1	4/22	4AQ
SpHillREC	W	4:55pm	7E0.F0J6	4/22	4AQ
SpHillREC	Th	7pm	7E0.7SFC	4/23	4AQ
SpHillREC	F	7:20pm	7E0.GZOT	4/24	4AP
SpHillREC	Sa	10:10am	7E0.YFH5	4/25	4AP
SpHillREC	Su	9am	7E0.N25U	4/26	4AP
SpHillREC	Su	11:05am	7E0.2QV4	4/26	4AP
Wkfld/Moore	M/W	6:10pm	7E0.0RQ1	4/6	4AP
Wkfld/Moore	T	6:50pm	7E0.DE4P	4/21	4AQ
Wkfld/Moore	Th	6:50pm	7E0.6X7S	4/23	4AQ
Wkfld/Moore	F	7:30pm	7E0.29DW	4/24	4AP
Wkfld/Moore	Sa	9:30am	7E0.24FF	4/25	4AP
Wkfld/Moore	Su	4:40pm	7E0.5QBN	4/26	4AP
Wkfld/Moore	Su	9:35am	7E0.MCW4	4/26	4AP
Wkfld/Moore	M/W	6:10pm	7E0.DT56	5/4	4AO
Wkfld/Moore	M/W	6:10pm	7E0.7IY7	6/1	4AN

## 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.

- 4AQC 5--45 minute lessons--\$146**
- 4AQD 6--45 minute lessons--\$174**
- 4AQE 7--45 minute lessons--\$205**
- 4AQF 8--45 minute lessons--\$233**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:15pm	COC.GVZY	4/20	4AQC
CubRunREC	W	5:55pm	COC.ZSVL	4/22	4AQF
CubRunREC	F	6:45pm	COC.HKF9	4/24	4AQF
Franconia Rec	M/W	7:30pm	COC.N2PW	4/6	4AQF
Franconia Rec	M/W	7:30pm	COC.CI49	5/4	4AQD
Franconia Rec	M/W	7:30pm	COC.HRUV	5/27	4AQE
OakmontREC	Sa	12:25pm	COC.CQIJ	4/25	4AQF
OakmontREC	Su	11:30am	COC.JYBG	4/26	4AQF

## Swimming 4 for Children

**(6-12 yrs.)** Prerequisite: Swimming 3 or equivalent skill proficiency. Class emphasizes improving confidence, skill proficiency, distance and endurance. Skills include diving progression from side in deep water, swimming under water three body lengths, swimming front crawl,

elementary backstroke, back crawl and breaststroke 25 yards, lap swimming techniques and safety and treading water for 30 seconds.

- 4AM 5--45 minute lessons--\$87**
- 4AN 6--45 minute lessons--\$104**
- 4AO 7--45 minute lessons--\$121**
- 4AP 8--45 minute lessons--\$141**
- 4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:50pm	A7C.5SML	4/21	4AP
CubRunREC	T	7:35pm	A7C.BWSH	4/21	4AM
CubRunREC	Sa	9am	A7C.8AM3	4/25	4AO
CubRunREC	Sa	10:35am	A7C.Q586	4/25	4AO
CubRunREC	Sa	11:50am	A7C.CZC5	4/25	4AO
CubRunREC	Su	9am	A7C.89XW	4/26	4AO
CubRunREC	Su	10:35am	A7C.IM8J	4/26	4AO
CubRunREC	Su	11:50am	A7C.VZK6	4/26	4AO
Franconia Rec	T	5:30pm	A7C.3UXI	4/21	4AQ
Franconia Rec	Th	5:30pm	A7C.6LVD	4/23	4AQ
Franconia Rec	F	7pm	A7C.EEDA	4/24	4AP
Franconia Rec	Sa	10am	A7C.UN89	4/25	4AP
Franconia Rec	Sa	11:55am	A7C.R5TP	4/25	4AP
Franconia Rec	Su	9am	A7C.YSDB	4/26	4AP
Franconia Rec	Su	11:45am	A7C.N271	4/26	4AP
GWREC	Sa	11:10am	A7C.MWY5	4/25	4AO
MtVernREC	M/W	7pm	A7C.087H	4/6	4AP
MtVernREC	F	6:40pm	A7C.MGL7	4/24	4AP
MtVernREC	Sa	11:30am	A7C.ZLPQ	4/25	4AP
MtVernREC	Su	11:30am	A7C.1VDY	4/26	4AP
MtVernREC	M/W	6:10pm	A7C.62VI	5/4	4AO
MtVernREC	T/Th	6:10pm	A7C.95WW	5/5	4AP
OakmontREC	M	6pm	A7C.14H8	4/20	4AP
OakmontREC	T	6pm	A7C.JSSG	4/21	4AQ
OakmontREC	W	6pm	A7C.5JHH	4/22	4AQ
OakmontREC	Sa	9am	A7C.6FN5	4/25	4AP
OakmontREC	Su	9am	A7C.KXRV	4/26	4AP
OakmontREC	Su	11:50am	A7C.M98E	4/26	4AP
ProvREC	M	7:10pm	A7C.LYM6	4/20	4AP
ProvREC	T	7:25pm	A7C.JFEB	4/21	4AQ
ProvREC	Th	7:40pm	A7C.UG82	4/23	4AQ
ProvREC	F	6:40pm	A7C.FB3Y	4/24	4AP
ProvREC	Sa	8:50am	A7C.L88B	4/25	4AP
ProvREC	Sa	11:50am	A7C.DXRQ	4/25	4AP
ProvREC	Su	9am	A7C.HCJ1	4/26	4AP
ProvREC	Su	12pm	A7C.RJ9S	4/26	4AP
SoRunREC	M/W	6:10pm	A7C.BALS	4/6	4AP
SoRunREC	T/Th	7:15pm	A7C.9P64	4/7	4AP
SoRunREC	F	6:05pm	A7C.4L4R	4/24	4AP
SoRunREC	Sa	9am	A7C.4RIJ	4/25	4AO
SoRunREC	Sa	9:50am	A7C.EEUS	4/25	4AO
SoRunREC	Su	9:20am	A7C.CK7E	4/26	4AO
SoRunREC	Su	10:10am	A7C.0BZZ	4/26	4AO
SoRunREC	M/W	6:10pm	A7C.7DEN	5/4	4AN
SoRunREC	T/Th	7:15pm	A7C.ZAHR	5/5	4AN
SoRunREC	T/Th	7:15pm	A7C.GZTO	5/26	4AP
SoRunREC	M/W	8pm	A7C.TOVT	5/27	4AO
SpHillREC	M	7:15pm	A7C.OXSE	4/20	4AP
SpHillREC	T	6:30pm	A7C.6VLB	4/21	4AQ
SpHillREC	W	6:05pm	A7C.XC43	4/22	4AQ
SpHillREC	Sa	10:10am	A7C.V17G	4/25	4AP
SpHillREC	Sa	12:05pm	A7C.KD5H	4/25	4AP
SpHillREC	Su	1:05pm	A7C.6A70	4/26	4AP
SpHillREC	Su	9:10am	A7C.OV73	4/26	4AP
Wkfld/Moore	M/W	5:35pm	A7C.7GJ1	4/6	4AP
Wkfld/Moore	T	6pm	A7C.N4D4	4/21	4AQ
Wkfld/Moore	Th	6pm	A7C.M0Y0	4/23	4AQ
Wkfld/Moore	F	4:40pm	A7C.YXCF	4/24	4AP
Wkfld/Moore	Sa	9am	A7C.48L4	4/25	4AP
Wkfld/Moore	Su	3:10pm	A7C.LJJK	4/26	4AP
Wkfld/Moore	Su	9am	A7C.ABZ1	4/26	4AP
Wkfld/Moore	M/W	5:35pm	A7C.HH71	5/4	4AO
Wkfld/Moore	M/W	5:35pm	A7C.TSUP	6/1	4AN

## 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>4AQC</b>	<b>5--45 minute lessons--\$146</b>
<b>4AQD</b>	<b>6--45 minute lessons--\$174</b>
<b>4AQF</b>	<b>8--45 minute lessons--\$233</b>
<b>4AQQ</b>	<b>9--45 minute lessons--\$268</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5:20pm	D76.TWVG	4/20	4AQC
CubRunREC	M	6:45pm	D76.IPN9	4/20	4AQC
CubRunREC	W	6:45pm	D76.MZUR	4/22	4AQF
CubRunREC	F	7:35pm	D76.CWLZ	4/24	4AQF
Franconia Rec	M/W	6:40pm	D76.WPTK	4/6	4AQF
Franconia Rec	M/W	5:30pm	D76.P9VL	5/4	4AQD
OakmontREC	M	7:45pm	D76.RJVE	4/20	4AQF
OakmontREC	T	6:55pm	D76.LVOG	4/21	4AQQ
OakmontREC	Th	6pm	D76.TF8M	4/23	4AQQ
OakmontREC	Sa	12:25pm	D76.PQPP	4/25	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--\$165</b>
<b>4AX</b>	<b>6--55 minute lessons--\$110</b>
<b>4AY</b>	<b>7--55 minute lessons--\$128</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	D55.FTCB	4/25	4AY
CubRunREC	Sa	12:20pm	D55.OBXH	4/25	4AY
CubRunREC	Su	9:50am	D55.XMDW	4/26	4AY
CubRunREC	Su	12:20pm	D55.6AXR	4/26	4AY
Franconia Rec	T	6:40pm	D55.5HM6	4/21	4AAA
Franconia Rec	F	5pm	D55.GMSB	4/24	4AZ
Franconia Rec	Su	9am	D55.2WA6	4/26	4AZ
GWREC	Sa	9am	D55.WYIY	4/25	4AY
MtVernREC	T/Th	5pm	D55.K39A	4/7	4AZ
MtVernREC	Su	11:50am	D55.Q7AH	4/26	4AZ
MtVernREC	T/Th	5pm	D55.O120	5/5	4AZ
MtVernREC	T/Th	5pm	D55.4J9J	6/2	4AX
OakmontREC	M	6:50pm	D55.5J3C	4/20	4AZ
OakmontREC	T	6:50pm	D55.1W25	4/21	4AAA
OakmontREC	W	6:50pm	D55.IXYG	4/22	4AAA
OakmontREC	F	6pm	D55.T7VH	4/24	4AZ
OakmontREC	Sa	9:50am	D55.GJ9E	4/25	4AZ
OakmontREC	Sa	11:50am	D55.UUJE	4/25	4AZ
OakmontREC	Su	9:50am	D55.IPHX	4/26	4AZ
ProvREC	T	6pm	D55.7FF3	4/21	4AAA
ProvREC	W	7:15pm	D55.BL5S	4/22	4AAA
ProvREC	F	6:40pm	D55.QGWB	4/24	4AZ
ProvREC	Sa	9:40am	D55.4882	4/25	4AZ
ProvREC	Su	9:50am	D55.H5V3	4/26	4AZ
SoRunREC	M/W	7pm	D55.QXL2	4/6	4AZ
SoRunREC	T/Th	8:05pm	D55.61NQ	4/7	4AZ
SoRunREC	F	7pm	D55.X8SR	4/24	4AZ
SoRunREC	Sa	9:50am	D55.5ICR	4/25	4AY
SoRunREC	Su	9:30am	D55.Y683	4/26	4AY
SoRunREC	M/W	7pm	D55.YLM2	5/4	4AX
SoRunREC	T/Th	8:05pm	D55.8QBT	5/5	4AX
SoRunREC	T/Th	8pm	D55.0DCV	5/26	4AZ
SpHillIREC	M	6:50pm	D55.ULZ5	4/20	4AZ
SpHillIREC	T	6pm	D55.HO80	4/21	4AAA

SpHillIREC	W	6:55pm	D55.63HX	4/22	4AAA
SpHillIREC	Th	6pm	D55.IGBC	4/23	4AAA
SpHillIREC	F	5:40pm	D55.59L0	4/24	4AZ
SpHillIREC	Sa	11:05am	D55.XIVK	4/25	4AZ
SpHillIREC	Sa	11:25am	D55.1L9Z	4/25	4AZ
SpHillIREC	Su	10am	D55.T9KU	4/26	4AZ
Wkfld/Moore	M/W	6:25pm	D55.V9UA	4/6	4AZ
Wkfld/Moore	T	6pm	D55.846V	4/21	4AAA
Wkfld/Moore	Th	6pm	D55.USVJ	4/23	4AAA
Wkfld/Moore	F	6:30pm	D55.DRPI	4/24	4AZ
Wkfld/Moore	Sa	10:50am	D55.7YHT	4/25	4AZ
Wkfld/Moore	Su	10:50am	D55.13YR	4/26	4AZ
Wkfld/Moore	M/W	6:25pm	D55.JMQL	5/4	4AY
Wkfld/Moore	M/W	6:25pm	D55.N6RF	6/1	4AX

## 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>4ARC</b>	<b>5--55 minute lessons--\$146</b>
<b>4ARD</b>	<b>6--55 minute lessons--\$179</b>
<b>4ARE</b>	<b>7--55 minute lessons--\$205</b>
<b>4ARF</b>	<b>8--55 minute lessons--\$233</b>
<b>4ARG</b>	<b>9--55 minute lessons--\$275</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	M	7:35pm	HQJ.V06W	4/20	4ARC
CubRunREC	W	7:35pm	HQJ.AAQC	4/22	4ARF
Franconia Rec	M/W	6:25pm	HQJ.JYNK	5/4	4ARD
Franconia Rec	M/W	5:30pm	HQJ.ZPG7	5/27	4ARE
OakmontREC	Th	7:50pm	HQJ.AXGF	4/23	4ARG

## 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.

<b>4AAA</b>	<b>9--55 minute lessons--\$165</b>
<b>4AX</b>	<b>6--55 minute lessons--\$110</b>
<b>4AY</b>	<b>7--55 minute lessons--\$128</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.DAC6	4/25	4AY
CubRunREC	Sa	10:50am	DF4.F26N	4/25	4AY
CubRunREC	Su	9am	DF4.L5A5	4/26	4AY
CubRunREC	Su	10:50am	DF4.KS78	4/26	4AY
Franconia Rec	M/W	7:30pm	DF4.FWGV	4/6	4AZ
Franconia Rec	T	7:20pm	DF4.7WP2	4/21	4AAA
Franconia Rec	F	6pm	DF4.MLTI	4/24	4AZ
Franconia Rec	Sa	11:55am	DF4.APCP	4/25	4AZ
Franconia Rec	Su	10am	DF4.AL4Q	4/26	4AZ
Franconia Rec	M/W	6:30pm	DF4.PXQW	5/27	4AY
GWREC	Sa	10:05am	DF4.FFDX	4/25	4AY
MtVernREC	T/Th	6pm	DF4.9R4K	4/7	4AZ
MtVernREC	Sa	9am	DF4.0TBS	4/25	4AZ
MtVernREC	Su	10:50am	DF4.6AMT	4/26	4AZ
MtVernREC	T/Th	6pm	DF4.IX13	5/5	4AZ
MtVernREC	T/Th	6pm	DF4.8Z7D	6/2	4AX
OakmontREC	M	7:50pm	DF4.2EG5	4/20	4AZ
OakmontREC	T	7:50pm	DF4.HHU1	4/21	4AAA
OakmontREC	W	7:50pm	DF4.91CR	4/22	4AAA
OakmontREC	Th	6:50pm	DF4.8Z7D	4/23	4AAA
OakmontREC	F	7pm	DF4.XOQY	4/24	4AZ
OakmontREC	Sa	10:50am	DF4.BY1P	4/25	4AZ
OakmontREC	Su	10:50am	DF4.QW4J	4/26	4AZ
ProvREC	T	7pm	DF4.VWKC	4/21	4AAA

### WANT TO DO MORE WITH SWIMMING?



## JOIN THE FAIRFAX COUNTY PARK AUTHORITY SUMMER SWIM LEAGUE!

Open to Ages 6-16

Swimmers must be able to continuously swim 25 yards on front and back in deep water without stopping.

### PRACTICE DATES

MONDAYS, TUESDAYS AND THURSDAYS • MAY 28 - JULY 27

Times vary by site, check online for schedules

### SWIM MEETS

FRIDAYS • JUNE 19 - JULY 24\* • 6-8 p.m.

\*No Swim Meet on Friday, July 3

BUILD SKILLS  
ON ONE OF  
OUR SUMMER  
SWIM TEAMS!

### Deadline to Register: June 16



## REC CENTERS

Register Online Today!

For more information and to register visit:

www.fairfaxcounty.gov/parks/reccenter/swimming

# Aquatics

ProvREC	Sa	10:50am	DF4.DF8G	4/25	4AZ
ProvREC	Su	11am	DF4.DB29	4/26	4AZ
SoRunREC	M/W	6pm	DF4.ODYV	4/6	4AZ
SoRunREC	T/Th	7pm	DF4.JV4Z	4/7	4AZ
SoRunREC	F	6:05pm	DF4.D4FU	4/24	4AZ
SoRunREC	Su	8:30am	DF4.YAZA	4/26	4AY
SoRunREC	M/W	6pm	DF4.C9QE	5/4	4AX
SoRunREC	T/Th	7pm	DF4.DVKB	5/5	4AX
SpHillREC	T	7pm	DF4.MZGK	4/21	4AAA
SpHillREC	Th	5pm	DF4.HX8V	4/23	4AAA
SpHillREC	F	6:40pm	DF4.N100	4/24	4AZ
SpHillREC	Sa	9:10am	DF4.1BE1	4/25	4AZ
SpHillREC	Su	11:05am	DF4.ZE2W	4/26	4AZ
Wkfld/Moore	M/W	7:25pm	DF4.FXQM	4/6	4AZ
Wkfld/Moore	T	7:10pm	DF4.1V9I	4/21	4AAA
Wkfld/Moore	Th	7:10pm	DF4.HPOD	4/23	4AAA
Wkfld/Moore	Th	7:10pm	DF4.TMJH	4/24	4AZ
Wkfld/Moore	Sa	9am	DF4.LAYT	4/25	4AZ
Wkfld/Moore	Su	9am	DF4.FVJM	4/26	4AZ
Wkfld/Moore	M/W	7:25pm	DF4.G126	5/4	4AY
Wkfld/Moore	M/W	7:25pm	DF4.SJ6D	6/1	4AX

## Home School Learn to Swim Level 1 & 2

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

**4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	CAC.UWAR	4/21	4AQ
Franconia Rec	Th	11:50am	CAC.HRFN	4/23	4AQ
SoRunREC	W	2:20pm	CAC.RQ9M	4/22	4AQ

## Home School Learn to Swim Level 3 & 4

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

**4AQ 9--45 minute lessons--\$159**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	12:45pm	8B2.IS6W	4/23	4AQ
SoRunREC	W	1:30pm	8B2.KS2U	4/22	4AQ

## Home School Learn to Swim Level 5 & 6

(7-17 yrs.) Prerequisite: Swimming 4 or skill proficiency to enter deep water safely, tread water 30 seconds; swim front crawl, elementary backstroke and back crawl at least 25 yards, and breaststroke at least 15 yards. Class emphasizes helping students increase endurance and skill proficiency for Swimming 5 and Swimming 6 level skills.

**4AAA 9--55 minute lessons--\$165**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	1:35pm	A75.BOCO	4/23	4AAA
SoRunREC	W	12:30pm	A75.Y6EP	4/22	4AAA

## Home School Stroke & Swim

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

**4AAA 9--55 minute lessons--\$165**

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:50pm	AFC.YG93	4/21	4AZ
OakmontREC	F	10:30am	AFC.NHAN	4/24	4AZ
SoRunREC	W	11:30am	AFC.NS7L	4/22	4AAA
SpHillREC	F	10:30am	AFC.NCYZ	4/24	4AZ

## Swim Classes for Teens & Adults

### Swimming 1 - Teens & Adults

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

**4AAA 9--55 minute lessons--\$165**

**4AX 6--55 minute lessons--\$110**

**4AY 7--55 minute lessons--\$128**

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	8pm	7D5.MGBE	4/22	4AZ
CubRunREC	Th	7pm	7D5.PG2Q	4/23	4AZ
CubRunREC	F	11am	7D5.ANAM	4/24	4AZ
CubRunREC	Su	8am	7D5.4M2Z	4/26	4AY
Franconia Rec	Th	7:30pm	7D5.3LH1	4/23	4AAA
Franconia Rec	Sa	9am	7D5.KU97	4/25	4AZ
Franconia Rec	M/W	7:30pm	7D5.6G8K	5/27	4AY
GWREC	Th	7pm	7D5.XFRM	4/23	4AAA
MtVernREC	T/Th	7pm	7D5.GC90	4/7	4AZ
MtVernREC	Sa	11:35am	7D5.C52C	4/25	4AZ
MtVernREC	T/Th	7pm	7D5.C6Z7	5/5	4AZ
MtVernREC	T/Th	7pm	7D5.5RLK	6/2	4AX
OakmontREC	T	7:45pm	7D5.3L0E	4/21	4AAA
OakmontREC	Th	7:45pm	7D5.2B0S	4/23	4AAA
OakmontREC	F	11:30am	7D5.2E4Z	4/24	4AZ
OakmontREC	Su	8am	7D5.0ZJG	4/26	4AZ
ProvREC	M	8pm	7D5.XU7X	4/20	4AZ
ProvREC	W	7:45pm	7D5.EVVG	4/22	4AAA
SoRunREC	M/W	8pm	7D5.AYLP	4/6	4AZ
SpHillREC	M	8pm	7D5.C640	4/20	4AY
SpHillREC	F	11:30am	7D5.WPMV	4/24	4AZ
SpHillREC	Su	1:10pm	7D5.0F84	4/26	4AZ
Wkfld/Moore	M/W	7pm	7D5.5MEW	4/6	4AZ
Wkfld/Moore	T	7:50pm	7D5.6KBM	4/21	4AAA
Wkfld/Moore	Th	7:50pm	7D5.CNCV	4/23	4AAA
Wkfld/Moore	Sa	10:50am	7D5.I0Q6	4/25	4AZ
Wkfld/Moore	Su	3pm	7D5.07V2	4/26	4AZ
Wkfld/Moore	Su	10:50am	7D5.FG1Q	4/26	4AZ
Wkfld/Moore	M/W	7pm	7D5.18JR	5/4	4AY
Wkfld/Moore	M/W	7pm	7D5.ZS10	6/1	4AX

### Swimming 2 - Teens & Adults

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

**4AAA 9--55 minute lessons--\$165**

**4AX 6--55 minute lessons--\$110**

**4AY 7--55 minute lessons--\$128**

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	8pm	75A.HMLO	4/22	4AZ
CubRunREC	Th	8pm	75A.NOW8	4/23	4AZ
CubRunREC	F	12pm	75A.Y34R	4/24	4AZ
CubRunREC	Su	8am	75A.FCT3	4/26	4AY
Franconia Rec	M/W	7:30pm	75A.4LX5	4/6	4AZ
Franconia Rec	T	7:30pm	75A.YLAG	4/21	4AAA
Franconia Rec	F	12pm	75A.00TV	4/24	4AZ
MtVernREC	T/Th	7pm	75A.BGKI	4/7	4AZ
MtVernREC	Su	11:35am	75A.6SSG	4/26	4AZ
MtVernREC	T/Th	7pm	75A.KLYE	5/5	4AZ
MtVernREC	T/Th	7pm	75A.Z3PA	6/2	4AX
OakmontREC	T	7:45pm	75A.Y0E9	4/21	4AAA

OakmontREC	Su	8am	75A.A71X	4/26	4AZ
ProvREC	T	7:25pm	75A.GR4W	4/21	4AAA
ProvREC	Th	6pm	75A.XB98	4/23	4AAA
SoRunREC	T/Th	8:05pm	75A.RHIQ	4/7	4AZ
SoRunREC	M/W	8pm	75A.B2KI	5/4	4AX
SoRunREC	M/W	8pm	75A.YRSM	5/4	4AX
SpHillREC	M	8pm	75A.LNDY	4/20	4AY
SpHillREC	F	11:30am	75A.3XFJ	4/24	4AZ
SpHillREC	Su	1:10pm	75A.OP6E	4/26	4AZ
Wkfld/Moore	M/W	7:20pm	75A.WAAN	4/6	4AZ
Wkfld/Moore	T	8pm	75A.OXLX	4/21	4AAA
Wkfld/Moore	Sa	9:50am	75A.WGMD	4/25	4AZ
Wkfld/Moore	Su	4pm	75A.2ED5	4/26	4AZ
Wkfld/Moore	Su	9:50am	75A.RDSP	4/26	4AZ
Wkfld/Moore	M/W	7:20pm	75A.UV5H	5/4	4AY
Wkfld/Moore	M/W	7:20pm	75A.38XI	5/4	4AX

### Swimming 3 - Teens & Adults

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

**4AAA 9--55 minute lessons--\$165**

**4AX 6--55 minute lessons--\$110**

**4AY 7--55 minute lessons--\$128**

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	8pm	346.A4H3	4/23	4AZ
CubRunREC	F	12pm	346.XTOG	4/24	4AZ
CubRunREC	Su	8am	346.KYJY	4/26	4AY
Franconia Rec	F	1:05pm	346.P7LE	4/24	4AZ
Franconia Rec	Sa	10:55am	346.07DG	4/25	4AZ
Franconia Rec	M/W	7:30pm	346.A9FA	5/4	4AX
OakmontREC	F	10:30am	346.9ZRG	4/24	4AZ
ProvREC	Th	7pm	346.RRD5	4/23	4AAA
SoRunREC	T/Th	8:05pm	346.UKQ0	5/5	4AX
SoRunREC	T/Th	8:05pm	346.YEYI	5/26	4AZ
SpHillREC	M	6pm	346.2Z6B	4/20	4AZ
SpHillREC	W	7pm	346.V65X	4/22	4AAA
Wkfld/Moore	Su	5:05pm	346.R6L0	4/25	4AZ

### Swimming 4 - Teens & Adults

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

**4AAA 9--55 minute lessons--\$165**

**4AY 7--55 minute lessons--\$128**

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	8pm	915.5KPW	4/23	4AZ
CubRunREC	F	1pm	915.C3SH	4/24	4AZ
CubRunREC	Su	8am	915.J5TD	4/26	4AY
Franconia Rec	F	2:05pm	915.AIMB	4/24	4AZ
Franconia Rec	Su	10:45am	915.VAUJ	4/26	4AZ
OakmontREC	F	9:30am	915.1CUC	4/24	4AZ
OakmontREC	Su	8am	915.UZKP	4/26	4AZ
SpHillREC	M	7pm	915.11E1	4/20	4AZ
SpHillREC	Th	7:55pm	915.C3YN	4/23	4AAA

## 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--\$130**  
**4AHJ 8--55 minute lessons--\$149**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	12:15pm	BEE.YBOA	4/25	4AHI
CubRunREC	Su	12:15pm	BEE.1MS8	4/26	4AHI
Wkfld/Moore	Su	5:05pm	BEE.2FOR	4/26	4AHJ
Wkfld/Moore	Su	12pm	BEE.L6IE	4/26	4AHJ

### Stroke Mechanics 1

**(6-12 yrs.)** Prerequisite: Swimming 6 skill level; ability to tread water for one minute; continuously swim 50 yards freestyle, backstroke and breaststroke, and 15 yards butterfly. Student must wear a one-piece competitive-style 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--\$105**  
**4AHC 7--45 minute lessons--\$123**  
**4AHD 8--45 minute lessons--\$143**  
**4AHE 9--45 minute lessons--\$161**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	2C5.5DSS	4/24	4AHD
CubRunREC	Sa	9am	2C5.GRI7	4/25	4AHC
CubRunREC	Sa	11:25am	2C5.BEN9	4/25	4AHC
CubRunREC	Su	9am	2C5.KB9C	4/26	4AHC
CubRunREC	Su	11:25am	2C5.46K7	4/26	4AHC
Franconia Rec	Th	6:55pm	2C5.12G6	4/23	4AHE
Franconia Rec	F	7pm	2C5.A09V	4/24	4AHD
Franconia Rec	Sa	9am	2C5.2PI4	4/25	4AHD
Franconia Rec	M/W	7:30pm	2C5.5C19	5/4	4AHB
GWREC	Su	2:15pm	2C5.N1G9	4/26	4AHC
MtVernREC	T/Th	7pm	2C5.OXWM	4/7	4AHD
MtVernREC	Sa	11am	2C5.RQHM	4/25	4AHD
MtVernREC	Su	10am	2C5.8K7Q	4/26	4AHD
MtVernREC	T/Th	7pm	2C5.V6LU	5/5	4AHD
MtVernREC	T/Th	7pm	2C5.IUIB	6/2	4AHB
OakmontREC	T	6pm	2C5.QQRT	4/21	4AHE
OakmontREC	Th	6pm	2C5.3UDQ	4/23	4AHE
OakmontREC	Sa	11am	2C5.AA2T	4/25	4AHD
OakmontREC	Su	8am	2C5.CPYO	4/26	4AHD
ProvREC	M	6pm	2C5.GHPW	4/20	4AHD
ProvREC	Sa	8:50am	2C5.MGRY	4/25	4AHD
ProvREC	Su	9am	2C5.VKYW	4/26	4AHD
SoRunREC	M/W	8pm	2C5.8Z9O	4/6	4AHD
SoRunREC	Su	10:30am	2C5.C37P	4/26	4AHC
SoRunREC	M/W	8pm	2C5.ZS3V	5/4	4AHB
SpHillREC	M	6pm	2C5.BZPY	4/20	4AHD
SpHillREC	W	6pm	2C5.CBRS	4/22	4AHE
SpHillREC	Sa	10:10am	2C5.I33P	4/25	4AHD
SpHillREC	Su	12:15pm	2C5.A2KH	4/26	4AHD
Wkfld/Moore	Sa	10am	2C5.YXOL	4/25	4AHD
Wkfld/Moore	Su	10am	2C5.644L	4/26	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--\$111**  
**4AHI 7--55 minute lessons--\$130**  
**4AHJ 8--55 minute lessons--\$149**  
**4AHK 9--55 minute lessons--\$167**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5:50pm	6D4.XDTD	4/24	4AHJ
CubRunREC	Sa	9:50am	6D4.4Z23	4/25	4AHI
CubRunREC	Su	9:50am	6D4.2P6L	4/26	4AHI
Franconia Rec	Sa	9:50am	6D4.TFJ7	4/25	4AHJ
Franconia Rec	Su	11:10am	6D4.1SHN	4/26	4AHJ
Franconia Rec	M/W	7:30pm	6D4.G839	5/27	4AHI
GWREC	Su	3:05pm	6D4.919C	4/26	4AHI
MtVernREC	Sa	10am	6D4.KGH0	4/25	4AHJ
MtVernREC	Su	9am	6D4.J34X	4/26	4AHJ
OakmontREC	M	6pm	6D4.MJMJ	4/20	4AHJ
OakmontREC	W	6pm	6D4.ZB8Y	4/22	4AHC
OakmontREC	Sa	11am	6D4.FNNF	4/25	4AHJ
OakmontREC	Su	8:50am	6D4.OJ23	4/26	4AHJ
ProvREC	M	6:50pm	6D4.NL9H	4/20	4AHJ
ProvREC	Sa	9:40am	6D4.NPDX	4/25	4AHJ
ProvREC	Su	9:50am	6D4.YCRF	4/26	4AHJ
SoRunREC	T/Th	6pm	6D4.ILEX	4/7	4AHJ
SoRunREC	Sa	10:40am	6D4.JYYY	4/25	4AHI
SoRunREC	T/Th	6pm	6D4.TW46	5/5	4AHH
SpHillREC	M	6:50pm	6D4.184R	4/20	4AHJ
SpHillREC	W	6:50pm	6D4.B5NP	4/22	4AHC
SpHillREC	Sa	11:05am	6D4.3713	4/25	4AHJ
SpHillREC	Su	11:15am	6D4.9ZY0	4/26	4AHJ
Wkfld/Moore	Sa	9am	6D4.NR5I	4/25	4AHJ
Wkfld/Moore	Su	9am	6D4.K690	4/26	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--\$111**  
**4AHI 7--55 minute lessons--\$130**  
**4AHJ 8--55 minute lessons--\$149**  
**4AHK 9--55 minute lessons--\$167**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6:50pm	E57.EW0S	4/24	4AHJ
CubRunREC	Sa	10:50am	E57.KH9F	4/25	4AHI
CubRunREC	Su	10:50am	E57.NFH6	4/26	4AHI
Franconia Rec	Su	12:10pm	E57.YK5C	4/26	4AHJ
MtVernREC	Sa	11:50am	E57.S4WV	4/25	4AHJ
OakmontREC	T	6:50pm	E57.IE24	4/21	4AHC
OakmontREC	Th	6:50pm	E57.VSJD	4/23	4AHC
OakmontREC	Sa	11:50am	E57.JHDG	4/25	4AHJ
OakmontREC	Su	9:50am	E57.XFR7	4/26	4AHJ
ProvREC	W	6:05pm	E57.NQYR	4/22	4AHC
ProvREC	Sa	10:50am	E57.VSK5	4/25	4AHJ
ProvREC	Su	11am	E57.2C62	4/26	4AHJ
SoRunREC	M/W	7pm	E57.15HH	4/6	4AHJ
SoRunREC	T/Th	8pm	E57.VNMM	4/7	4AHJ

SoRunREC	M/W	7pm	E57.PMXQ	5/4	4AHH
SoRunREC	T/Th	8pm	E57.G91F	5/5	4AHH
SoRunREC	T/Th	8pm	E57.DIIT	5/26	4AHJ
SpHillREC	T	6pm	E57.C71Z	4/21	4AHC
SpHillREC	Th	6pm	E57.OY2Q	4/23	4AHC
SpHillREC	Sa	12:05pm	E57.MP2O	4/25	4AHJ
SpHillREC	Su	10:10am	E57.80SI	4/26	4AHJ
Wkfld/Moore	Sa	10am	E57.H0TT	4/25	4AHJ
Wkfld/Moore	Su	10am	E57.MND5	4/26	4AHJ

### Stroke Mechanics 4

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

**4AHH 6--55 minute lessons--\$111**  
**4AHI 7--55 minute lessons--\$130**  
**4AHJ 8--55 minute lessons--\$149**  
**4AHC 9--55 minute lessons--\$167**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6:50pm	2F3.KXUK	4/24	4AHJ
CubRunREC	Sa	11:50am	2F3.U25O	4/25	4AHI
CubRunREC	Su	11:50am	2F3.SONV	4/26	4AHI
OakmontREC	M	7pm	2F3.I7AH	4/20	4AHJ
OakmontREC	W	7pm	2F3.1N27	4/22	4AHC
OakmontREC	Sa	12pm	2F3.IRQI	4/25	4AHJ
OakmontREC	Su	10:50am	2F3.OTUO	4/26	4AHJ
ProvREC	W	7:05pm	2F3.LNBK	4/22	4AHC
ProvREC	Sa	11:50am	2F3.YLLK	4/25	4AHJ
ProvREC	Su	12pm	2F3.LQDJ	4/26	4AHJ
SoRunREC	M/W	8pm	2F3.JC7O	4/6	4AHJ
SoRunREC	M/W	8pm	2F3.P79B	5/4	4AHH
SoRunREC	M/W	8:05pm	2F3.NAAW	5/27	4AHI
SpHillREC	T	7pm	2F3.CD3J	4/21	4AHC
SpHillREC	Th	7pm	2F3.60BG	4/23	4AHC
SpHillREC	Sa	1:05pm	2F3.1NWJ	4/25	4AHJ
SpHillREC	Su	9:10am	2F3.P9NU	4/26	4AHJ
Wkfld/Moore	Sa	11am	2F3.F113	4/25	4AHJ

### Lap Swim

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

**4AAA 9--55 minute lessons--\$165**  
**4AW 5--55 minute lessons--\$91**  
**4AX 6--55 minute lessons--\$110**  
**4AY 7--55 minute lessons--\$128**  
**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	8pm	41A.ZV4N	4/21	4AZ
CubRunREC	Th	7pm	41A.WGR2	4/23	4AW
CubRunREC	F	1pm	41A.K37D	4/24	4AZ
CubRunREC	Su	8am	41A.7JZH	4/26	4AY
Franconia Rec	F	11am	41A.AUPY	4/24	4AZ
GWREC	Th	8pm	41A.F2Q4	4/23	4AAA
OakmontREC	T	7:50pm	41A.WHQQ	4/21	4AAA
OakmontREC	W	10:30am	41A.RFZ7	4/22	4AAA
OakmontREC	Sa	9am	41A.ZW8Y	4/25	4AZ
SoRunREC	T/Th	9:30am	41A.7EOM	4/7	4AZ
SoRunREC	T/Th	9:30am	41A.UJ2O	5/5	4AX
SoRunREC	T/Th	9:30am	41A.M6V2	5/26	4AZ
SpHillREC	M	8pm	41A.07LH	4/20	4AY
SpHillREC	F	7:40pm	41A.PKU8	4/24	4AY
SpHillREC	Sa	9:10am	41A.GED8	4/25	4AZ
SpHillREC	Su	1:05pm	41A.GNHY	4/26	4AZ
Wkfld/Moore	Sa	10am	41A.10MO	4/25	4AZ
Wkfld/Moore	Su	10am	41A.2MUR	4/26	4AZ

# Aquatics

## Lap Swim Lite

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

<b>4AAA</b>	<b>9--55 minute lessons--\$165</b>
<b>4AX</b>	<b>6--55 minute lessons--\$110</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	10am	C96.TKA8	4/24	4AZ
OakmontREC	W	11:30am	C96.H20F	4/22	4AAA
OakmontREC	F	11:30am	C96.UUOB	4/24	4AZ
SoRunREC	T/Th	10:30am	C96.ZZ5G	4/7	4AZ
SoRunREC	T/Th	10:30am	C96.WYST	5/5	4AX
SoRunREC	T/Th	10:30am	C96.W7CP	5/26	4AZ
SpHillREC	F	9:30am	C96.5HZH	4/24	4AZ
Wkfld/Moore	Su	11am	C96.VXHX	4/26	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.

<b>4AAA</b>	<b>9--55 minute lessons--\$165</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	M	8pm	85E.Y42B	4/20	4AZ
OakmontREC	W	9:30am	85E.FFR5	4/22	4AAA
OakmontREC	F	9:30am	85E.EN5S	4/24	4AZ
OakmontREC	Sa	9am	85E.DOHR	4/25	4AZ
OakmontREC	Su	8am	85E.X5E1	4/26	4AZ
Wkfld/Moore	Sa	9am	85E.UKCY	4/25	4AAA

## Swim Clinics

### Butterfly & Breaststroke Clinic 1

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

<b>4AP</b>	<b>8--45 minute lessons--\$141</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	2pm	8DD.KZY9	4/26	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.

<b>4AAA</b>	<b>9--55 minute lessons--\$165</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	7:50pm	2D5.8HTH	4/23	4AAA
OakmontREC	Su	9am	2D5.IN1Z	4/26	4AZ
SpHillREC	Su	1:05pm	2D5.LJ3C	4/26	4AZ

## Freestyle & Backstroke Clinic 1

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

<b>4AP</b>	<b>8--45 minute lessons--\$141</b>
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	2:50pm	9D9.GWLP	4/26	4AP

## Freestyle & Backstroke Clinic 2

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

<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>
<b>4AAA</b>	<b>9--55 minute lessons--\$165</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	W	8pm	40A.A6GF	4/22	4AAA
OakmontREC	Sa	10am	40A.1CM8	4/25	4AZ
OakmontREC	Su	10am	40A.Z7MM	4/26	4AZ
SpHillREC	Su	12:05pm	40A.4D1N	4/26	4AZ

## 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>4AAA</b>	<b>9--55 minute lessons--\$165</b>
<b>4AO</b>	<b>7--45 minute lessons--\$121</b>
<b>4AV</b>	<b>4--55 minute lessons--\$72</b>
<b>4AX</b>	<b>6--55 minute lessons--\$110</b>
<b>4AZ</b>	<b>8--55 minute lessons--\$146</b>

Location	Day	Time	Code	Begin	\$
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<b>(6-12 yrs.)</b>					
CubRunREC	Su	4pm	E8D.H9GR	4/26	4AV
CubRunREC	Su	5pm	E8D.YRML	4/26	4AV
Franconia Rec	Sa	10:55am	E8D.ATP1	4/25	4AZ
GWREC	Sa	11am	E8D.YQW1	4/25	4AO
GWREC	Sa	12pm	E8D.Q2QX	4/25	4AO
OakmontREC	F	8pm	E8D.4SLB	4/24	4AZ
OakmontREC	Sa	10am	E8D.JG9R	4/25	4AZ
OakmontREC	Su	11am	E8D.K3H3	4/26	4AZ
ProvREC	Th	6pm	E8D.2692	4/23	4AAA
SoRunREC	Su	4pm	E8D.H40U	5/3	4AX
Wkfld/Moore	T	7:50pm	E8D.327U	4/21	4AAA
Wkfld/Moore	Su	3:40pm	E8D.3WWH	4/26	4AZ
Wkfld/Moore	Su	3:40pm	E8D.VMOE	4/26	4AX

<b>(13-18 yrs.)</b>					
CubRunREC	Su	4pm	246.C73Z	4/26	4AV
CubRunREC	Su	5pm	246.U09P	4/26	4AV
Franconia Rec	Th	7:45pm	246.27WY	4/23	4AAA
ProvREC	Th	7pm	246.VW4W	4/23	4AAA
SoRunREC	Su	5pm	246.5AZE	5/3	4AX
Wkfld/Moore	Sa	11am	246.DMOD	4/25	4AZ
Wkfld/Moore	Su	4:40pm	246.8WDD	4/26	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--\$171</b>
<b>4ABF</b>	<b>22--55 minute lessons--\$341</b>
<b>4ABN</b>	<b>10--55 minute lessons--\$155</b>
<b>4ABO</b>	<b>31--55 minute lessons--\$480</b>
<b>4ABP</b>	<b>21--55 minute lessons--\$324</b>
<b>4ABU</b>	<b>9--55 minute lessons--\$140</b>
<b>4ABZ</b>	<b>8--55 minute lessons--\$123</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	T	10am	3AD.J031	4/7	4ABA
OakmontREC	W	9am	3AD.MEHE	4/8	4ABA
OakmontREC	Th	10am	3AD.HYSZ	4/9	4ABA
OakmontREC	F	9am	3AD.9SHW	4/10	4ABN
OakmontREC	Su	4pm	3AD.EB57	4/12	4ABU
ProvREC	M/W/F	7:30am	3AD.PEKJ	4/6	4ABO
ProvREC	M/W/F	10:30am	3AD.HRVN	4/6	4ABO
ProvREC	T/Th	8:30am	3AD.XBEE	4/7	4ABF
ProvREC	T/Th	9:30am	3AD.HFL3	4/7	4ABF
ProvREC	Su	9am	3AD.7UGC	4/12	4ABU
SoRunREC	M/W/F	9am	3AD.DR8X	4/6	4ABO
SoRunREC	T/Th	9am	3AD.1PDW	4/7	4ABF
SpHillREC	M/W/F	8:30am	3AD.XNJA	4/6	4ABO
Wkfld/Moore	M/W	9am	3AD.9RUJ	4/6	4ABP
Wkfld/Moore	F	9am	3AD.4E1W	4/10	4ABZ

## 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>4ABA</b>	<b>11--55 minute lessons--\$171</b>
<b>4ABN</b>	<b>10--55 minute lessons--\$155</b>
<b>4ABP</b>	<b>21--55 minute lessons--\$324</b>

Location	Day	Time	Code	Begin	\$
OakmontREC	W	8am	40C.R8DA	4/8	4ABA
OakmontREC	F	8am	40C.TGHW	4/10	4ABN
SpHillREC	M/W	7:30am	40C.28EZ	4/6	4ABP
SpHillREC	T	10am	40C.4ZN3	4/7	4ABA

**THE WATER MINE**

Gold Rush Season Passes on sale April 1!

Buy your passes online at [www.fairfaxcounty.gov/parks/watermine](http://www.fairfaxcounty.gov/parks/watermine)

## 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!

**4ABA 11--55 minute lessons--\$171**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	6:35am	M8R.01DC	4/9	4ABA

## 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.

**4ABA --55 minute lessons--\$171**  
**4ABF 22--55 minute lessons--\$341**  
**4ABN 10--55 minute lessons--\$155**  
**4ABO 31--55 minute lessons--\$480**  
**4ABP 21--55 minute lessons--\$324**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W/F	9:15am	2A9.9NG4	4/6	4ABO
Franconia Rec	T/Th	7:35pm	2A9.JJOC	4/7	4ABF
Franconia Rec	T	8am	2A9.MWJQ	4/7	4ABA
MtVernREC	M	8am	2A9.KVLJ	4/6	4ABN
MtVernREC	W	9am	2A9.XXQT	4/8	4ABA
SpHillIREC	T/F	12pm	2A9.HXD7	4/7	4ABP

## 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.

**4ABA 11--55 minute lessons--\$171**  
**4ABF 22--55 minute lessons--\$341**  
**4ABN 10--55 minute lessons--\$155**  
**4ABO 31--55 minute lessons--\$480**

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.YKR4	4/7	4ABF
Franconia Rec	T/Th	10:20am	9E8.GNQQ	4/7	4ABF
GWREC	M/W/F	11:30am	9E8.E8A4	4/6	4ABO
GWREC	T/Th	9am	9E8.O3K2	4/7	4ABF
GWREC	T/Th	10am	9E8.30CS	4/7	4ABF
MtVernREC	M	9:10am	9E8.29RF	4/6	4ABN
MtVernREC	F	10:10am	9E8.RWZJ	4/10	4ABN
OakmontREC	T	11am	9E8.N07X	4/7	4ABA
OakmontREC	Th	11am	9E8.NUNL	4/9	4ABA
ProvREC	M/W/F	11:30am	9E8.RYFN	4/6	4ABO
ProvREC	T/Th	11:30am	9E8.MFJZ	4/7	4ABF
SoRunREC	M/W/F	10am	9E8.M812	4/6	4ABO
SoRunREC	T/Th	10am	9E8.I60S	4/7	4ABF
SoRunREC	T/Th	11am	9E8.MCJ9	4/7	4ABF
SpHillIREC	M/W/F	10:40am	9E8.FFXV	4/6	4ABO

## 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--\$171**  
**4ABF 22--55 minute lessons--\$341**  
**4ABO 31--55 minute lessons--\$480**  
**4ABU 9--55 minute lessons--\$140**

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.GZ9D	4/7	4ABF
OakmontREC	M/W/F	9:10am	B8B.ZN4S	4/6	4ABO
GWREC	M/W/F	7:30am	B8B.SNDM	4/6	4ABO
GWREC	M/W/F	9:30am	B8B.WMQC	4/6	4ABO
GWREC	M/W/F	10:30am	B8B.UXUF	4/6	4ABO
GWREC	T/Th	5:05pm	B8B.SF2Y	4/7	4ABF
GWREC	Su	1pm	B8B.NDQ5	4/12	4ABU
OakmontREC	T/Th	9am	B8B.JPPQ	4/7	4ABF
OakmontREC	Su	5pm	B8B.NOGW	4/12	4ABU
ProvREC	M/W/F	8:30am	B8B.TNEQ	4/6	4ABO
ProvREC	T/Th	5:50pm	B8B.832G	4/7	4ABF
ProvREC	T/Th	5:50pm	B8B.NTTP	4/7	4ABF
SoRunREC	M/W/F	8am	B8B.LX5Z	4/6	4ABO
SoRunREC	T/Th	8am	B8B.IFJK	4/7	4ABF
SpHillIREC	M/W/F	9:40am	B8B.59UB	4/6	4ABO
SpHillIREC	T	9am	B8B.L17W	4/7	4ABA

## ABCs of Deep Water Training

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

**4ABN 10--55 minute lessons--\$155**  
**4ABO 31--55 minute lessons--\$480**

Location	Day	Time	Code	Begin	\$
MtVernREC	F	9am	4A8.LJ1R	4/10	4ABN
OakmontREC	M/W/F	10:10am	4A8.AGTP	4/6	4ABO

## 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.

**4AB9 7--55 minute lessons--\$109**  
**4ABF 22--55 minute lessons--\$341**  
**4ABO 31--55 minute lessons--\$480**  
**4ABP 21--55 minute lessons--\$324**

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W/F	8am	B79.IZEK	4/6	4ABO
Franconia Rec	T/Th	9:10am	B79.UTGV	4/7	4ABO
Franconia Rec	Sa	10am	B79.8MB0	4/25	4AB9
MtVernREC	T/Th	8:30am	B79.R16S	4/7	4ABF
OakmontREC	M/W/F	8:10am	B79.BH7R	4/6	4ABO
ProvREC	M/W/F	9:30am	B79.G38K	4/6	4ABO
Wkfld/Moore	M/W	11am	B79.B9UE	4/6	4ABP

*Team work* **MAKES THE**  
*Dream work!*

JOIN THE AWARD-WINNING  
 TEAM OF

*Adapted Aquatics*  
 Volunteers

CALL 703-324-8565 FOR  
 INFORMATION.

# Aquatics

## 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.

**4ABF 22--55 minute lessons--\$341**

Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	7am	7F0.AS4G	4/7	4ABF

## Power Finning

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

**4AB9 7--55 minute lessons--\$109**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9am	83P.XG6K	4/25	4AB9
GWREC	Th	10am	83P.LOJL	4/9	4ABA

## 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.

**4ABA 11--55 minute lessons--\$171**

**4ABF 22--55 minute lessons--\$341**

Location	Day	Time	Code	Begin	\$
MtVernREC	T/Th	6:15pm	NC7.AR8Y	4/7	4ABF
MtVernREC	Th	9:40am	NC7.NPS7	4/9	4ABA

## S'WET Silver

**(55 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.

**4ABF 22--55 minute lessons--\$341**

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	8am	GMN.ZDL6	4/7	4ABF

## 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.

**4ABF 22--55 minute lessons--\$341**

**4ABP 21--55 minute lessons--\$324**

**4ABU 9--55 minute lessons--\$140**

**4ABZ 8--55 minute lessons--\$123**

Location	Day	Time	Code	Begin	\$
GWREC	M/W/F	8:30am	3AD.M24L	4/6	4ABO
ProvREC	T/Th	10:30am	7B5.P4X6	4/7	4ABF
Wkfld/Moore	M/W	10am	7B5.WOB4	4/6	4ABP
Wkfld/Moore	Th	11:05am	7B5.NCOA	4/9	4ABU
Wkfld/Moore	F	10am	7B5.UKEQ	4/10	4ABZ



## Specialty Classes

### American Red Cross Lifeguard Training

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

**4ACJ 4--7 hour 30 minute lessons--\$419**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa/Su	9am	202.XMSG	5/23	4ACJ

### Bubbles & Bunnies

**(2-12 yrs.)** Hop on over to Cub Run Rec Center as we help the Easter Bunny rescue his lost ducks in the leisure pool. After reuniting the Easter Bunny with his thousands of errant friends, stay and enjoy the slides, lazy river and play features. Each child will receive a basket for hunting to gather up all the wayward ducks. Children under the age of 3 and all non-swimmers must be accompanied by an adult 16 or older. Must be 48" or taller to use water slides. Check in begins 30 minutes prior to the start of the event to allow families ample time to change into proper swimming attire.

**4AZD 1--1 hour 15 minute program--\$21**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	G40.NZR9	4/4	4AZD
CubRunREC	Sa	10:30am	G40.F7YA	4/4	4AZD
CubRunREC	Sa	12pm	G40.MS9E	4/4	4AZD

### 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.

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	5B5.1FSJ	4/24	4AZ
Franconia Rec	F	6pm	5B5.WIDR	4/24	4AZ
Franconia Rec	Su	2pm	5B5.VTEW	4/26	4AZ
OakmontREC	Sa	1pm	5B5.1DKU	4/25	4AZ
OakmontREC	Su	9am	5B5.ERGN	4/26	4AZ
OakmontREC	Su	11am	5B5.GLZH	4/26	4AZ
ProvREC	Sa	1:05pm	5B5.3SVF	4/25	4AZ
Wkfld/Moore	F	7:30pm	5B5.WWNC	4/24	4AZ
Wkfld/Moore	Su	11am	5B5.G1BK	4/26	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.

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	7pm	8A5.GSR3	4/24	4AZ
Franconia Rec	F	7pm	8A5.7AA5	4/24	4AZ
Franconia Rec	Su	3pm	8A5.UQFI	4/26	4AZ
OakmontREC	Sa	2pm	8A5.UM5Z	4/25	4AZ
OakmontREC	Su	10am	8A5.U2OK	4/26	4AZ
ProvREC	Sa	2:05pm	8A5.H74X	4/25	4AZ
Wkfld/Moore	F	6:30pm	8A5.OBVF	4/24	4AZ
Wkfld/Moore	Su	10am	8A5.HOZA	4/26	4AZ

**Springboard Diving-Advanced**

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

**4AZ 8--55 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	4pm	535.6RGM	4/26	4AZ
OakmontREC	Su	12pm	535.KXFA	4/26	4AZ
Wkfld/Moore	F	5:30pm	535.IVVI	4/24	4AZ
Wkfld/Moore	Su	9am	535.DUN8	4/26	4AZ

**Summer Swim League**

**(6-16 yrs.)** Join a swim team at your local Rec Center. On our developmental swim team, swimmers will be able to practice and improve the four competitive strokes and enjoy some friendly competition. All swimmers must be able to swim 25 yards on front and back in deep water (up to 14 feet deep), continuously without stopping. Participants will enjoy the challenge of racing and participating in social events with teammates. Registration fee includes: 25 practices, five Friday evening swim meets, team swim cap and t-shirt, and an end of season party.

**4AST 25--55 minute lessons--\$468**

Location	Day	Time	Code	Begin	\$
CubRunRec	M,T,Th	6pm	DBE.U2AK	5/28	4AST
CubRunRec	M,T,Th	7pm	DBE.JMFH	5/28	4AST
Franconia Rec	M,T,Th	6pm	DBE.HQGM	5/28	4AST
Franconia Rec	M,T,Th	7pm	DBE.6SBV	5/28	4AST
GWREC	M/T/Th	6:30pm	DBE.JNM8	5/28	4AST
MtVernREC	M,T,Th	6:30pm	DBE.6Q1L	5/28	4AST
OakmontREC	M,T,Th	5pm	DBE.PFLK	5/28	4AST
OakmontREC	M,T,Th	6pm	DBE.Q7H6	5/28	4AST
OakmontREC	M,T,Th	7pm	DBE.LA2E	5/28	4AST
ProvREC	M,T,Th	6pm	DBE.TJVY	5/28	4AST
ProvREC	M,T,Th	7pm	DBE.7VK8	5/28	4AST
SoRunREC	M,T,Th	6pm	DBE.7EWG	5/28	4AST
SoRunREC	M,T,Th	7pm	DBE.YGLG	5/28	4AST
SpHillIREC	M,T,Th	6:30pm	DBE.ORFD	5/28	4AST
SpHillIREC	M,T,Th	7:30pm	DBE.BY5E	5/28	4AST
Wkfld/Moore	M,T,Th	6:30pm	DBE.OV5N	5/28	4AST
Wkfld/Moore	M,T,Th	7:30pm	DBE.Y2CB	5/28	4AST



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

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

**SECURE** Secure your private pool with a locking fence.

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

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



# NOW HIRING AND TRAINING LIFEGUARDS

- Free Lifeguarding certification for Lifeguard candidates.
- No prior training or experience required.
- Higher pay rates for open/morning and mid-day availability.
- Positions available at all Rec Centers and The Water Mine.



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**Fairfax Energy Compass**  
Your Home Energy Guide



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## Attractions

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



### Clemyjontri Park



**6317 Georgetown Pike  
McLean, Va. 22101  
703-388-2807**

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

- Fully accessible playground
- Two-acres
- Track rides
- Balance beams
- Swings
- Maze
- Carousel recessed to ground level
- Picnic pavilion with tables that accommodate wheelchairs
- Trackless train tickets for children (one adult chaperone per child)

#### Hours

The park is open year-round from 7 a.m. to dusk. The carousel operates daily June 18-Aug. 23, Monday-Friday; 9:30 a.m.-1:30 p.m., Saturday and Sunday; 9:30 a.m.-6 p.m. Open weekends only, April 4-June 17 and Aug. 24-Oct. 25, 9:30 a.m.-3:30 p.m.

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

### Birthday Party Packages

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

Audrey Moore Rec Center	703-321-7081
Cub Run Rec Center	703-817-9407
Ellanor C Lawrence Park	703-631-0013
Franconia Rec Center	703-922-9841
Frying Pan Park	703-437-9101
Green Spring Gardens	703-642-5173
George Washington Rec Center	703-780-8894
Hidden Oaks Nature Center	703-941-1065
Hidden Pond Nature Center	703-451-9588
Huntley Meadows Park	703-768-2525
Jefferson District Park and Golf Course	703-573-0443
Lake Accotink Park	703-569-3464
Oakmont Rec Center	703-281-6501
Pinecrest Golf Course	703-941-1061
Providence Rec Center	703-698-1351
Riverbend Nature Center	703-759-9018
South Run Rec Center	703-866-0566
Spring Hill Rec Center	703-827-0989

### More Family Fun

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

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



### 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).

## THE WATER MINE

Gold Rush  
Season Passes  
on sale  
April 1!



**Buy your passes online at**  
[www.fairfaxcounty.gov/parks/watermine](http://www.fairfaxcounty.gov/parks/watermine)  
or call 703-246-5929.

The Water Mine • 1400 Lake Fairfax Dr., Reston





**LOCALLY PRODUCED**  
**FARMERS MARKETS**

JAMS, JELLIES, BUTTERS & HOT SAUCES  
\$10.00 each

GLASCOCK'S

**Buy Fresh, Buy Local . . .**  
fruits, vegetables, honey baked goods, plants, eggs meat, dairy and flowers  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)



**Miniature Golf**

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

**Burke Lake Park**

7315 Ox Road, Fairfax Station  
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

**Cub Run for Water Fun Year Round**



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

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



**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 • Clemyjontri • 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.



**SIMULATORS ARE THE NEW WAY TO GOLF!**

Play and learn from the comfort of our indoor **TRACKMAN 4 SIMULATOR SUITE** at Pinecrest Golf Course



For more information visit [www.fairfaxcounty.gov/parks/golf/pinecrest/practice/indoor](http://www.fairfaxcounty.gov/parks/golf/pinecrest/practice/indoor)





New for  
2026!



# 2026 CAMP GUIDE



REGISTRATION FOR  
SPRING AND SUMMER  
CAMPS BEGINS  
FEBRUARY 3 & 5

**Camp Guide 2026**  
will be a separate printed  
publication delivered in  
the mail, at FCPA sites,  
and Fairfax County  
Libraries.



The Camp Guide will  
be available on the  
website:

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



**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.

Children's Corner

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



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

Art & Variety Classes

**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--\$174

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	498.KY60	3/21	DTVW
OakmontREC	W	5pm	498.J010	4/8	DTVW
Orng Hnt ES	Sa	11am	498.IDGO	3/21	DTVW
SoRunREC	T	11:15am	498.3YUT	3/24	DTVW
SoRunREC	Th	5pm	498.8PKY	3/26	DTVW
SpHillIREC	Sa	2pm	498.AWB7	3/21	DTVW

**Abrakadoodle Twoosy Doodlers**

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

DTVW 8--45 minute lessons--\$174

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:30am	F2D.YMA6	3/21	DTVW
MtVernREC	M	10am	F2D.TTD6	3/23	DTVW
MtVernREC	W	10am	F2D.FLV7	3/25	DTVW
OakmontREC	M	10am	F2D.H6X0	4/6	DTVW
OakmontREC	W	10am	F2D.RA7B	4/8	DTVW
SoRunREC	T	10:15am	F2D.YSM4	3/24	DTVW
SpHillIREC	Sa	3pm	F2D.1LBR	3/21	DTVW
SpHillIREC	T	10am	F2D.DU4M	3/24	DTVW
Wkfld/Moore	Th	10am	F2D.20HO	3/26	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--\$105

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	10am	0F1.14HD	3/26	4TC



**Art Adventures**

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

4TA 10--45 minute lessons--\$124

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:15am	ZFC.FXZR	3/14	4TA

**Barnyard Banter**

(3-4 yrs.) Little farmers will be engaged in this silly program that is packed with songs, games, stories and crafts all about our favorite barnyard pals.

4TC 8--45 minute lessons--\$105

Location	Day	Time	Code	Begin	\$
CubRunREC	M	10am	LPF.PUDW	3/23	4TC

## 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@katydidkids.com. For more information, visit www.katydidkids.com.

**Ceramic Creations w/Parent**

(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--\$76

Location	Day	Time	Code	Begin	\$
OakmontREC	M	5:15pm	Q3F.U1JW	4/13	3TE
OakmontREC	W	5:15pm	Q3F.AXSL	4/15	3TE

**Crafty Kids**

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

4TC 8--45 minute lessons--\$105

Location	Day	Time	Code	Begin	\$
ProvREC	M	11am	4M6.X44D	4/13	4TC

**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--\$105

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	2pm	Q9Y.7A7C	3/22	4TC
MtVernREC	W	4:30pm	Q9Y.X86N	3/25	4TC

### Mini-Golf Egg-plorations

Hop on over to find eggs hidden throughout the Oakmont Mini-Golf course!

Saturday, March 28 • 11 a.m.-3 p.m.

2 to 9 years

\$16 for each egg-plorer

BYOB (Bring Your Own Basket)

- ★ Egg Hunt
- ★ Facepainting
- ★ Popcorn
- ★ Games
- ★ Decorate your own take-home egg

**OAKMONT REC CENTER**

3200 Jermantown Rd., Oakton

www.fairfaxcounty.gov/parks/reccenter/oakmont

**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--\$313**

Location	Day	Time	Code	Begin	\$
CubRunREC	M/W	1pm	09Z.NYLY	3/23	APP1

**Preschool Picasso's**

(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--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	9:30am	0A7.VE8G	3/24	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--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	2BC.LYKR	3/22	4TC



**Tea & Tales**

(3-5 yrs.) Each session features a captivating story, think Winnie the Pooh and Ms. Spider, followed by a delightful, hands-on experience. Children help prepare and enjoy small tea party snacks, sing themed songs, and play fun games that immerse them in the world of the book.

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	11am	N48.K2U3	3/26	4TC

**Tiny Tot Activity Time**

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

**DTVM 8--45 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	9:30am	55F.FK4U	3/26	DTVM
Frying Pan Pk	Th	10:30am	55F.290J	3/26	DTVM
Frying Pan Pk	F	9:30am	55F.FA1I	3/27	DTVM
Frying Pan Pk	F	10:30am	55F.2FWL	3/27	DTVM

**Variety Zone**

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

**4TA 10--45 minute lessons--\$124**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10:15am	F75.H7JV	3/14	4TA

**Cooking Classes**

**Magic Kitchen**

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

**4TB 10--55 minute lessons--\$148**

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	53D.132P	3/24	4TC
Franconia Rec	Sa	11:45am	104.87XD	3/14	4TB

**Dance Classes**

**Baby Ballerinas**

(2-4 yrs.) This class stretches the minds and feet of young ballerinas. Adult must participate with child.

**DTVR 8--45 minute lessons--\$122**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12:40pm	YDT.9GC4	3/22	DTVR
Franconia Rec	Sa	9:30am	YDT.Q2MY	3/21	DTVR
Franconia Rec	M	9:30am	YDT.MRPW	3/23	DTVR
Franconia Rec	F	9:30am	YDT.UJFF	3/27	DTVR
Frying Pan Pk	W	10am	YDT.AVW5	3/25	DTVR
OakmontREC	M	9:30am	YDT.ZEA2	3/23	DTVR
Oakton ES	Sa	9:30am	YDT.NM6Z	3/21	DTVR
Oakton ES	Sa	10:30am	YDT.4YGG	3/21	DTVR
Oakton ES	Sa	11:30am	YDT.UUUL	3/21	DTVR
ProvREC	W	9:30am	YDT.DKCA	4/15	DTVR
SoRunREC	Sa	10:30am	YDT.MX2F	3/21	DTVR
SoRunREC	M	9am	YDT.V9NA	3/23	DTVR
SpHillIREC	T	9:30am	YDT.NSE5	3/24	DTVR
SpHillIREC	Th	11am	YDT.EMR6	3/26	DTVR
SpHillIREC	Su	9:30am	YDT.HTQR	3/29	DTVR
Wkfld/Moore	T	9:30am	YDT.Q30E	3/24	DTVR
Wkfld/Moore	F	3:30pm	YDT.X6Q7	3/27	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--\$122**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	1:45pm	I75.CFGA	3/27	DTVR

**Ballet & Tap**

**DTVF 8--45 minute lessons--\$151**

**DTVR 8--45 minute lessons--\$122**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:30pm	5F8.4DD9	3/22	DTVR
Franconia Rec	W	9:30am	5F8.PQBZ	3/25	DTVF
OakmontREC	W	10:30am	5F8.7TMV	3/25	DTVR
SoRunREC	Th	9:30am	5F8.Z1BA	3/26	DTVR
Franconia Rec	Sa	10:30am	AD3.RCYG	3/21	DTVF
Franconia Rec	M	11:15am	AD3.IJRW	3/23	DTVF
Franconia Rec	F	10:30am	AD3.5NI3	3/27	DTVF
Frying Pan Pk	W	11am	AD3.2VIY	3/25	DTVR
OakmontREC	M	10:20am	AD3.GN42	3/23	DTVF
OakmontREC	Su	10am	AD3.BC9K	3/29	DTVF
OakmontREC	Su	10:50am	AD3.OCTF	3/29	DTVF
ProvREC	Sa	9am	AD3.KL60	4/11	DTVR

## BUBBLES & BUNNIES

### Easter Egg Hunt in the Pool

Saturday, April 4

9-10:15 a.m. · 10:30-11:45 a.m.  
Noon-1:15 p.m.

Ages 2-12 · \$21/participating child

NEW! Sensory friendly  
time for ages 2-18  
1:30-2:45 p.m.

\*Non-swimmers and children under the age of 3 must be accompanied by an adult age 16 or older. Children must be 48 in. or taller to use the water slides.

Cub Run Rec Center

4630 Stonecroft Blvd., Chantilly

www.fairfaxcounty.gov/parks/reccenter/swimming

# Children's Corner

ProvREC	Sa	9:50am	AD3.M34E	4/11	DTVR
ProvREC	W	10:30am	AD3.NT27	4/15	DTVR
ProvREC	F	4pm	AD3.V2YY	4/17	DTVR
SoRunREC	Su	9am	AD3.FDCT	3/22	DTVR
SoRunREC	M	10am	AD3.8B3G	3/23	DTVR
SpHillREC	Th	10am	AD3.Q9HN	3/26	DTVR
SpHillREC	Su	10:20am	AD3.NFZQ	3/29	DTVR
Wkfld/Moore	Sa	9am	AD3.GTDB	3/21	DTVR
Wkfld/Moore	Th	11:30am	AD3.YH1E	3/26	DTVR
Wkfld/Moore	F	4:20pm	AD3.92S1	3/27	DTVR
(4-5 yrs.)					
SoRunREC	Sa	12pm	6C5.AOVE	3/21	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.

DTVF	8--45 minute lessons--\$151
DTVR	8--45 minute lessons--\$122

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	1:15pm	CMH.6ZUQ	3/21	DTVR
Franconia Rec	W	10:30am	CMH.V353	3/25	DTVR
Franconia Rec	F	5:05pm	CMH.2VNR	3/27	DTVR
OakmontREC	W	11:30am	CMH.OJHJ	3/25	DTVR
OakmontREC	Sa	10:30am	CMH.Y5QR	3/28	DTVR
OakmontREC	Su	9am	CMH.2BGH	3/29	DTVR
OakmontREC	Su	10am	CMH.Q7I8	3/29	DTVR
ProvREC	Sa	10:40am	CMH.TYGM	4/11	DTVR
ProvREC	F	5pm	CMH.MTPW	4/17	DTVF
SoRunREC	Sa	11:15am	CMH.4V1B	3/21	DTVR
SoRunREC	Su	10am	CMH.Z05L	3/22	DTVR
SoRunREC	Th	10:30am	CMH.DW92	3/26	DTVR
SpHillREC	Th	12pm	CMH.ESPV	3/26	DTVR
Wkfld/Moore	T	10:30am	CMH.WPDU	3/24	DTVR

## Hip Hop for Tots

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

DTVR	8--45 minute lessons--\$122
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11:30am	370.671G	3/21	DTVR
Frying Pan Pk	W	12pm	370.G1TN	3/25	DTVR
OakmontREC	Sa	2:15pm	370.7JQH	3/28	DTVR
ProvREC	Su	10am	370.VRB3	4/12	DTVR
ProvREC	W	11:30am	370.G63D	4/15	DTVR
SoRunREC	M	11am	370.3KT6	3/23	DTVR
SpHillREC	Su	11:10am	370.3ESA	3/22	DTVR
SpHillREC	T	11:30am	370.8SSD	3/24	DTVR
Wkfld/Moore	Sa	1pm	370.AE89	3/21	DTVR
Wkfld/Moore	F	5:15pm	370.W2BJ	3/27	DTVR

## Intro to Ballet

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

DTVR	8--45 minute lessons--\$122
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	5pm	PMD.RDBL	3/26	DTVR
OakmontREC	Th	5pm	PMD.6MAA	3/26	DTVR
OakmontREC	Sa	3:15pm	PMD.5143	3/28	DTVR
ProvREC	M	4:30pm	PMD.YR1N	4/13	DTVR
SoRunREC	Th	11:30am	PMD.QRL9	3/26	DTVR
SpHillREC	T	10:30am	PMD.TEA6	3/24	DTVR

## Lil Tap and Tu Tu's

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

4TA	10--45 minute lessons--\$124
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Location	Day	Time	Code	Begin	\$
SoRunREC	T	5:10pm	2A4.3478	3/24	4TA

## Martial Arts Classes

### Little Ninjas

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

4TA	10--45 minute lessons--\$124
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BMVE	8--30 minute lessons--\$93
DMVE	10--30 minute lessons--\$115
DMVF	10--45 minute lessons--\$116

Location	Day	Time	Code	Begin	\$
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(3 yrs.)					
LdbyExFrOks	Sa	11am	943.AZ5C	3/21	DMVE
(3-5 yrs.)					
LdbyExFrOks	F	4:30pm	1B7TG6X	3/27	DMVF
(4- yrs.)					
CubRunREC	Su	10:15am	TSJ.3U73	3/22	4TA
Legacy Mart	Su	11am	415.PFUT	3/22	BMVE
Legacy Mart	T	5:15pm	415.AXG9	3/24	BMVE
BIKBltFFX	M	4:30pm	415.ZPK7	3/23	DMVE
BIKBltFFX	T	4:30pm	415.Q3K0	3/24	DMVE
BIKBltFFX	W	4:30pm	415.BHWS	3/25	DMVE
LdbyExFrOks	Sa	11:30am	415.4F8N	3/21	DMVF
LdbyExFrOks	T	6pm	415.JCJT	3/24	DMVF
LdbyExFrOks	W	4:30pm	415.2N4N	3/25	DMVF
LdbyExFrOks	Th	6pm	415.AOV5	3/26	DMVF
OakmontREC	Sa	3:30pm	415.802J	3/28	DMVF
OakmontREC	Sa	4:30pm	415.V296	3/28	DMVF
ProvREC	Th	6:30pm	415.B44P	4/16	DMVF
SoRunREC	Sa	11:15am	415.26AZ	3/21	DMVE

## Movement Classes

### Blast Off for Babies

(18-24 mos.) 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.

4TC	8--45 minute lessons--\$105
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Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	ABC.CSIE	3/25	4TC

### Full Speed Ahead

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

DTVK	8--45 minute lessons--\$164
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DTVQ	10--45 minute lessons--\$182
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Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	1:15pm	01M.OST6	3/21	DTVK
Wkfld/Moore	F	10:30am	01M.ZCXA	3/27	DTVQ

**2026 CAMP GUIDE**

REGISTRATION FOR SPRING AND SUMMER CAMPS BEGINS FEBRUARY 3 & 5

**New for 2026!**

**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.

The Camp Guide will be available on the website: [www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)

**Funfit Tots**

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

**DTVM 8--45 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
<b>(11mos-4yrs.)</b>					
SpHillREC	Su	9:10am	61F.OCRH	3/22	DTVM
SpHillREC	Th	9:10am	61F.SCET	3/26	DTVM
<b>(1-2 yrs.)</b>					
SpHillREC	Su	10:05am	D21.T1M4	3/22	DTVM
SpHillREC	Th	10:05am	D21.FYNS	3/26	DTVM
<b>(2-3 yrs.)</b>					
SpHillREC	Su	11am	504.AVCH	3/22	DTVM
SpHillREC	Th	11am	504.CK2E	3/26	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.

**DTVF 8--45 minute lessons--\$151**

**DTVQ 10--45 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	9am	U04.BIKJ	3/21	DTVF
Wkfld/Moore	F	9:30am	U04.1H3A	3/27	DTVQ

**TotZone**

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

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	10am	D66.9PCP	4/11	4TC
SoRunREC	W	4pm	D66.822Z	3/25	4TC
SoRunREC	Th	11am	D66.5VH3	3/26	4TC
Wkfld/Moore	T	10am	D66.LRCH	3/24	4TC
Wkfld/Moore	T	11am	D66.9JWB	3/24	4TC

**Zoom Around the Room**

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

**4TA 10--45 minute lessons--\$124**

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
<b>(2 yrs.)</b>					
Franconia Rec	T	10:15am	421.DETD	4/7	4TA
Franconia Rec	Th	10:15am	421.31QI	4/9	4TA
<b>(2-5 yrs.)</b>					
CubRunREC	T	10am	A7B.UFF2	3/24	4TC
Franconia Rec	T	11:15am	A7B.U6UT	4/7	4TA
Franconia Rec	Th	11:15am	A7B.LSCY	4/9	4TA
SoRunREC	T	4pm	A7B.KD85	3/24	4TC

**Music Classes**

**Let's Make Music**

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

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	11am	962.NJW7	3/25	4TC

**Strum & Smile Ukulele**

**(4-5 yrs.)** Tiny instruments, big fun! Kids will strum their way through tunes while learning notes, chords and rhythm in this cheerful intro to ukulele class offered by Learn Now Music. 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>.

**DTVM 8--45 minute lessons--\$146**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	12:15pm	0P6.2LN8	4/11	DTVM

**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--\$146**

Location	Day	Time	Code	Begin	\$
<b>(18-30 mos.)</b>					
Frying Pan Pk	T	9:30am	326.DV62	3/24	DTVM
Frying Pan Pk	W	9:30am	326.3TKR	3/25	DTVM
<b>(24-42 mos.)</b>					
Frying Pan Pk	T	10:30am	71E.X901	3/24	DTVM
Frying Pan Pk	W	10:30am	71E.EHGB	3/25	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>.

**DTV4 10--30 minute lessons--\$182**

**DTVM 8--45 minute lessons--\$146**

**DTVQ 10--45 minute lessons--\$182**

Location	Day	Time	Code	Begin	\$
MtVernREC	M	12pm	OAR.J20B	3/23	DTVQ
OakmontREC	T	12pm	OAR.UM03	3/24	DTVM
ProvREC	Sa	10am	OAR.UBG6	4/11	DTVM
ProvREC	Sa	10:45am	OAR.80HT	4/11	DTVM
ProvREC	Sa	11:30am	OAR.NGLR	4/11	DTVM
SoRunREC	W	12pm	OAR.EZ8X	3/25	DTV4
Wkfld/Moore	Su	11am	OAR.PZH5	3/22	DTVQ



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**Nature & Science Classes**

**LEGO STEAM Park**

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

**DTVK 8--45 minute lessons--\$164**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	9:30am	04B.P4F4	4/11	DTVK

**Little Labcoats**

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

**4TC 8--45 minute lessons--\$105**

Location	Day	Time	Code	Begin	\$
CubRunREC	M	11am	661.6V42	3/23	4TC
ProvREC	Sa	11am	661.E5AK	4/11	4TC

**Nature Detectives**

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

**4NG 6--1 hour 25 minute lessons--\$112**

Location	Day	Time	12de	Begin	\$
HuntMdws	W	10am	875.Y49C	3/11	4NG

**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--\$201**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	4:30pm	YMM.E9WG	4/13	DTV9
ProvREC	Su	10am	YMM.ZS05	4/12	DTV9
ProvREC	Su	11am	YMM.NA1U	4/12	DTV9
SoRunREC	Su	10am	YMM.LKG7	4/12	DTV9
SoRunREC	Su	11am	YMM.QB1R	4/12	DTV9
Wkfld/Moore	Sa	10am	YMM.IC53	4/11	DTV9
Wkfld/Moore	Sa	11am	YMM.4375	4/11	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.

**DSVE 6--45 minute lessons--\$92**  
**DTVA 10--45 minute lessons--\$150**  
**DTVF 8--45 minute lessons--\$151**

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	9:30am	FC7.SP8F	3/28	DTVF
Franconia Rec	M	5:30pm	FC7.B6KP	4/6	DTVF
SoRunREC	W	5pm	FC7.7LME	3/25	DTVF
Sully CommCtr	W	5pm	FC7.0G33	4/30	DSVE
Wkfld/Moore	Sa	9am	FC7.29N8	3/21	DTVA

**Basketball**

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

**DTVA 10--45 minute lessons--\$150**  
**DTVD 10--55 minute lessons--\$150**  
**DTVF 8--45 minute lessons--\$151**  
**DTVI 10--45 minute lessons--\$155**  
**DTVM 8--45 minute lessons--\$146**

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

Franconia Rec	Sa	9:30am	176.5BDM	3/21	DTVI
Wkfld/Moore	Sa	10am	176.R6RU	3/21	DTVA

**(4-6 yrs. Child only)**

SpHillREC	Th	5pm	EFA.6UNO	3/26	DTVD
SpHillREC	F	5:30pm	EFA.BR81	3/27	DTVM
SpHillREC	Su	9am	EFA.7PQR	3/29	DTVD
Wkfld/Moore	M	5:30pm	EFA.A8J5	4/6	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.

**4SM 8--55 minute lessons--\$135**

Location	Day	Time	Code	Begin	\$
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NOVA Fence	Sa	10am	ST3.SUIV	4/11	4SM
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**Gym Jam**

An introduction to fitness through creative up-beat exercises and sports related skills with an emphasis on team play and group interaction. Parent participation is required for two- and three-year olds.

**4TC 8--45 minute lessons--\$105**  
**DTVQ 10--45 minute lessons--\$182**

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

SoRunREC	Th	10am	CE7.TR8A	3/26	4TC
Wkfld/Moore	W	9:30am	59Q.CLP4	3/25	DTVQ

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

ProvREC	M	10am	705.6VUX	4/13	4TC
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Register now at [www.fairfaxcounty.gov/parks/healthy-strides](http://www.fairfaxcounty.gov/parks/healthy-strides)

**Soccer I**

Kids kick into action in this class emphasizing coordination through skill development and teamwork. Athletic shoes required. Bring a ball.

<b>CSVE</b>	<b>6--45 minute lessons--\$92</b>
<b>DTVD</b>	<b>10--55 minute lessons--\$150</b>
<b>DTVF</b>	<b>8--45 minute lessons--\$151</b>
<b>DTVQ</b>	<b>10--45 minute lessons--\$182</b>
<b>DTVY</b>	<b>10--55 minute lessons--\$155</b>

Location	Day	Time	Code	Begin	\$
<b>(3 yrs.)</b>					
SoRunREC	Sa	10am	SFC.GEVR	3/21	DTVF
SoRunREC	Sa	11am	SFC.VX46	3/21	DTVF
SoRunREC	F	9am	SFC.ZY13	3/27	DTVF
SoRunREC	Sa	9am	SFC.YGHP	3/28	DTVF
SoRunREC	Su	9am	SFC.WW2N	3/29	DTVF
Wkfld/Moore	W	10:30am	SFC.CDEB	3/25	DTVQ
<b>(4-5 yrs.)</b>					
SoRunREC	Sa	12pm	39V.LQQ1	3/21	DTVF
SoRunREC	T	5pm	39V.SIIX	3/24	DTVF
SoRunREC	F	10am	39V.5G73	3/27	DTVF
SoRunREC	Sa	10am	39V.UEGD	3/28	DTVF
SoRunREC	Su	10am	39V.URK7	3/29	DTVF
SpringHI ES	Sa	10am	39V.BGQE	3/21	DTVY
SpringHI ES	Su	10am	39V.UE9A	3/22	DTVY
Sully CommCtr	Sa	5:15pm	39V.ZWZ3	4/25	CSVE
Wkfld/Moore	Sa	9am	39V.YQ5L	3/21	DTVD
Wkfld/Moore	Sa	10am	39V.5BKP	3/21	DTVD
Wkfld/Moore	Su	1pm	39V.DDNO	3/22	DTVD
Wkfld/Moore	Su	2pm	39V.ZCUQ	3/22	DTVD

**Challenger TinyTykes Soccer-Cubs**

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

<b>DTVF 8--45 minute lessons--\$151</b>					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9am	EFO.TA4I	4/11	DTVF
Franconia Rec	W	9:30am	EFO.BDIF	4/15	DTVF
OakmontREC	Th	10am	EFO.EBLB	4/9	DTVF
Orng Hnt ES	Su	9am	EFO.YMXW	3/22	DTVF
Orng Hnt ES	Su	10am	EFO.JIOJ	3/22	DTVF
SoRunREC	T	10am	EFO.335I	3/24	DTVF
Wkfld/Moore	Su	10am	EFO.AOFV	3/22	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.

<b>DTVJ 8--55 minute lessons--\$169</b>					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	38C.SVJN	4/11	DTVJ
Franconia Rec	W	10:30am	38C.Q7UG	4/15	DTVJ
OakmontREC	Th	11am	38C.DZY2	4/9	DTVJ
Orng Hnt ES	Su	11am	38C.OJY3	3/22	DTVJ
SoRunREC	T	11am	38C.7XXB	3/24	DTVJ
Wkfld/Moore	Su	11am	38C.OTZI	3/22	DTVJ

**Challenger International Soccer Academy**

**(4-5 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.

<b>DTVJ 8--55 minute lessons--\$169</b>					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	E08.W114	4/11	DTVJ
Orng Hnt ES	Su	12pm	E08.6UUH	3/22	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.

<b>CTVR 7--45 minute lessons--\$105</b>					
Location	Day	Time	Code	Begin	\$
WSpngfld ES	Th	4:30pm	VZ0.JMJG	4/9	CTVR



**Tumbling & Gymnastics Classes**

**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.

<b>4TA</b>	<b>10--45 minute lessons--\$124</b>
<b>4TC</b>	<b>8--45 minute lessons--\$105</b>
<b>DTVF</b>	<b>8--45 minute lessons--\$151</b>
<b>DTVP</b>	<b>8--45 minute lessons--\$173</b>
<b>DTVR</b>	<b>8--45 minute lessons--\$122</b>

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	10am	088.59NQ	4/7	4TC
Franconia Rec	T	11am	088.HMEG	4/7	4TC
CubRunREC	Sa	9am	088.OP0G	3/21	4TC
Wkfld/Moore	Sa	9am	088.R8MF	3/21	4TA
Wkfld/Moore	Sa	10am	088.OY13	3/21	4TA
Wkfld/Moore	Su	3pm	088.ZY28	3/22	4TA
Wkfld/Moore	Su	9am	088.F3XV	3/22	4TA
Wkfld/Moore	Su	10am	088.NK35	3/22	4TA
Franconia Rec	Sa	9am	IBA.VCCD	3/21	DTVR
Franconia Rec	Su	9am	IBA.PQ2T	3/22	DTVR
OakmontREC	T	9am	IBA.AYU6	4/7	DTVP
OakmontREC	Sa	9am	IBA.IFMP	4/11	DTVF
OakmontREC	Sa	9:55am	IBA.I757	4/11	DTVF
ProvREC	Su	9am	IBA.OX1K	4/12	DTVR
ProvREC	Su	9:50am	IBA.APKS	4/12	DTVR
SoRunREC	Su	10am	IBA.1DFQ	3/22	DTVR
Wkfld/Moore	Sa	1pm	IBA.PS1J	3/21	DTVR

**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.

<b>4TA</b>	<b>10--45 minute lessons--\$124</b>
<b>4TC</b>	<b>8--45 minute lessons--\$105</b>
<b>DTVF</b>	<b>8--45 minute lessons--\$151</b>
<b>DTVP</b>	<b>8--45 minute lessons--\$173</b>
<b>DTVR</b>	<b>8--45 minute lessons--\$122</b>

Location	Day	Time	Code	Begin	\$
<b>(3-4 yrs.)</b>					
CubRunREC	M	5:20pm	2B8.OEE0	3/23	4TC
CubRunREC	T	5pm	2B8.TYOP	3/24	4TC
CubRunREC	W	5pm	2B8.1QIP	3/25	4TC
CubRunREC	Sa	9:50am	2B8.HB8E	3/21	4TC
OakmontREC	T	9:55am	BW0.CHQ2	4/7	DTVP
OakmontREC	Sa	10:50am	BW0.32TD	4/11	DTVF

**Adapted Programs Coming this Spring!**

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# Children's Corner

## (3-5 yrs.)

Franconia Rec	T	12pm	E42.MF6J	4/7	4TC
CubRunREC	Sa	10:40am	E42.RHAX	3/21	4TC
Wkfld/Moore	Sa	11am	E42.5CKP	3/21	4TA
Wkfld/Moore	Sa	12pm	E42.10TU	3/21	4TA
Wkfld/Moore	Su	1pm	E42.VDTU	3/22	4TA
Wkfld/Moore	Su	11am	E42.LI6A	3/22	4TA
Franconia Rec	Su	11am	UR8.LBR6	3/22	DTVR
SoRunREC	Sa	10am	UR8.HU7V	3/21	DTVR
SoRunREC	Su	11am	UR8.VJ29	3/22	DTVR
SoRunREC	Su	12pm	UR8.Q4SX	3/22	DTVR
Wkfld/Moore	Th	9:30am	UR8.KOKS	3/26	DTVR
Wkfld/Moore	T	5pm	UR8.BM2Y	4/7	DTVR
Wkfld/Moore	Sa	2pm	UR8.8SBK	3/21	DTVR

## (4-5 yrs.)

CubRunREC	M	4:30pm	094.ZTVA	3/23	4TC
CubRunREC	T	5:50pm	094.KD50	3/24	4TC
CubRunREC	W	5:50pm	094.Y9CW	3/25	4TC
CubRunREC	Sa	11:30am	094.8DDF	3/21	4YC
MtVernREC	Sa	9:30am	094.76OR	3/21	4TA
MtVernREC	Sa	10:30am	094.OFK1	3/21	4TA
OakmontREC	Sa	11:45am	M3Q.22S2	4/11	DTVF
ProvREC	Su	10:40am	M3Q.BMYQ	4/12	DTVR
SoRunREC	Sa	11am	M3Q.6EY5	3/21	DTVR
Wkfld/Moore	Th	10:30am	M3Q.P81E	3/26	DTVR

## Tumbling

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

4TA 10--45 minute lessons--\$124

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	2pm	D57.14XQ	3/22	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, including stretching, movement exercises and different styles of dance.

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
MtVernREC	W	6:30am	ZIH.PWQG	3/25	4PA

### Intro to Ballet

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

**CPVF 8--55 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12:30pm	408.WF69	3/21	CPVF

### 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--\$113**  
**4PA 10--55 minute lessons--\$144**  
**CPVF 8--55 minute lessons--\$131**  
**DPVK 10--55 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
SoRunREC	W	5pm	SSF.PU7M	3/25	4PA
CubRunREC	Su	3:20pm	2BE.8DVO	3/22	CPVF
Franconia Rec	F	5:55pm	2BE.2ZIC	3/27	CPVF
OakmontREC	Sa	11:20am	2BE.SN1S	3/28	CPVF
OakmontREC	Su	9am	2BE.68WV	3/29	CPVF
Oakton ES	Sa	12:30pm	2BE.8A07	3/21	CPVF
Wkfld/Moore	Sa	9:55am	2BE.SVWY	3/21	CPVF
<b>(6-12 yrs.)</b>					
DeerPk ES	Th	5:30pm	5KA.T33N	3/26	3PA
SoRunREC	T	6pm	5KA.O2LO	3/24	4PA
OakmontREC	Sa	12:20pm	6A6.0UFL	3/28	CPVF
SoRunREC	Su	1pm	6A6.0K7N	3/22	DPVK
<b>(10-14 yrs.)</b>					
DeerPk ES	Th	6:30pm	96S.M431	3/26	3PA
<b>(13-Adult)</b>					
Wkfld/Moore	T	8pm	63B.47M5	3/24	4PA
MtVernREC	Th	8pm	63B.23QM	3/26	4PA

### Ballet & Jazz

**(5-7 yrs.)** Introduction to basic steps and movements for ballet and jazz.

**CPVF 8--55 minute lessons--\$131**  
**DPVJ 10--55 minute lessons--\$164**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2:15pm	10E.M70E	3/21	CPVF
OakmontREC	Sa	9:30am	10E.V0F5	3/28	CPVF
ProvREC	M	5:30pm	10E.6VUD	4/13	CPVF
Wkfld/Moore	Th	5:30pm	10E.APA8	3/26	DPVJ

### Home School Dance Combo

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

**CPVF 8--55 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	12pm	DP8.53E3	3/23	CPVF

### Combo Dance & Tap

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

**4PA 10--55 minute lessons--\$144**  
**CPVF 8--55 minute lessons--\$131**  
**DPVK 10--55 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
CubRunREC	Su	1:30pm	3A9.P281	3/22	CPVF
OakmontREC	Su	12pm	3A9.RHE7	3/29	CPVF
SoRunREC	Su	11am	3A9.3PUY	3/22	DPVK
<b>(6-12 yrs.)</b>					
SoRunREC	W	6pm	3EE.GC06	3/25	4PA

### 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--\$144**  
**CPVF 8--55 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
<b>(5-8 yrs.)</b>					
Franconia Rec	Th	5:45pm	NFK.24XU	3/26	CPVF
OakmontREC	Th	6pm	NFK.PJOP	3/26	CPVF
OakmontREC	Su	10:55am	NFK.OYVC	3/29	CPVF
ProvREC	Sa	11:30am	NFK.YHDF	4/11	CPVF
ProvREC	F	6pm	NFK.W2LM	4/17	CPVF
Wkfld/Moore	F	6:05pm	NFK.GE8C	3/27	CPVF
<b>(6-12 yrs.)</b>					
MtVernREC	Th	6pm	NBE.IX3H	3/26	4PA

### Hip Hop I

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

**4PA 10--55 minute lessons--\$144**  
**CPVF 8--55 minute lessons--\$131**  
**DPVK 10--55 minute lessons--\$197**  
**DPVN 8--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
CubRunREC	Sa	3:20pm	209.J9YJ	3/21	CPVF
MtVernREC	Sa	1pm	GHO.6MEV	3/21	DPVK
ProvREC	Su	11am	209.N3AE	4/12	CPVF
ProvREC	M	6:30pm	209.MS1L	4/13	CPVF
SoRunREC	Sa	1pm	209.TTKN	3/21	CPVF
SoRunREC	Su	12pm	209.AG4A	3/22	DPVK
SpHillREC	Th	6pm	209.DL6C	3/26	DPVN
Wkfld/Moore	Sa	11am	209.M9L1	3/21	CPVF
<b>(8-13 yrs.)</b>					
MtVernREC	Sa	2pm	P3P.7FDF	3/21	DPVK
MtVernREC	Th	7pm	P3P.M0E0	3/26	4PA
ProvREC	Su	12pm	085.4YJ5	4/12	CPVF
SoRunREC	Sa	2pm	085.H0FX	3/21	CPVF
SpHillREC	Th	7pm	085.PI6X	3/26	CPVF
Wkfld/Moore	Sa	12pm	085.3JSE	3/21	CPVF
<b>(13-Adult)</b>					
MtVernREC	Sa	3pm	0DH.DB7K	3/21	DPVK
OakmontREC	Sa	5:25pm	5CF.BZAE	3/28	CPVF
ProvREC	M	7:35pm	5CF.CTY1	4/13	CPVF

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baked goods, plants, eggs  
meat, dairy and flowers

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# Dance

## 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--\$131						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	4:30pm	5MC.K14Q	3/21	CPVF	
ProvREC	F	7pm	5MC.X600	4/17	CPVF	
Wkfld/Moore	T	11:30am	5MC.J255	3/24	CPVF	
Wkfld/Moore	F	7pm	5MC.XY2S	3/27	CPVF	

## Tap I

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

CPVF 8--55 minute lessons--\$131						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	12:05pm	XNE.P3TY	3/23	CPVF	
OakmontREC	M	11:15am	XNE.MX69	3/23	CPVF	
OakmontREC	Th	7pm	XNE.EOWX	3/26	CPVF	
OakmontREC	Sa	4:15pm	XNE.A4CS	3/28	CPVF	

## Tap II

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

4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	7pm	D94.18MJ	3/22	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--\$144						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	6pm	C3B.JG6D	3/22	4PA	

## Ballroom Dancing I

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

3PA 8--55 minute lessons--\$113						
4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	

### (Singles & Couples)

MtVernREC	M	7pm	162.0PYK	3/23	3PA	
OakmontREC	Su	12pm	162.74EP	3/29	4PA	
Wkfld/Moore	T	6:30pm	162.VF41	3/24	4PA	

### (Couples only)

Franconia Rec	Su	1pm	A6D.HSBT	3/22	4PA	
Franconia Rec	Th	8:10pm	A6D.AUZ8	3/26	4PA	
Frying Pan Pk	T	7pm	A6D.P69B	3/24	3PA	
ProvREC	M	7pm	A6D.5BOG	4/13	3PA	
SphillREC	Su	3pm	A6D.9N1P	3/22	4PA	

## Ballroom Dancing II

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

3PA 8--55 minute lessons--\$113						
4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	

### (Singles & Couples)

OakmontREC	Su	1pm	956.5G27	3/29	4PA	
Wkfld/Moore	T	7:30pm	956.N34Y	3/24	4PA	

### (Couples only)

Franconia Rec	Su	2pm	25B.7845	3/22	4PA	
Franconia Rec	Th	8:10pm	25B.J8WB	3/26	4PA	
Frying Pan Pk	T	7pm	25B.TBRK	3/24	3PA	

## Ballroom Dancing III

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

3PA 8--55 minute lessons--\$113						
4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	

### (Singles & Couples)

OakmontREC	Su	2pm	B81.NZVW	3/29	4PA	
Wkfld/Moore	Th	7:30pm	B81.6QSB	3/26	4PA	

### (Couples only)

Franconia Rec	M	8:10pm	F68.B984	3/23	4PA	
Frying Pan Pk	T	8pm	F68.GD6M	3/24	3PA	

## Ballroom Dancing IV Couples only

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

4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	8:10pm	DAD.9V2F	3/23	4PA	

## 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--\$144						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	4pm	QM4.COQL	3/21	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--\$144						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	5pm	KIS.I25Y	3/21	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--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	4pm	MD6.DQAM	3/29	4PA	

## Quickstep Dance

**(13-Adult)** Learn this powerful, flowing, faster, more dynamic version of the slow foxtrot. Basic steps are at nearly running pace with hops, skips, flicks and crossing of the feet. Singles are welcome, partners are encouraged. Each student must register.

4PA 10--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	3pm	EBK.OWY1	3/29	4PA	



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If you have questions, please email [FCAJOBS@fairfaxcounty.gov](mailto:FCAJOBS@fairfaxcounty.gov)



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**Line Dancing I**

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

**4PA 10--55 minute lessons--\$144**  
**DPVN 8--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.MN11	3/23	4PA
OakmontREC	F	10am	W7D.W60I	3/27	DPVN
SpHillREC	T	11am	W7D.XC1P	3/24	DPVN

**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--\$144**  
**DPVN 8--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.8OMB	3/23	4PA
SpHillREC	T	9:30am	924.XAVU	3/24	DPVN

**Line Dancing All Levels**

**(13-Adult)** Students of all ability levels are welcome in this class which provides alternative steps for different abilities. Basic steps such as grapevines, as well as more complex steps such as weaves, sailor shuffles and swivels.

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	U56.V9B1	3/26	4PA

**Country & Western Dancing I**

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

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	3pm	706.PYHT	3/21	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--\$144**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	4pm	607.TVGY	3/21	4PA
Frying Pan Pk	W	6pm	607.V9FF	3/18	4PA
OakmontREC	Su	3pm	607.J2L3	3/29	4PA

**Country & Western Line Dancing Beginning II**

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

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	5pm	C8C.29SZ	3/21	4PA
Frying Pan Pk	W	7:15pm	C8C.FVBZ	3/18	4PA
OakmontREC	Su	4pm	C8C.IJMB	3/29	4PA

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



**Country & Western Line Dancing Intermediate I**

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

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	742.0MJF	3/29	4PA

**Country & Western Line Dancing Intermediate II**

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

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	6pm	81E.QH9S	3/29	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--\$113**  
**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
ProvREC	M	8pm	872.WIR1	4/13	3PA
Wkfld/Moore	F	7:30pm	872.ME4K	3/27	4PA

**Latin Dancing I**

**(13-Adult)** Learn the basic figures and turns from some of the most popular dances - bachata, rumba, cha cha, salsa and merengue. 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--\$113**  
**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
MtVernREC	W	7pm	7BF.UG2V	3/25	3PA
SpHillREC	Su	2pm	7BF.ALB6	3/22	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--\$144**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	375.40X1	3/29	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--\$144**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	P7M.HX0P	3/27	4PA

**Belly Dance I**

Get in shape while learning the magic and mystery of the oldest dance form.

**3PA 8--55 minute lessons--\$113**  
**CPVF 8--55 minute lessons--\$131**

Location	Day	Time	Code	Begin	\$
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<b>(13-Adult)</b>					
OakmontREC	W	12:30pm	Y21.LGGE	3/25	CPVF
ProvREC	F	12:20pm	Y21.YNUK	4/17	CPVF
Wkfld/Moore	Th	12:30pm	Y21.NYXM	3/26	CPVF

<b>(Adults)</b>					
CubRunREC	W	6pm	C24.8X0Q	3/25	3PA
MtVernREC	Su	1pm	C24.HB0Q	3/22	3PA
MtVernREC	Su	11am	C24.SGYR	3/22	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--\$144**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.4U9U	3/22	4PA

**Hula Dance-Intermediate**

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

**4PA 10--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.NZPD	3/22	4PA

**Bollywood Fusion**

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

**3PA 8--55 minute lessons--\$113**

Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	VE2.Y4AK	3/25	3PA

## Day Trips & Tours

Scan the QR code to go directly to the Parktakes Online Day Trips & Tours page.



### Day Trips & Tours Information & Policies

**Transportation:** Transportation is either by chartered motor coach equipped with reclining seats and restroom or by a small bus or van.

**Bus Seating:** Registered participants may select seats on a first-come first-served basis. Usually, two seats adjacent to the driver are reserved for the trip escort and a tour guide (if needed). The trip escort will try to accommodate requests for special seating when possible.

**Age Parameters:** FCPA trips are for ages 18 years and older.

**Alcohol:** No kegs, opened cans or glass containers are allowed on the bus. No large coolers are allowed unless the cooler can be positioned on the back seat so that it does not take away a seat from any passenger. Damage or spillage from a cooler can stain coach seat upholstery and compromise bus cleanliness and appearance.

**Discounts:** Early registration discounts apply only to tours first advertised in this issue of Parktakes. Senior discount fees do not apply to tours. The class scholarship policies also do not apply to tours.

**People with Disabilities:** Participants requiring ADA accommodations must call 703-324-8563 at least 10 business days in advance of the scheduled activity. TTY Va. Relay 711.

**Cancellations:** The FCPA reserve the right to cancel a trip due to low enrollment and/or other circumstances. If a trip is canceled, all registrants will be notified, and all fees will be refunded to your Parktakes account. Trips are not canceled due to inclement weather unless you are notified by phone.

**Refund Policy:** Refunds, credits or transfers for day trips are allowed up to 14 days prior to the trip date. Cancellation/refund requests received 13 or fewer days prior to the trip date will not be granted because of bus company and vendor deadlines. For trips requiring deposits, the deposit is nonrefundable. You can, however, substitute another person in your place.

The FCPA retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.

Schedule times are approximate. Reasonable substitutions for some items included in the printed trip description may be necessary in certain cases. Refunds are not given for delays or changes in the itinerary due to weather, traffic, security delays, crowds, mechanical breakdown, or other factors beyond the Park Authority's control. FCPA is not liable for cost of tickets, meals or expenses due to schedule changes.

**Confirmation and Itinerary:** A welcome email is sent 1-2 weeks before the trip with important information regarding the trip.



### Getaway - Maymont and Tea, Richmond, VA

**(16-Adult)** Enjoy a day steeped in beauty, tradition, and history. Begin the day with a tour of the newly renovated Gilded Age mansion of Maymont and the surrounding gardens, including the elaborate Italianate and sublime Japanese gardens. Enjoy an afternoon tea at the Jefferson Hotel. Wear comfortable walking shoes and dress for the weather. Trip departs Green Spring Gardens at 8 a.m. and returns at 5 p.m. Includes motor coach, admission and tea. Trip cancellation deadline: May 13.

Location	Day	Time	Code	Date	\$
GrnSprGardn	W	8am	5EB.JQDU	5/27	\$179



### Getaway - Monticello, Charlottesville, VA

**(Adults)** Enjoy a memorable day trip to Monticello, the historic home of Thomas Jefferson. Explore the beautifully preserved estate, gardens and exhibits that offer insight into Jefferson's life and legacy. Savor a delicious lunch at the Monticello café, featuring fresh, locally inspired fare. Afterwards, browse the Thomas Jefferson Center for Historic Plants, where you'll find unique seeds, herbs and garden gifts inspired by Jefferson's horticultural interests. Bus departs Green Spring Gardens at 7 a.m. and returns at 6 p.m. Cancellation deadline: April 7. This program links to the VA250 and Fairfax250 commemoration.

Location	Day	Time	Code	Date	\$
GrnSprGardn	T	7am	YME.DAJZ	4/21	\$144



## Weddings

at Twin Lakes and Laurel Hill Golf

- Friendly, dedicated event planners
- Beautifully decorated clubhouses
- Minutes from airports, lodging and our nation's capital
- Also available for rehearsal dinners, parties and showers



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# Equestrian and Farm

## FCPA Equestrian Facilities

### Frying Pan Farm Park



2709 West Ox Road, Herndon  
[www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park)  
 703-437-9101

- Indoor and outdoor riding arenas
  - Jump equipment
  - Dressage ring
  - Cross-country course
  - Brand-new sound system
  - Horse shows
  - State-of-the-art barns with stalls for 150 horses.
- Due to the heavy use of indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not have horses for rent. For show schedules, entry forms and rental details visit [www.fairfaxcounty.gov/parks/fryingpanpark](http://www.fairfaxcounty.gov/parks/fryingpanpark).

### Laurel Hill Equestrian Center



9500 Furnace Road, Lorton

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

Scan the QR code to go directly to the Parktakes Online Equestrian & Farm page.



### Turner Farm Park



925 Springvale Road, Great Falls  
 703-437-8261

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

## Equestrian Programs and Classes

Please note that if you are unable to attend class, you must notify the stable at least one day in advance.

Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes.

### Frying Pan Farm Park

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



## English Style Riding Lessons

Student weight must not exceed 175 lbs.

### Horseback Riding-Beginner

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

8--45 minute lessons--\$840

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	15F.F8LE	3/23	\$840
Frying Pan Pk	M	7pm	15F.X6TM	3/23	\$840
Frying Pan Pk	T	6pm	15F.TCSG	3/24	\$840
Frying Pan Pk	T	7pm	15F.ØDLV	3/24	\$840
Frying Pan Pk	Th	6pm	15F.LVDC	3/26	\$840
Frying Pan Pk	Th	7pm	15F.CPM3	3/26	\$840

### 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.

8--45 minute lessons--\$840

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	6pm	GR4.IL1Q	3/25	\$840
Frying Pan Pk	W	7pm	GR4.52RW	3/25	\$840



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# Equestrian and Farm

## 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.

### 8--45 minute lessons--\$840

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	1F7.C263	3/23	\$840
Frying Pan Pk	T	6pm	1F7.U5Y4	3/24	\$840
Frying Pan Pk	W	6pm	1F7.74MK	3/25	\$840
Frying Pan Pk	Th	6pm	1F7.1MS0	3/26	\$840

## 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. A medical form is required by Spirit for participation.

### 8--45 minute lessons--\$840

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	7pm	JJJ.5027	3/23	\$840
Frying Pan Pk	T	7pm	JJJ.919R	3/24	\$840
Frying Pan Pk	W	7pm	JJJ.RN0Z	3/25	\$840
Frying Pan Pk	Th	7pm	JJJ.XA2E	3/26	\$840

## Farm

### 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 School (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts.

See current hours at [www.fairfaxcounty.gov/parks/operational-hours](http://www.fairfaxcounty.gov/parks/operational-hours)



## Child and Parent Programs

### 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	\$
<b>(2-3 yrs.)</b>					
Frying Pan Pk	T	9:45am	58A.FN2T	4/7	\$12/child
Frying Pan Pk	F	9:45am	58A.MBYU	4/10	\$12/child
Frying Pan Pk	T	9:45am	58A.GFON	4/21	\$12/child
Frying Pan Pk	F	9:45am	58A.I3XB	4/24	\$12/child
Frying Pan Pk	T	9:45am	58A.HY71	5/5	\$12/child
Frying Pan Pk	F	9:45am	58A.ZCD0	5/8	\$12/child
Frying Pan Pk	T	9:45am	58A.YZGX	5/19	\$12/child
Frying Pan Pk	F	9:45am	58A.R3IB	5/22	\$12/child
<b>(3-5 yrs.)</b>					
Frying Pan Pk	T	11am	100.YMHM	4/7	\$12/child
Frying Pan Pk	F	11am	100.AV1S	4/10	\$12/child
Frying Pan Pk	T	11am	100.7NF0	4/21	\$12/child
Frying Pan Pk	F	11am	100.I54B	4/24	\$12/child
Frying Pan Pk	T	11am	100.B4CS	5/5	\$12/child
Frying Pan Pk	F	11am	100.Z50D	5/8	\$12/child
Frying Pan Pk	T	11am	100.8YPW	5/19	\$12/child
Frying Pan Pk	F	11am	100.DXK7	5/22	\$12/child



### Buy Fresh, Buy Local . . .

fruits, vegetables, honey, eggs, plants, baked goods, meat, dairy and flowers  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)



# SPRING FARM DAY

## SATURDAY, MAY 2 • 10 A.M. - 3 P.M.

### FRYING PAN FARM PARK



- Sheep shearing
- Antique farm equipment demos
- Milking demonstrations
- Hands-on farm activities
- Spring baby animal boom on the farm
- Enjoy crafts, games and wagon rides\*



Online presale - \$12 until May 1 (Ages 2 and up)  
At the door - \$15 (walk-ins welcome)

\*One wagon ride included with each paid admission

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



**Children's Programs**

**Animal House Party**

**(4-9 yrs.)** Solve the mystery of who came to the animal house party using observation and your senses. Look for and record clues to make a list of animals who came, saw and partied. Meet and pet some of the mischievous animals who should have known better.

1--45 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	T	10am	045.S616	3/31	\$8/child

**Farm Skills - Animal Caretaker**

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	10am	E4D.XM74	4/1	\$10/child

**Farm Skills - Dairy**

**(7-14 yrs.)** Come learn about dairy cows on one of the last working dairy farms in Fairfax County. See our cow get milked and help them get feed. Learn about the history of dairy farming and the process to make milk into dairy products.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	3:45pm	V35.PR7K	4/3	\$10/child

**Family/All Ages**

Children must be accompanied by an adult also registered in the program.

**Campfire Wagon Ride**

**(2-Adult)** Enjoy an intimate after hours experience at the farm as day turns to night. Register for a wagon ride time and enjoy the bonfire after your ride. Staff will provide marshmallows for roasting but feel free to bring along any other treat for yourselves.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	6pm	DEB.IZP8	5/8	\$10/ea.
Frying Pan Pk	F	6:30pm	DEB.VPOZ	5/8	\$10/ea.
Frying Pan Pk	F	7pm	DEB.OCWP	5/8	\$10/ea.

**Putting the Animals to Bed**

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5:30pm	KOP.Y70U	3/6	\$10/ea.
Frying Pan Pk	Sa	5:30pm	KOP.TIDM	3/7	\$10/ea.
Frying Pan Pk	Su	6:30pm	KOP.EA4H	3/8	\$10/ea.
Frying Pan Pk	F	6:30pm	KOP.O9W0	3/13	\$10/ea.
Frying Pan Pk	Sa	6:30pm	KOP.62F6	3/14	\$10/ea.
Frying Pan Pk	Su	6:30pm	KOP.VZBX	3/15	\$10/ea.
Frying Pan Pk	F	6:30pm	KOP.CPFW	3/20	\$10/ea.
Frying Pan Pk	Sa	6:30pm	KOP.WNES	3/21	\$10/ea.
Frying Pan Pk	Su	6:30pm	KOP.KJ8M	3/22	\$10/ea.
Frying Pan Pk	Th	7pm	KOP.FOW5	4/2	\$10/ea.

**Sheep to Chic - Woolly Wonders**

**(7-Adult)** Learn about the importance of wool crafting for farm families in the past. Meet sheep at the farm and observe their habitats and then get hands-on crafting wool into a take home craft.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	2pm	AP0.ML45	3/30	\$12/ea.

**Teen/Adult Programs**

**Nighttime Farmer**

**(13-Adult)** Be a farmer for the night and help us check on farm animals young and old! Every season has special requirements for our animals to get some extra attention. Enjoy a nighttime farm tour and learn what it takes to care for our farm animals during birthing season and beyond.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	8pm	FFR.QBSW	3/28	\$10/ea.
Frying Pan Pk	F	8pm	FFR.ICTH	4/10	\$10/ea.



# NOW HIRING!

## Part-Time Seasonal Maintenance Workers

Positions available across Fairfax County (work vehicle provided!)

Love the outdoors? Enjoy making a difference?

Join our team and help keep our parks clean, safe and beautiful for the community!

**What You'll Do:**

- Maintain athletic fields, picnic shelters & park grounds
- Collect and dispose of trash and recycling to keep parks pristine

**Requirements:**

- Valid driver's license
- Ability to lift up to 50 lbs & operate vehicles
- Comfortable working outdoors
- Ability to stand, walk & work on uneven terrain
- Weekend work required

\* All duties are performed with or without reasonable accommodations.

JoinFCPA

@fairfaxparks

[www.fairfaxcounty.gov/parks/parkops/employment-opportunities](http://www.fairfaxcounty.gov/parks/parkops/employment-opportunities)

Questions? Contact [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)

# EGG HUNTS

## Baskets and Bunnies - Amusements Tickets

**(All Ages)** Join Sunny the Bunny at Burke Lake Park for a day of Spring surprises and delights! Enjoy carousel and miniature train rides, crafts, games and mini-golf. Amusements tickets are \$20 if purchased up to two days before the event and \$25 on the day of the event, with limited quantities available. Each person must register, and children under age 2 ride free with a paying adult. Egg Hunt tickets are sold separately. No refunds will be issued once the event has started. For questions, please contact the site directly.

### 1--7 hour pass

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	857.4LE5	4/4	\$20/ea.

## Baskets and Bunnies - Egg Hunt Tickets

Egg Hunt tickets are \$6 if purchased up to two days before the event and will not be available at the door, so don't miss out. Only children participating in the egg hunt need a ticket, and one parent may accompany each child. Please arrive on time, as space in other time slots cannot be guaranteed. Amusements tickets are sold separately through Parktakes and a limited number may be available the day of the event. No refunds will be issued once the event has started. For questions, please contact the site directly.

### 1--Egg Hunt

Location	Day	Time	Code	Date	\$
<b>(1-4 yrs.)</b>					
BurkeLakePk	Sa	11am	Ø14.VZ6S	4/4	\$6/child
BurkeLakePk	Sa	11:45am	Ø14.7ONP	4/4	\$6/child
BurkeLakePk	Sa	12:15pm	Ø14.CYI7	4/4	\$6/child
BurkeLakePk	Sa	12:30pm	Ø14.66N6	4/4	\$6/child
BurkeLakePk	Sa	12:45pm	Ø14.5H4L	4/4	\$6/child
BurkeLakePk	Sa	1pm	Ø14.P987	4/4	\$6/child
BurkeLakePk	Sa	1:30pm	Ø14.7P6M	4/4	\$6/child
BurkeLakePk	Sa	2pm	Ø14.T6LC	4/4	\$6/child
BurkeLakePk	Sa	2:30pm	Ø14.5FQ7	4/4	\$6/child
BurkeLakePk	Sa	2:45pm	Ø14.RKPB	4/4	\$6/child
BurkeLakePk	Sa	3pm	Ø14.OVVP	4/4	\$6/child
BurkeLakePk	Sa	3:30pm	Ø14.U7K9	4/4	\$6/child
BurkeLakePk	Sa	4pm	Ø14.DVØZ	4/4	\$6/child
BurkeLakePk	Sa	4:15pm	Ø14.VICZ	4/4	\$6/child
BurkeLakePk	Sa	4:45pm	Ø14.C1DP	4/4	\$6/child
<b>(5-7 yrs.)</b>					
BurkeLakePk	Sa	11:30am	ØC1.MJOB	4/4	\$6/child
BurkeLakePk	Sa	1:15pm	ØC1.PPPV	4/4	\$6/child
BurkeLakePk	Sa	2:15pm	ØC1.2363	4/4	\$6/child
BurkeLakePk	Sa	3:45pm	ØC1.OTNA	4/4	\$6/child
BurkeLakePk	Sa	4:30pm	ØC1.E7J8	4/4	\$6/child



## Baskets & Bunnies - Sensory Egg Hunt

**(1-7 yrs.)** Hop into a sensory-friendly spring celebration at Burke Lake Park. This special egg hunt for children ages 1-7 with disabilities offers a quieter space where participants can enjoy the fun at their own pace. Egg Hunt tickets are \$6 if purchased up to two days before the event and will not be available at the door. Only children participating need a ticket. Amusements tickets are sold separately through Parktakes, and a limited number may be available the day of the event. No refunds will be issued once the event has started. Egg hunt times are specified at registration. For questions, please contact the site directly.

### 1--Egg Hunt

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11:15am	LEB.CKT1	4/4	\$6/child
BurkeLakePk	Sa	1:45pm	LEB.HTMJ	4/4	\$6/child

## Bubbles & Bunnies

**Saturday, April 4**

**9-10:15 a.m., 10:30-11:45 a.m., Noon-1:15 p.m.**

**\$21 per participating child**

**Reservations required**

**(2-12 yrs.)** Hop on over to Cub Run Rec Center as we help the Easter Bunny rescue his lost ducks in the leisure pool. After reuniting the Easter Bunny with his thousands of errant friends, stay and enjoy the slides, lazy river and play features. Each child will receive a basket for hunting to gather up all the wayward ducks. Children under the age of 3 and all non-Swimmers must be accompanied by an adult 16 or older. Must be 48" or taller to use water slides. Check in begins 30 minutes prior to the start of the event to allow families ample time to change into proper swimming attire. Non swimmers and children under the age of 3 must be accompanied by an adult age 16 or older. Children must be 48 inches or taller to use the water slides.

## Egg Hunt at Colvin Run Mill

**(2-9 yrs.)** Hunt for eggs filled with treats and treasures on the grounds of Colvin Run Mill Historic Site. Separate hunts by age group. Before the hunt, make egg-cellent crafts to take home. Bring your own basket; program will be held rain or shine.

### 1--Egg Hunt

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	D2Ø.HEUY	4/4	\$12/child
ColvinRunMill	Sa	12:30pm	D2Ø.CYHA	4/4	\$12/child
ColvinRunMill	Sa	2pm	D2Ø.EBVL	4/4	\$12/child

## Mini-Golf Egg-plorations

**Saturday, March 28, 11 a.m.-3 p.m.**

**\$16 per child, egg hunt experience**

**Reservations required**

**(2-9 yrs.)** Bring your basket to Oakmont Rec Center and search for eggs throughout the mini-golf course. There will be face painting, popcorn, games and kids can decorate their very own egg to take home. Only children participating in the egg hunt need to purchase an egg-ploration ticket. One to two adults are allowed to accompany each child for the hunt. Please note that the mini-golf course will be closed for the Egg-ploration. Walk-in registrations are limited so reserve your space early. Contact the site directly with any questions. Please be on time for your egg-ploration timeslot.



**Art and Architecture at Huntley**

**(All Ages)** Join us at Historic Huntley for a celebration of arts and architecture in conjunction with the Northern Virginia chapter of the American Institute of Architects' Architecture Month. From 1:00 p.m. to 3:00 p.m., enjoy free tours of Historic Huntley and watch artists at work creating paintings "en plein air" (outdoors). At 3:00 p.m. attend a free reception for the artists whose paintings of the day will be available for viewing and sale. Admission to the grounds, site tours and reception attendance are free. Please register to help us plan for the event.

**1--2 hour event**

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	5E6.GWUR	4/11	Free

**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	6pm	4DF.TXJH	3/7	\$10/ea.



**Bluebells at the Bend**

**(5-Adult)** Celebrate the Virginia Bluebells that carpet the early spring forest.. Enjoy wildflower walks, live animals, exhibitors, live music, kids crafts and food. Cost \$10 per person online until April 10, \$15 per person day of event admission.

**1--4 hour event**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	FD6.L2PB	4/11	\$10/ea.

**Horse Expo**

**(All Ages)** This event is for anyone from experienced riders to new riders, those with aspirations to ride or just people wanting to see horses. Explore food trucks, demonstrations, educational speakers, and businesses that sell horse-related products and services. Parking fee of \$10 per vehicle in advance and day of event.

**Special Event**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	R4K.LIYP	4/18	\$10/car

**Spring Farm Day**

**(2-Adult)** Watch sheep shearing and farm equipment demonstrations. See milking demos and participate in hands-on farm activities. Enjoy crafts, games and get an up-close introduction to the baby farm animals. One wagon ride included with each paid admission. Cost is \$12 per person ages 2 and older before May 1. Walk-ins welcome, \$15 on the day of the event.

**1--5 hour event**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	6D0.EU1S	5/2	\$12/ea.

**Wetlands Awareness Day**

**(All Ages)** Celebrate the significance of Huntley Meadows Park, Fairfax County Park Authority's premier wetland sanctuary, by discovering the beauty and importance of wetlands during this free event. Families will stroll the forested paths and immersive half mile boardwalk trail to learn about the plants and animals that live in the park. See live raptors, reptiles and amphibians up close and enjoy interactive displays and activities. Collect a stamp at each station to receive a prize. Rain or shine.

**1--4 hour event**

Location	Day	Time	Code	Date	\$
HuntMdws	Su	12pm	E29.WTB2	5/3	Free

*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)



**Spend Sun-Soaked Days at THE WATER MINE**

**Rental Areas**

- Funbrellas
- Cabanas
- Canopies/Tents
- Bungalows
- Awnings

- ✓ Take the plunge and secure your spot in advance.
- ✓ Please note that rental fees do not include admission.
- ✓ Be sure to get your tickets in advance.

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

**ASIAN AMERICAN & NATIVE HAWAIIAN & PACIFIC ISLANDER MONTH Celebration**

**SATURDAY, MAY 9, 2026 12:30 - 5 p.m.**

Mason District Park  
6621 Columbia Pike • Annandale, Va.

Experience a variety of cultural offerings, including:

- Live Performances
- Demonstrations
- Food Vendors
- Cultural Resources
- Exhibitors
- Parades
- Art Showcase

Join the FCPA and community partners for a celebratory day of Asian Culture and Heritage!

**FREE FAMILY FUN!**

Visit [www.fairfaxcounty.gov/parks/aapi-celebration/050926](http://www.fairfaxcounty.gov/parks/aapi-celebration/050926) to learn more



**2026 SCHEDULE**  
*Buy Fresh, Buy Local.*

**WEDNESDAYS**  
**McCutcheon/Mt. Vernon Sherwood Library**  
 April 22-November 25 • 8 a.m.-Noon  
 2501 Sherwood Hall Lane, Alexandria  
 SNAP accepted, bonus dollar program!

**Oakmont Rec Center**  
 May 6-October 28 • 8 a.m.-Noon  
 3200 Jermantown Road, Oakton

**Wakefield • Wakefield Park**  
 May 6-October 28 • 2-6 p.m.  
 8100 Braddock Road, Annandale  
 SNAP accepted, bonus dollar program!

**THURSDAYS**  
**Annandale • Mason District Park**  
 May 7-October 29 • 8 a.m.-Noon  
 6621 Columbia Pike, Annandale  
 SNAP accepted, bonus dollar program!

**Herndon**  
 May 7-October 29 • 8 a.m.-Noon  
 700 Block of Lynn St., Herndon

**FRIDAYS**  
**McLean • Lewinsville Park**  
 May 1-October 30\* • 8 a.m.-Noon  
 1659 Chain Bridge Road, McLean  
 \*Closed May 15 for McLean Day

**Kingstowne**  
 May 1-October 23 • 3-7 p.m.  
 5870 Kingstowne Towne Center, Alexandria

**SATURDAYS**  
**Burke • VRE Parking Lot**  
 April 18-November 21 • 8 a.m.-Noon  
 5671 Roberts Parkway, Burke

**Reston • Lake Anne Village Center**  
 April 25-November 21 • 8 a.m.-Noon  
 1609-A Washington Plaza, Reston  
 SNAP accepted, bonus dollar program!

**SUNDAYS**  
**Lorton • VRE Parking Lot**  
 May 3-November 22 • 8 a.m.-Noon  
 8990 Lorton Station Boulevard, Lorton  
 SNAP accepted, bonus dollar program!



For information and directions, visit:  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)  
 or call 703-642-0128

# Spring 2026 Calendar

<b>Tuesday, February 24</b>	
Registration begins for Spring Classes	pg. 126
<b>Sunday, March 1</b>	
Maple Syrup Boil Down	Colvin Run Mill pg. 83
<b>Saturday, March 7</b>	
Astronomy Festival	Turner Farm pg. 55
<b>Saturday, March 21</b>	
Women of Walney Walking Tour	Ellanor C. Lawrence Park pg. 84
Dinosaur Egg Hunt	Hidden Oaks Nature Center pg. 95
<b>Sunday, March 22</b>	
3D Printing Easter Workshop	Providence Rec Center pg. 113
<b>Saturday, March 28</b>	
Mini-Golf Egg-plorations	Oakmont Mini-Golf Course pg. 40
Paper Quilling Egg Ornaments	Oakmont Rec Center pg. 68
<b>Wednesday, April 1</b>	
The Water Mine Gold Rush Season Passes Go On Sale	Lake Fairfax Park pg. 37
<b>Saturday, April 4</b>	
Bubbles & Bunnies	Cub Run Rec Center pg. 41
Baskets and Bunnies	Burke Lake Park pg. 54
Egg Hunt at Colvin Run Mill	Colvin Run Mill pg. 54
<b>Saturday, April 11</b>	
Art and Architecture at Huntley	Historic Huntley pg. 55
Bluebells at the Bend	Riverbend Park pg. 55
Going for the Green Tournament	Pinecrest Golf Course pg. 78
<b>Saturday, April 18</b>	
Farmers Market Opens	Burke VRE Parking Lot pg. 56
Horse Expo	Frying Pan Farm Park pg. 55
<b>Sunday, April 19</b>	
Archaeology at Sully	Sully Historic Site pg. 86
<b>Tuesday, April 21</b>	
Getaway - Monticello, Charlottesville, Va.	Green Spring Gardens pg. 50
<b>Saturday, April 25</b>	
Earth Day Fairfax Festival	Lake Fairfax Park pg. 5
<b>Saturday, May 2</b>	
Spring Farm Day	Frying Pan Farm Park pg. 52
Healthy Strides Heroes vs. Villains 5K/10K	Burke Lake Park pg. 5
Two Person Best Ball	Oakmont Golf Center pg. 78
<b>Sunday, May 3</b>	
Wetlands Awareness Day	Huntley Meadows Park pg. 55
<b>Saturday, May 9</b>	
Asian American Native Hawaiian & Pacific Islander Month Celebration	Mason District Park pg. 55
Spring Best Ball	Jefferson Golf Course pg. 78
<b>Saturday, May 16</b>	
Spring Garden Day The Big Plant Sale	Green Spring Gardens pg. 72
<b>Sunday, May 17</b>	
Anglers with Autism	Burke Lake Park pg. 21
Spring Scramble	Pinecrest Golf Course pg. 78
<b>Saturday, May 23</b>	
Painting Workshop - Garden Stepping Stones	Green Spring Gardens pg. 67
Spring Garden Tour	Green Spring Gardens pg. 74
Spring Team Challenge	Burke Lake Golf Center pg. 78
<b>Wednesday, May 27</b>	
Getaway - Maymont and Tea, Richmond, Va.	Green Spring Gardens pg. 50

## Exercise and Physical Fitness

Scan the QR code to go directly to the Parktakes Online Exercise and Physical Fitness page.



Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to a variety of drop-in classes and specialty classes for an additional registration fee.

### Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 300 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- Visit [www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes) for more information.

### Personal Training

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

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

Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available.

For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.

## Group Muscular Strength & Conditioning

### Athletic Conditioning for Swimmers

**(13-Adult)** Each class includes exercises for increasing power, building core strength, improving cardiovascular stamina and maintaining muscular flexibility. Strive to be your best athletic self.

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	3:30pm	486.U7ER	4/9	4EB

### Body Sculpting

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

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	8am	8B3.XLBQ	4/9	4EB

## TEAM WORK makes the DREAM WORK!

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### 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--\$180					
Location	Day	Time	Code	Begin	\$
ProvREC	M	6pm	A90.AY4U	4/6	4ECA
ProvREC	W	6pm	A90.LHEI	4/8	4ECA
SoRunREC	M	7pm	A90.CVIZ	4/6	4ECA
SoRunREC	W	7pm	A90.EXQ2	4/8	4ECA
SoRunREC	Sa	7:45am	A90.3V2G	4/11	4ECA

### Chair Fitness

**(13-Adult)** These chair-based movements help improve strength, balance, flexibility and cardiovascular health. This class combines chair and standing postures using different alternative and fitness exercise styles plus cardio. Small fitness apparatus can be used. This gentle class is accessible to all fitness levels and benefits seniors and individuals with limited mobility.

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	5pm	20J.F815	4/7	4EB

### Fitness for Seniors

**(60 yrs.+)** Class is designed to help students build greater strength, flexibility and cardiovascular endurance by using weights, bands and low-to moderate-intensity aerobics.

**4EB 11--55 minute lessons--\$157**

**4EC 22--55 minute lessons--\$312**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	1A0.3Z44	4/7	4EB
CubRunREC	T	8am	1A0.KR80	4/7	4EB
CubRunREC	T	12pm	1A0.6ZTP	4/7	4EB
MtVernRec	M	11am	1A0.LCPS	4/6	4EB
MtVernRec	W	11am	1A0.RQY0	4/8	4EB
OakmontREC	F	8am	1A0.959F	4/10	4EB
ProvREC	T/Th	8:30am	1A0.MVEU	4/7	4EC
SpHillREC	T	12pm	1A0.JH1C	4/7	4EB
SpHillREC	F	11am	1A0.7UWT	4/10	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--\$159**  
**4EW 5--55 minute lessons--\$93**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	8am	41C.1T8N	4/7	4ED
OakmontREC	Su	9:30am	41C.3Z77	4/12	4ED
SpHillREC	Su	5pm	41C.JWXF	4/12	4EW

### 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--\$310**

Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	10am	E98.PMVE	4/7	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--\$157**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	12pm	FOC.3G50	4/6	4EB
OakmontREC	T	9:30am	FOC.CM35	4/7	4EB
OakmontREC	W	12pm	FOC.3ANT	4/8	4EB
OakmontREC	Th	10:30am	FOC.XA80	4/9	4EB

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



Visit [www.fairfaxcounty.gov/parks/fifty-plus](http://www.fairfaxcounty.gov/parks/fifty-plus)

# 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--\$180						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	4:30pm	35C.1BF6	4/9	4ECA	
Wkfld/Moore	T	9am	35C.XEGW	4/7	4ECA	
Wkfld/Moore	W	7pm	35C.G10N	4/8	4ECA	
Wkfld/Moore	Th	11:15am	35C.GCU7	4/9	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--\$180						
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	3:30pm	B74.FD4A	4/7	4ECA	

### FCPA Farmers Markets

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

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

## 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--\$198						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	6:30pm	BB2.CJ8G	4/8	4EX	
SoRunREC	Sa	3pm	BB2.4JCV	4/11	4EX	
SoRunREC	Su	11am	BB2.IG31	4/12	4EX	

## Weight Training for Seniors

**(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--\$198						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	12pm	503.R98P	4/6	4EX	
SoRunREC	Th	5:30pm	503.N9BH	4/9	4EX	
SoRunREC	Sa	3pm	503.KVYI	4/11	4EX	
SpHillREC	Th	12pm	503.E8QB	4/9	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--\$198						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	3pm	9EA.2LXH	4/11	4EX	
SoRunREC	Su	9am	9EA.BUQE	4/12	4EX	
SpHillREC	F	12pm	9EA.26P5	4/10	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--\$72						
4EW 5--55 minute lessons--\$93						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	1pm	E8B.UAJ4	4/11	4EW	
MtVernREC	M	4pm	E8B.83YP	4/6	4EW	
MtVernREC	Th	4pm	E8B.68CY	4/9	4EW	
MtVernREC	M	4pm	E8B.AZBR	5/18	4EW	
MtVernREC	Th	4pm	E8B.GDHI	5/21	4EW	
OakmontREC	W	4pm	E8B.QY01	4/8	4EW	
SoRunREC	W	5:30pm	E8B.7N80	4/8	4EW	
SoRunREC	Th	4:30pm	E8B.1C3C	4/9	4EW	
SoRunREC	Sa	4pm	E8B.FZRK	4/11	4EW	
SoRunREC	Th	4:30pm	E8B.7N80	5/14	4EW	
SoRunREC	Su	10:10am	E8B.MEFX	5/17	4EW	
SpHillREC	Th	5pm	E8B.JKMA	4/9	3EW	
SpHillREC	Su	2pm	E8B.7ITP	4/12	3EW	
SpHillREC	Th	5pm	E8B.C8VV	5/14	3EW	
SpHillREC	Su	2pm	E8B.7HMJ	5/31	3EW	
Wkfld/Moore	M	5pm	E8B.M1U1	4/6	4EW	
Wkfld/Moore	M	5pm	E8B.K39L	5/11	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--\$93						
4EX 11--55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	5pm	52C.M40L	4/8	4EX	
SoRunREC	W	6:30pm	52C.MECN	4/8	4EW	
SoRunREC	Sa	3pm	52C.TSDM	4/11	4EW	
SoRunREC	W	6:30pm	52C.HI2C	5/13	4EW	
SoRunREC	Sa	3pm	52C.451X	5/16	4EW	
SpHillREC	T	10am	52C.FAVZ	4/7	4EW	
SpHillREC	T	10am	52C.6AJM	5/19	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--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	9:30am	C1D.0P8D	4/10	4EB	

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

## REC CENTERS

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### FREE ADMISSION ALL DAY WITH SIGN UP\*

\* Admission requires sign up for 7 day free pass or sign up/purchase of 30 days for \$30 pass.

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## 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--\$157					
Location	Day	Time	Code	Begin	\$	
MtVernREC	W	10am	3BF.KPNU	4/8	4EB	
MtVernREC	Th	5pm	3BF.1BDG	4/9	4EB	
OakmontREC	M	7am	3BF.CP2P	4/6	4EB	
SoRunREC	W	9:45am	3BF.TQOP	4/8	4EB	
SoRunREC	Sa	8am	3BF.119W	4/11	4EB	
SpHillREC	Sa	10am	3BF.1S5Z	4/11	4EB	

## Cardio Kickboxing

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

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
ProvREC	T	7pm	7C5.TXVY	4/7	4EB	
ProvREC	Th	7pm	7C5.T1MI	4/9	4EB	
SoRunREC	T	6:30pm	7C5.793Z	4/7	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--\$157					
Location	Day	Time	Code	Begin	\$	
ProvREC	M	5:30pm	EJ.J.TWMH	4/6	4EB	
SoRunREC	T	6pm	EJ.J.YNCP	4/7	4EB	
SoRunREC	Th	6:30pm	EJ.J.F3H6	4/9	4EB	
SoRunREC	Sa	9am	EJ.J.X5ZE	4/11	4EB	
SoRunREC	Su	3:45pm	EJ.J.FSOK	4/12	4EB	

## Gentle Cardio

**(13-Adult)** This class is easy on the joints. Low impact aerobics offers an exciting, moderate intensity workout without any jumping. Class may include light body sculpting with hand weights or floor work at the end.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	11am	GN4.VSOF	4/8	4EB	
CubRunREC	Th	12pm	GN4.3DWC	4/8	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.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	4:30pm	OJ.J.IUYG	4/10	4EB	
SpHillREC	Th	5pm	OJ.J.YB8T	4/9	4EB	

## 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 heartrate up. Modifications are made for all fitness and comfort levels.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	9am	CAP.WKHI	4/11	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--\$157					
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	8pm	69F.7MMI	4/6	4EB	
SoRunREC	W	8pm	69F.MKJQ	4/8	4EB	
SoRunREC	Th	8pm	69F.TOTE	4/9	4EB	
SoRunREC	F	6pm	69F.GP1V	4/10	4EB	
SoRunREC	Sa	9am	69F.GZ5P	4/11	4EB	
Wkfld/Moore	F	9am	69F.QJHK	4/10	4EB	

## Zumba Gold

**(60 yrs.+)** Class features the same great Latin music and dance styles as Zumba but at a slower pace. This is a safe, easy way to do a great total body workout.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	5pm	8F6.GUD3	4/10	4EB	
ProvREC	M	10:30am	8F6.86JP	4/6	4EB	
ProvREC	W	10:30am	8F6.GPNY	4/8	4EB	
Wkfld/Moore	Th	9am	8F6.WFJX	4/9	4EB	

## Alternative Exercise

### Awareness through Movement- Posture & Easy Walking

**(13-Adult)** These gentle Feldenkrais lessons encourage a reliable upright posture by regaining flexibility and stability and ways of coordinating all body parts into consistent alignment for enjoyable walking.

4EW	5--55 minute lessons--\$93					
Location	Day	Time	Code	Begin	\$	
ProvREC	T	2pm	GP3.Q3MZ	4/7	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.

3EB	8--55 minute lessons--\$113					
4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	11am	FDD.CY6K	4/8	4EB	
ProvREC	Th	1pm	FDD.4GVW	4/9	3EB	
Wkfld/Moore	T	1:30pm	FDD.8D19	3/31	4EB	
Wkfld/Moore	Th	11am	FDD.D3WU	4/2	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--\$157					
Location	Day	Time	Code	Begin	\$	
Franconia Rec	F	10:30am	E7T.KYIV	4/10	4EB	
Franconia Rec	Su	10:30am	E7T.YQJ6	4/12	4EB	

# Exercise and Physical Fitness



## 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--\$73						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	3:15pm	519.IKR6	4/7	4EA	

## 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--\$157						
Location	Day	Time	Code	Begin	\$	
MtVernREC	W	2pm	ED6.13JL	4/8	4EB	
SoRunREC	T	1:30pm	ED6.FCMO	4/7	4EB	
SoRunREC	Th	10:40am	ED6.H4JD	4/9	4EB	
Wkfld/Moore	M	1pm	ED6.MFRT	4/6	4EB	
Wkfld/Moore	M	2:15pm	ED6.4M2P	4/6	4EB	

## Creative Balance

**(Adults)** This class will help participants regain and improve balance skills and move with more ease, agility, and confidence. With upbeat music, simple physical games, props and challenges, you'll get social while addressing a wide range of factors involved in balance, from foot stability to core strength.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	12:30pm	WBB.B2H6	4/7	4EB	
SpHillREC	W	1pm	WBB.JLBV	4/8	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--\$157						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	21C.MNIZ	4/8	4EB	
SoRunREC	T	12:30pm	21C.EKRP	4/7	4EB	
SoRunREC	Th	9:30am	21C.OBXK	4/9	4EB	
Wkfld/Moore	T	6pm	21C.4JN9	4/7	4EB	

## Hatha Yoga I

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

4EB 11--55 minute lessons--\$157						
4EE 11--1 hour 25 minute lessons--\$235						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	6pm	C21.OEJQ	4/6	4EB	
OakmontREC	F	11:30am	C21.IN9A	4/10	4EE	
OakmontREC	Su	10:30am	C21.EOWM	4/12	4EE	
SoRunREC	M	5:45pm	C21.8H1F	4/6	4EB	
SoRunREC	M	9:30am	C21.MFUZ	4/6	4EB	
SoRunREC	T	8pm	C21.HEQH	4/7	4EB	
SoRunREC	W	7pm	C21.GFY7	4/8	4EB	
SoRunREC	W	10:30am	C21.BTZX	4/8	4EB	
SoRunREC	Su	5pm	C21.L7QL	4/12	4EB	
Wkfld/Moore	T	12pm	C21.OTPD	4/7	4EE	

## Hatha Yoga II

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

4EB 11--55 minute lessons--\$157						
4EE 11--1 hour 25 minute lessons--\$235						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	7pm	19F.3RLB	4/9	4EB	
Wkfld/Moore	Th	7pm	19F.NQLH	4/9	4EE	

## Hatha Combo

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

4EB 11--55 minute lessons--\$157						
4EE 11--1 hour 25 minute lessons--\$235						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	M	7pm	F3F.WP11	4/6	4EE	
Wkfld/Moore	T	10:30am	F3F.2FKO	4/7	4EB	
Wkfld/Moore	F	11am	F3F.TZSA	4/10	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--\$157						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	8pm	7C4.ZN7C	4/6	4EB	

## Movement Connection

**(13-Adult)** In today's world, we sit too much and feel disconnected from our bodies, nature and each other. This class helps reverse that by using everyday objects and outdoor spaces (weather permitting) to restore natural ease, balance and strength through guided, level-appropriate challenges. With dynamic and mindful movement, you'll build physical confidence while enjoying connection and time in nature.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	11:30am	771.C26P	4/6	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--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	3:30pm	F82.88V8	4/8	4EB	
OakmontREC	F	7am	F82.A54J	4/10	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--\$157						
4EL 11--45 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	5pm	16E.GT4M	4/8	4EB	
Franconia Rec	W	5:30pm	16E.JWDZ	4/8	4EB	
OakmontREC	W	9am	16E.YAXS	4/22	4EB	
SoRunREC	Th	6pm	16E.XYXM	4/9	4EB	
SoRunREC	Sa	8:50am	16E.XXUM	4/11	4EL	
SpHillREC	T	10am	16E.33WX	4/7	4EB	
SpHillREC	Th	10am	16E.ZRNQ	4/9	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--\$256						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	11am	78C.WDJ3	4/10	4EAA	
SpHillREC	F	12pm	78C.PA0H	4/10	4EAA	
SpHillREC	Sa	11am	78C.SZDJ	4/11	4EAA	

## Pilates Allegro Reformer Lessons

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

4EAA 11--55 minute lessons--\$256						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	6pm	08E.LWV8	4/6	4EAA	
CubRunREC	M	7pm	08E.OBJF	4/6	4EAA	
CubRunREC	M	9:45am	08E.AJ5W	4/6	4EAA	
CubRunREC	M	11am	08E.ZREO	4/6	4EAA	
CubRunREC	M	12pm	08E.DB46	4/6	4EAA	
CubRunREC	T	11am	08E.ZWLF	4/7	4EAA	
CubRunREC	T	5:45pm	08E.NBDW	4/7	4EAA	
CubRunREC	T	6:45pm	08E.DX91	4/7	4EAA	
CubRunREC	T	9am	08E.RQU5	4/7	4EAA	
CubRunREC	T	10am	08E.QD3	4/7	4EAA	
CubRunREC	W	10am	08E.DXSE	4/8	4EAA	
CubRunREC	Th	5:45pm	08E.JHTN	4/9	4EAA	
CubRunREC	F	10am	08E.JYNG	4/10	4EAA	
CubRunREC	Sa	10am	08E.TQDF	4/11	4EAA	
CubRunREC	Sa	11am	08E.Q71W	4/11	4EAA	
CubRunREC	Su	9:30am	08E.SP98	4/12	4EAA	
CubRunREC	Su	10:45am	08E.UPSS	4/12	4EAA	
Franconia Rec	M	6:30pm	08E.SQXR	4/6	4EAA	
Franconia Rec	W	6:30pm	08E.JBNF	4/8	4EAA	
Franconia Rec	W	10am	08E.BNUJ	4/8	4EAA	
Franconia Rec	Th	4pm	08E.9Q9P	4/9	4EAA	
Franconia Rec	Su	5:30pm	08E.C40E	4/12	4EAA	
MtVernREC	M	10:45am	08E.U41S	4/6	4EAA	
MtVernREC	W	11am	08E.PW4I	4/8	4EAA	
MtVernREC	W	6pm	08E.9FBK	4/8	4EAA	
MrVernREC	W	7pm	08E.5VTZ	4/8	4EAA	
ProvREC	M	9:30am	08E.MVOY	4/6	4EAA	
ProvREC	M	10:30am	08E.EAON	4/6	4EAA	
ProvREC	T	6pm	08E.S7H2	4/7	4EAA	
ProvREC	T	10am	08E.H28W	4/7	4EAA	
ProvREC	T	11am	08E.Q90L	4/7	4EAA	
ProvREC	W	10am	08E.J90U	4/8	4EAA	
ProvREC	Th	5:30pm	08E.4AZG	4/9	4EAA	
ProvREC	Th	11:30am	08E.B967	4/9	4EAA	
ProvREC	Su	9am	08E.KRGN	4/12	4EAA	
SoRunREC	M	6pm	08E.N8HW	4/6	4EAA	
SoRunREC	W	10am	08E.3HLT	4/8	4EAA	
SpHillREC	W	6pm	08E.9G6O	4/8	4EAA	
SpHillREC	W	7pm	08E.AUY8	4/8	4EAA	
SpHillREC	Th	6pm	08E.42V4	4/9	4EAA	
SpHillREC	Sa	9am	08E.U12W	4/11	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--\$256						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	T	5:30pm	5B6.OJ24	4/7	4EAA	
Franconia Rec	W	7:30pm	5B6.JNZH	4/8	4EAA	
ProvREC	T	5pm	5B6.9I0S	4/7	4EAA	
ProvREC	Th	10:30am	5B6.S81M	4/9	4EAA	
SpHillREC	M	6:30pm	5B6.5KSS	4/6	4EAA	
SpHillREC	M	7:30pm	5B6.MVQT	4/6	4EAA	
SpHillREC	T	8am	5B6.IV4B	4/7	4EAA	
SpHillREC	T	9am	5B6.AJ2Z	4/7	4EAA	
SpHillREC	W	8am	5B6.L7H1	4/8	4EAA	
SpHillREC	W	9am	5B6.V03H	4/8	4EAA	
SpHillREC	W	10am	5B6.R7J6	4/8	4EAA	
SpHillREC	F	10am	5B6.DRCV	4/10	4EAA	

## Mat Fusion

**(13-Adult)** Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques. Improve flexibility, endurance and muscle tone.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.M52Z	4/7	4EB	

## 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--\$14						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	10am	Y5R.LUCT	3/28	4EZZ	
GrnSprGardn	Sa	11am	Y5R.FO14	4/25	4EZZ	
GrnSprGardn	Sa	10am	Y5R.70LU	5/30	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.

4EB 11--55 minute lessons--\$157						
4EF 10--55 minute lessons--\$142						
DEBA 8--55 minute lessons--\$115						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	ED9.QCVX	4/7	4EB	
Franconia Rec	W	6pm	ED9.HJSG	4/8	4EB	
Frying Pan Pk	Th	8pm	ED9.AYL6	3/19	4EF	
GrnSprGardn	M	1:30pm	ED9.2IJR	3/23	DEBA	
MtVernREC	M	2pm	ED9.JUGP	4/6	4EB	
MtVernREC	Th	2pm	ED9.7VZ3	4/9	4EB	
MtVernREC	S	2pm	ED9.403S	4/12	4EB	
OakmontREC	Th	4:30pm	ED9.L264	4/9	4EB	
ProvREC	M	1:30pm	ED9.GTLO	4/6	4EB	
ProvREC	W	1pm	ED9.T32B	4/8	4EB	
SpHillREC	M	7pm	ED9.AWC7	4/6	4EB	
SpHillREC	Sa	9am	ED9.NBAX	4/11	4EB	



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## Tai Chi II

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

4EB		11--55 minute lessons--\$157				
DEBA		8--55 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5pm	630.HOCQ	4/7	4EB	
Franconia Rec	Th	6pm	630.DBCO	4/9	4EB	
GrnSprGardn	M	12:15pm	630.WSLL	3/23	DEBA	
OakmontREC	Th	5:30pm	630.G357	4/9	4EB	
ProvREC	M	2:30pm	630.MRT8	4/6	4EB	
ProvREC	W	2:30pm	630.8JQV	4/8	4EB	
SpHillREC	M	8pm	630.CLD5	4/6	4EB	
SpHillREC	Sa	10am	630.2JND	4/11	4EB	

## Tai Chi III

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

4EB		11--55 minute lessons--\$157				
DEBA		8--55 minute lessons--\$115				
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	6pm	156.MORK	4/7	4EB	
Franconia Rec	Th	7pm	156.PC2A	4/9	4EB	
GrnSprGardn	M	11am	156.JIFT	3/23	DEBA	
OakmontREC	Th	3:30pm	156.EFEF	4/9	4EB	

## Tai Chi w/Props I

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

4EB		11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	7pm	CF1.7GAA	4/8	4EB	

## Tai Chi Yang Style

**(13-Adult)** Learn six choreographed forms of Tai Chi consisting of 108 postures that are often described as "moving meditation." Traditional martial arts warm-up exercises are included in all classes. Please bring a water bottle, mat and towel to class.

4EB		11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7pm	LLG.UTL9	4/8	4EB	
Wkfld/Moore	Su	9:30am	LLG.2U08	4/12	4EB	
Wkfld/Moore	Su	10:30am	LLG.SVVD	4/12	4EB	

## Vinyasa Yoga

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

4EE		11--1 hour 25 minute lessons--\$235				
4EF		10--55 minute lessons--\$142				
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	6:30pm	308.STFI	4/6	4EE	
OakmontREC	Th	10:15am	308.GSM8	4/9	4EE	
OakmontREC	Th	11am	308.NJE6	4/16	4EF	

## 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--\$235				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	6pm	KXS.C9A9	4/9	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--\$115				
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	M	9:30am	6E6.UZU5	3/23	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--\$73				
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	9am	835.DBMN	3/28	4EA	
Pinecrest GC	Sa	9am	835.FKLE	5/16	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 a sense of wellness.

4EE		11--1 hour 25 minute lessons--\$235				
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	D01.7JDS	4/12	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--\$157				
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	7pm	49D.NEHK	4/6	4EB	

## Yoga on the Putting Green -

### Full Moon Flow

**(Adults)** Experience a unique yoga session under the glow of the full moon on the beautiful putting green at Pinecrest Golf Course. This special session focuses on mindful stretching, breathwork and reflection, strengthening both mind and body in harmony with nature's rhythms. A limited number of mats are available, but participants are encouraged to bring their own.

4EZZ		1--55 minute lessons--\$13				
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	W	8pm	5NP.MT2A	6/10	4EZZ	



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## Outdoor Classes

### 5K Team-Beginner

**(13-Adult)** If you're in it to finish, try this beginner-friendly team. You start out mostly walking and end up running the whole 3.1-mile race.

**3EB 8--55 minute lessons--\$113**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	9am	2E4.MF7D	4/11	3EB

### Outdoor Running for Fitness

**(13-Adult)** Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.SUBO	4/11	4EB

### Try-it Triathlon

**(16-Adult)** Join us at Audrey Moore Rec Center for the first Try-it Triathlon. Swim 300 yards in Audrey Moore Rec Center's Olympic size pool. Bike five miles on a narrow paved and dirt trail to Lake Accotink (trail, mountain and gravel bikes only). Run two miles on a narrow paved and dirt Cross County Trail.

**XXXV Triathlon Fee--\$47**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	7am	07C.KOBT	6/6	XXXV

## Specialty Classes

### 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--\$157**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	11am	CTY.MTQA	4/7	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--\$93**

Location	Day	Time	Code	Begin	\$
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<b>(6-12 yrs.)</b>					
MtVernREC	Th	6pm	TDI.QZ54	4/9	3EAB
MtVernREC	Th	6pm	TDI.ANP4	5/14	3EAB

**(13-Adult)**

MtVernREC	M	6pm	Z49.9YML	4/6	3EAB
MtVernREC	T	6pm	Z49.1WOP	4/7	3EAB
MtVernREC	M	6pm	Z49.RNOL	5/11	3EAB
MtVernREC	T	6pm	Z49.1RY3	5/12	3EAB

### Joint Mobility

**(13-Adult)** This joint protection class is designed to enhance joint 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--\$157**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	12:30pm	UYS.2FGQ	4/7	4EB

### Therapeutic Yoga

**(Adults)** Therapeutic yoga can help manage a variety of health conditions by addressing both physical and emotional challenges. This trauma-sensitive class combines a physical practice of breathing and poses with meditation and deep relaxation. Please bring a yoga mat, block, and strap as well as your favorite blanket for deep relaxation.

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	MA7.YOUG	4/11	4EB

## Virtual Classes

### Virtual Chair Yoga

**(13-Adult)** This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

**4EB 11--55 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	11:15am	IY8.6FG9	4/9	4EB

### 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--\$157**

Location	Day	Time	Code	Begin	\$
Virtual FCPA	F	10:40am	5U8.E2PG	4/10	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--\$312**

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.FTC8	4/21	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--\$157**

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	1:30pm	XF2.KL96	4/6	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--\$157**

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.GZKW	4/6	4EB

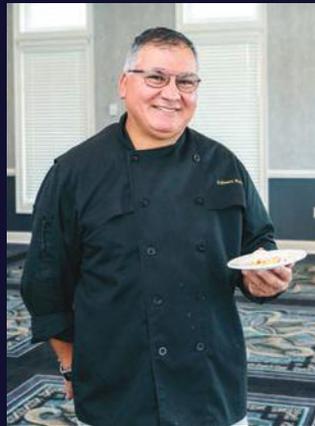




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## Fine Arts and Crafts

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

#### Abrakadoodle Doodlers

(6-12 yrs.) This multi-media Abrakadoodle art program helps kids stretch their creative muscles in action-oriented classes filled with color, texture and shapes. Supply fee payable to instructor at first class.

**DFVW 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6pm	LBE.5RD7	3/26	DFVW

#### 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--\$135**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	1:15pm	EB5.0IMP	3/21	4FA
Wkfld/Moore	M	5:30pm	EB5.KLIP	3/23	4FA

#### Colored Pencil and Acrylic Workshop

(16-Adult) Colored pencils and acrylic layering is a fantastic technique for building up soft textures, sharp edges and rich colors. Drawing from colorful photographs or still-life objects of flora and fauna, artist Dawn Flores helps you explore techniques to take colored pencils a step beyond their traditional use. Supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$115**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	BD3.SY8W	4/18	DFAK

#### 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--\$187**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.TTDF	3/21	DFVW
SpHillREC	T	5pm	PRL.UQ4G	3/24	DFVW



#### Discover Drawing I

This course teaches fundamental drawing skills through various techniques and projects. Students need to bring an 11"x14" sketch pad and two drawing pencils (HB & 6B). Supply fee payable to instructor at first class.

**4FA 10--55 minute lessons--\$135**  
**4FB 10--1 hour 25 minute lessons--\$203**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	D6A.Q500	3/21	4FA
Wkfld/Moore	F	5pm	D6A.Y6SD	3/27	4FB
Wkfld/Moore	F	6:45pm	D6A.XK05	3/27	4FB
OakmontREC	T	10am	B34.YC46	3/24	4FB
Woodson HS	T	7pm	B34.FSU7	3/24	4FB

#### Drawing with Color

(16-Adult) Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

**3FB 8--1 hour 25 minute lessons--\$163**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	11:45am	D7E.VN03	3/26	3FB

#### Drawing and Investigating Owls

(16-Adult) Learn about owl adaptations as you draw owl feathers, eggs, talons, skulls and taxidermy mounts. Go on a hike to learn about owl habitats, then dissect your own owl pellet to figure out what owls eat and draw some of the bones. Your choice of watercolor, colored pencil or ink pens.

**DFAB 1--2 hour 25 minute lesson--\$27**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	ØLE.TVK5	4/25	DFAB

#### Drawing Beetles and Bugs

(16-Adult) Beetles and bugs are everywhere from logs, to forests, gardens and even in the water. Learn some natural history, anatomy and tips for drawing the Coleoptera and Hemiptera families. We will draw from the center's preserved insect collection as well as from photos and field guides. Your choice of watercolors or colored pencil.

**DFAB 1--2 hour 25 minute lesson--\$27**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	EFL.6BXW	5/16	DFAB

#### Drawing Workshop - Butterflies and Plants

(16-Adult) Explore the beauty of butterflies and their dependence on plants for their life cycle. Use specimens or photographs to study and illustrate them. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite or colored pencils to capture and highlight details. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$115**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	FJ8.AØLS	5/2	DFAK

#### Future Artists

(5-9 yrs.) Artists are introduced to painting, drawing, watercolors, self-portraits and clay creation in this class offered by Athletes Global. Students create various projects throughout the class and present their favorite creation at the end of the program.

**DFVG 8--55 minute lessons--\$178**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	10am	5JK.V2TT	4/12	DFVG
OakmontREC	Su	11am	5JK.XGJW	4/12	DFVG
Wkfld/Moore	Su	12pm	5JK.B94C	3/22	DFVG

#### Nature Drawing

(6-12 yrs.) Join local naturalist and artist Margaret Wohler on the trails to learn about and draw the plants and animals that live in Huntley Meadows Park. Class focuses on basic nature journaling, drawing skills, color theory, perspective and shading.

**3FG 4--1 hour 25 minute lessons--\$81**

Location	Day	Time	Code	Begin	\$
HuntMdws	M	1pm	1E0.V6US	4/6	3FG

#### Nature Drawing

(Adults) Join local naturalist and artist Margaret Wohler on the trails to learn about and draw the plants and animals that live in Huntley Meadows Park. Class focuses on basic drawing skills, color theory, perspective, shading, gesture, contour and realistic rendering. Emphasis is on experience over product.

**3FG 4--1 hour 25 minute lessons--\$81**

Location	Day	Time	Code	Begin	\$
HuntMdws	T	1pm	205.7H88	4/7	3FG



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# Fine Arts and Crafts

## 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--\$109**

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	3pm	NZ6.PBMT	3/22	3FA
MtVernREC	W	5:30pm	NZ6.XZ57	3/25	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.

**DFVW 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10am	D63.JRL8	3/28	DFVG

## Young Rembrandts Drawing

**(6-12 yrs.)** In this Young Rembrandts class, students learn drawing skills and art appreciation through progressive, open-ended activities. Lesson plans use stepwise instruction to inspire students' independent drawings, including seasonal, realistic and abstract images. Any supply fee payable to instructor at first class.

**DFVW 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	5:30pm	D54.3BOP	3/23	DFVW
Wkfld/Moore	M	6:30pm	D54.OTAK	3/23	DFVW



## 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--\$187**

Location	Day	Time	Code	Begin	\$
Orng Hnt ES	Sa	12pm	ZBL.5JJI	3/21	DFVW

### Animals in Art

**(6-12 yrs.)** Class focuses on capturing the beauty of animals, from pets to wildlife, using a variety of mediums including acrylic, soft pastels and watercolor. Students learn the basics of composition, balance and texture, and study how artists have depicted animals throughout history. A supply fee of \$20 is payable to the instructor at the first class.

**4FB 10--1 hour 25 minute lessons--\$203**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	4:30pm	1SL.Z8B2	3/24	4FB

### 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--\$163**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	10am	WFJ.WRD4	3/26	3FB

### 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--\$163**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	11:45am	9E.XTTH	3/24	3FB
OakmontREC	F	10am	E9E.GIOW	3/27	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--\$163**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	1pm	A39.01Q4	3/23	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--\$163**

**4FB 10--1 hour 25 minute lessons--\$203**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	4:30pm	MOK.66FA	3/26	4FB
SoRunREC	M	7pm	MOK.TUPQ	3/23	3FB

## Introduction to Watercolor

**(Adults)** Students learn fundamental concepts needed to start painting with watercolor. Topics cover include understanding supplies dos and don'ts, essential color palette, composition, watercolor techniques, color theory, value scale, wet on wet, wet on dry, color layering and blending. By the end of the course, students gain great confidence as artists and a deeper appreciation of the technique. Supply list to be provided in the first class.

**3FB 8--1 hour 25 minute lessons--\$163**

Location	Day	Time	Code	Begin	\$
ProvREC	Th	9:30am	APB.ZOXC	4/15	3FB
ProvREC	F	9:30am	APB.EX3M	4/17	3FB

## Watercolor Painting I

**(Adults)** Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply list will be emailed to registered participants prior to the first day of class.

**DFBB 6--2 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	9:30am	BC7.6MQ9	3/18	DFBB

## Watercolor Painting II

**(Adults)** Prerequisite: Watercolor Painting I or equivalent. Continue sharpening basic skills and techniques. Develop brush styles and individual approaches to projects and exercises. Supply list will be emailed to registered participants prior to the first day of class.

**DFBB 6--2 hour 25 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	9:30am	9E5.5KAU	3/18	DFBB

## Intermediate Watercolor

**(Adults)** Prerequisite: Introduction to Watercolor. Build on skills learned Introduction to Watercolor. Focus is on more advanced techniques and composition concepts. Students use brush strokes and create three dimensional pieces. By the end of the course, students begin to apply techniques that are more tailored to each artist's imagination, tastes and goals.

**3FC 8--1 hour 55 minute lessons--\$216**

Location	Day	Time	Code	Begin	\$
ProvREC	Th	11:10am	C45.EVN9	4/16	3FC

## Advanced Watercolor

**(Adults)** Prerequisite: Intermediate Watercolor instructor approval. Course offers a focused study on combining the various techniques learned previous level classes, applying more advanced composition, and constructively evaluating and improving a painting.

**DFGD 8--1 hour 55 minute lessons--\$210**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	10am	UXA.SMKE	3/23	DFGD

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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--\$210**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	1pm	2SX.GSHW	3/23	DFGD

**Watercolor Workshop - Botanical Watercolors**

**(16-Adult)** For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$115**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	6CZ.TZG8	5/30	DFAK

**Watercolor Workshop - Watercolor and Ink**

**(16-Adult)** Learn to use ink pens with your watercolor paintings. Artist Marni Maree will introduce you to a variety of pens and inking techniques. Draw with ink and then add watercolors. Try adding ink lines to finished paintings and watch your work transform. You will be surprised at how you can make an ok painting great by adding ink. A supply list will be emailed before class. Bring a lunch.

**DFAK 1--6 hour lesson--\$115**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	9:30am	178.ZD3V	4/25	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--\$115**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	10am	71L.8135	4/4	DFAK

**Fun with Acrylics**

**(13-Adult)** Class introduces you to acrylics in a fun and pressure-free way. Learn to make simple paintings using acrylic paints on canvas as you explore color, texture, composition and design. Supply fee of \$30 payable to instructor at first class.

**DFGB 8--1 hour 25 minute lessons--\$157**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	7pm	4VW.VGNX	4/7	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--\$157**

Location	Day	Time	Code	Begin	\$
SoRunREC	W	7pm	VOF.PIWZ	3/25	DFGB
Wkfld/Moore	Th	7pm	VOF.Y4HX	4/9	DFGB

**Creative Art Workshop-Acrylics**

**(13-Adult)** Explore different painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels, painting on a photo and more. Supply fee of \$10 per session payable to instructor. Focus of this session is acrylics.

**DFAL 1--2 hour lesson--\$53**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	2CY.TWUQ	4/26	DFAL
OakmontREC	Su	3:30pm	2CY.RD50	5/31	DFAL

**Introduction to Oil or Acrylics**

**(Adults)** Students learn fundamental concepts needed to start painting with oil or acrylics. Topics include understanding supplies dos and don'ts, essential color palette, value scale, light and shadows, light sources, composition, color theory, and most commonly used oil or acrylic techniques. Supply list to be provided in the first class.

**3FC 8--1 hour 55 minute lessons--\$216**

Location	Day	Time	Code	Begin	\$
ProvREC	F	11:10am	ZA8.CDX3	4/17	3FC

**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.



**Creative Art Workshop-Soft Pastels**

**(13-Adult)** Explore various painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels and painting on a photo. Focus of this session is on soft-pastels. Supply fee of \$10 per session payable to instructor.

**DFAL 1--2 hour lesson--\$53**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	7S9.FIXH	4/12	DFAL
OakmontREC	Su	3:30pm	7S9.MXQY	5/17	DFAL

**Flowers in Art**

**(13-Adult)** Capture the beauty of flowers using a variety of mediums including acrylic, soft pastels and watercolor. Composition, balance, texture and color blending are covered. A supply fee of \$25 is payable to the instructor at the first class.

**4FB 10--1 hour 25 minute lessons--\$203**

Location	Day	Time	Code	Begin	\$
OakmontREC	T	2pm	RXR.MG5N	3/24	4FB

**Painting Sunsets and Moonlight**

**(13-Adult)** Artists have been fascinated with the magical glow of sunsets and moonlight for centuries. Learn their techniques using various mediums including acrylic, soft pastels, and watercolor. Class covers the basics of composition, balance, texture and color blending. A supply fee of \$25 is payable to the instructor at the first class.

**4FB 10--1 hour 25 minute lessons--\$203**

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	2pm	4JP.QWCC	3/26	4FB

**Painting Workshop - Garden Stepping Stones**

**(16-Adult)** Design and paint a set of three concrete stepping stones, using stencils or your own freehand designs, to add a decorative touch to your garden. After painting, set your stones outside to dry in the sun. Once dry, they will be sealed at the end of class with a weatherproof coating to ensure they last through the seasons. No experience necessary. Please register for the \$44 program fee and the \$20 supply fee.

**DFAR 1--3 hour lesson--\$44**

Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	1pm	9SA.EE16	5/23	DFAR

# Fine Arts and Crafts

## Photography Classe

### Digital Photography

**(13-Adult)** There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable to instructor at first class.

4FC 10--1 hour 55 minute lessons--\$270						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7pm	F54.F8IK	3/25	4FC	
Wkfld/Moore	Th	9:30am	F54.8N78	3/26	4FC	

### Cell Phone Photography

**(13-Adult)** Smartphones have tremendous power to take great photos if you know what you are doing. In this class, we will explore the wonders and push the limits of cell phone photography. We will cover how to create photos with depth, stop and capture motion, editing and how to take good photos in low light.

DFAU 1--2 hour lesson--\$25						
Location	Day	Time	Code	Begin	\$	
HiddenPondNC	Su	4pm	ZEC.N9LV	5/31	DFAU	

## Pottery Classes

### 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--\$243						
Location	Day	Time	Code	Begin	\$	
<b>(6-9 yrs.)</b>						
Wkfld/Moore	Sa	9am	Q7L.55B1	3/21	DFP3	
<b>(9-12 yrs.)</b>						
Wkfld/Moore	Sa	10:45am	AZ5.HIUS	3/21	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--\$323						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	12:45pm	D8C.EYSM	3/21	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--\$438						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	3pm	A6F.R5LU	3/22	DFP2	
Wkfld/Moore	M	1pm	A6F.LI8Q	3/23	DFP2	
Wkfld/Moore	M	6pm	A6F.TSE4	3/23	DFP2	
Wkfld/Moore	T	1pm	A6F.CXQI	3/24	DFP2	
Wkfld/Moore	Th	1pm	A6F.3MYM	3/26	DFP2	
Wkfld/Moore	Th	9am	A6F.SE3M	3/26	DFP2	

### Pottery II

**(16-Adult)** Prerequisite: Pottery I. Refine and develop your clay preparation, throwing, trimming and glazing skills. Attendance at first class is essential. Class fee includes 25 lbs. of clay and three hours of lab time. Bring hand tools to the first class meeting or purchase a set during class.

DFP2 10--2 hour 55 minute lessons--\$438						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	3pm	54E.6RFO	3/21	DFP2	
Wkfld/Moore	T	6pm	54E.E0JS	3/24	DFP2	
Wkfld/Moore	W	6pm	54E.AW4M	3/25	DFP2	
Wkfld/Moore	W	9am	54E.89C3	3/25	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--\$438						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	T	9am	BE7.M190	3/24	DFP2	
Wkfld/Moore	Th	6pm	BE7.L4NF	3/26	DFP2	

## Paper Crafts

### Chinese Calligraphy

**(8-Adult)** Embrace the ancient art of Chinese calligraphy which helps with cultivating mindfulness, reducing stress and sharpening focus while developing artistic appreciation connecting with Chinese culture and history. This immersive brush calligraphy course is designed for all levels, from complete beginners to those wishing to deepen their practice. \$20 supply fee payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$163						
Location	Day	Time	Code	Begin	\$	
ProvREC	W	7pm	1NL.V2GO	4/15	3FB	

### Cosmic Smash Book Art Journaling

**(Adults)** Connect with your creativity through Cosmic Smash Booking, a guided art journaling experience, and to transform an ordinary composition notebook into a Cosmic Smashbook art journal. Each week students explore a new journal prompt and create an easy art project using a variety of techniques including painting, collage and mixed media. Journals will be provided. No artistic talent needed!

4FB 10--1 hour 25 minute lessons--\$203						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	7pm	08Y.BH85	3/26	4FB	

### Paper Quilling 3D Cartoon Characters

**(5-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Use the colorful paper strips to create fun 3D cartoon characters. Adult must attend with children under age seven. Supply fee of \$25 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	2pm	4Z8.GX4N	5/30	DFAR	

### Paper Quilling Bunny Frame

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Create beautiful

bunnies or rabbits them frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	2pm	031.3WKV	3/21	DFAR	

### Paper Quilling Butterfly Garden Frame

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Discover how to turn colorful paper strips into beautiful butterflies and flowers, then frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	2pm	4FU.AEP5	4/11	DFAR	

### Paper Quilling Egg Ornaments

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Create colorful flowers and leaves, then mount them on a wooden egg cutout. Supply fee of \$35 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	2pm	N2Q.IY3M	3/28	DFAR	

### Paper Quilling Flower Basket Magnet Workshop

**(8-Adult)** Discover how to turn simple looking colorful paper strips into beautiful work of art. In this workshop you will create colorful flowers, leaves, paper woven basket and then you will glue them on the basket. These magnets are perfect to decorate your freezer, locker or for gift giving. A \$25 supply fee is payable to the instructor at the beginning of the class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	1:30pm	VGE.VRX2	4/18	DFAR	

### Paper Quilling Flower Vase Frame

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Create beautiful flowers and leaves, then mount them and frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	2pm	FQG.AVWI	5/9	DFAR	

### Paper Quilling Heart with USA Flag Frame

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Create beautiful hearts with flag patterns, then mount and frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

DFAR 1--3 hour lesson--\$44						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	2pm	7TO.C72Q	5/16	DFAR	

**Paper Quilling Jewelry**

**(8-Adult)** Discover how to turn simple looking paper strips into beautiful works of art. Use colorful coiled strips to create beautiful and colorful earrings and pendants which are sturdy yet light. Supply fee of \$25 payable to instructor at class.

**DFAR 1--3 hour lesson--\$44**

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	2pm	XMK.263Y	5/2	DFAR

**Paper Quilling Tulip Frame**

**(8-Adult)** Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Create beautiful tulip flowers and leaves, then frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

**DFAR 1--3 hour lesson--\$44**

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	ISS.M09Q	4/25	DFAR

**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--\$109**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	5:30pm	EL6.4BLX	3/24	3FA

**(Adults)**

Wkfld/Moore	T	6:30pm	7B1.0ET8	3/24	3FA
Wkfld/Moore	T	7:30pm	7B1.ITBC	3/24	3FA

**Felting Basics - Make a Rabbit**

**(16-Adult)** Learn the basic skills and shapes to felt wool into animals, and practice as you make a bunny to take home. Spend two evenings at Colvin Run Mill creating a charming, felted toy rabbit. These animals make wonderful decorations and gifts.

**DFVX 2--2 hour lessons--\$53**

Location	Day	Time	Code	Begin	\$
ColvinRunMill	T	6:30pm	A1G.LNK4	3/3	DFVX

**Knitting**

**(13-Adult)** Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

**3FC 8--1 hour 55 minute lessons--\$216**  
**4FG 5--1 hour 25 minute lessons--\$101**

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	8AD.ZCSV	4/7	4FG
ProvREC	W	10am	8AD.2KJC	4/15	3FC

**Knitting II**

**(13-Adult)** Prerequisite: Knitting I.

**3FC 8--1 hour 55 minute lessons--\$216**

Location	Day	Time	Code	Begin	\$
ProvREC	T	10am	FD8.NRWU	4/14	3FC

**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. Sewing machine is required.

**DFCC 10--2 hour 25 minute lessons--\$314**

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	12:30pm	285.SZON	3/26	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--\$237**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6pm	3B2.Z63J	3/16	DFVC
Wkfld/Moore	W	6:30pm	3B2.BBEA	3/18	DFVC

**Sewing 102**

**(12-Adult)** Prerequisite: Sewing 101 or equivalent. In this class offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

**DFVC 4--2 hour 25 minute lessons--\$237**

Location	Day	Time	Code	Begin	\$
OakmontREC	M	6pm	EEE.16PJ	4/20	DFVC

**Sewing-Alterations**

**(9-Adult)** Revive garments to fit and look better, as well as save you time and money. Learn to shorten/lengthen hems, take in/let out waistlines, shorten sleeves and changing buttons. Techniques include machine and hand sewing. Learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Garments covered include jeans/tailored pants, suit coats/coats, dresses and shirts. Bring your own garment to class. Supply fee of \$35 payable to instructor.

**DFVC 4--2 hour 25 minute lessons--\$237**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6:30pm	12A.EJVQ	4/22	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--\$74**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	1pm	MF1.1L5H	4/11	DFVD

**Volunteer Opportunities Available**

**EARTH DAY FAIRFAX 2026**

**Saturday, April 25**  
**10 a.m.-4 p.m.**  
**Lake Fairfax Park**  
**1400 Lake Fairfax Drive, Reston**

[www.fairfaxcounty.gov/parks/earth-day-festival](http://www.fairfaxcounty.gov/parks/earth-day-festival)

Logos for Fairfax County Park Authority, FCPF, WUSA, and 90th Anniversary are included.

# Fine Arts and Crafts

## Sewing Workshop-Alterations

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, learn techniques 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 and fabric structure. Supply fee of \$15 is payable at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	1pm	912.7SLM	4/25	DFVD	

## Sewing Workshop-Alterations II

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program offered by My Last Gift Sewing Institute, you will learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	1pm	79E.F6GU	4/18	DFVD	

## Sewing Workshop-Home Decor

**(9-Adult)** Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	9:30am	EDC.Z514	4/18	DFVD	
Wkfld/Moore	Sa	9:30am	EDC.55EE	4/25	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--\$74						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	1pm	E49.CKHM	5/9	DFVD	
Wkfld/Moore	Sa	9:30am	E49.FG3V	4/11	DFVD	

## 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--\$53						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	6pm	1ZV.A7LJ	4/9	DFAA	
CubRunREC	Th	6pm	1ZV.MI11	5/7	DFAA	

## Ikebana Floral Design Workshop

**(Adults)** Immerse yourself in the elegance and simplicity of Ikebana, the traditional Japanese art of flower arranging, in this three-class series. Guided by Alice Buch, 1st Degree Master of the Ohara School, you'll progressively build your skills, starting with foundational techniques and advancing to more intricate arrangements. Each session will focus on a different aspect of Ikebana, allowing you to deepen your understanding and mastery of this timeless art form. All supplies are included. Participants are encouraged to bring their own flower scissors. No prior experience is necessary. Class meets April 18, 25 and May 9. Please register for both the program fee and the \$65 supply fee.

CY 3--1 hour 30 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	10am	3FB.JXDB	4/18	CY	

## Other Opportunities

### Basketweaving Workshop - Apple Basket

**(16-Adult)** Expert basket maker Sharon Shaeffer will guide you through each step of the process to creating your own apple basket perfect for pick apples or decorating your home. Whether you're a beginner or looking to refine your skills, this class offers inspiration, instruction and everything you need to get started. Class breaks for a half hour for lunch. Bring a lunch.

DFAN 1--5 hour lesson--\$83						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	9:30am	OZL.BN8E	3/28	DFAN	

### Basketweaving Workshop - Multicolor Tote

**(16-Adult)** Join expert basket maker Sharon Shaeffer for a hands-on workshop where you'll learn the art of basket weaving from start to finish. Sharon will guide you through each step of the process to creating your own multicolored tote perfect for the upcoming farmers market season. Whether you're a beginner or looking to refine your skills, this class offers inspiration, instruction and everything you need to get started. Class breaks for a half hour for lunch. Bring a lunch.

DFAN 1--5 hour lesson--\$83						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	9:30am	VVO.ELWK	5/30	DFAN	

### 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--\$81						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5pm	5Q1.SC5C	3/24	3FG	
MtVernREC	T	5pm	5Q1.7DUY	4/21	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--\$81						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Th	5pm	KN3.PIG8	3/26	3FG	
MtVernREC	Th	5pm	KN3.QZ5I	4/23	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--\$96						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	6:30pm	4W7.SWZH	4/9	DFVY	
Wkfld/Moore	Th	6:30pm	4W7.B9LV	5/14	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--\$187						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	5:30pm	ANS.QVIB	3/25	DFVW	

## Poetry Workshop - Thaw and Bloom

**(16-Adult)** Join published poet Sherri Waas Shunfen-thal and spend some time outdoors meditating on nature and the emerging spring season transformation. Using your senses, memories or an object found, Sherri will guide you in creating poetry. There will be discussion, writing and sharing time. Bring a journal or sketchbook to enhance with poetry.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	W	1:30pm	R91.NCY2	3/25	RG08	

## Writing Workshop - Nature in Fiction

**(16-Adult)** Explore how to incorporate the beauty, power, and symbolism of nature into your storytelling. Learn techniques for using the natural world to enhance atmosphere, develop characters, and enrich plotlines across genres. Then, take a walk through the gardens for inspiration, followed by a guided writing session to practice weaving your surroundings into your work. Bring something to write with—pen, notebook or any tool that helps your words take root.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	F	1:30pm	H7Z.E1QZ	4/10	RG08	



Gardening

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



Colvin Run Mill Historic Site

10017 Colvin Run Road • Great Falls  
703-759-2771  
www.fairfaxcounty.gov/parks/colvinrunmill



Green Spring Gardens

4603 Green Spring Road, Alexandria  
703-642-5173  
www.fairfaxcounty.gov/parks/green-spring

Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Art exhibits
- Horticulture Center
- Library
- Event rental space
- Private garden tours
- Nature walks
- Glasshouse
- Plant Shop
- Gift Shop

To book a private garden tour, call 703-642-5173. Cost is \$15 per person for a group of 8 to 19; \$12 per person for a group of 20 or more.

Visit the garden Gate Plant Shop and choose from a nice selection of shrubs, perennials, and ornamental grasses (many of which are native to our region). Friends of Green Spring (FROGS) receive 10% off in the plant shop. For more information, call Green Spring Gardens at 703-642-5173.

**Hours and Admission:**

**Horticulture Center and Gift Shop** open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

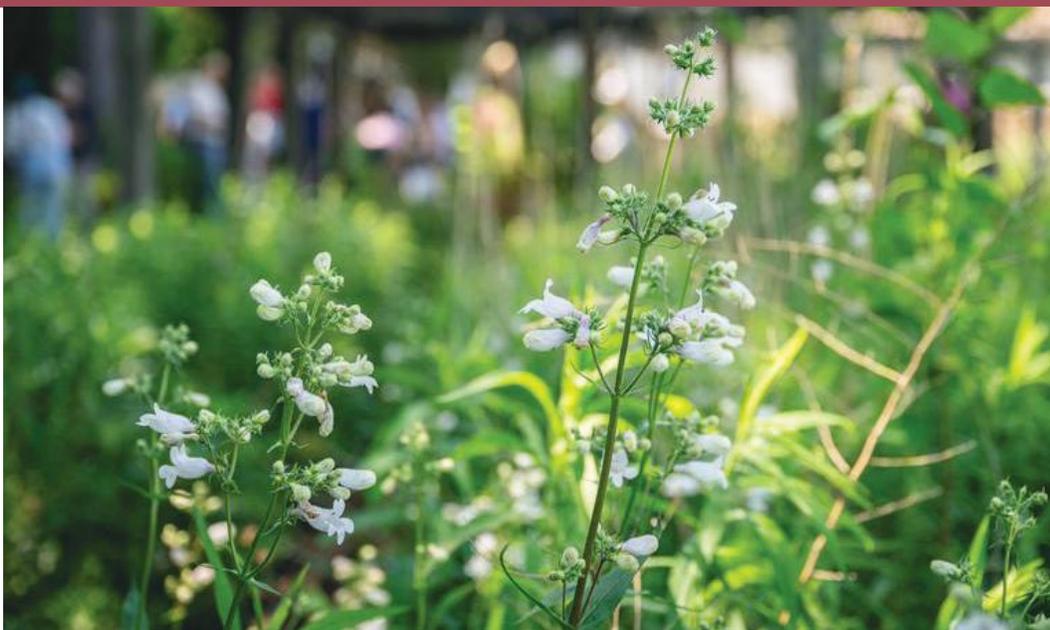
**Garden Gate Plant Shop** open Monday-Saturday, 9:30 a.m.-3:30 p.m. and Sunday, 12:30-3:30 p.m.

**Historic House** open Wednesday-Sunday, 12-4:30 p.m.

**Park grounds open dawn to dusk daily**

**Mount Vernon Rec Center**

2017 Belle View Blvd. • Alexandria  
703-768-3224  
www.fairfaxcounty.gov/parks/reccenter/mount-vernion



**Child and Parent Programs**

Child 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.

**Garden Sprouts Spring - Nature Playgroup**

**(2-4 yrs.)** Your preschooler will enjoy nature-themed activities and crafts while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk, we will explore seasonal topics.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	ZHJ.BPMN	4/13	\$12/child
GrnSprGardn	M	10:30am	ZHJ.BYU0	5/11	\$12/child

**Children's Programs**

**In the Garden - Digging with Worms**

**(4-10 yrs.)** Prepare the garden for spring planting, churning the soil like the worms you will learn about. Take home a worm-themed craft.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	QGW.QD70	3/14	\$10/ea.

**In the Garden - Discovering Pollinators**

**(4-10 yrs.)** Pollinators help our fruits, vegetables and flowers grow. Learn about our native pollinators and make a butterfly related craft.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	AEP.JHN3	4/11	\$10/ea.

**In the Garden - Making Spring Treats**

**(4-10 yrs.)** Harvest herbs from the garden to make teas and other treats.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	2F7.8QKJ	5/9	\$10/ea.

**Family/All Ages**

All attendees, including parents, must be registered for these programs.

**Family Fun - Celebration of Pachamama**

**(7-Adult)** Celebrate Earth Day by exploring the spirit of Pachamama. Take a nature walk to reflect on her significance, then create portraits using natural materials to express what she means to you. Craft a personal pledge to carry with you as a reminder of your connection to the Earth.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	WLO.YXLE	4/18	\$12/ea.

**Garden Artists - Scentsational Spring**

**(10-Adult)** Explore the garden's earliest blooms on a sensory walk, then craft a personal scent using natural ingredients that capture the fresh, floral notes.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	VW5.Q3SS	3/28	\$15/ea.

**Garden Artists - Spring Wildflowers**

**(5-Adult)** Spring is a beautiful time for flowers. Enjoy a walk through the gardens and the native plant trail as we check out what's in bloom. Learn how different colors attract different pollinators. Then we will make a spring flower craft. All attendees, including parents, must be registered for the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	NP2.ZJ03	5/31	\$10/ea.

**Garden Exploration - Rooted in Nature**

**(8-Adult)** Slow down, breathe deep and connect with nature. Take in the garden, using your senses to discover its sights, scents and sounds. Then settle into breathwork and gentle movement to explore your relationship with the Earth.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	1Y1.2PBG	5/23	\$9/ea.



**Nature Scavenger Hunt**

**(4-Adult)** Join us at Green Spring Gardens each month for a nature-themed scavenger hunt and discovery walk. Explore different aspects of the garden while searching for seasonal blooms and monthly-themed objects hidden throughout the park.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	VDE.4T6W	3/21	\$9/ea.
GrnSprGardn	Sa	9:30am	VDE.DAKX	4/11	\$9/ea.
GrnSprGardn	Sa	9:30am	VDE.24R6	5/9	\$9/ea.

**Spring Storytime - April Showers**

**(All Ages)** It's springtime and that often means rainy days. Let's get together for a cozy session of reading books about rain, making rainy day crafts and singing songs. All attendees, including parents, must be registered for the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	TE5.QRXF	4/11	\$9/ea.

**Spring Storytime - Sneaky Squirrels**

**(All Ages)** Read stories about squirrels and make a squirrel craft. Then hunt for squirrel homes on a walk around the gardens. All attendees, including parents, must be registered for the program.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	RWP.EP6S	3/21	\$9/ea.

**Teen/Adult Garden Programs**

**Botanical Book Club**

**(16-Adult)** Each season features a thoughtfully chosen novel with botanical or garden themes. You'll gather twice—first for a pre-reading welcoming circle to meet fellow readers, enjoy refreshments, receive your guide and then again post-reading for a lively book discussion and a hands-on activity that brings the story to life. From hidden gardens to wild landscapes, members explore rich, immersive stories that celebrate growth, connection and the natural world—one season at a time. Spring read: *The Twilight Garden* by Sara Nisha Adams. Activity: Botanical Twilight Garden Collage." Program meeting dates are March 21 and May 23.

**2--1 hour programs**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	11am	CUO.CGX7	3/21	\$24/ea.

**Feast of Flowers**

**(16-Adult)** Learn from Green Spring Gardens' historian about the rich history of how edible flowers have enhanced dishes for centuries by adding flavor, beauty and symbolism. Blend culinary tradition with Victorian artistry as you try your hand at crystallizing petals. Take home your candied creations and tips for using flowers as elegant, edible decorations.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	4SM.JVOQ	4/4	\$29/ea.

**Forest Bathing Walk in the Gardens**

**(Adults)** Experience Green Spring Gardens with all your senses. Join Certified Forest Therapy Guide and co-founder of local nonprofit Capital Nature, Ana Ka'ahanui, for a slow, meditative walk around the

**Spring GARDEN DAY**  
**The Big Plant Sale**  
 Green Spring Gardens

**Saturday, May 16, 2026 • 9 a.m. - 3 p.m.**  
 Annuals • Perennials • Shrubs • Trees • Bake Sale  
 Gardening tips and more from dozens of local vendors and master gardeners

**Green Spring Gardens**  
 4603 Green Spring Rd, Alexandria  
 Visit [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring) for more information

gardens. Inspired by the Japanese practice of Shinrin-yoku, this contemplative walk inspires interaction with the surrounding nature in a way that will help reduce blood pressure, boost immunity and enhance mood and creativity. Decompress and feel a deeper connection with the natural world. The experience concludes with a soothing spot of tea, offering a moment to reflect and savor the essence of nature. Bring something to sit on the ground, which may be damp, and a water bottle. Dress for the weather.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1pm	ZØY.NOQK	4/3	\$35/ea.
GrnSprGardn	Sa	9:30am	ZØY.5RNP	4/18	\$35/ea.
GrnSprGardn	Sa	10am	ZØY.PØ95	5/23	\$35/ea.

### Grocery Gardening 101

**(16-Adult)** In honor of Stop Food Waste Day, learn how to regrow vegetables, herbs, and more from your food scraps. Start your own kitchen scrap garden with a grow bag and potatoes. Whether you have a windowsill or a garden, you'll discover easy ways to stretch your groceries, reduce food waste and boost food resilience.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1:30pm	AJ9.3C1B	4/25	\$18/ea.

### Indoor Gardening

**(13-Adult)** Learn how to grow fresh herbs and vegetables year-round. Perfect for beginners and apartment dwellers, this hands-on course covers everything from choosing the right containers and soil to lighting, watering and plant care. Discover easy-to-grow edible plants that thrive indoors and gain the confidence to start your own windowsill or balcony garden. Supply fee payable at first class.

### 8--55 minute lessons

Location	Day	Time	Code	Date	\$
MtVernREC	Sa	1pm	3ZH.EEDJ	3/21	\$104/ea.
MtVernREC	T	6pm	3ZH.FTØ1	3/23	\$104/ea.

### Growing Low -

#### Designing with Groundcover Plants

**(16-Adult)** Groundcovers can be a great accent in the garden with many flowering and evergreen options for sun or shade. Join Green Spring Gardens staff for a short lecture on how to use groundcovers to solve design challenges, followed by a walk around the grounds to view some of our gardeners' favorites. Dress for the weather.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	PKS.JR6W	5/9	\$19/ea.

**FCPA Farmers Markets**  
**Buy Fresh, Buy Local . . .**  
 fruits, vegetables, honey  
 baked goods, plants, eggs  
 meat, dairy and flowers  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)



## Garden Talks

### Garden Talk - Composting Made Simple

**(16-Adult)** Learn how to turn garden and yard waste into valuable compost to use in your yard and garden. Learn how easy it can be to save money by making your own. Extension Master Gardeners show what you need to do to have your own compost pile.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	625.8XM8	5/1	\$12/ea.

### Garden Talk - Overlooked Native Plants

**(16-Adult)** Branch out and try something different in your garden. Extension Master Gardeners will introduce you to an incredibly diverse selection of spectacular native annuals and perennials that are sure to expand your gardening possibilities.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	PWC.QK8P	5/29	\$12/ea.

### Garden Talk - Planting Your Sidewalk Strip

**(16-Adult)** The no man's land between street and sidewalk don't often support healthy lawns. They can host thriving gardens that dramatically improve their surroundings. Extension Master Gardeners show you how to add curb appeal and give wildlife

an urban stopover for shelter and food.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	P46.3YM8	4/11	\$12/ea.

### Garden Talk - Rock Gardening

**(16-Adult)** Rock gardens add a special look to any landscape. Extension Master Gardeners will teach you how to design and plant a beautiful display with fabulous small and dwarf perennials and evergreens. Not only do these plants boast great longevity, but they require little maintenance.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	Ø32.WL4L	4/24	\$12/ea.

### Garden Talk - Spring Vegetable Gardening 101

**(Adults)** Learn how to plan, plant and grow your food in an environmentally friendly way. Extension Master Gardeners show you how to get the most out of your spring kitchen garden and enjoy home grown vegetables before the heat of summer.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	KK9.MØPV	3/27	\$12/ea.



### Meditation in the Gardens

**(16-Adult)** Explore how nature, metaphor, and deep listening can enhance connection - with yourself, others and the world around you. This immersive garden-based class combines guided reflection, emotional awareness practices, and practical tools for mindful communication. Learn to tune into your inner landscape while engaging with the natural one. End with a relaxing sound bathing experience to help you integrate, unwind and return to your day grounded and refreshed. Class goes outside, weather permitting.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	3DC.AEDE	4/26	\$24/ea.
GrnSprGardn	F	5:30pm	3DC.BZH8	Ø6/5	\$24/ea.

### Spring Bounty - Foraging for Edibles

**(16-Adult)** From onion grass and violets to elusive morels, learn how to identify a variety of wild plants that may be growing right in your own backyard. Take a walk with fresh eyes and rediscover your surroundings through the lens of foraging. This class will guide you through the basics of safe and responsible foraging, including key identification tips, potential look-alikes and culinary or medicinal uses of each plant. You'll leave with a new appreciation for the natural abundance around you. Please be aware that foraging is prohibited in Fairfax County parks.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	DNA.FHT8	4/4	\$12/ea.



**INVASIVE MANAGEMENT AREA**

**Volunteers Needed!**



The Invasive Management Area (IMA) Volunteer Program is a community-based project designed to reduce invasive plants on our parklands.

To learn more visit  
[www.fairfaxcounty.gov/parks/invasive-management-area](http://www.fairfaxcounty.gov/parks/invasive-management-area)



# SPRING FARM DAY

SATURDAY, MAY 2 • 10 A.M. - 3 P.M.  
FRYING PAN FARM PARK



- Sheep shearing
- Antique farm equipment demos
- Milking demonstrations
- Hands-on farm activities
- Spring baby animal boom on the farm
- Enjoy crafts, games and wagon rides\*



Online presale – \$12 until May 1 (Ages 2 and up)  
At the door – \$15 (walk-ins welcome)

\*One wagon ride included with each paid admission

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



## Spring Garden Tour

(Adults) Tour Green Spring's beautiful demonstration gardens with a master gardener docent. Enjoy some standout plants of spring and find inspiration in our garden designs. Hear about our 18th century origins and our mission today.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	AUH.6CUA	5/23	\$12/ea.

## White Gardens Flower Walk

(16-Adult) Join Green Spring Staff on a walking tour of John C. and Margaret K. White Gardens Park (6711 Princess Anne Lane, Falls Church). Stroll through this serene natural setting while discovering a stunning variety of flowering plants, trees, and shrubs that thrive during spring. Learn about the diverse collection and the restorative efforts that have been happening at this hidden oasis while taking in the colorful spring flowers.

1--1 hour program

Location	Day	Time	Code	Date	\$
WhiteGrdnsPk	Sa	10:30am	1RA.6FP8	5/2	\$15/ea.



# Bluebells at the Bend

Saturday, April 11 • 10 a.m. - 2 p.m. • Riverbend Park

Online presale - \$10 until April 4  
At the door admission - \$15



- Join guided wildflower walks and explore the iconic bluebell blooms
- Meet live animals and learn about local wildlife
- Discover nature exhibits from local partners and experts
- Enjoy live music along the riverbank
- Create kid-friendly crafts and hands-on nature activities
- Savor delicious bites from local food offerings
- Delight in kids' games and a lively puppet show

Visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend) to register





## Join the SPRING TREE RESCUE EXTRAVAGANZA!

MARCH 21ST – APRIL 22ND, 2026

Prepare your gloves.  
All across Fairfax County  
[www.fairfaxprism.org](http://www.fairfaxprism.org)



Golf

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



DOWNLOAD THE NEW GOLF FAIRFAX GALLUS APP!



**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/laurelhillegc>

- 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.



Work on your golf game while enjoying great food and beverage specials!

**BURKE LAKE GOLF CENTER**  
BUCKETS AND BEER

Small Bucket + 16 oz. Draft Beer = \$13

**OAKMONT GOLF CENTER**  
BUCKETS AND BEER

Small Bucket + 16 oz. Beer/Cider = \$13

**TWIN LAKES GOLF COURSE**  
BUCKETS AND BEER

Small bucket + One Beer/Wine/Seltzer = \$13  
Large bucket + One Beer/Wine/Seltzer = \$18

\*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)



**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--\$168						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	9am	C5A.4PR9	3/21	4GB	
Burke Lake GC	Sa	10am	C5A.PTUJ	3/21	4GB	
Burke Lake GC	Sa	9am	C5A.ZU8S	5/2	4GB	
Burke Lake GC	Sa	10am	C5A.7GJM	5/2	4GB	
Burke Lake GC	Sa	11am	C5A.S3UJ	5/2	4GB	
Pinecrest GC	Sa	2pm	C5A.P32S	3/28	4GB	
Pinecrest GC	Su	2pm	C5A.WD1H	3/29	4GB	
Pinecrest GC	Su	3pm	C5A.44QZ	3/29	4GB	
Pinecrest GC	Sa	2pm	C5A.1SGI	5/16	4GB	
Pinecrest GC	Su	3pm	C5A.ROGL	5/17	4GB	
Pinecrest GC	Su	4pm	C5A.1CTF	5/17	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--\$168						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	1pm	D71.406Y	3/21	4GB	
Burke Lake GC	Sa	11am	D71.L40B	3/21	4GB	
Burke Lake GC	Sa	1pm	D71.YMF5	5/2	4GB	
Pinecrest GC	Sa	3pm	D71.8NES	3/28	4GB	
Pinecrest GC	Sa	3pm	D71.S2GT	5/16	4GB	
Pinecrest GC	Su	1pm	D71.FLSJ	5/17	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--\$168						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	2pm	19C.9LFI	3/21	4GB	
Burke Lake GC	Sa	2pm	19C.AQTG	5/2	4GB	
Pinecrest GC	Su	2pm	19C.9N7D	5/17	4GB	

**Junior Get Golf Ready I**

(7-12 yrs.) This PGA-developed class introduces students to golf. Class focuses on fundamentals and step-by-step drills. Topics include grip, stance, target and balance. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	2pm	8C0.LMHU	3/21	4GB	
Burke Lake GC	Su	1pm	8C0.ECZ8	3/22	4GB	
Burke Lake GC	T	5pm	8C0.6CJO	3/24	4GB	
Burke Lake GC	Sa	2pm	8C0.Q746	5/2	4GB	
Burke Lake GC	Su	2pm	8C0.PH7G	5/3	4GB	
Pinecrest GC	Sa	12pm	8C0.0W1V	3/28	4GB	
Pinecrest GC	Su	12pm	8C0.I79V	3/29	4GB	
Pinecrest GC	Su	9am	8C0.FNZI	5/17	4GB	

**Junior Get Golf Ready II**

(7-12 yrs.) Group lessons covering additional rules, course etiquette, club grip, putting, stance and golf swing. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Su	2pm	265.4TL6	3/22	4GB	
Burke Lake GC	T	6pm	265.ZJSL	3/24	4GB	
Burke Lake GC	Su	3pm	265.IHIM	5/3	4GB	
Pinecrest GC	Su	10am	265.VGKD	3/29	4GB	
Pinecrest GC	Sa	1pm	265.3QFY	5/16	4GB	

**Get Golf Ready Parent/Child I**

(7-17 yrs.) This course covers grip, posture, ball position, alignment, chipping, putting and full-swing fundamentals. Course orientation, etiquette, rules and basic understanding of equipment are also covered. Classes at Pinecrest are held indoors during inclement weather. Parent participates in class with registered child.

4GG 5--55 minute lessons--\$213						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	12pm	A60.T94C	3/21	4GG	
Burke Lake GC	Su	11am	A60.CWS3	3/22	4GG	
Burke Lake GC	Th	5pm	A60.119S	3/26	4GG	
Burke Lake GC	Sa	12pm	A60.W000	5/2	4GG	
Burke Lake GC	Su	12pm	A60.0270	5/3	4GG	
Burke Lake GC	Th	5pm	A60.BK13	5/7	4GG	
Pinecrest GC	Sa	1pm	A60.66UT	3/28	4GG	
Pinecrest GC	Sa	12pm	A60.MXW4	5/16	4GG	

**Get Golf Ready Parent/Child II**

(7-17 yrs.) Prerequisite: Get Golf Ready Parent/Child I. Class is for those who want to further their golf skills through more advanced instruction while still emphasizing the basics. Range balls are included in the class fee, and loaner clubs are available.

4GG 5--55 minute lessons--\$213						
Location	Day	Time	Code	Begin		\$
Burke Lake GC	Sa	1pm	BB7.JTUE	3/21	4GG	
Burke Lake GC	Su	12pm	BB7.6DP9	3/22	4GG	
Burke Lake GC	Th	6pm	BB7.4VYX	3/26	4GG	
Burke Lake GC	Su	1pm	BB7.Q0D1	5/3	4GG	
Burke Lake GC	Th	6pm	BB7.77X7	5/7	4GG	
Pinecrest GC	Su	1pm	BB7.CMNO	3/29	4GG	
Pinecrest GC	Su	10am	BB7.5XZ8	5/17	4GG	

## The Golf Fairfax App is Here!

Book. Track. Play All in One Place.

Download now and elevate your game!

Available on the App Store

GET IT ON Google Play

Scan to download now!

**Get Golf Ready I in Korean**

(13세 이상) 이 수업은 PGA에서 개발한 입문 과정으로, 한국어로 진행되며, 골프 초보자를 위한 기본기를 소개합니다. 퍼팅, 칩샷, 아이언 샷을 위한 그립, 스탠스, 셋업, 볼 위치와 같은 기본기를 익히고, 하이브리드와 우드를 사용한 티샷도 연습합니다. 또한, 골프 장비에 대한 기초적인 설명도 포함됩니다. 연습장에서 사용하는 공은 수업료에 포함되어 있으며, 대여 클럽도 제공됩니다. Pinecrest Golf Course only

**(13-Adult)** This PGA-developed class introduces game fundamentals to new golfers in Korean. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course. Pinecrest Golf Course only.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	3pm	8FR.9TJV	3/21	4GB	
Burke Lake GC	T	3pm	8FR.XYKF	3/24	4GB	
Burke Lake GC	Th	1pm	8FR.VUZ3	3/26	4GB	
Burke Lake GC	Sa	3pm	8FR.2LCC	5/2	4GB	
Burke Lake GC	T	3pm	8FR.ES5F	5/5	4GB	
Burke Lake GC	Th	1pm	8FR.16WZ	5/7	4GB	
Pinecrest GC	Su	9am	8FR.ZWWV	3/29	4GB	



Available at all Park Authority Golf Courses

**Get Golf Ready I**

**(13-Adult)** This PGA-developed class introduces game fundamentals to new golfers. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on Pinecrest Golf Course only..

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
<b>Co-ed</b>						
Burke Lake GC	Sa	10am	AEE.GIZO	3/21	4GB	
Burke Lake GC	Su	9am	AEE.W8UI	3/22	4GB	
Burke Lake GC	W	11am	AEE.YP8U	3/25	4GB	
Burke Lake GC	Sa	10am	AEE.JX0G	5/2	4GB	
Burke Lake GC	Su	10am	AEE.D4OK	5/3	4GB	
Burke Lake GC	T	5pm	AEE.GGMG	5/5	4GB	
Burke Lake GC	W	11am	AEE.S9SO	5/6	4GB	
Pinecrest GC	Sa	10am	AEE.KKA1	3/28	4GB	
Pinecrest GC	Su	11am	AEE.SZ4C	3/29	4GB	
Pinecrest GC	Su	12pm	AEE.6MP3	5/17	4GB	
<b>Ladies only</b>						
Burke Lake GC	M	10am	219.FE91	3/23	4GB	
Burke Lake GC	W	5pm	219.URFN	3/25	4GB	
Burke Lake GC	Th	10am	219.0X7B	3/26	4GB	
Burke Lake GC	M	10am	219.PJ39	5/4	4GB	
Burke Lake GC	W	5pm	219.3QD5	5/6	4GB	
Burke Lake GC	Th	10am	219.XHNS	5/7	4GB	
Pinecrest GC	Sa	11am	219.MYNX	3/28	4GB	
Pinecrest GC	Sa	10am	219.PYNN	5/16	4GB	

**Get Golf Ready II in Korean**

(13세 이상) 수강 조건: 골프 입문 I 수료자. 이 수업은 한국어로 진행되며, 초급 단계에서 한 걸음 더 나아간 기술을 배웁니다. 퍼팅, 칩샷, 아이언 샷에 조준 및 정렬 개념을 적용하고, 하이브리드와 우드를 티 없이 치는 방법도 익힙니다. 연습장에서 사용하는 공은 수업료에 포함되어 있으며, 대여 클럽도 제공됩니다.

**(13-Adult)** Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers in Korean. 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.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	4pm	LU7.0VQ4	3/21	4GB	
Burke Lake GC	T	4pm	LU7.4P2M	3/24	4GB	
Burke Lake GC	Th	2pm	LU7.NK59	3/26	4GB	
Burke Lake GC	Sa	4pm	LU7.NOWQ	5/2	4GB	
Burke Lake GC	T	4pm	LU7.GCAZ	5/5	4GB	
Burke Lake GC	Th	2pm	LU7.GY8B	5/7	4GB	

NEW FOR SUMMER 2026!

**JUNIOR TOURNAMENT SERIES**

Save the Date: June-July 2026

Ages 10-18

Compete in five tournaments at a variety of Golf Fairfax courses!



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## Your Best Golf Season Starts with Savings!

**March 19 - April 3, 2026**

**PASS SALE**  
(Regular Greens Fees)

- 10% off 5 Rounds
- 20% off 10 Rounds
- 25% off 15 Rounds

**PASS SALE**  
(Senior Rounds)

Buy 14 rounds and get the 15th free!

Rounds are good for 2 years for greens fees only at course purchased.

Discounts apply to weekend/weekday rounds at Burke Lake, Greendale, Jefferson, Laurel Hill (Senior rounds only), Oakmont, Pinecrest and Twin Lakes golf courses.

Go to [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf)






Team up and tee up fore a spring challenge!

# GOLF TOURNAMENTS

**Pinecrest Golf Course**

**Going for the Green Tournament (7 yrs. +)**  
Saturday, April 11, 10 a.m.

Cost: \$110 per team, lunch and carts included

**Spring Scramble (7 yrs. +)**  
Sunday, May 17 • 9 a.m.

Cost: \$110 per team, lunch and carts included

**Oakmont Golf Center**

**Two Person Best Ball (12 yrs. +)**  
Saturday, May 2 • 10 a.m.

Cost: \$70 per team

**Jefferson Golf Course**

**Spring Best Ball (Jefferson Cup Tournament Series) (Adults)**  
Saturday, May 9 • 9 a.m.

Cost: \$90 per team  
Registration opens 45 days prior to event

**Burke Lake Golf Center**

**Spring Team Challenge (12 yrs. +)**  
Saturday, May 23 • 8 a.m.

Cost: \$90 per team, includes lunch complimentary range balls and push cart

Grab a partner, sign-up and hit the course at one of our upcoming Golf Fairfax tournaments.




**To register visit [www.fairfaxcounty.gov/parks/golf/tournaments](http://www.fairfaxcounty.gov/parks/golf/tournaments)**





uses uneven ramps on its heated, covered driving range to simulate course conditions.

4GC 4--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	M	6pm	A6E.VBRP	3/23	4GC	

**Golf-Wedge & Short Irons**

(13-Adult) Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

4GC 4--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	M	5pm	D23.RRK4	3/23	4GC	
Burke Lake GC	T	2pm	D23.WB3M	3/24	4GC	
Burke Lake GC	T	2pm	D23.C15K	5/5	4GC	

**Advanced Putting Clinic**

(16-Adult) This clinic is for experienced golfers looking to improve their putting skills and takes a deep dive into all aspects of putting at an advanced level. The class consists of three sessions meeting weekly on the same day and time. As part of the course each student receives a putting mirror and a sleeve of balls that have an alignment aid printed on the ball. Participants will also be offered a 10% discount on a new putter.

4GP 3--55 minute lessons--\$120						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	W	5pm	C19.K1B8	3/25	4GP	
Burke Lake GC	F	10am	C19.E0UM	3/27	4GP	
Burke Lake GC	W	5pm	C19.WQWP	5/6	4GP	
Burke Lake GC	F	10am	C19.6JKL	5/8	4GP	

**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. \*Pinecrest Golf Course only

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
<b>Co-ed</b>						
Burke Lake GC	Sa	11am	F2A.ID09	3/21	4GB	
Burke Lake GC	Su	10am	F2A.WH78	3/22	4GB	
Burke Lake GC	Sa	11am	F2A.HLL3	5/2	4GB	
Burke Lake GC	Su	11am	F2A.4TYO	5/3	4GB	
Burke Lake GC	T	6pm	F2A.5FIT	5/5	4GB	
Pinecrest GC	Sa	11am	F2A.0QY9	5/16	4GB	
Pinecrest GC	Su	11am	F2A.L9CU	5/17	4GB	
<b>Ladies only</b>						
Burke Lake GC	M	11am	46F.75EA	3/23	4GB	
Burke Lake GC	W	6pm	46F.IUHG	3/25	4GB	
Burke Lake GC	Th	11am	46F.945E	3/26	4GB	
Burke Lake GC	M	11am	46F.6D6H	5/4	4GB	
Burke Lake GC	W	6pm	46F.187U	5/6	4GB	
Burke Lake GC	Th	11am	46F.07RZ	5/7	4GB	

**Golf-Long Game Lessons**

(13-Adult) Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

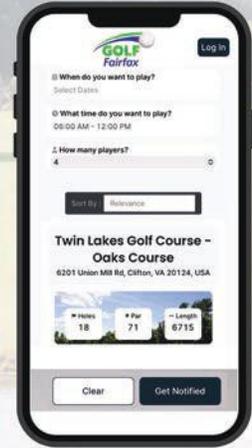
4GC 4--55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	T	1pm	49C.ERIV	3/24	4GC	
Burke Lake GC	M	5pm	49C.15GI	5/4	4GC	
Burke Lake GC	M	6pm	49C.DABJ	5/4	4GC	
Burke Lake GC	T	1pm	49C.PQ01	5/5	4GC	

**Golf-Recovery/Trouble Shots**

(13-Adult) Prerequisite: Beginner Golf Ready or equivalent. Lessons focus on proper setup, club selection and recovering from trouble situations in addition to course management. Burke Lake

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GOLF**

# Every Body Golf School

**Teaching the game of a lifetime**

Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA  
3136 Jermantown Road • Oakton, VA 22124



## Lesson Information

- **Lessons taught** by the area's most experienced team of PGA, LPGA, and USGTF professionals year round.
- **Gift Certificates** are available for purchase at [everybodygolf.com](http://everybodygolf.com)
- **Club fitting** available for Callaway Golf Clubs.
- **Loaner clubs** available upon request.
- Lessons conducted in **Sheltered and heated** practice bays.

### Intermediate Golf For Adults

This four week class features an intermediate level review of fundamentals, and most typical golf shots. Prerequisite: Beginning Golf 2 or equivalent experience. Four- 50 minute lessons on four consecutive weeks. Fee: \$135, plus range balls.

Day	Time	Start Date
Sunday	11:05am	April 19 OR June 7

### Short Game Intensive

Students will work on all areas of the short game including putting, chipping and sand shots. Two 100-minute sessions. Fee: \$135, Practice balls provided

Day	Time	Start Date
Saturday	10:05am	April 11
Sunday	11:05am	May 31

## Oakmont 2026 Spring 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: \$150 plus range balls.

Day	Time	Start Date
Wednesday	7:05pm	April 8
Monday	7:05pm	April 13
Tuesday	10:05am	April 14 (Ladies Only)
Saturday	9:05am	April 18
Saturday	10:05am	April 18 (Ladies Only)
Sunday	10:05am	April 19
Sunday	4:05pm	April 19

### 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: \$150 plus range balls.

Day	Time	Start Date
Tue- Thurs	7:05pm	April 7 OR May 5
Sat- Sun	12:05pm	April 18 OR May 30

### 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: \$150 plus range balls.

Day	Time	Start Date
Wednesday	8:05pm	April 8
Tuesday	11:05am	April 14 (Ladies Only)
Saturday	11:05am	April 18
Sunday	1:05pm	April 19

### Adult/Junior Beginning Golf

This class covers all the basic skills of golf including grip, stance, full swing, chipping, and putting. Rules and etiquette are also taught. A great course for any beginning adults and juniors. AGES 8 and UP. Six-50 minute lessons on 6 consecutive weeks. Class is limited to 10 students. Fee: \$150 plus range balls.

Day	Time	Start Date
Saturday	5:05pm	April 18
Sunday	5:05pm	April 19

### SNAG (Starting New at Golf)

Every Body Golf School offers a child-friendly, safe, and easy method to teach basic golf skills to youngsters who have not had prior golf experience. The SNAG COACHING SYSTEM uses task-focused instruction to improve the motor skills required to play golf. Students use specifically designed equipment that will make the transition to traditional golf equipment faster and easier. Let us help your future player get on the right track! Limited to 6 students. We provide all equipment. Four 45-minute sessions. Fee: \$95

Day	Time	Start Date
Saturday	10:05am	April 18
Saturday	11:05am	April 18
Sunday	10:05am	June 7
Sunday	11:05am	June 7

### 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: \$100, includes range balls.

Day	Time	Start Date
Saturday	4:05pm	April 18 OR June 6
Sunday	2:05pm	April 19 OR June 7

### 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: \$100 includes range balls.

Day	Time	Start Date
Saturday	3:05pm	April 18 OR June 6

### 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: \$120 includes range balls.

Day	Time	Start Date
Saturday	4:05pm	April 18 or June 6
Sunday	2:05pm	April 19 or June 7

- Two easy ways to register: Online at [www.everybodygolf.com](http://www.everybodygolf.com) or by phone at 703-255-5396.



# 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 20th centuries. The water-powered Colvin Run Mill was essential to the local farming community and the Colvin Run General Store was where people shopped, gathered, and conducted business.

- Take a self-guided walk and see Colvin Run Mill's exterior, including the 20-foot waterwheel
- Join a docent-guided Mill Tour to explore this still-operational example of early American mass production
- Family-friendly Discovery Baskets
- Visit the 200-year-old Miller's House and replanted gardens to experience 1800s home life
- Shop in the c. 1910 Colvin Run General Store, where you can see exhibits, purchase CRM-ground grains and other gift items
- Recreational and educational activities for all ages
- Thematic tours, classes, camps, school programs and special events
- On the National Register of Historic Places and the Virginia Landmark Register

#### Hours and Admission

**General Store and Miller's House** Please visit the website for hours of operation.

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
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed items for purchase

#### Hours and Admission

Please visit the website for hours of operation.



### Historic Huntley

6918 Harrison Lane • Alexandria  
703-768-2525

[www.fairfaxcounty.gov/parks/historic-huntley](http://www.fairfaxcounty.gov/parks/historic-huntley)

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. The grounds at Historic Huntley are open dawn to dusk from March through November.

### Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria  
703-768-2525

[www.fairfaxcounty.gov/parks/huntley-meadows](http://www.fairfaxcounty.gov/parks/huntley-meadows)



### Sully Historic Site

3650 Historic Sully Way • Chantilly  
703-437-1794

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

The 1794 home of Northern Virginia's first congressman, Richard Bland Lee, combines aspects of Georgian and Federal architecture. Guided tours highlight the early 19th century Lee family, the enslaved community, and other families who lived here before it became a park in 1959. Features include:

- Historic House
- Original outbuildings
- Reconstructed home of enslaved residents
- Heirloom garden
- Accredited by American Alliance of Museums
- On the National Register of Historic Places and the Virginia Landmark Register
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

#### Hours and Admission

Please visit the website for hours of operation.



**Homeschool Programs**

**Colonial Life for Homeschool**

**(6-12 yrs.)** Did you know that Huntley Meadows Park was once part of George Mason's holdings? Discover this forgotten Founding Father as you make your own candle, design your own stencil to mark crops, write with a quill pen and decide the future of the Virginia colony.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HistHuntley	Th	10am	925.S480	4/16	\$16/ea.

**Homeschool -**

**Kitchen Garden Adventures**

**(6-10 yrs.)** Help us in the kitchen garden and practice your seasonal cooking skills.

**4--1 hour 25 minute lessons**

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	1pm	GRN.F0IV	4/6	\$41/ea.

**Mapping the Past for Homeschoolers**

**(7-13 yrs.)** Supplement your historical studies with a fun day of exploring, interpreting and making maps. Try your hand at orienteering, learn about different types of maps from around the world and take home a personalized map of your life.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HistHuntley	Th	10am	C5B.15X8	3/26	\$16/ea.

**Family/All Ages**

All attendees, including parents, must be registered for these programs.

**Hands-on History - Foraging**

**(8-Adult)** Discover the bounty of edible plants in your backyard. Join us to hunt edible plants and explore how the people of Sully used wild plants for food and medicine.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Sully	Sa	11am	P08.MWCC	5/16	\$15/ea.

**Hands-on History - Pots and Paints**

**(8-Adult)** Unearth the secrets of crafting clay pots and make a pot to take home. Discover the traditional methods of making paints and pigments from natural materials, connecting with our ancestors' resourcefulness.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Sully	Su	1:30pm	7SB.B80A	5/24	\$15/ea.



**Ice Cream at Historic Huntley**

**(All Ages)** Make and enjoy hand-cranked ice cream as Huntley's Harris family may have done. Discover how the histories of ice cream and Huntley follow a similar path from elite luxury to family fare. Ice well and Historic Huntley House tour included.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	2pm	633.VIJI	5/9	\$10/ea.
HistHuntley	Sa	2pm	633.WMTK	5/30	\$10/ea.

**Maple Syrup Boil Down**

**(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.XSP0	3/1	\$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.I3T7	3/1	\$8/ea.
ColvinRunMill	Su	2pm	8GQ.30YB	3/1	\$8/ea.

**Movie at the Mill - Alice in Wonderland**

**(3-Adult)** Watch a family-friendly screening of Alice in Wonderland (1951). Explore the historic house and gardens before or after the film. Refreshments and concessions will be available for purchase.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	N73.6UTU	3/22	\$12/ea.

**Movie at the Mill - Sense and Sensibility**

**(10-Adult)** Watch an outdoor screening of Sense of Sensibility (1995) at the 19th century gristmill. Bring your own blanket or low lawn chair. Refreshments and concessions will be available for purchase. The Miller's House Exhibit will be open for self-guided tours at 7:30pm and will close at the start of the film. The film will start at sunset (8:30pm).

**1--2 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	8:30pm	HLJ.PNWV	5/30	\$12/ea.

**Paths of Freedom Seekers**

**(8-Adult)** Listen to stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers have forged a path of resiliency throughout history.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	6pm	QYM.UCP1	4/16	\$9/ea.

**Spring Tea Party**

**(3-Adult)** Bring your child to the mill and celebrate Spring. We'll have tea, savory and sweet treats and play 19th century games.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	N16.S602	5/9	\$20/ea.

**Spy Craft**

**(7-Adult)** Explore the lives of the men and women during the Revolutionary War who passed along secrets and information and the technology they used in dangerous times. Try your hand at a little spy craft to take home.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	2pm	1EF.XHTQ	3/29	\$9/ea.

**Teen/Adult Programs**

**Creating Oils, Tinctures and Vinegars**

**(16-Adult)** In this program, learn the basics of using plants from the garden to make oils, tinctures and vinegars. Learn how different infusions extract different properties from the plants and how plants have been used in traditional medicines for healing and strengthening the immune system. Participants will go home with one tincture, one vinegar and one oil.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	4pm	WVZ.PT5T	5/30	\$25/ea.

**Art of Mending**

**(12-Adult)** Discover how people of the past patched, stitched and darned to mend worn clothing. See and touch examples of mending techniques. Learn how to thread a needle, make basic stitches and sew on a patch to extend the life of your own garments. Materials will be provided.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	12:30pm	RPV.F8CR	4/19	\$20/ea.
ColvinRunMill	W	6:30pm	RPV.HI3J	4/22	\$20/ea.

**Irish Tea**

**(16-Adult)** Celebrate Saint Patrick's Day with a lovely cup of Irish tea accompanied by a sampling of Irish treats and savories. Includes a tour of Historic Huntley.

**1--1 hour 30 min lesson**

Location	Day	Time	Code	Date	\$
HistHuntley	T	1pm	ONM.3MMQ	3/17	\$35/ea.



# History

## The Women of Historic Huntley

**(16-Adult)** A society matron, an enslaved wife and mother, a farmer's daughter, a military wife. Historic Huntley has been home to some interesting women and has seen the lives of women change dramatically since the house was built in 1825. See Huntley from a refreshingly different view as we stroll the house and grounds.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Su	2pm	F12.ACLY	3/8	\$10/ea.

## Women of Walney Walking Tour

**(12-Adult)** From the Brown family in the 1740s until Ellanor C. Lawrence in the 1970s, women have defined the Park's cultural and natural history. Hike around Ellanor C. Lawrence Park, learning about the women whose lives and work helped shape our land. Children must be accompanied by a registered adult.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	2pm	7B6.VWBD	3/21	\$9/ea.

## Adult Programs

### Diagnosing the Past

**(Adults)** Modern medical and scientific knowledge is often used to investigate ailments and causes of death of historical figures and ordinary people. Hear what we do and don't know about the long-ago demises of past residents of Historic Green Spring as we consider the practice of retrospective diagnosis. Discover potential pitfalls in attempting to diagnose "historical patients."

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	5L9.X7Q3	3/29	\$18/ea.

### Historic House Walk and Talk

**(12-Adult)** Take a brief outdoor stroll around the 1784 Historic House to learn about its architecture and historic designed landscape. Step inside the house to learn about residents of Green Spring past. Enjoy compelling stories of public service, trailblazing women, espionage, civil rights, enslavement and freedom. Hear what we know about enslaved people who lived and worked on Green Spring Farm, and ongoing research to discover more.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	R40.IEZH	3/28	\$15/ea.
GrnSprGardn	Sa	10am	R40.XSYH	4/25	\$15/ea.

### Mason Tea

**(Adults)** Enjoy an afternoon tea circa 1830 much as Betsey Mason would have with the gleam of polished silver and proper tea etiquette. Sample a menu of tasty treats appropriate to the period in an historic setting as you brush up on your tea history. Includes a tour of Historic Huntley.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	87A.Q97U	5/7	\$35/ea.

### Secrets, Spies, Sputnik and Huntley

**(Adults)** Take a stroll with us on the less-visited side of the park to uncover the history of spies, espionage and how the Cold War struggle between the US and

the USSR shaped Huntley and the Fairfax County we know today. Meets at South King Highway entrance includes a 2.4 mile walk over flat terrain.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	1pm	F8B.L424	3/28	\$14/ea.
HuntMdws	Th	1pm	F8B.RAOM	5/21	\$14/ea.

### The Timbre of Trees

**(Adults)** Learn how trees pinpointed a construction date for Green Spring's 1784 Historic House through the fascinating science of dendrochronology. Hear all about the exciting process that solved a long-standing mystery and revealed more about Green Spring's history. Discover that tree-ring dating has been used to date many things, from a Stradivarius violin to a portrait of Mary Queen of Scots, and that it can interpret long-ago environmental events and help to predict future trends.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	2Q3.YZ2J	5/3	\$18/ea.

### Twilight Hilltop Tour

**(Adults)** Historic Huntley sits high upon a hill overlooking Hybla Valley and Huntley Meadows Park that is even more dramatic and stunning by the setting sun. Join us after hours for a special tour and see the house in a different light. Light refreshments served afterward. Dress appropriately for the weather.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	6:45pm	D3E.2HGT	3/28	\$10/ea.



## 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).



## Thank You to Our 2025 Fairfax County Carnival and Fair Sponsors!

### GRAND CHAMPION



### BLUE RIBBON



### FARM FRIEND



Harry Glasgow



### ESSENTIAL



**HISTORIC SITE TOURS**



**COLVIN RUN MILL TOUR**

Saturdays & Sundays, March-May

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.

**HISTORIC GREEN SPRING TOUR**

Thursdays, April-May

11 a.m.

\$10 per adult, \$8 Seniors/Students/Children (9-15 yrs.)

45-minute visit, Reservations recommended

**(9-Adult)** Visit the first floor of Green Spring Gardens' 1784 Historic House and learn about the site's 18th century origins, its early owners and the enslaved people who once lived and toiled here. Hear fascinating stories of past residents and discover how Green Spring became a horticultural and historical resource for visitors today. This house visit is ADA compliant. Individual tour tickets available at Parktakes online.

**HISTORIC HUNTLEY HOUSE TOUR**

Saturdays, April-May

10:30 a.m. & 12 p.m.

\$10 per adult, \$8 Seniors/Students/Children (5-15 yrs.)

1-hour tour, Reservations recommended

**(All Ages)** Discover a view for all time during a tour of Historic Huntley. The view from Huntley is not singular, here we have many vistas, voices, and stories. Many of these stories reflect the American quest for freedom. The tour includes the unfurnished late Federal style 1825 villa, farm out-buildings, stories from the Huntley community and an unparalleled view of the Hybla Valley. The short walk to the villa proceeds up a steep hill, an ADA compliant cart is available on request (please contact us in advance). Private tours are available upon request. Please contact the site for details. Individual tickets are available at Parktakes online.

**SULLY HISTORIC SITE TOUR**

Thursday-Sunday, March-May

11:30 a.m., 1 p.m. & 2:30 p.m.

\$10 per adult, \$8 Seniors/Students/Children (5-15 yrs.)

1-hour 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.



**FAIRFAX COUNTY VA 250**

**Celebrate America's 250th anniversary with unforgettable adventures across Fairfax County.**

- Visit historic Park Authority sites that share Fairfax County's rich stories and connections to our nation's beginnings
- Explore parks, waterways and scenic trails that shaped the region's past
- Experience living history demonstrations that bring earlier eras to life
- Participate in hands-on programs for learners of all ages
- Hike with expert guides and uncover stories hidden in the landscape
- Celebrate with your community at events that honor the past, highlight the present and shape the future
- Find programs labeled Fairfax 250 for can't-miss signature events leading up to Independence Day 2026

**Celebrate History With Us!**



[www.fairfaxcounty.gov/parks/topics/fairfax250](http://www.fairfaxcounty.gov/parks/topics/fairfax250)



These programs link to the VA250 and the Fairfax250 commemoration.

**Archaeology at Sully**

**(6-Adult)** Explore the Past Through Archeology at Sully Historic Site. Delve into the rich history of Sully Historic Site through the fascinating lens of archeology. Participants will discover how the artifacts left behind by past residents reveal the stories of their lives and this place. Using hands-on activities, visitors will explore archaeology tools, techniques and procedures. Join us to uncover the layers of history and connect with the past.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Sully	Su	2pm	5LM.GGXS	4/19	\$15/ea.

**Book Workshop - Fighting for the Forests**

**(12-Adult)** Join award-winning author P. O'Connell Pearson for an engaging exploration of her acclaimed book *Fighting for the Forest: How FDR's Civilian Conservation Corps Helped Save America*. Discover the true stories of the young men of the Civilian Conservation Corps (CCC) who helped restore America's landscapes into National Parks during the Great Depression. Then bring it to life by designing erosion-control structures in groups to explore the real-world impact of these young environmental pioneers. Wrap up the program by planting a tree together, honoring the legacy of the CCC and making a lasting contribution to the future of Fairfax County forests.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1:30pm	QLK.KUX4	5/2	\$15/ea.

**Farm to Future - 250 Years of American Agriculture**

**(8-Adult)** Farming is the backbone of America, and farm animals have changed over time with breeding. Learn more about historic animal breeds that have lived in America and then meet and interact with some of their modern descendants.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Th	2pm	Z8W.US7W	4/2	\$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	11am	VUG.3Q57	4/25	\$10/ea.

**Mill in Motion**

**(4-Adult)** Explore 200-year-old Colvin Run Mill as we grind grain using the power of the waterwheel. Hear and smell the grindstones at work. Learn how automated gristmills revolutionized flour production. Visit the 19th century Miller's House and stop by Colvin Run General Store to purchase our ground grain.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	9NY.747T	4/19	\$14/ea.
ColvinRunMill	Su	12pm	9NY.1VXT	5/3	\$14/ea.
ColvinRunMill	Su	12pm	9NY.2AKJ	5/17	\$14/ea.

**Remembrance - Enslaved Lives at Sully**

**(12-Adult)** Learn about the lives and legacy of the people enslaved at Sully Historic Site from the 1700s to the Civil War. This tour includes a walk into the original outbuildings, main house and representative housing for the enslaved. Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. The tour is held weather permitting.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	UNQ.QQUC	4/5	\$10/ea.

**Run the Mill - Make Cornmeal**

**(4-Adult)** Explore Colvin Run Mill as you learn about the milling process from beginning to end. Learn hands-on how we clean, mill and sift grains using antique equipment. All participants get to take home a souvenir sample bag of what is milled during class.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	11am	IS4.NKLA	4/26	\$12/ea.

**Savor the Nation - 250 Years of Culinary Traditions**

**(6-Adult)** Eat and drink your way through historical milestones from the last 250 years. Changing tastes and ingredients make our history full of flavor and delight. Taste history at this program and take some recipes home to try for yourself.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	3pm	X6C.B19C	5/16	\$15/ea.

**Special Relationship**

**(Adults)** From the Revolutionary War to the mid-twentieth century, some former residents of Green Spring had connections to England that reflected the changing relations between America and its former adversary. Since declaring independence from the tyranny of British rule 250 years ago, the two nations have formed an enduring alliance. Consider the history of the "Special Relationship" between the U.S. and the U.K. and the rocky road towards our close ties and cultural affinities today.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	5LX.M40V	4/12	\$18/ea.

**Spirited Grains Whiskey Tasting**

**(21 yrs.+)** Follow whiskey's journey from grain to glass. Explore the 19th century gristmill cracking the needed wheat, learn about the distilling process and taste local spirits. The historic relationship between mills and distilleries was as important then, as it is today. Snacks will be provided.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	4pm	3XE.P00Q	5/16	\$35/ea.

**Tales of Our Trails**

**(8-Adult)** In celebration of the Fairfax County 250th anniversary commission participants will hike on the Potomac Heritage Trail and engage in activities such as archery and exploration to learn about the cultural history of Riverbend Park. Participants will be able to tie connections between past and present-day events at the park.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	AHB.A8RR	3/21	\$14/ea.
Riverbend Pk	Sa	10am	AHB.47RL	4/25	\$14/ea.

**The Civil War at Sully**

**(6-Adult)** Discover more about the turbulent history and importance of Sully and Fairfax County during the Civil War. Tour the historic site and learn about the different figures who experienced the war at Sully. Hear about Maria Barlow, who encountered and dealt with troops on both sides. Gain a better understanding of the effects the war had on Fairfax County and why it matters today.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	YAN.RDY3	3/15	\$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	Z9D.CMOW	3/7	\$10/ea.

**Women's Work in the 19th Century**

**(6-Adult)** Explore the work 19th century women did at home and in their community as you try some of the tasks from the 1800s, including cooking, sewing and mending, running a business and managing a household. Children must be accompanied by a registered adult.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	12pm	P68.2DCR	3/21	\$10/ea.

## Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.



### Ice skating classes:

- Offered at Mount Vernon Ice Arena at Mount Vernon Rec Center and at Fairfax Ice Arena.
- Students should report 15 minutes before class and be ready to go on the ice at class time.
- Prior to the first class, students should attend a public session to become accustomed to the ice and to determine proper skate fitting.
- Recommended clothing is a sweater or jacket, knit hat, gloves or mittens and warm, comfortable slacks.
- Ice skating classes include free admission to public skating sessions equal to the number of classes. All group-lesson students are entitled to free rental skates for use during lessons and practice sessions.
- Although there are no equipment requirements except as noted in Hockey 1 and up, head protection (hockey or biking helmets), knee and elbow protection are strongly recommended.

### WHICH LEVEL IS RIGHT FOR ME?

Two different instructional progressions are used for lessons, USFSA (Skate with US – Snowplow Sam, Basic, Freestyle, Adult) and ISI (Ice Skating Institute – Tot, Pre-Alpha, Alpha, Beta). The Park Authority offers the full progression of classes for USFSA and the ISI introductory-level classes for each age group. \*Students in one progression may change to the other progression at the appropriate skating level by using the chart below. Consult the course descriptions for more information.

USFSA	Ages	ISI
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.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	EB9.VXYJ	5/2	4IA
MtVernREC	Su	12:10am	EB9.7LT4	5/3	4IA
MtVernREC	F	9:45am	EB9.HS8W	5/1	4IA
MtVernREC	F	10:15am	EB9.3EGY	5/1	4IA

#### Snowplow Sam 1

This class helps students develop preliminary coordination and strength necessary for ice skating. Students must be able to work in a group setting without direct parental supervision and be able to listen to and follow instructions. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared towards balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$155					
DIAA 7--30 minute lessons--\$170					
Location	Day	Time	Code	Begin	\$
<b>(3-5 yrs.)</b>					
MtVernREC	Sa	10am	9BB.7897	5/2	4IA
MtVernREC	Sa	11:10am	9BB.0WKC	5/2	4IA
MtVernREC	Sa	11:45am	9BB.LWLW	5/2	4IA
MtVernREC	Su	11:35am	9BB.F2NL	5/3	4IA
MtVernREC	T	4:15pm	9BB.MYXD	4/28	4IA
<b>(4-6 yrs.)</b>					
FfxIceArena	M	5:35pm	8A6.T8R5	3/23	DIAA
FfxIceArena	T	6:40pm	8A6.FMST	3/24	DIAA
FfxIceArena	W	6:40pm	8A6.2DID	3/25	DIAA
FfxIceArena	Th	6:40pm	8A6.JRL7	3/26	DIAA
FfxIceArena	Sa	8:55am	8A6.HVOA	3/28	DIAA

#### Home School Snowplow Sam 1

**(3-5 yrs.)** This class targets students who are home schooled but is open to any student. This class helps students develop the preliminary coordination and strength necessary for ice skating. Students need the ability to work in a group instructional setting without an adult being on the ice and the ability to listen to and follow instructions. Skating skills include falling down safely, marching in place, marching forward, march then glide on two feet, dip in place and other skills geared towards balance, movement and coordination. Helmets are required.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:15am	41F.IVBT	5/1	4IA

#### Snowplow Sam 2

**(3-5 yrs.)** This class delves further into ice skating skills learned in Snowplow Sam 1. Skating skills include march followed by a long glide, dip while moving, backward walking, backward wiggles, forward swizzle, beginning snowplow stop motion in place or holding onto barrier, two-foot hop in place and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	800.JYZQ	5/2	4IA
MtVernREC	Sa	11:45am	800.9V3G	5/2	4IA
MtVernREC	Su	11:35am	800.D3LU	5/3	4IA
MtVernREC	T	4:15pm	800.GEDP	4/28	4IA

### Doing More with Specialists

The Park Authority contracts with specialists in different areas to offer a broad range of programs and times to skate. Service partners who rent the ice at the Mount Vernon Rec Center include:

- Youth and Adult Hockey Leagues/Clubs
- Adult Drop-in Hockey
- Figure Skating Clubs
- Special Olympics

A list of these organizations is available online: [www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena](http://www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena).

# Ice Skating

## Home School Snowplow Sam 2

**(3-5 yrs.)** This class targets students who are home schooled but is open to any student. This class delves further into the skills learned in Snowplow Sam 1. Skating skills include march followed by a long glide, dip while moving, backward walking, backward wiggles, forward swizzle, beginning snowplow stop motion in place or holding onto barrier, two-foot hop in place and other skills geared towards balance, movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	F	10:15am	7F5.M23C	5/1	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--\$170					
Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.B8X1	3/23	DIAA
FfxIceArena	T	6:40pm	9B3.EYAF	3/24	DIAA
FfxIceArena	W	6:40pm	9B3.09SM	3/25	DIAA
FfxIceArena	Th	6:40pm	9B3.BS09	3/26	DIAA
FfxIceArena	Sa	8:55am	9B3.9SE3	3/28	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--\$155					
DIAA 7--30 minute lessons--\$170					
Location	Day	Time	Code	Begin	\$
<b>(6-13 yrs.)</b>					
MtVernREC	Sa	10am	FBC.Z5GD	5/2	4IA
MtVernREC	Sa	10:35am	FBC.0D7E	5/2	4IA
MtVernREC	Sa	11:10am	FBC.T5/6	5/2	4IA
MtVernREC	Sa	11:45am	FBC.T831	5/2	4IA
MtVernREC	Su	11am	FBC.3JU7	5/3	4IA
MtVernREC	Su	11:35am	FBC.POUN	5/3	4IA
MtVernREC	Su	12:10pm	FBC.LTT4	5/3	4IA
MtVernREC	T	4:15pm	FBC.UUL5	4/28	4IA
MtVernREC	T	4:45pm	FBC.74W1	4/28	4IA
MtVernREC	T	5:15pm	FBC.CORA	4/28	4IA
MtVernREC	T	5:15pm	FBC.N7W1	4/28	4IA
<b>(7-13 yrs.)</b>					
FfxIceArena	M	6:10pm	7AC.L1DN	3/23	DIAA
FfxIceArena	T	7:15pm	7AC.LSSO	3/24	DIAA
FfxIceArena	W	7:15pm	7AC.WXGE	3/25	DIAA
FfxIceArena	Th	7:15pm	7AC.SASN	3/26	DIAA
FfxIceArena	Sa	9:30am	7AC.9XE5	3/28	DIAA

## Basic 1 Advanced

**(6-13 yrs.)** For students with some ice skating ability who have had no organized skating instruction or for those who wish to repeat Basic 1. Students continue to learn basic elements which provide a solid foundation for advanced skills. Class is adjusted based on participants' skill level. Skills include falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

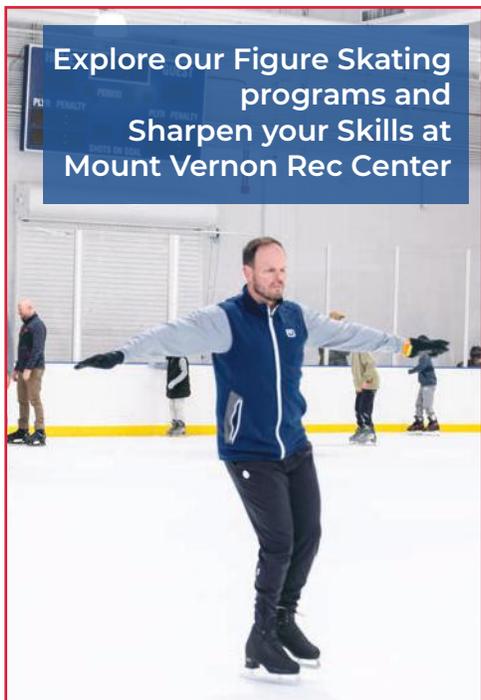
4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	B6D.E30Y	5/2	4IA
MtVernREC	Sa	11:45am	B6D.MVA2	5/2	4IA
MtVernREC	Su	11am	B6D.1W00	5/3	4IA
MtVernREC	Su	12:10pm	B6D.20AY	5/3	4IA

## Home School Basic 1

**(6-13 yrs.)** This class targets students who are home schooled but is open to any student. For students who have never ice skated before, this class helps students develop the preliminary coordination and strength necessary for ice skating. Students learn basic elements which provide a solid foundation for more advanced skills. Skating skills include falling down safely, sitting on ice and standing up, marching in place, marching forward across the ice, march then gliding on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles, beginning snowplow stop on two feet or one foot and other skills geared towards balance, movement and coordination.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:15am	44E.H9K0	5/1	4IA

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## 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--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10am	291.CQGB	5/2	4IA
MtVernREC	Sa	10am	291.XLUC	5/2	4IA
MtVernREC	Sa	11:10am	291.6UV6	5/2	4IA
MtVernREC	Sa	11:45am	291.CB3T	5/2	4IA
MtVernREC	Su	11am	291.8J9I	5/3	4IA
MtVernREC	Su	11:35am	291.FQC5	5/3	4IA
MtVernREC	Su	12:10pm	291.MWME	5/3	4IA
MtVernREC	T	4:45pm	291.HQO2	4/28	4IA
MtVernREC	T	4:45pm	291.UR4Y	4/28	4IA

## Home School Basic 2

**(6-13 yrs.)** This class targets students who are home schooled but is open to any student. This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skating skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow stop and other skills geared towards balance, movement and coordination. Prerequisite: Basic 1.

4IA 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:45am	018.4QE2	5/1	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--\$155					
Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	63A.DR49	5/2	4IA
MtVernREC	Sa	11:10am	63A.R18R	5/2	4IA
MtVernREC	Su	11am	63A.5PF3	5/3	4IA
MtVernREC	T	5:15pm	63A.TAI2	4/28	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--\$170					
Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:30pm	E65.M3VR	3/23	DIAA
FfxIceArena	T	7:15pm	E65.813B	3/24	DIAA
FfxIceArena	W	7:15pm	E65.KS06	3/25	DIAA
FfxIceArena	Th	7:15pm	E65.7LCT	3/26	DIAA
FfxIceArena	Sa	9:30am	E65.EUY6	3/28	DIAA



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## 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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10am	C06.5Y7N	5/2	4IA
MtVernREC	M	7:45pm	C06.TXIV	4/27	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--\$155**  
**DIAA 7--30 minute lessons--\$170**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10am	AA1.P8HA	5/2	4IA
MtVernREC	Su	11:35am	AA1.FRUA	5/3	4IA
MtVernREC	M	7:45pm	AA1.ABVB	4/27	4IA
FfxIceArena	T	7:50pm	GCH.F7UC	3/24	DIAA
FfxIceArena	Th	7:50pm	GCH.BVSE	3/26	DIAA
FfxIceArena	Sa	11:15am	GCH.QS7D	3/28	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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	12:10pm	5B4.C3C7	5/3	4IA
MtVernREC	M	8:15pm	5B4.HZOL	4/27	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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	M	8:15pm	B42.KZ2H	4/27	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--\$170**

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	C52.MCTV	3/24	DIAA
FfxIceArena	Th	7:50pm	C52.PVSZ	3/26	DIAA
FfxIceArena	Sa	11:15am	C52.TF0S	3/28	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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	11am	98F.SKW7	5/3	4IA

## Advanced Skating – All Ages

### 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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:10am	37E.I7DT	5/2	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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10:35am	5D3.TDX9	5/2	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--\$155**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	11:10am	BE.CTNQ	5/2	4IA
MtVernREC	M	7:45pm	NDO.QLTR	4/27	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--\$155**

Location	Day	Time	Code	Begin	\$
(6-Adult)					
MtVernREC	Sa	11:45am	E3B.FP1D	5/2	4IA
(14-Adult)					
MtVernREC	M	8:15pm	7WZ.WL8C	4/27	4IA



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## 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

**(13-Adult)** Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

**4MG 10--1 hour 55 minute lessons--\$272**

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	4pm	78D.AQ0D	3/21	4MG
MtVernREC	T	6pm	78D.TYNB	3/24	4MG

### Japanese Swordsmanship

**(13-Adult)** Students learn the ancient samurai sword arts stances, postures and movements, including laijutsu sword-drawing and cutting techniques and paired-student kenjutsu exercises. Equipment is provided for beginning students.

**4MA 10--55 minute lessons--\$136**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	90A.RHFB	3/22	4MA
Wkfld/Moore	W	8pm	90A.A6YK	3/25	4MA

### Judo-Japanese Staff

**(13-Adult)** Class focuses on the Japanese marital art of jodo, uses a 50-inch hardwood staff and is based on the Shindo Muso Ryu martial tradition. Class covers basic jodo techniques as well as a series of interactive drills and kata that comprise the art. All levels welcome and all equipment provided.

**4MA 10--55 minute lessons--\$136**

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	60E.WU1H	3/22	4MA

### Judo

**(13-Adult)** Learn the most efficient use of mental and physical energy for defense through judo techniques including throwing, choking, holding and joint locking.

**3MA 8--55 minute lessons--\$110**

Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.6J2X	4/12	3MA

### Jujitsu-All Levels

**(13-Adult)** Self-defense typified by grab escapes, throwing and submission holds.

**3MB 8--1 hour 25 minute lessons--\$164**

Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.MD3V	4/12	3MB

### Jung Su Beginning

**(8-Adult)** 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--\$136**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	U1X.B3SS	3/21	4MA
Wkfld/Moore	Sa	10am	U1X.EOW4	3/21	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 4MB 10--55 minute lessons--\$136 10--1 hour 25 minute lessons--\$204**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	10K.AP6Q	3/21	4MB
Wkfld/Moore	W	6pm	10K.2PYZ	3/25	4MA

### Jung Su Advanced

**(8-Adult)** Prerequisite: Jung Su Beginning or equivalent.

**4MB 10--1 hour 25 minute lessons--\$204**

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	3BJ.4J03	3/21	4MB
Wkfld/Moore	W	7pm	3BJ.GF61	3/25	4MB

### Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

**3MA 4MA DMVF 8--55 minute lessons--\$110 10--55 minute lessons--\$136 10--45 minute lessons--\$121**

Location	Day	Time	Code	Begin	\$
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**(6-12 yrs.)**

SoRunREC	Sa	1pm	27A.RSQ4	3/21	4MA
BIKBitFFX	M	5:30pm	4XF.R2RZ	3/23	DMVF
BIKBitFFX	T	5:30pm	4XF.870V	3/24	DMVF
BIKBitFFX	W	5:30pm	4XF.L68V	3/25	DMVF
BIKBitFFX	Th	5:30pm	4XF.L8ZU	3/26	DMVF
BIKBitFFX	F	4:45pm	4XF.GVKN	3/27	DMVF
ProvREC	Th	7:20pm	4XF.G8KC	4/16	3MA

**(13-Adult)**

OakmontREC	Th	7pm	996.0LMJ	3/26	4MA
ProvREC	Su	1pm	996.0GC9	4/12	3MA
SoRunREC	Sa	1pm	996.0BCK	3/21	4MA
BIKBitFFX	T	7:45pm	LYL.EZJO	3/24	DMVF
BIKBitFFX	Th	7:45pm	LYL.U65B	3/26	DMVF

### Karate II

**(6-Adult)** Prerequisite: Karate I or equivalent.

**4MA 4MH 10--55 minute lessons--\$136 12--55 minute lessons--\$164**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.MTL4	3/14	4MH
Franconia Rec	F	7pm	964.CANH	3/20	4MH
Franconia Rec	W	7:30pm	964.UXTI	3/18	4MH
SoRunREC	Sa	2pm	964.DV1J	3/21	4MA



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# Martial Arts

## Karate III

(6-Adult) Prerequisite: Karate II or equivalent.

4MA	10--55 minute lessons--\$136
4MH	12--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12:30pm	B94.TIKE	3/14	4MH
SoRunREC	Sa	3pm	B94.9JPB	3/21	4MA

## Karate for Families

(6-Adult) This class gives family members an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

3MA	8--55 minute lessons--\$110
4MA	10--55 minute lessons--\$136
4MH	12--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	D2F.26EB	3/14	4MH
Franconia Rec	M	7pm	D2F.EBHP	3/16	4MH
Franconia Rec	T	6:30pm	D2F.3A6D	3/24	4MH
Frying Pan Pk	Th	7pm	D2F.Q2T7	3/19	4MA
OakmontREC	M	7pm	D2F.UKUK	3/23	3MA
ProvREC	Su	12pm	D2F.WDZR	4/12	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--\$136
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4pm	DTQ.4MQ5	3/22	4MA
Wkfld/Moore	Th	6pm	DTQ.CJND	3/26	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--\$136
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Location	Day	Time	Code	Begin	\$
SpHillREC	W	6pm	31A.S2A3	4/8	4MA
SpHillREC	Sa	10am	31A.EKNV	4/11	4MA

## Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	454.0675	4/7	4MA
SpHillREC	W	7pm	454.IZNZ	4/8	4MA
SpHillREC	Sa	9am	454.AIY5	4/11	4MA

## Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	3E5.OTGK	4/7	4MA
SpHillREC	W	7pm	3E5.BRFJ	4/8	4MA
SpHillREC	Sa	9am	3E5.MPIN	4/11	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--\$136
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Location	Day	Time	Code	Begin	\$
SpHillREC	M	7pm	481.S1CO	4/6	4MA
SpHillREC	Sa	8am	481.SMDU	4/11	4MA

## Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

4MA	10--55 minute lessons--\$136
4MB	10--1 hour 25 minute lessons--\$204

Location	Day	Time	Code	Begin	\$
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(6-Adult)

SoRunREC Sa 10:15am 9CF.FPGL 3/21 4MA

(13-Adult)

CubRunREC Th 7pm 889.6043 3/26 4MA

SoRunREC W 7pm 889.70ET 3/25 4MB

MtVernREC M 7:30pm 889.EWQA 3/23 4MB

MtVernREC W 7:30pm 889.7RVO 3/25 4MB

## Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
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(8-Adult)

SpHillREC T 7:15pm 3F3.EC6T 3/24 4MA

(13-Adult)

Franconia Rec F 7pm 48C.1SHH 3/27 4MA

## Kendo II

(8-Adult) Prerequisite: Kendo I or equivalent.

4MB	10--1 hour 25 minute lessons--\$204
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Location	Day	Time	Code	Begin	\$
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SpHillREC T 7:15pm 357.SC5G 3/24 4MB

## Kung Fu

(6-Adult) This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. Additional fee for class t-shirt and pants.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
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SpHillREC T 7pm 9DF.M41Z 4/7 4MA

SpHillREC Th 7pm 9DF.9AYI 4/9 4MA

SpHillREC Sa 10am 9DF.POAB 4/11 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--\$136
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Location	Day	Time	Code	Begin	\$
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SpHillREC T 7pm CA6.5ZXB 4/7 4MA

SpHillREC Th 7pm CA6.MEMT 4/9 4MA

SpHillREC Sa 9am CA6.RNSV 4/11 4MA

## Kung Fu III

(6-Adult) Prerequisite: Kung Fu II. For intermediate and advanced green to black sash students with continued training on long fist and short hand and northern kicks, as well as weapons training in staff, broadsword, straight sword and spear. Sparring and light contact drills offered as preparation for tournament competition.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
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SpHillREC Sa 8am 9TG.MTP5 4/11 4MA




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[www.fairfaxcounty.gov/parks/reccenter/personal-training](http://www.fairfaxcounty.gov/parks/reccenter/personal-training)

**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.

<b>4MA</b>	<b>10--55 minute lessons--\$136</b>				
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.8B5E	4/9	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.

<b>4MB</b>	<b>10--1 hour 25 minute lessons--\$204</b>				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	7pm	6B2.CDX3	3/26	4MB

**Tae Kwon Do I**

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

<b>3MA</b>	<b>8--55 minute lessons--\$110</b>				
<b>4MA</b>	<b>10--55 minute lessons--\$136</b>				
<b>4MG</b>	<b>10--1 hour 55 minute lessons--\$272</b>				
<b>CMVF</b>	<b>8--45 minute lessons--\$92</b>				
<b>DMVF</b>	<b>10--45 minute lessons--\$121</b>				

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Legacy Mart	M	5:15pm	6MJ.Q0A9	3/16	CMVF
Legacy Mart	W	6:15pm	6MJ.XIU8	3/25	CMVF
BikBitFFX	M	5:30pm	6MJ.0K69	3/23	DMVF
BikBitFFX	T	5:30pm	6MJ.LV3N	3/24	DMVF
BikBitFFX	W	5:30pm	6MJ.8UN9	3/25	DMVF
BikBitFFX	Th	5:30pm	6MJ.D0DH	3/26	DMVF
BikBitFFX	F	4:45pm	6MJ.2R6T	3/27	DMVF
JRheeFlsCh	T	5:30pm	6MJ.YASN	3/24	CMVF
JRheeFlsCh	W	6:15pm	6MJ.J19L	3/25	CMVF
JRheeFlsCh	F	5:30pm	6MJ.E9ZA	3/27	CMVF
LdbyExFrOks	Sa	11:30am	6MJ.REOG	3/21	DMVF
LdbyExFrOks	T	4:30pm	6MJ.759F	3/24	DMVF
LdbyExFrOks	W	6pm	6MJ.J6TY	3/25	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.3AWG	3/26	DMVF
LdbyExFrOks	F	5:15pm	6MJ.QMJL	3/27	DMVF
SoRunREC	Sa	12pm	6MJ.BFMG	3/21	DMVF

**(6-Adult)**

CubRunREC	Su	11am	31F.400S	3/22	4MA
CubRunREC	W	7:15pm	31F.D33V	4/8	3MA
Frying Pan Pk	Th	6pm	31F.4PYK	3/19	4MA
SpHillREC	M	5:30pm	31F.CGN9	3/23	4MA

**(13-Adult)**

Legacy Mart	Su	1:15pm	FM7.Y2N5	3/22	CMVF
Legacy Mart	Th	7pm	FM7.NHMD	3/26	CMVF
BikBitFFX	T	7:45pm	FM7.FMVV	3/24	DMVF
BikBitFFX	Th	7:45pm	FM7.ILK8	3/26	DMVF
LdbyExFrOks	W	6:45pm	FM7.HS22	3/25	DMVF
LdbyExFrOks	F	6:45pm	FM7.QBWO	3/27	DMVF
MtVernREC	M	6pm	WTO.6P54	3/23	4MG

**Tae Kwon Do II**

**(6-Adult)** Prerequisite: Tae Kwon Do I or equivalent.

<b>4MA</b>	<b>10--55 minute lessons--\$136</b>				
<b>4MC</b>	<b>20--55 minute lessons--\$272</b>				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.EHUP	3/22	4MA
SpHillREC	M/W	6:30pm	2B9.ZIXL	3/23	4MC

**Tae Kwon Do III**

**(6-Adult)** Prerequisite: Tae Kwon Do II or equivalent.

<b>4MC</b>	<b>20--55 minute lessons--\$272</b>				
Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.JDZD	3/23	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.

<b>4MA</b>	<b>10--55 minute lessons--\$136</b>				
Location	Day	Time	Code	Begin	\$
SpHillREC	W	5:30pm	E9Y.ME3C	3/25	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.

<b>DMVD</b>	<b>8--55 minute lessons--\$141</b>				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	2IF.HSK5	3/26	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.

<b>4MA</b>	<b>10--55 minute lessons--\$136</b>				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	BPH.JINE	3/22	4MA
Wkfld/Moore	Th	7pm	BPH.X5LV	3/26	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.

<b>4MF</b>	<b>5--1 hour 25 minute lessons--\$105</b>				
<b>DMVD</b>	<b>8--55 minute lessons--\$141</b>				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7:30pm	UBC.RMML	3/26	DMVD
SoRunREC	T	2:15pm	158.NBD8	3/24	4MF

**Self-Defense for Women II**

**(13-Adult)** Prerequisite: Self-Defense for Women I or equivalent.

<b>4MF</b>	<b>5--1 hour 25 minute lessons--\$105</b>				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.YODV	5/5	4MF



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[fairfaxcounty.gov/parks/mastenbrook-grants](http://fairfaxcounty.gov/parks/mastenbrook-grants)



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CLASSES ONLINE**

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
- Inline skate park
- Pump track
- Hiking and biking trails
- Athletic fields
- 476 acres of parkland

**Riverbend Park**



8700 Potomac Hills St. • Great Falls • 703-759-9018  
[www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend)

- The Park Authority's only riverfront park
- 418 acres of forest, meadows and ponds
- Wildflowers and birds
- 10 miles of trails including Potomac Heritage Trail
- Canoe and single/tandem kayak rentals available
- Fishing
- Visitor Center with snack bar, gift shop & exhibits

**Woodlands Stewardship Education Center**



5301 Walney Rd. • Chantilly  
[www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center](http://www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center)

- LOOP- Learning Outdoor Observational Pod self-guided exploratory learning space
- Access to Big Rocky Run Trail
- Meadow and Walney pond
- Larger than life size eastern box turtle sculpture

All park and nature center hours are located online by visiting [www.fairfaxcounty.gov/parks/holiday-hours](http://www.fairfaxcounty.gov/parks/holiday-hours). Park grounds are open dawn till dusk daily.

**Child and Parent Programs**

Child must be accompanied by an adult for all child and parent programs.

**Critter Catch**

(2-7 yrs.) Join a naturalist to discover the various wildlife that can be found in the lake. Search for tadpoles, insects, and frogs to catch and release, while also learning about what makes each creature special. Bring old shoes that can get wet and muddy.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	Su	3pm	XRO.2D3V	3/15	\$12/child
LkAccontkPk	Sa	1pm	XRO.5653	4/11	\$12/child
LkAccontkPk	W	10:30am	XRO.MZRS	4/29	\$12/child
LkAccontkPk	Sa	1pm	XRO.DINB	5/2	\$12/child
BurkeLakePk	Sa	10am	XRO.QS4V	5/16	\$12/child

**Critter Crawl**

(2-6 yrs.) Walk with a naturalist and your child as we investigate the critters who make this park their home.

**1--45 minute program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	T	10am	6A8.YK37	3/3	\$12/child
ECLawrncePk	T	10am	6A8.J0YR	4/7	\$12/child
ECLawrncePk	T	10am	6A8.0G67	5/5	\$12/child

**Dinosaur Egg Hunt**

(3-8 yrs.) Stomp over to Hidden Oaks Nature Center to enjoy a dinosaur-themed program and outdoor egg hunt while visiting Dinoland in Nature Playce. Cancelled in case of inclement weather. One adult only per registered child preferred.

**1--45 minute hunt**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:15am	068.DW4K	3/21	\$12/child
HiddenOaks	Sa	10:30am	068.LJIT	3/21	\$12/child
HiddenOaks	Sa	11:45am	068.TTCM	3/21	\$12/child
HiddenOaks	Sa	1pm	068.KADV	3/21	\$12/child
HiddenOaks	Sa	2:15pm	068.X0YF	3/21	\$12/child
HiddenOaks	Su	10:30am	068.TRSV	3/22	\$12/child
HiddenOaks	Su	11:45am	068.00Z1	3/22	\$12/child
HiddenOaks	Su	1pm	068.6KP4	3/22	\$12/child
HiddenOaks	Su	2:15pm	068.1TJD	3/22	\$12/child
HiddenOaks	Su	3:30pm	068.1AB2	3/22	\$12/child

**Feeding Day**

(4-13 yrs.) Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	10am	605.T0C5	5/24	\$12/child
ECLawrncePk	Su	10am	605.8EG6	3/8	\$12/child
ECLawrncePk	Su	10am	605.7X0J	4/12	\$12/child



**Bluebells at the Bend**

Saturday, April 11 • 10 a.m. - 2 p.m. • Riverbend Park

Online presale - \$10 until April 4

At the door admission - \$15



- Join guided wildflower walks and explore the iconic bluebell blooms
- Meet live animals and learn about local wildlife
- Discover nature exhibits from local partners and experts
- Enjoy live music along the riverbank
- Create kid-friendly crafts and hands-on nature activities
- Savor delicious bites from local food offerings
- Delight in kids' games and a lively puppet show

Visit [www.fairfaxcounty.gov/parks/riverbend](http://www.fairfaxcounty.gov/parks/riverbend) to register



## Little Acorns - Spring

**(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: 3/2 Wild Dogs, 3/9 Wily Woodpeckers, 3/16 Rainbows, 3/23 Signs of Spring, 4/13 Bounding Bunnies, 4/20 Green is Great, 4/27 Spring Flowers, 5/4 Animal Moms, 5/11 Walk, Waddle, Wiggle, 5/18 Bird Nests & Eggs.

### 1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	9:45am	F4C.5EE6	3/2	\$12/child
HiddenOaks	M	11am	F4C.78IF	3/2	\$12/child
HiddenOaks	M	9:45am	F4C.E7Z0	3/9	\$12/child
HiddenOaks	M	11am	F4C.JQ6I	3/9	\$12/child
HiddenOaks	M	9:45am	F4C.T4UY	3/16	\$12/child
HiddenOaks	M	11am	F4C.FYSY	3/16	\$12/child
HiddenOaks	M	9:45am	F4C.2ANA	3/23	\$12/child
HiddenOaks	M	11am	F4C.7191	3/23	\$12/child
HiddenOaks	M	9:45am	F4C.7PCD	4/13	\$12/child
HiddenOaks	M	11am	F4C.ON1C	4/13	\$12/child
HiddenOaks	M	9:45am	F4C.TKWI	4/20	\$12/child
HiddenOaks	M	11am	F4C.8L58	4/20	\$12/child
HiddenOaks	M	9:45am	F4C.QUHR	4/27	\$12/child
HiddenOaks	M	11am	F4C.TZFN	4/27	\$12/child
HiddenOaks	M	9:45am	F4C.5UJU	5/4	\$12/child
HiddenOaks	M	11am	F4C.UN5D	5/4	\$12/child
HiddenOaks	M	9:45am	F4C.A63R	5/11	\$12/child
HiddenOaks	M	11am	F4C.FPRL	5/11	\$12/child
HiddenOaks	M	9:45am	F4C.IYNZ	5/18	\$12/child
HiddenOaks	M	11am	F4C.FVDN	5/18	\$12/child

## Little Earth Keepers

**(2-5 yrs.)** Introduce your little ones to the wonders of nature with hands-on activities that teach environmental stewardship and sustainability. Your little earth keepers will learn how their actions can help protect our planet.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	T	10am	TKT.0FKH	3/10	\$12/ea.
ECLawrncePk	T	10am	TKT.ZZWR	4/14	\$12/ea.
ECLawrncePk	T	10am	TKT.A5FE	5/12	\$12/ea.

## 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	\$
ECLawrncePk	M	10am	ZF6.F6BH	3/16	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.BSJM	3/28	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.9KE6	4/18	\$12/child
ECLawrncePk	M	10am	ZF6.C9S5	4/20	\$12/child
ECLawrncePk	M	10am	ZF6.LF2E	5/18	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.8F07	5/30	\$12/child

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



## Nature Storytelling

**(3-6 yrs.)** Explore the parks through books. Hear a story, enjoy nature activities, take a short hike, and finish with a craft. Topics will change seasonally. A parent must accompany each registered child in the program.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	3pm	Z48.9GRG	3/25	\$12/child
ECLawrncePk	W	3pm	Z48.QT5F	4/29	\$12/child
ECLawrncePk	W	3pm	Z48.2670	5/20	\$12/child

## Nature Tots

**(1-3 yrs.)** Bring your toddler to explore nature through sight, sound, smell and touch. Programs include indoor and outdoor activities. A different amazing topic every month.

### 1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	9:45am	SYX.LDYM	3/4	\$12/child
ECLawrncePk	W	11am	SYX.BADG	3/4	\$12/child
ECLawrncePk	W	9:45am	SYX.R55W	4/1	\$12/child
ECLawrncePk	W	11am	SYX.TKDT	4/1	\$12/child
ECLawrncePk	W	9:45am	SYX.FDE0	5/6	\$12/child
ECLawrncePk	W	11am	SYX.LG8X	5/6	\$12/child

## Toddler Time - Terrific Turtles

**(2-4 yrs.)** Meet one of our turtles and explore nature through indoor and outdoor activities including a craft.

### 1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	995.ZEBE	5/23	\$12/child
HiddenOaks	Sa	11:15am	995.4KRA	5/23	\$12/child

## Children's Programs

### Amazing Pollinators

**(6-10 yrs.)** From bees to butterflies to bats, learn all about the native pollinators that call this area home and how they help local plants. Make and decorate a home for pollinators.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	11am	UDA.4GST	5/9	\$8/child

### Animal April Fools

**(4-8 yrs.)** We will explore examples of how animals have adapted to blend seamlessly into their environments, outwit predators and enhance their survival strategies.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrncePk	W	3pm	KKG.6263	4/1	\$8/child

### Environmental Science and Nature Club

**(8-12 yrs.)** Join naturalists for one or all of these weekly explorations of our forest and stream ecosystems. We'll investigate the natural world through hands-on activities and experiments. Topics will supplement learning towards the VA science SOLs for grades 4-6, while in our outdoors science "lab". Weekly themes include: April 8-Plant Power, April 15-Marvelous Metamorphosis, April 22-Wacky Weather, and April 29-Earth's Energy.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	W	4:30pm	GOF.P1FC	4/8	\$12/child
HiddenOaks	W	4:30pm	GOF.S547	4/15	\$12/child
HiddenOaks	W	4:30pm	GOF.B714	4/22	\$12/child
HiddenOaks	W	4:30pm	GOF.16IZ	4/29	\$12/child

### Homeschool at the Lake - Nature Exploration

**(4-10 yrs.)** Students will join a naturalist to learn new ways to observe and explore the natural world. Classes will use tools and equipment to not only learn how to navigate the outdoors, but also to better understand the part we play in maintaining a healthy ecosystem. The focus of study varies each week depending on the season.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	9:30am	4UM.R0R0	3/3	\$12/child
BurkeLakePk	T	9:30am	4UM.8V0J	3/10	\$12/child
BurkeLakePk	T	9:30am	4UM.LKLB	3/17	\$12/child
BurkeLakePk	T	9:30am	4UM.CJ0Q	3/24	\$12/child

### Homeschool at the Pond

**(7-11 yrs.)** This program is based on the popular Pohnick Rangers series geared to meet some homeschool science requirements. Topics vary. Meets every other week.

#### 5--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.30X0	3/3	\$70/child

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

Check Events, Gardening, History and Outdoor sections.

**Homeschool Biology - Birds**

(8-15 yrs.) Students receive hands-on instruction in wild bird identification, migration, habitats and conservation through citizen science. Instructors use preserved species, and wild birds to illustrate the concepts. All lessons are structured around the Virginia standards of Learning.

**4--1 hour 25 minute lessons**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	1:30pm	B20.54E2	5/7	\$49/child

**Homeschool Biology - Our Living Watershed**

(8-15 yrs.) Dive into watershed education at Ellanor C. Lawrence Park. Receive hands on lessons about aspects of watershed education in a variety of water environments. Topics to include macroinvertebrate searches and identification, watershed ecology, life cycles, food chains, stream monitoring techniques, pollution problems and watershed protection. All lessons are structured around the Virginia Standards of Learning.

**4--1 hour 25 minute lessons**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	1:30pm	8BD.WX8P	4/9	\$49/child

**Homeschool Botany**

(8-15 yrs.) Delve in into the wonders of our local plants with hands-on activities and nature exploration in this four-week course. Sessions include searching for early spring wildflowers and other botanical signs of spring, discovering native herbaceous (non-woody) plants that stay green in winter, learning about identifying native trees by buds, bark, and fruit, and investigating the diversity and beauty of mosses in the park.

**4--1 hour 25 minute lessons**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	1:30pm	C82.ZXJ8	3/5	\$49/child

**Huntley Meadows Birding Club**

(8-15 yrs.) Huntley Meadows Park is starting a birding club. Come along with experienced Naturalists to learn about the wonderful birds that live and thrive in our forests and wetlands. Sketchbook provided for recording your all your observations. This program is offered at no cost, paid for by the Friends of Huntley Meadows Park. Space is limited and registration is required.

**6--1 hour 30 minute programs**

Location	Day	Time	Code	Date	\$
HuntMdws	Th	4:30pm	VOK.VKCH	4/9	free

**Junior Forest Foragers**

(7-14 yrs.) Adapted from our popular adult foraging class, this program teaches the basics of sustainable foraging but geared towards a younger audience. Join a naturalist on a hike to learn how to identify plants that are edible and/or medicinal and conclude the class with a delicious, foraged creation made with seasonal plants.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	R0Z.VIJ2	3/29	\$16/child
Riverbend Pk	Su	10am	R0Z.U8KC	4/12	\$16/child

**Mathematical Patterns In Nature**

(7-12 yrs.) Homeschoolers will discover that nature loves math as they explore spring woods and lakes, exploring the Fibonacci sequence in pinecones and spirals in snail shells. Just wonder, no worksheets.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	T	10:30am	5KC.N60Z	4/21	\$10/child

**Mushroom Networks-**

**The Internet Before the Internet**

(7-12 yrs.) Homeschoolers will explore the mycorrhizal networks that connect forest trees, learning how fungi facilitate forest communication and nutrient sharing. The program includes mushroom identification, decomposition experiments and network modeling activities that demonstrate the critical role of fungi in forest ecosystems.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	T	10:30am	HF8.B7TL	3/24	\$10/child

**Nature Quest**

(3-6 yrs.) Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week.

**4--1 hour programs**

Location	Day	Time	Code	Date	\$
HiddenPond	M	11am	741.9AJI	3/2	\$32/child
HiddenPond	Th	11:30am	741.JJ9T	5/7	\$32/child

**Salamanders Undercover**

(7-12 yrs.) Find and get to know our local amphibians. Join a naturalist as we roll logs and dip nets

looking for terrestrial salamanders, aquatic newts and tadpoles, and some of the many plants and critters they live and interact with.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	21D.Y7C2	5/30	\$16/child

**Science and Nature Explorers**

(5-7 yrs.) Supplement your child's science education. Students will participate in science experiments and activities exploring the Virginia science standard of learning, as they relate to nature and the outdoors. This program focuses on grades K to 1.

**6--1 hour programs**

Location	Day	Time	Code	Date	\$
HiddenPond	W	5pm	555.E7HK	3/11	\$54/child

**Weather Watchers in Animal Kingdom**

(7-12 yrs.) We will be predicting tomorrow's weather using ancient animal wisdom. Homeschoolers will study how animals respond to atmospheric changes and create their own weather monitoring station. This program combines meteorology with animal behavior observation.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	W	10:30am	ORG.KFIG	4/8	\$10/child



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## Wild Craft Institute Detectives

(7-12 yrs.) CSI meets nature - solve the woodland mysteries. Participants learn forensic science techniques applied to wildlife investigation. Using microscopy, evidence collection and data analysis, participants solve authentic woodland mysteries..

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	T	10:30am	SUN.HJ44	4/14	\$10/child

## Family/All Ages

### Alice in Wonderland Tea Party

(5-Adult) Parents and children will sip tea, enjoy butterfly-shaped sandwiches and join the crazy world of Alice in Wonderland's Mad Hatter and his friends at the strangest of tea parties. Meet a live creature from the story.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	47F.SZE3	5/9	\$20/ea.

### Amphibian Adventures After Dark

(5-Adult) Listen to the frogs singing at night and learn how to identify them based on their calls. Program includes a night hike to learn and identify different frog calls and see what other amphibians we can find hiding amongst the shadows.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7:30pm	UJ9.AUVT	3/14	\$12/ea.
LkAccontkPk	F	5:30pm	UJ9.GZDZ	3/27	\$12/ea.
LkAccontkPk	F	6pm	UJ9.HKL2	4/17	\$12/ea.
LkAccontkPk	F	6pm	UJ9.QADG	4/24	\$12/ea.
Riverbend Pk	Sa	7:30pm	UJ9.HMØD	4/25	\$12/ea.
LkAccontkPk	F	6pm	UJ9.7FVO	5/1	\$12/ea.

### Animal Feeding

(3-Adult) It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	W	5:30pm	46D.KFØV	3/18	\$9/ea.
HiddenPond	W	5:30pm	46D.IHKL	4/15	\$9/ea.
HiddenPond	W	5:30pm	46D.H7NI	4/29	\$9/ea.
HiddenPond	W	5:30pm	46D.QØ5M	5/13	\$9/ea.

### Animal Moms and Babies

(4-Adult) Spring is the time for many animals to give birth and raise young. Meet some young animals and discover how wild creatures grow and develop.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1:30pm	GQS.XR42	5/10	\$9/ea.
HiddenOaks	Su	3pm	GQS.CRSI	5/10	\$9/ea.

### Bats - Friendly Flyers

(4-Adult) Join a naturalist for a night of learning about the beauty of our local bats. It's time to clear these flying mammals' good name and understand how helpful they are to humans. The program will involve not only talking about bats, but also looking and listening for nearby bats.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7:30pm	N1F.72NS	3/20	\$9/ea.



### Biology of The Despised

(5-Adult) Challenge misconceptions about frequently misunderstood animals like snapping turtles, non-venomous 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	\$
LkAccontkPk	Sa	2:30pm	R9H.RQVG	5/16	\$9/ea.
LkAccontkPk	Sa	3pm	R9H.CRBL	5/30	\$9/ea.

### Birds Around Us

(4-Adult) Beaks, feathers, nests and talons are examined to explore the avian world that surrounds us. Find out about bird life cycles, migration patterns and adaptations that make these creatures fascinating.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	6ED.UD8N	4/12	\$9/ea.

### Birds of Prey

(5-Adult) Join a naturalist to learn about what makes birds of prey, also known as raptors, different from other birds. Participate in activities and discussions about how these fierce hunters have adapted to their environment and why they are essential creatures in our ecosystem. The class will end with a walk to search for signs of raptors all around us.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	F	6pm	ZBZ.6R3B	3/13	\$14/ea.

### Bird Walk With a Naturalist

(6-Adult) Use your eyes and ears to identify native birds as you embark on a guided walk with one of our naturalists. Both beginner birders and veterans welcome. Bring your own binoculars or use one of ours.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	9am	UP9.EGWK	3/15	\$9/ea.

### Chemical Masters - Amphibian Lab

(5-Adult) Young scientists will discover Nature's Superhero Powers. This outdoor adventure transforms young explorers into biomimicry detectives studying amphibians amazing chemical defenses.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	12:30pm	JW8.F8SQ	4/25	\$9/ea.

### Community Open House

(All Ages) After experiencing a sampler of our hands-on activities, guided hikes, and science demonstrations, share your feedback and have a say in the future of our programs. Let your voice be heard and have fun while doing it. If you cannot attend, please contact [fcpaHiddenPondPrograms@fairfaxcounty.gov](mailto:fcpaHiddenPondPrograms@fairfaxcounty.gov) to submit your feedback.

### 1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	Su	3pm	KD4.3R5A	5/17	free

### 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	Sa	1pm	147.XJVP	3/14	\$14/ea.
HuntMdws	W	1pm	147.1UAG	4/29	\$14/ea.
HuntMdws	Su	1pm	147.8YT1	5/17	\$14/ea.

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Donate through the Fairfax County Park Foundation. To learn more, scan the QR or visit [www.fairfaxparkfoundation.org](http://www.fairfaxparkfoundation.org)



**Creepy Crawl Construction Crew**

**(5-Adult)** Meet small creatures with giant engineering secrets, like live invertebrates including millipedes, beetles and other arthropods. The program uses microscopy and hands-on investigation to explore insect engineering. Participants discover how insects build structures, communicate chemically and solve engineering problems at microscopic scales. Perfect for introducing young children to entomology and structural engineering principles.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	10:30am	TN4.L7D3	4/18	\$9/ea.

**CSI Meets Nature**

**(7-Adult)** Solve the Woodland Mysteries. Participants learn forensic science techniques applied to wildlife investigation. Using microscopy, evidence collection and data analysis, participants solve authentic woodland mysteries. This program bridges forensic science with wildlife biology.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	1pm	OJS.TT66	3/28	\$9/ea.

**Family Fossil Fun**

**(5-Adult)** Enjoy learning about the ancient Earth and start your own collection of fabulous fossils with this family friendly program. We will be handling, studying and drawing Middle Devonian marine fossils (350-400 million years old) and Miocene shells and shark teeth (20 million years old) in beach sediment. You can even keep the fossils you find.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	1pm	VK1.E544	3/7	\$15/ea.

**Family Fun Fridays**

**(All Ages)** Come stay and play at our Nature Center on select Fridays of every month. Spend time together as a family reading books, making crafts, playing games, exploring natural objects with a microscope, doing puzzles, digging in the sandbox and many more play opportunities. Enjoy a short presentation or read-aloud story by a naturalist every hour. Each month the space will transform into a different theme and activities will be refreshed so there will always be something new to discover. A staff member will be in the building if you have any questions or need assistance, but this event is designed as self-guided play time accompanied by a parent or guardian. You are not required to stay for the entire length of time. Once you receive a wristband you may come and go as you please.

**1--admission**

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	12pm	SON.WAMF	3/6	\$5/ea.
Riverbend Pk	F	12pm	SON.57L0	3/20	\$5/ea.
Riverbend Pk	F	12pm	SON.U107	4/3	\$5/ea.
Riverbend Pk	F	12pm	SON.5DTC	4/17	\$5/ea.
Riverbend Pk	F	12pm	SON.DTBX	5/1	\$5/ea.
Riverbend Pk	F	12pm	SON.DML6	5/15	\$5/ea.
Riverbend Pk	F	12pm	SON.5WIB	5/29	\$5/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	Su	7pm	A78.W0H3	4/26	\$12/ea.

**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	6:45pm	3C9.CK1P	3/14	\$12/ea.
HuntMdws	Sa	6:45pm	3C9.IUPR	3/28	\$12/ea.

**Frogs, Toads and Salamanders**

**(3-Adult)** Explore by the pond by Nature Playce for hundreds of tadpoles! Meet a live frog, toad and salamander. Hike the trail and make a craft.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	11am	F4B.K3K8	3/8	\$9/ea.
HiddenOaks	Su	12:30pm	F4B.HGD4	3/8	\$9/ea.

**Hops & Holes**

**(4-Adult)** Amphibians can use all sorts of small bodies of water to complete their lifecycles. Join a naturalist as we explore park's miniature golf course looking for frogs and tadpoles. Finish off the program with some miniature golf. All participants need to be registered for the program.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	9am	LD0.ON5G	3/22	\$15/ea.

**Hot Cocoa Wetland Night Hike**

**(4-Adult)** Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdws	Su	4:30pm	756.13ZF	3/1	\$12/ea.

**Lake Life**

**(4-Adult)** Meet a naturalist and explore the lake. Join as we search for and learn more about the creatures who call the lake home including reptiles, amphibians, and macroinvertebrates. Bring old shoes that can get wet and muddy.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10:30am	ARL.7PKO	3/15	\$9/ea.
BurkeLakePk	Su	10am	ARL.0V71	4/12	\$9/ea.



**BE AN ENVIRONMENTAL HERO AT THE WATERSHED CLEANUP**

The Fairfax County Park Authority in partnership with the Nature Conservancy is committed to enhancing the watershed health through clean-up initiatives. With the help of volunteers over the last ten years we have been able to remove over 30 tons of trash from over 150 miles of stream, shoreline and trails cleaned from 25 park locations. This incredible annual effort ensures a sustainable environment for communities and the wildlife to thrive.

Learn more: [www.nature.org/fairfaxcleanup](http://www.nature.org/fairfaxcleanup)

Find out more at [www.nature.org/fairfaxcleanup](http://www.nature.org/fairfaxcleanup)



*Spectacular Spring Programs!*

Spring programs are planned throughout FCPA including:

- Egg Hunts
- Arts and Craft Classes
- Science Programs

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



**Microbiology Explorers Lab**

**(7-Adult)** Discover the invisible universe living all around us using naturalist observation skills and simple field techniques. Participants will hunt for evidence of microbial life and discover how tiny organisms shape entire ecosystems.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	1pm	Y01.MGT9	4/18	\$9/ea.

**Native Tree Discovery Walk**

**(7-Adult)** Discover our native trees, how they helped people of the past and how we use them in the modern day. Learn how to use the iNaturalist app to identify things you find along the way. Each walk will feature a different theme and may include different trees, seasonal features like fruit and flowers and a variety of uses.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	10am	Z24.WCZ3	5/10	\$9/ea.

**Nature Walk with a Police Officer**

**(All Ages)** Families are invited to join a naturalist to stroll and explore along the nature trail. We will roll logs and search the forest floor and other habitats. We'll learn about safety while being a nature detective. An officer from the community outreach of the local district FCPD will join us in this investigation.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	ØRQ.N3XN	3/7	free
HiddenOaks	Sa	1pm	ØRQ.HX89	4/18	free

**Night Hike with a Naturalist**

**(4-Adult)** Enjoy a night hike with a naturalist to learn about nocturnal wildlife. Learn about adaptations animals have to help them hunt and stay safe in the dark.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7:30pm	I6Ø.A5LN	5/8	\$9/ea.

**Night Shift Naturalists**

**(5-Adult)** This evening program uses UV lights, sound identification and moth attracting techniques to explore nocturnal ecosystems. Families learn how night creatures navigate, hunt and communicate in darkness while discovering bioluminescence and nocturnal adaptations. The program includes owl calling demonstrations and bat detection activities.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	5:30pm	JLI.4WXX	3/7	\$9/ea.
LkAccontPk	F	7pm	JLI.2VRG	5/8	\$9/ea.

**Pond Life**

**(4-Adult)** Join us as we search for tadpoles, dragonfly nymphs and water scorpions to catch and release. Learn about how they reflect the health of the pond. Meets at Walney Pond.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	T	10am	87B.SUTU	3/31	\$14/ea.

**Pooh Bear Picnic**

**(3-Adult)** Bring your picnic blanket and lunch or snack for an outdoor lesson on the animals of our 52 acre wood and how they compare to Pooh and his friends. Hear a Pooh nature story. Stuffed animal friends also welcome.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	11:30am	TSY.YM9D	5/17	\$9/ea.

**Primitive Basics**

**(6-Adult)** Learn ancient techniques of how to start a fire, go on a short hike and brush up on basic plant ID, and try your hand at archery with a primitive bow and arrow.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	MX5.A75L	3/1	\$12/ea.
Riverbend Pk	Su	10am	MX5.DAUD	3/22	\$12/ea.

**The Buzz on Bees**

**(6-Adult)** Buzz through the ins and outs of a bee colony. Learn about the park's history of bees, how colonies thrive and grow and watch as we open the bee boxes. End the fun evening with a sweet taste of honey.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	5pm	6AF.IDF9	5/23	\$9/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	1pm	GZ6.N8WX	3/7	\$9/ea.

**Seed Dispersal Olympics - No Fuel Required**

**(5-Adult)** Welcome to Nature's Transportation Games. This competitive program challenges families to design flying, floating and hitchhiking seed models based on real plant dispersal strategies. Using engineering design principles, participants test their creations in wind tunnels and water races while learning about plant reproduction and habitat colonization.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	3pm	9YL.47VX	4/18	\$9/ea.

**Signs of Wildlife**

**(4-Adult)** Enjoy a naturalist guided walk through the forested trails, conducted entirely in American Sign Language. Look for seasonally active wildlife. Touch biofacts like turtle shells and snakeskin. Each season brings different wildlife into view.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	JNL.LEK5	5/30	\$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	F	3pm	EFC.IK9T	3/27	\$9/ea.
HiddenOaks	F	3:30pm	EFC.BUE1	4/10	\$9/ea.
HiddenOaks	F	4pm	EFC.GH9Z	5/15	\$9/ea.

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

# CAMPFIRE PROGRAMS

Children must be accompanied by an adult also registered in the program.

## All About Owls Campfire

**(4-Adult)** Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather.

### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	7:30pm	232.4W11	4/3	\$12/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	\$
BurkeLakePk	F	5:30pm	546.6QNJ	3/6	\$12/ea.
HiddenPond	F	6:30pm	546.YEGG	3/6	\$12/ea.
CubRunREC	F	7:30pm	546.MN4M	3/20	\$12/ea.
BurkeLakePk	F	7:30pm	546.ULRW	4/17	\$12/ea.
HiddenPond	F	7pm	546.G2V0	4/24	\$12/ea.
HiddenPond	F	7pm	546.3Q59	5/15	\$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 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	02D.97JC	4/4	\$12/ea.
CubRunREC	M	7:30pm	02D.UFPI	4/16	\$12/ea.
CubRunRECTh	Th	7:30pm	02D.OUEP	5/7	\$12/ea.

## Campfire Saturdays - Stargazing

**(3-Adult)** Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided.

### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7:30pm	395.P4Y5	3/21	\$12/ea.
BurkeLakePk	Sa	7:30pm	395.QXBH	4/11	\$12/ea.
BurkeLakePk	Sa	8pm	395.G1A0	5/16	\$12/ea.

## Frog Karaoke Campfire

**(4-Adult)** Bring your best frog voice as you learn about our native frogs while enjoying refreshments at a campfire. Hop along with a naturalist to our pond to sing with the chorus.

### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Th	7:30pm	82E.5N3X	4/2	\$12/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 program

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	7pm	193.3NLC	5/1	\$12/ea.

## Riverside Campfire - Fishing Fun

**(6-Adult)** Fish from the river bank and learn about the fish's world. S'mores provided. Borrow our fishing rods or bring your own, tackle and bait provided. Meet at the Visitor Center.

### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	2F2.UQ64	5/22	\$15/ea.

## Vernal Pool Ventures Campfire

**(4-Adult)** Vernal pools are one of our parks most fascinating and elusive ecosystem. Join us after hours as we hike the trails and search for signs of new amphibian life. Learn about the life cycle and early development of local amphibians. Hike the trails at night and end with roasting s'mores over a campfire.

### 1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	5:30pm	721.3CX3	3/28	\$12/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	3pm	HTY.FZ9R	3/28	\$9/ea.
LkAccontkPk	Sa	1pm	HTY.XQLZ	4/25	\$8/ea.
LkAccontkPk	Sa	1:30pm	HTY.WV84	5/9	\$8/ea.

## Spring Discovery Hike

**(4-Adult)** Jump into spring with a guided nature hike along one of our many trails here at Riverbend Park. Each week we will explore a new section of the park. Find early spring ephemeral flowers along the forest trails. Observe tapoles, turtles and other aquatic life in Carper's pond or catch a glimpse of the bald eagles along the Potomac Heritage Trail.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	PRV.UAW1	4/4	\$12/ea.
Riverbend Pk	Sa	10am	PRV.B706	4/18	\$12/ea.
Riverbend Pk	Sa	10am	PRV.2GXB	5/2	\$12/ea.
Riverbend Pk	Sa	10am	PRV.N0BY	5/16	\$12/ea.
Riverbend Pk	Sa	10am	PRV.9219	5/30	\$12/ea.

## Spring Equinox Evening Stroll

**(6-Adult)** Shake off the winter blues as we welcome the first day of spring with a stroll through the park during sun set. We will look for signs of springs awakening as we explore the forest and wetland habitats.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	6:30pm	8US.BHJ2	3/20	\$12/ea.

## Spring Wildflowers & Bald Eagles Family Walk

**(4-Adult)** Join us on a family wildflower and eagle watching walk. A scavenger hunt helps kids find spring wildflowers as we walk between the Virginia Bluebells towards the Bald Eagle nest. A spotting scope and binoculars are available for viewing the Bald Eagles on their nest. Return to the Visitor Center for Bluebell crafts. This program is held entirely outdoors.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9:30am	254.7DPL	3/29	\$12/ea.
Riverbend Pk	Su	9:30am	254.M6XI	4/5	\$12/ea.
Riverbend Pk	Su	9:30am	254.6NWT	4/12	\$12/ea.

## Super Snakes

**(5-Adult)** Join a naturalist to meet live snakes and learn why snakes are important. Dress for the weather and wear comfortable shoes.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	2pm	B78.11HS	3/21	\$9/ea.
BurkeLakePk	Sa	10am	B78.VZXR	5/30	\$9/ea.



**Trainers on the Go**

**(8-Adult)** Combine your interests with a guided Pokémon Go hike at Riverbend Park. Learn about nature while enjoying playing Pokémon Go with your family or friends. Participants must be familiar with Pokémon Go, supply their own smart device, and have Pokémon Go already installed. Backup battery or charger recommended. Program will be outdoors, so participants must dress for the weather.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	2:30pm	V36.7A82	3/21	\$12/ea.
Riverbend Pk	Sa	2:30pm	V36.IKID	4/18	\$12/ea.

**Twilight Boardwalk Stroll**

**(6-Adult)** Join a park naturalist for a guided walk along the forested paths to the wetland and experience the park as it transitions from day into night. Watch and listen for nocturnal residents such as beavers and owls.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	7pm	343.NNAL	5/9	\$14/ea.
HuntMdws	Sa	7:30pm	343.BPTX	5/23	\$14/ea.

**Unhuggable Animals**

**(5-Adult)** Snakes, skunks, and slugs get a bad reputation for being slimy, stinky, or even dangerous. In this class we will learn the ecological importance of some of our park's native animals in hopes of instilling a new appreciation and wonder about these misunderstood misfits.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	381.69KB	4/25	\$9/ea.

**Vernal Pool Field Study**

**(5-Adult)** This outdoor adventure transforms young and mature scientists into wetland detectives who explore magical temporary pools that appear only in spring.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	1:30pm	T2J.50NC	3/7	\$12/ea.
LkAccontkPk	Sa	9am	T2J.DJWM	4/25	\$12/ea.

**Wonderful Wildflowers**

**(7-Adult)** Wander with a naturalist to discover wonderful wildflowers that grow at Ellanor C. Lawrence Park.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	M	10am	8F7.604R	5/4	\$9/ea.

**FCPA Farmers Markets**  
 Buy Fresh, Buy Local...  
 fruits, vegetables, honey  
 baked goods, plants, eggs  
 meat, dairy and flowers  
[www.fairfaxcounty.gov/parks/farmersmarkets](http://www.fairfaxcounty.gov/parks/farmersmarkets)

**Wood Frogs!**

**(4-Adult)** Wood frogs are breeding in vernal pools. Assist in collecting and releasing frogs and recording data for our amphibian survey. Wear waterproof boots and bring flash lights.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	7pm	B70.N99U	3/6	\$9/ea.

**Woodland Ninjas - The Stealth School**

**(5-Adult)** Master the ancient arts of forest invisibility and learn animal camouflage techniques thorough interactive games and hands-on activities. Using scientific principles of concealing coloration and behavioral camouflage, participants create their own camouflage gear and practice stealth movement techniques. This program combines physical activity with scientific observation skills while teaching predator - prey relationship.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	W	10:30am	3LB.FHN0	3/4	\$9/ea.

**Older Family Programs**

**Are You Going to Eat That?**

**(10-Adult)** Enjoy a naturalist-led hike and identify plants that are safe to eat and which ones to avoid. Learn the usefulness of plants for such rope making and folk remedies with connections to Eastern Woodland Indians. Meet at the visitor center.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Su	6pm	7A8.88XB	5/3	\$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	10am	8Y3.X07W	3/28	\$12/ea.

**Forest Pharmacy - A Wild Medicine Walk**

**(9-Adult)** This program explores nature's medicine cabinet, how animals self - medicate and introduces families to medicinal plants in the local ecosystem. Learn sustainable foraging practices and discover indigenous plant wisdom. The program emphasizes conservation ethics while connecting families to traditional ecological knowledge.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	W	10:30am	9CZ.PLWP	4/15	\$9/ea.

**Herbal Tea in the Garden**

**(8-Adult)** Come to the garden to learn about and pick fresh herbs that will make your herbal tea the best its ever been. Sample herbal teas and get inspired

to grow your own tea herbs at home to delight and inspire you.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	11am	C6P.DBEH	5/30	\$12/ea.

**Hike with a Naturalist**

**(8-Adult)** Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to use the iNaturalist app to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a different theme and may include: salamanders, birds and other wildlife, wildflowers, trees, nature photography, cultural history, or a scenic destination.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	4pm	XTG.J17U	3/7	\$9/ea.
LkAccontkPk	Su	1pm	XTG.29Y4	3/15	\$9/ea.
LkAccontkPk	Sa	10am	XTG.17S1	3/28	\$9/ea.
LkAccontkPk	Sa	4pm	XTG.3TF7	4/11	\$9/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	\$
ECLawrncePk	M	10am	660.5MNI	3/30	\$10/ea.



**Nature Charms**

**(9-Adult)** Join a naturalist to learn how to preserve nature by creating resin pendants encapsulating small natural specimens. Discover how to responsibly select natural materials, while also learning how to use resin to make your own natural charm. No living wildlife will be affected in the making of the charms. All materials will be provided.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	GBW.WK16	3/29	\$12/ea.

**Upcycle Your World**

**(8-Adult)** Join us for a super green hands-on workshop where you reuse, recycle and repurpose. Bring household odds and ends and turn them into treasures and toys for you, your garden and your pets. A variety of crafts will be available for you to learn and complete to take home.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	2pm	EU9.QRUY	4/10	\$12/ea.

**PARKS ARE IN YOUR NATURE**

Visit a Nature Center and explore the wild side of Fairfax.



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.



**Teen/Adult Programs**

**Bluebells and Bloodroots**

**(Adults)** Learn to identify Riverbend's beautiful spring ephemerals, and discover the folklore that has around them. Meet at Visitor Center to walk along the banks of the Potomac River. Canceled if it rains.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	M	9:30am	49E.JCIB	3/23	\$14/ea.
Riverbend Pk	M	9:30am	49E.ZALY	3/30	\$14/ea.
Riverbend Pk	M	9:30am	49E.A8PW	4/6	\$14/ea.

**Boardgames and Bird Walk**

**(12-Adult)** Hone your birding skills on the trail and learn to play our favorite bird themed board game: Wingspan. We will enjoy a round or more of this wonderful board game and take a bird walk in the park. All skill levels welcome.

**1--3 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	F	1pm	1VC.9KTD	4/3	\$15/ea.

**Evening Woodcock Walk**

**(Adults)** Take an evening stroll to one of the park's largest meadows. Listen for the call of the male woodcock and hopefully see his amazing courtship dance and flight. Bring a flashlight. Approximately 1.5 mile walk on uneven terrain. Canceled if it rains. Meets at the South Kings Highway entrance to the park.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdws	T	5:30pm	2C7.IG8K	3/3	\$12/ea.
HuntMdws	Sa	5:30pm	2C7.8GG6	3/7	\$12/ea.
HuntMdws	Sa	6:45pm	2C7.KW16	3/21	\$12/ea.



**Nature for Newborns**

**(Adults)** Bring your baby to Hidden Oaks and learn about the health benefits of early exposure to the outdoors. Learn how to create a nature-based play environment and simple activities for you and your baby to enjoy the outdoors safely. Take a walk with a naturalist. Intended for parents or caretakers of children under two.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	8WS.ME2V	5/2	\$10/ea.

**Practical Plants -**

**Foraging for Herbal Remedies**

**(12-Adult)** Learn about the healing power of plants. Discover the herbal remedies and wild edibles of Virginia and how to gather these plants safely and sustainably. Conclude the class with a make-and-take.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	LUX.YE7R	3/22	\$16/ea.
Riverbend Pk	Su	10am	LUX.VH5Ø	4/5	\$16/ea.

**Soak in the Oaks**

**(16-Adult)** Enjoy a hike through the woods and learn about the healing benefits of nature. Practice forest bathing techniques designed to help you connect with nature and improve your well-being. Led by a certified forest bathing instructor.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	8am	RBA.A989	4/19	\$10/ea.

**Wetland at Dusk Walk**

**(Adults)** Join park naturalists for a relaxing stroll through the park's forest and wetland paths. Look and listen for wildlife settling down or waking up during the transition of day to night.

**1--1 hour 30 minute program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	6:45pm	F3C.QZBD	4/18	\$12/ea.

**Woodlands Stewardship Education Center Tour**

**(12-Adult)** Join us for a full tour of the Woodlands Stewardship Education Center and learn about the Living Building Challenge. Explore technologies like

reclaimed materials, solar energy generation, rainwater collection and reuse and wastewater treatment. This center demonstrates sustainable practices that can reshape our relationship with our environment. This tour is ADA compliant. Private tours available upon request. Please contact the site for details.

**1--1 hour program**

Location	Day	Time	Code	Date	\$
ECLawrncePk	T	2pm	M1B.TRAR	3/31	\$10/ea.

**Sketch Hike/Nature Drawing**

**Amphibian Disco Sketch Hike**

**(12-Adult)** Come learn about how Huntley's amorous amphibians are shaking up the Spring wetland. We will start with a short lesson on amphibian biology and basic drawing skills then hit the boardwalk to sketch the frogs, toads and salamanders that make the park so much noisy fun.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	A66.EL9Q	4/18	\$18/ea.

**Drawing Weather and Skies**

**(16-Adult)** The sky is dramatic and ever changing. Learn how to add weather data and information to your nature journal. Discover techniques for drawing and painting skies, clouds, rain, snowflakes, frost and more. Media discussed will include watercolor, oil pastel, water-colored pencils, ink and gel pens. Many materials will be available to borrow in class.

**3--2 hour lessons**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	2ZN.CXJW	3/7	\$60/ea.

**Meadow Sketch Hike**

**(12-Adult)** Join artist and naturalist Margaret Wohler to identify the insects, plants and animals who call the meadow home. Come learn about this unique, dynamic and transitional habitat. All art materials provided.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	1JH.W9F2	5/16	\$18/ea.

**Nature Journaling Circle**

**(13-Adult)** Slow down and look closely at the natural world through nature journaling. In honor of Arbor Day, we will visit the trees of Hidden Oaks and take a moment to appreciate their beauty and strength through observing and sketching. Meet like-minded people and learn from each other. No journaling/art experience needed, just curiosity and a sketchbook.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	QJK.PEØE	4/18	\$20/ea.

**Water Sketch Hike**

**(12-Adult)** Drawing water can be made a little less tricky by learning a few techniques. Rippled, still or running, we will learn all about how water behaves. Join artist and naturalist Margaret Wohler to learn how to draw this surface that is both transparent and reflective. All art materials provided.

**1--2 hour program**

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	XMJ.DGRO	3/14	\$18/ea.

**Discover the Magic of the Night**  
**International Dark Sky Week**  
**April 13-20**

Learn how to protect our starry skies from light pollution. Explore the economic, environmental and health benefits of natural darkness and take action to make a difference.

**Ways to Get Involved**

- Learn about outdoor lighting standards in Fairfax County
- Dim the lights for birds at night
- Report your dark sky-friendly actions on the Watch the Green Grow Map
- Find ideas to help "take back the night"
- Take environmental actions to protect the night at home
- Get to know the night sky with observatory park programs

Visit [www.fairfaxcounty.gov/parks/topics/dark-skies](http://www.fairfaxcounty.gov/parks/topics/dark-skies)



# Outdoor Recreation

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



## Burke Lake Park

7315 Ox Road • Fairfax Station  
703-323-6600

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

Burke Lake's expansive park offers a wide range of activities for all ages.

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Mini golf
- Volleyball
- Miniature train
- Carousel
- Ice cream parlor
- Picnic areas with grills
- Playgrounds
- Disc golf course
- Rowboat and canoe rentals

Sailboats, gasoline motors, kayaks and swimming are prohibited. For hours and fees, visit the website or call the park.



## Lake Fairfax Park

1400 Lake Fairfax Drive • Reston  
703-471-5415

[www.fairfaxcounty.gov/parks/lakefairfax](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
- Inline 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.



## 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



## Riverbend Park

8700 Potomac Hills Street • Great Falls  
703-759-9018

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

A park steeped in Native American history, Riverbend Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife.

- Boating
- Fishing (*Va. or Md. fishing license required*)
- Trails
- Forest
- Meadows
- Kayak and canoe rentals
- Boat launch
- Riverside picnic areas with grills
- River view observation deck
- Visitor center

Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Grounds open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats (\$5 per boat or \$40 for annual launch pass).



## Birding Programs

Children age 12 to 16 years must be accompanied by a registered adult.

### Birds and Beans

**(12-Adult)** Enjoy a hot cup of coffee while you hike with a naturalist and look for birds. The program will begin with a short discussion of the concept of bird-friendly coffee. To reduce waste, please bring your own mug to fill. Tea and hot cocoa options will also be available.

#### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	TSF.9I3T	3/7	\$14

### Birding for Beginners

**(12-Adult)** Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion. Children age 12 to 16 must be accompanied by a registered adult.

#### 1--1 hour 30 minute program--\$14 1--3 hour program--\$20

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	8am	A4F.CGG6	3/1	\$14
HuntMdws	Su	8am	A4F.RZ15	3/15	\$20
HuntMdws	Su	8am	A4F.SYZJ	4/12	\$20
HuntMdws	Su	8am	A4F.VD8Q	5/17	\$20

## Camping Programs

### Campfire Cooking

**(5-Adult)** Learn about the different methods that can be used to cook over a campfire, as well as what types of food are best prepared using each cooking style. Then, practice building your own cooking fire. Stay for a demonstration and a snack around the campfire.

#### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	9SP.0E0P	5/31	\$10

# Outdoor Recreation

## Campfire Skills

**(5-Adult)** Learn all about building a campfire. Practice starting a fire without matches and stay for a demonstration.

### 1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10:30am	U4B.K7R5	5/31	\$10

## Family Campout

**(5-Adult)** Join Burke Lake Park naturalists to help alleviate some of the stress of camping, whether it's your first time camping or you're a camping expert. Participate in a range of planned activities such as a campground orientation, a guided nature hike, a demonstration on how to set up a campfire and end the evening with s'mores and games in the field. The next morning, join the naturalists to fish at the park's marina. One registration is required per family, and includes a campsite, all of the programs listed above and a bundle of firewood. Check-in starts at 2 p.m. on Saturday and check-out is at 11 a.m. on Sunday.

### 1--family reservation

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa/Su	2pm	9C3.HLV4	5/2	\$108

## Fishing Programs

**Rod and bait will be provided. Participants 16 and older must have a valid Virginia fishing license.**

## Family Fishing

**(5-Adult)** Join a naturalist to learn the basics of fishing while enjoying the beauty of the lakefront. Gain a better understanding of not only how to fish, but also how we can better connect with the natural world while participating in recreational activities, such as fishing.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	8am	UMS.5MUQ	3/15	\$14
LkAccontkPk	Sa	10am	UMS.W5EC	3/21	\$14
BurkeLakePk	Sa	10am	UMS.8JKC	4/18	\$14
LkAccontkPk	Sa	9:30am	UMS.UX3Ø	5/2	\$14
BurkeLakePk	Sa	10am	UMS.GL3Y	5/9	\$14

## Family Fishing at Sunset

**(5-Adult)** Enjoy the beauty of the lakefront at sunset while learning the basics of fishing with a naturalist. Many fish like to come up to eat when the water cools after a hot day, making it a great time to fish with family members and enjoy each other's company. Participants 16 and older must have a valid Virginia fishing license.

### 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontkPk	F	5pm	2E6.DY03	3/6	\$14
BurkeLakePk	F	6pm	2E6.52UJ	3/27	\$14
LkAccontkPk	Sa	5pm	2E6.2RL9	5/9	\$14
BurkeLakePk	F	6:30pm	2E6.Y4MV	5/15	\$14
LkAccontkPk	Sa	5pm	2E6.M9VY	5/16	\$14
LkAccontkPk	Sa	5:30pm	2E6.PSIC	5/30	\$14

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

## Fish and Float

**(16-Adult)** Begin your search for trophy smallmouth bass on the upper Potomac with an experienced instructor. Participants will embark on a wagon ride upstream and float downstream on kayaks in search of smallmouth bass using spinning gear.

### 1--5 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9am	UVD.KT14	5/16	\$78

## Fishing for Parent and Child

**(5-Adult)** Learn how to fish alongside your parent or child as you enjoy the scenery around the lake. Gain a better understanding on how to rig and use a fishing rod, how to safely fish, and how we can be environmentally conscious while we fish.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	BC9.WD4N	5/10	\$18
Riverbend Pk	Su	10am	BC9.L62M	5/31	\$18

## River Fishing by Boat

**(5-Adult)** Fish for smallmouth bass and sunfish from a canoe or jon boat. Get started with an introduction to boating and fishing basics. Previous experience rowing or paddling not required. Boats and PFDs provided. Fishing rods and bait provided. Canceled if inclement weather or hazardous river conditions. Maximum three participants per boat, one of whom must be 16 or older. Each participant must register.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10:30am	2AE.VJN7	5/9	\$24

## Kayaking Programs

**All kayaks, paddles and necessary safety equipment is included.**

## Intro to Kayaking

**(12-Adult)** This introductory-level class is perfect for beginners or for those who want to learn how to paddle more efficiently. Learn about different kayaks, paddles, personal flotation devices and safety gear. On the water learn to move the boat in every direction using different strokes and maneuvers.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	16A.AK0I	4/19	\$45
BurkeLakePk	Sa	1pm	16A.ØXPC	5/9	\$45

## Nature Kayaking

**(12-Adult)** Paddle with a naturalist to learn about the flora and fauna that call the lake their home. Find out what's growing along the lake's edge, who likes to wade in the water and what might be swimming underneath you.

### 1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	YJ.B4PU	5/17	\$45



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**Buy Fresh, Buy Local . . .**  
 fruits, vegetables, honey  
 baked goods, plants, eggs  
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**Twilight by Kayak**

**(12-Adult)** Watch the sunset on the lake as the wildlife settles in for the night, then return to the dock by the light of the moon. Single kayaks and all equipment provided.

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7pm	CA1.X5RD	4/24	\$45
BurkeLakePk	F	7pm	CA1.UHPA	5/22	\$45

**Kayak Tour - Moonlight**

**(14-Adult)** Experience the Potomac River in a new light as we paddle under the moon. Discover the peace and wildlife of the evening river as a guide leads you on a tour through the calmest section of the river during each full moon this summer. No paddling experience necessary. Canceled if inclement weather or hazardous river conditions. Single & tandem kayaks and PFDs are provided. Each individual must register.

**1--1 hour 25 minute lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	8:30pm	EBE.RVKT	5/31	\$43

**Kayak Tour - Wildlife of the Potomac**

**(14-Adult)** Watch for deer foraging on the islands, and osprey and bald eagles searching for fish as we paddle through this wildlife-rich section of the Potomac River. This is not a whitewater tour. No previous experience required. Download waiver and bring completed to tour: <https://go.usa.gov/xnJUB>. Canceled in case of inclement weather or hazardous river conditions.

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	BBA.DS82	6/5	\$45

**Other Recreation Programs**

**Games After Dark**

**(5-Adult)** Bring the whole family to celebrate national backyard games week as we run around with flashlights, test our memories, compete in a scavenger hunt, decrypt a secret code, and challenge our five senses. Prizes will be won and the evening will conclude with a campfire and smores!

**1--2 hour program**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	8pm	8F2.SERW	5/16	\$15

**Geocaching Adventures**

**(8-Adult)** Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all. Equipment provided.

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	9:30am	K98.1WR8	3/14	\$18
BurkeLakePk	Su	10am	K98.FWL5	5/10	\$18

**Paddle and Paint the Potomac**

**(16-Adult)** Take a short paddling trip up the Potomac River and take in the beautiful scenery. Stop at an island to paint the scenery then float back to shore. Art supplies provided. Some paddling experience preferred. All participants must sign a boating waiver.

**1--3 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9am	W32.XJGM	5/3	\$45
Riverbend Pk	Su	9am	W32.MLY5	5/17	\$45



# HORSE EXPO

AT FRYING PAN FARM PARK

Saturday, April 18 • 10 a.m. - 3 p.m.

FREE admission, \$10 parking fee

- Immerse yourself in the equestrian world
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- Watch live demonstrations
- Experienced riders and new horse enthusiasts welcome
- Hear from expert speakers
- Explore horse-related products and services



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

## Washington Sailing Marina Summer Sailing Camp Programs



Looking forward to sailing with you in 2026!

- ◆ Full day Sailing and Windsurfing camps
- ◆ Week long sessions beginning in June (Ages 8-15)
- ◆ Questions? Email [amy@sharethewind.com](mailto:amy@sharethewind.com)



Washington Sailing Marina • Alexandria, Va.  
For on-line registration visit [www.washingtonsailingmarina.com](http://www.washingtonsailingmarina.com)

## Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



- 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! Cinderella

**(7-14 yrs.)** In this Moonlit Wings, class young performers bring the story of Cinderella to life through original scenes, music and character exploration. Each week features fresh songs, imaginative games, and theatrical moments that spark creativity and stage magic. Parents are invited to a mini-performance during the final class.

**DPVD 7--1 hour 25 minute lessons--\$149**

Location	Day	Time	Code	Begin	\$
MtVernREC	W	5pm	70I.N010	4/15	DPVD
OakmontREC	Su	10am	70I.91DL	4/19	DPVD
ProvREC	Sa	10am	70I.SE06	4/11	DPVD
SoRunREC	T	5pm	70I.CC01	4/7	DPVD
Wkfld/Moore	Sa	2pm	70I.P51Y	4/11	DPVD

#### Act Up! Pop Star Academy

**(7-14 yrs.)** This Moonlit Wings program is back with new music! Kids sing and dance to favorite pop hits by stars like Taylor Swift, Katy Perry, and Jonas Brothers, and take center stage in original scenes and skits. Students 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--\$149**

Location	Day	Time	Code	Begin	\$
MtVern HS	W	6:30pm	K1T.EY91	4/15	DPVD
OakmontREC	Su	11:30am	K1T.ADMA	4/19	DPVD
ProvREC	Sa	11:30am	K1T.NAN9	4/11	DPVD
SoRunREC	T	6:30pm	K1T.ISUS	4/7	DPVD
Wkfld/Moore	Sa	3:30pm	K1T.SK2Z	4/11	DPVD

#### Hollywood Film Making

In this Athena Coding class students bring their film ideas to life. They will workshop characters, format their script and storyboard their scenes, then them out while filming with iPads. Students will use either Capcut or iMovie to edit their movies, adding plenty of special effects. At the end, a copy of a film and a trailer will be sent home. iPads and green screen are provided for class use.

**DPVB 8--55 minute lessons--\$191**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
Wkfld/Moore	T	6:30pm	NFZ.B1S3	4/7	DPVB
<b>(13-18 yrs.)</b>					
Wkfld/Moore	T	7:30pm	3LK.24M0	4/7	DPVB



#### Theatre & Acting by Vendor

**(10-14 yrs.)** This Athletes Global program focuses on voice, acting and stage presence, as well as singing and dancing skills. Students cultivate their improv and cold script reading skills, while learning creative dramatics. Class ends with a short play grand finale.

**CPVK 8--55 minute lessons--\$210**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	1pm	AH6.KX3N	3/22	CPVK

### 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--\$110**  
**4PPA 10--55 minute lessons--\$137**

Location	Day	Time	Code	Begin	\$
<b>(6-10 yrs.)</b>					
CubRunREC	Su	12pm	DFD.TOP7	3/22	4PPA
SoRunREC	Sa	9:30am	DFD.RJLI	3/21	4PPA
Wkfld/Moore	M	6pm	DFD.5ZA8	3/23	4PPA
<b>(10-Adult)</b>					
CubRunREC	Su	12pm	128.GPKF	3/22	4PPA
OakmontREC	M	6pm	128.2B1T	3/23	3PPA
SoRunREC	Sa	9:30am	128.J8DA	3/21	4PPA
SoRunREC	M	4:50pm	128.338F	3/23	4PPA
Wkfld/Moore	Sa	2pm	128.D274	3/21	3PPA
<b>(16-Adult)</b>					
ProvREC	T	9:30am	1BF.91DM	4/14	3PPA
Wkfld/Moore	M	8pm	1BF.PX4L	3/23	4PPA

#### Guitar II

Prerequisite: Guitar I or equivalent.

**3PPA 8--55 minute lessons--\$110**  
**4PPA 10--55 minute lessons--\$137**

Location	Day	Time	Code	Begin	\$
<b>(6-12 yrs.)</b>					
SoRunREC	Sa	10:30am	64I.RP59	3/21	4PPA
Wkfld/Moore	M	7pm	64I.T84T	3/23	4PPA
<b>(10-Adult)</b>					
CubRunREC	F	5pm	030.11AR	3/27	4PPA
SoRunREC	Sa	10:30am	030.8PJ1	3/21	4PPA
<b>(16-Adult)</b>					
ProvREC	T	10:30am	19X.1THU	4/14	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--\$137**

Location	Day	Time	Code	Begin	\$
SoRunREC	M	5:45pm	FGZ.U02H	3/23	4PPA

#### Rock Guitar

**(10-Adult)** An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

**4PPA 10--55 minute lessons--\$137**

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	189.2V5E	3/27	4PPA



## 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 in a group setting. 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--\$263				
Location	Day	Time	Code	Begin	\$
ProvREC	F	6pm	HAS.47EL	3/27	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--\$110				
DPPA	8--55 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
Little Run ES	Sa	10am	69C.KKDK	4/11	DPPA
Little Run ES	Sa	11am	60C.TO9J	4/11	DPPA
OrgHnt ES	M	5pm	69C.5APR	4/6	DPPA
Little Run ES	Sa	1pm	A86.KFNS	4/11	DPPA
OrgHnt ES	M	7pm	A86.NHN5	4/6	DPPA
ProvREC	Th	11:15am	NK6.9P14	4/16	3PPA

**(6-12 yrs.)**

Little Run ES	Sa	10am	69C.KKDK	4/11	DPPA
Little Run ES	Sa	11am	60C.TO9J	4/11	DPPA
OrgHnt ES	M	5pm	69C.5APR	4/6	DPPA

**(10-Adult)**

Little Run ES	Sa	1pm	A86.KFNS	4/11	DPPA
OrgHnt ES	M	7pm	A86.NHN5	4/6	DPPA

**(16-Adult)**

ProvREC	Th	11:15am	NK6.9P14	4/16	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--\$110				
DPPA	8--55 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
Little Run ES	Sa	12pm	A0C.OWJF	4/11	DPPA
OrgHnt ES	M	6pm	A0C.HN80	4/6	DPPA
Little Run ES	Sa	2pm	LSN.42D2	4/11	DPPA
OrgHnt ES	M	8pm	LSN.53YY	4/6	DPPA
ProvREC	Th	10:15am	91D.ALWF	4/16	3PPA
ProvREC	Th	12:15pm	91D.SLPW	4/16	3PPA

**(6-12 yrs.)**

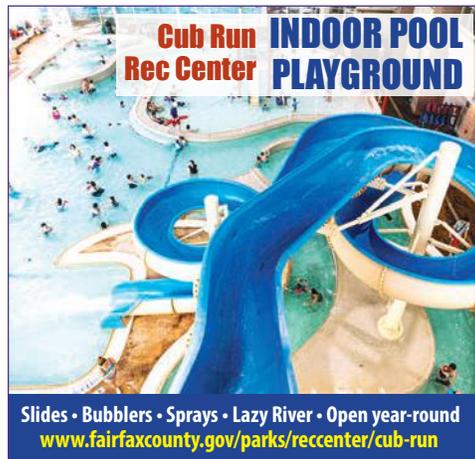
Little Run ES	Sa	12pm	A0C.OWJF	4/11	DPPA
OrgHnt ES	M	6pm	A0C.HN80	4/6	DPPA

**(10-Adult)**

Little Run ES	Sa	2pm	LSN.42D2	4/11	DPPA
OrgHnt ES	M	8pm	LSN.53YY	4/6	DPPA

**(16-Adult)**

ProvREC	Th	10:15am	91D.ALWF	4/16	3PPA
ProvREC	Th	12:15pm	91D.SLPW	4/16	3PPA



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## 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 and information to purchase the required piano book which will cost about \$10.

DPPA	8--55 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	7pm	WZX.30Q6	4/9	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--\$105				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	8pm	COU.8CEL	4/9	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 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>.

CPVK	8--55 minute lessons--\$210				
Location	Day	Time	Code	Begin	\$
OakmontREC	W	6pm	KU9.BTCL	3/25	CPVK

## 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--\$110				
4PPA	10--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
ProvREC	T	11:30am	A61.ONHV	4/14	3PPA
SpHillREC	Su	12pm	A61.CAOF	3/22	4PPA

## Ukulele II

**(10-Adult)** Prerequisite; Ukulele I or equivalent.

4PPA	10--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	3F1.WMGO	3/22	4PPA

## Strum and Smile Beginning Ukulele

**(6-12 yrs.)** In this Learn Now Music class kids strum their way through tunes while learning notes, chords and rhythm in this cheerful introduction to ukulele. 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>.

DPPV	8--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
SoRunREC	T	6pm	GBS.NCDL	4/14	DPPV

## Band Together Beginning Music Ensemble

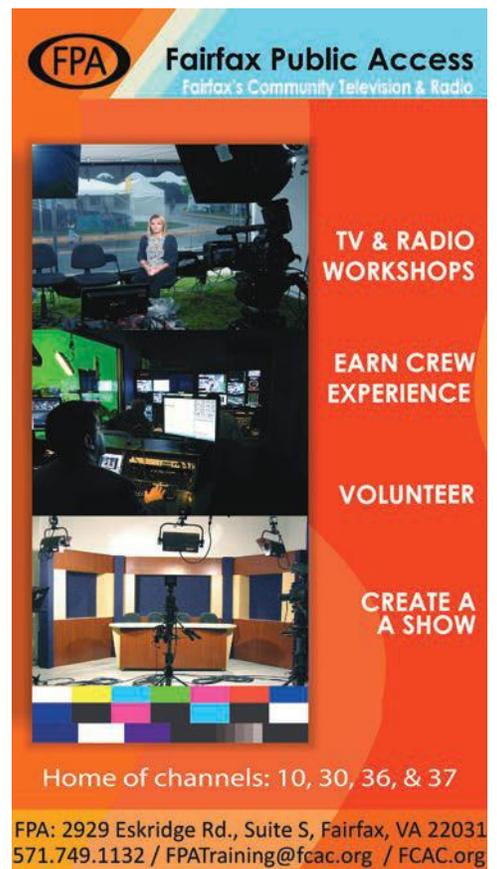
**(6-12 yrs.)** This ensemble music class is teamwork—with a beat. Young musicians learn to play together as a band, learning collaboration, timing, and performance skills in this Learn Now Music class. Students choose which instrument they will play in class at registration (Piano, Guitar, Violin, or 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>.

DPVK	10--55 minute lessons--\$263				
DPVB	8--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
MtVernREC	M	6pm	OKS.LZOG	3/23	DPVK
ProvREC	Th	6pm	OKS.PK1F	4/16	DPVB
SoRunREC	F	6pm	OKS.NMGK	3/27	DPVK
Wkfld/Moore	T	6pm	OKS.MDQ6	3/24	DPVK

## Music Production 101

**(13-18 yrs.)** In this Athena Coding class students dive into the dynamic world of digital music production, creating captivating rhythms and melodies using Soundtrap, a kid-friendly digital audio workstation. From recording and manipulating sounds, to mixing your very own tracks, to learning the key elements of songwriting and music theory, this hands-on course will lead you to create your own unique piece of music and gain invaluable skills that will help shape your future musical endeavors.

DPVB	8--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	5:30pm	320.ERPQ	4/7	DPVB



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571.749.1132 / FPATraining@fcac.org / FCAC.org

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



AKC Classes

AKC Star Puppy Class

(14-Adult) Class focuses on how to care and raise a puppy, as well as basic puppy obedience, and follows the AKC Star curriculum. Puppies must be less than a year old and up to date on age-appropriate vaccinations. Rabies vaccination is required at 16 weeks. Dogs must attend 6 of the 8 lessons to qualify to take the AKC Star Puppy test. This is not a puppy play group. One handler per dog.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	UJN.MJ2Z	3/21	4DA

AKC Trick Dog

(14-Adult) Prerequisite: Completion of Fairfax County Dog Obedience 1 or instructor permission. Trick training allows an owner and dog to bond in a creative, fun way and helps improve a dog's focus, confidence, and impulse control while building on the basic cues learned in Dog Obedience 1. Students will have the opportunity to take the AKC Novice and/or Advanced Trick Dog tests and earn an AKC title. Canine Good Citizen behaviors will also be practiced in class. Dogs must be at least 8 months old and show no signs of aggression.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	6:30pm	DPK.V7LT	3/12	4DA
Frying Pan Pk	T	10:30am	DPK.IT8R	3/24	4DA
OakmontREC	T	7pm	DPK.74FD	4/7	4DA

Dog Obedience Classes

Puppy Kindergarten

(14-Adult) Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	12:30pm	6CD.HTR4	3/21	4DA
SoRunREC	Su	1pm	6CD.77MY	3/22	4DA
SoRunREC	M	10:30am	6CD.80RT	3/23	4DA
Wkfld/Moore	W	10:30am	6CD.9X95	3/25	4DA

Dog Obedience I

(14-Adult) Includes home management, discipline and problem solving. Methods employed are affection and restraint. Dogs must be at least 6 months old.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	9:30am	635.AZL5	3/21	4DA
Frying Pan Pk	W	7:30pm	635.4ZXC	3/11	4DA
Frying Pan Pk	Th	7:30pm	635.BQML	3/12	4DA
OakmontREC	T	8pm	635.ACLN	4/7	4DA
SoRunREC	Sa	9am	635.31ZZ	3/21	4DA
SoRunREC	Su	11am	635.BKJ8	3/22	4DA
SoRunREC	M	4pm	635.EG14	3/23	4DA
SoRunREC	M	11:30am	635.CMHP	3/23	4DA
SoRunREC	F	9am	635.3KS2	3/27	4DA
Wkfld/Moore	W	4pm	635.YKVV	3/25	4DA
Wkfld/Moore	W	11:30am	635.LHVN	3/25	4DA

Dog Obedience I Family

(9-Adult) Class is designed for family units of two or three. Handlers learn together how to train their dog to sit, lie down, come, stay and walk on a leash. Class also includes home management and problem solving. No more than three family members and one dog per registration. One adult per family must be present at each class, and all family members must be age 9 or older. Dogs must be at least 6 months old.

4DB	8--55 minute lessons--\$173				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	11:30am	26E.SV0V	3/21	4DB
SoRunREC	Su	12pm	26E.EEKR	3/22	4DB

Dog Obedience II

(14-Adult) Prerequisite: Dog and owner must have completed a Fairfax County level I class or have permission of instructor. Dogs must be at least 8 months old and show no signs of aggression. Course will prepare the dog to successfully complete the AKC Canine Good Citizen test given on course completion.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	7:45pm	C14.BSVE	3/10	4DA
Frying Pan Pk	Sa	10:30am	C14.6NDQ	3/21	4DA
SoRunREC	Sa	10am	C14.ESC5	3/21	4DA
SoRunREC	Su	10am	C14.M8XT	3/22	4DA
SoRunREC	M	5pm	C14.GFAW	3/23	4DA
SoRunREC	M	12:30pm	C14.YGEC	3/23	4DA
SoRunREC	F	10am	C14.7DY5	3/27	4DA
Wkfld/Moore	W	5pm	C14.4009	3/25	4DA
Wkfld/Moore	W	12:30pm	C14.DLEY	3/25	4DA

**Rally Obedience**

**(14-Adult)** Prerequisite: Completion of Fairfax County Dog Obedience II or permission of instructor. Rally obedience exercises and corresponding signs from the beginner through expert level are taught. Dogs must show no fear or aggression.

<b>4DA</b>	<b>8--55 minute lessons--\$137</b>				
<b>4DD</b>	<b>6--55 minute lessons--\$103</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	5:30pm	126.A5EO	3/12	4DA
Frying Pan Pk	Th	10:30am	126.VRPA	3/12	4DA
OakmontREC	T	9:30am	126.H1aX	4/7	4DD

**Rally Obedience II**

**(14-Adult)** Prerequisite: Completion of Rally Obedience I or permission of instructor. Rally exercises and corresponding signs from advanced, excellent and masters levels are taught. Dogs must show no fear or aggression.

<b>4DA</b>	<b>8--55 minute lessons--\$137</b>				
<b>4DD</b>	<b>6--55 minute lessons--\$103</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	6:30pm	07T.S3OY	3/10	4DA
OakmontREC	T	10:30am	07T.YWKI	4/7	4DD

**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.

<b>4DA</b>	<b>8--55 minute lessons--\$137</b>				
<b>DDVA</b>	<b>8--55 minute lessons--\$161</b>				
<b>DDVC</b>	<b>6--55 minute lessons--\$114</b>				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	9D8.55VJ	3/22	DDVA
Wkfld/Moore	F	7pm	9D8.NV2A	4/10	DDVC
Frying Pan Pk	W	6:30pm	2IN.MGR9	3/11	4DA
OakmontREC	T	6pm	2IN.X8MQ	4/7	4DA

**K9 Nose Work II**

**(14-Adult)** Prerequisite: K9 Nose Work I or equivalent. Build on skills learned in level I through different, more advanced activities. This low-impact class is perfect for dogs of any age, size and personality.

<b>DDVA</b>	<b>8--55 minute lessons--\$161</b>				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	4:30pm	X0I.QL81	3/22	DDVA

**Competitive Dog Agility**

**Competitive Dog Agility I**

**(14-Adult)** Prerequisite: Dog Obedience I or equivalent. Dogs must have one primary handler for the entire session. This class focuses on basic skills needed to succeed in agility and to make agility a game your dog will love. A minimum of 75% class attendance and contact/target behavior is required for progression. Attendance at first class is mandatory. Dog and handler are assessed at first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9:30am	A22.MSIY	3/29	4DE

**Competitive Dog Agility II**

**(14-Adult)** Prerequisite: Competitive Dog Agility I. Dogs and handlers build on the skills introduced in Level I such as clicker training, building focus, attention and teamwork, targeting, basic handling and obstacle skills. Dogs are exposed to all agility equipment. Dogs must have one primary handler for the entire session. Attendance at first class is mandatory, and overall attendance is required for progression. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	10:45am	7ED.B1G5	3/29	4DE

**Competitive Dog Agility III**

**(14-Adult)** Prerequisite: Competitive Dog Agility II. Class expands proficiency and builds performance confidence on all obstacles. Handlers and dogs must have a good working understanding of clicker and targeting, with strong emphasis on contact obstacles and weave poles. Teams begin to work off leash and improve attention, focus and teamwork. Students are encouraged to repeat this class to perfect obstacle performance. Overall attendance is required for progression. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	6pm	00F.F6V1	3/17	4DE
SoRunREC	Th	11am	00F.Q7J9	3/26	4DE

**Competitive Dog Agility IV**

**(14-Adult)** Prerequisite: Competitive Dog Agility III or equivalent. Class focuses on advanced handling skills. Dogs must be able to work off leash and should exhibit appropriate performance and proficiency with all agility equipment. Focus is on handling skills, contact performance and short sequences. Overall attendance is required for progression. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	10am	F02.CDJ2	3/26	4DE

**Competitive Dog Agility V**

**(14-Adult)** Prerequisite: Competitive Dog Agility IV or equivalent with permission of instructor. Class is aimed at preparing dog/handler teams to compete. Hone your handling skills and learn what it takes to compete at agility trials. Strong emphasis on advanced handling sequences involving full courses. Dogs must be able to perform straight up 12 weaves, full-height teeter and be confident and capable of taking commands at a distance. Handlers must be able to control their off-lead dogs at all times. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	9am	EBF.FOQG	3/26	4DE

**Non-Competitive Dog Agility**

**Dog Agility for the Fun of It**

**(13-Adult)** Prerequisite: Dog Obedience I. Class offers an introduction to dog agility. This class is not competition oriented. Dogs must be at least 1 year old. Dogs and handlers learn teamwork, targeting and handling skills basics. Class utilizes agility equipment. Attendance at first class is required. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
<b>4DG</b>	<b>8--55 minute lessons--\$204</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	859.4UL0	3/11	4DG
Frying Pan Pk	Sa	12pm	859.AIBB	3/14	4DE
SoRunREC	M	12pm	859.LLLX	3/23	4DG
SoRunREC	W	12pm	859.LDAI	4/8	4DE

**Dog Agility for the Fun of It II**

**(13-Adult)** Prerequisite: Agility for the Fun of It I or Dog Agility I. More fun with agility sequences and obstacle performance. Dogs must know obedience behaviors sit, lie down, stay and come and be reliable off leash. Confidence in performing contact obstacles (A-frame and dog walk) is required. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
<b>4DG</b>	<b>8--55 minute lessons--\$204</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7pm	585.91R0	3/11	4DG
Frying Pan Pk	Sa	10am	585.LDCW	3/14	4DE
Frying Pan Pk	Sa	11am	585.HQR6	3/14	4DE
SoRunREC	M	11am	585.M3SH	3/23	4DG
SoRunREC	W	10am	585.4X79	4/8	4DE
SoRunREC	W	11am	585.69VG	4/8	4DE

**Dog Agility for Fun of It III**

**(13-Adult)** Prerequisite: Dog Agility for the Fun of It II/Competitive Dog Agility II. Class is designed for dogs with an excellent command of all equipment and handlers ready to learn skills such as front and rear crosses, serpentines and pinwheels. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

<b>4DE</b>	<b>6--55 minute lessons--\$153</b>				
<b>4DG</b>	<b>8--55 minute lessons--\$204</b>				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	6pm	180.PXHU	3/12	4DG
Frying Pan Pk	Th	7pm	180.ULVW	3/12	4DG
Frying Pan Pk	Sa	9am	180.OBIA	3/14	4DE
SoRunREC	M	10am	180.40IT	3/23	4DG
SoRunREC	W	9am	180.7JB3	4/8	4DE

**Dog Agility for Fun of It IV**

**(13-Adult)** Prerequisite: Dog Agility for the Fun of It III/Competitive Dog Agility III. Class is designed for dogs with an excellent command of all equipment and handlers who want to learn advanced skills. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

<b>4DG</b>	<b>8--55 minute lessons--\$204</b>				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	9am	645.8VHI	3/23	4DG

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Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



Astronomy Programs

Boardwalk Astronomy

(8-Adult) Join a park naturalist 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 in the program.

STAC	1--2 hour program--\$14				
Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	TTM.02WT	3/14	STAC

Science Classes

Codebreakers-Spy Games

(6-12 yrs.) Enter the world of espionage where students become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and even create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a thrilling journey into the science of secrecy.

DXVI	8--55 minute lessons--\$197				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	7pm	54I.TA10	4/10	DXVI
OakmontREC	Sa	11:45am	54I.6RNS	4/11	DXVI

Eggsperiments

(5-Adult) Find out what's cracking (or not) as we do various experiments with eggs and learn about their many amazing properties. Children under 12 must be accompanied by an adult also registered in this program.

Fee AJ	1--1 hour program each--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1:30pm	Q96.4KC1	4/11	Fee AJ



Engineering Then and Now

(7-Adult) Discover historic and modern engineering through demonstrations, hands-on activities and experiments. Engineers build on the work of past engineers to solve problems in the present and future

Fee AK	1--1 hour 30 minute program--\$12				
Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	12pm	W06.QBWE	5/16	Fee AK

Future Scientists

(5-8 yrs.) In this class offered by Athletes Global, students will explore chemistry, astronomy, earth science and health through fun, interactive hands-on science experiments while improving their critical, creative thinking and problem-solving skills.

DXVI	8--55 minute lessons--\$197				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	11am	I55.F6JD	3/22	DXVI

Junior Alchemists-Chemistry for Kids

(6-12 yrs.) In this Athena Coding class students engage in hands-on activities such as creating a lava lamp, engineering a fully functional race car and Ferris Wheel, levitating a ping pong ball, and constructing a Newton's Cradle. Activities introduce students to a deeper understanding of the world around them as well as scientific concepts like physical and chemical reactions, potential and kinetic energy, as well as acids and bases. Students have a blast and take home their experiments after each class.

DXVI	8--55 minute lessons--\$197				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	SNJ.10N3	4/10	DXVI
OakmontREC	W	6:30pm	SNJ.RSGA	4/8	DXVI
SoRunREC	F	5:30pm	SNJ.YOXC	3/27	DXVI

Pi Day Celebration

(5-Adult) Learn about this mysterious number and its relationship to circles through an interactive demonstration and hands-on craft. Mini pie included for each registered child. Please contact 10 days in advance for an alternate snack due to allergies. Children under 12 must be accompanied by an adult also registered in this program.

Fee AJ	1--1 hour program each--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	HJS.612Z	3/14	Fee AJ

Slime Time

(6-12 yrs.) In this Baroody Camps class, students find out the science behind making slime, such as what an activator is and why no slime is complete without it. Students will also learn how different ingredients change the outcome, texture and use of slime. Materials are included in the price of the class.

DXVL	10--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	2WR.65WY	3/27	DXVL

**Spring Engineering Challenge**

**(6-10 yrs.)** Celebrate warmer weather with an engineering challenge with a seasonal twist. Think like an engineer to solve this fun spring themed challenge.

Fee Y	1--1 hour program child--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	IDG.XBR8	5/2	Fee Y

**St. Patrick's Day Science**

**(5-Adult)** Come and explore some green, leprechaun science that seems like magic. We will discover what those tricky leprechauns have up their sleeves, make green snow, green slime worms, and other exciting explorations. Children under 12 must be accompanied by an adult also registered in this program.

Fee AJ	1--1 hour program each--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	JZ9.5TM9	3/15	Fee AJ
HiddenOaks	Su	3pm	JZ9.ECKL	3/15	Fee AJ

**Technology Classes**

**3D Printing Basics with Parent**

**(6-12 yrs.)** Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Through fun and age-appropriate activities, students the basics of 3D design and witness their creations come to life as tangible objects. From custom toys to personalized backpack tags, this class is an exciting adventure of creativity and technology. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a \$15 materials fee.

4ND	5--55 minute lessons--\$70				
Location	Day	Time	Code	Begin	\$
OakmontREC	Th	5:30pm	Z2W.QV19	3/26	4ND
OakmontREC	Th	5:30pm	Z2W.5HNI	5/7	4ND
ProvREC	Sa	2pm	Z2W.RC21	4/11	4ND
ProvREC	Sa	3pm	Z2W.R83K	4/11	4ND
ProvREC	Su	2pm	Z2W.VDQJ	4/12	4ND
ProvREC	Su	3pm	Z2W.SM90	4/12	4ND
ProvREC	Sa	2pm	Z2W.Y2HJ	5/30	4ND
ProvREC	Sa	3pm	Z2W.SH8L	5/30	4ND
ProvREC	Su	2pm	Z2W.DWAU	5/31	4ND
ProvREC	Su	3pm	Z2W.HYFR	5/31	4ND

**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.

4XF	5--1 hour 25 minute lessons--\$92				
4XH	8--1 hour 25 minute lessons--\$155				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	6pm	IIS.1MU0	3/24	4XH
ProvREC	Sa	4pm	IIS.FJYH	4/11	4XF
ProvREC	Su	4pm	IIS.RUCF	4/12	4XF
ProvREC	Sa	4pm	IIS.Y84B	5/30	4XF
ProvREC	Su	4pm	IIS.QGG5	5/31	4XF

**3D Printing Easter Workshop**

**(13-Adult)** The spring holiday season has so many great choices of 3D printing projects for decorating and gifts. Learn how to use 3D printing to make bunnies, eggs and other spring decorations and basket stuffers for a festive holiday. This class is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. 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.

STAC	1--2 hour program--\$16				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	11:45am	3IC.SSCB	3/22	STAC

**3D Printing Easter Workshop with Parent**

**(6-12 yrs.)** The spring holiday season has so many great choices of 3D printing projects for decorating and gifts. Learn how to use 3D printing to make bunnies, eggs and other spring decorations and basket stuffers for a festive holiday. This class is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. 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. Adult participation is required.

STAC	1--2 hour program--\$16				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	11:45am	EX3.RG3P	3/21	STAC

**Animation using Minecraft**

In this Cybertek Academy class students are introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling by studying motion in reality, then apply these skills to animation. Students learn how animators work by completing a variety of short animation exercises and projects.

DXVG	6--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	9:30am	2XP.BQQN	4/11	DXVG
ProvREC	Sa	10:30am	8KL.J814	4/11	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 fun challenges in this RoboThink program.

DXVG	6--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
Oakton ES	W	5pm	R8R.9E0S	4/8	DXVG
SpringHI ES	F	5pm	R8R.AK12	4/10	DXVG
SpHillREC	Sa	10:30am	R8R.91X2	4/11	DXVG
MtVernREC	T	5:30pm	R8R.T014	4/7	DXVG
MtVernREC	Sa	10:30am	R8R.DKX8	4/11	DXVG

**Cosmic Space Robots**

**(7-12 yrs.)** Calling all future champions and robot enthusiasts! Brace yourself for an epic journey of building and battling with a wide variety of awe-inspiring robots. Put on your engineer's hat and bring your robot to life using gears, motors, axles and our state-of-the-art hardware. Then step into the arena and engage in thrilling battles and challenges that will push your skills to the limit. No experience necessary, just come ready to battle, have fun, and let your robot reign supreme.

DXVG	6--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
LittleRn ES	Sa	10am	OXE.YR17	3/21	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--\$160				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	1pm	4F8.JW15	3/14	DXVF
LittleRn ES	Sa	1pm	4F8.3W03	3/21	DXVF
ProvREC	Sa	1pm	4F8.87YW	4/11	DXVF
SoRunREC	Sa	1pm	4F8.IAE1	3/21	DXVF
Wkfld/Moore	Sa	1pm	4F8.SHID	3/21	DXVF

**Engineering Design Process**

**(8-14 yrs.)** In this Youth Technology Network students learn what engineers do and how they create things to make our lives safer and better. If you enjoy brainstorming, being creative, inventing new things, problem-solving or are just interested in what engineers do, this activity is for you. All materials and equipment provided.

DXV8	6--55 minute lessons--\$238				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	5pm	G1Y.2LMD	4/16	DXV8

**eSports Class**

**(11-17 yrs.)** In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. Participants will make new friends, have fun playing games and feel safe in an inclusive environment. This session features the Nintendo Switch platform with various games.

4XH	8--1 hour 25 minute lessons--\$155				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6pm	3AK.YMA1	3/27	4XH

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**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--\$234**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	7M9.XHKC	3/21	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--\$160**

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	1pm	766.OVVQ	3/28	DXVF
OakmontREC	Sa	1pm	766.GXP6	3/28	DXVF
OrngHnt ES	Sa	12pm	766.IPK1	3/21	DXVF

**LEGO Spike Essential Robotics**

(6-11 yrs.) In this Baroody Camps program students have the opportunity to build and code their very own robots using LEGO® SPIKE™ kits. By integrating LEGO® blocks with codeable hubs, cameras, sensors, and using Scratch-based programming, students create robots that dance, sense objects, follow routes and even drive themselves. Projects throughout this course provide a little taste of how robotics can be applied, such as amusement parks, automotives and outdoor exploration.

**DXVE 8--55 minute lessons--\$155**

Location	Day	Time	Code	Begin	\$
SoRunREC	T	5:30pm	SR2.IKTM	3/24	DXVE

**LEGO Zooland**

(5-8 yrs.) In this Baroody Camps class students bring their favorite zoo animals to life. Each week, students build and code a different animal robot using axles, timing belts, gears, laptops and coding blocks while learning facts about these animals. The creations will be animated using special programming software.

**DXVL 10--55 minute lessons--\$194**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	5:30pm	P1X.MVQ2	3/27	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. Both beginners and advanced students will build moving models that demonstrate key STEM concepts, while integrated storytelling boosts creativity, problem-solving, and literacy.

**DXVI 8--55 minute lessons--\$197**

Location	Day	Time	Code	Begin	\$
OakmontREC	F	5pm	Z6X.5YUD	4/10	DXVI

**Minecraft Engineering with LEGO**

Venture into the world of Minecraft in this unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources and battle to stop the Ender Dragon from ending the



**REC CENTERS**

# OPEN HOUSE

**THURSDAY, MAY 7**  
**4:30-7:30 p.m.**  
**AT ALL LOCATIONS**

**FREE ADMISSION**  
**ALL DAY WITH SIGN UP\***

\* Admission requires sign up for 7 day free pass or sign up/purchase of 30 days for \$30 pass.



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



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world. Explore the endless possibilities of LEGO® with a trained Play-Well instructor.

DXVK 8--1 hour 25 minute lessons--\$204					
Location	Day	Time	Code	Begin	\$
<b>(5-7 yrs.)</b>					
MtVernREC	T	5:30pm	V2Z.8TGB	4/7	DXVK
<b>(8-12 yrs.)</b>					
MtVernREC	T	6:30pm	EI5.OZGC	4/7	DXVK

**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--\$234					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	EU6.1S2U	3/21	DXVZ

**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..

DXVE 8--55 minute lessons--\$155					
DXVL 10--55 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	6pm	GW9.GJR3	4/8	DXVE



**AMUSEMENTS TICKETS**

Tickets are available for all ages. Children under age 2 ride free with a paying adult. Amusements include:

- Visit with Sunny the Bunny
- Spin on the carousel
- Miniature train ride
- Crafts and games
- Mini golf

Egg hunt tickets must be purchased separately. Each person must register. Limited quantities available — buy early!

**EGG HUNT TICKETS**

**Saturday, April 4 • 11 a.m.–4:45 p.m.**  
 Choose between ages: **1 – 4 yrs., 5–7 yrs. or Sensory Egg Hunt (1–7 yrs.)** — with timed sessions throughout the day.

**Online presale - \$6 until April 2**  
 No day-of event admission - Tickets will not be available at the door, so reserve your spot early!  
 Amusement tickets are sold separately.

**BASKETS AND BUNNIES**

**SATURDAY, APRIL 4**  
**10 A.M. - 5 P.M.**

**Online amusement tickets - \$20 until April 2**  
**At the door admission - \$25, while supplies last.**



**BASKETS & BUNNIES - SENSORY EGG HUNT**

**Saturday, April 4**  
**Online presale - \$6 until April 2**

Hop into a sensory-friendly spring celebration. This special egg hunt offers a quieter experience where children can enjoy the festivities at their own pace.

- Designed for children ages 1–7 with disabilities.
- Only participating children need tickets.
- Amusement tickets are sold separately.

No day-of event admission - Tickets will not be available at the door, so reserve your spot early!

Burke Lake Park  
 7315 Ox Road • Fairfax Station

For more information, turn to the Events section or visit [www.fairfaxcounty.gov/parks/burke-lake](http://www.fairfaxcounty.gov/parks/burke-lake)



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**

**Brownie Girl Scouts (7-9 yrs.)**

**Brownie Scout Badge Workshop**

(6-10 yrs.) Join us for this all-day Brownie Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered are Hiker, Senses, Outdoor Adventurer, Outdoor Art Creator and Eco Friend. Please bring water and pack a lunch. Badges are included in the price.

**1--6 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	FET.XWFF	3/28	\$60

**Home Scientist**

**1--2 hour lesson includes supplies**

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	D35.CCV3	3/8	\$20

**Letterboxer**

**1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
CubRunREC	M	10:30am	A4C.VSUD	4/6	\$14

**Outdoor Art Creator**

**1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
Sully	Sa	2pm	E0F.W2UZ	4/18	\$14

**Robotics**

**1--3 hour lesson**

Location	Day	Time	Code	Date	\$
CubRunREC	F	9am	2AA.M5MZ	4/10	\$27
CubRunREC	Su	9am	2AA.UHWH	5/3	\$27

**Junior Girl Scouts (9-11 yrs.)**

**Geocacher**

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	1E4.X57D	3/8	\$18
BurkeLakePk	Su	1pm	1E4.VRB6	4/26	\$18

**Outdoor Art Explorer**

**1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
Sully	Sa	11:30am	1EE.HD8I	4/11	\$14

**Playing the Past**

**1--1 hour 30 minute lesson**

Location	Day	Time	Code	Date	\$
ColvinRunMill	T	1pm	87E.ZHA3	5/26	\$14

**Junior Scout Badge Workshop**

(6-12 yrs.) Join us for this all-day Junior Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered in program are Animal Habitats, Design with Nature, Shapes in Nature, Eco Camper and Flowers. Please bring water and pack a lunch. Badges are included in the price.

**1--6 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	M	10am	0CC.8DT2	4/6	\$60

**Robotics**

**1--4 hour lesson**

Location	Day	Time	Code	Date	\$
CubRunREC	F	12:30pm	FC5.6JD2	4/3	\$36

**Cadette Girl Scouts (11-14 yrs.)**

**Babysitter**

**1--3 hour lesson**

Location	Day	Time	Code	Date	\$
CubRunREC	F	12:30pm	684.37A2	4/10	\$27

**Woodworker**

**1--1 hour 30 minute lesson includes supplies**

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	10am	7D9.0WWU	4/6	\$16

**Senior Girl Scouts (14-18 yrs.)**

**Paddling**

**1--3 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	3pm	D32.CM1N	5/17	\$52

**Start Your Journey - Sow What?**

**1--3 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	6A3.LEW0	3/22	\$27

**Specialty Scout Programs**

**Campfire Safety for Girl Scouts**

(5-Adult) Learn how to safely build and enjoy a campfire, learn fire safety skills and receive the Smokey Bear Pledge certificate. Enjoy a brief woodland walk and toast marshmallows. Children must be accompanied by adult.

**1--1 hour campfire**

Location	Day	Time	Code	Date	\$
HiddenOaks	F	6pm	AC7.SAVE	3/13	\$10

**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	\$
HuntMdws	F	6pm	5ZY.CTD8	3/6	\$14
ECLawrnPk	F	7:30pm	5ZY.QMHC	4/10	\$14

**Dark Sky Patch - Junior and Cadettes**

(8-13 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--2 hour lesson**

Location	Day	Time	Code	Date	\$
Sully	F	6:30pm	94G.120H	5/15	\$18

**Fishing Fun Patch**

(8-14 yrs.) Go on an adventure and learn about fishing at Riverbend Park. Girl scouts will learn about fishing equipment, techniques, regulations and spend an hour fishing on the Potomac River.

**1--2 hour lesson**

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	3pm	XCB.LBJJ	5/9	\$18

**Girl Scout STEM Outdoors Charm Patch**

(7-12 yrs.) Experience STEM in the outdoors at your local park! Explore different habitats and learn about the wildlife that call Riverbend park its home. Learn how everything is connected and how to be stewards of the natural world. Earn up to six charms that will attach to a fun patch for the back of your vest. Charms and patch included in the price. Please bring a water bottle and pack a lunch.

1--6 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	2ST.FPFT	4/19	\$60

**Sun Safety Patch - Daisy & Brownie**

(5-9 yrs.) This patch will help you understand the importance of protecting your skin from the sun's UV rays. Through different games and activities, you will learn how you can protect yourself from the sun's harmful rays and how you can be a sun safety advocate. This class meets all the requirements to earn the Sun Safety Patch, but does not include a physical patch.

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	93A.8K GK	3/28	\$14

**Scouting America Programs**

Programs satisfy most requirements to earn the badge. Visit the site's website for pre-work and information.

**Merit Badges (11-17 yrs.)**

**Animal Science**

1--2 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Frying Pan Pk	T	3:45pm	647.MZXJ	3/31	\$24
Frying Pan Pk	W	3:45pm	647.R0U6	5/6	\$24

**Archaeology**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Su	11am	04C.Q6IK	4/12	\$48

**Archery**

1--6 hour Merit Badge					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	A9F.YVD1	3/21	\$96
BurkeLakePk	Sa	10am	A9F.TLB3	4/18	\$96
BurkeLakePk	Sa	10am	A9F.LD2B	5/30	\$96

**Art**

1--3 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	Th	2:30pm	3DD.VYL5	4/2	\$36

**Bird Study**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9am	BCB.3BRC	4/26	\$48
ECLawncPk	Sa	9am	BCB.HKGO	5/16	\$48

**Camping**

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	T	9am	642.UOC4	3/31	\$60
Riverbend Pk	W	10am	642.6CAL	5/27	\$60

**Chemistry**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	F	1:30pm	A71.Y65K	4/3	\$50

**Citizenship in the Community**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	8:30am	FE0.1M04	3/30	\$48
Sully	Su	10am	FE0.14B7	5/10	\$48
HiddenOaks	M	8:30am	FE0.40A6	5/25	\$48
ColvinRunMill	W	9am	FE0.51J8	5/27	\$48
HistHuntley	W	10am	FE0.XT31	5/27	\$48

**Citizenship in the Nation**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	1pm	38A.S5L1	3/30	\$48
HistHuntley	Sa	10am	38A.XEIZ	3/21	\$48
Sully	Sa	10am	38A.AYSP	3/28	\$48
ColvinRunMill	F	9am	38A.WGP9	4/10	\$48
HiddenOaks	M	1pm	38A.4S20	5/25	\$48

**Citizenship in the World**

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	9am	DDB.9H4I	3/15	\$60
HiddenOaks	T	12pm	DDB.GZ58	3/31	\$60
HuntMdws	Su	10am	DDB.HPI7	4/12	\$60
HiddenOaks	W	1pm	DDB.78FQ	5/27	\$60

**Coin Collecting Merit Badge**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Su	10am	80W.I48B	5/31	\$48

**Communication**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	12:30pm	5BE.X00H	4/6	\$48

**Environmental Science**

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	FFA.JNZK	3/14	\$60
ECLawncPk	Su	12pm	FFA.JULYQ	3/15	\$60
CubRunREC	M	9am	FFA.CNRL	3/30	\$60
HiddenOaks	F	12pm	FFA.91LG	4/10	\$60
Riverbend Pk	Sa	12pm	FFA.96ZX	4/25	\$60
HuntMdws	Su	10am	FFA.22H1	4/26	\$60
ECLawncPk	Sa	10am	FFA.35GW	5/2	\$60

**First Aid**

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	W	10am	869.31CC	4/1	\$60
HuntMdws	Sa	10am	869.PULY	5/16	\$60
HiddenOaks	T	8:30am	869.40WS	5/26	\$60

**Fishing**

1--3 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	T	9am	CEE.TE4C	5/26	\$45

**Forestry**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	BDE.DWN1	4/18	\$48

**Genealogy**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Su	11am	183.CTXL	3/8	\$48

**Insect Study**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	T	12pm	02F.L21H	5/26	\$48

**Mammal Study**

1--2 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	T	9am	160.IYWL	3/31	\$24
Riverbend Pk	Sa	2pm	160.5AM8	5/30	\$24

**Nature Study**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	F	9am	C84.D0XQ	3/20	\$48

**Oceanography**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	M	12:30pm	ASE.UGKF	4/6	\$48

**Reptile and Amphibian**

1--3 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	F	2pm	EAC.5W57	3/20	\$36

**Sustainability**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	F	8:30am	435.KVWW	4/3	\$48
CubRunREC	F	9am	435.UION	4/3	\$48
HuntMdws	T	10am	435.YHZK	5/26	\$48

**Weather**

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	W	8:30am	89D.6QJT	5/27	\$48

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

## Sports and Leagues

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



Golf facilities, classes and tournaments are listed in the Golf section.

### Beginning Athletes

In this high-energy class, kids are introduced to a variety of sports and activities each week including soccer, basketball and flag football.

<b>4SA</b>	<b>10--55 minute lessons--\$181</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$166</b>
<b>DSVF</b>	<b>8--55 minute lessons--\$160</b>

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Franconia Rec	M	6:30pm	FOZ.DSLV	4/6	DSVF
SoRunREC	W	5:45pm	FOZ.G3NS	3/25	DSVF
Wkfld/Moore	W	6pm	FOZ.ML3U	3/25	4SA
<b>(6-12 yrs.)</b>					
Franconia Rec	M	7:30pm	JEE.JXZQ	4/6	DSV1
SpHillREC	F	7:30pm	JEE.8UU4	3/27	DSV1
Wkfld/Moore	W	7pm	JEE.TJVV	3/25	4SA

### Archery I

Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow.

<b>4SD</b>	<b>5--55 minute lessons--\$89</b>
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Location	Day	Time	Code	Begin	\$
<b>(9-15 yrs.)</b>					
Burke Lake Pk	W	4:30pm	E27.Y1KB	3/18	4SD
Burke Lake Pk	W	4:30pm	E27.62TS	5/6	4SD
<b>(13-Adult)</b>					
Burke Lake Pk	F	5:30pm	F74.RPGE	3/20	4SD
Burke Lake Pk	F	5:30pm	F74.7XKF	5/8	4SD

### Archery II

Prerequisite: Archery I or equivalent.

<b>4SD</b>	<b>5--55 minute lessons--\$89</b>
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Location	Day	Time	Code	Begin	\$
<b>(9-12 yrs.)</b>					
Burke Lake Pk	Th	5:30pm	E59.3UAG	3/19	4SD
Burke Lake Pk	Th	5:30pm	E59.0HP8	5/7	4SD
<b>(13-Adult)</b>					
Burke Lake Pk	Th	4:30pm	80A.FW9I	3/18	4SD
Burke Lake Pk	Th	4:30pm	80A.TZ9Q	5/7	4SD

### Family Archery

**(9-Adult)** Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow. This class is designed for parents to learn archery alongside their children, and each person needs to register.

<b>4SD</b>	<b>5--55 minute lessons--\$89</b>
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Location	Day	Time	Code	Begin	\$
Burke Lake Pk	W	5:30pm	CN8.GVBA	3/18	4SD
Burke Lake Pk	F	4:30pm	CN8.4DG6	3/20	4SD
Burke Lake Pk	W	5:30pm	CN8.ELQ0	5/6	4SD
Burke Lake Pk	F	4:30pm	CN8.IOMS	5/8	4SD



### Baseball I

**(6-12 yrs.)** This class teaches basic skills and game rules. Scrimmages give you experience preparing for league teams. Participants need to bring their own glove.

<b>4SM</b>	<b>8--55 minute lessons--\$144</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$165</b>

Location	Day	Time	Code	Begin	\$
AnnandalePk	Sa	12pm	DDF.N7UM	3/21	DSV1
Franconia Rec	Sa	2:30pm	DDF.QOPT	3/28	DSV1
Wkfld/Moore	Sa	2pm	DDF.FEKB	3/28	DSV1
Wkfld/Moore	Sa	11am	DDF.9T5G	3/28	4SM
Wkfld/Moore	Su	11am	DDF.AXV	3/29	4SM

### Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

<b>4SA</b>	<b>10--55 minute lessons--\$181</b>
<b>4SM</b>	<b>8--55 minute lessons--\$144</b>
<b>CSVA</b>	<b>6--55 minute lessons--\$124</b>
<b>DSV1</b>	<b>8--55 minute lessons--\$165</b>
<b>DSVF</b>	<b>8--55 minute lessons--\$160</b>
<b>DSVK</b>	<b>10--55 minute lessons--\$176</b>

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Franconia Rec	Su	2pm	AL1.EM92	3/29	4SM
Belle Vw ES	Sa	11:30am	OF7.3QVO	3/28	DSV1
Franconia Rec	Sa	10:30am	OF7.PAJN	3/21	DSVK
Franconia Rec	Su	9:30am	OF7.23YG	3/22	DSVK
Oakton ES	Sa	9am	OF7.I2NE	4/11	4SM
Orng Hnt ES	Sa	9am	OF7.Z7XT	3/28	DSV1
Orng Hnt ES	Sa	12pm	OF7.B965	3/28	DSV1
SpHillREC	Th	6pm	OF7.S347	3/26	4SA
SpHillREC	F	6:30pm	OF7.FDW1	3/27	DSVF
SpHillREC	Sa	11am	OF7.UGF2	3/28	4SA
Sully CommCtr	Su	2pm	OF7.FK1M	4/26	CSVA
Sully CommCtr	W	6pm	OF7.2T7P	4/29	CSVA
Wkfld/Moore	Sa	11am	OF7.WF1Y	3/21	4SA
Wkfld/Moore	Th	5:30pm	OF7.6VL2	3/26	DSV1
Wkfld/Moore	M	6:30pm	OF7.J100	4/6	DSV1



- An array of amenities and services
- Selection of tournament types and formats
- Ideal for hosting corporate outings and tournaments
- Various packages to accommodate all your event needs

To book your next outing visit:  
[www.fairfaxcounty.gov/parks/golf/outings-meetings](http://www.fairfaxcounty.gov/parks/golf/outings-meetings)



<b>(8-10 yrs.)</b>					
Franconia Rec	Su	3pm	MB2.411U	3/29	4SM
Belle Vw ES	Sa	12:30pm	134.RXMN	3/28	DSV1
Franconia Rec	M	5:30pm	134.TRQ4	3/23	DSVK
Oakton ES	Sa	10am	134.R4S4	4/11	4SM
Orng Hnt ES	Sa	10am	134.V7SY	3/28	DSV1
SpHillREC	Th	7pm	134.3Z9C	3/26	4SA
SpHillREC	Sa	12pm	134.9WFO	3/28	4SA
Sully CommCtr	Su	3pm	134.FC2Z	4/26	CSVA
Sully CommCtr	W	7pm	134.QZKF	4/29	CSVA
Wkfld/Moore	Th	6:30pm	134.CTA1	3/26	DSV1
Wkfld/Moore	M	7:30pm	134.VCOR	4/6	DSV1
<b>(11-13 yrs.)</b>					
Oakton ES	Sa	11am	188.YUSC	4/11	4SM
Orng Hnt ES	Sa	11am	188.ER9L	3/28	DSV1
SpHillREC	Sa	1pm	188.T1VD	3/28	4SA
Wkfld/Moore	Sa	1pm	188.4NG4	3/21	4SA
Wkfld/Moore	Su	12pm	188.67CZ	3/22	4SA
Wkfld/Moore	Th	7:30pm	188.JE0D	3/26	DSV1

## Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

**4SA 10--55 minute lessons--\$181**  
**4SM 8--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
SpHillREC	Su	12pm	Z8E.R8MX	3/29	4SA
<b>(8-10 yrs.)</b>					
SpHillREC	T	5pm	919.YQDM	3/24	4SA
SpHillREC	Su	1pm	919.FKUB	3/29	4SA
<b>(8-12 yrs.)</b>					
Oakton ES	Sa	12pm	58D.X8LJ	4/11	4SM
<b>(10-12 yrs.)</b>					
Franconia Rec	Su	4pm	2P5.LBPQ	3/29	4SM
Wkfld/Moore	Sa	12pm	680.96NO	3/21	4SA

## Basketball III

Learn to move without the basketball on offense. Practice different defensive and offensive sets in this advanced class.

**4SA 10--55 minute lessons--\$181**

Location	Day	Time	Code	Begin	\$
<b>(8-12 yrs.)</b>					
SpHillREC	T	7pm	988.S44H	3/24	4SA
<b>(12-14 yrs.)</b>					
Wkfld/Moore	Sa	2pm	94C.A7QQ	3/21	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--\$181**

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	12pm	924.3JRB	3/29	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--\$181**

Location	Day	Time	Code	Begin	\$
SpHillREC	T	6pm	SX4.7NCO	3/24	4SA
SpHillREC	Su	10am	SX4.BY4Q	3/29	4SA

## Coach Rich's Co-ed 3-on-3 Basketball League

**(7-13 yrs. Co-ed)** The 3-on-3 basketball league is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. The number of players registered will determine the schedule, approximately 40 minutes of game play each week. Games will be played on Saturdays. Upon registration, you will be contacted with further information regarding schedules and important dates. There is no need for parent volunteers and no weekly practices. The fee includes one evaluation session and nine games.

**DSV9 10--2 hour 15 minute lessons--\$213**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	CD5.JQ26	3/21	DSV9

## Co-ed Basketball Leagues

These U6 and U7 leagues introduce students to basketball and teach them the rules and basic game fundamentals. Fee includes uniform shirt.

**DSV2 8--55 minute lessons--\$213**  
**DSVW 10--55 minute lessons--\$267**

Location	Day	Time	Code	Begin	\$
<b>(5-6 yrs.)</b>					
SpHillREC	Sa	9am	086.XJMS	3/28	DSV2
<b>(6-7 yrs.)</b>					
SpHillREC	Sa	10am	403.GCJB	3/28	DSV2
Wkfld/Moore	Su	11am	403.3V3W	3/22	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--\$176**

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	5:30pm	A55.WQJE	3/27	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--\$176**

Location	Day	Time	Code	Begin	\$
<b>(7-9 yrs.)</b>					
Franconia Rec	F	6:30pm	097.IBXL	3/27	DSVK
<b>(10-13 yrs.)</b>					
Franconia Rec	F	7:30pm	45C.M58C	3/27	DSVK

## Intro to Cheer & Dance I

**(6-12 yrs.)** Students learn basic skills, including motions, dance movements, routines and cheers while improving flexibility and team spirit. Wear comfortable clothing and athletic shoes.

**4SA 10--55 minute lessons--\$181**  
**4SM 8--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	1:50pm	EE4.44HZ	4/12	4SM
Wkfld/Moore	Th	6:30pm	EE4.KIMX	3/26	4SA

## 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.

**4SA 10--55 minute lessons--\$181**  
**4SM 8--55 minute lessons--\$144**

Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
OakmontREC	Su	11:40am	TGV.DNZU	4/12	4SM
<b>(9-15 yrs.)</b>					
OakmontREC	Su	12:45pm	16D.LZMY	4/12	4SM
Wkfld/Moore	Th	7:30pm	16D.1A MZ	3/26	4SA

## 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--\$111**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	PZQ.9D4T	4/8	CPVH
Wkfld/Moore	Sa	11am	PZQ.P686	4/11	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, and hand movements including thrusts and blocks. An equipment fee of \$29 is payable at first class.

**DSVP 8--55 minute lessons--\$137**

Location	Day	Time	Code	Begin	\$
<b>(7-13 yrs.)</b>					
NOVA Fence	M/W	5pm	30E.H6N7	4/13	DSVP
NOVA Fence	M/W	6pm	30E.S8DQ	4/13	DSVP
NOVA Fence	T/Th	6pm	30E.M90B	4/14	DSVP
NOVA Fence	M/W	5pm	30E.IM7G	5/11	DSVP
NOVA Fence	M/W	6pm	30E.J7BB	5/11	DSVP
NOVA Fence	M/W	6pm	30E.HWPS	5/12	DSVP
<b>(13-Adult)</b>					
NOVA Fence	M/W	7pm	9C1.Z071	4/13	DSVP
NOVA Fence	T/Th	7pm	9C1.0332	4/14	DSVP
NOVA Fence	M/W	7pm	9C1.OHKY	5/11	DSVP
NOVA Fence	T/Th	7pm	9C1.YOKJ	5/12	DSVP

## Intro to Sport Fencing

**(8-14 yrs.)** 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--\$111**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6pm	TSB.HOVD	4/8	CPVH
Wkfld/Moore	Sa	10am	TSB.S8TL	4/11	CPVH

## Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus in on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

**DSV1 8--55 minute lessons--\$165**  
**DSVR 10--55 minute lessons--\$208**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Belle Vw ES	Sa	10:30am	2N0.W45Y	3/28	DSV1
Wkfld/Moore	Su	1:30pm	2N0.UTFV	3/22	DSVR
Wkfld/Moore	W	5:30pm	2N0.LBKD	3/25	DSV1
<b>(8-11 yrs.)</b>					
Belle Vw ES	Sa	10:30am	N49.S1GM	3/28	DSV1
Wkfld/Moore	W	6:30pm	N49.HKG7	3/25	DSV1
<b>(12-14 yrs.)</b>					
Wkfld/Moore	W	7:30pm	LED.UN1C	3/25	DSV1

## Gymnastics for Girls

**(5-7 yrs.)** Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

**DSVL 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	COF.U5HY	3/21	DSVL
Franconia Rec	Su	10am	COF.G489	3/22	DSVL
ProvREC	Su	11:35am	COF.KXEM	4/12	DSVL
SoRunREC	Su	1pm	COF.3P3P	3/22	DSVL
Wkfld/Moore	T	6pm	COF.R052	4/7	DSVL
Wkfld/Moore	Sa	3pm	COF.D10A	3/21	DSVL
Wkfld/Moore	W	5:30pm	COF.425Q	4/8	DSVL



## Gymnastics I

Introduction to gymnastics through floor exercise, balance beam, uneven bars, vaulting and springboard jumping. Low student-to-teacher ratio enhances the learning process.

**4SM 8--55 minute lessons--\$144**  
**DSVL 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
<b>(6-9 yrs.)</b>					
ProvREC	Su	12:35pm	8D7.VHNR	4/12	DSVL
SoRunREC	Su	2pm	8D7.7FRH	3/22	DSVL
Wkfld/Moore	T	7pm	8D7.GACO	4/7	DSVL
Wkfld/Moore	Sa	4pm	8D7.QL4X	3/21	DSVL
<b>(6-12 yrs.)</b>					
CubRunREC	M	6:15pm	0D9.1C53	3/23	4SM
CubRunREC	T	6:45pm	0D9.95QW	3/24	4SM
CubRunREC	Sa	12:45pm	0D9.H364	4/25	4SM
Franconia Rec	Su	12pm	JBN.RDP7	3/22	DSVL
SoRunREC	Sa	12pm	JBN.8LH6	3/21	DSVL
SoRunREC	Su	3pm	JBN.VR47	3/22	DSVL
Wkfld/Moore	W	6:30pm	JBN.IE8Z	4/8	DSVL

## Gymnastics II

**(7-10 yrs.)** Prerequisite: Gymnastics I.

**DSVL 8--55 minute lessons--\$187**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7:30pm	ZA4.EJ4F	4/8	DSVL

## Lacrosse

Students develop lacrosse fundamentals including passing, catching, shooting and defensive positions. Students must bring their own lacrosse stick, mouth-guard and water bottle.

**DSVT 10--55 minute lessons--\$192**

Location	Day	Time	Code	Begin	\$
<b>(6-8 yrs.)</b>					
Wkfld/Moore	Sa	1:15pm	D48.Y5W2	3/21	DSVT
<b>(8-12 yrs.)</b>					
Wkfld/Moore	Sa	2:15pm	72D.IVV6	3/21	DSVT

## Pickleball 1

Pickleball is an easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this class students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

**CSV1 6--55 minute lessons--\$161**  
**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**  
**DVP2 8--55 minute lessons--\$166**  
**DSVT 10--55 minute lessons--\$192**

Location	Day	Time	Code	Begin	\$
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### Indoor Classes (Adults)

Franconia Rec	T	9am	TTX.T6MF	4/7	DSP1
Franconia Rec	Th	9am	TTX.QQ1D	4/9	DSP1
Franconia Rec	Su	1pm	B60.47CE	3/22	DPV1
SpHillREC	M	9am	B60.9SX0	3/23	DPV1
SpHillREC	W	9am	B60.PIRO	3/25	DPV1
SpHillREC	Th	9am	B60.WLIV	3/26	DPV1
SpHillREC	Th	11am	B60.EEX5	3/26	DPV1
Sully CommCtr	Su	5pm	B60.UQ73	4/26	CSV1
Sully CommCtr	T	6pm	B60.0MQ0	4/28	CSV1

### Outdoor Classes (6-12 yrs.)

Cunn Pk ES	Sa	9:30am	UT4.3IYC	3/21	DVP2
Cunn Pk ES	Th	5:30pm	UT4.PK2N	3/26	DVP2
Wkfld/Moore	W	6pm	UT4.2N0S	3/25	DPV1

### Outdoor Classes (Adults)

RndtreePk	W	10am	J11.H5PA	3/25	DPV1
SoRunREC	Sa	7am	J11.ED10	3/21	DSP1
SoRunREC	W	3:30pm	J11.HN28	3/25	DSP1
Wkfld/Moore	T	9:30am	J11.3UDT	3/24	DSVT
Wkfld/Moore	Th	9:30am	J11.MYPJ	3/26	DSVT
Wkfld/Moore	F	11am	J11.Y8U5	3/27	DSP1
Wkfld/Moore	T	6pm	J11.ETC5	3/24	DSP1
Cunn Pk ES	Th	6:30pm	DZV.QFAO	3/26	DVP2
Franconia Rec	Sa	9am	DZV.APRG	3/21	DPV1
Franconia Rec	Th	5:30pm	DZV.6MWE	3/26	DPV1
SoRunREC	M	9am	DZV.232C	3/23	DVP2
Wkfld/Moore	Sa	10am	DZV.R8GE	3/28	DVP2
Wkfld/Moore	Sa	12pm	DZV.5WSG	3/28	DVP2
Wkfld/Moore	M	5:30pm	DZV.B8OM	4/6	DVP2
Wkfld/Moore	M	7:30pm	DZV.86PT	4/6	DVP2

## Pickleball 1 Coached Play

**(Adults)** Participants rally with other players alongside a certified coach in this program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Beginners focus on learning basic strokes and rules.

**DPV1 10--55 minute lessons--\$212**

Location	Day	Time	Code	Begin	\$
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### Indoor Classes

SpHillREC	M	11am	GD0.Z8VP	3/23	DPV1
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### Outdoor Classes

RndtreePk	W	12pm	W1M.ZCTJ	3/25	DPV1
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## 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.

**CSV1 6--55 minute lessons--\$161**  
**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**  
**DSVT 10--55 minute lessons--\$192**  
**DVP2 8--55 minute lessons--\$166**

Location	Day	Time	Code	Begin	\$
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### Indoor Classes

Franconia Rec	T	10am	REP.TY2Z	4/7	DSP1
Franconia Rec	Th	10am	REP.FG7P	4/9	DSP1
Franconia Rec	Su	2pm	QJ3.PKGO	3/22	DPV1
SpHillREC	M	10am	QJ3.WKQT	3/23	DPV1
SpHillREC	W	10am	QJ3.NJLE	3/25	DPV1
SpHillREC	W	11am	QJ3.IA4F	3/25	DPV1
SpHillREC	Th	10am	QJ3.LOP5	3/26	DPV1
SpHillREC	F	9am	QJ3.VXXC	3/27	DPV1
SpHillREC	F	11am	QJ3.PHP1	3/27	DPV1
Sully CommCtr	Su	4pm	QJ3.TJ7H	4/26	CSV1
Sully CommCtr	T	11:30am	QJ3.6NNS	4/28	CSV1
Sully CommCtr	Th	10am	QJ3.EEC2	4/30	CSV1

### Outdoor Classes

RndtreePk	W	11am	YB0.R7KZ	3/25	DPV1
RndtreePk	Th	10am	YB0.Y0MJ	3/26	DPV1
SoRunREC	Sa	8am	YB0.3XVW	3/21	DSP1
SoRunREC	W	4:30pm	YB0.U7RC	3/25	DSP1
Wkfld/Moore	T	10:30am	YB0.IRBR	3/24	DSVT
Wkfld/Moore	Th	10:30am	YB0.W8TX	3/26	DSVT
Wkfld/Moore	F	12pm	YB0.DAGD	3/27	DSP1
Wkfld/Moore	T	7pm	YB0.57V2	3/24	DSP1
Wkfld/Moore	W	8am	YB0.SZOF	3/25	DSP1
Cunn Pk ES	Sa	10:30am	8RX.R32Q	3/21	DVP2
Franconia Rec	Sa	10am	8RX.DXZB	3/21	DPV1
Franconia Rec	Th	6:30pm	8RX.346Q	3/26	DPV1
SoRunREC	M	10am	8RX.VYUS	3/23	DVP2
Wkfld/Moore	Sa	11am	8RX.QWBL	3/28	DVP2
Wkfld/Moore	M	6:30pm	8RX.2LKK	4/6	DVP2

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**Pickleball 2 Coached Play**

**(Adults)** Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game with the focus on developing consistency.

**DPV1 10--55 minute lessons--\$212**

Location	Day	Time	Code	Begin	\$
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**Indoor Classes**

Franconia Rec	Su	5pm	JAE.SGNI	3/22	DPV1
SpHillREC	M	12pm	JAE.7HE5	3/23	DPV1

**Outdoor Classes**

RndtreePk	Th	2pm	OSC.101E	3/26	DPV1
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**Pickleball 3**

**(Adults)** Prerequisite: Pickleball II. This class focuses on Doubles strategy and execution.

**CSV1 6--55 minute lessons--\$161**  
**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**  
**DSVT 10--55 minute lessons--\$192**  
**DVP2 8--55 minute lessons--\$166**

Location	Day	Time	Code	Begin	\$
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**Indoor Classes**

Franconia Rec	T	11am	NMX.SM52	4/7	DSP1
Franconia Rec	Su	3pm	UQP.C5K4	3/22	DPV1
SpHillREC	W	12pm	UQP.CH5H	3/25	DPV1
SpHillREC	Th	12pm	UQP.SOCA	3/26	DPV1
SpHillREC	F	10am	UQP.VP28	3/27	DPV1
SpHillREC	F	12pm	UQP.YOJ1	3/27	DPV1
Sully CommCtr	Su	6pm	UQP.WT8G	4/26	CSV1
Sully CommCtr	T	5pm	UQP.DXE1	4/28	CSV1
Sully CommCtr	Th	11am	UQP.HI18	4/30	CSV1
Sully CommCtr	F	10am	UQP.D29T	5/1	CSV1

**Outdoor Classes**

RndtreePk	Th	12pm	BON.TRZ3	3/26	DPV1
Wkfld/Moore	T	11:30am	BON.EW4E	3/24	DSVT
Wkfld/Moore	Th	11:30am	BON.BP5C	3/26	DSVT
Wkfld/Moore	W	8am	BON.F6DP	3/25	DSP1
Wkfld/Moore	T	8pm	BON.RQ56	3/24	DSP1
Wkfld/Moore	F	1pm	BON.ORPU	3/28	DSP1
Cunn Pk ES	Sa	11:30am	NUB.QGUL	3/21	DVP2
Franconia Rec	Sa	11am	NUB.9328	3/21	DPV1
Franconia Rec	Th	7:30pm	NUB.JNKQ	3/26	DPV1
Wkfld/Moore	W	7pm	NUB.UA88	3/25	DPV1
Wkfld/Moore	Th	7pm	NUB.U90M	3/26	DPV1

**Pickleball 3 Coached Play**

**(Adults)** Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach in this program. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Focus is on executing strokes with increasing consistency.

**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**

Location	Day	Time	Code	Begin	\$
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**Indoor Classes**

Franconia Rec	Th	11am	S8A.PI15	4/9	DSP1
SpHillREC	M	1pm	20X.M0T0	3/23	DPV1

**Outdoor Classes**

RndtreePk	Th	1pm	UZS.GVY8	3/26	DPV1
RndtreePk	Th	11am	UZS.FHZZ	3/26	DPV1
Wkfld/Moore	W	10am	UZS.XH22	3/25	DSP1

**Pickleball 4**

**(Adults)** This advanced program is designed for players who have successfully completed Pickleball 3 and are confident with foundational skills. Key areas of focus include the third shot drop, maintaining control in the transition zone, mastering the dink shot, including its variations and both defensive and offensive styles. Enhance your ability to sustain medium-length dink rallies, hit effective lobs and overheads, and move quickly to the non-volley zone when the opportunity arises. If you meet the 8 out of 10 skill proficiency required, this class is the perfect opportunity to push your game to new heights.

**CSV1 6--55 minute lessons--\$161**  
**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**  
**DVP2 8--55 minute lessons--\$166**

Location	Day	Time	Code	Begin	\$
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**Indoor Classes**

Franconia Rec	Su	4pm	1FL.W9YN	3/22	DPV1
Sully CommCtr	Su	7pm	1FL.DZCL	4/26	CSV1
Sully CommCtr	T	10:30am	1FL.QLF5	4/30	CSV1
Sully CommCtr	Th	12pm	1FL.EC60	4/30	CSV1
Sully CommCtr	F	11am	1FL.OSZI	5/1	CSV1

**Outdoor Classes**

Cunn Pk ES	Th	7:30pm	8R2.87VY	3/26	DVP2
Franconia Rec	Sa	8am	8R2.AZ3Z	3/21	DPV1
Wkfld/Moore	M	10am	8R2.U8EM	3/23	DSP1
Wkfld/Moore	W	8pm	8R2.N3QT	3/25	DPV1
Wkfld/Moore	Th	6pm	8R2.LJX3	3/26	DPV1
Wkfld/Moore	Th	8pm	8R2.KCUR	3/26	DPV1

**Outdoor Pickleball Round-Robin**

**(Adults)** Prerequisite: Pickleball 3. Players participate in ladder play with various partners in this outdoor class. Focus in on making play fun and competitive.

**DPV1 10--55 minute lessons--\$212**  
**DSP1 8--55 minute lessons--\$153**  
**DSVM 8—1 hour 25 minute lessons--\$186**

Location	Day	Time	Code	Begin	\$
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RndtreePk	Su	3pm	ZTM.UP3P	3/22	DPV1
RndtreePk	Su	4pm	ZTM.2AMP	3/22	DPV1
Wkfld/Moore	Sa	8am	ZTM.321P	3/28	DSVM
Wkfld/Moore	M	11am	ZTM.USGU	3/23	DSP1
Wkfld/Moore	Th	9am	ZTM.MJC9	3/26	DSP1
Wkfld/Moore	F	9am	ZTM.YOCK	3/27	DSP1
Wkfld/Moore	F	10am	ZTM.CY38	3/27	DSP1

**Outdoor Pickleball Skills & Drills**

**(Adults)** In this outdoor class students focus on one skill per class, then play to reinforce that particular technique. Students should have some pickleball experience.

**DSP1 8--55 minute lessons--\$153**

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	W	11am	VYE.OQHB	3/25	DSP1
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**Outdoor Senior Pickleball I**

**(65 yrs.+)** This outdoor, slower paced class focuses on basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

**DPV1 10--55 minute lessons--\$212**

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	M	12:15pm	W14.9G12	3/23	DPV1
Wkfld/Moore	W	12:15pm	W14.VC72	3/25	DPV1

**Outdoor Senior Pickleball II**

**(65 yrs.+)** Prerequisite: previous pickleball class or experience. This outdoor, slower paced class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

**DPV1 10--55 minute lessons--\$212**

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	M	1:15pm	NGG.OAHN	3/23	DPV1
Wkfld/Moore	W	1:15pm	NGG.2GHO	3/25	DPV1



**Enter the Exciting World of Water Polo!**

**Classes for beginners —learn the fundamentals with Splashball (non-contact version of the sport)**

- Swim with the ball
- Pass
- Shoot
- Teamwork/Sportsmanship
- Confidence in water
- Improve coordination

*Must be able to swim 25 yards front and back in deep water.*

**Snag your spot today!**



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

## 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.

**DSVG 8--55 minute lessons--\$206**

Location	Day	Time	Code	Begin	\$
SpHillREC	T	9am	BHK.UE35	4/14	DSVG

## Indoor Small Group Pickleball II

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills 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.

**DSVG 8--55 minute lessons--\$206**

Location	Day	Time	Code	Begin	\$
SpHillREC	T	10am	B3I.YVA1	4/14	DSVG

## 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)



## Indoor Small Group Pickleball III

**(15-Adult)** Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills 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.

**DSVG 8--55 minute lessons--\$206**

Location	Day	Time	Code	Begin	\$
SpHillREC	T	11am	3NO.WP88	4/14	DSVG

## Ping Pong

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

**4SM 8--55 minute lessons--\$144**

**DSVT 10--55 minute lessons--\$192**

Location	Day	Time	Code	Begin	\$
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**(8-12 yrs.)**

Wkfld/Moore	F	5:30pm	EB2.H8G5	3/27	DSVT
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**(13-Adult)**

Wkfld/Moore	F	6:30pm	UH9.AK2Q	3/27	DSVT
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## Running Club

**(6-8 yrs.)** In this co-ed class students run in groups with their peers while running activities, such as sharks and minnows, relay races and team racing competitions. Students run laps and track their distance or number of laps by picking up a popsicle stick at the completion of each lap and work

towards running longer distances throughout the session.

**DSVR 10--55 minute lessons--\$208**

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	4pm	YA7.3AJM	3/21	DSVR
Wkfld/Moore	Su	4pm	YA7.0TFO	3/22	DSVR

## Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

**4SA 10--55 minute lessons--\$181**

**CSVA 6--55 minute lessons--\$124**

**DSV1 8--55 minute lessons--\$165**

Location	Day	Time	Code	Begin	\$
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**(6-8 yrs.)**

SoRunREC	T	5:45pm	29D.LT73	3/24	DSV1
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SoRunREC	Sa	11am	29D.WRYD	3/28	DSV1
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SoRunREC	Su	11am	29D.7X4Z	3/29	DSV1
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SoRunREC	M	5pm	29D.8AIT	4/6	DSV1
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SpringHI ES	Sa	11am	29D.8K54	3/21	4SA
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SpringHI ES	Su	11am	29D.69V6	3/22	4SA
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Sully CommCtr	Th	7pm	29D.0WQG	4/30	CSVA
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Wkfld/Moore	Sa	11am	29D.3KNT	3/21	4SA
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Wkfld/Moore	Su	11am	29D.VQQI	3/22	4SA
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**(8-12 yrs.)**

SoRunREC	T	5:45pm	F64.Q0SA	3/24	DSV1
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SoRunREC	Su	12pm	F64.AD01	3/29	DSV1
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SoRunREC	M	5:45pm	F64.B0IW	4/6	DSV1
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SpringHI ES	Sa	12pm	F64.F0WR	3/21	4SA
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SpringHI ES	Su	12pm	F64.VMFM	3/22	4SA
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Wkfld/Moore	Sa	12pm	F64.1YAU	3/21	4SA
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Wkfld/Moore	Su	12pm	F64.Y5UD	3/22	4SA
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# JUNIOR GOLF FAIRFAX

**New for 2026**  
**JUNIOR TOURNAMENT SERIES**  
**JUNE-JULY 2026**  
Compete five tournaments at a variety of Golf Fairfax courses!

**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

**Orange Tee Club at Burke Lake**

- Enjoy a family-friendly round with tees closer to the pin
- Supported by the Fairfax County Park Foundation

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

**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.

<b>DSVJ 8 --1 hour 15 minute lessons--\$199</b>						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	12pm	D59.9XH6	4/11	DSVJ	

**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.

<b>CPVH 7--55 minute lessons--\$111</b>						
Location	Day	Time	Code	Begin	\$	
<b>(6-10 yrs.)</b>						
WSprngfd ES	Th	5:30pm	P60.H4SN	4/9	CPVH	
WSprngfd ES	Th	7:30pm	P60.M011	4/9	CPVH	
<b>(11-14 yrs.)</b>						
WSprngfd ES	Th	6:30pm	XE8.5B98	4/9	CPVH	

**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.

<b>4SM 8--55 minute lessons--\$144</b>						
<b>DSV1 8--55 minute lessons--\$165</b>						
Location	Day	Time	Code	Begin	\$	
AnnandalePk	Sa	10am	3E1.LDN1	3/21	DSV1	
AnnandalePk	Sa	11am	3E1.BDC3	3/21	DSV1	
Franconia Rec	Sa	1:30pm	3E1.8UYJ	3/28	DSV1	
Wkfld/Moore	Sa	1pm	3E1.ZE17	3/28	DSV1	
Wkfld/Moore	Sa	10am	3E1.Q2HN	3/28	4SM	
Wkfld/Moore	Su	10am	3E1.S3BK	3/29	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.

<b>CSVR 7--55 minute lessons--\$139</b>						
<b>4SM 8--55 minute lessons--\$144</b>						
<b>DSV1 8--55 minute lessons--\$165</b>						
Location	Day	Time	Code	Begin	\$	
<b>(5-8 yrs.)</b>						
Franconia Rec	Sa	9am	MKL.3XNN	3/28	DSV1	
Franconia Rec	M	5:30pm	MKL.U95C	4/6	DSV1	
MasonDistPk	Sa	9am	MKL.ELVP	3/21	CSVR	
NottowayPk	Sa	9am	MKL.BIV5	3/28	DSV1	
NottowayPk	M	5pm	MKL.N3P8	4/6	DSV1	
SoRunREC	Su	9am	MKL.IBVO	3/22	DSV1	
SoRunREC	F	5pm	MKL.28MK	3/27	DSV1	
SoRunREC	Sa	9am	MKL.S6Z0	3/28	DSV1	
SoRunREC	M	5pm	MKL.J3CJ	4/6	DSV1	
SpHillREC	Sa	2:30pm	MKL.MUWE	3/28	DSV1	
SpHillREC	Sa	3pm	MKL.B9YS	3/28	4SM	
SpHillREC	Sa	3:30pm	MKL.XLEL	3/28	DSV1	
SpHillREC	Sa	5pm	MKL.X891	3/28	4SM	

SpHillREC	Su	2pm	MKL.55C3	3/29	4SM	
SpHillREC	Su	3pm	MKL.7WFZ	3/29	4SM	
<b>(9-12 yrs.)</b>						
Franconia Rec	Sa	10am	NOB.XIB1	3/28	DSV1	
Franconia Rec	M	6:30pm	NOB.PCMU	4/6	DSV1	
MasonDistPk	Sa	10am	NOB.LMQH	3/21	CSVR	
NottowayPk	Sa	10am	NOB.OH8H	3/28	DSV1	
NottowayPk	M	6pm	NOB.H1BD	4/6	DSV1	
SoRunREC	Su	10am	NOB.TAXB	3/22	DSV1	
SoRunREC	F	6pm	NOB.2C8G	3/24	DSV1	
SoRunREC	Sa	10am	NOB.32UT	3/28	DSV1	
SoRunREC	M	6pm	NOB.S4YQ	4/6	DSV1	
SpHillREC	Sa	4pm	NOB.GK62	3/28	4SM	
SpHillREC	Su	4pm	NOB.23CA	3/29	4SM	
Wkfld/Moore	Th	5:30pm	NOB.2YEB	3/26	DSV1	
<b>(10-17 yrs.)</b>						
Franconia Rec	Sa	12pm	A49.2W7D	3/28	DSV1	
MasonDistPk	Sa	11am	A49.KLWB	3/21	CSVR	
NottowayPk	Sa	11am	A49.1V80	3/28	DSV1	
NottowayPk	M	7pm	A49.6PDD	4/6	DSV1	
SoRunREC	Su	11am	A49.68W6	3/22	DSV1	
SoRunREC	F	7pm	A49.M3R9	3/27	DSV1	
SoRunREC	Sa	11am	A49.K89S	3/28	DSV1	
SoRunREC	M	7pm	A49.MXLB	4/6	DSV1	
SpHillREC	Sa	2pm	A49.L1BT	3/28	4SM	
Wkfld/Moore	Th	6:30pm	A49.VANJ	3/26	DSV1	
Wkfld/Moore	Sa	2pm	A49.LM9K	3/28	DSV1	
<b>(Adults)</b>						
NottowayPk	W	10am	2AB.G6MV	4/8	4SM	
Franconia Rec	Sa	11am	PL0.IIX6	3/28	DSV1	
Franconia Rec	M	7:30pm	PL0.I4P2	4/6	DSV1	
NottowayPk	Sa	12pm	PL0.VGPY	3/28	DSV1	
SoRunREC	Su	12pm	PL0.5XWH	3/22	DSV1	
Wkfld/Moore	W	6:30pm	PL0.K4WI	3/25	DSV1	
Wkfld/Moore	Th	7:30pm	PL0.D5EX	3/26	DSV1	

**Tennis Beginning II**

Students should be able to rally with the forehand and know the basic strokes. Stroke production, including ball trajectory over the net and basic game strategy, is refined. Students need a tennis racquet and 2 cans of balls.

<b>4SM 8--55 minute lessons--\$144</b>						
<b>DSV1 8--55 minute lessons--\$165</b>						
Location	Day	Time	Code	Begin	\$	
<b>(5-8 yrs.)</b>						
Franconia Rec	T	5:30pm	Q98.JNQY	3/24	DSV1	
NottowayPk	T	5pm	Q98.L9AI	3/24	DSV1	
SoRunREC	T	5pm	Q98.XTFA	3/24	DSV1	
<b>(9-12 yrs.)</b>						
Franconia Rec	T	6:30pm	IWH.IUFD	3/24	DSV1	
NottowayPk	T	6pm	IWH.OIUY	3/24	DSV1	
SoRunREC	T	6pm	IWH.6F27	3/24	DSV1	
<b>(10-17 yrs.)</b>						
NottowayPk	T	7pm	TZD.MIN5	3/24	DSV1	
SoRunREC	T	7pm	TZD.8HOQ	3/24	DSV1	
<b>(13-17 yrs.)</b>						
Wkfld/Moore	W	5:30pm	2PX.58A7	3/25	DSV1	
<b>(Adults)</b>						
NottowayPk	W	11am	457.FTPK	4/8	4SM	
Wkfld/Moore	T	9am	457.JJIZ	3/24	4SM	
Wkfld/Moore	Th	9am	457.AIZD	3/26	4SM	
Franconia Rec	T	7:30pm	2P8.1JH7	3/24	DSV1	
Wkfld/Moore	W	7:30pm	2P8.P922	3/25	DSV1	
Wkfld/Moore	Sa	3pm	2P8.4XC8	3/28	DSV1	

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

**PLAY MORE THE GAME STARTS HERE**

Reserve our courts for futsal or volleyball, and book the inline skate rink for roller hockey or other skating activities.

Search and reserve online at [www.fairfaxcounty.gov/parks/picnics](http://www.fairfaxcounty.gov/parks/picnics)  
 Questions? Email [FCPApicnics@fairfaxcounty.gov](mailto:FCPApicnics@fairfaxcounty.gov)

# Sports and Leagues

## Tennis Intermediate I

Student should know basic strokes, scoring, rules and court etiquette. Emphasis is on stroke production, shot placement and consistency. Students need a tennis racquet and 2 cans of balls.

**4SM 8--55 minute lessons--\$144**  
**DSV1 8--55 minute lessons--\$165**

Location	Day	Time	Code	Begin	\$
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(9-12 yrs.)  
SoRunREC W 5:30pm 041.YS1P 3/25 DSV1

(10-17 yrs.)  
SoRunREC W 6:30pm W8K.VP01 3/25 DSV1

(13-17 yrs.)  
Wkfld/Moore F 5:30pm 6CX.8K80 3/27 DSV1

(Adults)  
NottowayPk W 12pm 572.7F18 4/8 4SM

Wkfld/Moore T 10am 572.8FGM 3/24 4SM

Wkfld/Moore Th 10am 572.H01F 3/26 4SM

NottowayPk W 5:30pm HNK.JRZD 3/25 DSV1

SoRunREC W 7:30pm HNK.IIEO 3/25 DSV1

Wkfld/Moore F 7:30pm HNK.NQ4R 3/27 DSV1

## Tennis Intermediate II

Stroke consistency and control are key factors at this level. Emphasis is on shot variety and pace under pressure. Percentage is stressed and mastery of intermediate skills is required. Students need a tennis racquet and 2 cans of balls.

**4SM 8--55 minute lessons--\$144**  
**DSV1 8--55 minute lessons--\$165**  
**DSVM 8--1 hour 25 minute lessons--\$186**

Location	Day	Time	Code	Begin	\$
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(13-17 yrs.)  
Wkfld/Moore F 6:30pm K3G.HEL8 3/27 DSV1

(Adults)  
Wkfld/Moore T 11am 013.D1VS 3/24 4SM

Wkfld/Moore W 9:30am 013.3AS0 3/25 DSVM

NottowayPk W 6:30pm QHM.54Q8 3/25 DSV1

Wkfld/Moore Sa 4pm QHM.J2B7 3/28 DSV1

## Tennis Advanced

(Adults) Students should be able to execute all basic strokes and have at least informal competitive playing experience. Stroke reliability and aggressive shots with pace and depth are expected. Students need a tennis racquet and 2 cans of balls.

**4SM 8--55 minute lessons--\$144**  
**DSV1 8--55 minute lessons--\$165**

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore W 11am B86.NWLD 3/25 4SM

Wkfld/Moore Th 11am B86.G452 3/26 4SM

NottowayPk W 7:30pm QN1.GQJG 3/25 DSV1

## Fun and Fundamental Tennis

This small-group, First Serve Tennis class, uses skill-building games to develop fundamental tennis strokes. Students should have a racquet so they can practice outside of class, however loaner racquets are available upon request by contacting lessons@tenniseveryone.net in advance of your class.

**DSV8 8--55 minute lessons--\$207**

Location	Day	Time	Code	Begin	\$
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(7-10 yrs.)  
Jefferson GC T 5:30pm EDF.J1Z5 4/14 DSV8

(10-14 yrs.)  
Jefferson GC T 6:30pm E15.MZ4G 4/14 DSV8

## Small Group Tennis I

(15-Adult) In this small-group, First Serve Tennis class, players new to the game learn fundamental strokes: forehand, backhand, volleys, overhead and serve. Students build consistency in groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Students should have a racquet so they can practice outside of class, however loaner racquets are available upon request by contacting lessons@tenniseveryone.net in advance of your class.

**DSV8 8--55 minute lessons--\$207**

Location	Day	Time	Code	Begin	\$
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Jefferson GC T 7:30pm D17.DDZJ 4/14 DSV8

## Small Group Tennis II

(15-Adult) In this small-group, First Serve Tennis class, players with limited on-court experience strengthen stroke fundamentals and develop movement, positioning and skills necessary for initial singles and doubles match play. For players who have completed Tennis 1 or have similar experience. Students should have a racquet so they can practice outside of class, however loaner racquets are available upon request by contacting lessons@tenniseveryone.net in advance of your class.

**DSV8 8--55 minute lessons--\$207**

Location	Day	Time	Code	Begin	\$
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Jefferson GC T 8:30pm 3C6.5PAU 4/14 DSV8

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



Visit [www.fairfaxcounty.gov/parks/fifty-plus](http://www.fairfaxcounty.gov/parks/fifty-plus)

## Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play. All classes are coed.

**DSV1 8--55 minute lessons--\$165**  
**DSVD 10--55 minute lessons--\$167**  
**DSVT 10--55 minute lessons--\$181**

Location	Day	Time	Code	Begin	\$
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(8-12 yrs.)  
SpHillREC M 5:40am 8D1.4MHT 3/23 DSVT

Wkfld/Moore M 5pm 8D1.5Z8G 3/23 DSVT

Wkfld/Moore T 5:30pm 8D1.26B0 3/24 DSV1

Wkfld/Moore Th 5:30pm 8D1.U10A 3/26 DSV1

Woodbrn ES Su 10am 8D1.192P 3/22 DSVD

(12-17 yrs.)  
Wkfld/Moore M 6pm BA8.7AFN 3/23 DSVT

Wkfld/Moore M 7pm BA8.82SR 3/23 DSVT

(16-Adult)  
Wkfld/Moore M 8pm CR8.DXA5 3/23 DSVT

## Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills. All classes are co-ed.

**DSVD 10--55 minute lessons--\$167**  
**DSV1 8--55 minute lessons--\$165**

Location	Day	Time	Code	Begin	\$
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(8-12 yrs.)  
Wkfld/Moore T 6:30pm 0X0.C86E 3/24 DSV1

Wkfld/Moore Th 6:30pm 0X0.LWEW 3/26 DSV1

Woodbrn ES Su 11am 0X0.ZG06 3/22 DSVD

(12-17 yrs.)  
Woodbrn ES Su 12pm 6JB.BHKY 3/23 DSVD

# Every Body Golf School

## 2026 Spring and Summer Junior Golf Camps

### Offered at Oakmont Golf Center

#### Certified instruction for boys and girls, ages 8-15

#### 5 Day Summer Junior Golf Camp • Cost: \$325

In this camp, students will develop the skills of putting, chipping, sand shots, and full swings with both woods and irons. Rules and etiquette will also be taught. Weather permitting, students will test their skills on Oakmont's par 3 Golf Course. Loaner clubs will be available for students who do not own a set. 10-1 Student to pro ratio

• Spring Break Camp: March 30 - April 3, 2026, 9am- 12:30pm

• June 22- June 26 • July 13- July 17

• 8am- 11:30am Only

• July 6- July 10 • July 27- July 31 • August 3- August 7 • August 10- August 14 • August 17- August 21

• 8 AM-11:30 AM OR 12:30 PM to 4 PM

#### 5 Day Players Camp 6-1 Student to pro ratio. Ages 10-16 • Cost: \$400

The purpose of the 5 Day Players Camp is to work with juniors who have playing experience and who intend to compete in junior tournaments or to play on their high school team. The campers MUST be aged 10-15, own clubs, and have been playing for at least a year. Campers should provide scorecards from their last 5 rounds for a baseline from which to work. If your junior not been playing, please register for our Summer Junior Golf Camp.

• 12:30 PM- 4 PM

• June 22- June 26 • July 13- July 17

Sign up online at [www.everybodygolf.com](http://www.everybodygolf.com) Our camps fill up quickly • Enrollment is limited

Participants will receive:

- Daily snacks
- Diploma
- Gift pack



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--\$281  
4XL 8--1 hour 55 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
ProvREC	M	10:30am	DF7.61LC	4/13	4XL
SoRunREC	M	7pm	DF7.9PS3	3/23	4XC

**Bridge II**

(13-Adult) Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL 8--1 hour 55 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
ProvREC	M	1pm	70C.T1GQ	4/13	4XL

**Bridge IV**

(13-Adult) This course is the back of the Standard Yellow Card, with particular emphasis on bidding hands with two suits in competition.

4XC 10--1 hour 55 minute lessons--\$281

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	DFE.AQ6U	3/22	4XC

**Brush-Up Bridge**

(13-Adult) Not for beginners. Must be playing bridge and wanting to update skills. Modern Standard American opening bids and responses are emphasized. After demonstration hands, class shuffles and deals.

4XC 10--1 hour 55 minute lessons--\$281

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.NOJU	3/22	4XC
SoRunREC	M	1pm	615.8NOQ	3/23	4XC

**Chess**

(6-14 yrs.) Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Any supply fee payable to instructor at first class.

3XB 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
MtVernREC	Th	5pm	72C.09D5	3/26	3XB

**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--\$162

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	2PM.CDAN	4/7	DXVE
Frying Pan Park	Th	6pm	2PM.XZ2Z	3/26	DXVE
OakmontREC	Th	6pm	2PM.PXSU	3/26	DXVE
ProvREC	Th	6pm	2PM.67F2	4/16	DXVE
SoRunREC	Th	5pm	2PM.L2RG	3/26	DXVE
SpHillREC	M	6pm	2PM.SRN4	3/23	DXVE
Wkfld/Moore	M	6pm	2PM.6EJZ	4/6	DXVE

**Pokemon Trading Card Game**

(6-12 yrs.) Students learn Pokemon Trading Card Game basics from what is a trading card game and how do I start playing to basic mechanics of the game including deck building, battle strategies and energy management. At the end of the class sessions a tournament will be held. Bring your own cards, or decks are available for purchase at an additional fee.

3XB 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	3pm	GHZ.9VWU	3/21	3XB
MtVernREC	Su	3pm	GHZ.D6YN	3/22	3XB

**Cooking - No Bake Bonanza**

(6-11 yrs.) Students learn in a no-bake no-stove cooking class designed for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies and desserts. Young chefs will get their hands moving and taste buds singing as they dive into different culinary techniques, presentation and easy to repeat at home recipes in this Baroody Camps program.

DXVE 8--55 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
SoRunREC	W	5:30pm	SMQ.5KKB	3/25	DXVE



**New for 2026!**

**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.

The Camp Guide will be available on the website:  
[www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)

REGISTRATION FOR SPRING AND SUMMER CAMPS BEGINS FEBRUARY 3 & 5



# REGISTRATION INFORMATION

REGISTER BY MARCH 6 AND SAVE \$8\*

CLASS REGISTRATION STARTS  
TUESDAY, FEBRUARY 24 AT 9 A.M.

## FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
				
<p><a href="http://www.fairfaxcounty.gov/parks/parktakes">www.fairfaxcounty.gov/parks/parktakes</a></p> <p>Browse online listings, check class enrollment and register.</p>	<p>703-222-4664 Monday – Friday, 9 a.m. – 4 p.m.</p> <p>Please have class activity codes handy when you call.</p>	<p>703-631-2004</p> <p>Registration processing begins February 24 for classes for faxed forms. Forms received prior to that date will be processed starting February 24. Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.</p>	<p>Send completed forms to <b>FCPA/Parktakes</b> <b>P.O. Box 4606</b> <b>Fairfax, Va. 22038</b></p> <p>Mailed registration processing begins February 24 for Classes. Forms received prior are held until that date. Allow 3-5 days for processing.</p>	<p>Monday - Friday, 9 a.m. - 4 p.m.</p> <p>Walk-in registration begins February 24. Visit our <b>Walk-in Registration Office</b> in the Herrity Building, 12055 Government Center Parkway Suite 105.</p>

### CAN'T FIND YOUR ACCOUNT?

#### How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button in the upper right corner.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

#### How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, email [PTOnline@fairfaxcounty.gov](mailto:PTOnline@fairfaxcounty.gov).

### IN THE EVENT OF BAD WEATHER

FCPA follows Fairfax County Government closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancelations, visit [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) or call the Park Authority inclement weather information line: 703-324-8661.
- Cancellation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancellations for classes held at vendor locations are made independently. Please call the location where the class is being held.

### HOLIDAY CLOSINGS

Any exceptions to the class schedule will be announced at the first class.

### WAITLISTS

Waitlists for classes open the day after registration begins at 10 a.m.

### CLASS TRANSFERS

Call for transfer options before the second class meets.

### CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

### REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- A full refund will be issued when a class or program is changed by FCPA, and it impossible for the customer to continue with the class.
- **Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.**

**When a customer cancels a registration, the following fees apply per registration:**

#### Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

#### Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

#### Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

### SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof, per family fees and programs priced \$50 or less.

### \*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camps, camp extended care, per family fees or classes priced \$50 or less.

### 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
- TANF
- Free lunch verification from Fairfax County Public Schools
- WIC
- Head Start
- FAMIS
- SNAP (food stamps)

### REGISTER FOR SCHOLARSHIPS:

Complete a scholarship eligibility form at [www.fairfaxcounty.gov/parks/scholarships](http://www.fairfaxcounty.gov/parks/scholarships) and submit it online, by fax or by mail. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes).

### Seniors and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

- \$16,700/one person
- \$34,100/family of 4
- \$22,500/family of 2
- \$39,900/family of 5
- \$28,300/family of 3
- \$45,700/family of 6

For each additional person, add \$5,800 to determine maximum annual income for eligibility.



# REGISTRATION FORM

REGISTER BY MARCH 6 AND SAVE \$8\*

**SPRING 2026 CLASS REGISTRATION**  
STARTS TUESDAY, FEBRUARY 24 AT 9 A.M.

CN-Staff use only # \_\_\_\_\_

**FILL OUT THE FORM COMPLETELY AND LEGIBLY, INCLUDING A VALID HOUSEHOLD EMAIL ADDRESS.**

## FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
www.fairfaxcounty.gov/parks/parktakes	703-222-4664 Monday-Friday, 9 a.m. 4 p.m.	703-631-2004	FCPA/Parktakes P.O. Box 4606 • Fairfax, Va. 22038	12055 Government Center Parkway Suite 105, Fairfax

**PLEASE PRINT**

Check if change of address

Primary Account Holder		Date of Birth			
Address	Street				Apt.
	City	State	Zip		
Phone #s	Cell	Work	Home		
	Email				

Participant's Name (Last, first)	Date of Birth Month/Day/Year	Gen- der	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	\$91	33C.9CE4
	/ /							
	/ /							
	/ /							
	/ /							

**SUBSCRIBE TO PARKTAKES! IT'S FREE!**  Mail Parktakes to street address above.  I want to consider the environment. Send Parktakes to my e-mail address.

### PAYMENT INSTRUCTIONS

1	<b>Total Listed Fee(s):</b> For all 1st choice programs		
2	<b>Fairfax County Senior Discount (classes with activity code):</b> Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof or classes priced \$50 or less. See senior discount section on next page.	Line 1x 0.35 = Seniors Only	
3	<b>SUBTOTAL Line 1 minus line 2</b>	=	
4	<b>Early Registration Discount per Class:</b> Deduct \$8 for each activity code submitted (postmarked if mailed) by early registration date. Does not apply to programs without catalog ID, re-advertised tours, scout programs or classes priced \$50 or less.	-	
5	<b>SUBTOTAL Line 3 minus line 4</b>	=	
6	<b>Deduct House Account Credit:</b> Deduct any credits received on this line	-	
7	<b>Out-of-County Registration Fee:</b> Add \$15 per catalog ID for activities priced \$51 and up; add \$2 for programs priced \$50 or less.	+	
8	<b>Class Scholarship Donation:</b> Add any amount you wish to donate. Fairfax County Park Foundation will send written confirmation of a tax deductible donation of \$10 or more.	+	
9	<b>TOTAL (PAY THIS AMOUNT):</b> Total lines 5-8. Pay this amount. Make checks payable to FCPA. A \$50 fee will be charged for returned checks.	=	

### PAYMENT METHOD

Credit Card (Check one) <input type="checkbox"/>		<input type="checkbox"/>		
#:				
Exp. Date:	Zip:			
Signature				
<input type="checkbox"/> Check enclosed	\$	#:		
<input type="checkbox"/> Cash (walk-in only)	<input type="checkbox"/> Use House Account Credits (if credits don't cover full cost of registration, use any payment method listed above for balance due)			
One household per registration form, please. Additional registration forms may be photocopied or downloaded from the Park Authority web page, 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 \_\_\_\_\_

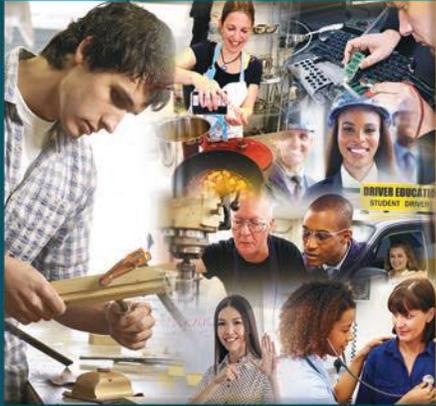
CN-Staff use only # \_\_\_\_\_



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.



**Be an ACE at whatever you do!**  
*Increase Your Skill · Raise Your Value · Enrich your LIFE!*



**Explore Courses for Advancement In:**

- Home & Personal Improvement
- ACE for Kids K-12 Program
- Apprenticeship
- Business & Information Technology
- Driver's Education
- Foreign & Sign Languages
- Health & Medical Training
- English for Speakers of Other Languages
- And Much More!



Enroll Today!

**Instructors Wanted!**

Teach for FCPS ACE full or part-time.

Find out more at [www.fcps.edu](http://www.fcps.edu) Search "Teach for ACE."

[www.fcpsace.org](http://www.fcpsace.org)  
703-658-1201



**A JOB, A CAREER, A CALLING.**

For available employment opportunities, visit [www.fairfaxcounty.gov/parks/jobs-internships](http://www.fairfaxcounty.gov/parks/jobs-internships)

If you have questions, please email [FCPAJOBS@fairfaxcounty.gov](mailto:FCPAJOBS@fairfaxcounty.gov)



**joinFCPA**  
@fairfaxparks

Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



**Saturday, April 25**  
**10 a.m.-4 p.m.**

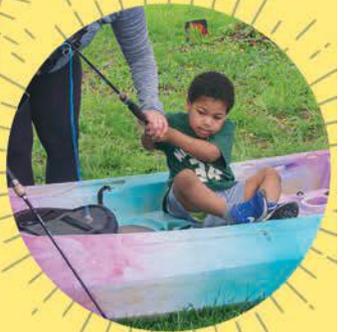
**Lake Fairfax Park**  
**1400 Lake Fairfax Drive, Reston**



**FREE Admission**  
**Parking**  
**\$10 per car**



**VOLUNTEER OPPORTUNITIES AVAILABLE**



- Outdoor Discovery Activities
- Interactive Nature Exhibits
- Earth Friendly Vendors
- Craft Beer Garden
- Local Bands and Live Entertainment
- FREE Giveaways
- Furry Farm Friends



[www.fairfaxcounty.gov/parks/earth-day-festival](http://www.fairfaxcounty.gov/parks/earth-day-festival)



# 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.



*“Instead of trading in my car for a modest value, I decided to donate it to the Fairfax County Park Foundation. It was an easy way to help the parks that I love!” - Robin Walker, REALTOR® in McLean, Va.*



For more information and to schedule free pick-up service, call toll-free **855-500-7433** or visit **[www.FairfaxParkFoundation.org](http://www.FairfaxParkFoundation.org)**



The Fairfax County Park Foundation is a nonprofit tax exempt organization under Section 501(c)(3) of the Internal Revenue Code. We support the Fairfax County Park Authority by raising private funds, obtaining grants and creating partnerships that supplement tax dollars to meet community needs for park land, facilities and services. Gifts to the Park Foundation are tax deductible to the fullest extent allowed by the law.





# Parktakes



Fairfax County Park Authority  
12055 Government Center Parkway, Suite 927  
Fairfax, VA 22035-5500



A Fairfax County,  
Virginia, publication



McLean  
Community  
Center  
*The Center of It All*

SEE OUR  
COMPLETE  
SEASON  
ONLINE!



## GATHER. IMAGINE. BELONG.

**“HERO: The Boy from Troy, A New Musical  
About Young John Lewis”**

**Friday, March 6, 7 p.m. (Family Friendly)**  
(ASL interpreted)

**Jazz at Lincoln Center PRESENTS**

**“Great American Crooners”**

**Sunday, April 12, 2 p.m. (All Ages)**

**Nicholas Rodriguez**

**“Sincerely Sondheim”**

**Saturday, April 18, 7 p.m. (13+) →**  
(ASL interpreted)

**Zak Mirz, Magician**

**Friday, April 24, 7 p.m.**

**(Family Friendly)**

(ASL interpreted)

**The Doo Wop Project**

**Saturday, May 2, 7 p.m. (All Ages)**

# aldentheatre.org

The Alden at the  
McLean Community Center  
703-790-0123, TTY: 711

**FREE  
PARKING**

