

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

Parktakes

Winter 2024



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ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!



PARKSIDE

Reflections of a Park Authority Career by Cindy Walsh



In my view, parks are the nucleus of the community. Over my 33 years of working for the Park Authority, I have heard countless stories about the impact our parks have in people's lives. From a married couple talking about how they met at Lake Accotink to the ecologist that said their career ambitions started in the Hidden Pond Pohick Rangers program to the mom with the child in the adapted aquatics class that said what a difference the volunteer made in their child's life, we build communities and strengthen families.



In my own family, I've hosted my kid's birthday parties at shelters, had them both working in summer camps, sent them to countless recreation classes, walked on boardwalks and trails, rode carousels and trains, taken Christmas card pictures at the Mill, played their first round of golf with them, played soccer, went boating, swam in our Rec Center pools, etc. etc. All of this and so much more just in the Fairfax County park system. In my career here, I've had the privilege of opening a new Rec Center, closing an old Rec Center, feeding baby piglets,

climbing in the ice well and the attic of Historic Huntley, meeting a Washington National and a Washington Commander, signing the first Resident Curator lease, and starting a golf tournament for golfers with disabilities and their family and friends.

I would guess you could ask any neighbor, friend or family member who lives in Fairfax County what their favorite park is, they could easily name one. I ask people

that all the time and when I do, I love watching their faces as they often pause, reflect and then smile wide before revealing their favorite park and then sharing one of their favorite memories there. But it also often leads to the answer "well, it depends on"...if I want to go hiking or play baseball or see a red shouldered hawk or get close to a newborn lamb or find out more about the Virginia Maid wine from when the Hunter House was a winery or learn from the archaeologists about their discoveries from the Town of Old Colchester.



We have built strong traditions, foundations and relationships throughout our organization so when you see the Park Authority shield or your local park's redwood sign, hopefully that says "community" to you. And as I head into retirement, I feel very fortunate to live and to have worked in Fairfax County where communities build parks and parks build communities! Thank you Fairfax County Park Authority!



Cindy Walsh
Park Services Division Director

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Cover: Patron at Franconia Rec Center working out in the weight room.
Photo by Shirley Walley. For more information, turn to pg. 53.

Experience the Magic of the Holidays in Parks



The holiday season brings a certain magic to the world. It could be the special songs that bring warm memories to life or the festive decorations that lift the spirit, but most likely it's the special time you spend with loved ones. Experience the wonder of the holidays this year by bringing your friends and family to one of the many festive experiences that Fairfax County Park Authority offers. There's holiday magic to find in the parks for everyone!

Looking for family friendly events that are sure to make everyone smile? Attend a holiday concert, meet Santa either on land or during a festive indoor holiday pool party, or be enchanted by a holiday lantern or candlelight tour of a historic landmark. Get active during one of the holiday-themed skate and dance nights at Franconia Rec Center or play a festive game of mini golf during the Oak Marr Candy Cane Lane event featuring Santa, facepainting and treats. Children can participate in a holiday shopping event at Colvin Run or a holiday-themed tiny tot activity at Frying Pan Farm Park. Those looking for a more sensory-friendly option to meet Santa can head out to the Santa at the Mill event on December 9 and 10.

Chase away the winter chills with tea events that are sure to keep you warm. Tea parties for children feature themes from animals to "Tea" Rex to Frozen to snowflakes. For even more fun events the entire family can enjoy, check out Christmas Tea, Mason Tea and Chocolates at Historic Huntley.

Outdoor enthusiasts can warm up at a campfire or learn how to build a campfire of their own. Other opportunities include searching forests, meadows and waterways for birds, flying squirrels and even predators or stargaze while taking full moon hikes. Children can meet Santa and his critters during Santa's Critters & Craft event. Animal lovers can make new furry (or feathered) friends during Holiday on the Farm at Frying Pan Farm Park.

The artistically inclined can try their hand at creating holiday ornaments, designing floral arrangements with a holiday twist or even try a holiday engineering challenge. History lovers can explore holidays of yore with A Very Mason Christmas, take a candlelight or lantern tour of a historic site or attend a traditional tea. Travelers can get away with holiday trips to Williamsburg or Green Spring Gardens.

Fairfax County Park Authority is filled with the holiday spirit — come celebrate the season with us.

To find more information about Holiday Happenings, turn to the Events section.

Love is in the Air



Celebrate Valentines Day with activities, crafts and fun adventures that will fill your hearts! Explore classes and events to:

- Make Valentines
- Decorate cookies
- Explore animal habits
- Enjoy tea and chocolates
- Create floral arrangements
- Conduct science experiments



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

Starry Nights Await

Enjoy a cosmic adventure under the stars with the Astronomy Festival at Turner Farm Park and the Stargazing Spectacular at Burke Lake Park.

Turner Farm Park's Astronomy Festival

The Astronomy Festival at the Turner Farm Observatory features guided star gazing, telescope viewing and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. The festival is planned by a team of passionate astronomers and educators, who will guide participants as they peer through high-powered telescopes.

Burke Lake Park's Stargazing Spectacular

Burke Lake Park is hosting a winter Stargazing Extravaganza. With minimal light pollution and a picturesque lakeside setting, it's a prime spot for observing the cosmos.

Enjoy activities including guided star gazing, observing the night sky through the lens of a telescope and listening to ancient stories about the constellations around a campfire.

Whether you're a curious novice or a seasoned astronomer, be sure to mark your calendar for these winter stargazing adventures.

To find more information about Astronomy Events, turn to Science/Technology.



Lunar New Year Celebrations Light Up Parks!



The year 2024 is set to be a spectacular one for Lunar New Year celebrations. As the community gears up to welcome the Year of the Dragon, Fairfax County Park Authority is planning a Lunar New Year Celebration that will bring the rich traditions and vibrant culture of this holiday to life.

The Lunar New Year, also known as Chinese New Year or Spring Festival, is a time of renewal, family gatherings and colorful traditions. Celebrated by various Asian communities, this holiday marks the beginning of the lunar calendar and is a time for feasting, honoring ancestors and welcoming good fortune.

Join our staff at Twin Lakes Golf Course for an evening of events and activities to make the Lunar New Year in 2024 memorable for all. Experience the rich tapestry of Asian cultures through music, dance, and arts performances. Savor authentic Asian cuisines, dazzling cultural performances and enjoy hands-on workshops and crafting traditional items.

Join us in welcoming the Year of the Dragon with open hearts and open arms the 2024 Lunar New Year Celebration, Friday, February 9, from 6-8 p.m. at Twin Lakes Golf Course. The cost is \$10. Whether you're a longtime resident or a visitor, experience the rich traditions and vibrant spirit of this beloved holiday.



PARKS, RECREATION, OPEN SPACE, AND ACCESS (PROSA)



The Fairfax County Park Authority is charting a new course through the Parks, Recreation, Open Space, and Access (PROSA) Strategy. Endorsed by the Park Authority Board, the PROSA Strategy provides a countywide roadmap to improve park access, provide a better balance of recreational experiences, bolster habitat connectivity, and prioritize recreation needs and projects with an equity lens to meet the diverse needs of Fairfax County residents.

The first strategy is to improve 10-minute walk access to Park Authority parks. Having a park within a 10-minute (½ mile) walk from home encourages greater physical activity. Walkable park access is an important factor in measuring how parks are serving the community. Roughly 48% of Fairfax County residents do not have 10-minute walk access to a Park Authority park.

The PROSA Strategy not only looks at access to parks, but it also examines experiences once you get to a park. Complete park access, the second component of the PROSA Strategy, looks at the types of activities within parks to provide a balance of recreational experiences within a community. To achieve this balance countywide, all residents should have access to active, passive/contemplative, social, and natural/cultural recreational experiences within a 10-minute walk or 5-minute drive from their home.

As the largest landowner in Fairfax County with over 23,850 acres, the Park Authority has the tremendous responsibility of preserving the county's natural resources. The third PROSA Strategy, habitat connectivity, focuses on preserving and enhancing our natural heritage for the present and future. This component of the PROSA Strategy assesses tree canopy and habitat quality at parks.

The PROSA Strategy will look at park and recreation needs with an equity lens. Persistent disparities predictable by race, neighborhood, and other socio-demographics endure in Fairfax County. In 2016, the Park Authority Board adopted the One Fairfax Policy, which is the county's joint racial and social equity policy declaring that all residents deserve an equitable opportunity to success. Equity recognizes that each person has different circumstances and allocates the resources and opportunities needed to reach an equal outcome. By using an equity lens to prioritize park and recreation needs, the Park Authority can create a more inclusive, vibrant, and healthy park system for everyone to enjoy.

These broad strategies are intended to be a high-level approach to inform decision-making, as well as identify and prioritize areas for park improvements. The vision of the PROSA Strategy is straightforward—to ensure that the dominant sociodemographic indicators of an area do not pre-determine the quality and quantity of parks in a community. Overall, this strategy will help the Park Authority provide an equitable and accessible world class park system.

To learn more about the PROSA Strategy, please visit <https://bit.ly/fcpa-prosa>.



EMBRACE WINTER GARDENING



Unearth the secrets of gardening at the captivating winter lecture series at Green Spring Gardens. Join our expert horticulturists, landscape designers and Master Gardeners to discover a world of tips and insights to cultivate your gardens at home.

The series starts off with *Pushed Up the Mountain*, an exploration of the challenges faced by migrating rhododendrons in their native China. Next is a spotlight on spiders with the lecture *Spiders Fear to Fascination* that will unveil their ecological significance.



Debbie Waugh, the resident historian at Green Spring, leads an expedition into the origins and significance of garden features and trends, providing a glimpse into the whimsical side of gardening. Adam Bucher, Head of Horticulture at Green Spring, tackles the topic of the impact of climate change on gardens and natural landscapes. Celebrated lotus expert Kelly Billing unveils the secrets of nurturing lotus plants, making them accessible to all gardens. And Janet Draper, a Smithsonian Gardens Horticulturalist, imparts her wisdom and shares her reflections on the evolution of horticulture and gardens.

To learn more about the Winter Lecture Series, turn to the Gardening section.

HIDDEN
GEM



Turner Farm



Turner Farm truly is a hidden gem, tucked away along a country road in Great Falls. The 40-acre park once was a dairy farm owned by the Turner family. When the Cold War started, part of the farm was selected for a

Project Missile complex operated by the U.S. Army that was part of a ring protecting the D.C. area from 1954-1962. Eventually the buildings and radar were turned over to the U.S. Army Map Service. They established a research station and satellite tracking program, converting one of the structures to an observatory with an Ash dome and telescope. In the 1990's the land was offered to Fairfax County with the condition that it be used for a park. A community member, Charles Olin, organized others in the community to form the Analemma Society, whose mission was to create an observatory in the park. The Park Authority was deeded the land in 1999.



The Analemma Society remains active, replacing the aged Ash Dome with a new one in 2010, and leading the charge for a roll-top observatory with 3 high-powered telescopes, funded by a 2008 Park Bond Referendum and private donors. Volunteers from the Analemma Society supervise the operation and classes at the observatory. Other features of the park include a sundial garden, equestrian facilities, playground, bird habitat, trails, and a picnic pavilion.

To learn about classes and programs offered at Turner Farm, turn to the Equestrian & Farm or Science & Technology sections.

LAUGHTER YOGA:

Improving Your Health One Chuckle at a Time

Join a new class that benefits your health in a new way: laughter.

The adage “laughter is the best medicine” has merit.

In the short term, laughter can boost your mood, relieve stress, soothe muscle tension, and increase oxygen intake, stimulating organs and increasing endorphins, according to a Mayo Clinic article. Long-term benefits can include boosts to your immune system, pain relief, and improvements in mental wellness and personal satisfaction.

Fairfax County Park Authority is introducing Laughter Yoga to provide a healthful and satisfying dose of “nature’s best medicine.”

Laughter Yoga involves no verbal jokes and no yoga poses, just positive, playful, even zany activities to get people to “laugh for no reason” (at your own comfort level). Deep breathing and gentle movement further boost well-being. Intentional and genuine laughter, breathing techniques and physical movement help take our minds away from daily struggles of life and encourage participants to be more present.

Classes will be led by Patricia Linderman, a certified health coach, personal trainer and Laughter Yoga leader. Linderman has experience spreading the joy and health benefits of laughter in a group setting. Call Providence Rec Center at 703-698-1351 to find introductory classes.



Rec-PAC on Ice

During the warmest summer days, children participating in two Rec-PAC camps had the opportunity to do something they may have never done before: ice skating. But these elementary school students did not need to head into an ice rink, they strapped on skates and stepped onto synthetic ice rinks temporarily installed inside Bucknell Elementary School and Franconia Elementary School.

Marc Kohn, owner of USA Synthetic Rinks, donated and installed the rinks and skates for campers to use. The rinks, spanning between 24 feet wide to 48 feet long, accommodated approximately 15 to 20 children at a time. Groups of campers spent 30 minutes every day, five days a week on these rinks.

“It is incredible to see how much the kids have grown since first stepping on the ice, not only in their improvement skating skills but also how their attitude towards skating has transformed as a whole,” says Delia Hughes, Rec-PAC program instructor. Hughes explained that many of the first- through sixth-graders gained skills comparable to taking two, 6-week ice skating classes through the Park Authority.

Synthetic ice rinks open up many possibilities for expanding access to the sport.

They can be installed anywhere with a flat surface and typical lifespans of a panel ranges from 15 to 20 years. The synthetic rinks consist of 4-foot by 8-foot modular panels that can be used to make large or small rinks, depending on the available space. “Kids gain confidence on the synthetic ice and that manifests over to skating on real ice,” Kohn says.



A DECADE OF DIVOTS AND DRIVES:

Pinecrest Beginner Golf League Celebrates 10th Anniversary



Golf has always been more than just a sport; it's a journey, a challenge and a social experience. As Pinecrest Golf Academy's Beginner Golf League marks its 10th anniversary, let's drive down memory lane to explore its inspiring evolution.

In July 2013, Pinecrest Golf Academy introduced the Beginner Golf League for new golfers who were recent Beginner Golf Get Ready class graduates. The league offered a chance to put newly acquired knowledge into practice, building lasting friendships and memories.

Libby McNulty, league member, noted "As a single mom, I joined the league as my son got older and I found more time for golf. My sister introduced me to the Pinecrest League, and it's exceeded my expectations! Noni Milici, the league director, organizes monthly scrambles, luncheons and outings to other Fairfax County Course—and most importantly promotes fellowship and fairness."

The name evolved with members' skills. Within a few years the name graduated to the Beginner-Mixer League, changing to include more seasoned golfers. In 2017-2018, the league embraced the Eagle Flight and Birdie Flight names. In 2019, it ultimately became the Pinecrest Saturday Golf League, with clinics, spirited scrambles, luncheons and advanced course outings.

"Playing the Saturday league allowed me to meet many nice Fairfax County residents, improve my golf game, and gets me out in the parks improving my overall health," said league member, Bill Wright.

The league's journey is a testament to its success. Starting with 18 members, growing by 64% in its first four months, reaching 50 members by November. In 2023, it capped membership at 76 with a waitlist forming for 2024!


The Pinecrest golf League isn't just about golf, it's about finding your golf family.

"It's wonderful to celebrate 10 years of the Pinecrest League—and I'm happy to be a part of this diverse and friendly community. Skill levels vary, but we all enjoy the same love of golf," states McNulty.

The enthusiasm and commitment of the players shaped the league. Players have said to Noni Milici, one of the league's organizers, "Thank you for your commitment to the league. It is you who make this league possible!"

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

THE SWEET TRADITION OF A MAPLE SYRUP BOIL DOWN



As winter yields to the gentle embrace of spring, a delectable tradition takes center stage at Colvin Run Mill. At the annual Maple Syrup Boil Downs, the magic of turning sap into liquid gold unfolds. Join us on a journey into the heart of this sweet tradition, where history, science, and pure indulgence converge.

The story of maple syrup production in North America is deeply rooted in history, dating back to Native American practices. European settlers learned this art from indigenous communities. Colvin Run Mill, with its history dating back to the 19th century, provides the perfect backdrop for this age-old tradition.

Maple syrup production begins with tapping maple trees. Sap is the raw material for syrup and is collected in buckets and heated in pans. As water evaporates, the sap transforms into a rich, amber liquid - pure maple syrup. Syrup production takes approximately 40 gallon of sugar maple sap to make one gallon of syrup. Colvin Run Mill uses red maples, which have a lower sugar ratio meaning it takes 60-80 gallons of sap for one gallon of syrup.

The Maple Syrup Boil Down isn't just a feast for the taste buds; it's also a valuable educational experience. Learn about the science behind sap conversion, the history of maple syrup and the cultural significance of this sweet custom.

SWIMMING AROUND THE WORLD

Chuck DiMeglio boasts an impressive accomplishment — swimming more than 24,901 miles or the distance around the world. According to DiMeglio about 40% of this swim-distance — which equals 1,753,030 pool lengths — has taken place in Fairfax County Park Authority (FPCA) pools.

DiMeglio, a 63-year-old resident of McLean and four-time competitor in the National Senior Games for swimming, accomplished this goal in 2022. He says the key to success is simple and anyone can do it: consistency. "Consistency is key," he says. "I never stopped doing it."

He has been swimming at least an hour every day, five days a week since college. Every weekday DiMeglio shows up to the pool to swim not only to stay healthy physically but also as a form of meditation that helps clear his mind, he said. Those visiting Oak Marr Rec Center pool likely have seen him making his laps in the Olympic size pool. He also has swam at many other FPCA Rec Center pools since moving to the area in 1980, enjoying their large sizes and convenient locations as well as swimming under the bright overhead lights.

You can find DiMeglio at the pool working on the next goal: swimming two million pool lengths. He invites others to join him in the pool. "Be kind to your joints," he says.



WINTER '24

CALENDAR

Classes, Events, Programs and Registration Dates

Wednesday, November 1

Winter Early Registration Incentive Begins	pg. 102
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Tuesday, November 14

Winter Early Registration Incentive Ends	pg. 102
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Saturday, November 25

A Visit with Santa	Sully Historic Site	pg. 50
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Friday, December 1

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Holiday Lantern Tour	Colvin Run Mill	pg. 72

Saturday, December 2

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Children's Holiday Shopping	Colvin Run Mill	pg. 49
Holiday Lantern Tour	Colvin Run Mill	pg. 72
Winter Wonderland	Burke Lake Park	pg. 49

Sunday, December 3

Winter Wonderland	Burke Lake Park	pg. 49
Children's Holiday Shopping	Colvin Run Mill	pg. 49

Wednesday, December 6

Getaway - Holiday Williamsburg	Day Trip	pg. 46
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Friday, December 8

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Saturday, December 9

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Learn about the Christmas Bird Count	Green Spring Gardens Park	pg. 93
Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 49
Santa's Critters & Craft	Hidden Pond Nature Center	pg. 83
Santa at the Mill	Colvin Run Mill	pg. 50
Candlelight Holiday Tour	Sully Historic Site	pg. 50
Winter Wonderland	Burke Lake Park	pg. 49
Candy Cane Lane Mini Golf	Oak Marr Mini Golf	pg. 51

Sunday, December 10

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Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 49

Thursday, December 14

Floral Design Workshop - Holiday Sparkle	Green Spring Gardens Park	pg. 61
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Friday, December 15

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Christmas Tea at the Harrisons	Historic Huntley	pg. 75

Saturday, December 16

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Candlelight Holiday Tour	Sully Historic Site	pg. 50
Winter Wonderland	Burke Lake Park	pg. 49
Caroling Wagon Ride & Campfire	Ellanor C. Lawrence Park	pg. 86

Sunday, December 17

A Very Mason Christmas	Historic Huntley	pg. 73
Going Green for the Holidays – Ornament Workshop	Riverbend Park	pg. 84
Winter Wonderland	Burke Lake Park	pg. 49
Swim with Santa	Spring Hill Rec Center	pg. 52

Friday, December 29

Holiday Concert – IONA	Sully Historic Site	pg. 73
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HISTORIC PARTNERSHIP WITH HIGH SCHOOL SWIM AND DIVE FLOURISHES

The relationship between the Fairfax County Park Authority and the Fairfax County Public Schools Swim and Dive Programs share a long and interesting history. In fact, the Park Authority's Rec Centers owe their very existence to this partnership

In the 1960s as swimming became increasingly popular with high schools, Fairfax County Public Schools began to look for pool facilities. The County proposed building Rec Centers with pools on Park Authority land as a more accessible and efficient option. The proposal would ensure that pools remain available for high school teams to use during the swim and dive season while being accessible for the public during other times.

Fairfax County residents approved a bond referendum in 1971 for the current-day Audrey Moore Rec Center, which opened on April 16, 1977. As demand for pools increased, new Rec Center proposals have been overwhelmingly supported.

Each year, Rec Centers welcome high school teams back to the pool. "The Park Authority is proud to serve the County's high school teams, and the agency is thankful that by doing so these life-enhancing pools and aquatic programs are made available to everyone throughout the year," says Marcus Barton, Fairfax County Park Authority Aquatics Section Manager.

High school swimmers and divers head back to Rec Centers from November 6 through February. An online calendar can be found at www.fairfaxcounty.gov/parks/reccenter/schedules with the most up to date pool schedule at your favorite Rec Center.

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Pat Herrity.....Springfield
Kathy L. Smith.....Sully

The Spring issue of Parktakes will be available in mid-January. Registration will begin on January 30.

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

About Parktakes

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

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

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participants when they are being transported in Park Authority vehicles.



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



Fairfax County Park Authority

Elly Doyle

PARK SERVICE AWARDS HONOREES

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

*Elly Doyle Special
Recognition*
Patrick Evans

Elly Doyle Youth Award
Ashley Chon

Elly Doyle Service Award
Early Detection Rapid
Response Team

*Justice, Equity, Diversity,
and Inclusion Award*
Colleen Cannon
Larry Newman

*Harold L. Strickland
Award*
Analemma Society

Sally Ormsby Award
Fair Parks Initiative
Fairfax Parks Coalition

Eakin Awards
Arlene Evans &
Barry Dewberry
The Friends of
Hidden Oaks Nature Center
Interstate Moving,
Relocation, and Logistics

Chairman's Choice Award
Park Board Member
William Bouie
Supervisor John Foust
Supervisor Penny Gross

Outstanding Volunteers

Harold Adams
Charles Basham
Diane Bierwirth
Celia Boertlein
Carol Burns
Robert Coblenz
Josefina Doumbia
Kitisia Grandin-Parker

Laura Handley
Junko "JK" Klimek
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Chris Reynolds
Sharon Sellers
Stephanie Smith

Gene Sullivan
Bryan Tuccillo
Margaret Turek
Sophie Wehmueller
Henry Wells
Christina Wenks
William White



For more information about the Elly Doyle Service Awards,
visit www.fairfaxcounty.gov/parks/awards/ellydoyle

PARKS at a Glance

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

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PARK LOCATIONS



Rec Centers

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

Major Parks

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

Major Parks

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

Nature Centers

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

Historic Sites

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

Historic Sites

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

Golf Courses

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

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

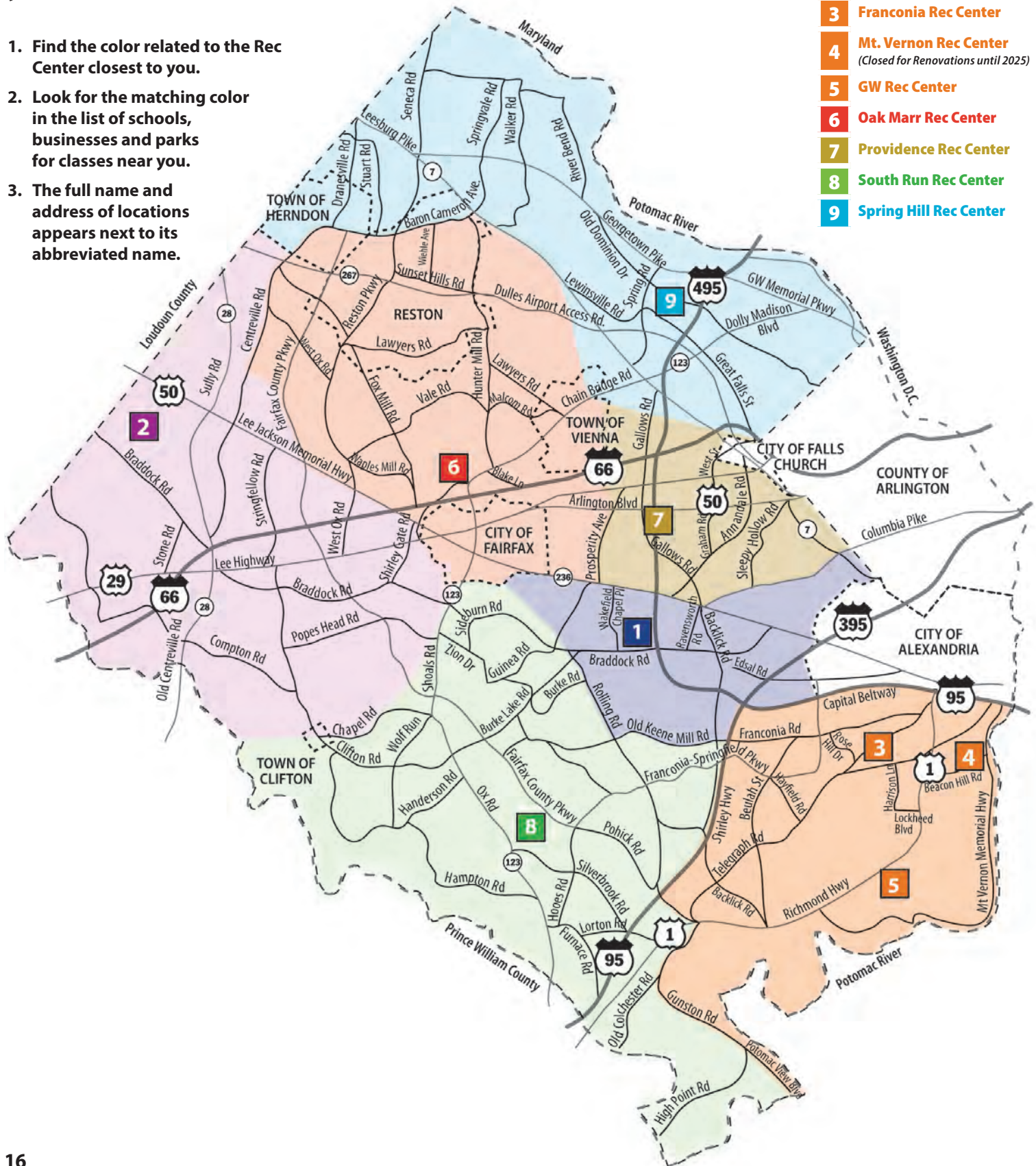


LOCATION ABBREVIATION GUIDE

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

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

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



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

2. Cub Run			
ArrowbrookPk	Arrowbrook Park	2351 Field Point Rd	Herndon 20170
Cub Run ES	Cub Run Elementary	5301 Sully Station Dr	Centreville 20120
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd	Chantilly 20151
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Floris ES	Floris Elementary School	2708 Centreville Rd	Herndon 20171
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
GreenbrW ES	Greenbriar West Elementary	13300 Poplar Tree Rd	Fairfax 22033
LeesCorner ES	Lees Corner Elementary	13500 Hollinger Ave	Fairfax 22033
Stone MS	Stone Middle School	5500 Sully Park Dr	Centreville 21020
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

3. - 5. Franconia /Mt. Vernon /GW			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Bucknell ES	Bucknell Elementary	6925 University Dr	Alexandria 22307
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
Hayfield ES	Hayfield Elementary	7622 Telegraph Rd	Alexandria 22315
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Lane ES	Lane Elementary	7137 Beulah St	Alexandria 22315
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306
Waynewood ES	Waynewood Elementary	1205 Waynewood Blvd	Alexandria 22308

6. Oak Marr			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Bucknell ES	Bucknell Elementary	6925 University Dr	Alexandria 22307
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
Hayfield ES	Hayfield Elementary	7622 Telegraph Rd	Alexandria 22315
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Lane ES	Lane Elementary	7137 Beulah St	Alexandria 22315
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306
Waynewood ES	Waynewood Elementary	1205 Waynewood Blvd	Alexandria 22308

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

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

9. Spring Hill			
Clemyjontri	Clemyjontri Park	6317 Georgetown Pike	McLean 22101
ColvinRunMill	Colvin Run Mill	10017 Colvin Run Rd	Great Falls 22066
Dransvil Tvrn	Dranesville Tavern	11919 Leesburg Pk	Herndon 20171
FreedomH ES	Freedom Hill Elementary	1945 Lord Fairfax Rd	Vienna 22182
GrtFlsGrange	Great Falls Grange	9818 Georgetown Pk	Great Falls 22066
KentGardn ES	Kent Gardens Elementary	1717 Melbourne Dr	McLean 22101
McLeanCntrlPk	McLean Central Park	1468 Dolley Madison Blvd	McLean 22102
RiverbendPk	Riverbend Park	8700 Potomac Hills St	Great Falls 22066
ScottsRnNat	Scotts Run Nature Preserve	7400 Georgetown Pk	McLean 22102
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

For a complete list of locations and addresses, visit www.fairfaxcounty.gov/parktakes

Adapted Recreation Programs

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



ADA/Inclusion Support



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

Facility Accessibility

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

Follow guidelines when registering

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

Practice and Repetition are keys to success

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

Adapted Aquatics

Adapted Swimming-Preschoolers

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

4AE		7--30 minute lessons--\$106			
4AF		8--30 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
GWREC	Sa	11:40am	COA.GJDL	1/6	4AF
OakMarREC	Sa	9:20am	COA.V8AJ	1/6	4AF
SoRunREC	Sa	11:45am	COA.55SK	1/6	4AE
SoRunREC	Sa	12:25pm	COA.BUZE	1/6	4AE
SoRunREC	Su	12:15pm	COA.XSB4	1/7	4AE



Adapted Swimming 1

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

4AE		7--30 minute lessons--\$106			
4AF		8--30 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	E4B.P2DZ	1/7	4AF
GWREC	Sa	12:20pm	E4B.R9EU	1/6	4AF
OakMarREC	Sa	10am	E4B.ACD5	1/6	4AF
SoRunREC	Sa	9:05am	E4B.YEVQ	1/6	4AE
SoRunREC	Su	12:55pm	E4B.BYTQ	1/7	4AE

Adapted Swimming 2

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

4AE		7--30 minute lessons--\$106			
4AF		8--30 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:35pm	6D7.ABN6	1/7	4AF
GWREC	Sa	1pm	6D7.5T8Z	1/6	4AF
OakMarREC	Sa	10:40am	6D7.BL2T	1/6	4AF
ProvREC	Su	11am	6D7.9Z2T	1/7	4AF
SoRunREC	Sa	9:45am	6D7.FXT4	1/6	4AE
SoRunREC	Su	1:35pm	6D7.R5H3	1/7	4AE

Adapted Swimming 3

(6-12 yrs.) Prerequisite: Swimming Level 2 or equivalent skill proficiency. This class is designed to increase

endurance and independent swimming skills. Skills include treading water, retrieving objects, and swimming front crawl and back crawl without flotation devices. Parent participation may be required.

4AE		7--30 minute lessons--\$106			
4AF		8--30 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
GWREC	Sa	1:40pm	422.T473	1/6	4AF
OakMarREC	Sa	11:20am	422.9RHS	1/6	4AF
ProvREC	Su	11:35am	422.VBCU	1/7	4AF
SoRunREC	Sa	10:25am	422.QT3W	1/6	4AE

Learn to Swim Teens/Adults w/Disabilities

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

4AE		7--30 minute lessons--\$106			
4AF		8--30 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	12pm	03B.WR8L	1/6	4AF
SoRunREC	Sa	11:05am	03B.5ZZR	1/6	4AE

Adapted Intro to Basic Stroke

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

4AN		6--45 minute lessons--\$91			
4AO		7--45 minute lessons--\$107			
4AP		8--45 minute lessons--\$124			
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	2pm	E06.YCLS	1/13	4AN
Franconia Rec	Sa	1:10pm	E06.LMUY	1/6	4AO
ProvREC	Su	12:15pm	E06.7C42	1/7	4AP
SpHillREC	Sa	12pm	E06.3XNB	1/6	4AO
Wkfld/Moore	Sa	12pm	E06.38WP	1/6	4AO

Swim Team Training/

Intermediate Swimmers w/Disabilities

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

3AAB		20--55 minute lessons--\$299			
4AI1		19--55 minute lessons--\$284			
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.5CGK	1/13	4AI1
Franconia Rec	Sa	2pm	C26.IJDO	1/6	3AAB
OakMarREC	Su	2pm	C26.HNMD	1/7	3AAB
SpHillREC	Sa	1pm	C26.2QPP	1/6	3AAB
Wkfld/Moore	Sa	2pm	C26.W6AG	1/6	3AAB



Swim Team Training/**Advanced Swimmers w/Disabilities**

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

3AAB 20--55 minute lessons--\$299						
4A11 19--55 minute lessons--\$284						
4AZ 8--55 minute lessons--\$129						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	4pm	B1D.42DU	1/13	4A11	
Franconia Rec	W	7pm	B1D.4VY2	1/3	4AZ	
Franconia Rec	Sa	3pm	B1D.77TU	1/6	3AAB	
OakMarREC	Su	3pm	B1D.P62V	1/7	3AAB	
SpHillREC	Sa	2pm	B1D.D5KE	1/6	3AAB	
Wkfld/Moore	Sa	1pm	B1D.3LJH	1/6	3AAB	

Adapted Deep Water Aqua Fitness

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

4AP 8--45 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	3:15pm	70A.RKL3	1/7	4AP	

Aqua Fitness-Individuals w/Physical Disabilities

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

4AO 7--45 minute lessons--\$107						
4AP 8--45 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	3:30pm	460.UVMB	1/7	4AO	
SpHillREC	Su	4:15pm	460.GZV7	1/7	4AO	
SpHillREC	Su	5pm	460.SAMV	1/7	4AO	
Wkfld/Moore	F	11am	460.WSGB	1/5	4AP	

Adapted Dance & Movement**Adapted Barre Techniques**

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

DPVN 8--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	9am	KBE.JJMJ	1/10	DPVN	

Adapted Creative Movement

(18 mos.-4 yrs.) Share the joy of creative movement in this adult and child class while participating in gentle and playful activities to improve fitness levels. With your child by your side or in your arms, this unique

class is creatively designed to make the experience effective and enjoyable for you both. This class is designed for children with intellectual or developmental disabilities, and adult participation is required.

DTVF 8--55 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	9am	N4W.JWTG	1/9	DTVF	

Adapted Dance Flow

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	4:15pm	522.XVFK	1/12	4EB	

Adapted Line Dance

(Adults) This fun class combines low, moderate, and high-energy dance routines from different decades. Line dancing improves balance, coordination, and agility, yet requires no partner or dance experience. This class is designed for high-functioning adults with intellectual or developmental disabilities.

DPVN 8--55 minute lessons--\$144						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	10am	K7R.EE7W	1/10	DPVN	

Adapted Outdoor Opportunities**Adapted Park Explorers**

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

4B4 1--1 hour program \$10						
Location	Day	Time	Code	Begin	\$	
ECLawncPk	Sa	10am	206.JPLO	12/9	4B4	
ECLawncPk	Sa	10am	206.7PJE	1/6	4B4	
ECLawncPk	Sa	10am	206.M7RX	2/10	4B4	

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.

DTVE 8--45 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
Sully CommCtr	Su	12pm	SSI.V4V8	1/7	DTVE	

Adapted Fitness Training

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	5pm	76F.Q1GJ	1/9	4EB	

Adapted Sports and Fitness

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	4pm	5D9.Q1A2	1/9	4EB	
ProvREC	T	5:15pm	5D9.09AG	1/9	4EB	
ProvREC	T	6:30pm	5D9.KH05	1/9	4EB	

Adapted Tae Kwon Do I

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

DMVB 8--45 minute lessons--\$115					
Location	Day	Time	Code	Begin	\$
(5-10 yrs.)					
LdbyExFrOks	Sa	3:30pm	A12.FTM5	1/6	DMVB
(10-17 yrs.)					
LdbyExFrOks	Sa	4:15pm	EEC.IQ05	1/6	DMVB
(16-Adult)					
LdbyExFrOks	W	7:45pm	456.AB2F	1/10	DMVB

Adapted Yoga

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

4EB 11--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
SpHillREC	F	5:15pm	DOE.ZJVH	1/12	4EB	

Adapted Walking Soccer

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

DAVA 8-55 minute lessons--\$141						
Location	Day	Time	Code	Begin	\$	
Little Rn ES	Sa	9am	6C3.JPV9	1/13	DAVA	
Little Rn ES	Sa	12pm	6C3.ACWS	1/13	DAVA	

SPIRIT Club Adapted Fitness

(Adults) This SPIRIT Club Fitness class focuses on building functional skills aimed to improve your capabilities throughout your day-to-day life. Expected outcomes of participation in SPIRIT Fitness include improved balance, strength, flexibility, endurance, coordination, speed, and agility. Exercises are taught with visual demonstrations and verbal cues to make sure instructions are clear and easy to follow, while also using a consistent class structure.

DEVA 8--55 minute lessons--\$193						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Th	4pm	87V.HU7M	1/11	DEVA	

Aquatics

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



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

Follow guidelines when registering

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

Practice and Repetition are keys to success

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

Combining course levels

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

Pool Health Information

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

Small-Group Lessons

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

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

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



One on One Swim Lessons

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

Swim Classes for Children

Baby & Me Swim

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	665WTFB	1/2	4AG
CubRunREC	Sa	9am	665.6S9Y	1/6	4AF
CubRunREC	Sa	10:10am	665.92JF	1/6	4AF

CubRunREC	Su	9am	665.APF3	1/7	4AF
CubRunREC	Su	10:10am	665.UBYY	1/7	4AF
Franconia Rec	Sa	9am	665.43H0	1/6	4AF
Franconia Rec	Su	9:35am	665.UEDS	1/7	4AE
GWREC	Sa	9:05am	665.AG8Z	1/6	4AF
GWREC	Sa	10:15am	665.ALQY	1/6	4AF
OakMarREC	W	9:30am	665.FP5E	1/3	4AF
OakMarREC	F	9:45am	665.QUH2	1/5	4AD
OakMarREC	Sa	9am	665.IU9Y	1/6	4AD
OakMarREC	Su	10am	665.JPOZ	1/7	4AF
ProvREC	Sa	8:15am	665.AAP7	1/6	4AF
ProvREC	Su	9am	665.9C9W	1/7	4AF
SoRunREC	Sa	10:25am	665.TFV3	1/6	4AF
SoRunREC	Su	10:15am	665.KONM	1/7	4AF
SoRunREC	M	11:45am	665.JPB3	1/8	4AE
SpHillIREC	Th	6pm	665.M3KM	1/4	4AF
SpHillIREC	F	10:05am	665.9MAH	1/5	4AF
SpHillIREC	Sa	9:50am	665.GDVP	1/6	4AE
SpHillIREC	Su	10:10am	665.97ZK	1/7	4AE
SpHillIREC	Su	10:45am	665.07D4	1/7	4AE
SpHillIREC	M	10:05am	665.I5XW	1/8	4AE
Wkfld/Moore	Sa	10:10am	665.QORH	1/6	4AF
Wkfld/Moore	Sa	11:25am	665.80OV	1/6	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 in a fun environment. Up to two adults may participate with each child. Children not toilet trained must wear tight-fitting swim diapers and plastic pants under their bathing suit.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10:30am	FAB.JKC7	1/2	4AG
CubRunREC	Sa	9:35am	FAB.URAK	1/6	4AF
CubRunREC	Sa	10:10am	FAB.JFJ2	1/6	4AF
CubRunREC	Sa	10:45am	FAB.2BX7	1/6	4AF
CubRunREC	Sa	11:20am	FAB.9VXQ	1/6	4AF
CubRunREC	Su	9:35am	FAB.R6SX	1/7	4AF
CubRunREC	Su	10:10am	FABKK9F	1/7	4AF
CubRunREC	Su	10:45am	FAB.9VGA	1/7	4AF
CubRunREC	Su	11:20am	FAB.DLJ6	1/7	4AF
Franconia Rec	Sa	9:35am	FAB.EFLP	1/6	4AF
Franconia Rec	Sa	10:45am	FAB.30NO	1/6	4AF
Franconia Rec	Su	9am	FAB.AYM1	1/7	4AE
Franconia Rec	Su	10:50am	FAB.TQEC	1/7	4AE
GWREC	Sa	9:40am	FAB.LGAM	1/6	4AF
GWREC	Sa	10:50am	FAB.9VNN	1/6	4AF
OakMarREC	W	9:30am	FAB.AQG9	1/3	4AF
OakMarREC	F	9:45am	FAB.NPVB	1/5	4AD
OakMarREC	Sa	9:35am	FAB.H020	1/6	4AD
OakMarREC	Su	10:40am	FAB.IBYN	1/7	4AF
ProvREC	Sa	8:50am	FAB.T59F	1/6	4AF
ProvREC	Su	9:35am	FAB.6S8P	1/7	4AF
SoRunREC	W	10:40am	FAB.BBFZ	1/3	4AF
SoRunREC	F	11:15am	FAB.4ZKV	1/5	4AF
SoRunREC	Sa	11am	FAB.SOB7	1/6	4AF
SoRunREC	Su	10:30am	FAB.Q58E	1/7	4AF
SpHillIREC	Th	6:35pm	FAB.PHY0	1/4	4AF
SpHillIREC	F	10:05am	FAB.7SPK	1/5	4AF
SpHillIREC	Sa	10:25am	FAB.JNYS	1/6	4AE
SpHillIREC	Sa	11:35am	FAB.3LC3	1/6	4AE
SpHillIREC	Su	9:35am	FAB.QFGK	1/7	4AE
SpHillIREC	M	6:20pm	FAB.LRBV	1/8	4AE
SpHillIREC	M	10:05am	FAB.CS8K	1/8	4AE
Wkfld/Moore	Sa	9:35am	FAB.CJZ3	1/6	4AF
Wkfld/Moore	Sa	10:50am	FAB.DE1W	1/6	4AF
Wkfld/Moore	Sa	12pm	FAB.1T2Q	1/6	4AF

Preschooler and Me Swim

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.WVRS	1/6	4AF
CubRunREC	Su	10:45am	D6F.7S7Q	1/7	4AF
Franconia Rec	Sa	11:20am	D6F.G1Z1	1/6	4AF
Franconia Rec	Su	11:25am	D6F.XDT0	1/7	4AE
GWREC	Sa	11:35am	D6F.ENLH	1/6	4AF
OakMarREC	W	10:05am	D6F.STV2	1/3	4AF
OakMarREC	Sa	10:10am	D6F.DLTN	1/6	4AD
OakMarREC	Su	11:15am	D6F.XI3F	1/7	4AF
ProvREC	Sa	9:25am	D6F.Y9B5	1/6	4AF
ProvREC	Su	10:10am	D6F.6L65	1/7	4AF
SoRunREC	Sa	9:35am	D6F.FXVR	1/6	4AF
SphillIREC	Sa	11am	D6F.IDAM	1/6	4AE
SphillIREC	Su	10:45am	D6F.IVAA	1/7	4AE
SphillIREC	M	11:15am	D6F.0R54	1/8	4AE
SphillIREC	F	4:35pm	D6F.F060	1/19	4AD
Wkfld/Moore	Sa	9am	D6F.4MI6	1/6	4AF

Pee Wee Paddler I

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.XXXV	1/2	4AG
CubRunREC	T	11:05am	4EC.DXLY	1/2	4AG
CubRunREC	Th	5pm	4EC.YQFW	1/4	4AG
CubRunREC	Sa	9am	4EC.HBP4	1/6	4AF
CubRunREC	Sa	9:35am	4EC.EX7V	1/6	4AF
CubRunREC	Sa	10:10am	4EC.TGFA	1/6	4AF
CubRunREC	Sa	11:20am	4EC.NWZ9	1/6	4AF
CubRunREC	Su	9am	4EC.HRKB	1/7	4AF
CubRunREC	Su	9:35am	4EC.ECNW	1/7	4AF
CubRunREC	Su	10:10am	4EC.SVVWQ	1/7	4AF
CubRunREC	Su	11:20am	4EC.2YNNW	1/7	4AF
Franconia Rec	M/W	6pm	4EC.QT2Z	1/3	4AE
Franconia Rec	Th	6pm	4EC.GAJI	1/4	4AF
Franconia Rec	Sa	9:35am	4EC.E3KD	1/6	4AF
Franconia Rec	Sa	10:10am	4EC.2U2W	1/6	4AF

Franconia Rec	Sa	11:55am	4EC.6R2D	1/6	4AF
Franconia Rec	Su	9am	4EC.Y9CE	1/7	4AE
Franconia Rec	Su	10:10am	4EC.ABZ1	1/7	4AE
Franconia Rec	Su	12pm	4EC.QRHM	1/7	4AE
Franconia Rec	T	6pm	4EC.1RXZ	1/9	4AE
Franconia Rec	M/W	6pm	4EC.GW3X	1/29	4AF
GWREC	Sa	9:05am	4EC.9LSQ	1/6	4AF
GWREC	Sa	10:15am	4EC.78DU	1/6	4AF
GWREC	Su	9:55am	4EC.E9QM	1/7	4AF
GWREC	Su	11:15am	4EC.RAGR	1/7	4AF
GWREC	T	5:30pm	4EC.YV6P	1/9	4AF
GWREC	T	9:30am	4EC.P3S4	1/9	4AF
GWREC	W	9:30am	4EC.PCGN	1/10	4AF
GWREC	Th	9:30am	4EC.X8GZ	1/11	4AF
OakMarREC	T/Th	5:40pm	4EC.E59G	1/2	4AF
OakMarREC	M/W	5:40pm	4EC.CKDZ	1/3	4AE
OakMarREC	Sa	9am	4EC.L99Z	1/6	4AD
OakMarREC	Sa	10:50am	4EC.MSY8	1/6	4AD
OakMarREC	Sa	11:25am	4EC.JOZE	1/6	4AD
OakMarREC	Su	10am	4EC.FP2L	1/7	4AF
OakMarREC	Su	11:55am	4EC.V8SA	1/7	4AF
OakMarREC	Su	12:30pm	4EC.KSVW	1/7	4AF
OakMarREC	M/W	5:40pm	4EC.X9PW	1/29	4AF
OakMarREC	T/Th	5:40pm	4EC.VBBF	1/30	4AF
ProvREC	Sa	8:50am	4EC.6WRD	1/6	4AF
ProvREC	Sa	9:25am	4EC.2YJC	1/6	4AF
ProvREC	Sa	11:40am	4EC.OVBH	1/6	4AF
ProvREC	Su	9am	4EC.8DJ3	1/7	4AF
ProvREC	Su	10:10am	4EC.CYS1	1/7	4AF
ProvREC	Su	12:25pm	4EC.Q6FW	1/7	4AF
ProvREC	M	5:45pm	4EC.LTMW	1/8	4AE
SoRunREC	T/Th	6pm	4EC.GRT4	1/2	4AF
SoRunREC	M/W	6:05pm	4EC.4UWU	1/3	4AE
SoRunREC	W	11:15am	4EC.93RP	1/3	4AF
SoRunREC	F	1pm	4EC.VXHL	1/5	4AF
SoRunREC	F	10:40am	4EC.A4DL	1/5	4AF
SoRunREC	Sa	9am	4EC.KJE4	1/6	4AF
SoRunREC	Sa	11:15am	4EC.3NAI	1/6	4AF
SoRunREC	Sa	11:35am	4EC.B5Y7	1/6	4AF
SoRunREC	Su	8:30am	4EC.AL3F	1/7	4AF
SoRunREC	Su	9:05am	4EC.MVRN	1/7	4AF
SoRunREC	Su	9:05am	4EC.OFRS	1/7	4AF
SoRunREC	M	10:40am	4EC.2D7Y	1/8	4AE
SoRunREC	F	5:30pm	4EC.9VJR	1/19	4AD
SoRunREC	M/W	6:05pm	4EC.X9MY	1/29	4AF
SoRunREC	T/Th	6pm	4EC.20BZ	1/30	4AF
SpHillIREC	T	4:35pm	4EC.D1R2	1/2	4AF
SpHillIREC	W	4pm	4EC.4MR5	1/3	4AF
SpHillIREC	Th	6pm	4EC.TFUK	1/4	4AF
SpHillIREC	Sa	9am	4EC.I8VU	1/6	4AE
SpHillIREC	Sa	9:35am	4EC.NX52	1/6	4AE
SpHillIREC	Sa	10:10am	4EC.2AD6	1/6	4AE
SpHillIREC	Sa	10:45am	4EC.B9NF	1/6	4AE
SpHillIREC	Sa	11:20am	4EC.UCVO	1/6	4AE
SpHillIREC	Su	9am	4EC.AKOL	1/7	4AE
SpHillIREC	Su	10:10am	4EC.QIKC	1/7	4AE
SpHillIREC	Su	10:25am	4EC.DWAU	1/7	4AE
SpHillIREC	Su	11:20am	4EC.P7HU	1/7	4AE
SpHillIREC	M	5:10pm	4EC.LYB5	1/8	4AE
SpHillIREC	F	6pm	4EC.W4V7	1/19	4AD
Wkfld/Moore	M/W	6pm	4EC.UG1D	1/3	4AD
Wkfld/Moore	Th	6pm	4EC.6GEE	1/4	4AG
Wkfld/Moore	Sa	9am	4EC.Z8QZ	1/6	4AF
Wkfld/Moore	Sa	9:25am	4EC.BRTU	1/6	4AF
Wkfld/Moore	Sa	12pm	4EC.10U2	1/6	4AF
Wkfld/Moore	Su	9am	4EC.8183	1/7	4AF
Wkfld/Moore	Su	10:25am	4EC.A217	1/7	4AF
Wkfld/Moore	Su	12pm	4EC.7AOF	1/7	4AF
Wkfld/Moore	M/W	6pm	4EC.VPJ1	1/31	4AD
SpHillIREC	Th	4:15pm	33C.42L3	1/4	4ANF
SpHillIREC	F	9:30am	33C.ZBZ2	1/5	4ANF
SpHillIREC	M	4pm	33C.TAP9	1/8	4ANE
SpHillIREC	F	4pm	33C.U4HJ	1/19	4AND

Pee Wee Paddler II

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	7D6.Y3KW	1/2	4AG
CubRunREC	T	6:10pm	7D6.TK4A	1/2	4AG
CubRunREC	T	11:40am	7D6.J47Q	1/2	4AG
CubRunREC	T	12:50pm	7D6.QAZV	1/2	4AG
CubRunREC	T	12:50pm	7D6.TEUN	1/2	4AG
CubRunREC	Sa	9am	7D6.7UZN	1/6	4AF
CubRunREC	Sa	9:35am	7D6.J2T7	1/6	4AF
CubRunREC	Sa	10:45am	7D6.YYRR	1/6	4AF
CubRunREC	Sa	11:20am	7D6.Z6LJ	1/6	4AF
CubRunREC	Su	9am	7D6.VK6E	1/7	4AF
CubRunREC	Su	9:35am	7D6.4RNA	1/7	4AF
CubRunREC	Su	10:45am	7D6.4SF6	1/7	4AF
CubRunREC	Su	11:20am	7D6.WUMV	1/7	4AF
Franconia Rec	M/W	6pm	7D6.LM89	1/3	4AE
Franconia Rec	Th	6pm	7D6.REY1	1/4	4AF
Franconia Rec	Sa	9am	7D6.9WCX	1/6	4AF
Franconia Rec	Sa	9:35am	7D6.BPOT	1/6	4AF
Franconia Rec	Sa	12:30pm	7D6.XYOW	1/6	4AF
Franconia Rec	Su	9am	7D6.V7XI	1/7	4AE
Franconia Rec	Su	10:10am	7D6.1DPJ	1/7	4AE
Franconia Rec	Su	12:35pm	7D6.XEMH	1/7	4AE
Franconia Rec	T	6pm	7D6.8TN3	1/9	4AE
Franconia Rec	M/W	6pm	7D6.1RI4	1/29	4AF
GWREC	Sa	9:40am	7D6.Z7P6	1/6	4AF
GWREC	Sa	10:50am	7D6.J7ZN	1/6	4AF
GWREC	Su	10:30am	7D6.WE3E	1/7	4AF
GWREC	Su	11:50am	7D6.PGBV	1/7	4AF
GWREC	M	6:30pm	7D6.ZBM8	1/8	4AF
GWREC	T	1:30pm	7D6.NSQ8	1/9	4AF
GWREC	T	6:05pm	7D6.AZQ8	1/9	4AF
GWREC	T	10:05am	7D6.KCEF	1/9	4AF
GWREC	W	1:30pm	7D6.6T3D	1/10	4AF
GWREC	W	10:05am	7D6.YQNH	1/10	4AF
GWREC	Th	1:30pm	7D6.NAGG	1/11	4AF
GWREC	Th	10:05am	7D6.ZUS6	1/11	4AF
OakMarREC	T/Th	5:40pm	7D6.04DT	1/2	4AF
OakMarREC	M/W	5:40pm	7D6.MHP0	1/3	4AE
OakMarREC	Sa	9:35am	7D6.8UFL	1/6	4AD
OakMarREC	Sa	11:25am	7D6.KQC8	1/6	4AD
OakMarREC	Sa	12:05pm	7D6.MNFQ	1/6	4AD
OakMarREC	Su	1:05pm	7D6.T349	1/7	4AF
OakMarREC	Su	10:40am	7D6.TTBQ	1/7	4AF
OakMarREC	Su	12:30pm	7D6.TL7T	1/7	4AF
OakMarREC	M/W	5:40pm	7D6.QZAL	1/29	4AF
OakMarREC	T/Th	5:40pm	7D6.XKA2	1/30	4AF
ProvREC	W	6pm	7D6.FRWV	1/3	4AF
ProvREC	Sa	8:50am	7D6.C4E8	1/6	4AF
ProvREC	Sa	9:25am	7D6.KW5S	1/6	4AF
ProvREC	Su	9:35am	7D6.YM29	1/7	4AF
ProvREC	Su	12:25pm	7D6.7XFF	1/7	4AF
ProvREC	M	5:45pm	7D6.2SAE	1/8	4AE
SoRunREC	T/Th	6:55pm	7D6.2BVQ	1/2	4AF
SoRunREC	M/W	6:40pm	7D6.CFZX	1/3	4AE
SoRunREC	W	10:05am	7D6.G7SJ	1/3	4AF
SoRunREC	F	1:35pm	7D6.PEKH	1/5	4AF
SoRunREC	F	10:05am	7D6.GLOE	1/5	4AF



Pee Wee Paddler III

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4AND	6--30 minute lessons--\$141
4ANE	7--30 minute lessons--\$164
4ANF	8--30 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	T	12:15pm	E4E.E2TE	1/2	4AG
CubRunREC	T	5pm	E4E.BPYL	1/2	4AG
CubRunREC	T	6:10pm	E4E.TD9J	1/2	4AG
CubRunREC	Th	5pm	E4E.YFF8	1/4	4AG
CubRunREC	Th	6:10pm	E4E.YR86	1/4	4AG
CubRunREC	Sa	9am	E4E.H9LX	1/6	4AF
CubRunREC	Sa	9:35am	E4E.M7D6	1/6	4AF
CubRunREC	Sa	10:10am	E4E.9VA2	1/6	4AF
CubRunREC	Sa	10:45am	E4E.ZFAB	1/6	4AF
CubRunREC	Sa	11:20am	E4E.ZCJW	1/6	4AF
CubRunREC	Su	9am	E4E.QNYR	1/7	4AF
CubRunREC	Su	9:35am	E4E.6BEL	1/7	4AF
CubRunREC	Su	10:10am	E4E.TSDE	1/7	4AF
CubRunREC	Su	10:45am	E4E.QJDD	1/7	4AF
CubRunREC	Su	11:20am	E4E.5AZS	1/7	4AF
Franconia Rec	M/W	6pm	E4E.QTYC	1/3	4AE
Franconia Rec	Sa	9am	E4E.DADI	1/6	4AF
Franconia Rec	Sa	10:10am	E4E.NBQ6	1/6	4AF
Franconia Rec	Sa	12:30pm	E4E.GJAA	1/6	4AF
Franconia Rec	Su	9:35am	E4E.K5MY	1/7	4AE
Franconia Rec	Su	10:50am	E4E.R02G	1/7	4AE
Franconia Rec	T	6pm	E4E.OVMN	1/9	4AE
Franconia Rec	M/W	6pm	E4E.U31X	1/29	4AF
GWREC	Sa	12:10pm	E4E.HYQ9	1/6	4AF
GWREC	Su	9:55am	E4E.LEBG	1/7	4AF
GWREC	M	6:05pm	E4E.77PR	1/8	4AF
GWREC	T	2:05pm	E4E.Y8F8	1/9	4AF
GWREC	T	10:45am	E4E.EFCV	1/9	4AF
GWREC	W	2:05pm	E4E.WKMT	1/10	4AF
GWREC	W	10:45am	E4E.ZY6R	1/10	4AF
GWREC	Th	2:05pm	E4E.6NHG	1/11	4AF
GWREC	Th	10:45am	E4E.DP8K	1/11	4AF
OakMarREC	T/Th	6:15pm	E4E.P2PT	1/2	4AF
OakMarREC	M/W	6:15pm	E4E.DV4A	1/3	4AE
OakMarREC	Sa	10:10am	E4E.R2CQ	1/6	4AD
OakMarREC	Sa	10:50am	E4E.DL4Z	1/6	4AD
OakMarREC	Sa	12:05pm	E4E.MWT4	1/6	4AD
OakMarREC	Su	1:05pm	E4E.O25C	1/7	4AF
OakMarREC	Su	11:15am	E4E.D3IP	1/7	4AF
OakMarREC	Su	11:55am	E4E.62FY	1/7	4AF
OakMarREC	M/W	6:15pm	E4E.H5TX	1/29	4AF
OakMarREC	T/Th	6:15pm	E4E.LOR1	1/30	4AF
ProvREC	T	6pm	E4E.IT6W	1/2	4AF
ProvREC	W	6:35pm	E4E.9ULF	1/3	4AF
ProvREC	Sa	8:15am	E4E.CLRQ	1/6	4AF
ProvREC	Sa	12:15pm	E4E.S2FE	1/6	4AF
ProvREC	Su	9:35am	E4E.3ADD	1/7	4AF
ProvREC	Su	10:10am	E4E.NH4F	1/7	4AF
SoRunREC	T/Th	7:25pm	E4E.MN8I	1/2	4AF
SoRunREC	M/W	6pm	E4E.O9J7	1/3	4AE
SoRunREC	W	9:30am	E4E.LFCR	1/3	4AF
SoRunREC	F	2:10pm	E4E.OHYZ	1/5	4AF
SoRunREC	F	9:30am	E4E.IGPZ	1/5	4AF
SoRunREC	Sa	9:50am	E4E.F9IZ	1/6	4AF
SoRunREC	Su	8:30am	E4E.BLDU	1/7	4AF

SoRunREC	Su	10:45am	E4E.7XQJ	1/7	4AF
SoRunREC	Su	11am	E4E.S8EI	1/7	4AF
SoRunREC	M	9:30am	E4E.IHBW	1/8	4AE
SoRunREC	F	7:30pm	E4E.5XBS	1/19	4AD
SoRunREC	M/W	6pm	E4E.LJV7	1/29	4AF
SoRunREC	T/Th	7:25pm	E4E.5P6B	1/30	4AF
SpHillREC	T	5:25pm	E4E.WEUY	1/2	4AF
SpHillREC	W	4:35pm	E4E.R17X	1/3	4AF
SpHillREC	Th	5:25pm	E4E.WBBX	1/4	4AF
SpHillREC	Sa	9am	E4E.4908	1/6	4AE
SpHillREC	Sa	10:25am	E4E.LDS6	1/6	4AE
SpHillREC	Su	9am	E4E.VTOS	1/7	4AE
SpHillREC	Su	12:30pm	E4E.22KE	1/7	4AE
SpHillREC	M	4:35pm	E4E.HN4H	1/8	4AE
SpHillREC	F	5:10pm	E4E.9CGV	1/19	4AD
Wkfld/Moore	M/W	6pm	E4E.JMJ7	1/3	4AD
Wkfld/Moore	Th	6pm	E4E.J67V	1/4	4AG
Wkfld/Moore	Sa	9am	E4E.MA6S	1/6	4AF
Wkfld/Moore	Sa	10:25am	E4E.5YZG	1/6	4AF
Wkfld/Moore	Su	9am	E4E.TFFQ	1/7	4AF
Wkfld/Moore	Su	10:50am	E4E.UPUL	1/7	4AF
Wkfld/Moore	M/W	6pm	E4E.FSPU	1/31	4AD
CubRunREC	M	5:35pm	667.3TGF	1/8	4ANF
CubRunREC	W	5:35pm	667.F8F3	1/3	4ANG
SpHillREC	T	4:15pm	667.9JHL	1/2	4ANF
SpHillREC	Th	4:35pm	667.L3IX	1/4	4ANF
SpHillREC	Sa	11am	667.ZLZ9	1/6	4ANE
SpHillREC	F	4pm	667.OPTB	1/19	4AND

Pee Wee Paddler IV

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4ANF	8--30 minute lessons--\$187
4ANG	9--30 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	198.EZ9M	1/2	4AG
CubRunREC	Th	5:35pm	198.63P5	1/4	4AG
CubRunREC	Sa	9:35am	198.F9BY	1/6	4AE
CubRunREC	Sa	11am	198.LUWN	1/6	4AE
CubRunREC	Su	9:35am	198.ZJBR	1/7	4AE
CubRunREC	Su	11am	198.X77X	1/7	4AE
Franconia REC	Su	11:25am	198.ALYZ	1/7	4AG
Franconia REC	M/W	6:35pm	198.SSTV	1/3	4AG
Franconia REC	M/W	6:35pm	198.29KF	1/29	4AF
Franconia REC	Sa	10:10am	198.IWZO	1/6	4AF
GWREC	Sa	9:05am	198.4CJG	1/6	4AF
GWREC	W	2:45pm	198.B7N5	1/10	4AF
OakMarREC	T/Th	6:15pm	198.HCAM	1/2	4AF
OakMarREC	M/W	6:15pm	198.PWEL	1/3	4AE
OakMarREC	Sa	10:45am	198.W7Z5	1/6	4AD
OakMarREC	Su	10am	198.4VWP	1/7	4AF
OakMarREC	M/W	6:15pm	198.0213	1/29	4AF
OakMarREC	T/Th	6:15pm	198.9U40	1/30	4AF
ProvREC	T	6pm	198.FG60	1/2	4AF

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

ProvREC	Sa	8:15am	198.BNGN	1/6	4AF
ProvREC	Sa	11:40am	198.RV4S	1/6	4AF
ProvREC	Su	9am	198.E0CD	1/7	4AF
SoRunREC	F	2:45pm	198.6WSJ	1/5	4AF
SoRunREC	Su	11:20am	198.90N5	1/7	4AF
SphillREC	W	5:10pm	198.00RT	1/3	4AF
SphillREC	Sa	10:45am	198.EDO4	1/6	4AE
SphillREC	Su	9:50am	198.0GZ4	1/7	4AE
SphillREC	Su	11:55am	198.XB8T	1/7	4AE
SphillREC	M	5:45pm	198.T6LZ	1/8	4AE
Wkfld/Moore	T	5:30pm	198.6BPA	1/2	4AG
Wkfld/Moore	M/W	6:35pm	198.FPHH	1/3	4AD
Wkfld/Moore	Sa	12pm	198.PW9B	1/6	4AF
Wkfld/Moore	Su	12pm	198.8239	1/7	4AF
Wkfld/Moore	M/W	6:35pm	198.J3BQ	1/31	4AD
CubRunREC	W	5:35pm	9DB.7KY7	1/3	4ANG
CubRunREC	M	5:35pm	9DB.6MAT	1/8	4ANF

Pee Wee Paddler V

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4ANF	8--30 minute lessons--\$187
4ANG	9--30 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	5:35pm	631.P5M8	1/4	4AG
CubRunREC	Sa	9am	631.X9FJ	1/6	4AE
CubRunREC	Sa	11:35am	631.F6NZ	1/6	4AE
CubRunREC	Su	9am	631.HECJ	1/7	4AE
CubRunREC	Su	11:35am	631.G23H	1/7	4AE
Franconia Rec	Sa	12:30pm	631.J3S5	1/6	4AF
Franconia Rec	Su	12pm	631.6W0A	1/7	4AE
GWREC	Sa	10:55am	631.VW48	1/6	4AF
OakMarREC	Sa	10:30am	631.MKWM	1/6	4AD
OakMarREC	Su	10:55am	631.RJ11	1/7	4AF
ProvREC	Sa	12:15pm	631.D3XM	1/6	4AF
ProvREC	Su	12:25pm	631.B1N6	1/7	4AF
SphillREC	Th	6:35pm	631.R16Z	1/4	4AF
SphillREC	Sa	11:55am	631.VYWY	1/6	4AE
SphillREC	Su	12:30pm	631.PTCS	1/7	4AE
SphillREC	F	5:45pm	631.NUAP	1/19	4AD
Wkfld/Moore	T	5:30pm	631.SJ2Z	1/2	4AG
Wkfld/Moore	M/W	6:35pm	631.DA6K	1/3	4AD
Wkfld/Moore	Sa	12pm	631.IF6W	1/6	4AF
Wkfld/Moore	Su	12pm	631.HUGY	1/7	4AF
Wkfld/Moore	M/W	6:35pm	631.05GR	1/31	4AD
CubRunREC	W	6:10pm	166.SAW7	1/3	4ANG
CubRunREC	M	6:10pm	166.QTH3	1/8	4ANF

Pee Wee Paddler VI

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

4AD	6--30 minute lessons--\$91
4AE	7--30 minute lessons--\$106
4AF	8--30 minute lessons--\$121
4AG	9--30 minute lessons--\$134
4ANF	8--30 minute lessons--\$187
4ANG	9--30 minute lessons--\$211

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6:10pm	FC3.YUYF	1/4	4AG
CubRunREC	Sa	10am	FC3.3D44	1/6	4AE

CubRunREC	Su	10am	FC3.HK3V	1/7	4AE
Franconia Rec	Su	12:35pm	FC3.ECFE	1/7	4AE
GWREC	Sa	11:35am	FC3.HVCT	1/6	4AF
OakMarREC	Sa	9am	FC3.DHTC	1/6	4AD
OakMarREC	Su	11:30am	FC3.BQTJ	1/7	4AF
SphillREC	W	6:35pm	FC3.1RH1	1/3	4AF
SphillREC	Th	7:10pm	FC3.80EJ	1/4	4AF
SphillREC	Sa	12:30pm	FC3.MHDC	1/6	4AE
SphillREC	F	7:10pm	FC3.3GT5	1/19	4AD
Wkfld/Moore	M/W	6:35pm	FC3.154Y	1/3	4AD
Wkfld/Moore	M/W	6:35pm	FC3.6110	1/31	4AD
CubRunREC	W	6:10pm	F47.ELX3	1/3	4ANG
CubRunREC	M	6:10pm	F47.G5TJ	1/8	4ANF

Swimming I for Children

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

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4APF	8--45 minute lessons--\$201
4APG	9--45 minute lessons--\$232

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	48D.JF8R	1/2	4AQ
CubRunREC	Sa	9am	48D.Y266	1/6	4AO
CubRunREC	Sa	9:50am	48D.63TJ	1/6	4AO
CubRunREC	Su	9am	48D.CJQL	1/7	4AO
CubRunREC	Su	9:50am	48D.KKEM	1/7	4AO
CubRunREC	Su	10:40am	48D.9A6D	1/7	4AO
Franconia Rec	M/W	6:35pm	48D.BSV9	1/3	4AO
Franconia Rec	Th	6:35pm	48D.NPEX	1/4	4AP
Franconia Rec	Sa	10:45am	48D.UPAM	1/6	4AP
Franconia Rec	Sa	11:40am	48D.8EM0	1/6	4AP
Franconia Rec	Su	9:35am	48D.4D7K	1/7	4AO
Franconia Rec	Su	11:25am	48D.RO2L	1/7	4AO
Franconia Rec	T	6:35pm	48D.0G69	1/9	4AO
Franconia Rec	M/W	6:35pm	48D.HTL4	1/29	4AP
GWREC	Sa	11:30am	48D.HEF5	1/6	4AP
GWREC	Su	9:05am	48D.EWRE	1/7	4AP
GWREC	Su	10:30am	48D.ADEG	1/7	4AP
OakMarREC	T/Th	6:50pm	48D.NLLR	1/2	4AP
OakMarREC	Sa	9am	48D.HZNB	1/6	4AN
OakMarREC	Sa	11:20am	48D.AGZ0	1/6	4AN
OakMarREC	Su	10:40am	48D.8KUN	1/7	4AP
OakMarREC	Su	12:25pm	48D.P5NJ	1/7	4AP
OakMarREC	T/Th	6:50pm	48D.YOHG	1/30	4AP
ProvREC	W	6pm	48D.QUF5	1/3	4AP
ProvREC	Th	6pm	48D.7ANE	1/4	4AP
ProvREC	Sa	10am	48D.Z7A0	1/6	4AP
ProvREC	Sa	10:50am	48D.17A6	1/6	4AP
ProvREC	Su	10:45am	48D.DLPI	1/7	4AP
ProvREC	Su	11:35am	48D.6JSI	1/7	4AP
ProvREC	M	6:20pm	48D.MUJE	1/8	4AO
SoRunREC	T/Th	6:05pm	48D.9BSC	1/2	4AP
SoRunREC	M/W	6:35pm	48D.9F1B	1/3	4AO
SoRunREC	Sa	9am	48D.69N5	1/6	4AP
SoRunREC	Sa	10:10am	48D.IF8Q	1/6	4AP
SoRunREC	Su	9:20am	48D.LTAQ	1/7	4AP
SoRunREC	M/W	6:35pm	48D.CRWD	1/29	4AP
SoRunREC	T/Th	6:05pm	48D.R2VD	1/30	4AP
SphillREC	T	6:50pm	48D.IQR7	1/2	4AP
SphillREC	Th	5:10pm	48D.J6GH	1/4	4AP
SphillREC	Sa	9am	48D.3CRF	1/6	4AO
SphillREC	Sa	12:10pm	48D.T7YZ	1/6	4AO
SphillREC	Su	9am	48D.BF61	1/7	4AO
SphillREC	Su	11am	48D.1FAE	1/7	4AO

SpHillREC	M	5:10pm	48D.IV6M	1/8	4AO
SpHillREC	F	6:20pm	48D.W6M9	1/19	4AN
Wkfld/Moore	T	5:30pm	48D.7LEI	1/2	4AQ
Wkfld/Moore	M/W	7:10pm	48D.1J8Z	1/3	4AN
Wkfld/Moore	Th	6:35pm	48D.XUNC	1/4	4AQ
Wkfld/Moore	Sa	9:35am	48D.SY5L	1/6	4AP
Wkfld/Moore	Sa	11:10am	48D.OA9X	1/6	4AP
Wkfld/Moore	Su	9:35am	48D.YWDP	1/7	4AP
Wkfld/Moore	Su	11:10am	48D.NATZ	1/7	4AP
Wkfld/Moore	M/W	7:10pm	48D.A3W6	1/31	4AN
CubRunREC	W	6:45pm	E21.GQXS	1/3	4APG
CubRunREC	M	6:45pm	E21.Q7SZ	1/8	4APF

Swimming II for Children

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

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4APF	8--45 minute lessons--\$201
4APG	9--45 minute lessons--\$232

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7:35pm	F13.XJD8	1/2	4AQ
CubRunREC	Sa	9am	F13.XU65	1/6	4AO
CubRunREC	Sa	10:40am	F13.K8NG	1/6	4AO
CubRunREC	Sa	11:30am	F13.AWWJ	1/6	4AO



Swim with Santa!

Sunday, December 17

Celebrate the holiday season with a festive-themed pool party and the opportunity to swim with Santa!

- 3-4 p.m. for children ages 1-6
- 4:30-5:30 p.m. for children ages 7-12
- \$10 per child

www.fairfaxcounty.gov/parks/reccenter/spring-hill

SPRING HILL REC CENTER

1239 Spring Hill Road
McLean, Va.



Wkfld/Moore	Sa	11am	F13.9FP6	1/6	4AP
Wkfld/Moore	Sa	9:35am	F13.XU0J	1/7	4AP
Wkfld/Moore	Sa	11:10am	F13.0C0J	1/7	4AP
Wkfld/Moore	M/W	7:10pm	F13.0CZB	1/31	4AN
CubRunREC	W	6:45pm	B5F.574W	1/3	4APG
CubRunREC	M	6:45pm	B5F.E8NE	1/8	4APF

Swimming III for Children

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

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4APF	8--45 minute lessons--\$201

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	7E0.EV99	1/2	4AQ
CubRunREC	Th	6:45pm	7E0.9F68	1/4	4AQ
CubRunREC	Sa	9:50am	7E0.R5Y8	1/6	4AO
CubRunREC	Sa	10:10am	7E0.R9FA	1/6	4AO
CubRunREC	Sa	11:30am	7E0.WYAS	1/6	4AO
CubRunREC	Sa	12:10pm	7E0.MZDE	1/6	4AO
CubRunREC	Su	9:50am	7E0.CMBZ	1/7	4AO
CubRunREC	Su	10:10am	7E0.CS83	1/7	4AO
CubRunREC	Su	11:30am	7E0.KPX6	1/7	4AO
CubRunREC	Su	12:10pm	7E0.FKSC	1/7	4AO
Franconia Rec	M/W	7:25pm	7E0.S9BB	1/3	4AO
Franconia Rec	Th	7:25pm	7E0.IA6E	1/4	4AP
Franconia Rec	Sa	11:40am	7E0.ZSS1	1/6	4AP
Franconia Rec	Su	10:30am	7E0.SWLQ	1/7	4AO
Franconia Rec	T	7:25pm	7E0.C6KR	1/9	4AO
Franconia Rec	M/W	7:25pm	7E0.DIU8	1/29	4AP
GWREC	Sa	10:30am	7E0.8BBA	1/6	4AP
GWREC	T	6:40pm	7E0.42UE	1/9	4AP
OakMarREC	T/Th	6:50pm	7E0.QQSE	1/2	4AP
OakMarREC	M/W	6:50pm	7E0.CG81	1/3	4AO
OakMarREC	Sa	9:35am	7E0.SCJ8	1/6	4AN
OakMarREC	Sa	11:05am	7E0.YCZ3	1/6	4AN
OakMarREC	Su	10am	7E0.7PAY	1/7	4AP
OakMarREC	Su	12:10pm	7E0.ZIE8	1/7	4AP
OakMarREC	M/W	6:50pm	7E0.7HLH	1/29	4AP
OakMarREC	T/Th	6:50pm	7E0.LHRQ	1/30	4AP
ProvREC	T	6:35pm	7E0.W4EI	1/2	4AP
ProvREC	Th	7:40pm	7E0.EQUF	1/4	4AP
ProvREC	Sa	10am	7E0.WRXD	1/6	4AP
ProvREC	Sa	10:50am	7E0.DZPJ	1/6	4AP
ProvREC	Su	10:45am	7E0.JFLL	1/7	4AP
ProvREC	Su	11:35am	7E0.LF1W	1/7	4AP
ProvREC	M	6:20pm	7E0.710P	1/8	4AO
SoRunREC	T/Th	6pm	7E0.YSES	1/2	4AP
SoRunREC	M/W	7:15pm	7E0.7R9B	1/3	4AO
SoRunREC	Sa	9am	7E0.TCGX	1/6	4AP
SoRunREC	Sa	11am	7E0.5VQY	1/6	4AP
SoRunREC	Sa	11:25am	7E0.8YA5	1/6	4AP
SoRunREC	Su	9:20am	7E0.08I4	1/7	4AP
SoRunREC	Su	11:20am	7E0.XR13	1/7	4AP
SoRunREC	M/W	7:15pm	7E0.RE20	1/29	4AP
SoRunREC	T/Th	6pm	7E0.2F65	1/30	4AP
SpHillREC	T	6pm	7E0.4E3K	1/2	4AP
SpHillREC	W	5:45pm	7E0.VT5I	1/3	4AP
SpHillREC	Th	8pm	7E0.6CUG	1/4	4AP
SpHillREC	Sa	9:35am	7E0.0THZ	1/6	4AO
SpHillREC	Su	9am	7E0.05BH	1/7	4AO
SpHillREC	Su	11:40am	7E0.JAWG	1/7	4AO

SpHillREC	M	6:55pm	7E0.GMKI	1/8	4AO
Wkfld/Moore	T	6:05pm	7E0.D1IV	1/2	4AQ
Wkfld/Moore	M/W	7:10pm	7E0.CNST	1/3	4AN
Wkfld/Moore	Th	6:35pm	7E0.4QWU	1/4	4AQ
Wkfld/Moore	Sa	9:35am	7E0.MI04	1/6	4AP
Wkfld/Moore	Sa	11:10am	7E0.NOIN	1/6	4AP
Wkfld/Moore	Su	9:35am	7E0.V4SU	1/7	4AP
Wkfld/Moore	Su	11:10am	7E0.4DMM	1/7	4AP
Wkfld/Moore	M/W	7:10pm	7E0.754Y	1/31	4AN
CubRunREC	W	7:10pm	COC.Q34X	1/3	4APF
CubRunREC	M	7:35pm	COC.75DR	1/8	4APF

Swimming IV for Children

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

4AN	6--45 minute lessons--\$91
4AO	7--45 minute lessons--\$107
4AP	8--45 minute lessons--\$124
4AQ	9--45 minute lessons--\$140
4AQF	8--45 minute lessons--\$206
4AQG	9--45 minute lessons--\$236

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7:35pm	A7C.KHZ4	1/2	4AQ
CubRunREC	Th	7:35pm	A7C.D3HK	1/4	4AQ
CubRunREC	Sa	9am	A7C.YNPD	1/6	4AO
CubRunREC	Sa	10:35am	A7C.Y37U	1/6	4AO
CubRunREC	Sa	11:50am	A7C.ERH3	1/6	4AO
CubRunREC	Su	9am	A7C.G1QJ	1/7	4AO
CubRunREC	Su	10:35am	A7C.54WS	1/7	4AO
CubRunREC	Su	11:50am	A7C.GCX9	1/7	4AO
Franconia Rec	M/W	7:25pm	A7C.XFJH	1/3	4AO
Franconia Rec	Th	7:25pm	A7C.EM7Y	1/4	4AP
Franconia Rec	Sa	10am	A7C.N7RS	1/6	4AP
Franconia Rec	Sa	11:55am	A7C.RFHU	1/6	4AP
Franconia Rec	Su	9:55am	A7C.77GQ	1/7	4AO
Franconia Rec	T	6:35pm	A7C.LLL1	1/9	4AO
Franconia Rec	M/W	7:25pm	A7C.Y7YT	1/29	4AP
GWREC	Sa	10:05am	A7C.FVTQ	1/6	4AP
OakMarREC	T/Th	6pm	A7C.JX28	1/2	4AP
OakMarREC	M/W	6pm	A7C.PDOT	1/3	4AO
OakMarREC	Sa	9am	A7C.8TZX	1/6	4AN
OakMarREC	Sa	10:55am	A7C.NUDP	1/6	4AN
OakMarREC	Su	1pm	A7C.55PW	1/7	4AP
OakMarREC	Su	10am	A7C.0VNV	1/7	4AP
OakMarREC	M/W	6pm	A7C.19HH	1/29	4AP
OakMarREC	T/Th	6pm	A7C.7FC9	1/30	4AP
OakMarREC	T/Th	6pm	A7C.V556	1/30	4AP
ProvREC	T	7:25pm	A7C.D1MY	1/2	4AP
ProvREC	Sa	9:10am	A7C.0LCI	1/6	4AP
ProvREC	Sa	12pm	A7C.X6GU	1/6	4AP
ProvREC	Su	9am	A7C.AQ1F	1/7	4AP
ProvREC	Su	11:50am	A7C.G17I	1/7	4AP
ProvREC	M	7:10pm	A7C.4VHF	1/8	4AO
SoRunREC	T/Th	6:50pm	A7C.2C9D	1/2	4AP
SoRunREC	M/W	6:10pm	A7C.30S5	1/3	4AO
SoRunREC	Sa	9:50am	A7C.9JKL	1/6	4AP
SoRunREC	Su	8:30am	A7C.2D2C	1/7	4AP
SoRunREC	Su	10:10am	A7C.CEG1	1/7	4AP
SoRunREC	F	6:05pm	A7C.BZT6	1/19	4AN
SoRunREC	M/W	6:10pm	A7C.48XF	1/29	4AP
SoRunREC	T/Th	6:50pm	A7C.USDJ	1/30	4AP
SpHillREC	T	8pm	A7C.HX9Q	1/2	4AP
SpHillREC	Th	7:10pm	A7C.XUFL	1/4	4AP
SpHillREC	Sa	9:10am	A7C.T7Y0	1/6	4AO
SpHillREC	Sa	12pm	A7C.7NQL	1/6	4AO
SpHillREC	Su	10am	A7C.N1NR	1/7	4AO

SpHillREC	Su	12:20pm	A7C.9PBH	1/7	4A0
SpHillREC	M	6pm	A7C.QYN4	1/8	4A0
SpHillREC	F	7:35pm	A7C.WHON	1/19	4AN
Wkfld/Moore	T	5:30pm	A7C.WJHR	1/2	4AQ
Wkfld/Moore	M/W	6pm	A7C.2R3T	1/3	4AN
Wkfld/Moore	Th	7:25pm	A7C.NB1W	1/4	4AQ
Wkfld/Moore	Sa	10am	A7C.QQHY	1/6	4AP
Wkfld/Moore	Su	11:10am	A7C.3MQB	1/7	4AP
Wkfld/Moore	M/W	6pm	A7C.ZNHJ	1/31	4AN
CubRunREC	W	7:35pm	D76.AHQJ	1/3	4AQG
CubRunREC	M	6:45pm	D76.M7AJ	1/8	4AQF
CubRunREC	M	7:35pm	D76.FJWG	1/8	4AQF

Swimming V for Children

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

4AAA	9--55 minute lessons--\$145
4AX	6--55 minute lessons--\$97
4AY	7--55 minute lessons--\$112
4AZ	8--55 minute lessons--\$129
4ARF	8--55 minute lessons--\$206
4ARG	9--55 minute lessons--\$241

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7:45pm	D55.62TX	1/4	4AAA
CubRunREC	Sa	9:50am	D55.86XE	1/6	4AY
CubRunREC	Sa	12:45pm	D55.H93S	1/6	4AY
CubRunREC	Su	9:50am	D5.HZYH	1/7	4AY
CubRunREC	Su	12:45pm	D55.NBDE	1/7	4AY
Franconia Rec	Sa	11:55am	D55.6BDU	1/6	4AZ
Franconia Rec	Su	10:50am	D55.RTU8	1/7	4AY
Franconia Rec	T	7:25pm	D55.A9AE	1/9	4AY
GWREC	Sa	9:05am	D55.SSZA	1/6	4AZ
OakMarREC	T/Th	6:50pm	D55.D9CE	1/2	4AZ
OakMarREC	M/W	6:50pm	D55.XE1E	1/3	4AY
OakMarREC	Sa	9:50am	D55.1JH2	1/6	4AX
OakMarREC	Sa	11:45am	D55.HDT7	1/6	4AX
OakMarREC	Su	1pm	D55.1T29	1/7	4AZ
OakMarREC	Su	10:55am	D55.N603	1/7	4AZ
OakMarREC	M/W	6:50pm	D55.ND16	1/29	4AZ
OakMarREC	T/Th	6:50pm	D55.CT38	1/30	4AZ
ProvREC	W	7:10pm	D55.195S	1/3	4AZ
ProvREC	Sa	10am	D55.WM8U	1/6	4AZ
ProvREC	Su	9:50am	D55.1JMT	1/7	4AZ
SoRunREC	T/Th	7:30pm	D55.M4Q6	1/2	4AZ
SoRunREC	Sa	10:25am	D55.QX0P	1/6	4AZ
SoRunREC	Su	8:30am	D55.V3ZY	1/7	4AZ
SoRunREC	F	6:05pm	D55.9EHS	1/19	4AX
SoRunREC	T/Th	7:30pm	D55.T1B0	1/30	4AZ
SpHillREC	T	6pm	D55.YM56	1/2	4AZ
SpHillREC	W	6pm	D55.7IDM	1/3	4AZ
SpHillREC	Sa	10am	D55.PK04	1/6	4AY
SpHillREC	Su	9am	D55.EYX9	1/7	4AY
SpHillREC	Su	12pm	D55.E04Z	1/7	4AY
SpHillREC	M	6:50pm	D55.2YJF	1/8	4AY
Wkfld/Moore	T	6:05pm	D55.7Y6R	1/2	4AAA
Wkfld/Moore	M/W	6:50pm	D55.G30U	1/3	4AX
Wkfld/Moore	Th	7:25pm	D55.IN79	1/4	4AAA
Wkfld/Moore	Sa	11am	D55.17LI	1/6	4AZ
Wkfld/Moore	Su	10am	D55.H56V	1/7	4AZ
Wkfld/Moore	M/W	6:50pm	D55.036W	1/31	4AX
CubRunREC	W	7:35pm	HQJ.UL9H	1/3	4ARG
CubRunREC	M	7:35pm	HQJ.AZ2J	1/8	4ARF

Swimming VI for Children

(6-12 yrs.) Prerequisite: Swimming VI or equivalent

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	6:45pm	DF4.3J9F	1/4	4AAA
CubRunREC	Sa	9am	DF4.WBSS	1/6	4AY
CubRunREC	Sa	10:50am	DF4.A5EQ	1/6	4AY
CubRunREC	Su	10:50am	DF4.Q57G	1/7	4AY
Franconia Rec	Sa	10:55am	DF4.OY21	1/6	4AZ
Franconia Rec	Su	11:55am	DF4.89VP	1/7	4AY
OakMarREC	T/Th	7:50pm	DF4.YZDZ	1/2	4AZ
OakMarREC	Sa	11:55am	DF4.C3EV	1/6	4AX
OakMarREC	Su	9am	DF4.5EQ5	1/7	4AZ
OakMarREC	Su	11:55am	DF4.NGCL	1/7	4AZ
OakMarREC	T/Th	7:50pm	DF4.BQ14	1/30	4AZ
ProvREC	Sa	11am	DF4.09E9	1/6	4AZ
ProvREC	Su	10:50am	DF4.9D55	1/7	4AZ
SoRunREC	M/W	6pm	DF4.2HUD	1/3	4AY
SoRunREC	Sa	10:40am	DF4.1BR7	1/6	4AZ
SoRunREC	Su	10:40am	DF4.UHTT	1/7	4AZ
SoRunREC	M/W	6pm	DF4.8LF9	1/29	4AZ
SpHillREC	T	7pm	DF4.JS0S	1/2	4AZ
SpHillREC	W	7pm	DF4.AALI	1/3	4AZ
SpHillREC	Th	8pm	DF4.ZPV7	1/4	4AZ
SpHillREC	Sa	11am	DF4.L927	1/6	4AY
SpHillREC	Su	11am	DF4.IZ2G	1/7	4AY
SpHillREC	F	6:35pm	DF4.8KZP	1/19	4AX
Wkfld/Moore	T	6:20pm	DF4.FUM3	1/2	4AAA
Wkfld/Moore	M/W	7:50pm	DF4.TWCU	1/3	4AX

Keep Swimming at Oak Marr's Swim Clinics



Looking to improve your swimming skills? Join a swim clinic during December!

Short, focused swim instruction sessions help you improve your skills in the water and learn new strokes.

Learn more and register at www.fairfaxcounty.gov/parks/reccenter/oak-marr/.

OAK MARR REC CENTER

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

Wkfld/Moore	Th	7:25pm	DF4.3L34	1/4	4AAA
Wkfld/Moore	Sa	9am	DF4.AL51	1/6	4AZ
Wkfld/Moore	Sa	12pm	DF4.0B74	1/6	4AZ
Wkfld/Moore	Su	9am	DF4.FFY2	1/7	4AZ
Wkfld/Moore	M/W	7:50pm	DF4.QWC2	1/31	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.

4AP 8--45 minute lessons--\$124

Location	Day	Time	Code	Begin	\$
SoRunREC	W	2:30pm	CAC.W334	1/3	4AP

Home School Learn to Swim Level 3 & 4

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

4AP 8--45 minute lessons--\$124

Location	Day	Time	Code	Begin	\$
SoRunREC	W	1:40pm	8B2.JXST	1/3	4AP

Home School Learn to Swim Level 5 & 6

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

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

Location	Day	Time	Code	Begin	\$
SoRunREC	W	12:30pm	A75.BMYY	1/3	4AZ

Homeschool Stroke & Swim

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

4AAA	9--55 minute lessons--\$145
4AX	6--55 minute lessons--\$97
4AZ	8--55 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:25pm	AFC.3QS8	1/2	4AAA
OakMarREC	W	10:30am	AFC.TFW3	1/3	4AZ
OakMarREC	W	10:45am	AFC.2P10	1/3	4AZ
OakMarREC	F	10:30am	AFC.TP81	1/5	4AX
SoRunREC	W	11:30am	AFC.ZET4	1/3	4AZ

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Swim Classes for Teens & Adults

Swimming I - Teens & Adults

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	7D5.76LF	1/2	4AAA
CubRunREC	F	12pm	7D5.Y9W8	1/5	4AZ
CubRunREC	Su	8am	7D5.C5W9	1/7	4AY
Franconia Rec	M/W	7:15pm	7D5.IUWU	1/3	4AY
Franconia Rec	Sa	9am	7D5.HS8T	1/6	4AZ
OakMarREC	T/Th	7:40pm	7D5.SF25	1/2	4AZ
OakMarREC	M/W	7:40pm	7D5.WNLR	1/3	4AY
OakMarREC	F	10:20am	7D5.SQOH	1/5	4AX
OakMarREC	Su	9am	7D5.I9L3	1/7	4AZ
OakMarREC	M/W	7:40pm	7D5.HHDQ	1/29	4AZ
OakMarREC	T/Th	7:40pm	7D5.KXQJ	1/30	4AZ
ProvREC	Sa	11:40am	7D5.BR4H	1/6	4AZ
ProvREC	M	8pm	7D5.D5JG	1/8	4AY
SpHillREC	Sa	11:50am	7D5.STCB	1/6	4AY
SpHillREC	M	7:45pm	7D5.TISP	1/8	4AY
Wkfld/Moore	M/W	8pm	7D5.ABQN	1/3	4AX
Wkfld/Moore	Su	3pm	7D5.WT1D	1/7	4AZ

Swimming II - Teens & Adults

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	W	8pm	75A.SCJM	1/3	4AAA
CubRunREC	F	10am	75A.X9RN	1/5	4AZ
CubRunREC	Su	8am	75A.A3VQ	1/7	4AY
Franconia Rec	Sa	10:55am	75A.1NOY	1/6	4AZ
Franconia Rec	T	7:25pm	75A.S478	1/9	4AY
Franconia Rec	M/W	7:15pm	75A.6T3K	1/29	4AZ
OakMarREC	T/Th	7:40pm	75A.ENNU	1/2	4AZ
OakMarREC	M/W	7:40pm	75A.6ZJC	1/3	4AY
OakMarREC	F	11:20am	75A.PLIH	1/5	4AX
OakMarREC	Su	9am	75A.GC6H	1/7	4AZ
OakMarREC	M/W	7:40pm	75A.910A	1/29	4AZ
OakMarREC	T/Th	7:40pm	75A.YNIV	1/30	4AZ
ProvREC	T	7:25pm	75A.064T	1/2	4AZ
SpHillREC	W	7:10pm	75A.MY3D	1/3	4AZ
SpHillREC	Su	11:50am	75A.2MV1	1/7	4AY
Wkfld/Moore	Su	4pm	75A.KEQO	1/7	4AZ
Wkfld/Moore	M/W	8pm	75A.NTIT	1/31	4AX

Swimming III - Teens & Adults

(13-Adult) Prerequisite: Swimming II or skill proficiency to swim unassisted on front and back at least three body lengths using arms and legs, and to submerge face in water for at least three seconds. Class

emphasizes increasing endurance and independent swimming skills. Skills include rotary breathing, entering deep water safely, treading water 15 seconds, and swimming front crawl and elementary backstroke 15 yards, and swimming back crawl five yards without assistance or support.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	346.NAQ5	1/4	4AAA
CubRunREC	F	11am	346.X8W5	1/5	4AZ
CubRunREC	Su	8am	346.KGVB	1/7	4AY
OakMarREC	M/W	7:50pm	346.9H4H	1/3	4AY
OakMarREC	F	12:25pm	346.2RI5	1/5	4AX
OakMarREC	Su	9am	346.7LJH	1/7	4AZ
OakMarREC	M/W	7:50pm	346.PNYA	1/29	4AZ
ProvREC	W	7:40pm	346.YYZI	1/3	4AZ
SpHillREC	T	7:40pm	346.LFWO	1/2	4AZ
Wkfld/Moore	Su	5:05pm	346.N844	1/7	4AZ

Swimming IV - Teens & Adults

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

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

Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	12pm	915.ZWJZ	1/6	4AX
OakMarREC	Su	9am	915.A32U	1/7	4AZ



ADAPTED AQUATICS VOLUNTEERS

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

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



Swimming V - Teens & Adults

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

4AZ	8--55 minute lessons--\$129
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Location	Day	Time	Code	Begin	\$
OakMarREC	Su	9am	7CA.ZE15	1/7	4AZ

Advanced Swimming

Stroke Mechanics

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

4AHJ	8--55 minute lessons--\$131
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	12:10pm	BEE.D80C	1/7	4AHJ

Stroke Mechanics I

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

4AHB	6--45 minute lessons--\$92
4AHC	7--45 minute lessons--\$109
4AHD	8--45 minute lessons--\$126

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	2C5.GCLU	1/6	4AHC
CubRunREC	Sa	11:20am	2C5.MH8V	1/6	4AHC
CubRunREC	Su	9am	2C5.PB9H	1/7	4AHC
CubRunREC	Su	11:20am	2C5.FF6A	1/7	4AHC
Franconia Rec	Sa	10am	2C5.PXLU	1/6	4AHD
OakMarREC	T/Th	6pm	2C5.1G40	1/2	4AHD
OakMarREC	Sa	10am	2C5.8QR9	1/6	4AHB
OakMarREC	Su	10am	2C5.RYEX	1/7	4AHD
OakMarREC	T/Th	6pm	2C5.4LBM	1/30	4AHD
ProvREC	Th	6pm	2C5.S666	1/4	4AHD
ProvREC	Sa	9:10am	2C5.NR1B	1/6	4AHD
ProvREC	Su	9am	2C5.B5GY	1/7	4AHD
SoRunREC	M/W	8pm	2C5.Y1UX	1/3	4AHC
SoRunREC	Sa	9am	2C5.0007	1/6	4AHD
SoRunREC	Su	10:30am	2C5.SKZL	1/7	4AHD
SoRunREC	M/W	8pm	2C5.80T8	1/29	4AHD
SpHillREC	T	6:10pm	2C5.5C5G	1/2	4AHD
SpHillREC	Sa	9:10am	2C5.GBV8	1/6	4AHC
SpHillREC	Su	9:10am	2C5.9RFX	1/7	4AHC
SpHillREC	M	6:10pm	2C5.Y7RA	1/8	4AHC



Stroke Mechanics II

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:50am	6D4.W4N9	1/6	4AHI
CubRunREC	Su	9:50am	6D4.2SYJ	1/7	4AHI
Franconia Rec	Sa	9am	6D4.BR6F	1/6	4AHJ
OakMarREC	M/W	6pm	6D4.X09E	1/3	4AHI
OakMarREC	Sa	10am	6D4.94A0	1/6	4AHH
OakMarREC	Su	10:55am	6D4.YWPL	1/7	4AHJ
OakMarREC	M/W	6pm	6D4.NMHX	1/29	4AHJ
ProvREC	Th	6:50pm	6D4.BX4S	1/4	4AHJ
ProvREC	Sa	10am	6D4.53E0	1/6	4AHJ
ProvREC	Su	9:50am	6D4.MKPD	1/7	4AHJ
SpHillREC	T	7pm	6D4.MWAI	1/2	4AHJ
SpHillREC	Sa	10am	6D4.64W3	1/6	4AHI
SpHillREC	Su	10am	6D4.U1HA	1/7	4AHI
SpHillREC	M	7pm	6D4.KJ16	1/8	4AHI
Wkfld/Moore	Su	9am	6D4.ZRGA	1/7	4AHJ

Stroke Mechanics III

(9-15 yrs.) Prerequisite: Experienced swimmers who have completed Stroke Mechanics II, can tread water for one minute and swim continuously at least 150 yards freestyle, 100 yards backstroke, 50 yards breaststroke, and 25 yards butterfly. Students must wear a one-piece, competitive-style swim suit and

goggles. Students with long hair are required to wear a swim cap. Class emphasizes increasing swimming endurance and distances through interval training and pace clock use and further refines swim strokes, starts and turns. Individual Medley (IM) is introduced and practiced.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:50am	E57.HTP2	1/6	4AHI
CubRunREC	Su	10:50am	E57.MVST	1/7	4AHI
OakMarREC	T/Th	6:50pm	E57.HTI3	1/2	4AHJ
OakMarREC	Sa	11:05am	E57.XAY4	1/6	4AHH
OakMarREC	Su	11:55am	E57.RQN8	1/7	4AHJ
OakMarREC	T/Th	6:50pm	E57.Y1UY	1/30	4AHJ
ProvREC	Th	7:50pm	E57.ITPT	1/4	4AHJ
ProvREC	Sa	11am	E57.TRG	1/6	4AHJ
ProvREC	Su	10:50am	E57.I4RY	1/7	4AHJ
SpHillREC	W	6pm	E57.PS23	1/3	4AHJ
SpHillREC	Th	6pm	E57.PQKL	1/4	4AHJ
SpHillREC	Sa	11am	E57.MGU2	1/6	4AHI
SpHillREC	Su	11am	E57.8VC5	1/7	4AHI
Wkfld/Moore	Su	10am	E57.ZLPX	1/7	4AHJ

Stroke Mechanics IV

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:50am	2F3.K5WX	1/6	4AHI
CubRunREC	Su	11:50am	2F3.8W2U	1/7	4AHI
OakMarREC	M/W	7pm	2F3.ANTY	1/3	4AHI
OakMarREC	Sa	12:05pm	2F3.ZL5U	1/6	4AHH
OakMarREC	Su	1pm	2F3.W52G	1/7	4AHJ
OakMarREC	M/W	7pm	2F3.ETSA	1/29	4AHJ
ProvREC	Sa	12pm	2F3.01AZ	1/6	4AHJ
ProvREC	Su	11:50am	2F3.NKRD	1/7	4AHJ
SpHillREC	W	7pm	2F3.CXK5	1/3	4AHJ
SpHillREC	Th	7pm	2F3.3MUZ	1/4	4AHJ
SpHillREC	Sa	12pm	2F3.KW40	1/6	4AHI
SpHillREC	Su	12pm	2F3.FUYJ	1/7	4AHI
Wkfld/Moore	Su	11:10am	2F3.5E0J	1/7	4AHJ

Lap Swim

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	8pm	41A.2EA2	1/2	4AAA
CubRunREC	Th	8pm	41A.46XR	1/4	4AAA
CubRunREC	Su	9am	41A.V6ZB	1/7	4AY
OakMarREC	T/Th	7:50pm	41A.9CS9	1/2	4AZ

OakMarREC	W	11:30am	41A.1NSF	1/3	4AZ
OakMarREC	Sa	9am	41A.GV7C	1/6	4AX
OakMarREC	Su	9am	41A.1FRM	1/7	4AZ
OakMarREC	T/Th	7:50pm	41A.RWIN	1/30	4AZ
SoRunREC	T/Th	9:30am	41A.C308	1/30	4AZ
SpHillREC	M	7:50pm	41A.D26N	1/8	4AY
SpHillREC	F	7:45pm	41A.3GSQ	1/19	4AX

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.

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

Location	Day	Time	Code	Begin	\$
OakMarREC	F	11:30am	C96.2TK7	1/5	4AX
SoRunREC	T/Th	10:30am	C96.87PJ	1/2	4AZ
SoRunREC	T/Th	10:30am	C96.GRHH	1/30	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 gradually adjust their workout to make it more challenging.

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

Location	Day	Time	Code	Begin	\$
OakMarREC	M/W	8pm	85E.Z0F0	1/3	4AY
OakMarREC	W	9:30am	85E.HS2T	1/3	4AZ
OakMarREC	F	9:30am	85E.NUP8	1/5	4AX
OakMarREC	Sa	9am	85E.MOLL	1/6	4AX
OakMarREC	Su	10am	85E.C0CG	1/7	4AZ
OakMarREC	M/W	8pm	85E.250I	1/29	4AZ

Swim Clinics

Butterfly & Breaststroke Clinic II

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

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

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	2D5.I7AC	1/7	4AY

Freestyle & Backstroke Clinic II

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

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

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	1pm	40A.8PS8	1/7	4AY



Aquatics

Swim Team Prep

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

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

Location	Day	Time	Code	Begin	\$
GWREC	Sa	1:45pm	E8D.EZAQ	1/6	4AZ
GWREC	Sa	11am	E8D.VEMA	1/6	4AZ
OakMarREC	Sa	10:55am	E8D.1K73	1/6	4AX
OakMarREC	Su	11am	E8D.431X	1/7	4AZ
SpHillREC	W	8pm	E8D.HQC5	1/3	4AY

Aquatic Fitness

Options for aquatic exercisers:

Drop-In (or pay as you go)

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

Aqua Exercise Flex Pass

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

Register for coded class listed in Parktakes

Registration guarantees a space in the class.

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

Aerobic Water Exercise

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

4ABA	11--55 minute lessons--\$150
4ABB	12--55 minute lessons--\$167
4ABC	13--55 minute lessons--\$177
4ABG	24--55 minute lessons--\$328
4ABH	26--55 minute lessons--\$355
4ABN	10--55 minute lessons--\$137
4ABU	9--55 minute lessons--\$123
4ABY	35--55 minute lessons--\$478

Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	3AD.N53J	1/3	4ABU
Franconia Rec	F	8:30am	3AD.S1WC	1/5	4ABC
GWREC	T/Th	5:05pm	3AD.D8T6	1/2	4ABH
GWREC	M/W/F	8:30am	3AD.PD2U	1/3	4ABY
OakMarREC	W	9am	3AD.KQNV	1/3	4ABB
OakMarREC	Th	10am	3AD.1BL1	1/4	4ABB
OakMarREC	F	9am	3AD.8HJ9	1/5	4ABN
OakMarREC	Su	4:15pm	3AD.5TK1	1/7	4ABB
ProvREC	T/Th	8:30am	3AD.LMWC	1/2	4ABG
ProvREC	T/Th	9:30am	3AD.Z2WP	1/2	4ABG
ProvREC	M/W/F	7:30am	3AD.2GRN	1/3	4ABY
ProvREC	Su	10:00a	3AD.1Y2V	1/7	4ABB
ProvREC	M	10:30am	3AD.PC66	1/8	4ABA
SoRunREC	T/Th	9am	3AD.IRPC	1/2	4ABG
SoRunREC	M/W/F	9am	3AD.WZA3	1/3	4ABY
SpHillREC	M/W/F	8:30am	3AD.WOSP	1/3	4ABY
Wkfld/Moore	T/Th	9:05am	3AD.CXVC	1/2	4ABG
Wkfld/Moore	M/W/F	9am	3AD.NDWW	1/3	4ABY

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.

4ABB	12--55 minute lessons--\$167
4ABN	10--55 minute lessons--\$137
4ABQ	23--55 minute lessons--\$314
4ABY	35--55 minute lessons--\$478

Location	Day	Time	Code	Begin	\$
OakMarREC	W	8am	40C.Y1BL	1/3	4ABB
OakMarREC	F	8am	40C.W551	1/5	4ABN
ProvREC	M/W	6pm	40C.TRO2	1/3	4ABQ
ProvREC	Sa	9am	40C.7S80	1/6	4ABB
SpHillREC	T	10am	40C.XJWY	1/2	4ABB
SpHillREC	M/W/F	7:30am	40C.Z00E	1/3	4ABY

Aqua Fit and Tone

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

4ABQ	23--55 minute lessons--\$314
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Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	8:30am	AA8.KDG2	1/3	4ABQ
Franconia Rec	T/Th	7:35pm	AA8.60XN	1/4	4ABQ

Buy a 30-Visit Pass for the Best Rate!

Aqua Flex Pass Sale

November

- Buy the membership pass that gets you into the pool.
- Aqua Flex Passes get you entry into aquatics classes.
- Get a 15% discount on the 30-visit pass and a 10% discount on the 20-visit pass!

Learn more and purchase today at www.fairfaxcounty.gov/parks/recenter/swimming

Aqua Get Fit

(13-Adult) This class focuses on building strength, balance, and endurance using the water's buoyancy and support. Designed for those new to water exercise or those looking for a new fitness opportunity, this fun-filled class focuses on using aqua fitness to progress individual health goals.

4ABB	12--55 minute lessons--\$167
4ABQ	23--55 minute lessons--\$314

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	6:35pm	2A9.GWID	1/4	4ABQ
ProvREC	Sa	8am	2A9.X41Q	1/6	4ABB

Aqua Zumba

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

4ABA	11--55 minute lessons--\$150
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Location	Day	Time	Code	Begin	\$
Franconia Rec	T	9:45am	62B.9PR1	1/9	4ABA

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--\$150
4ABB	12--55 minute lessons--\$167
4ABG	24--55 minute lessons--\$328
4ABH	26--55 minute lessons--\$355
4ABQ	23--55 minute lessons--\$314
4ABV	18--55 minute lessons--\$246
4ABY	35--55 minute lessons--\$478

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.QUFC	1/2	4ABV
Franconia Rec	M/W	9:45am	9E8.N7WI	1/3	4ABQ
GWREC	T/Th	8am	9E8.DA2M	1/2	4ABH
GWREC	T/Th	9am	9E8.22CN	1/2	4ABH
GWREC	M/W/F	11:30am	9E8.S9NF	1/3	4ABY
OakMarREC	Th	11am	9E8.LWQ3	1/4	4ABB
ProvREC	T/Th	11:30am	9E8.J2F0	1/2	4ABG
ProvREC	M	11:30am	9E8.OJYB	1/8	4ABA
SoRunREC	T/Th	10am	9E8.PPKH	1/2	4ABG
SoRunREC	T/Th	11am	9E8.0HXT	1/2	4ABG
SoRunREC	M/W/F	10am	9E8.4UND	1/3	4ABY
SpHillREC	M/W/F	10:40am	9E8.JW1G	1/3	4ABY
Wkfld/Moore	T/Th	11:05am	9E8.KGG0	1/2	4ABG

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--\$150
4ABB	12--55 minute lessons--\$167
4ABG	24--55 minute lessons--\$328
4ABK	33--55 minute lessons--\$451
4ABP	21--55 minute lessons--\$286
4ABV	18--55 minute lessons--\$246
4ABY	35--55 minute lessons--\$478

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.84BU	1/2	4ABV
Franconia Rec	Sa	10am	B8B.POIR	1/6	4ABB
Franconia Rec	Su	3pm	B8B.KMBJ	1/7	4ABA
GWREC	M/W/F	7:30am	B8B.S9SE	1/3	4ABY
GWREC	M/W/F	9:30am	B8B.L5UJ	1/3	4ABY

GWREC	M/W/F 10:30am	B8B.SL59	1/3	4ABY
OakMarREC	T/Th 9am	B8B.PRUE	1/2	4ABG
OakMarREC	M/W/F 9:10am	B8B.4PFW	1/3	4ABK
OakMarREC	Su 5pm	B8B.5YP7	1/7	4ABB
ProvREC	T/Th 5:50pm	B8B.WYV7	1/2	4ABG
ProvREC	T/Th 6:50pm	B8B.GN2X	1/2	4ABG
ProvREC	M 8:30am	B8B.XCA3	1/8	4ABA
SoRunREC	T/Th 8am	B8B.6LHM	1/2	4ABG
SoRunREC	M/W/F 8am	B8B.OEVZ	1/3	4ABY
SphillREC	T 9am	B8B.5LZ7	1/2	4ABB
SphillREC	M/W/F 9:40am	B8B.TDWI	1/3	4ABY
Wkfld/Moore	T/Th 8am	B8B.6POF	1/2	4ABG
Wkfld/Moore	M/W 11am	B8B.D40G	1/3	4ABP
Wkfld/Moore	Su 11am	B8B.UPD9	1/7	4ABB

ABCs of Deep Water Training

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

4ABK 33--55 minute lessons--\$451

Location	Day	Time	Code	Begin	\$
OakMarREC	M/W/F 10:10am	4A8.R8QW	1/3	4ABK	

Advanced Deep Water Exercise

(13-Adult) Prerequisite: Students must be able to swim 25 yards continuously. An excellent full-body workout that is more intense than the Deep Water Exercise class. This class is for the experienced deep water exerciser looking for a challenging workout.

4ABA 11--55 minute lessons--\$150

4ABK 33--55 minute lessons--\$451

4ABQ 23--55 minute lessons--\$314

Location	Day	Time	Code	Begin	\$
Franconia Rec	T/Th	8:30am	B79.NK14	1/4	4ABQ
OakMarREC	M/W/F 8:10am	B79.CPCW	1/3	4ABK	
ProvREC	M	9:30am	B79.U1CI	1/8	4ABA

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.

4ABG 24--55 minute lessons--\$328

Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	12pm	7F0.AL2F	1/2	4ABG

Power Fanning

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

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

4ABC 13--55 minute lessons--\$177

4ABQ 23--55 minute lessons--\$314

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	7:35am	83P.CF40	1/3	4ABQ
Franconia Rec	Sa	9am	83P.DCKA	1/3	4ABB
Franconia Rec	Th	10am	83P.FERJ	1/4	4ABC

S'WET Aqua Fitness

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

4ABA 11--55 minute lessons--\$150

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

4ABQ 23--55 minute lessons--\$314

Location	Day	Time	Code	Begin	\$
Franconia Rec	M/W	7:30am	GS8.6UMI	1/3	4ABQ
Franconia Rec	Th	9:45am	GS8.FT27	1/4	4ABB
Franconia Rec	Su	2pm	GS8.ERX3	1/7	4ABA

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 the whole body.

4ABA 11--55 minute lessons--\$150

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

4ABC 13--55 minute lessons--\$177

4ABK 33--55 minute lessons--\$451

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	10:45am	7B5.QGDZ	1/3	4ABA
Franconia Rec	F	9:45am	7B5.LD04	1/5	4ABC
ProvREC	T	10:30am	7B5.25PA	1/2	4ABB
Wkfld/Moore	M/W/F 10am	7B5.NG6A	1/3	4ABK	



REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktakes



Saturday, November 4

2-4 p.m.

FREE! • Adults Only

Registration Required

3 Rec Centers:

Oak Marr

Audrey Moore

Franconia

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

www.fairfaxcounty.gov/parks/recenter/swimming

Specialty Classes

Kayak Rolling

(13-Adult) Here's an opportunity for experienced students to practice skills in kayaks or C-1 canoes under the guidance of an instructor. Students must have prior experience before signing up for this course. Kayaks are available on a first-come, first-served basis for an additional fee.

4KC 3--3 hour lessons--w/o kayak--\$84

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	6:15pm	4D7.87D3	1/6	4KC
Franconia Rec	Sa	6:15pm	4D7.0NCU	2/3	4KC

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--\$129

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	1:05pm	5B5.AXHP	1/6	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--\$129

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2:05pm	8A5.GW5B	1/6	4AZ



Attractions

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



Birthday Party Packages

With an array of birthday party options and star attractions, there's a party style to suit every child at your favorite park. For party particulars, check the listings at www.fairfaxcounty.gov/parks/parties or call the sites directly.

Audrey Moore Rec Center	703-321-7081
Burke Lake Park	703-323-6600
Cub Run Rec Center	703-817-9407
Ellanor C. Lawrence Park	703-631-0013
Franconia Rec Center	703-922-9841
Frying Pan Park	703-437-9101
Green Spring Gardens	703-642-5173
George Washington Rec Center	703-780-8894
Hidden Oaks Nature Center	703-941-1065
Hidden Pond Nature Center	703-451-9588
Huntley Meadows Park	703-768-2525
Jefferson District Park and Golf Course	703-573-0443
Lake Accotink Park	703-569-3464
Lake Fairfax Park	703-471-5414
Oak Marr Rec Center	703-281-6501
Pinecrest Golf Course	703--941-1061
Providence Rec Center	703-698-1351
Riverbend Nature Center	703-759-9018
South Run Rec Center	703-866-0566
Spring Hill Rec Center	703-827-0989
Sully Historic Site	703-437-1794



Bike Rentals Offered at Accotink Marina

Bike the trails at Lake Accotink Park — even if you didn't bring a bike! Through a partnership with Trails for Youth, Lake Accotink Park rents out bikes

for older kids and adults. Each bike rents for \$10 per hour. Fee drops to \$5 per hour for each additional bike rented during the same time period. Helmets provided. Photo ID required for rental. For hours of operation, call 703-569-3464.

Clemyjontri Park



6317 Georgetown Pike
McLean, Va. 22101
703-388-2807
www.fairfaxcounty.gov/parks/clemyjontri

- Fully accessible play-ground
- Two-acres
- Track rides
- Balance beams
- Swings
- Maze
- Carousel recessed to ground level
- Picnic pavilion with tables that accommo-date wheelchairs.
- Trackless train for children and adults

Hours

The park is open year-round from 7 a.m. to dusk. The carousel operates daily Memorial Day – Labor Day, 9:30 a.m.-1 p.m. Mon.- Fri.; 9:30 a.m.-6 p.m. weekends. Open weekends only in September and October, 9:30 a.m.-6 p.m.

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

Come to the Parks for Picnics



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

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! For more information and hours, visit www.fairfaxcounty.gov/parks/recenter/cub-run/leisure-pool or call 703-817-9407.



Park Trails

If you live in Fairfax County, there's a good chance there's a nature trail close to your backyard. Let the Park Authority's Trail Buddy mapping tool be your guide.

Visit www.fairfaxcounty.gov/parks/trails.

The Cross County Trail

Extending from Lorton in the south to Great Falls in the north, the 40-mile Gerry Connolly Cross County Trail runs through the heart of Fairfax County. The trail offers recreation, exercise, opportunities for contact with nature and history, and the “green” option of walking or biking instead of driving to work, to shopping centers or to Metro stations.

For GCCCT maps, visit www.fairfaxcounty.gov/parks/trails/cross-county-trail.

Camps

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



School Break & Holiday Camps Register by Nov. 14 and save \$8!

IMPORTANT INFORMATION:

- Refunds/transfers must be requested at least 14 days prior to the camp/workshop start date. All but \$25 will be returned for those approved refunds. Refund/transfer requests made within 13 days of the start of the camp/workshop will only be approved for medical emergencies with doctor's note. Send requests to camps@fairfax-county.gov. **Do not use a refund request form.**
- Emergency, Pick-Up Authorization and Code of Conduct forms must be completed and brought on the first day. These forms may be found in the Camp Parent Handbook on the camp webpage at www.fairfaxcounty.gov/parks/campforms
- Full-day camps: bring snack, lunch & drink daily.

Art & Performing Arts

Action! Acting Adventures

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

Location	Days	Time	Code	Dates	\$
Prov REC	F	9am-4pm	Q7Z.LIBS	1/26	\$79
SpHillREC	F	9am-4pm	Q7Z.MBEW	1/26	\$79
OakMarrREC	M	9am-4pm	Q7Z.JR6V	2/19	\$79

Action! Broadway Camp

(7-14 yrs.) Put on a surprise showcase with new music and scripts inspired by Broadway hits. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises every day! Family/friends enjoy a mini performance on Friday. Rec Center camps should bring a swimsuit/towel for a pool break.

Location	Days	Time	Code	Dates	\$
CubRun REC	M-F	9am-4pm	Z18.2QDM	12/18-12/22	\$315
Prov REC	M-F	9am-4pm	Z18.TUS3	12/18-12/22	\$315
SpHillREC	M-F	9am-4pm	Z18.QC90	12/18-12/22	\$315
Wkfld/Moore	Tu-F	9am-4pm	Z18.HN75	12/26-12/29	\$255
SpHillREC	M	9am-4pm	Z18.E980	1/15	\$79
Wkfld/Moore	M	9am-4pm	Z18.9YTG	1/15	\$79
FranconiaRec	M	9am-4pm	Z18.9XCZ	2/19	\$79
Wkfld/Moore	M	9am-4pm	Z18.WLJ1	2/19	\$79

NEW! Action! Pop Star Jingle Jam

(7-14 yrs.) Performers channel their favorite pop stars with a special a musical line-up filled with holiday hits. Take center stage singing and dancing to your favorite holiday songs and act in original scenes. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises every day! Family/friends enjoy a mini performance on Friday. Rec Center camps should bring a swimsuit/towel for a pool break.

Location	Days	Time	Code	Dates	\$
SoRunREC	M-F	9am-4pm	COP.5UBR	12/18-12/22	\$315
Wkfld/Moore	M-F	9am-4pm	COP.GI15	12/18-12/22	\$315
CubRun REC	Tu-F	9am-4pm	COP.LVOM	12/26-12/29	\$255
SpHillREC	Tu-F	9am-4pm	COP.5AM9	12/26-12/29	\$255
Prov REC	Tu-F	9am-4pm	COP.0RQO	12/26-12/29	\$255



NEW! Advanced Paper Mâché w/ Kidcreate Studio

(5-12 yrs.) Create 3D masterpieces using the mega-cool, mega-messy technique of papier mâché! Learn the process of creating you own papier mâché as we sculpt 3D bugs, delicate bowls, and beautiful bird nests.

Location	Days	Time	Code	Dates	\$
Prov REC	Tu-F	9am-12pm	2ZH.AWOU	12/26-12/29	\$195

Awesome Art w/Kidcreate Studio

(5-12 yrs.) Explore all the coolest art materials as you learn drawing techniques, create with clay, and paint on real canvas boards. You will even create a beach scene out of real candy!

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	9am-12pm	PM2.LVJX	12/26-12/29	\$195

Born 2 Dance Holiday Camp

(5-9 yrs.) Learn many styles in this Envision Dance camp including ballet, jazz and hop-hop. A great way to discover many dance styles in one week. Learn dance terminology, positions and choreography. Campers will also enjoy games and crafts and will put on a performance at the end of the week. Rec Center camps should bring a swimsuit/towel for a pool break.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M-F	9am-4pm	VMN.OXFW	12/18-12/22	\$239

NEW: Color Me Christmas w/ Kidcreate Studio

(5-12 yrs.) Get ready for a holly jolly time at our wildly vibrant Christmas class! Create sparkling snowflakes, colorful candy gingerbread houses and brightly colored Christmas décor. You'll be immersed in an explosion of hues and happiness and experience a technicolor Christmas!

Location	Days	Time	Code	Dates	\$
OakMarrREC	M-F	1pm-4pm	MUL.08LB	12/18-12/22	\$239

NEW! Create Your Own Pokémon

(5-12 yrs.) Whether you want a fiery Charizard or a cuddly Pikachu, Kidcreate instructors will guide you through the process of sketching, coloring, and even adding special effects to your creation. Plus, you'll get the chance to show off your artistic skills to your friends and family.

Location	Days	Time	Code	Dates	\$
Prov REC	M	1pm-4pm	S26.WKAV	2/19	\$59

Donut & Cookie Pillow Sewing Camp

(8-12 yrs.) Boys & girls learn basic hand and machine techniques, measuring, using patterns, fabric structure, maintenance and sewing machine operation. Design and decorate your favorite donut or cookie out of fleece making a fun pillow! A supply fee of \$35 is due on the first day for materials.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	Tu-F	9am-4pm	V2U.NJ12	12/26-12/29	\$335

NEW! Do-Re-Mi Art Camp

(6-12 yrs.) Create art inspired by music with Abrakadoodle. Explore opera, instruments, improvisation, and world cultures. Learn about music-loving artists Edgar Degas, Romare Bearden and Julio de Diego.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-4pm	1X0.RGXW	2/19	\$69

NEW! Dot to Dot with Seurat

(5-12 yrs.) Join Kidcreate to explore the magical world of pointillism and learn about Seurat's unique technique, where tiny dots of paint come together to create stunning masterpieces. Kids will create their own pointillism-inspired artwork.

Location	Days	Time	Code	Dates	\$
Lake Fairfax	F	9am-12pm	RX8.VU30	1/26	\$59

NEW! Draw Rah Rah Art Camp

(6-12 yrs.) Through Abrakadoodle's unique Drawsters program, children will develop drawing skills that can be applied to all sorts of projects and imaginative adventures. Learn about line drawing, patterning, perspective, creating unusual environments and other drawing techniques.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	ESG.E270	2/19	\$69

NEW! Dreamy Art Camp

(6-12 yrs.) Dream big with Abrakadoodle as we create dreamy art while discovering cultures, mythical creatures, and new art experiences.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-4pm	K3E.5J7P	2/19	\$69

Fashion Design Sewing Camp

(8-12 yrs.) Boys and girls will discover how fashion design works and how clothing lines are created. Learn fashion sketching plus basic hand and machine techniques to create an outfit and accessories for an 18" boy or girl doll or stuffed animal. Repeat campers can create a unique tote bag. A supply fee of \$35 is due on the first day for materials.

Location	Days	Time	Code	Dates	\$
FranconiaRec	Tu-F	9am-4pm	5B7.0E69	12/26-12/29	\$335



NEW! Frosty Fun w/ Kidcreate Studio

(5-12 yrs.) In this creative camp you'll be able to whip up a flurry of projects full of frosty fun including making your own snow globe to designing your own winter wonderland scenes. With a variety of materials at your disposal and guidance from our instructors, you'll be amazed at what you can create.

Location	Days	Time	Code	Dates	\$
Prov REC	M	1pm-4pm	WHD.FHAM	1/15	\$59

Hip Hop, Pop & Lock w/JST

(6-12 yrs.) Learn the most popular street dance styles through high energy games and movement techniques. Bust out your moves at the end of camp dance battle. Bring snack, lunch, water bottle, and a swimsuit/towel for an afternoon pool break if available.

Location	Days	Time	Code	Dates	\$
SpHillREC	M-F	9am-4pm	JQ3.Y3VX	12/18-12/22	\$275

Holiday Home Décor Sewing Camp

(8-12 yrs.) Boys & girls learn basic hand and machine techniques and sewing machine operation. They'll enjoy making projects such as a square pillow and matching pillow sham. An additional supply fee of \$35 will be collected prior to the first day of camp (covers a personal sewing kit, fabric, patterns and notions).

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M-F	9am-4pm	Al8.DY5A	12/18-12/22	\$415

Kid-Tastic Art Camp

(6-12 yrs.) Kids will learn techniques through paint pouring, radial drawings, plein air paintings, masking and line work in this Abakadoodle camp.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M-F	9am-4pm	WIC.FVFN	12/18-12/22	\$335

Holiday Gift Making Camp

(5-12 yrs.) Join Kidcreate for a week of art fun where campers can work on their holiday gift list! We will craft a clay trinket box that any grandma, grandpa, or favorite teacher would love to receive as a gift.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M-F	9am-12pm	EMW.LH91	12/18-12/22	\$239

NEW! Movie Lovers Art Camp

(5-12 yrs.) Ready for a camp that will bring your love of movies to life? Join Kidcreate to create miniature version of SpongeBob's town, unleash your creativity as you make a clay Spider-Man, and sharpen your drawing skills with Olaf! This is a place where movie-loving kids come together to have fun, get crafty, and express themselves.

Location	Days	Time	Code	Dates	\$
Prov REC	M	9am-12pm	FQL.M8WJ	2/19	\$59

Mudskippers Let's Get Muddy

(7-12 yrs.) Learn the foundations of hand-built pottery with pinch pots, coil pots and slabs using stone-ware clay. We'll also glaze our own pottery. Rounding out camp with modeling clay creations is sure to keep your imagination busy from start to finish!

Location	Days	Time	Code	Dates	\$
SpHillREC	M-F	9am-4pm	KMW.IPHP	12/18-12/22	\$395
SoRun REC	Tu-F	9am-4pm	KMW.ZJ5K	12/26-12/29	\$315

NEW! New Years Eve Party Camp

(5-12 yrs.) Send your young artist to class to make all they will need for a fabulous New Year's Eve with Kidcreate. We will create noisemakers, party poppers, and New Year's Eve hats.

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	1pm-4pm	7Y7.G0BN	12/26-12/29	\$195
Prov REC	Tu-F	1pm-4pm	7Y7.31UC	12/26-12/29	\$195

Nutcracker Dance Camp

Join Clara, Fritz and all their friends as we dance our way to the Kingdom of Sweets. Learn short versions of dances from your favorite holiday ballet, Nutcracker. Campers will love the adorable crafts, beautiful costumes, inspiring music, story time, activities and the magical dancing. Bring snack and water bottle. This Art in Motion camp ends with a special performance for parents.

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	1pm-4pm	7Y7.G0BN	12/26-12/29	\$195
Prov REC	Tu-F	1pm-4pm	7Y7.31UC	12/26-12/29	\$195

(5-7 yrs.)

SoRun REC	Tu-F	9:30am-12:30pm	CW2.IWKQ	12/26-12/29	\$159
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(7-10 yrs.)

SoRun REC	Tu-F	1pm-4pm	P4N.TPCD	12/26-12/29	\$159
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NEW! Pinch, Slab, Coil Clay Camp

(5-12 yrs.) Sculpt, slab, coil, and carve... roll up your sleeves, because this class is all clay, all the time with Kidcreate! We'll sculpt silly puppies, fuzzy hedgehogs and a chocolate layer cake using air-dry clay, Model Magic®, and so much more.

Location	Days	Time	Code	Dates	\$
Prov REC	M	9am-12pm	OQJ.VWHZ	1/15	\$59

NEW! Storytellers Camp

(10-13 yrs.) Enhance your writing skills and learn to work as a team in a creative setting with SPARK Business Academy. Collaborate in brainstorming sessions to select an original story idea, complete individual writing assignments to flesh out their story, and provide feedback and advice to peers. Campers aim to finish their own stories by the end of the program, fostering creativity and stronger social skills.

Location	Days	Time	Code	Dates	\$
Sully	F	9am-4pm	G8B.RZDS	1/26	\$69

Ultimate Music Camp

(5-12 yrs.) Learn Now Music introduces campers to a variety of musical instruments and concepts through musical games, crafts, musical listening excerpts and related projects (a.m. session-piano and drum; p.m. session is guitar and violin). FREE instrument rentals are provided for in-camp use and at-home exploration during the camp week (rental agreement must be signed). Campers in both morning and afternoon sessions will be supervised during a lunch break. All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M-F	9am-1pm	E8C.SKZY	12/18-12/22	\$259
OakMarrREC	M-F	1pm-5pm	E8C.ANMA	12/18-12/22	\$259
Wkfld/Moore	M-F	9am-5pm	E8C.USY4	12/18-12/22	\$499
OakMarrREC	Tu-F	9am-1pm	E8C.XZ6Z	12/26-12/29	\$209
OakMarrREC	Tu-F	1pm-5pm	E8C.XX90	12/26-12/29	\$209
Wkfld/Moore	Tu-F	9am-5pm	E8C.8DHZ	12/26-12/29	\$399
HunterHouse	M	9am-1pm	E8C.WYR3	1/15	\$59
HunterHouse	M	1pm-5pm	E8C.TRAF	1/15	\$59
SpHillREC	F	9am-5pm	E8C.MONC	1/26	\$119
HunterHouse	M	9am-1pm	E8C.7UCZ	2/19	\$59
HunterHouse	M	1pm-5pm	E8C.A64Y	2/19	\$59
SpHillREC	M	9am-5pm	E8C.PF01	2/19	\$119

NEW! World Monuments Art Camp

(6-12 yrs.) Celebrate amazing structures and buildings that have been created around the world with Abakadoodle. Practice a variety of art techniques including perspective, reflection and hieroglyphs.

Location	Days	Time	Code	Dates	\$
SoRun REC	Tu-F	9am-4pm	LL0.7GWN	12/26-12/29	\$275

Cooking

NEW! Cookie Chemistry

(5-8 yrs.) Join The Science Seed to learn what the difference in using baking soda or baking powder when making cookies, experiment with acids and bases, bake cookies. Free play, playground time, and story time fill out this fun camp day.

Location	Days	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	K2N.VQIL	1/15	\$79

Cupcake Wars 2.0

(5-9 yrs.) Tiny Chefs' version of Cupcake Wars has been so popular we are introducing new recipes and competitions. Explore cupcake recipes that double as breakfast foods or drinks, regional and international cuisines as well as savory cupcakes. Campers will compete in rotating small groups and learning decorating techniques. Nut-free company; may contain other allergens; cannot sub out ingredients.

Location	Days	Time	Code	Dates	\$
HunterHouse	M-F	9am-4pm	VKN.CISJ	12/18-12/22	\$399
SoRunREC	M-F	9am-4pm	VKN.RKZA	12/18-12/22	\$399



Registration for
2024 SPRING and SUMMER Camps
Opens
January 23
Plan by checking out the
Camp Guide online
January 9

For more information, visit
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HOMESCHOOL SCIENCE- VERTEBRATE CLASSIFICATION

HOMESCHOOL SCIENCE - INTRO TO PLANETARY ASTRONOMY

HOMESCHOOL AT THE POND

MAPPING THE PAST FOR HOMESCHOOLERS

COLONIAL LIFE FOR HOMESCHOOL

HOMESCHOOL WILDERNESS SKILLS-WINTER

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For information, visit
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NEW! Dips & Donuts Camp

(5-9 yrs.) Does your chef love to dip their food? In this fun, nutritious and delicious one day camp, create savory recipes like Mexican Layered Dip or Spinach and Artichoke Dip in Wonton Wrappers along with Lemon Glazed Blueberry Donuts and Pumpkin Donut Holes with Cinnamon Topping. Your Tiny Chef will enjoy this camp as they dip and dunk (and bake and blend) their way through our newest camp. Nut-free company; may contain other allergens; cannot sub out ingredients.

Location	Days	Time	Code	Dates	\$
ECLawncPk	F	9am-4pm	BXQ.6KGG	1/26	\$129

NEW! Let's Make Today a Holiday

(6-10 yrs.) Holidays conjure up memories and nostalgia and so much of it food related. Join Tiny Chefs for a full day of delicious celebrations as we whip up Fourth of July cupcakes, Valentine's Day chocolate raspberry mousse cups, Halloween spider web pizzas, and Cinco de Mayo veggie quesadillas with guacamole. Nut-free company; may contain other allergens; cannot sub out ingredients.

Location	Days	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	XFV.CK3Z	2/19	\$129
Lake Fairfax	M	9am-4pm	XFV.GZ74	2/19	\$129

Restaurant Creation!

(5-9 yrs.) If your Tiny Chef dreams of someday having their own restaurant, sign them up for this inventive camp. Each day, the students will produce a different or an item from a certain cuisine and build a restaurant around it. Students will be introduced to a variety of cuisines, cooking skills and presentations throughout the week. Nut-free company; may contain other allergens; cannot sub out ingredients.

Location	Days	Time	Code	Dates	\$
HunterHouse	Tu-F	9am-4pm	XGT.2JA7	12/26-12/29	\$330

Nature

Animal Vets Winter Camps

(6-12 yrs.) Get up close with our exhibit animals. Feed the critters, check their health, weight and size and record findings in your vet notebook. Enjoy hiking in the park (weather permitting), making animal crafts, and playing fun games. Bring a snack, lunch and a drink. Wear clothes that can get messy.

Location	Days	Time	Code	Dates	\$
ECLawncPk	M-F	9am-4pm	L8C.YZXN	12/18-12/22	\$325

Nature's Scientists Camp

(8-12 yrs.) Come explore the world of lab experiments, hands-on fieldwork, wildlife observations, and outdoor adventures. Investigate waterways and landscapes by testing out your hypotheses and following the scientific method.

Location	Days	Time	Code	Dates	\$
HiddenPndNC	Tu-F	9am-4pm	WIQ.GIP1	12/26-12/29	\$260

Winter Break on the Farm - Katydid

(5-10 yrs.) Campers will enjoy daily fact-check games about farms and nature, hiking, farm visits, and outdoor games (weather permitting) so dress for the weather. Indoor activities include building, arts and crafts, painting, and board games. Bring lunch, snack and drink. Held in the Old Floris Schoolhouse on the farm. Call with questions 703-689-3104.

Location	Days	Time	Code	Dates	\$
Frying Pan	M-F	8:30am-4:30pm	1A8.Q5DC	12/18-12/22	\$315
Frying Pan	Tu-F	8:30am-4:30pm	1A8.KUTC	12/26-12/29	\$255

Winter Survival Camp

(6-8 yrs.) Learn to survive and have fun with nature's most challenging season. Campers will make fire, build shelter, and track animals during this wonder-filled adventure into winter wilderness.

Location	Days	Time	Code	Dates	\$
HiddenPndNC	M-F	9am-4pm	ZHS.P7FR	12/18-12/22	\$325

Winter Wildlife Rangers

(6-9 yrs.) Join our naturalists to learn about how animals prepare for winter by catching food, finding shelter and preparing to hibernate. Practice skills humans use to stay safe and warm when adventuring in the cold outdoors. Play games, enjoy hands-on activities and engage in cool experiments.

Location	Days	Time	Code	Dates	\$
RiverbendPk	M-F	9am-4pm	191.BB63	12/18-12/22	\$255
HuntMeadwsPk	Tu-F	9am-4pm	191.FGH1	12/26-12/29	\$255

Sports

Agility & Strength Training Camp

(10-14 yrs.) Young athletes improve strength training using resistance and body weight while learning nutrition basics. This Snowar Fitness camp is a great outdoor camp for enhancing speed and agility in a safe and fun environment. Campers should bring lunch for a short break.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	M-F	9am-1pm	2K6.AKEN	12/18-12/22	\$149
Wkfld/Moore	Tu-F	9am-1pm	2K6.QUZ8	12/26-12/29	\$120

Aqua Adventures

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

Location	Days	Time	Code	Dates	\$
GW REC	M-F	9am-4pm	011.FVR6	12/18-12/22	\$315
GW REC	Tu-F	9am-4pm	011.Q1BY	12/26-12/29	\$255



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Basketball & Flag Football Winter Camp

(6-12 yrs.) This unique One on One camp focuses on two sports each day to improve camper's skills. Work on fundamentals with drills and contests before playing regular games. Camp will be held outdoors as much as possible. Rec Center campers should bring a swimsuit/towel for afternoon pool time if available.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	Tu-F	9am-4pm	TU6.PI3M	12/26-12/29	\$239

Basketball & Sports Winter Camp

(6-12 yrs.) A combination of positive, energetic and fundamentals-based coaching while maximizing the fun of real game action daily. Learn and refine skills with One on One Basketball coaches. Rec Center campers should bring a swimsuit/towel for afternoon pool time if available.

Location	Days	Time	Code	Dates	\$
SullyCC	M-F	9am-4pm	YNN.L61E	12/18-12/22	\$295
SpHillREC	M-F	9am-4pm	YNN.FNSG	12/18-12/22	\$295
Wkfld/Moore	M-F	9am-4pm	YNN.VINB	12/18-12/22	\$295
SpHillREC	Tu-F	9am-4pm	YNN.S5WK	12/26-12/29	\$239
SpHillREC	M	9am-4pm	YNN.DR44	1/15	\$69
Wkfld/Moore	M	9am-4pm	YNN.KHWT	1/15	\$69
SpHillREC	F	9am-4pm	YNN.J3W6	1/26	\$69
SpHillREC	M	9am-4pm	YNN.K61X	2/19	\$69
Wkfld/Moore	M	9am-4pm	YNN.41KV	2/19	\$69

Floor Hockey Camp

(6-9 yrs.) Floor hockey is an action-packed game where boys and girls move constantly. In this Baroody Sports Camp, campers will learn the basics of hockey in a safe, age-appropriate environment and will learn to compete as a team with high effort and sportsmanship in each session. Each day will start with games and skill building to help campers hone skills that translate across all sports and end with full games.

Location	Days	Time	Code	Dates	\$
SullyCC	Tu-F	9am-12pm	39R.GEOA	12/26-12/29	\$36

Indoor Soccer: Futsal

(8-14 yrs.) Come play indoor soccer (futsal) with Brazilian United Soccer coaches. This game is played at a fast pace with a lot of touches on the ball. Students will learn basic skills and strategies while having fun.

Location	Days	Time	Code	Dates	\$
SpHillREC	M-F	9am-4pm	44T.DEKH	12/18-12/22	\$425
SpHillREC	Tu-F	9am-4pm	44T.SLTV	12/26-12/29	\$340

Total Sports MiniCamp

(6-13 yrs.) In this camp directed by Coach Rich, campers play their favorite sports and games. Activities include basketball, indoor hockey, indoor soccer, European handball, capture the flag, indoor track and field and volleyball. Campers also enjoy pool time each afternoon (bring a swimsuit/towel daily).

Location	Days	Time	Code	Dates	\$
FranconiaRec	M-F	9am-4pm	3F5.C3TN	12/18-12/22	\$289
FranconiaRec	Tu-F	9am-4pm	3F5.K8LV	12/26-12/29	\$235

Ultimate Frisbee Camp

(6-9 yrs.) In this active camp with Baroody Sports, players will learn the basics of Ultimate Frisbee. Players will also learn that Ultimate is a game where kids referee themselves. They will share strategies, learn how to make their own calls fairly, and work with teammates to make the most out of every play.

Location	Days	Time	Code	Dates	\$
SullyCC	Tu-F	1pm-4pm	CMP.G01V	12/26-12/29	\$129

Volleyball Camp

(5-12 yrs.) Join Baroody Sports for one of the fastest growing sports in the area. We'll work on the fundamentals through play, keeping the camp fun with games and drills that build strength and confidence. Our goal is for campers to have constant engagement, whether they are a beginner or more experienced player.

Location	Days	Time	Code	Dates	\$
SpHillREC	F	9am-12pm	CMG.62LY	1/26	\$36

Winter Sports Camp

(5-12 yrs.) Play some of the best sports and PE games ever invented with Baroody Sports. We will choose from knockout, extreme kickball, handball, capture the flag, modified dodgeball, ultimate frisbee, floor hockey and soccer. We will also take suggestions from campers to make sure the fun never ends! Our goal is to motivate each player to compete with high effort and a positive attitude towards self and others.

Location	Days	Time	Code	Dates	\$
SpHillREC	M	9am-4pm	78W.G0VB	1/15	\$69
SpHillREC	M	9am-4pm	78W.E15H	2/19	\$69

STEM (Science, Technology, Engineering & Math)

Chemistry in the Kitchen

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

Location	Days	Time	Code	Dates	\$
Prov Rec	M-F	9am-4pm	FL7.QK5U	12/18-12/22	\$389

Chess Winter Camp

(6-13 yrs.) All levels are welcome to learn and play chess with Magnus Chess Academy. Lessons range from overview of the rules to tournament strategies. Includes non-chess activities during breaks.

Location	Days	Time	Code	Dates	\$
SoRunREC	M-F	9am-4pm	IZU.WLLP	12/18-12/22	\$389
SpHillREC	M-F	9am-4pm	IZU.2289	12/18-12/22	\$389
FranconiaRec	Tu-F	9am-4pm	IZU.W47L	12/26-12/29	\$315
SpHillREC	c	Tu-F	IZU.ZBET	12/26-12/29	\$315
OakMarrREC	M	9am-4pm	IZU.GSST	1/15	\$79
SpHillREC	M	9am-4pm	IZU.U75C	1/15	\$79
SpHillREC	F	9am-4pm	IZU.PZHL	1/26	\$79
OakMarrREC	M	9am-4pm	IZU.ULE7	2/19	\$79
SpHillREC	M	9am-4pm	IZU.DBUP	2/19	\$79

Coding Python with Fun & Robo Fun

(6-12 yrs.) Two camps in one with Stemtree. Robots inspire campers to learn engineering by applying basic science, construction, computer programming and problem-solving skills. Explore STEM concepts through hands-on activities that reinforce key concepts. Create and develop computer programs and combine multimedia elements to create and share interactive stories, animations, games, music and art.

Location	Days	Time	Code	Dates	\$
ProvREC	M-F	9am-4pm	H7F.Q04W	12/18-12/22	\$379
Wkfld/Moore	M-F	9am-4pm	H7F.6L0Z	12/18-12/22	\$379

Fabulous Flight

(5-8 yrs.) In this fabulous camp, kids will explore all about flight. Join The Science Seed to explore the history of human flight, which forces effect flight, and flying animals. We'll experiment with making our own planes and determining which styles fly best. Free play and story time fill out the camp day.

Location	Days	Time	Code	Dates	\$
ECLawncPk	M	9am-4pm	YPJ.ACVM	2/19	\$79

Humans Inside & Out

(5-8 yrs.) Kids will learn about human beings with The Science Seed. We'll discuss our origins, our habitats, where our ancestors came from, as well as our senses, skin, body systems, and organs. The day is rounded out by outdoor recess, story time tied to the day's science, free reading, exploration, and a daily journal entry.

Location	Days	Time	Code	Dates	\$
CubRunREC	M-F	9am-4pm	LUD.LA4W	12/18-12/22	\$389

NEW! Introduction to Drones

(10-15 yrs.) Discover how to build and operate a small drone with Youth Technology Network. Explore physics, math, electronics, engineering, and develop motor skills and hand-eye coordination. Learn recreational and professional uses for drones and how to operate them safely and responsibly.

Location	Days	Time	Code	Dates	\$
FranconiaRec	M-F	9am-1pm	CH7.B69G	12/18-12/22	\$259

NEW! Intro to 2D Game Development with Scratch

(7-10 yrs.) Join iCode Vienna to learn to create games and advanced applications using the Scratch programming language. Integrate functions, custom code blocks, and physical components into projects while also gaining other important skills like flow-charting, and principles of electrical engineering. Campers will learn to develop games like Flappy Birds and Pac-Man.

Location	Days	Time	Code	Dates	\$
ProvREC	Tu-F	9am-4pm	El8.V55Z	12/26-12/29	\$295

NEW! LEGO® BricQ: Train to Win

(5-7 yrs.) Construct Lego creations to explore the principles of motion and physics with Baroody camps. Through hands-on activities and investigations, learn about push and pull forces and how they affect objects. Campers will ask and answer questions, analyze data, and present their ideas.

Location	Days	Time	Code	Dates	\$
Sully	M-F	9am-12pm	0W8.205M	12/18-12/22	\$149

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

LEGO Robotics: Extreme Machines

(6-11 yrs.) Explore the world of mega-machines in this WeDo 2.0 LEGO camp with Curious Minds. Build and program robots that get the job done. Build over-the-top vehicles and real-world engineering marvels.

Location	Days	Time	Code	Dates	\$
SoRunREC	M	9am-4pm	1HZ.HXQZ	1/15	\$99
SoRunREC	M	9am-4pm	1HZ.DAI9	2/19	\$99

LEGO® SPIKE Prime Robotics

(10-13 yrs.) LEGO® Education SPIKE™ Prime brings together LEGO® bricks, a multi-port Hub, programming based on Scratch, and easy entry STEAM lessons to help children of all learning levels build confidence and critical thinking skills. In this Baroody camp, kids will be using a new generation of codable hubs, cameras, motion sensors, tilting sensors and poles and axles to create robots that dance, mimic, and follow routes, along with self-driven robots. In each lesson, campers will build a robot that serves them in their daily life.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M-F	9am-4pm	ZU8.8KRC	12/18-12/22	\$289

LEGO® Robotics Creature Feature Camp

(8-11 yrs.) Use the WeDo 2.0 app and instructional files to build and code robotics representing many different aspects of the world in this Baroody camp. New themes each day include: Aquabots, Flying Bots, Zooland Robotics, Everyday Robots, and Jurassic. Try a mix of different robotic builds and then bring your creations to life.

Location	Days	Time	Code	Dates	\$
Sully	M-F	1pm-4pm	8LL.20FI	12/18-12/22	\$149

Minecraft Engineering with LEGO

(5-7 yrs.) Venture into the world of Minecraft in our 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 world. Come explore the endless possibilities of LEGO® with a Play-Well instructor.

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	9am-12pm	ZNL.YH1M	12/26-12/29	\$175
SpHillREC	Tu-F	9am-12pm	ZNL.VW3B	12/26-12/29	\$175

NEW! Minecraft Master Engineering with LEGO

(7-12 yrs.) Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither.

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	1pm-4pm	Z4H.UBON	12/26-12/29	\$175
SoRun REC	Tu-F	1pm-4pm	Z4H.49M1	12/26-12/29	\$175

NEW! My First Passport

(6-9 yrs.) Join SPARK Business Academy to explore cultural differences across countries, geography games, famous landmarks, world currencies, current global events, and the role of international institutions like the UN. Students role-play as diplomats and come up with solutions to key global problems like hunger, poverty and pollution.

Location	Days	Time	Code	Dates	\$
Sully	M	9am-4pm	CVI.OCBM	1/15	\$69
SoRun REC	F	9am-4pm	CVI.62C2	1/26	\$69
Sully	M	9am-4pm	CVI.4ZEH	2/19	\$69

NEW! My First Piggy Bank

(6-9 yrs.) This innovative SPARK Business Academy program provides a solid foundation on financial literacy for kids in a fun setting. Campers internalize key concepts in an engaging and supportive environment fostering teamwork and use their arts and crafts skills to make their own piggy banks.

Location	Days	Time	Code	Dates	\$
OakMarrREC	Tu-F	9am-4pm	LTU.82X6	12/26-12/29	\$279
Sully	Tu-F	9am-4pm	LTU.CIH9	12/26-12/29	\$279
Wkfld/Moore	Tu-F	9am-4pm	LTU.1AJ8	12/26-12/29	\$279
Frying Pan	F	9am-4pm	LTU.ZPIA	1/26	\$69

Pokémon Engineering with LEGO

(5-10 yrs.) Join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master.

Location	Days	Time	Code	Dates	\$
Lake Fairfax	M	9am-12pm	WSE.83ZC	1/15	\$49

NASA: Academy of Future Space Explorers

(6-10 yrs.) Connect the dots using science to help solve a crime in this hands-on Mad Science camp. Uncover the science involved in evidence gathering, analysis and fingerprint detection. Enhance your recall and observation skills and learn how to use spy equipment.

Location	Days	Time	Code	Dates	\$
ColvinRun	Tu-F	9am-4pm	SZP.6V6S	12/26-12/29	\$305

Secret Agent Lab

(6-10 yrs.) Connect the dots using science to help solve a crime in this hands-on, Mad Science camp. Uncover the science involved in evidence gathering, analysis and fingerprinting detection. Enhance your recall and observation skills and learn how to use spy equipment.

Location	Days	Time	Code	Dates	\$
ColvinRun	M-F	9am-4pm	34F.0VZN	12/18-12/22	\$379

Science Potions & Explosions Camp

(5-12 yrs.) Join Baroody Camps to learn and create cuisines from different countries and cultures. Campers will learn about that country's geological effects, including the country's continent location, climate condition and any world-renowned wonders. Each camper will master different skills such as cutting, dicing, coring and slicing, while learning to measure ingredients while baking delicious goodies.

Location	Days	Time	Code	Dates	\$
SpHillREC	Tu-F	9am-4pm	99M.P94M	12/26-12/29	\$265

Spy Science Camp

(5-9 yrs.) Join Baroody Camps to understand forensic science and learn the tricks of the spy trade. Investigate fingerprints, spying techniques, secret codes, invisible ink, and evidence under a black light.

Location	Days	Time	Code	Dates	\$
ECLawrencePk	Tu-F	9am-4pm	STZ.TU3L	12/26-12/29	\$265
OakMarrREC	M	9am-4pm	STZ.V55A	1/15	\$69
SpHillREC	M	9am-4pm	STZ.KEQ7	1/15	\$69

NEW! STEAMCRAFT: Minecraft Science

(6-11 yrs.) In a world focused on creativity and imagination, Minecraft is an adventurous title that kids can't get enough of. Join Baroody Camps to bring to life in-game experiences such as Creeper slime.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M	9am-4pm	FTH.HA5I	2/19	\$69

STEM exCEL 3D Printing & Comics

(6-12 yrs.) Bring your favorite superheroes to life or create your own with STEM ExCEL. Learn to create and print 3D objects from famous comics or movies while learning about comic composition concepts and basic art theory for using digital art software. Campers will go home with 3D print models and digital files of their comics. Bring a snack, lunch and drink.

Location	Days	Time	Code	Dates	\$
Wkfld/Moore	Tu-F	9am-4pm	OPF.NHMS	12/26-12/29	\$310

STEM exCEL Gamer Adventures

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

Location	Days	Time	Code	Dates	\$
SoRunREC	M-F	9am-4pm	NFQ.0QU9	12/18-12/22	\$389
FranconiaRec	F	9am-4pm	NFQ.8ID2	1/26	\$89

STEM exCEL Minecraft & Computer Science

(6-12 yrs.) Campers will use programming fundamentals to design and implement large-scale Minecraft modifications. Hands-on activities will take place at the beginning of camp that introduce vital concepts then use the easy drag-and-drop interface to create programs, solve problems and design games. Next, campers will learn functions, variables and conditionals.

Location	Days	Time	Code	Dates	\$
Frying Pan	M	9am-4pm	RSD.X1YT	2/19	\$89

NEW! Storytime Chess

(5-12 yrs.) Ignite your child's passion for chess and storytelling with Baroody Camps. This unique program interweaves the captivating world of storytelling with the intellectual challenge of chess, providing an engaging and enjoyable learning experience for children. The perfect blend of education and entertainment that will keep your child excited to learn, grow, and triumph on and off the chessboard.

Location	Days	Time	Code	Dates	\$
OakMarrREC	M-F	9am-4pm	WAK.FDT8	12/18-12/22	\$330
Wkfld/Moore	M-F	9am-4pm	WAK.896L	12/18-12/22	\$330

Wild Safari Robotics

(6-11 yrs.) Join Curious Minds to explore the animal kingdom in this WeDo 2.0 LEGO Robotics Camp where you will build and code swinging monkeys, fierce Silverback gorillas, and cute Koalas that climb, move, bite and roll.

Location	Days	Time	Code	Dates	\$
SoRunREC	F	9am-4pm	SJM.TD3L	1/26	\$79

Winter Wonderland Engineering with LEGO

(5-7 yrs.) Create a winter wonderland by designing and building bobsleds, snowplows, and the Polar Express with LEGOs. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Location	Days	Time	Code	Dates	\$
SpHillREC	M-F	9am-12pm	1BX.F3ZJ	12/18-12/22	\$215

WINTER SCOUTING PROGRAMS



Elevate your scouting journey this winter with our scouting programs designed to inspire growth, learning and adventure!

- AHG Explorer - Fire Safety & Firebuilding
- AHG Tenderheart - Fire Safety
- Archaeology Merit Badge
- Astronomy Merit Badge
- BGS-Outdoor Adventurer
- BGS-Robotics
- BGS-Space Science Adventurer
- BGS-Start Your Journey-Wonders of Water
- CGS-Babysitter
- CGS-Science of Happiness
- CGS-Space Science Researcher
- CGS-Start Your Journey-Breathe
- CGS-Woodworker
- Campfire Safety for Girl Scouts
- Camping Merit Badge
- Chess Merit Badge
- Citizenship in the Community Merit Badge
- Citizenship in the Nation Merit Badge
- Citizenship in the World Merit Badge
- Communication Merit Badge
- DGS-Buddy Camper
- DGS-Make the World a Better Place
- DGS-Science In Nature Badge Combo
- DGS-Space Science Explorer
- DGS-Start Your Journey - Between Earth & Sky
- Dark Sky Patch - Daisy & Brownie
- Earth Rocks-Webelos Elective
- Environmental Science Merit Badge
- First Aid Merit Badge
- Forestry Merit Badge
- Fur, Feathers and Ferns-Bear Adventure
- Into the Wild-Webelos Elective
- JGS-Animal Habitats
- JGS-Detective
- JGS-Geocacher
- JGS-Robotics
- JGS-Space Science Investigator
- JGS-Start Your Journey-Get Moving
- JGS-Trail Adventure
- Mammal Study Merit Badge
- Mining in Society Merit Badge
- Oceanography Merit Badge
- Skills for Scouts - Fire Building
- Soil & Water Conservation Merit Badge
- Sustainability Merit Badge



To learn more about these programs, turn to the Scouting section or go to www.fairfaxcounty.gov/parks/scouts



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December - February

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MUSIC LESSONS

Join us for some fun this year!

#Harmonia

Harmonia School of Music & Art is proud to offer private lessons & group classes.

Twinkle & PreTwinkle Violin, Music in Me & Harmony Rd Piano (ages 3-7), Theater Kidz and Rising Stars (ages 5-14)

www.harmoniaschool.org

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.



Kids Play for Preschoolers

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

Locations:

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

Preschool on the Farm

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

9-11:45 a.m. MW, TR, TRF, MTWTF
12:30-3:15 p.m. TRF, TWR, MTWRF

Tot Instructors Wanted

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



Art & Variety Classes

ABCs and 1-2-3s

(2-3 yrs.) Learning can be fun when teaching children their letters and numbers through hands-on crafts. Kids learn how to associate a sound with each letter and number from the craft they make in class. Parent must attend class with the 2-to-3 year-old age group. Additional supply fee payable to instructor.

3TC	8--45 minute lessons--\$89
4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
CubRunREC	F	2:15pm	378.KG4Y	1/12	3TC
Franconia Rec	Sa	9:15am	378.DPN9	1/13	4TA
Franconia Rec	M	9:30am	378.6ABV	1/22	4TC
Wkfld/Moore	Sa	9am	378.PCQ5	1/6	4TA
Wkfld/Moore	T	10am	378.2FMT	1/9	4TC
Wkfld/Moore	T	11am	378.CU96	1/9	4TC

Abrakadoodle Mini Doodlers

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

DTVW 8--45 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	498.HPSZ	1/6	DTVW
CubRunREC	Th	11am	498.UIAX	1/11	DTVW
SoRunREC	Sa	12:30pm	498.ND9B	1/6	DTVW
SoRunREC	T	11am	498.HYKW	1/9	DTVW
SoRunREC	W	5pm	498.M478	1/10	DTVW
SpHillREC	Sa	2:30pm	498.JDV2	1/6	DTVW
SpHillREC	T	1:30pm	498.HTV5	1/9	DTVW
Wkfld/Moore	Th	2pm	498.WEDV	1/18	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--\$153

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:30am	F2D.2SBU	1/6	DTVW
CubRunREC	Th	10am	F2D.CIPC	1/11	DTVW
SoRunREC	Sa	11:30am	F2D.4S1Z	1/6	DTVW
SoRunREC	T	10am	F2D.02WS	1/9	DTVW
SpHillREC	Sa	1:30pm	F2D.5PNU	1/6	DTVW
SpHillREC	T	10:20am	F2D.SNST	1/9	DTVW
Wkfld/Moore	Th	10am	F2D.A0J2	1/18	DTVW
Wkfld/Moore	Th	11am	F2D.JROE	1/18	DTVW

Animal Antics

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

4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
CubRunREC	M	10am	OF1.KVBF	1/8	4TC
Franconia Rec	M	11:30am	OF1.AA72	1/22	4TC
OakMarREC	T	4:30pm	OF1.90S1	1/9	4TA

Parent & child

CubRunREC	F	9am	KH1.YWV1	1/12	4TC
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Developing DaVincis

(3-5 yrs.) Develop the DaVinci in your child. Children explore arts, music, science and inventing. Additional supply fee payable at first class.

4TA 10--45 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
OakMarREC	T	3:30pm	BA3.BNOZ	1/9	4TA

Preschool Picassos

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

4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
CubRunREC	M	11am	0A7.BAFD	1/8	4TC
Franconia Rec	T	9:15am	0A7.07FV	1/16	4TC
Wkfld/Moore	Sa	10am	0A7.UBFP	1/6	4TA



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www.fairfaxcounty.gov/parks/recenter/cubrun



Children's Tea Programs

to Beat the Winter Blues!

Embrace the charm of winter with delightful tea programs to keep you warm. For ages 3 and up.

Tea Rex Tea Party (4+ yrs.)
Saturday, December 9 • 2-3:30 p.m.
Hidden Oaks Nature Center • \$15

Animal Tea Party (4-7 yrs.)
Friday, January 19 • 10-11 a.m. | 2-3 p.m.
Saturday, January 20 • 10-11 a.m. | 2-3 p.m.
Friday, January 26 • 10-11 a.m. | 2-3 p.m.
Saturday, January 27 • 10-11 a.m. | 2-3 p.m.
Frying Pan Park • \$10

Snowflake Family Tea Party (3+ yrs.)
Saturday, January 20 • 2-3:30 p.m.
Colvin Run Mill • \$15

Queen of Hearts Tea Party (3+ yrs.)
Saturday, February 3 • 2-3:30 p.m.
Colvin Run Mill • \$15

All Things Frozen Tea Party (4+ yrs.)
Sunday, February 25 • 1-2:30 p.m.
Hidden Oaks Nature Center • \$15



To find out more, go to www.fairfaxcounty.gov/parks/parktakes and search "Tea"

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.

4TA	10--45 minute lessons--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
Franconia Rec	M	10:30am	2BC.Y1K2	1/22	4TC
Franconia Rec	T	10:15am	2BC.T94U	1/23	4TC
Franconia Rec	Th	9:30am	2BC.OCU2	1/25	4TC
OakMarREC	Th	3:30pm	2BC.9X5W	1/11	4TA
OakMarREC	F	10:30am	2BC.6E10	1/12	4TA

Tiny Tot Activity Time

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

DTVM 8--45 minute lessons--\$129					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	9:30am	55F.EF01	1/11	DTVM
Frying Pan Pk	Th	10:30am	55F.FPEZ	1/11	DTVM
Frying Pan Pk	F	9:30am	55F.MKPG	1/12	DTVM
Frying Pan Pk	F	10:30am	55F.82PL	1/12	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--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	10:30am	F75.5H9U	1/18	4TC
Franconia Rec	Sa	10:15am	F75.90PG	1/18	4TA
Wkfld/Moore	Sa	11am	F75.N3Y0	1/6	4TA

Cooking Classes

Cooking around the World

(4-6 yrs.) In this class, offered by Tiny Chefs, students learn how to create the cuisines of multiple countries. Cook up the fabulous flavors while learning some of the cooking techniques and ingredients which make them unique. Any supply fee payable to instructor at class. Not recommended for children with food allergies. A \$15 supply fee at first class.

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	10am	B2E.EON2	1/11	4TC

Just Desserts

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

4TA	10--45 minute lessons--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	11:15am	TDK.ZYH4	1/11	4TC



Magic Kitchen

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

4TC	8--45 minute lessons--\$92				
4TA	10--45 minute lessons--\$109				
Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
Franconia Rec	T	11:30am	53D.LK20	1/16	4TC
(4-6 yrs.)					
Franconia Rec	Sa	11:30am	104.2T92	1/13	4TA

Dance Classes

Baby Ballerinas

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

4TA	10--45 minute lessons--\$109				
DTVP	8--45 minute lessons--\$152				
DTVQ	10--45 minute lessons--\$161				
DTVR	8--45 minute lessons--\$107				
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	9:15am	YDT.710R	1/21	DTVP
ProvREC	T	9:30am	YDT.N8LJ	1/9	DTVR
SpHillREC	T	9am	YDT.GROT	1/9	DTVQ
Wkfld/Moore	W	5pm	YDT.X7B0	1/10	DTVQ
Belle Vw ES	Sa	9:30am	B1C.Q71E	1/6	4TA
Oakton ES	Sa	9:30am	YDT.QP45	1/13	DTVR
Oakton ES	Sa	10:30am	YDT.FMC7	1/13	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--\$107					
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	9:30am	I75.V504	1/19	DTVR
OakMarREC	W	11:15am	I75.P57K	1/10	DTVR
SoRunREC	Th	11:30am	I75.900Y	1/11	DTVR

Ballet & Tap

(2-3 yrs.) Introduction to basic ballet and tap steps and movements. This is not a parent/child class.

DTVF	8--45 minute lessons--\$133
DTVP	8--45 minute lessons--\$152
DTVQ	10--45 minute lessons--\$161
DTVR	8--45 minute lessons--\$107

Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
CubRunREC	Su	12:15pm	5F8.QM1Y	1/7	DTVF
Franconia Rec	Su	10:15am	5F8.48ET	1/14	DTVP
OakMarREC	W	9:30am	5F8.HSMX	1/10	DTVR
SoRunREC	Th	9:30am	5F8.1W07	1/11	DTVR
(3-5 yrs.)					
CubRunREC	Su	2pm	AD3.7QX2	1/7	DTVF
CubRunREC	M	1pm	AD3.M508	1/8	DTVF
CubRunREC	M	1:55pm	AD3.4RBZ	1/8	DTVF
Franconia Rec	Sa	2pm	AD3.E50Z	1/13	DTVQ
Franconia Rec	Sa	9am	AD3.4G7H	1/13	DTVQ
Franconia Rec	M	10:20am	AD3.ONLC	1/15	DTVR
Franconia Rec	Th	10:15am	AD3.K0BC	1/18	DTVQ
Franconia Rec	F	1:45pm	AD3.VPJM	1/19	DTVR
Franconia Rec	F	10:20am	AD3.4FUP	1/19	DTVR
OakMarREC	Sa	12:55pm	AD3.5PAQ	1/6	DTVR
OakMarREC	Su	10am	AD3.1ZDQ	1/7	DTVR
OakMarREC	Su	10:50am	AD3.9WSI	1/7	DTVR
OakMarREC	W	10:20am	AD3.3A1Z	1/10	DTVR
ProvREC	M	5pm	AD3.RMMX	1/8	DTVF
ProvREC	T	10:20am	AD3.FM3S	1/9	DTVR
ProvREC	W	5pm	AD3.1093	1/10	DTVR
ProvREC	Th	5pm	AD3.XYQ7	1/11	DTVR
ProvREC	F	5pm	AD3.5VAY	1/12	DTVQ
ProvREC	Sa	9:50am	AD3.MUKL	1/13	DTVR
ProvREC	Su	10am	AD3.U2NV	1/14	DTVR
SoRunREC	Th	10:30am	AD3.UP1V	1/11	DTVR
SpHillREC	Su	9am	AD3.IJWE	1/7	DTVF
SpHillREC	T	10am	AD3.TYHX	1/9	DTVQ
SpHillREC	W	5pm	AD3.SPCN	1/10	DTVQ
Wkfld/Moore	Sa	9am	AD3.WZPT	1/6	DTVR
Wkfld/Moore	Su	12:30pm	AD3.BJBA	1/7	DTVF
Wkfld/Moore	W	1pm	AD3.FB10	1/10	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--\$133
DTVR	8--45 minute lessons--\$107

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	1:10pm	CMH.OPTG	1/7	DTVF
OakMarREC	Sa	12pm	CMH.QCYP	1/6	DTVR
OakMarREC	Su	11:40am	CMH.DIN5	1/7	DTVR
OakMarREC	M	11:45am	CMH.24F1	1/8	DTVR
ProvREC	T	11:10am	CMH.BOYZ	1/9	DTVR
ProvREC	Sa	11:45am	CMH.6NMQ	1/13	DTVR

Hip Hop for Tots

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

4TA	10--45 minute lessons--\$109
DTVF	8--45 minute lessons--\$133
DTVQ	10--45 minute lessons--\$161
DTVR	8--45 minute lessons--\$107

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	10:30am	1B1.UIRB	9/20	DTVA
Franconia Rec	Sa	1pm	370.LJ9U	1/13	DTVF
ProvREC	T	5:30pm	370.W8TP	1/9	DTVQ
ProvREC	Su	10:50am	370.IYLL	1/14	DTVR
SoRunREC	W	10am	370.K62Y	1/10	DTVQ
SpHillREC	Su	11am	370.MNK0	1/7	DTVF
SpHillREC	Th	5pm	370.LQTA	1/11	DTVQ

Intro to Ballet

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

DTVR	8--45 minute lessons--\$107
4TA	10--45 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	10:30am	1B1.UIRB	9/20	4TA
ProvREC	F	11:30am	PMD.M70C	1/12	DTVR
ProvREC	Sa	9am	PMD.OF1P	1/13	DTVR
SoRunREC	Su	9am	PMD.L3RD	1/7	DTVR
SoRunREC	M	3:15pm	PMD.XFX9	1/8	DTVR

Intro to Bollywood Dance

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

4TA	10--45 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
ProvREC	Su	10am	N2F.1T6Q	1/7	4TA

Lil Tap and Tu Tu's

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

4TA	10--45 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
SoRunREC	T	4pm	9ZM.MF3Q	1/9	4TA
(4-5 yrs.)					
SoRunREC	T	5pm	2A4.UM8M	1/9	4TA
SoRunREC	W	4pm	2A4.G5ZZ	1/10	4TA

Drama & Music Classes

Let's Make Music

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

4TA	10--45 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
OakMarREC	Th	4:30pm	962.FIHW	1/11	4TA

Tiny Tot Music & Movement

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

DTVM	8--45 minute lessons--\$129
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Location	Day	Time	Code	Begin	\$
(18-30 mos.)					
Frying Pan Pk	T	9:30am	326.T4QA	1/9	DTVM
Frying Pan Pk	W	9:30am	326.A1RL	1/10	DTVM
(24-42 mos.)					
Frying Pan Pk	T	10:30am	71E.V9QX	1/9	DTVM
Frying Pan Pk	W	10:30am	71E.8MJK	1/10	DTVM

Martial Arts Classes

Little Ninjas

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

4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92
DMVE	10--30 minute lessons--\$102

Location	Day	Time	Code	Begin	\$
(3 yrs.)					
LdbyExFrOks	Sa	11am	943.9Y0E	1/6	DMVE
(3-5 yrs.)					
BikBitFFX	M	5pm	1B7.LRSJ	1/8	DMVE
BikBitFFX	T	5pm	1B7.65W9	1/9	DMVE
BikBitFFX	W	5pm	1B7.VU1X	1/10	DMVE
BikBitFFX	Th	5pm	1B7.IJZ1	1/11	DMVE
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.3XMM	1/7	4TC
OakMarREC	Sa	3pm	TSJ.14LL	1/6	4TA
SoRunREC	Sa	11:15am	415.VRN9	1/6	DMVE
LdbyExFrOks	Sa	11:30am	415.G00U	1/6	DMVE
LdbyExFrOks	Sa	12:15pm	415.0PIT	1/6	DMVE
LdbyExFrOks	T	6pm	415.W4C7	1/9	DMVE
LdbyExFrOks	W	4:30pm	415.7J7V	1/10	DMVE
LdbyExFrOks	Th	6pm	415.W3S1	1/11	DMVE
LdbyExFrOks	F	4:30pm	415.U837	1/12	DMVE

Little Ninjas II

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

4TA	10--45 minute lessons--\$109
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	4pm	4AF.LI6K	1/6	4TA

Learn & Grow

with Fairfax County Park Authority

Kids Play Preschool Spring Hill Rec Center Riverbend Preschool



Helping your children reach their potential through:

- Socialization
- School readiness skills
- Learning about art, science, outdoor play, and music



www.fairfaxcounty.gov/parks/early-childhood

Movement Classes

Blast Off for Babies

Fun is guaranteed when you and your tiny tot blast off in our play environment. Children love the games, songs and fingerplays. A great way to introduce youngsters to interactive play. Adults must attend class. Socks required for everyone.

4TA	10--45 minute lessons--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
(13-18 mos.)					
Franconia Rec	Sa	10:15am	334.88FX	1/13	4TA
(18-24 mos.)					
Franconia Rec	Sa	9:15am	ABC.ITRX	1/13	4TC
Franconia Rec	W	10:15am	ABC.RR3X	1/17	4TC

Creative Movement

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

DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	C6B.BJSD	1/13	DTVQ
SoRunREC	W	9am	C6B.OP7J	1/10	DTVQ

Full Speed Ahead

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

DTVF		8--45 minute lessons--\$133			
DTVQ		10--45 minute lessons--\$161			
Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	9am	01M.YAFN	1/6	DTVF
Wkfld/Moore	M	10:30am	01M.BBRW	1/8	DTVQ
Wkfld/Moore	W	10:30am	01M.COEF	1/10	DTVQ
Wkfld/Moore	F	10:30am	01M.HI3U	1/12	DTVQ

Funfit Tots

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

DTVM		8--45 minute lessons--\$129			
Location	Day	Time	Code	Begin	\$
(11 mos.-4 yrs.)					
SpHillREC	Su	9am	61F.B07C	1/7	DTVM
SpHillREC	Th	9am	61F.WL3Z	1/11	DTVM
(1-2 yrs.)					
SpHillREC	Su	10am	D21.76D0	1/7	DTVM
SpHillREC	Th	10am	D21.ENEZ	1/11	DTVM
(2-3 yrs.)					
SpHillREC	Su	11am	504.B68L	1/7	DTVM
SpHillREC	Th	11am	504.9EGA	1/11	DTVM

MORE CLASSES ONLINE:

www.fairfaxcounty.gov/parks/parktakes



The Tot Spot

(2-5 yrs.) This fun Baroody Camps program fuses two things children love most, music and movement, in a variety of activities to make use of their imagination. Tots venture into a world of games and sound while participating in 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--\$133			
DTVQ		10--45 minute lessons--\$161			
Location	Day	Time	Code	Begin	\$
ProvREC	T	9:15am	U04.Z734	1/9	DTVF
ProvREC	Sa	9am	U04.0TK7	1/13	DTVF
ProvREC	Sa	10am	U04.YTBG	1/13	DTVF
Wkfld/Moore	M	9:30am	U04.KCQN	1/8	DTVQ
Wkfld/Moore	W	9:30am	U04.WNVE	1/10	DTVQ
Wkfld/Moore	F	9:30am	U04.96DY	1/12	DTVQ

TotZone

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

4TA	10--45 minute lessons--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	12pm	66.HW88	1/10	4TC
OakMarREC	F	12:30pm	D66.7D0Z	1/12	4TA
SoRunREC	T	10am	D66.1YB2	1/9	4TA
SoRunREC	T	11am	D66.HJZ3	1/9	4TA
Wkfld/Moore	Su	11am	D66.8UPU	1/7	4TA

Zoom Around the Room

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

4TA 4TC					
10--45 minute lessons--\$109 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11:15am	A7B.3AQF	1/13	4TA
Franconia Rec	W	9:15am	A7B.Y5C8	1/17	4TA
Franconia Rec	W	11:15am	A7B.JBZY	1/17	4TA
ProvREC	M	4:30pm	A7B.SATJ	1/8	4TC
Wkfld/Moore	Su	10am	A7B.OJXK	1/7	4TA

Science & Nature Classes

Critter Comeback

(3-5 yrs.) Preschoolers and their adult investigate what happens to the animals as spring returns. Through walks, live animals, nature talks, stories, and arts and crafts, families develop a better understanding of and appreciation for the natural world.

4TD 5--45 minute lessons--\$62					
Location	Day	Time	Code	Begin	\$
HiddenOaks	F	10am	OY6.X2QV	2/2	4TD

Dinosaurs Galore

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

DXVB 8--1 hour 15 minute lessons--\$217					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	871.414S	1/6	DXVB

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.

4TA	10--45 minute lessons--\$109				
4TC	8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	661.DQNJ	1/10	4TC
OakMarREC	F	11:30am	661.L4A4	1/12	4TA

Nature Detectives

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

CTVH 4--55 minute lessons--\$55					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	875.EFZJ	1/2	CTVH
CubRunREC	T	11am	875.UHHA	2/6	CTVH
CubRunREC	T	11am	875.A23I	3/5	CTVH



The Science Seed

(3-6 yrs.) This series of classes introduces children to science in fun, interactive and age-appropriate ways. Children will learn about geology, chemistry, biology and nature through activities to ensure that children build a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how lessons can be continued at home.

DTVP 8--45 minute lessons--\$152						
DTV9 8--55 minute lessons--\$177						
Location	Day	Time	Code	Begin	\$	
Little Run ES	Su	10am	FC7.3U85	1/14	DTVP	
OakMarREC	M	4:30pm	YMM.3SUX	1/8	DTV9	
ProvREC	Su	10am	YMM.H810	1/14	DTV9	
Wkfld/Moore	Sa	10am	YMM.A012	1/13	DTV9	
Wkfld/Moore	Sa	11am	YMM.CBKG	1/13	DTV9	

Sports & Fitness Classes

Beginning Athletes in Team Sports

(4-5 yrs.) This high-energy class introduces kids to a variety of sports including soccer, basketball and flag football, and an assortment of other activities. Kids have fun learning new sports while emphasizing teamwork.

DTVF 8--45 minute lessons--\$133						
DTVP 8--45 minute lessons--\$152						
Location	Day	Time	Code	Begin	\$	
Sully CommCtr	Th	5pm	FC7.D2R4	1/18	DTVF	
Little Run ES	Su	10am	FC7.3U85	1/14	DTVP	

Basketball

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork. Classes held at schools may be indoors.

DTV1 10--45 minute lessons--\$177						
DTVA 10--45 minute lessons--\$132						
DTVD 10--55 minute lessons--\$132						
DTVF 8--45 minute lessons--\$133						
DTVI 10--45 minute lessons--\$136						
DTVQ 10--45 minute lessons--\$161						
DTVZ 8--55 minute lessons--\$107						

Location	Day	Time	Code	Begin	\$
(4-5 yrs. with parent)					
Flint HL ES	Su	9am	176.B4XB	1/7	DTVC
Franconia Rec	Sa	9:30am	176.E89B	1/13	DTVI
Oakton ES	Sa	9:30am	176.E00P	1/6	DTVA
Wkfld/Moore	Sa	10am	176.6S7Q	1/6	DTVA
(4-6 yrs. child only)					
Fairhill ES	Su	9am	EFA.4PKT	1/21	DTVR
Lees Cnr ES	Sa	9am	EFA.H8U0	1/13	DTVZ
Kings Pk ES	Sa	9am	EFA.6PRX	1/13	DTVP
Little Run ES	Su	9am	EFA.MJXL	1/14	DTVP
ProvREC	Su	9am	EFA.ST6R	1/21	DTVZ
Orgn Hnt ES	Sa	9am	EFA.0R5C	1/6	DTVQ
SphillIREC	Su	9am	EFA.C0RS	1/7	DTVD
SphillIREC	Th	5pm	EFA.1S2L	1/11	DTVD
SphillIREC	F	5:30pm	EFA.70V7	1/12	DTVQ
Sully CommCtr	Su	9am	EFA.0JQZ	1/14	DTVF
Sully CommCtr	W	5pm	EFA.R1YY	1/17	DTVF
Wkfld/Moore	Su	9am	EFA.C3JF	1/7	DTV1
Wkfld/Moore	M	5:30pm	EFA.207Y	1/8	DTVQ

Soccer I

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

4TA	10--45 minute lessons--\$109					
4TC	8--45 minute lessons--\$92					
DTVD	10--55 minute lessons--\$132					
DTVF	8--45 minute lessons--\$133					
Location	Day	Time	Code	Begin	\$	
(3 yrs.)						
SoRunREC	Sa	10am	4BE.BUJL	1/6	4TA	
SoRunREC	Su	2:30pm	SFC.CC3X	1/7	DTVF	
ProvREC	T	10:15am	SFC.U43U	1/9	DTVF	
(4-5 yrs.)						
ProvREC	M	5:30pm	5C6.IXR7	1/8	4TC	
SoRunREC	Sa	11am	5C6.KGFK	1/6	4TA	
CubRunREC	Th	4:30pm	39V.DWFR	1/11	DTVF	
KentGrdn ES	Su	3pm	39V.IEGB	1/7	DTVD	
ProvREC	T	11:15am	39V.FN8G	1/9	DTVF	
SoRunREC	Su	3:30pm	39V.P5XG	1/7	DTVF	
SphillIREC	Sa	9am	39V.XDXX	1/6	DTVD	
SphillIREC	Su	9am	39V.4IKV	1/7	DTVD	
Sully CommCtr	F	5pm	39V.JDR2	1/19	DTVF	
Wkfld/Moore	Sa	3pm	39V.FE4N	1/6	DTVD	
Wkfld/Moore	Su	1pm	39V.2CJK	1/7	DTVD	
Wkfld/Moore	Su	4pm	39V.SFE6	1/7	DTVD	

Challenger TinyTykes Soccer-Cubs

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

DTVF 8--45 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	1pm	EFO.BSTV	1/9	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.

DTVF 8--45 minute lessons--\$133						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	12pm	38C.9VS2	1/9	DTVF	

Future Soccer Stars

(4-6 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, ensuring a fun-filled experience!

DFVG 8--55 minute lessons--\$140						
Location	Day	Time	Code	Begin	\$	
WestSprgflldES	Sa	11am	VZ0.2NM#	1/13	DFVG	

T-Ball

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

DTVM 8--45 minute lessons--\$129						
Location	Day	Time	Code	Begin	\$	
Sully CommCtr	Su	4pm	HFV.BC3D	1/14	DTVM	

Little Tennis

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

DTVQ 10--45 minute lessons--\$161						
Location	Day	Time	Code	Begin	\$	
RollValy ES	Sa	9am	KUB.VRB3	1/6	DTVQ	

Tumbling & Gymnastics Classes

Gymnastics for Preschoolers

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

4TA 10--45 minute lessons--\$109						
4TC 8--45 minute lessons--\$92						
DTVF 8--45 minute lessons--\$133						
DTVP 8--45 minute lessons--\$152						

Location	Day	Time	Code	Begin	\$
(3-4 yrs.)					
Franconia Rec	Sa	8:30am	2B8.UDOQ	1/13	4TA
OakMarREC	M	10:35am	2B8.GF70	1/8	4TC
OakMarREC	M	11:25am	2B8.H1JA	1/8	4TC
Franconia Rec	F	9:55am	BW0.156Q	1/26	DTVP
OakMarREC	Sa	10:40am	BW0.WE4A	1/6	DTVF
SoRunREC	Su	11am	BW0.W2LF	1/7	DTVP
SoRunREC	F	4:30pm	UR8.QCDT	1/26	DTVP
SoRunREC	F	12:50PM	UR8.17M2	1/26	DTVP
(3-5 yrs.)					
Franconia Rec	T	10:15am	E42.GDKQ	1/16	4TA
OakMarREC	M	12:15pm	E42.ERIS	1/8	4TC
ProvREC	Th	4:30pm	E42.1L7M	1/11	4TA
Wkfld/Moore	Sa	3pm	E42.6AAB	1/6	4TA
Wkfld/Moore	Su	12pm	E42.6267	1/7	4TA
Franconia Rec	Sa	9:55am	UR8.00ED	1/20	DTVP
Franconia Rec	Sa	12:50pm	UR8.ZZ9W	1/20	DTVP
Franconia Rec	Su	9:15am	UR8.ACR4	1/21	DTVP
OakMarREC	Th	4:30pm	UR8.9HKF	1/25	DTVP
ProvREC	Sa	10am	UR8.5CC8	1/13	DTVP
ProvREC	Sa	11am	UR8.MU3C	1/13	DTVP
ProvREC	Su	11:10am	UR8.SXZ3	1/21	DTVP
ProvREC	Su	12pm	UR8.E0QW	1/21	DTVP
ProvREC	Th	9:50am	UR8.77XD	1/25	DTVP
SoRunREC	F	4:30pm	UR8.QCDT	1/26	DTVP
SoRunREC	F	12:50pm	UR8.17M2	1/23	DTVP
Wkfld/Moore	Sa	10am	UR8.AKNU	1/13	DTVP

(4-5 yrs.)						
Franconia Rec	Sa	9:30am	094.L907	1/13	4TA	
Franconia Rec	Sa	10:30am	094.VCE3	1/13	4TA	
Franconia Rec	T	11:15am	094.GB23	1/16	4TA	
OakMarREC	M	1:05pm	094.1JMY	1/8	4TC	
OakMarREC	M	9:45am	094.ULYO	1/8	4TC	
SoRunREC	Sa	12:30pm	094.23HZ	1/6	4TA	

(4-5 yrs.)						
OakMarREC	Sa	11:30am	M3Q.75UB	1/6	DTVF	
SoRunREC	Su	12pm	M3Q.DT8F	1/7	DTVP	
SoRunREC	Th	4pm	M3Q.3SDY	1/11	DTVP	
SoRunREC	F	12pm	IBA.A845	1/26	DTVP	
Wkfld/Moore	Sa	11am	M3Q.RDW5	1/13	DTVP	



Gymnastics with Parent

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

4TA	10--45 minute lessons--\$109
DTVF	8--45 minute lessons--\$133
DTVP	8--45 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	9:15am	088.6INR	1/16	4TA
Wkfld/Moore	Sa	4pm	088.TG20	1/6	4TA
Wkfld/Moore	Su	4pm	088.PFVQ	1/7	4TA
Wkfld/Moore	Su	9am	088.WZSR	1/7	4TA
Franconia Rec	Sa	9am	IBA.DMTT	1/13	DTVP
Franconia Rec	Su	10:15am	IBA.4MBO	1/14	DTVP
Franconia Rec	F	9am	IBA.70WA	1/26	DTVP
OakMarREC	Sa	9:50am	IBA.M2OW	1/6	DTVF
ProvREC	Sa	9am	IBA.TP3W	1/13	DTVP
ProvREC	Sa	12pm	IBA.WNOA	1/13	DTVP
ProvREC	Su	10:15am	IBA.7EAH	1/21	DTVP
ProvREC	Th	9am	IBA.9P58	1/25	DTVP
Wkfld/Moore	Sa	9am	IBA.AN8L	1/13	DTVP
Wkfld/Moore	Sa	12pm	IBA.004M	1/13	DTVP

Tumbling

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

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

Location	Day	Time	Code	Begin	\$
ProvREC	Th	5:30pm	D57.KJK8	1/11	4TA
Wkfld/Moore	Sa	2pm	D57.09D9	1/6	4TA
Wkfld/Moore	Su	3pm	D57.1CXM	1/7	4TA
Franconia Rec	Sa	11:55am	RD2.420H	1/20	DTVP
ProvREC	W	6pm	RD2.C8IG	1/10	DTVP

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Dance

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



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

Wake Up & Dance

(13-Adult) Start your day off with dance! course covers stretching, movement exercises and different styles of dance.

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

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	6:30am	ZIH.D67S	1/17	3PA

Ballet & Stretch

(13-Adult) For students who have danced before or those who wish to learn. This class is a unique combination of ballet fundamentals and stretching.

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

Location	Day	Time	Code	Begin	\$
Bucknell ES	Th	8pm	6!A.DKQB	1/18	3PA

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--\$115
DPVK 10--55 minute lessons--\$173
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	408.9IIM	1/13	DPVN
ProvREC	W	6pm	408.OA3T	1/10	CPVF
ProvREC	Su	9:55am	408.E3MD	1/14	CPVF
SpHillREC	Su	9:55am	408.MD00	1/7	DPVN
SpHillREC	W	6pm	408.RKAM	1/10	DPVK

Celebrate the Holidays in the Parks!

Turn to the Events section for a schedule of events.



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--\$100
4PA 10--55 minute lessons--\$127
CPVF 8--55 minute lessons--\$115
DPDA 8--55 minute lessons--\$91
DPVK 10--55 minute lessons--\$173
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
Belle Vw ES	Sa	11:30am	55f.JSJY	1/6	4PA
CubRunREC	Su	2:55pm	2BE.LH11	1/7	DPVN
OakMarREC	Su	9am	2BE.1K12	1/7	CPVF
ProvREC	M	6pm	2BE.63B7	1/8	DPVN
ProvREC	F	6pm	2BE.78TL	1/12	DPVN
SoRunREC	Su	12pm	2BE.STGY	1/7	CPVF
SoRunREC	M	4:05pm	2BE.DTQ	1/8	CPVF
SoRunREC	W	5pm	55f.76K4	1/10	4PA
Wkfld/Moore	Sa	9:55am	2BE.490Q	1/6	CPVF
Wkfld/Moore	Su	1:20pm	2BE.3M6P	1/7	DPVN
Wkfld/Moore	W	6pm	2BE.QOZQ	1/10	DPVK
(6-12 yrs.)					
Stone MS	Th	5:30pm	5KA.XUZB	1/11	DPDA
(10-14 yrs.)					
Stone MS	Th	6:30pm	96S.5S61	1/11	DPDA
(13-Adult)					
Wkfld/Moore	T	8pm	63B.USN9	1/9	4PA

Combo Dance & Tap

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

4PA 10--55 minute lessons--\$127
CPVF 8--55 minute lessons--\$115
CPVL 8--55 minute lessons--\$157
DPVK 10--55 minute lessons--\$173
DPVN 8--55 minute lessons--\$138
3PA 8--55 minute lessons--\$100

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
Franconia Rec	Su	11:15am	3A9.MTS3	1/14	CPVL
OakMarREC	Sa	1:45pm	3A9.JXQ3	1/6	CPVF
OakMarREC	Su	12:30pm	3A9.55A3	1/7	CPVF
ProvREC	Th	5:55pm	3A9.NVS2	1/11	CPVF
SoRunREC	Su	11am	3A9.YKWH	1/7	CPVF
(6-12 yrs.)					
Bucknell ES	Th	6pm	3EE.1ZYR	1/18	3PA
SoRunREC	T	5:50pm	3EE.PNKO	1/9	4PA
SoRunREC	W	6pm	3EE.SELF	1/10	4PA
(8-12 yrs.)					
ProvREC	M	7pm	764.8J82	1/8	DPVN
SpHillREC	W	7pm	764.B1WD	1/10	DPVK
Wkfld/Moore	W	7pm	764.2U6R	1/10	DPVK

Hip Hop I

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

3PA 8--55 minute lessons--\$100
CPVF 8--55 minute lessons--\$115
CPVL 8--55 minute lessons--\$157
DPVK 10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
Franconia Rec	Sa	11am	209.OYKW	1/13	DPVK
OakMarREC	Su	1:30pm	209.ZR9I	1/7	CPVF
ProvREC	W	7pm	209.XMHY	1/10	CPVF
ProvREC	T	6:20pm	209.G84N	1/13	DPVK
ProvREC	Sa	12:35pm	209.LBD6	1/13	CPVF
SoRunREC	Su	10am	209.H6E5	1/7	CPVF
SoRunREC	M	5:05pm	209.UFTT	1/8	CPVF
SpHillREC	Th	6pm	209.S9NG	1/11	DPVK
Wkfld/Moore	Sa	11am	209.C5ZP	1/6	CPVF
(8-13 yrs.)					
Franconia Rec	Su	12:15pm	085.F4SF	1/14	CPVL
OakMarREC	Su	2:30pm	085.5EIR	1/7	CPVF
ProvREC	T	7:20pm	085.XYWC	1/9	DPVK
ProvREC	Sa	1:35pm	085.015P	1/13	CPVF
ProvREC	Su	12:45pm	085.JEZ4	1/14	CPVF
SoRunREC	M	6:05pm	085.9020	1/8	CPVF
SpHillREC	Th	7pm	085.AWQL	1/11	DPVK
Wkfld/Moore	Sa	12pm	085.OAYT	1/6	CPVF
(8-17 yrs.)					
Bucknell ES	Th	7pm	B4A.F665	9/24	3PA

Combo Ballet & Hip Hop

(5-8 yrs.) Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	10:40am	NFK.J2L1	1/13	CPVF
ProvREC	Su	11:45am	NFK.JG97	1/14	CPVF

Tap and Jazz

(9-12 yrs.) Introduction to basic steps and movements.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
ProvREC	Th	7pm	FE5.MOAS	1/11	CPVF

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Dance

Ballroom Dancing I

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

2PA	6--55 minute lessons--\$76
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Singles & Couples

OakMarREC	Su	1pm	162.8J5T	1/7	4PA
Wkfld/Moore	T	6:30pm	162.1GOV	1/9	4PA

Couples only

Franconia Rec	Th	8:10pm	A6D.XYZL	1/18	4PA
Frying Pan Pk	T	7pm	A6D.42LD	1/9	2PA
SpHillREC	Su	3pm	A6D.V2D2	1/7	4PA

Ballroom Dancing II

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

2PA	6--55 minute lessons--\$76
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Singles & Couples

Wkfld/Moore	T	7:30pm	956.E8KW	1/9	4PA
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Couples only

Franconia Rec	Th	8:10pm	25B.CVPA	1/18	4PA
Frying Pan Pk	T	7pm	25B.H3G4	1/9	2PA

Ballroom Dancing III Couples only

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

2PA	6--55 minute lessons--\$76
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
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Franconia Rec	M	8:10pm	F68.GQOR	1/15	4PA
Frying Pan Pk	T	8pm	F68.TWF7	1/9	2PA

Ballroom Dancing IV Couples only

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

4PA	10--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	M	8:10pm	DAD.5LKP	1/15	4PA
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Line Dancing I

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

4PA	10--55 minute lessons--\$127
DPVK	10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	M	6:30pm	7D2.TMB0	1/8	4PA
OakMarREC	F	10am	W7D.E9W7	1/12	DPVK
SpHillREC	T	11am	W7D.AA71	1/9	DPVK
SpHillREC	F	6pm	W7D.Y3PV	1/12	DPVK

Line Dancing II

(13-Adult) Prerequisite: Level I. Take your line dance skills up a notch with fun dances 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--\$127
DPVK	10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	M	7:30pm	6L5.0520	1/8	4PA
SpHillREC	F	5pm	924.SW1A	1/12	DPVK



Swing Dance I

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

4PA	10--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	Sa	4pm	35B.1922	1/6	4PA
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Swing Dance II

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

4PA	10--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	Sa	5pm	64A.J15Q	1/6	4PA
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West Coast Swing

(13-Adult) Danced to slower blues music, this slotted dance allows for more freedom and playfulness while dancing with your partner, especially for the women who do expressive swivel walks and hip swings. Singles are welcome, partners are recommended.

4PA	10--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
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OakMarREC	Su	4pm	FEF.1EF4	1/7	4PA
Wkfld/Moore	F	7:30pm	FEF.UPLZ	1/12	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--\$127
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Location	Day	Time	Code	Begin	\$
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OakMarREC	Su	3pm	MD6.8QA0	1/7	4PA
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Hustle

(13-Adult) The Hustle is the partner version of disco dancing. This fusion of swing and disco is danced to the club hits from the 1970's through today.

4PA	10--55 minute lessons--\$127
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Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	F	6:30pm	B15.L0LX	1/12	4PA
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Social Dance-Basic Survival I

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

3PA	8--55 minute lessons--\$100
DPBC	8--1 hour 25 minute lessons--\$136

Location	Day	Time	Code	Begin	\$
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Card Fst ES	Th	8:30pm	6D1.RP16H	1/11	DPBC
ProvREC	M	7:30pm	6D1.K5E8	1/8	3PA
Woodson HS	T	7pm	6D1.9W9B	1/9	DPBC

Social Dance-Basic Survival II

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

DPBC	8--1 hour 25 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
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Woodson HS	T	8:30pm	7A3.STOW	1/9	DPBC
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Beyond Basic Survival-Couples

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

DPBC	8--1 hour 25 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
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Card Fst ES	Th	7pm	50D.R0VQ	1/11	DPBC
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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--\$127
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Location	Day	Time	Code	Begin	\$
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Franconia Rec	Sa	4pm	607.T23W	1/13	4PA
Frying Pan Pk	W	6pm	607.3CFK	1/10	4PA
OakMarREC	Su	3pm	607.Y4LO	1/7	4PA

Country & Western Line Dancing**Beginning II**

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	5pm	C8C.C1M2	1/13	4PA
Frying Pan Pk	W	7pm	C8C.MHTS	1/10	4PA
OakMarREC	Su	4pm	C8C.E5QL	1/7	4PA

Country & Western Line Dancing**Intermediate I**

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	5pm	742.ED3X	1/7	4PA

Country & Western Line Dancing**Intermediate II**

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	6pm	81E.499E	1/7	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.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	2pm	872.71PL	1/7	4PA
Wkfld/Moore	Th	6:30pm	872.KGOW	1/11	4PA

Latin Dancing I

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

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
ProvREC	M	6:30pm	7BF.812M	1/8	3PA
SpHillREC	Su	2pm	7BF.YE8Y	1/7	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--\$127

Location	Day	Time	Code	Begin	\$
OakMarREC	Su	5pm	375.LKZX	1/7	4PA
Wkfld/Moore	Th	7:30pm	375.H07H	1/11	4PA

Belly Dance I

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

CPVF 8--55 minute lessons--\$115

CPVM 8--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	9:15am	Y21.VRCM	1/15	CPVM
ProvREC	F	12:20pm	Y21.VLOJ	1/12	CPVF

Bollywood Style Dance

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
ProvREC	Su	11am	OB4.M7NM	1/7	4PA

Bharatanatyam Dance I

(5-7 yrs.) Basic Bharatanatyam fundamentals that promote strength, endurance, self-confidence, and concentration.

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

Location	Day	Time	Code	Begin	\$
Frying Pan P	M	5:30pm	XDA.PJ2C	1/8	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--\$127

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.2AYO	1/7	4PA

Hula Dance-Intermediate

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

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.N5IK	1/7	4PA

Adapted Dance Programs for All Abilities

Individuals with disabilities can experience parks through adapted programming including:

Adapted Creative Movement

(18 months-4 years)

Tuesdays • 9-9:45 a.m.

Spring Hill Rec Center

Adapted Barre Techniques (Adults)

Wednesdays • 9-9:45 a.m.

Oak Marr Rec Center

Adapted Line Dancing (Adults)

Wednesdays • 10-10:55 a.m.

Oak Marr Rec Center



For more information, turn to the Adapted Recreation section or visit www.fairfaxcounty.gov/parks/accessible

**Weddings**

at Twin Lakes and Laurel Hills 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



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

Day Trips & Tours

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



Readvertised trip (not eligible for early discount)

Getaway - Holiday Williamsburg Wednesday, December 6

Fee: \$259 Code: XX1.H760

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

Day Trips & Tours Information & Policies

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

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

Bus Seating: Registered participants may select seats on a first-come first-served basis. Usually, two seats adjacent to the driver are reserved for the trip escort and a tour guide (if needed) as well as a few other seats for interpreters (when needed), in the rare case of a defective seat or for persons who may experience motion sickness. The trip escort will try to accommodate requests for special seating when possible. Bus seating will be socially distanced, and masks will be required while riding on the bus.

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

Alcohol: No kegs, opened cans or glass containers are allowed on the bus. No large coolers are allowed unless the cooler can be positioned on the back seat

New Trips (eligible for early discount)



Getaway-Frederick Douglass Home & Portrait Gallery

Wednesday, February 21

Fee: \$89 Code: 50Z.6EZ1

(Adults) Celebrate black history month with a focus on renowned statesman and social reformer, Frederick Douglass. Take a guided tour the Douglass home in Anacostia (a National Park site), see items from his public and private life of the late 1800's, and understand the significance of the work of this great man. Next, journey to the National Portrait Gallery to see the Frederick Douglass portraits exhibit. Lunch is on your own in the Portrait Gallery courtyard (purchase from the café or bring your own). There will be some additional time to see more exhibits at the Portrait Gallery. Note: There are very steep steps to reach the Douglass Home, which is situated on a hilltop. The second floor of the home is only accessible by stairs. Call Green Spring Gardens at 703-642-5173 for accommodations requests and inquiries. Bus departs Green Spring Gardens at 9:30 a.m. and returns at 3:30 p.m.

so that it does not take away a seat from any passenger. Damage or spillage from a cooler can stain coach seat upholstery and compromise bus cleanliness and appearance.

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

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

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

Cancellations: The FCPA reserve the right to cancel a trip due to low enrollment and/or other circumstances. If a trip is canceled, all registrants will be notified, and all fees will be refunded to your Parktakes account. Trips are not canceled due to inclement weather unless you are notified by phone. Call 703-324-TOUR (8687) for emergency weather instructions.

Refund Policy: Refunds, credits or transfers for day trips are allowed up to 14 days prior to the trip date. Cancellation/refund requests received 13 or

Philadelphia Flower Show

Monday, March 4

Fee: \$179

Code: A19.A2EI

Wednesday, March 6

Fee: \$179

Code: A19.01RF

(Adults) Includes motor coach and admission. The Philadelphia Flower Show is the nation's largest and longest-running horticultural event. It features stunning displays by some of the world's premier floral and landscape designers. Immerse yourself in the spectacular and decadent floral displays and the exciting, energetic and passionate side of flowers, gardens and horticulture. Bring a lunch or enjoy the atmosphere and food at the Reading Terminal Market located across the street. March 4 trip departs Green Spring at 8 a.m. and returns at 8 p.m. March 6 trip departs at 10 a.m. and returns at 10 p.m. Trip cancellation deadline is February 16, 2024.



fewer days prior to the trip date will not be granted because of bus company and vendor deadlines. For trips requiring deposits, the deposit is nonrefundable. You can, however, substitute another person in your place.

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

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

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

Departure/Return Location

**Green Spring
Gardens**

4603 Green Spring Rd.,
Alexandria

Equestrian and Farm

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



FCPA Equestrian Facilities



Frying Pan Farm Park

2709 West Ox Road
Herndon, Va. 20171
www.fairfaxcounty.gov/parks/frying-pan-park
703-437-9101

- Indoor and outdoor riding arenas
- Jump equipment
- Dressage ring
- Cross-country course
- Integrated Sound System in the Indoor Arena and Lower Arena
- Horse shows
- State-of-the-art barns with stalls for 150 horses
- Equestrian Center facilities and equipment are available for rentals

Open 8 a.m.-9 p.m. daily. Due to the heavy use of indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not have horses for rent. For show schedules, entry forms and rental details: www.fairfaxcounty.gov/parks/fryingpanpark.



Laurel Hill Equestrian Center

9500 Furnace Road
Lorton, Va. 22079

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



Turner Farm Park

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

- Former dairy farm
- Almost 40 acres of open fields enclosed by perimeter fencing
- Open for general riding
- Novice-level, cross-country course
- Water, ditch and bank complexes
- Round pen
- Large multi-purpose outdoor arena
- All-weather footing
- 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. Student weight must not exceed 200 lbs.

Frying Pan Farm Park

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



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fairfaxparks

English Style Riding Lessons

Horseback Riding-Beginner

(8-14 yrs.) For the student who has never taken lessons and wants to learn the basics. Student weight must not exceed 200 lbs.

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

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	15F.ZDQ7	1/8	DHAF
Frying Pan Pk	M	7pm	15F.VFGH	1/8	DHAF
Frying Pan Pk	T	6pm	15F.RUHF	1/9	DHAF
Frying Pan Pk	T	7pm	15F.BTCQ	1/9	DHAF
Frying Pan Pk	Th	6pm	15F.8XGW	1/11	DHAF
Frying Pan Pk	Th	7pm	15F.DQHT	1/11	DHAF

Horseback Riding Advanced Beginner

(8-14 yrs.) Prerequisite: Students must have taken Horseback Riding Beginning for three consecutive sessions. Riders will build on skills learned in level I. Student weight must not exceed 200 lbs.

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

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	6pm	GR4.N1P4	1/10	DHAF
Frying Pan Pk	W	7pm	GR4.RKMK	1/10	DHAF

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. Student weight must not exceed 200 lbs.

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

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	6pm	1F7.8DFL	1/8	DHAF
Frying Pan Pk	T	6pm	1F7.EFY8	1/9	DHAF
Frying Pan Pk	W	6pm	1F7.NQMJ	1/10	DHAF
Frying Pan Pk	Th	6pm	1F7.3ANB	1/11	DHAF

Therapeutic Horseback Riding II

(4-Adult) Prerequisite: Students must have taken Therapeutic Horseback Riding I for three consecutive sessions. Advancement is based on the rider's abilities, needs and personal progress. Each lesson is tailored to the rider's abilities. A medical form is required by Spirit for participation. Student weight must not exceed 200 lbs.

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

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	JJJ.W5QB	1/8	DHAF
Frying Pan Pk	T	7pm	JJJ.JG4B	1/9	DHAF
Frying Pan Pk	W	7pm	JJJ.V7GP	1/10	DHAF
Frying Pan Pk	Th	7pm	JJJ.2V8D	1/11	DHAF

Kidwell Farm at Frying Pan Farm Park



2709 West Ox Road
Herndon, Va. 20171
703-437-9101
www.fairfaxcounty.gov/parks/fryingpanpark

Down on the Farm

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

The Country Store

703-435-3710

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

Hours:

Monday-Thursday 10 a.m.-2 p.m.
Friday-Sunday 10 a.m.-4:30 p.m.



Belong to a Homeschool Group?

Turn to parks for field trip
and SOL-based programs.

Visit www.fairfaxcounty.gov/parks/home-school
for more information



Child and Parent Programs

Little Hands on the Farm

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

1--45 minute program

Location	Day	Time	Code	Date	\$
(2-3 yrs.)					
Frying Pan Pk	F	9:45am	58A.FLMK	2/2	\$10/child
(3-5 yrs.)					
Frying Pan Pk	F	11am	100.H6NR	2/2	\$10/child

Animal Tea Party

(4-7 yrs.) Join us for a cozy tea party on the farm! Bring your favorite stuffed animal, help us decorate for the party and read a story. We will enjoy drinks and cookies in a special environmentally friendly tea set and meet one of our animals.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	10am	M3W.9KL4	1/19	\$10/ea.
Frying Pan Pk	F	2pm	M3W.5IS4	1/19	\$10/ea.
Frying Pan Pk	Sa	10am	M3W.4LU4	1/20	\$10/ea.
Frying Pan Pk	Sa	2pm	M3W.1N6A	1/20	\$10/ea.
Frying Pan Pk	F	10am	M3W.6Q4F	1/26	\$10/ea.
Frying Pan Pk	F	2pm	M3W.1T4N	1/26	\$10/ea.
Frying Pan Pk	Sa	10am	M3W.XW03	1/27	\$10/ea.
Frying Pan Pk	Sa	2pm	M3W.0KQX	1/27	\$10/ea.

Children's Programs

Farm Skills - Dairy

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	3:45pm	V35.EEVU	2/19	\$8/ea.

Family/All Ages

MLK Service and Learning Day

(4-Adult) Introduce your young ones to Martin Luther King, Jr. Day as we gather at the Frying Pan Farm Park Visitor Center to learn about Martin Luther King and the importance of giving back to our community. Rotate through stations to hear about the Civil Rights Movement, participate in a service project, and reflect on the power of community cooperation. All participants must be registered.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	10:30am	F2C.HPX0	1/15	\$8/ea.



**Dec. 1-2, 8-9 & 15-16, 4:30-7:30pm (Fridays)
and 4:30-7:45pm (Saturdays)
\$15 (online) \$20 (at the door)**

(All Ages) Come celebrate the holidays at Frying Pan Farm Park with an evening of wagon rides, indoor activities, food, animal interactions, and campfires! Wagon Rides are \$10 a person and s'mores will be provided to everyone who buys a ticket. Bring the whole family and see the farm in a new, festive way! For times and to register, visit Parktakes online, or call the site directly.



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



Holiday Events in the Parks!

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



Holiday on the Farm

Friday and Saturday, December
1-2, 8-9 & 15-16

Fridays: 4:30-7:30 p.m.

Saturdays: 4:30-7:45 p.m.

\$15 per person

Reservations recommended

(All Ages) Come celebrate the holidays at Frying Pan Farm Park with an evening of wagon rides, indoor activities, food, animal interactions, campfires and visits with Santa. \$15 per person pass presale ends one

day before event date: \$20 per person day of at the gate. Each pass includes one wagon ride along the light show route, no additional wagon rides will be sold at the event. The ticket also includes a trackless train ride and a carousel ride (for children 12 and under). Walking is not permitted on the wagon route, for safety. No refunds, unless event is cancelled. Limited activity tickets available day of event at the park. Online presale registration ends one day before day of the event. Bring the whole family and see the farm in a festive way.



Sensory-Friendly Santa at the Mill

Saturday & Sunday, December 9-10

12:30 a.m. - 2:15 p.m. (Sat.)

11:30 a.m. - 1:15 p.m. (Sun.)

\$40 per family (up to 5 people)

Reservations required

(3-Adult) At this sensory-friendly event, children with disabilities and their families can experience old-fashioned holiday fun at Colvin Run Mill in a quiet and calm environment. Families will have 15 minutes to visit Santa in the mill, and we will offer holiday crafts. Families may also visit the historic house and general store. The cost is for a whole family of up to 5 people. For times and to register, visit Parktakes online, or call the site directly.



Winter Wonderland Event at Burke Lake

Saturdays & Sundays, December 2, 3, 9, 10, 16, 17
11 a.m.-5 p.m.

(2-Adult) All aboard for a train ride on the Holiday Express, take a spin on the Carolers Carousel, play Gingerbread Man Golf or warm yourself by the fire and cook s'mores as you usher in your holidays. Visit with Santa, enjoy hot chocolate and candy canes. \$15 pass on sale through the Wednesday before the event, \$20 if purchased day of event. Pick up passes at ice cream parlor day of the event. No refunds, unless event is cancelled. Children age 10 and younger must be accompanied by an adult registered for the same ride package. Children younger than 2 ride free but must pay for other activities. Limited activity tickets available day of event at the park. Online registration ends two days before day of the event.



Children's Holiday Shopping at Historic Colvin Run

Saturday & Sunday, December 2-3

11 a.m. - 3:20 p.m.

\$5 per child, 30 minute event

Reservations required

(5-12 yrs.) Children are accompanied by a secret shopper to assist them with purchasing holiday gifts at the Colvin Run Mill General Store. Assistants help wrap and tag gifts. Cost of gifts not included. Adults may tour the site and visit the Miller's House exhibit while waiting. For times and to register, visit Parktakes online, or call the site directly.



Santa at the Mill

(3-Adult) Experience old-fashioned holiday fun at Colvin Run Mill. Visit Santa in the Mill, tour the Miller's House decorated for the holidays, roast a marshmallow, and enjoy cocoa. Festive music and children's crafts complete the experience. Most families spend about an hour at this event.

1--1 hour event

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	3pm	1ED.H1GN	12/9	\$10/ea.
ColvinRunMill	Sa	3:30pm	1ED.GTD5	12/9	\$10/ea.
ColvinRunMill	Sa	4pm	1ED.UJHA	12/9	\$10/ea.
ColvinRunMill	Sa	4:30pm	1ED.IM5S	12/9	\$10/ea.
ColvinRunMill	Sa	5pm	1ED.JE41	12/9	\$10/ea.
ColvinRunMill	Sa	5:30pm	1ED.GIL1	12/9	\$10/ea.
ColvinRunMill	Su	2pm	1ED.O1QR	12/10	\$10/ea.
ColvinRunMill	Su	2:30pm	1ED.NV1N	12/10	\$10/ea.
ColvinRunMill	Su	3pm	1ED.Z33B	12/10	\$10/ea.
ColvinRunMill	Su	3:30pm	1ED.LBIY	12/10	\$10/ea.
ColvinRunMill	Su	4pm	1ED.7ZVE	12/10	\$10/ea.
ColvinRunMill	Su	4:30pm	1ED.BOVU	12/10	\$10/ea.



Stargazing Spectacular

(3-Adult) Enjoy activities including guided star gazing, observing the night sky through the lens of a telescope, and listening to ancient stories about the constellations around a campfire. Participate in other activities and crafts as you enjoy the beauty of the night sky. Canceled if raining or snowing.

1--45 minute event

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	5:30pm	F8F.SUJM	1/13	\$10/ea.
BurkeLakePk	Sa	6pm	F8F.IIKM	1/13	\$10/ea.
BurkeLakePk	Sa	6:30pm	F8F.ZUQM	1/13	\$10/ea.
BurkeLakePk	Sa	7pm	F8F.QAQW	1/13	\$10/ea.



Astronomy Festival

(3-Adult) Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.

1--2 hour 30 minute event

Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	5pm	4DF.XXQ2	12/16	\$10/ea.
TurnerFarmPk	Sa	5pm	4DF.A1EZ	1/20	\$10/ea.
TurnerFarmPk	Sa	5:30pm	4DF.R4QQ	2/17	\$10/ea.



Candlelight Holiday Tour

Saturday, December 9 and 16, 2023

Tour times between 4:45-7 p.m.
\$12 Adult, \$10 Senior/Student/Youth,
Under 5 yrs. Free

(All Ages) Enjoy an elegant walk-through tour of Sully, the 18th century home of Richard Bland Lee, Northern Virginia's first congressman. Tour by the glow of real candlelight as it illuminates the house. Hear about a Christmas tree from 1885 and how a little girls' recollection lives on today. In the laundry, learn about the Lee's enslaved people Thornton, a cook, Madam Juba, a laundress and other enslaved men, women and children and their labors. Make a holiday craft and enjoy a hot beverage and cookies based upon a historical recipe.

A Visit With Santa

(2-Adult) Bring your camera to take a picture with Santa in a historic setting at Sully! When you Mingle with Kringle, you will have a chance to tell Santa Claus your Christmas wishes, then make a festive ornament to deck your own halls and enjoy some refreshments with a story from Mrs. Claus. All attendees must register, including accompanying adults. For more information, call 703-437-1794.

1--4 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	12pm	215.XOLD	11/25	\$9/ea.



Saturday, November 25

A Visit with Santa	Sully Historic Site	pg. 50
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Friday, December 1

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Holiday Lantern Tour	Colvin Run Mill	pg. 72

Saturday, December 2

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Children's Holiday Shopping	Colvin Run Mill	pg. 49
Holiday Lantern Tour	Colvin Run Mill	pg. 72
Winter Wonderland	Burke Lake Park	pg. 49

Sunday, December 3

Winter Wonderland	Burke Lake Park	pg. 49
Children's Holiday Shopping	Colvin Run Mill	pg. 49

Wednesday, December 6

Getaway - Holiday Williamsburg	Day Trip	pg. 46
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Friday, December 8

Holiday on the Farm	Frying Pan Farm Park	pg. 49
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Saturday, December 9

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Learn about the Christmas Bird Count	Green Spring Gardens Park	pg. 93
Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 49
Santa's Critters & Craft	Hidden Pond Nature Center	pg. 83
Santa at the Mill	Colvin Run Mill	pg. 50
Candlelight Holiday Tour	Sully Historic Site	pg. 50
Winter Wonderland	Burke Lake Park	pg. 49
Candy Cane Lane Mini Golf	Oak Marr Mini Golf	pg. 51

Sunday, December 10

DIY Holiday Ornaments	Ellanor C. Lawrence Park	pg. 73
Holiday Engineering Challenge	Hidden Oaks Nature Center	pg. 91
Winter Wonderland	Burke Lake Park	pg. 49
Sensory-Friendly Santa at the Mill	Colvin Run Mill	pg. 49
Santa at the Mill	Colvin Run Mill	pg. 50

Thursday, December 14

Floral Design Workshop - Holiday Sparkle	Green Spring Gardens Park	pg. 61
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Friday, December 15

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Christmas Tea at the Harrisons	Historic Huntley	pg. 75

Saturday, December 16

Holiday on the Farm	Frying Pan Farm Park	pg. 49
Candlelight Holiday Tour	Sully Historic Site	pg. 50
Winter Wonderland	Burke Lake Park	pg. 49
Caroling Wagon Ride & Campfire	Ellanor C. Lawrence Park	pg. 86

Sunday, December 17

A Very Mason Christmas	Historic Huntley	pg. 73
Going Green for the Holidays – Ornament Workshop	Riverbend Park	pg. 84
Winter Wonderland	Burke Lake Park	pg. 49
Swim with Santa	Spring Hill Rec Center	pg. 52

Friday, December 29

Holiday Concert – IONA	Sully Historic Site	pg. 73
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Candy Cane Lane

Enjoy the lights and holiday decorations
at Oak Marr Mini Golf

Saturday, December 9 • 1–4 p.m.

*Stroll down candy cane lane
for a game of mini golf!*



- Meet Santa!!!
- Hot Chocolate Station (choose your toppings)
- Face Painting
- Crafts
- Sweet Treats and Goodies to Take Home

Learn more and get tickets:
www.fairfaxcounty.gov/parks/reccenter/oak-marr/
Oak Marr Rec Center • 3200 Jermantown Rd. • Oakton, Va. 22124

**Family Skate & Dance Night**

Enjoy the holidays with family and friends
at Family Skate and Dance Night!

- Monthly events
- Fun themes (grab your tacky sweaters in December!)
- Festive decorations
- Special snacks and treats
- All-around good time skating or dancing on the floor!

Learn more and register at
www.fairfaxcounty.gov/parks/reccenter/franconia/.



FAIRFAX COUNTY PARK AUTHORITY
REC CENTERS



BLACK HISTORY MONTH

Join us in honoring the vibrant tapestry of Black heritage through interactive events for all ages.

Paths of Freedom Seekers

Sunday, February 11 • 1-2 p.m.

Enslaved Lives and the Legacy of Slavery

Saturday, February 3 • 1-2 p.m.

Black History Month at Historic Frying Pan Church

Saturday, February 3 • 12-2 p.m.

Remembering Metilda-An Enslaved Child at the Mill

Saturday, February 17 • 1-2 p.m.

Enslaved Lives and the Legacy of Slavery

Saturday, February 17 • 1-2 p.m.

Black History Month at Historic Frying Pan Church

Saturday, February 17 • 12-2 p.m.,

MLK Service and Learning Day

Monday, January 15 • 10:30-11:30 a.m.

Visit www.fairfaxcounty.gov/parks/topics/black-history-month for details.



Lunar New Year Celebration

Friday, February 9, 2024 • 6-8 p.m.
Twin Lakes Golf Course • \$10

Join us in celebrating the Lunar New Year with crafts, traditional snacks, and a discussion about the history and culture behind the Lunar New Year.

Children must be accompanied by a registered adult.



Twin Lakes Golf Course
6201 Union Mill Road • Clifton
www.fairfaxcounty.gov/parks/event-highlights



Love is in the Air



Celebrate Valentines Day at your favorite park or Rec Center for activities and crafts!

Floral Design Workshop- Valentines Arrangement

Saturday, February 10 • 1-2:30 p.m.

Nature DIY Valentines

Saturday, February 10 • 3-4 p.m.

Valentine's Cookie Decorating

Tuesday, February 13 • 6-7 p.m.

Valentines Day Science

Tuesday, February 13 • 6-7 p.m.

Tea and Chocolates

Wednesday, February 14 • 2-4 p.m.

How to Say "Be Mine" in the Animal World

Saturday, February 17 • 1-2 p.m.



Visit www.fairfaxcounty.gov/parks/event-highlights for details.



Swim with Santa!

Sunday, December 17

Celebrate the holiday season with a festive-themed pool party and the opportunity to swim with Santa!

- 3-4 p.m. for children ages 1-6
- 4:30-5:30 p.m. for children ages 7-12
- \$10 per child

www.fairfaxcounty.gov/parks/reccenter/spring-hill



SPRING HILL
REC CENTER

1239 Spring Hill Road
McLean, Va.

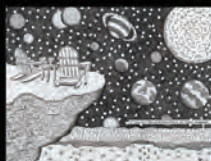
NorthernVirginiaHandcrafter'sGuild

ART & CRAFT SHOW

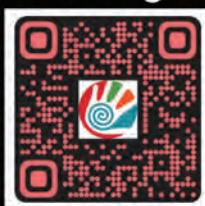
Thanksgiving Weekend
NOV 24-26, 2023
FRI - SAT 10 am to 5 pm
SUN - 11 am to 4 pm

Vienna Community Center

120 Cherry Street SE, Vienna, VA 22180



www.nvhg.org



Scan to purchase show tickets



Over 50 Crafters
Admission \$3
(for all three days),
Children 12 and under Free

McLean Art & Crafts Festival

Juried Show Since 1982



December 1-3, 2023

McLean Community Center
1234 Ingleside Ave, McLean, VA 22101

FRI	SAT	SUN
11am-6pm	10am-6pm	11am-4pm



VIP Friday Preview
9am-11am: \$15
Muffins and Mimosas.
Enter the show early and
enjoy a festive libation
and a selection of pastries.

General Admission: \$5
Tickets good for all three days, Free
admission for children 12 and under

Exercise and Physical Fitness

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



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

Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 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 Cybex 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/passess 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.

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

Healthy Strides Active Living

Delaying Diabetes Hybrid

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

3EX 8--55 minute lessons--\$126					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	11am	4PK.WK6M	1/9	3EX



Group Muscular Strength and Conditioning

Body Sculpting

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

4ED 11--55 minute lessons--\$139					
Location	Day	Time	Code	Begin	\$
OakMarREC	Th	8am	8B3.MXTL	1/11	4ED

BODYPUMP

(13-Adult) BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	8:05am	A90.RJCV	1/7	4ECA
ProvREC	M	6pm	A90.0C4R	1/8	4ECA
ProvREC	W	6pm	A90.0S1A	1/10	4ECA
SoRunREC	Sa	8am	A90.6KP6	1/6	4ECA
SoRunREC	M	7pm	A90.438X	1/8	4ECA
SoRunREC	W	7pm	A90.0582	1/10	4ECA

Chair Fitness

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

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
SpHillREC	M	11:05am	3A4.AH5J	1/8	4EB

Fitness for Women

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

4ED 11--55 minute lessons--\$139					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5pm	41C.GIH1	1/7	4ED

Fitness for Seniors

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

4EB 11--55 minute lessons--\$137 4EC 22--55 minute lessons--\$272					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	8am	1A0.QB2J	1/9	4EB
CubRunREC	T	12pm	1A0.92EM	1/9	4EB
OakMarREC	F	8am	1A0.P6KO	1/12	4EB
ProvREC	T/Th	8:30am	1A0.XFTJ	1/9	4EC
SpHillREC	T	12pm	1A0.3YP7	1/9	4EB
SpHillREC	F	11am	1A0.B94E	1/12	4EB

Kettlebell Training

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

4ED 11--55 minute lessons--\$139					
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	81F.WBYH	1/9	4ED

Stay Active/Independent for Life-Standing

(55 yrs.+) Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help students with balance issues or a history of falls. Class meets twice weekly with a certified SAIL instructor who leads exercises to improve overall fitness while focusing on improving balance. Exercise is done standing up.

4EVA 24--55 minute lessons--\$270					
Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	10am	E98.SQ01	1/9	4EVA

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

Exercise and Physical Fitness

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--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	12pm	F0C.IM00	1/8	4EB	
OakMarREC	T	9:30am	F0C.T5ID	1/9	4EB	
OakMarREC	W	12pm	F0C.7LYO	1/10	4EB	
OakMarREC	Th	10:30am	F0C.VBR5	1/11	4EB	

TRX Suspension Training

(13-Adult) TRX suspension training uses individual body weight, gravity and suspension tools in an exciting way to get a whole new workout. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	5pm	35C.ZX9C	1/8	4ECA	
SoRunREC	Th	7:30pm	35C.EZJE	1/11	4ECA	
SpHillREC	Su	3:30pm	35C.M6UK	1/7	4ECA	
Wkfld/Moore	M	9am	35C.H6ZZ	1/8	4ECA	
Wkfld/Moore	T	9am	35C.PK8X	1/9	4ECA	
Wkfld/Moore	W	7pm	35C.ILUW	1/10	4ECA	
Wkfld/Moore	Th	7pm	35C.DZTU	1/11	4ECA	

Weight Training

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.

4EW 5--55 minute lessons--\$81						
4EX 11--55 minute lessons--\$172						
Location	Day	Time	Code	Begin	\$	
(Co-ed 16-Adult)						
SoRunREC	Sa	3pm	BB2.IER8	1/6	4EW	
SoRunREC	Th	7:30pm	BB2.CHR7	1/11	4EX	
SoRunREC	Sa	3pm	BB2.X1NB	2/17	4EW	
SpHillREC	Sa	9am	BB2.RGWX	1/6	4EW	
SpHillREC	Sa	9am	BB2.NVFG	2/17	4EW	
(Ladies only 16-Adult)						
SoRunREC	Su	9am	9EA.AKT5	1/7	4EX	
SpHillREC	F	12pm	9EA.A4JK	1/12	4EX	
(Co-ed 60 yrs.+)						
SpHillREC	Th	12pm	503.NSMW	1/11	4EX	

Weight Training for Teens

(12-15 yrs.) Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	E8B.PJ51	2/3	4EW	
OakMarREC	Th	5pm	E8B.YHXA	1/11	4EW	
ProvREC	W	4pm	E8B.PSCK	1/10	4EW	
ProvREC	W	4pm	E8B.1ZIM	2/14	4EW	
SoRunREC	Sa	4pm	E8B.F5GM	1/6	4EW	
SoRunREC	Su	12pm	E8B.M1DQ	1/7	4EW	
SoRunREC	Sa	4pm	E8B.4MJO	2/10	4EW	
SoRunREC	Su	12pm	E8B.IXIW	2/11	4EW	
SpHillREC	Su	5pm	E8B.YK0A	1/7	4EW	
SpHillREC	T	4pm	E8B.5CRQ	1/9	4EW	
SpHillREC	Su	5pm	E8B.Z1NC	2/18	4EW	
SpHillREC	T	4pm	E8B.L8QF	2/20	4EW	

Free Weight Training

(16-Adult) Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	5pm	52C.SUW9	1/6	4EW	
SoRunREC	Sa	5pm	52C.GCHF	1/6	4EW	
SoRunREC	Sa	5pm	52C.PG52	1/6	4EW	
SpHillREC	Su	4pm	52C.A1S8	1/7	4EW	
SpHillREC	Su	4pm	52C.591D	2/18	4EW	

Intro to Powerlifting

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

4EV 11--1 hour 25 minute lessons--\$258						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	6pm	RWF.7N13	1/7	4EV	

Group Aerobic Exercise

Aerobics I

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	1pm	F73.VTML	1/10	4EB	

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--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	F	9:30am	C1D.XDPM	1/12	4EB	

Barre Workout

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	7am	3BF.BR8Q	1/8	4EB	
SoRunREC	Sa	8am	3BF.A120	1/6	4EB	
SoRunREC	W	9:30am	3BF.HC9B	1/10	4EB	
SpHillREC	Sa	10am	3BF.RB11	1/6	4EB	

Body Combat

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	45Q.LS11	1/6	4EB	
SoRunREC	T	6:30pm	45Q.4BZT	1/9	4EB	

Cardio Kickboxing

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	6:30pm	7C5.H3X0	1/9	4EB	

Crew

(13-Adult) This class offers a non-impact, cardiovascular workout that strengthens the upper and lower body while burning a significant amount of calories. Rowers are provided.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	022.4PIP	1/10	4EB	
CubRunREC	W	11am	022.7MR2	1/10	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--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	5:30pm	EJ.0RTJ	1/8	4EB	
SoRunREC	Sa	9am	EJ.10IM	1/6	4EB	
SoRunREC	Su	3:45pm	EJ.0GSR	1/7	4EB	
SoRunREC	T	6pm	EJ.98H9	1/9	4EB	
SoRunREC	Th	6pm	EJ.D037	1/11	4EB	
SoRunREC	F	7:30am	EJ.1AIR	1/12	4EB	



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FAIRFAX COUNTY PARK AUTHORITY
Rec Centers



Zumba

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	9am	69F.IUT3	1/6	4EB	
SoRunREC	M	8pm	69F.C00J	1/8	4EB	
SoRunREC	W	8pm	69F.1TUW	1/10	4EB	
Wkfld/Moore	F	9am	69F.KYYC	1/12	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--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	10:30am	8F6.R79T	1/8	4EB	
ProvREC	W	10:30am	8F6.G63M	1/10	4EB	
ProvREC	F	11am	8F6.UIQX	1/12	4EB	
SphillREC	Th	10am	8F6.QHLN	1/11	4EB	
Wkfld/Moore	Th	9am	8F6.PPJA	1/11	4EB	

Alternative Exercise

A Matter of Balance

(55 yrs.+) This structured group intervention class emphasizes practical strategies to reduce fear of falling and increase activity levels. Students learn to view falling and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Senior discount does not apply to these lessons.

4EVB 8--1 hour 55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
SphillREC	Th	1pm	X3B.NYGM	1/11	4EVB	
Wkfld/Moore	W	1pm	X3B.AVXZ	1/10	4EVB	

Awareness through Movement for a Pain Free Back

(13-Adult) Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce and prevent back pain, tension and movement restrictions. This class will help improve your posture and flexibility.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	I93.10MP	1/11	4EW	

Awareness through Movement

Happy Hips

(13-Adult) These Feldenkrais lessons provide a safe and effective way to revive the dynamic, healthy use of your hip joints, improve your comfort, range of movement and sense of stability and balance.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	DDJ.XGW9	2/15	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 wellness.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	11am	FDD.2XOF	1/10	4EB	
ProvREC	Th	1pm	FDD.036X	1/11	4EB	
Wkfld/Moore	T	1:30pm	FDD.UXIH	1/9	4EB	
Wkfld/Moore	Th	11am	FDD.VIZF	1/11	4EB	



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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.

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	3:30pm	519.J69E	1/11	4EE	

Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	ED6.S7I3	1/10	4EB	
OakMarREC	Th	1pm	ED6.T7PG	1/11	4EB	
SoRunREC	T	3:05pm	ED6.H4OV	1/9	4EB	
SoRunREC	Th	11:15am	ED6.9A0X	1/11	4EB	
SphillREC	W	11:05am	ED6.SOLO	1/10	4EB	
Wkfld/Moore	M	1pm	ED6.F2F0	1/8	4EB	
Wkfld/Moore	T	10am	ED6.C3WE	1/9	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--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	2pm	21C.NU3L	1/9	4EB	
SoRunREC	Th	10am	21C.0B8M	1/11	4EB	
Wkfld/Moore	T	6pm	21C.1L43	1/9	4EB	
Wkfld/Moore	T	10:30am	21C.COXI	1/9	4EB	
Wkfld/Moore	F	11am	21C.SOJE	1/12	4EB	

Hatha Yoga I

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

4EB 11--55 minute lessons--\$137						
4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Su	11am	C21.693R	1/7	4EB	
Franconia Rec	M	6pm	C21.64RU	1/8	4EB	
Franconia Rec	F	10:30am	C21.KBH0	1/12	4EB	
OakMarREC	T	6pm	C21.9GRE	1/9	4EE	
OakMarREC	Th	10:15am	C21.8IWS	1/11	4EE	
OakMarREC	F	12pm	C21.VTT5	1/12	4EE	
OakMarREC	Su	10:30am	C21.GT30	1/14	4EE	
ProvREC	M	6pm	C21.TH3B	1/8	4EE	
ProvREC	Th	5:30pm	C21.HXX8	1/11	4EB	
SoRunREC	Su	5pm	C21.6PQS	1/7	4EB	
SoRunREC	M	6pm	C21.E8C1	1/8	4EB	
SoRunREC	M	9:30am	C21.GH3U	1/8	4EB	
SoRunREC	T	8pm	C21.4K6R	1/9	4EB	
SoRunREC	T	10:30am	C21.R02M	1/9	4EB	
SoRunREC	W	7pm	C21.AU2X	1/10	4EB	
SoRunREC	W	10:30am	C21.J27I	1/10	4EB	
Wkfld/Moore	Sa	9am	C21.N71D	1/6	4EE	
Wkfld/Moore	Sa	10am	C21.XDFT	1/6	4EE	
Wkfld/Moore	T	12pm	C21.IHZZ	1/9	4EE	
Wkfld/Moore	W	7pm	C21.7HWI	1/10	4EE	

Exercise and Physical Fitness

Hatha Yoga II

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

4EB	11--55 minute lessons--\$137				
4EE	11--1 hour 25 minute lessons--\$205				
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	19F.OG8N	1/11	4EB
ProvREC	T	5:30pm	19F.7QYB	1/9	4EB
Wkfld/Moore	Th	7pm	19F.MG56	1/11	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.

4EE 11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	F3F.Z4V9	1/8	4EE

Pilates

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

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	8am	16E.627P	1/6	4EB
Franconia Rec	W	5:30pm	16E.OHCK	1/10	4EB
OakMarREC	W	9am	16E.HX85	1/10	4EB
SoRunREC	Su	5pm	16E.CMYR	1/7	4EB
SoRunREC	Th	6pm	16E.DEUZ	1/11	4EB
SoRunREC	F	7pm	16E.VXIW	1/12	4EB
SpHillREC	T	10am	16E.IK9T	1/9	4EB
SpHillREC	Th	10am	16E.GY4D	1/11	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--\$137					
Location	Day	Time	Code	Begin	\$
OakMarrREC	W	3:30pm	F82.HZ04	1/10	4EB
OakMarrREC	F	7am	F82.4MSW	1/12	4EB

Gentle Pilates Allegro Reformer

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

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	11am	78C.WOLN	1/6	4EAA
SpHillREC	F	11am	78C.VI6S	1/12	4EAA
SpHillREC	F	12pm	78C.1FBJ	1/12	4EAA



Pilates Allegro Reformer & Tower

(13-Adult) Prerequisite: Pilates Allegro Reformer I or Pilates Mat. This full-body workout uses Allegro Reformers and Towers, mat work and props. Lessons enhance core strength, flexibility, neuromuscular coordination and balance. Improve body awareness as you learn the essentials of working on the towers. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	A40.SGOV	1/6	4EAA
SpHillREC	Th	7pm	A40.JPD9	1/11	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--\$223				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	9:30am	08E.2IS3	1/7	4EAA
CubRunREC	M	9:45am	08E.FW0I	1/8	4EAA
CubRunREC	T	5:45pm	08E.0RNM	1/9	4EAA
CubRunREC	T	9am	08E.9SJ4	1/9	4EAA
CubRunREC	T	10am	08E.BH6U	1/9	4EAA
CubRunREC	T	11am	08E.97M3	1/9	4EAA
Franconia Rec	Su	5:30pm	08E.6QM2	1/7	4EAA
Franconia Rec	M	6:30pm	08E.IRJA	1/8	4EAA
Franconia Rec	M	7:30pm	08E.9FR7	1/8	4EAA
Franconia Rec	W	6:30pm	08E.JXNM	1/10	4EAA
Franconia Rec	W	10am	08E.UNC4	1/10	4EAA
Franconia Rec	Th	4pm	08E.BJG3	1/11	4EAA
ProvREC	Su	9am	08E.T8G3	1/7	4EAA
ProvREC	M	10:30am	08E.2AFA	1/8	4EAA
ProvREC	T	6pm	08E.351V	1/9	4EAA
ProvREC	T	10am	08E.ZOOR	1/9	4EAA
ProvREC	T	11am	08E.TSD0	1/9	4EAA
ProvREC	Th	10:30am	08E.FHTT	1/11	4EAA
ProvREC	Th	11:30am	08E.0FRE	1/11	4EAA
SoRunREC	Sa	7am	08E.11L5	1/6	4EAA
SoRunREC	M	5pm	08E.9I0Y	1/8	4EAA
SoRunREC	M	6pm	08E.NUF6	1/8	4EAA
SoRunREC	W	11am	08E.NO8F	1/10	4EAA
SpHillIREC	Sa	9am	08E.QBLN	1/6	4EAA
SpHillIREC	W	6pm	08E.44BH	1/10	4EAA
SpHillIREC	W	7pm	08E.JE2M	1/10	4EAA
SpHillIREC	Th	6pm	08E.HPYM	1/11	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--\$223				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	5B6.RI9Y	1/9	4EAA
CubRunREC	Th	5:45pm	5B6.88BK	1/11	4EAA
Franconia Rec	W	7:30pm	5B6.M9MK	1/10	4EAA
ProvREC	T	5pm	5B6.KMGH	1/9	4EAA
SpHillREC	M	6:30pm	5B6.GH31	1/8	4EAA
SpHillREC	T	8am	5B6.H3A9	1/9	4EAA
SpHillREC	T	9am	5B6.U857	1/9	4EAA
SpHillREC	W	8am	5B6.AQKG	1/10	4EAA
SpHillREC	W	9am	5B6.WBTU	1/10	4EAA
SpHillREC	W	10am	5B6.NAYK	1/10	4EAA
SpHillREC	F	10am	5B6.2ZH6	1/12	4EAA



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Pilates Allegro Reformer Jumpboard

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

4EAC 11--30 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	11am	719.JV02	1/10	4EAC	

Mat Fusion

(13-Adult) Looking for a safe and effective way to improve flexibility, endurance and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.S82X	1/9	4EB	

Qigong I

(13-Adult) Perform gentle, graceful movements to improve body tone while increasing energy and mental acuity.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	3pm	80D.TGX7	1/6	4EB	
SoRunREC	F	3pm	80D.4H5R	1/12	4EB	

Tai Chi I

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

3EB 8--55 minute lessons--\$99						
4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5pm	ED9.PBCE	1/9	4EB	
Franconia Rec	W	6pm	ED9.1859	1/10	4EB	
Frying Pan Pk	Th	8pm	ED9.VK8J	1/11	3EB	
GrnSprGardn	M	11am	ED9.1XFH	1/8	3EB	
OakMarREC	M	4:30pm	ED9.1ZVR	1/8	4EB	
OakMarREC	T	8pm	ED9.X30Z	1/9	3EB	
ProvREC	T	10am	ED9.54T2	1/9	4EB	
ProvREC	W	1pm	ED9.P805	1/10	4EB	
SoRunREC	Sa	2pm	ED9.739T	1/6	4EB	
SoRunREC	F	3pm	ED9.DRCN	1/12	4EB	
SpHillREC	Sa	9am	ED9.3X7N	1/6	4EB	
SpHillREC	M	7pm	ED9.KDX3	1/8	4EB	

Tai Chi II

(13-Adult) Tai Chi I strongly recommended.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	630.S5LA	1/9	4EB	
Franconia Rec	Th	6pm	630.X38Z	1/11	4EB	
ProvREC	T	9am	630.7BE5	1/9	4EB	
ProvREC	W	2pm	630.BVZ7	1/10	4EB	
SpHillREC	Sa	10am	630.LXWC	1/6	4EB	
SpHillREC	M	7pm	630.MVC6	1/8	4EB	

Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

3EB 8--55 minute lessons--\$99						
4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	6pm	156.BVVC	1/9	4EB	
Franconia Rec	Th	7:15pm	156.GCT2	1/11	3EB	
OakMarREC	M	3:15pm	156.07AB	1/8	4EB	



Tai Chi w/Props I

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	7pm	CF1.2HKG	1/10	4EB	

Tai Chi Yang Style

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

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	9:30am	LLG.575G	1/7	4EB	
Wkfld/Moore	Su	10:30am	LLG.4PWR	1/7	4EB	
Wkfld/Moore	W	8pm	LLG.3W54	1/10	4EB	

Vinyasa Yoga

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

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	6:30pm	308.Q45N	1/8	4EE	



May the 4th be with you while you enjoy a scenic run, walk or roll in the 5K (3.1 miles), or run through the trails for a more competitive 10K (6.2 miles).

When: 7:30 a.m. on Saturday, May 4, 2024

Where: Burke Lake Park, 7315 Ox Road, Fairfax Station, Va. 22039

Register now at www.fairfaxcounty.gov/parks/healthy-strides/! Use the code 24HSPARKS by January 1 for a \$5 early registration discount.

A portion of proceeds go to Fairfax County Park Foundation to support the Wonder Wagon mobile nature center. Interested sponsors can visit <https://fairfaxparkfoundation.org/our-projects/healthy-strides/>.



Exercise and Physical Fitness

Yin Yoga

(13-Adult) Yin Yoga incorporates seated and supine postures that are held for longer periods (1-5 minutes each), targeting connective tissues, joints, and fascial networks. In this relaxing class, you will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. It will also help calm the mind, reduce stress, activate the parasympathetic nervous system and improve concentration. Bring a mat and a towel to class.

4EE	11--1 hour 25 minute lessons--\$205				
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	6pm	KXS.LR7I	1/11	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--\$101				
Location	Day	Time	Code	Begin	\$
GrnSprGardn	M	9:30am	6E6.B478	1/8	DEBA

Yoga for Stress Management

(13-Adult) The stress of everyday life can create body tension and stiffness and can also affect mood and energy level. This class combines yoga postures and stretching with breathing and relaxing meditations restoring positive energy and renewing an overall sense of wellness.

4EE	11--1 hour 25 minute lessons--\$205				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5pm	D01.T21J	1/7	4EE

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Yoga Groove

(13-Adult) Chill out in this upbeat class that fuses classic yoga poses 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 yoga or dance experience needed.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	49D.54YV	1/8	4EB

Outdoor Classes

Outdoor Running for Fitness

(13-Adult) Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.L86G	1/6	4EB

Virtual Classes

Virtual Cardio Kickboxing

(13-Adult) This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required. Bag gloves are recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	6:30pm	AY4.KNLI	1/11	4EB

Virtual Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	3:05pm	IY.55DS	1/9	4EB
Virtual FCPA	Th	11:15am	IY.FA4D	1/11	4EB

Virtual Gentle Yoga

(13-Adult) Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	2pm	3LF.XCLO	1/9	4EB
Virtual FCPA	Th	10am	3LF.GEKY	1/11	4EB

Virtual Hatha Yoga I

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

will need a mat and towel. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Sa	8am	KG2.10WH	1/6	4EB
Virtual FCPA	W	10:30am	KG2.EDVN	1/10	4EB

Virtual Meditation

(13-Adult) Focus and calm your mind with breathing exercises that release tension. Centered mindfulness relaxes the physical body for overall wellbeing, concentration and positive energy. This meditation class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	8:30pm	GM8.NHL1	1/9	4EB
Virtual FCPA	Th	2:50pm	GM8.BHZ3	1/11	4EB

Virtual Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EK	24--55 minute lessons--\$297				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.IZZ9	1/9	4EK

Virtual Tai Chi II

(13-Adult) Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.K37U	1/8	4EB

Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Art Above and Beyond

(6-12 yrs.) This mixed-media class offers a variety of fun projects including drawing and painting. Supply fee payable to instructor at first class.

4FA 10--55 minute lessons--\$119

Location	Day	Time	Code	Begin	\$
OakMarREC	T	4:30pm	EB5.60VU	1/9	4FA
SoRunREC	Sa	4pm	EB5.5A2L	1/6	4FA
SoRunREC	Sa	5pm	EB5.17II	1/6	4FA
Wkfld/Moore	M	5:30pm	EB5.H1Z0	1/8	4FA

Collage Art

(Adults) Explore different collage techniques and styles while learning a bit about the history of this intriguing art form. Use scissors, adhesives, papers and mixed media to create satisfying works of art. Supply list available at class.

DFBA 6--1 hour 55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	12:30pm	86C.MPM9	1/23	DFBA

Colorful Art by Abakadoodle

(6-12 yrs.) Young artist 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.

DFVW 8--55 minute lessons--\$165

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	PRL.81I2	1/6	DFVW
SoRunREC	W	6:30pm	PRL.0M6I	1/10	DFVW
SphillREC	Sa	3:30pm	PRL.YE9H	1/6	DFVW

Discovery Art

(6-12 yrs.) Develop basic art skills using a variety of media. Additional supply fee payable to instructor at first class.

4FB 10--1 hour 25 minute lessons--\$179

Location	Day	Time	Code	Begin	\$
OakMarREC	Th	4:30pm	FG7.IUWG	1/11	4FB

The Many Faces of Abstraction

(16-Adult) Learn a variety of fun and exciting techniques needed to create your own abstract masterpiece. No experience necessary, just bring your imagination and learn in a pressure-free atmosphere. A supply fee of \$30 is payable at the first class.

4FB 10--1 hour 25 minute lessons--\$179

Location	Day	Time	Code	Begin	\$
OakMarREC	Th	2pm	BVK.XQ6T	1/11	4FB



Abakadoodle Doodlers

(6-12 yrs.) This multi-media Abakadoodle art program helps kids stretch their creative muscles in action-oriented classes filled with color, texture, shape and fun. Supply fee payable at the first class.

DFVW 8--55 minute lessons--\$165

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	5pm	LBE.LMHH	1/18	DFVW

Discover Drawing I

(13-Adult) 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.

DFGB 8--1 hour 25 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
OakMarREC	T	10am	B34.2ANM	1/9	4FB
Woodson HS	T	7pm	B34.WEZ4	1/16	DFGB

Drawing with Color

(16-Adult) Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

4FB 10--1 hour 25 minute lessons--\$179

Location	Day	Time	Code	Begin	\$
OakMarREC	Th	11:30am	D7E.KS0B	1/11	4FB

Drawing with Perspective

(Adults) This class is for art students of any level who want to understand and manage perspective skills in their drawings and paintings. Work on pieces in your preferred medium that explore basics of perspective, helping artists to learn concepts of depth, sense of space, proportions and dimensions. Perspective

concepts to be covered include one point perspective, vanishing point and horizon line. Recommended art supply list will be sent via email before start of class.

4FB 10--1 hour 25 minute lessons--\$179

Location	Day	Time	Code	Begin	\$
ProvREC	W	1:30pm	SSQ.R1LO	1/10	4FB
ProvREC	Th	1pm	SSQ.FRQX	1/11	4FB

Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential story-telling in this Baroody Camps class geared towards those interested in creating their own personal comic books. Not just limited to the super-hero genre, this program developed and taught by pro comic book creator Arsia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk, X-Men, and more) delves into the hands-on fun of creating sequential art. Any supply fee payable to instructor at first class.

DFVK 8--55 minute lessons--\$153

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRun ES	Sa	9:30am	7KT.HNPJ	1/13	DFVK
Woodson HS	T	6:30pm	7KT.6GJJ	1/16	DFVK
(13-Adult)					
LittleRun ES	Sa	10:30am	LEH.M19M	1/13	DFVK
Woodson HS	T	7:30pm	LEH.1SEB	1/16	DFVK

Animation Drawing

(16-Adult) Learn how to make your characters move and come to life. Students make a story board presenting the idea. Your figures are brought to life using different drawing styles. Any supply fee payable to instructor at the first class.

4FA 10--55 minute lessons--\$119

Location	Day	Time	Code	Begin	\$
OakMarREC	Th	10am	YYQ.P7CT	1/11	4FA

Fine Arts and Crafts

Mindful Drawing

(13-Adult) Learn to use drawing and meditation to improve attention, observation and connection to nature. Focus on breathing, mindful awareness and basic drawing skills in a peaceful outdoor setting (weather permitting). Learn how drawing in nature can calm your spirit. Bring your sketchbook and supplies; paper and pencils will also be available for use.

DFAH 1--2 hour lesson--\$16						
Location	Day	Time	Code	Begin	\$	
HuntMdws	Su	10am	365.KPC1	1/14	DFAH	

Sketching along the Lakeside

(13-Adult) Walk with a naturalist by the lakeside and learn techniques and tips for drawing the natural world. Gain a better understanding of how to utilize different sketching and observational skills. Bring the medium of your choice to the class.

DFAU 1--2 hour lesson--\$22						
Location	Day	Time	Code	Begin	\$	
Burke Lake Pk	Su	10am	9DM.BKGD	2/18	DFAU	

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.

4FB 10--1 hour 25 minute lessons--\$179						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	11:45am	E9E.03H6	1/9	4FB	
OakMarREC	F	10am	E9E.975X	1/12	4FB	

Watercolor Painting I

(Adults) Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply fee payable at the first class.

4FB 10--1 hour 25 minute lessons--\$179						
DFGA 8--2 hour 25 minute lessons--\$228						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	BC7.LM9L	1/11	DFGA	
ProvREC	Th	9:30am	BC7.Q2JA	1/11	4FB	

Watercolor Painting II

(Adults) Prerequisite: Watercolor Painting I or equivalent. Continue sharpening basic skills and techniques. Develop brush styles and individual approaches to projects and exercises. Students need to bring supplies to class.

3FB 8--1 hour 25 minute lessons--\$143						
4FC 10--1 hour 55 minute lessons--\$237						
DFGA 8--2 hour 25 minute lessons--\$228						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	Th	9:30am	9E5.68FZ	1/11	DFGA	
ProvREC	W	11:30am	9E5.90KI	1/10	4FC	
Wkfld/Moore	M	2:30pm	9E5.1K4X	1/15	3FB	
Wkfld/Moore	M	10am	9E5.317E	1/15	3FB	

Watercolor Painting III

(Adults) Prerequisite: Watercolor Painting II. Students need to bring supplies to class.

3FB 8--1 hour 25 minute lessons--\$143						
4FC 10--1 hour 55 minute lessons--\$237						
Location	Day	Time	Code	Begin	\$	
ProvREC	W	9:30am	151.NUON	1/10	4FC	
ProvREC	Th	11am	151.FEH9	1/11	4FC	
Wkfld/Moore	M	12:30pm	151.7DQ1	1/15	3FB	

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--\$102						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	10am	71L.IVWQ	2/24	DFAK	

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.

4FB 10--1 hour 25 minute lessons--\$179						
Location	Day	Time	Code	Begin	\$	
OakMarREC	M	1pm	A39.LBTI	1/8	4FB	

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.

4FB 10--1 hour 25 minute lessons--\$179						
DFGB 8--1 hour 25 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	2pm	4VW.3OR8	1/9	4FB	
Olde Creek ES	M	7pm	4VW.5HBB	1/8	DFGB	
SoRunREC	Th	6:45pm	4VW.Y3NM	1/11	DFGB	
Wkfld/Moore	T	6:30pm	4VW.5Y2Q	1/9	DFGB	

Fun with Acrylics II

(13-Adult) Prerequisite: Fun with Acrylics I or equivalent. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$30 payable to instructor at first class.

DFGB 8--1 hour 25 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7pm	VOF.DFNJ	1/10	DFGB	

Paint in Oil or Acrylic

(Adults) Paint under the instruction of a proficient artist to improve your skills and build confidence as an artist. For beginning to advanced students. More experienced painters may bring their supplies. Any supply fee payable to instructor at first class.

4FD 10--2 hour 55 minute lessons--\$321						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	9:30am	009.JTHS	1/9	4FD	

Paint in Oil or Acrylics II

(Adults) Prerequisite: Paint in Oil or Acrylic I. Paint under the instruction of a proficient artist to improve your skills and build confidence as an artist. For advanced students. Bring your own supplies.

4FD 10--2 hour 55 minute lessons--\$321						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	1pm	9NJ.26DF	1/9	4FD	

Abakadoodle Sculpt It

(6-12 yrs.) Learn to sculpt using a variety of modeling compounds and papers along with other items such as wire, wood, clay, aluminum, plastic, string in this Abakadoodle class. We'll mold, bend, twist, and stretch while we design each three-dimensional creation. Learn about a variety of amazing artists while creating eight 3D artworks that are dynamic and fun.

DFVW 8--55 minute lessons--\$165						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	5:30pm	EH9.M7BZ	1/10	DFVW	

Clay Makers

(6-12 yrs.) Learn the magic of clay by creating jewelry for mom, animals in the wild, a garden of flowers and bugs, keychain emojis or new additions to an old mug. The possibilities are endless in this Baroody Camps program. Students will use their clay craft tool kit to tackle projects to see how creative they can be. Materials are included in the price of the class.

DFVQ 10--55 minute lessons--\$162						
DFVR 8--55 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
Hunter House	F	6:30pm	0AQ.70UA	1/12	DFVQ	
LittleRun ES	Sa	12pm	0AQ.ZNHN	1/13	DFVR	
Sangster ES	W	5pm	0AQ.SLZ9	1/17	DFVR	
SpHillREC	F	7pm	0AQ.LJBO	1/19	DFVR	

Pottery for Children

Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

DFP3 10--1 hour 25 minute lessons--\$202					
DFP4 5--1 hour 25 minute lessons--\$101					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
Wkfld/Moore	Sa	9am	Q7L.R1MD	1/6	DFP3
Wkfld/Moore	M	4pm	Q7L.MGVH	1/8	DFP4
(9-12 yrs.)					
Wkfld/Moore	Sa	10:45am	AZ5.CVNH	1/6	DFP3
Wkfld/Moore	M	4pm	AZ5.NDLF	2/12	DFP4

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--\$269						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	12:45pm	QOV.XZWJ	1/6	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--\$364						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	3pm	A6F.213I	1/7	DFP2	
Wkfld/Moore	M	6pm	A6F.55X0	1/8	DFP2	
Wkfld/Moore	T	1pm	A6F.WIBG	1/9	DFP2	
Wkfld/Moore	Th	9am	A6F.AYEM	1/11	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--\$364					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	3pm	54E.WP66	1/6	DFP2
Wkfld/Moore	T	6pm	54E.60G0	1/9	DFP2
Wkfld/Moore	W	6pm	54E.MWHI	1/10	DFP2
Wkfld/Moore	W	9am	54E.B7Z7	1/10	DFP2

Pottery - Handbuilding

(16-Adult) Introduction to intermediate instruction using pinch, slab and coil methods to create either functional or abstract pieces. Glazing and techniques for textures and other decorations are included. Class fee includes 25 lbs. of clay and three hours of lab time.

DFP2 10--2 hour 55 minute lessons--\$364					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	BE7.LSJT	1/9	DFP2
Wkfld/Moore	Th	6pm	BE7.ARTE	1/11	DFP2

Digital Photography

(13-Adult) There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee payable at first class.

3FB 8--1 hour 25 minute lessons--\$143					
4FC 10--1 hour 55 minute lessons--\$237					
Location	Day	Time	Code	Begin	\$
Frying Pan Park	W	6:30pm	F54.7322	1/10	3FB
OakMarREC	T	6pm	F54.CX94	1/9	3FB
Wkfld/Moore	W	7pm	F54.DS7K	1/10	4FC
Wkfld/Moore	Th	9:30am	F54.3YJC	1/11	4FC

Digital Photography II

(13-Adult) Prerequisite: Digital Photography I or equivalent.

3FB 8--1 hour 25 minute lessons--\$143					
Location	Day	Time	Code	Begin	\$
OakMarREC	T	7:30pm	15D.Y8E6	1/9	3FB

Floral Design Workshop- Valentines Arrangement

(16-Adult) Create a valentines themed arrangement with Green Spring horticulturist Parker Jennings. Mix balance, scale, proportion, and contrast to create Valentine's decor to keep or give away to a loved one. Please register for the program and \$35 supply fee.

RG39 1--1 hour 30 minute lesson--\$42					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	1pm	HAR.OLRJ	2/10	RG39

Floral Design Workshop- Holiday Sparkle

(16-Adult) During the hustle and bustle of the holidays, treat yourself to a morning of fun and learning. Learn how to create a beautiful floral present for yourself or a loved one with the help of certified floral designer Betty Ann Galway. Learn tips and tricks of the trade to practice on your own designs at home. Please register for both the program and \$35 supply fee. Instruction for this program is presented virtually via Zoom.

RG39 1--1 hour 30 minute lesson--\$42					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Th	1pm	QOV.XZWJ	12/14	RG39



Winter Wreath Workshop

(16-Adult) Create a beautiful winter wreath to take home for your front door after Green Spring staff members demonstrate the dazzling possibilities. Greens, forms, ribbon and cones included in the \$25 supply fee. Please register for both the program and supply fee.

RG39 1--1 hour 30 minute lesson--\$42					
Location	Day	Time	Code	Begin	\$
GrnSprGardn	Sa	1pm	YIB.O8TU	12/2	RG39
GrnSprGardn	Sa	10am	YIB.Q7LL	12/2	RG39

Paper Quilling Greeting Cards

(8-Adult) Create beautiful greeting cards using paper quilling techniques. Quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Supply fee payable to instructor at first class.

DFAR 1--3 hour lesson--\$39					
Location	Day	Time	Code	Begin	\$
Flint HI ES	Su	10am	4ZV.WOHR	1/7	DFAR
OakMarREC	Sa	2pm	4ZV.PDN8	1/27	DFAR
Oakton ES	Sa	10am	4ZV.4WWW	2/24	DFAR

Paper Quilling Workshop-Bunnies

(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. Projects will focus on creating fun and beautiful bunnies. Supply fee of \$30 payable to instructor at first class.

DFAR 1--3 hour lesson--\$39					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	031.VXF7	3/2	DFAR

Animal Paper Mache Sculptures

(7-Adult) Learn how to create one or two paper mache animals in week one. In week two, paint your sculptures with acrylic paints. Meet live animals and play an animal pictogram game as part of the classes. A paying adult must accompany children in the program. All materials included.

3FL 2--1.5 hour lessons--\$30					
Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	10am	610.2H9L	2/3	3FL

Furniture Facelift

(13-Adult) Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable at the first class.

DFVY 4--1 hour 25 minute lessons--\$85					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	4W7.F3HN	1/11	DFVY
Wkfld/Moore	Th	6:30pm	4W7.75IE	2/15	DFVY

Make a 12 Month Phenology Wheel

(16-Adult) Learn how to create a phenology wheel for the 12 months of the year, then decorate each month with nature highlights. Hike to search for January highlights on the trail. Students can use watercolors or colored pencils.

DFAB 1--2 hour 25 minute lesson--\$24					
Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	9:30am	DNM.TVUD	1/27	DFAB

Fine Arts and Crafts

Knitting

(13-Adult) Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FC	10--1 hour 55 minute lessons--\$237
4FG	5--1 hour 25 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
CubRunREC	F	11:30am	8AD.3R6F	1/19	4FG
ProvREC	W	10am	8AD.1D6D	1/10	4FC

Knitting II

(13-Adult) Prerequisite: Knitting I.

4FC	10--1 hour 55 minute lessons--\$237
4FG	5--1 hour 25 minute lessons--\$89

Location	Day	Time	Code	Begin	\$
CubRunREC	F	10am	FD8.MHRM	1/19	4FG
ProvREC	T	10am	FD8.S390	1/9	4FC

Quilting-All Levels

(13-Adult) Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Also included are instructions for finishing a quilt including sandwiching, quilting and binding. This is an ongoing class with students at all stages of their chosen project.

DFCC	10--2 hour 25 minute lessons--\$276
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Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	12:30pm	285.G1QK	2/8	DFCC

Sewing 101

(12-Adult) In this class, offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC	4--2 hour 25 minute lessons--\$209
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Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	3B2.G51A	1/8	DFVC
Wkfld/Moore	W	6:30pm	3B2.FVFJ	1/10	DFVC
FranconiaREC	T	6:30pm	3B2.M1H2	1/16	DFVC

Sewing 102

(12-Adult) Prerequisite: Sewing 101 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4--2 hour 25 minute lessons--\$209
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Location	Day	Time	Code	Begin	\$
OakMarREC	M	6:30pm	EEE.H08H	2/12	DFVC
Wkfld/Moore	W	6:30pm	EEE.OZHH	2/14	DFVC
FranconiaREC	T	6:30pm	EEE.WEER	2/13	DFVC

Sewing Workshop-Alterations

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, you will learn techniques for altering garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$66
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	10am	912.YWTU	2/24	DFVD
Wkfld/Moore	Sa	10am	912.9E8N	3/9	DFVD

Sewing Workshop-Machine Fundamentals

(9-Adult) In this workshop, offered by My Last Gift Sewing Institute, students will learn about sewing machines including threading, bobbin-winding and placement, parts of the machine, how to make a buttonhole and basic stitches. This class is not a prerequisite for all sewing classes, but is a great course for those interested in learning how to sew. Bring your machine to class or use one of ours. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$66
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Location	Day	Time	Code	Begin	\$
OakMarREC	Sa	10am	E49.E9T0	1/20	DFVD
Wkfld/Moore	Sa	10am	E49.MHIS	1/13	DFVD

Sewing Workshop-Scout Patches

(9-Adult) In this workshop, offered by My Last Gift Sewing Institute, students learn about sewing machines including threading, bobbin-winding and placement, parts of the machine and how to make various types of patches with basic hand and machine stitches. Bring your machine to class or use one of ours. Supply fee of \$15 is payable at the workshop.

DFVD	1--3 hour lesson--\$66
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	10am	13Y.VNP1	1/27	DFVD
FranconiaREC	Sa	10am	13Y.NONM	3/2	DFVD

Sewing Workshop-Home Decor

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD	1--3 hour lesson--\$66
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	EDC.1371	2/10	DFVD



Gardening

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



Green Spring Gardens



4603 Green Spring Road
Alexandria, Va. 22312
703-642-5173

www.fairfaxcounty.gov/parks/green-spring

Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Private garden tours
- Art exhibits
- Nature walks
- Horticulture Center
- Glasshouse
- Library
- Plant Shop
- Event rental space
- Gift Shop

To book a private garden tour, call 703-941-7987. Cost is \$12 per person for a group of two to 19; \$10 per person for a group of 20 or more.

Hours and Admission:

Horticulture Center open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

Plant Shop closed for the season

Gift Shop open Monday-Saturday, 9 a.m.-4 p.m. and Sunday, 12-4 p.m.

Park grounds open dawn to dusk daily



(Adults) Washington Gardener Magazine is co-hosting the annual seed exchange at Green Spring Gardens with lectures and a face-to-face seed swap. Bring your extra seeds to swap and leave with a bag full of seeds, new garden friends, and expert planting advice. \$15 for verified Friends of Green Spring members and Washington Gardener subscribers; \$20 for guests.

1--4 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	C1E.CE7Y	2/3	\$15/ea.
GrnSprGardn	Sa	10am	C1E.CTZB	2/3	\$20/ea.



Child and Parent Programs

Garden Sprouts Winter - Nature Playgroup

(3-5 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. Kids must be accompanied by a parent or guardian who does not need to register for the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	C72.0TL6	12/11	\$12/child
GrnSprGardn	M	10:30am	DC0.I7R0	1/8	\$12/child
GrnSprGardn	M	10:30am	DC0.VUSP	2/12	\$12/child

Family/All Ages

Garden Artists - Winter Bird Feeder Mobile

(5-Adult) Branches may be bare, but your garden can still be a place for birds to thrive. Create a natural bird feeder mobile out of pinecones that doubles as an art piece! Hang it in your garden and watch the birds flock. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	GAV.FRBB	1/6	\$10/ea.

Garden Exploration - Secrets of Winter

(4-Adult) Join one of our educators and explore the corners of the garden that are often overlooked but full of stories to tell! In this session we will discover how nature flourishes and evolves even in the cold of winter. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	FL1.FF1Q	1/27	\$8/ea.

Family Fun - Glasshouse Exploration

(5-Adult) Escape the cold winter weather and transport yourself to the tropics. Explore our glasshouse and learn about their history as well as the plants in our collection and their warm native environments. Create your own mini glasshouse with seeds to take home. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	01L.CPG1	12/16	\$10/ea.
GrnSprGardn	Sa	1pm	01L.CXSZ	2/17	\$10/ea.

Family Fun - Sensational Seeds!

(5-Adult) Thinking about your spring garden? Come explore the sensational world of seeds. We will examine our seed collection, explore how seeds travel, and learn how they grow into the plants that fill our gardens. Then plant some seeds to grow at home. Transplant them outside in your garden in spring. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	E8F.BTM9	2/24	\$10/ea.

Adult Programs

Welcoming Winter Garden

(Adults) Green Spring has a wide range of plants with winter interest that are valued for the beauty of their flowers, foliage, fruit, and structure as well as their wildlife value. This walk, by Green Spring horticulturist Brenda Skarphol, will highlight plants and design ideas for smaller spaces like containers and the Townhouse Gardens, as well plants for larger spaces. A variety of trees and shrubs will be featured, including our vibrant winter-blooming Asian witch hazels. Dress for an outdoor walk.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	8AM.C4RB	2/10	\$19/ea.

Gardening

Starting from Scratch with Seeds

(16-Adult) Grow flowers, vegetables and herbs from seed and expand your garden. Be inspired by Green Spring staff members as they discuss potting mixes, containers, seed treatments, lighting, fertilization, watering, seed sources and timing. Then take home a few seeds to start your own collection.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	J1V.W83Z	2/17	\$23/ea.

Garden Talks

Garden Talk - Growing Roses

(Adults) Celebrated for beauty and fragrance, the rose lends elegance to any garden. Although this universally loved plant has a reputation for being temperamental, Extension Master Gardeners will show you common-sense approaches and precautions to help ensure growing success.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	J2D.MH11	1/13	\$12/ea.

Garden Talk - Spring Vegetable & Herb Gardening

(Adults) If you have never grown a vegetable garden before, then this is the year to start. Extension Master Gardeners show you the basics of how to plan a vegetable and herb garden while conserving water, reducing waste and reducing grocery bills with a homegrown vegetable and herbs.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	DVK.WK9M	2/17	\$12/ea.



Volunteers Needed!



The Invasive Management Area (IMA) Volunteer Program is a community-based project designed to reduce invasive plants on our parklands.

To learn more visit
www.fairfaxcounty.gov/parks/invasive-management-area



Harry Allen Winter Lecture Series



Winter Lecture - Gardening for Climate Change

(Adults) Gardens will likely need to become more resilient to extreme weather and a shift in temperature across all seasons. Join Green Spring Head of Horticulture, Adam Bucher for this essential lecture on how climate change is impacting our gardens and natural landscapes.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	5X1.Q97V	1/28	\$12/ea.

Winter Lecture - Garden Oddities

(Adults) Throughout history, gardens have lent themselves to whimsical expression. Join Green Spring historian Debbie Waugh on an exploration of the origins and significance of curious garden features and fads, from plant oddities, garden gnomes and hermits, to follies, stumperies, and pink flamingos. Hear about eccentric gardeners, past and present, and consider the importance of garden oddities, including some of Green Spring's fanciful notions.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	OYE.SU0N	2/4	\$12/ea.

Winter Lecture - Lotus for Any Garden

(Adults) Lotus hybridization has opened a window of opportunity for every gardener. No longer is a pond needed to have Lotus in the garden. There is a size, shape and color to meet the needs of virtually any vessel that holds water. From tea cups to lake shores Lotus is finding its way everywhere. One of the most largely misunderstood plants, Lotus is one of the easiest plants you will ever grow. Kelly Billing is a lotus grower, water garden consultant, designer, author, speaker, and artist.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	BRA.B8A3	2/18	\$12/ea.

Winter Lecture - Journey of a Garden & its Gardener

(Adults) Smithsonian Gardens Horticulturalist Janet Draper has been making garden magic on the National Mall for nearly 3 decades. As she prepares for

retirement, she will share with us how horticulture and gardens have changed over that time and the lessons she learned along the way. Enjoy her stories and her well-worn wisdom for your own gardening journey.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	9T0.317V	2/25	\$12/ea.

Virtual Winter Lecture - Pushed up the Mountain

(Adults) Join director/producer/editor Julia Haslett to discuss her film Pushed Up the Mountain, a poetic and emotionally intimate film about plants and the people who care for them. Through the tale of the migrating rhododendron, now endangered in its native China, the film reveals how high the stakes are for all living organisms in this time of unprecedented destruction of the natural world. A link will be provided Friday, January 19 for your own weekend viewing of the film online. Join us via Zoom on Sunday at 1:30 p.m. for the film discussion. The film link will remain active until Sunday night (7/21/23).

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	LZ6.NAKY	1/21	\$12/ea.

Virtual Winter Lecture - Spiders Fear to Fascination

(Adult) When thinking of "garden animals," spiders are often overlooked and misunderstood, but these ancient, diverse, and wonderfully weird creatures have a lot to teach us. Join spider scientist Dr. Sebastian Echeverri as he shares the incredible superpowers, dramatic lives, and unexpected beauty of the many amazing spiders you can find in both local gardens and across the world. Learn about the surprising ecological connections between spiders and plants, as well as how to observe and interact with these animals at your comfort level. There will also be a brief Q&A session, so bring questions about spiders, other arachnids, and just bugs in general! Zoom link will be emailed prior to program.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	XBZ.MVJ2	2/11	\$12/ea.

Golf

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



Burke Lake Golf Center
6915 Ox Road
Fairfax Station, Va. 22039
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, Va. 22310
703-971-3788
<http://bit.ly/greendalegc>

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.



Jefferson District Golf Course
7900 Lee Highway
Falls Church, Va. 22042
703-573-0444
<http://bit.ly/jeffersongc>

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.



Laurel Hill Golf Club
8701 Laurel Crest Drive
Lorton, Va. 22079
703-493-8849
<http://bit.ly/laurelhilgc>

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts, golf clubs and pullcarts are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.
- Lessons for ages 7-18 through The First Tee: 202-479-2588.



Oak Marr Golf Center
3136 Jermantown Road
Oakton, Va. 22124
703-255-5390
<http://bit.ly/oakmarrgc>

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with target greens, sand bunker and grass tees.
- Covered and heated driving range stations allow for practice in all weather conditions.
- Everybody Golf School offers private and group lessons: 703-255-5396.
- Additional instruction for ages 7-18 through The First Tee: 202-479-2588.



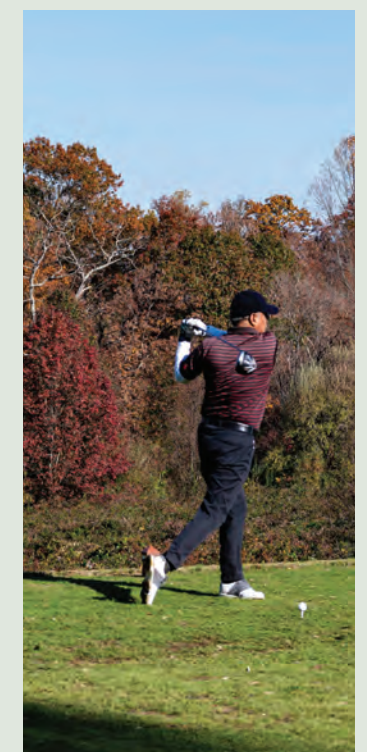
Pinecrest Golf Course
6600 Little River Turnpike
Alexandria, Va. 22312
703-941-1061
<http://bit.ly/pinecrestgc>

- 9-hole, par-35 executive course, 2,462 yards.
- Putting green and 10-outdoor practice nets.
- Indoor practice bays and TrackMan 4 golf simulator.
- Clubhouse offers food service and golf supplies.
- Pinecrest Golf Academy offers private and group lessons: 703-941-1061.
- Golf clubs, pull carts and power carts are available for rent.



Twin Lakes Golf Course
6201 Union Mill Road
Clifton, Va. 20124
703-631-9099
<http://bit.ly/twin-lakes-gc>

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
 - The Lakes Course, 18-hole, par-72, 6,695 yards.
 - Putting green, chipping area and driving range.
 - Clubhouse offers food service, special event catering, clubs and golf accessories.
 - Eisman Golf Academy offers private and group lessons: 703-919-3056.



Golfers, please note:

Cart rental and greens fees vary by site. Call the course of your choice for information. Metal golf spikes are prohibited at all Fairfax County Park Authority golf courses. Senior and Junior rate availability varies by course.

Junior Golf Fairfax

Golf Fairfax is committed to encouraging juniors, ages 5-17, to learn, practice, play and enjoy the game. Golf is an excellent family sport that promotes good manners, builds friendships and can be enjoyed for a lifetime. Members receive discounted greens fees and range balls at all courses. Classes, camps and lessons are also available. To learn more, call the course of your choice.

USGA handicap service offered

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any Park Authority golf course for more information.

Golf Classes**Starting New at Golf (SNAG)**

(5-7 yrs.) Course covers basic golf elements in a modified form for kids. Children have fun using larger and more colorful clubs to increase confidence and coordination. All equipment is provided. Athletic shoes are recommended. Classes at Pinecrest are held indoors.

4GB 5--55 minute lessons--\$152						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	12pm	C5A.VJOV	1/6	4GB	
Pinecrest GC	Su	2pm	C5A.06V3	1/7	4GB	
Pinecrest GC	Su	11am	C5A.YYSA	1/7	4GB	
Pinecrest GC	Su	2pm	C5A.9149	2/18	4GB	
Pinecrest GC	Su	11am	C5A.VYNV	2/18	4GB	

SNAG II

(5-7 yrs.) Prerequisite: SNAG I. Students review and expand upon fundamentals learned in SNAG I using additional training aids to reinforce proper technique. All equipment is provided and athletic shoes are recommended.

4GB 5--55 minute lessons--\$152						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	1:30pm	D71.RQZ2	1/6	4GB	
Pinecrest GC	Su	12:30pm	D71.859R	1/7	4GB	
Pinecrest GC	Sa	1:30pm	D71.0LM3	2/17	4GB	
Pinecrest GC	Su	12:30pm	D71.EQK3	2/18	4GB	

Junior Get Golf Ready I

(7-12 yrs.) This PGA-developed class introduces students to golf in a fun and friendly environment. Class focuses on fundamentals and step-by-step drills. Topics include grip, stance, target and balance. Range balls are included in the class fee and loaner clubs are available.

4GC 4--55 minute lessons--\$128						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	10:30am	8CO.WG13	1/6	4GC	

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.

4GC 4--55 minute lessons--\$128						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	10:30am	265.0RC9	2/17	4GC	

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 fee, and loaner clubs are available. Final class may be held on the golf course.

4GB 5--55 minute lessons--\$152						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	12pm	AEE.N71B	2/17	4GB	

Golf Skills & Drills

(13-Adult) This class uses golf-specific drills and exercises to help the golfer who wants a better game to build power and focus on the four most common faults that potentially affect your swing. This class is taught by a Titleist Performance Institute Certified Instructor.

4GB 5--55 minute lessons--\$152						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	9am	PMN.0SGE	1/6	4GB	
Pinecrest GC	Sa	9am	PMN.FX2M	2/17	4GB	

Golf-Long Game Lessons

Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

4GC 4--55 minute lessons--\$128						
Location	Day	Time	Code	Begin	\$	

(Coed 7-12 yrs.)

Burke Lake GC	Su	1pm	32C.MMDA	1/7	4GC	
Burke Lake GC	Su	2pm	32C.6EB1	1/7	4GC	
Burke Lake GC	Su	1pm	32C.JKN1	2/11	4GC	
Burke Lake GC	Su	2pm	32C.7VVE	2/11	4GC	
Burke Lake GC	M	5pm	32C.NHVK	2/12	4GC	
Burke Lake GC	T	5pm	32C.9X3K	2/13	4GC	
Burke Lake GC	T	6pm	32C.LBRR	2/13	4GC	

(Coed 13-Adult)

Burke Lake GC	Sa	3pm	49C.X3K9	1/6	4GC	
Burke Lake GC	Sa	4pm	49C.78W3	1/6	4GC	
Burke Lake GC	M	6pm	49C.MZAO	1/8	4GC	
Burke Lake GC	W	6pm	49C.5WNE	1/10	4GC	
Burke Lake GC	Sa	3pm	49C.JAS7	2/10	4GC	
Burke Lake GC	Sa	4pm	49C.3VVR	2/10	4GC	
Burke Lake GC	M	6pm	49C.2B9G	2/12	4GC	
Burke Lake GC	M	7pm	49C.CRAB	2/12	4GC	
Burke Lake GC	W	6pm	49C.3X2S	2/14	4GC	

(Ladies only 13-Adult)

Burke Lake GC	Sa	2pm	AB2.DOUY	1/6	4GC	
Burke Lake GC	W	2pm	AB2.6CR8	1/10	4GC	
Burke Lake GC	W	5pm	AB2.5WLN	1/10	4GC	
Burke Lake GC	Sa	2pm	AB2.TEQX	2/10	4GC	
Burke Lake GC	W	2pm	AB2.TJT3	2/14	4GC	
Burke Lake GC	W	5pm	AB2.DXZX	2/14	4GC	

**Golf-Long Game Lessons Parent/Child**

(7-17 yrs.) Both the parent and the child participate. Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

4GF 4--55 minute lessons--\$155						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Su	3pm	F86.MH49	1/7	4GF	
Burke Lake GC	Su	4pm	F86.KXSX	1/7	4GF	
Burke Lake GC	Th	5pm	F86.2GRG	1/11	4GF	
Burke Lake GC	Th	6pm	F86.564L	1/11	4GF	
Burke Lake GC	Su	3pm	F86.LPRI	2/11	4GF	
Burke Lake GC	Su	4pm	F86.EML4	2/11	4GF	
Burke Lake GC	Th	5pm	F86.TTLB	2/15	4GF	
Burke Lake GC	Th	6pm	F86.ZFXJ	2/15	4GF	

Junior Golf

Introduce your teen or child to golf!

- ▶ 35% off Greens Fees at all courses*
- ▶ Burke Lake and Oak Marr - Buy any sized bucket and get one small bucket free, one per day.
- ▶ Classes and Camps for kids (5-8 yrs.) and juniors (7-17 yrs.)
- ▶ Clubs not required.

*Course availability varies.

For more info visit www.fairfaxcounty.gov/parks/golf/junior




2023 CLUB CHAMPIONSHIP WINNERS

OAK MARR GOLF CENTER
 Austin Srikittipraphat,
Junior Club Champion-Age 12 & under
 Alexander McClain,
Junior Club Champion-Age 12-18

PINECREST GOLF COURSE
 Seungwoo Oh,
Junior Division Champion-Age 7-10
 Westin Kim,
Junior Division Champion-Age 11-13
 Hallem El-Yacoubi,
Junior Division Champion-Age 14-17
 Hernani Torres,
Men's Division Champion
 Tanya Oliveira,
Women's Division Champion

GREENDALE GOLF COURSE
 Carl Craig,
Men's Super Senior Division Champion

BURKE LAKE GOLF CENTER
 Westin Kim,
Junior Division Champion-Age 10-11
 Milyn Garg,
Junior Division Champion-Age 12-13
 Jahi Stockton,
Junior Division Champion-Age 14-15
 Mark Heinz,
Junior Division Champion-Age 16-17

JEFFERSON DISTRICT PARK AND GOLF COURSE
 Bob Smith,
Men's Division Champion

BURKE LAKE GOLF CENTER
 Justin Snow,
Men's Division Champion
 Tim Dearmin,
Senior Division Champion
 Joyce LeCompte,
Women's Division

For more info visit www.fairfaxcounty.gov/parks/golf/tournaments

Golf-Recovery/Trouble Shots

(13-Adult) Prerequisite: Beginner Golf Ready or equivalent. Lessons focus on proper setup, club selection and recovering from trouble situations in addition to course management. Burke Lake uses uneven ramps on its heated, covered driving range to simulate course conditions.

4GC 4--55 minute lessons--\$128

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	12pm	A6E.6BJW	2/10	4GC

Golf-Wedge & Short Irons

(13-Adult) Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

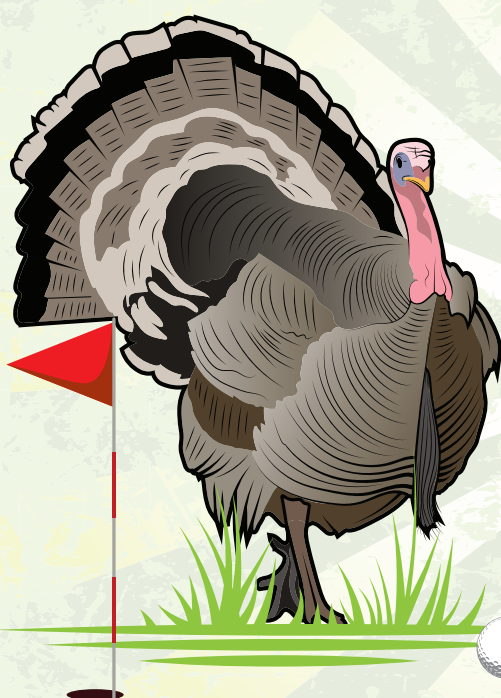
4GC 4--55 minute lessons--\$128

Location	Day	Time	Code	Begin	\$
Burke Lake GC	Su	11am	D23.JLVZ	1/7	4GC
Burke Lake GC	Su	12pm	D23.K2G4	1/7	4GC
Burke Lake GC	T	1pm	D23.ODTC	1/9	4GC
Burke Lake GC	T	12pm	D23.J8Z6	1/9	4GC
Burke Lake GC	W	1pm	D23.BKON	1/10	4GC
Burke Lake GC	Su	11am	D23.RDQ2	2/11	4GC
Burke Lake GC	Su	12pm	D23.TJYQ	2/11	4GC
Burke Lake GC	T	1pm	D23.QDHL	2/13	4GC
Burke Lake GC	T	12pm	D23.TKKF	2/13	4GC
Burke Lake GC	W	1pm	D23.SFML	2/14	4GC



Follow us at
fairfaxparks

GOLF FAIRFAX'S FUN FALL TOURNAMENTS



TURKEY CUP

Thursday, November 16, 9:30 a.m.
Greendale Golf Course

- (18 years and up) Shotgun start
- Tournament format, two player captain's choice
- Prizes for 1st and 2nd place teams per division, and closest to the pin
- Cost: \$130 per team, includes lunch
- Fee due at time of registration
- To register call 703-971-6170

Sunday November 19, 10 a.m.

Pinecrest Golf Course

- (7 years and up) Teams of two players compete in a 9-hole scramble format
- Closest to the pin contest.
- Prizes for 1st, 2nd, 3rd place teams in three age divisions: Adult/Junior 7-12, Adult/Junior 13-17, Adult/Adult.
- Limited to first 24 teams
- Cost: \$90 per team, includes lunch
- Fee due at time of registration.
- To register call 703-941-1061

FALL FESTIVAL SCRAMBLE



For more information visit www.fairfaxcounty.gov/parks/golf/tournaments



Give the gift of parks this holiday season!

Purchase Park Authority gift cards for:

- Exercise
- Classes
- Nature centers
- Indoor pools & water park
- Amusements

Purchase Golf Fairfax Gift Cards for Golf Courses!

Learn more at www.fairfaxcounty.gov/parks/giftcards




PRIVATE GOLF INSTRUCTION



Learn from the Pros!

- Private and Semi-Private Lessons
- Top-rated instructors and facilities
- PGA, LPGA & USGTF pros
- On-course Packages



For all options visit www.fairfaxcounty.gov/parks/golf/instruction







Life-changing opportunities through golf!



Juniors- Play a Round for \$5

Where: Burke Lake (Nine or 18 holes) or Oak Marr (Nine holes)

Who: Youth on Course members, ages 6-18

When: Monday-Thursday after 12 p.m. or Friday-Sunday after 2 p.m.

Learn more and become a member at www.fairfaxcounty.gov/parks/golf/junior

In partnership with Youth on Course and the Virginia State Golf Association.






GOLF PASS SALE

NOVEMBER 18-29, 2023



25% OFF
15 ROUNDS

20% OFF
10 ROUNDS

10% OFF
5 ROUNDS

Discounts apply to regular weekend and weekday passes at Burke Lake, Greendale, Jefferson, Oak Marr, Pinecrest and Twin Lakes golf courses. Purchase in Pro Shops.

SENIORS

Buy 15 rounds and only pay for 14 rounds.
www.fairfaxcounty.gov/parks/golf/passess

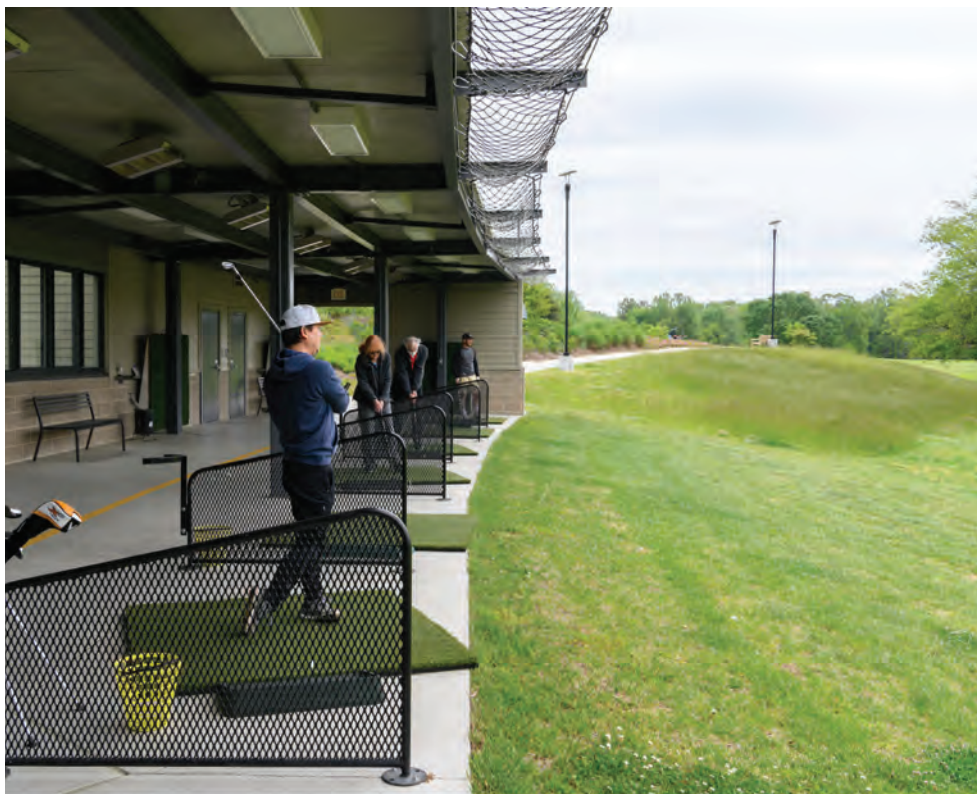



PLAN YOUR NEXT GOLF OUTING WITH GOLF FAIRFAX!

- 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



Visit one of our driving ranges year-round.

Have fun and stay safe • Range bays are 6 ft. apart

Work on every part of your golf game while enjoying great food and beverage specials at one of Golf Fairfax's award-winning ranges!



Burke Lake Golf Center - Buckets and Beer
Small bucket + 16 oz. canned beer = \$12

Oak Marr Golf Center - FREE small range bucket with the purchase of a pizza, 11 a.m. - 3 p.m.

Twin Lakes Golf Course - Buckets and Beer
Small bucket + One Beer/Wine/Seltzer = \$10 or
Large bucket + One Beer/Wine/Seltzer = \$15

*Range specials may not be used with current range passes or combined with any other offers. Purchase in Pro Shop.

For more information visit:
<https://www.fairfaxcounty.gov/parks/golf/practice>



6915 Ox Road
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703-323-1641

- 64-station lighted driving range
- 24 covered, heated stations
- Reservable area for private functions



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Alexandria, Va. 22312
703-941-1061

- TrackMan 4 Private Suite Rentals
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- Outdoor hitting nets



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Lorton, Va. 22079
703-493-8849

- 30-station practice range
- Mat and natural-grass tees
- Target greens at varying distances



6201 Union Mill Road
Clifton, Va. 20124
703-631-9099

- Six covered stations
- 36-station driving range
- Mat and natural-grass tees



3136 Jermantown Road
Oakton, Va. 22124
703-255-5390

- 78 stations
- 30 covered, heated stations
- New open design
- New target greens
- LED Lights
- Mat and natural-grass tees

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Every Body Golf School

Teaching the game of a lifetime



Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA
3136 Jermantown Road • Oakton, VA 22124

Lesson Information

- **Lessons taught** by the area's most experienced team of PGA, LPGA, and USGTF professionals year round.

- **Gift Certificates** are available for purchase at everybodygolf.com

- **Club fitting** available for Callaway and PXG

- **Loaner clubs** available upon request.

- **Two easy ways to register:**
Online at www.everybodygolf.com
Call us at 703-255-5396

Oak Marr 2024 Winter Schedule

Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions on six consecutive weeks. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	11:05 AM	February 10
Sunday	2:05 PM	February 11

Accelerated Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions TWICE A WEEK ON THREE CONSECUTIVE WEEKS. Fee: \$140 plus range balls.

Day	Time	Start Date
Sat- Sun	1:05 PM	Jan 27 OR March 9

Beginning Golf 2 For Adults

This class reviews golf fundamentals: grip, stance, and swing. This class also reviews various shots: fairway clubs, tee shots, and short game. **PREREQUISITE:** Beginning Golf 1 or equivalent experience. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	12:05 PM	February 10

Adult/Junior Beginning Golf

This class covers all the basic skills of golf including grip, stance, full swing, chipping, and putting. Rules and etiquette are also taught. A great course for any beginning adults and juniors. AGES 8 and UP. Six-50 minute lessons on 6 consecutive weeks. Class is limited to 10 students. Fee: \$140 plus range balls.

Day	Time	Start Date
Saturday	3:05 PM	February 10

Beginning Junior Golf

Limited to 10 students, this class is designed to help junior golfers learn the basics of the game including rules and etiquette, the short game and full swing. Four 50-minute sessions on four consecutive weeks. Fee: \$95, includes range balls.

Day	Time	Start Date
Saturday	2:05 PM	January 13
Saturday	2:05 PM	February 24

Intermediate Junior Golf

This four-week class is designed for the young golfer who has taken our basic junior program. This class will be limited to 8 students to allow the instructor to work more closely with each child on specific, individual needs. Four 50-minute sessions on four consecutive weeks. Fee: \$110 includes range balls.

Day	Time	Start Date
Saturday	3:05 PM	January 14
Saturday	3:05 PM	February 25

Gift Certificates make great holiday gifts.

To purchase a gift certificate, visit our website, www.everybodygolf.com, or call 703-255-5396.

History



Colvin Run Mill Historic Site

10017 Colvin Run Road • Great Falls, Va. 22066
703-759-2771

www.fairfaxcounty.gov/parks/colvinrunmill

- Featuring an operational 19th century, water-powered gristmill, recreational and educational activities for all ages through tours, school programs and special events.
- 200-year old miller's house
- On the National Register of Historic Places
- Listed on the Virginia Landmark Register
- Accredited by the American Alliance of Museums
- Colvin Run General Store features a selection of flour, cornmeal and grits ground at the mill (Selection varies, call ahead to check supply).

Hours and Admission

General Store open Thursday-Sunday,
11 a.m.-4 p.m.

Miller's House open most Saturdays-Sundays,
11 a.m.-4 p.m.



Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Road • Chantilly, Va. 20151
703-631-0013

www.fairfaxcounty.gov/parks/eclawrence

The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Kid-friendly red wagon sandboxes

Hours and Admission

Visitor Center Winter Hours (December-February)
11 a.m.-4 p.m. daily, Closed Tuesdays Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.



Historic Green Spring

4603 Green Spring Road • Alexandria, Va. 22312
703-941-7987

www.fairfaxcounty.gov/parks/green-spring/historic-house

Families occupied the 1784 Historic House until the mid-20th century when Green Spring became a public park. Features include:

- Historic House and garden
- Lectures and Workshops
- English tea programs
- Tasting parties
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed gift shop

Hours and Admission

Historic House is open Wednesday-Sunday,
12 p.m.-4:30 p.m. Grounds open dawn to dusk daily.



Frying Pan Farm Park

2709 West Ox Road • Herndon, Va. 20171
703-437-9101

www.fairfaxcounty.gov/parks/fryingpanpark

Pet friendly farm animals at Kidwell farm, Frying Pan Farm Park's 1930's era working farm. Take a wagon ride and watch the farm hands at work. At the Kidwell Farm House, take a tour to see how farm families lived in the 1930s. The Country Store, located in the former Vocational Agriculture Shop (c.1920), sells books, toys, snacks, drinks, decorative items and unique gifts.

Hours

Kidwell Farm is open daily from 9 a.m. to 5 p.m.

The Country Store is open Monday-Thursday,
10 a.m.-2 p.m. Friday-Sunday, 10 a.m.-4:30 p.m.



Historic Huntley

6918 Harrison Lane • Alexandria, Va. 22306
703-768-2525

www.fairfaxcounty.gov/parks/historic-huntley

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. December-February the building is only open for scheduled programs, open houses and special events. See the sites main page for more details.

Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria, Va. 22306
703-768-2525

www.fairfaxcounty.gov/parks/huntley-meadows



Sully Historic Site

3650 Historic Sully Way • Chantilly, Va. 20151
703-437-1794

www.fairfaxcounty.gov/parks/sully

The 1794 home of Northern Virginia's first congressman, Richard Bland Lee, combines aspects of Georgian and Federal architecture. Guided tours highlight the early 19th century Lee family, the enslaved community, and other families who lived here before it became a park in 1959. Features include:

- Historic house and original outbuildings
- Slave quarter cabin
- Heirloom garden
- Squirrel's Nest gift shop
- Accredited by the American Alliance of Museums
- On the National Register of Historic Places
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

Hours and Admission

Winter Hours (December-February)

11 a.m.-4 p.m. Saturdays & Sundays Only

Gift shop Open Saturdays & Sundays, 11 a.m.- 4 p.m.

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



History

Child and Parent Programs

History Tots - Winter

(1-3 yrs.) Bring your toddler to explore history, through sight, sound, smell and touch. Seasonal program includes indoor and outdoor activities. Adults must be able to participate with children. Topics vary with seasons: January-Toys, February-Love.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrencePk	W	10am	058.SP80	1/10	\$10/child
ECLawrencePk	W	10am	058.F8CP	2/14	\$10/child

Children's Programs

Mapping the Past for Homeschoolers

(7-13 yrs.) Supplement your historical studies with a fun day of exploring, interpreting and making maps. Try your hand at orienteering, learn about different types of maps from around the world, and take home a personalized map of your life.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	1pm	C5B.QCYW	1/3	\$14/ea.
HistHuntley	W	1pm	C5B.PRFI	2/21	\$14/ea.

Colonial Life for Homeschool

(6-12 yrs.) Huntley Meadows Park was once part of George Mason's holdings. Learn more about this Founding Father as you make a candle, design your own stencil to mark crops, and write with a quill pen.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	10am	925.F6ST	1/10	\$14/ea.



Build Your Own Time Capsule

(7-12 yrs.) Learn about time capsules from the past. Then, build your own family time capsule by re-creating historic objects during the program and by bringing in meaningful objects from home. Registered children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	3pm	469.N310	1/21	\$9/ea.

Family/All Ages

A Visit With Santa

(2-Adult) Take a photo with Santa in front of an open-hearth fire with your camera. You will have a chance to tell Santa Claus your Christmas wishes, then make a festive ornament and enjoy some refreshments. All attendees must register, including accompanying adults. For more information, call 703-437-1794

1--4 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	12pm	215.XNLF	12/2	\$9/ea.

Tours

Colvin Run Mill Tour

Saturdays & Sundays, December- February
11 a.m., 12 p.m., 1 p.m. & 2 p.m.

Reservations recommended, 1 hour program

\$10 Adults,

\$8 Seniors/Students/Children (5-15 yrs.)

(All Ages)

Enjoy a tour of historic Colvin Run Mill. Built in 1811, the Mill is a tribute to industrial and mechanical innovation, and to the working people who made it happen. You will learn the importance of the Mill to the multifaceted, surrounding community. Explore why our operational, water-powered gristmill is a prime example of how people, technology, and society rely upon each other for survival and success. You will see how the miller continues to make flour and cornmeal today. The tour covers the main grinding floor and the basement, including the gear pit. This tour is ADA compliant. Private tours available upon request. Please contact the site for details. Grain products ground at the Mill are available for purchase in our General Store year round! Individual tour tickets available at Parktakes online.



Holiday Lantern Tour

Friday and Saturday December 1-2,
7 p.m. - 8:30 p.m.

Reservations required, 1 hour, 30 minute tour

\$12 Adults,

\$10 Senior/Student/Youth, Under 5 yrs. Free

(All Ages) Tour beautiful Colvin Run by candlelight. Discover how different a 200-year old mill looks at night and visit the miller's house decorated for the holidays. Learn how families of the mill spent the winter months and enjoy some holiday treats. Space is limited. Tour tickets available at Parktakes online.

Sully Historic House Tour

Saturday and Sunday, December - February
11 a.m., 1 p.m. & 3 p.m.

\$10 Adult,

\$8 Senior/Student/Youth, Under 5 yrs. Free

45-minute tour, Reservations recommended

(All Ages) Enjoy a 45-minute tour of the 1794 dwelling, built for Richard Bland Lee, Northern Virginia's first Congressman. Learn about his family, political career and the life of the enslaved community that supported Sully. Accredited by the American Alliance of Museums, Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. Private tours available upon request-contact the site for details. Individual tickets available at Parktakes online.

Candlelight Holiday Tour

Saturdays, December 9 & 16, 2023

4:45 p.m.-7 p.m.

\$12 Adult, \$10 Senior/Student/Youth,
Under 5 yrs. Free

(All Ages) Enjoy an elegant tour of Sully, the 18th century home of Richard Bland Lee, Northern Virginia's first congressman by the glow of real candlelight. Hear about Christmas in 1885. In the laundry, learn about the Lee's enslaved people Thornton, a cook, Madam Juba, a laundress and other enslaved people. Make a holiday craft and enjoy a hot beverage and cookies based upon a historical recipe.

DIY Holiday Ornaments

(6-Adult) Try making holiday ornaments inspired by history. Get inspired by history and nature to create festive decorations for your home. All materials provided, see session notes for details. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	2pm	WPK.QXTX	12/10	\$9/ea.

A Very Mason Christmas

(8-Adult) Many of the Christmas traditions we celebrate today began in the 1850s. Join us for a Christmas celebration the Mason family might have enjoyed. Taste a non-alcoholic syllabub, make your own luminary, and create a holiday decoration or small gift to bring home.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Su	3:30pm	861.Z3ZI	12/17	\$12/ea.

Holiday Concert – IONA

(5-Adult) One of the top-rated pan-Celtic groups in the world treats its audience to high energy entertainment featuring Scottish fiddling, percussion, and vocals. Refreshments served in the 18th century kitchen. Limited seating.

1--45 minute concert

Location	Day	Time	Code	Date	\$
Sully	F	1pm	0F0.YW9A	12/29	\$15/ea.
Sully	F	2:15pm	0F0.7ZW4	12/29	\$15/ea.
Sully	F	3:15pm	0F0.ULN4	12/29	\$15/ea.

Snowflake Family Tea Party

(3-Adult) Bring your child to the mill and celebrate winter with this snowflake-themed tea party. You'll enjoy tea, savory and sweet treats, along with a winter craft and 19th century games. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2pm	XS3.608H	1/20	\$15/ea.

Spy Craft

(7-Adult) Explore the lives of the men and women during the Revolutionary War who passed along secrets and information and the technology they used in dangerous times. Try your hand at a little spy craft to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	3pm	1EF.091G	1/20	\$9/ea.
ECLawrencePk	Su	3pm	1EF.RW1R	2/11	\$9/ea.

Making Ice & Ice Cream at Walney

(4-Adult) Crank ice cream as you discover how ice was harvested and stored in this 19th century farm. Try using ice tongs. Children must be accompanied registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	2pm	AC3.04L1	1/28	\$9/ea.
ECLawrencePk	Sa	2pm	AC3.L0KN	2/24	\$9/ea.



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 call 703-324-8700 or email
Parkmail@fairfaxcounty.gov.



Help Fairfax County preserve our tangible past by partnering with us to care for our historic resources.

The Resident Curator Program is designed to preserve historic properties by offering long-term leases to qualified tenants who agree to rehabilitate and maintain these historic resources. In return, curators pay no rent as long as they continue to meet the terms of their contract.

Black History Month at Historic Frying Pan Church

(3-Adult) In honor of Black History Month, the Frying Pan Baptist Meetinghouse will be open Saturday, February 3 and Saturday, February 17 from 12-2 p.m. Established in the 18th century, the original congregation of the meetinghouse included enslaved, free Black, and White-slaveholding members. Interpretive signage will tell the story of a local Black family that lived next to the Meetinghouse while a docent will be available to talk about the experience of Black congregants of the church. Stay for just a few minutes or a couple hours! Event is free, register online.

1--Free Program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	12pm	RQH.Q2RY	2/3	Free
Frying Pan Pk	Sa	12pm	RQH.4NK4	2/17	Free

Queen of Hearts Tea Party

(3-Adult) Bring your child to the mill and celebrate Valentine's Day with this heart-themed tea party. We'll have tea, savory and sweet treats and play 19th century parlor games. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	2pm	YRW.DF93	2/3	\$15/ea.



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fairfaxparks

Lunar New Year Celebration

(3-Adult) Join us in celebrating the Lunar New Year at Twin Lakes Golf Course with crafts, traditional snacks, and a discussion about the history and culture behind the Lunar New Year. Children must be accompanied by a registered adult.

1--2 hour event

Location	Day	Time	Code	Date	\$
TwinLakes GC	F	6pm	ADF.3DNP	2/9	\$10/ea.

Maple Syrup Boil Down

(6-Adult) The sap is rising and the maple trees are tapped. Now its sugaring time! 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	Sa	11am	8GQ.ZNJ6	2/10	\$8/ea.
ColvinRunMill	Sa	12:30pm	8GQ.VVPM	2/10	\$8/ea.
ColvinRunMill	Sa	2pm	8GQ.DZLO	2/10	\$8/ea.
ColvinRunMill	Su	11am	8GQ.LLWM	2/18	\$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.PON3	2/18	\$8/ea.
ColvinRunMill	Su	2pm	8GQ.JJCT	2/18	\$8/ea.
ColvinRunMill	Su	11am	8GQ.OZF2	2/25	\$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.8N9D	2/25	\$8/ea.
ColvinRunMill	Su	2pm	8GQ.BZZ2	2/25	\$8/ea.

Teen/Adult Programs

Paths of Freedom Seekers

(8-Adult) Listen to stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers have forged a path of resiliency throughout American history.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	1pm	QYM.42HF	1/20	\$8/ea.
ECLawncPk	Su	1pm	QYM.LME4	2/11	\$8/ea.

Secrets, Spies, Sputnik and Huntley

(Adults) Take a stroll with us on the less-visited side of the park to uncover the history of spies, espionage and how the Cold War struggle between the US and the USSR shaped Huntley and the Fairfax County we know today. Meets at South King Highway entrance includes a 2.4 mile walk over flat terrain.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Th	12pm	F8B.1QZN	12/7	\$10/ea.
HuntMdws	T	10am	F8B.05Q4	1/16	\$10/ea.
HuntMdws	Th	10am	F8B.B1A4	2/22	\$10/ea.

The Women of Historic Huntley

(16-Adult) A society matron, an enslaved wife and mother, a farmer's daughter, a military wife. Historic Huntley has been home to some interesting women and has seen the lives of women change dramatically since the house was built in 1825. See Huntley from a different view as we stroll the house and grounds.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	F12.42EH	1/20	\$10/ea.

Enslaved Lives and the Legacy of Slavery

(Adults) Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	1pm	BF1.TR5C	2/3	\$12/ea.
HistHuntley	Sa	1pm	BF1.6WFU	2/17	\$12/ea.

Remembering Metilda- An Enslaved Child at the Mill

(14-Adult) Come learn about Metilda, an enslaved 14-year old girl who came to live at Colvin Run Mill. Discuss her life at the mill and the house. Examine what history tells us about the lives of enslaved children, their work, and their families.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	Z09.8271	2/17	\$9/ea.

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

Candlelight Tours

at Sully Historic Site

Dec. 9 & 16 • 4:45pm-7pm
\$12 Adult • \$10 Senior,
Youth & Student,
Free for under 5 years.

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

Sully Historic Site
3650 Historic Sully Way • Chantilly, VA 20151

Tasting Programs

Tasting - Blended Scotch Whisky

(21 yrs.+) Enjoy a sampling of fine blended scotches. Budding connoisseurs learn about the ancient history of Scotland's "water of life" and the art of combining different whiskies to create harmonious and consistent blends that rival the best single malts. Delicious Scottish accompaniments served.

1-2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	4pm	BCY.8R4E	1/27	\$60/ea.

Local Artisan Chocolates - Sustainably Sourced

(14-Adult) Spend a delicious evening with the artisans of River-Sea Chocolates. Mariano D'Aguiar, Master Cacao Roaster, will guide you as you sample a variety of luscious chocolates. Hear how consumers can support small, sustainable farms and reduce carbon emissions by choosing products from local, environmentally conscious companies. Participants will receive a Tasting Kit with 5 mini chocolate bars and palate cleansing crackers. Co-sponsored by the Great Falls Citizens Association and Colvin Run Mill Historic Site.

1-1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	7pm	BP5.5QNX	12/4	\$25/ea.

Tea Programs

Christmas Tea at the Harrisons

(Adults) December in the late 1800s might have included a Ladies Housekeeping Society tea hosted by Mrs. Harrison. The halls of Huntley will be decked and we'll share some Christmas history with you as you enjoy teas, scones, fruit and a light savory.

1-2 hour tea program

Location	Day	Time	Code	Date	\$
HistHuntley	F	2pm	C33.0P7W	12/15	\$35/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 tea program

Location	Day	Time	Code	Date	\$
HistHuntley	T	1pm	87A.QCUN	1/23	\$35/ea.

Tea and Chocolates

(Adults) Indulge in all things chocolate, including the tea! Then enjoy a tour, including the romantic view from Historic Huntley. May be canceled in case of inclement weather.

1-2 hour tea program

Location	Day	Time	Code	Date	\$
HistHuntley	W	2pm	F59.FGAZ	2/14	\$35/ea.

Enrich your parks!

Learn more at www.fairfaxparkfoundation.org



Historic Green Spring Tea Programs

A traditional English tea follows each lecture. Full tea includes finger sandwiches, pastries and scone with cream and jam. Programs are by reservation only. Call 703-941-7987, TTY 703-324-3988

This Day in History

Sunday, January 21 1-3 p.m.
\$38 (lecture + tea); \$15 (lecture only)

(Adults) History is made every day. Discover what happened on this day in history as we explore historical events that occurred on January 21 in years past. From royalty to politics, from crime to the arts, many events – some tragic, some comical – proved pivotal to human history.

Advice to the Lovelorn

Sunday, February 11 1-3 p.m.
\$38 (lecture + tea); \$15 (lecture only)

(Adult) For centuries, a woman's "happily ever after" meant finding a husband. Yet courtship could be challenging in times past. Hear about strange relationship advice once given to generations of women looking for a forever Valentine, from historical dating tips to conventional "wisdoms."

Leap Day Tea

Sunday, February 25 1-3 p.m.
\$38 (lecture + tea); \$15 (lecture only)

(Adult) Celebrate this year's bonus day! Learn how Leap Day keeps us in alignment with the stars and hear about historic events that have happened on February 29. Discover the folklore and superstition surrounding Leap Day and ponder its implications as you plan for an extra day on your calendar. Is it just another day, or a true gift of time?



Experience the holiday spirit at historic Colvin Run Mill

Delight in the magic of yesteryears with joyful activities that capture the essence of the holidays.

Holiday Lantern Tour

Friday-Saturday, December 1-2
 7-8:30 p.m. • \$12

Children's Holiday Shopping at Historic Colvin Run

Saturday-Sunday, December 2-3
 Time slots from 11 a.m.-3:20 p.m. • \$5

Santa at the Mill

Saturday-Sunday, December 9-10
 Choose times between 2-5:30 p.m. • \$10

Sensory-Friendly Santa at the Mill

Saturday-Sunday, December 9-10
 Time slots from 11:30 a.m.-2:15 p.m. • \$40



Learn more at
www.fairfaxcounty.gov/parks/colvin-run-mill

Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.



Skating Tots

Snowplow Sam 1

(4-6 yrs.) 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.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	8A6.JRK0	1/8	DIAA
FfxIceArena	T	1:30pm	8A6.8WSG	1/9	DIAA
FfxIceArena	T	6:40pm	8A6.Z50N	1/9	DIAA
FfxIceArena	W	6:40pm	8A6.R7K0	1/10	DIAA
FfxIceArena	Th	1:30pm	8A6.LS51	1/11	DIAA
FfxIceArena	Th	6:40pm	8A6.4CF7	1/11	DIAA
FfxIceArena	Sa	8:55am	8A6.D9YL	1/13	DIAA

Tot 1

(4-6 yrs.) For children who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.TRAD	1/8	DIAA
FfxIceArena	T	1:30pm	9B3.09KR	1/9	DIAA
FfxIceArena	T	6:40pm	9B3.Q2L2	1/9	DIAA
FfxIceArena	W	6:40pm	9B3.YETK	1/10	DIAA
FfxIceArena	Th	1:30pm	9B3.0JOV	1/11	DIAA
FfxIceArena	Th	6:40pm	9B3.BZL7	1/11	DIAA
FfxIceArena	Sa	8:55am	9B3.YT4Q	1/13	DIAA




Give the gift of parks this holiday season!

Purchase Park Authority gift cards for:

- Exercise
- Indoor pools
- Classes
- and water park
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- Amusements

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Beginning Skating-Youth

Basic 1

(7-13 yrs.) For students who have never skated before, this class helps students develop 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 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, beginning snowplow stop on two feet or one foot and other skills geared towards balance, movement and coordination. Helmets are required.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	7AC.1P69	1/8	DIAA
FfxIceArena	T	7:15pm	7AC.S1VH	1/9	DIAA
FfxIceArena	W	7:15pm	7AC.YB9L	1/10	DIAA
FfxIceArena	Th	7:15pm	7AC.NZC6	1/11	DIAA
FfxIceArena	Sa	9:30am	7AC.HGSX	1/13	DIAA

Pre-Alpha

(7-13 yrs.) For those who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	E65.UMNI	1/8	DIAA
FfxIceArena	T	7:15pm	E65.M1P3	1/9	DIAA
FfxIceArena	W	7:15pm	E65.W9TT	1/10	DIAA
FfxIceArena	Th	7:15pm	E65.4KUH	1/11	DIAA
FfxIceArena	Sa	9:30am	E65.8ZZG	1/13	DIAA

Beginning Skating-Teens/Adults

Adult 1

(14-Adult) For students with some skating ability who have had no organized skating instruction. This class by Fairfax Ice Arena helps students develop preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling and recovery, forward marching, forward two-foot glide, forward swizzles, one forward swizzle/one backward swizzle, dip and other skills geared toward balance, movement and coordination.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	GCH.WTWO	1/9	DIAA
FfxIceArena	Th	7:50pm	GCH.HPA0	1/11	DIAA
FfxIceArena	Sa	11:15am	GCH.F40C	1/13	DIAA

Pre-Alpha

(14-Adult) For those who have not had organized skating instruction. Students work on gliding, forward and backward swizzles, backward wiggles and one-foot glides.

DIAA 7--30 minute lessons--\$147

Location	Day	Time	Code	Begin	\$
FfxIceArena	T	7:50pm	C52.COP7	1/9	DIAA
FfxIceArena	Th	7:50pm	C52.856T	1/11	DIAA
FfxIceArena	Sa	11:15am	C52.4S6M	1/13	DIAA



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

Visit www.fairfaxcounty.gov/parks/fifty-plus



Ice Skating Lessons

AT FAIRFAX ICE ARENA



BEGINNER & NOVICE LEVEL SKATING CLASSES

TOTS, CHILDREN, TEENS AND ADULTS

7-Week Program including:

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

Only \$170*

* Weekend classes slightly higher

Ways to register for classes

- 📄 Online—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	\$170	Jan 8	4–6
Tuesday	6:40pm	\$170	Jan 9	4–6
Wednesday	6:40pm	\$170	Jan 10	4–6
Thursday	6:40pm	\$170	Jan 11	4–6
Saturday	10:05am	\$175	Jan 13	4–6

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

Skills Learned: Push & Glide, Swizzles, Stopping

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$170	Jan 8	4–6
Tuesday	6:40pm	\$170	Jan 9	4–6
Wednesday	6:40pm	\$170	Jan 10	4–6
Thursday	6:40pm	\$170	Jan 11	4–6
Saturday	10:05am	\$175	Jan 13	4–6

Tot 5 (Ages 4–6)—Prerequisite Tot 3/4

Skills Learned: One-Foot Glide, Fwd/Backward Swizzles, Wiggle

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$170	Jan 8	4–6
Tuesday	6:40pm	\$170	Jan 9	4–6
Wednesday	6:40pm	\$170	Jan 10	4–6
Thursday	6:40pm	\$170	Jan 11	4–6
Saturday	10:05am	\$175	Jan 13	4–6

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

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

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$170	Jan 8	7–13
Tuesday	7:15pm	\$170	Jan 9	7–13
Wednesday	7:15pm	\$170	Jan 10	7–13
Thursday	7:15pm	\$170	Jan 11	7–13
Saturday	10:40am	\$175	Jan 13	7–13

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

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

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$170	Jan 9	14 & Up
Wednesday	7:50pm	\$170	Jan 10	14 & Up
Thursday	7:50pm	\$170	Jan 11	14 & Up
Saturday	11:15am	\$175	Jan 13	14 & Up

Alpha Lessons (Ages 7–13)—Prerequisite Prealpha

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$170	Jan 8	7–13
Tuesday	7:15pm	\$170	Jan 9	7–13
Wednesday	7:15pm	\$170	Jan 10	7–13
Thursday	7:15pm	\$170	Jan 11	7–13
Saturday	10:40am	\$175	Jan 13	7–13

Alpha Lessons (Ages 14 & Up)—Prerequisite Prealpha

Skills Learned: Stroking, Crossovers, Stopping

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$170	Jan 9	14 & Up
Wednesday	7:50pm	\$170	Jan 10	14 & Up
Thursday	7:50pm	\$170	Jan 11	14 & Up
Saturday	11:15am	\$175	Jan 13	14 & Up

Beta Lessons (Ages 7–13)—Prerequisite Alpha

Skills Learned: Stroking, Backward Crossovers, T-Stop

Day	Time	Cost	Begins	Age
Monday	6:10pm	\$170	Jan 8	7–13
Tuesday	7:15pm	\$170	Jan 9	7–13
Wednesday	7:15pm	\$170	Jan 10	7–13
Thursday	7:15pm	\$170	Jan 11	7–13
Saturday	10:40am	\$175	Jan 13	7–13

Beta Lessons (Ages 14 & Up)—Prerequisite Alpha

Skills Learned: Stroking, Backward Crossovers, T-Stop

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$170	Jan 9	14 & Up
Wednesday	7:50pm	\$170	Jan 10	14 & Up
Thursday	7:50pm	\$170	Jan 11	14 & Up
Saturday	11:15am	\$175	Jan 13	14 & Up

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

**Register for Ice Skating Lessons in person
or online at www.fairfaxicearena.com**



PLEASE SCAN

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ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!



Martial Arts

Scan the QR code to go directly to the Parktakes Online Martial Arts page.



For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.

Aikido & Self Defense Beginning

Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

4MG 10--1 hour 55 minute lessons--\$239
4MJ 12--1 hour 25 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
(10-17 yrs.)					
SphillREC	Su	2:30pm	OKJ.UOMF	1/7	4MJ
(13-Adult)					
SoRunREC	Sa	4pm	78D.Y54P	1/6	4MG

Aikido & Self-Defense Intermediate

(13-Adult) Prerequisite: Aikido and Self-Defense Beginning or permission of instructor.

4MJ 12--1 hour 25 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
SphillREC	Su	4pm	CF6.E7MA	1/7	4MJ

Aikido & Self-Defense Advanced

(13-Adult) Prerequisite: Aikido and Self-Defense Intermediate or permission of instructor.

4MJ 12--1 hour 25 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
SphillREC	Su	5:30pm	AQ6.OYUK	1/7	4MJ

Japanese Swordsmanship

(13-Adult) Students learn the ancient samurai sword arts stances, postures and movements, including iaijutsu sword-drawing and cutting techniques and paired-student kenjutsu exercises. Equipment is provided for beginning students.

4MA 10--55 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	6pm	90A.IZT5	1/7	4MA
Wkfld/Moore	W	7pm	90A.ZMYT	1/10	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.

3MA 8--55 minute lessons--\$97

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	60E.C9NT	1/11	3MA

Judo

(13-Adult) Learn the most efficient use of mental and physical energy for defense through judo techniques including throwing, choking, holding and joint locking.

4MA 10--55 minute lessons--\$120
4MB 10--1 hour 25 minute lessons--\$180
4MJ 12--1 hour 25 minute lessons--\$215

Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.L7ZQ	1/7	4MA
SphillREC	Su	12:30pm	5F3.ZASI	1/7	4MJ
SphillREC	Th	5pm	5F3.SM9T	1/11	4MB

Jujitsu-All Levels

(13-Adult) Self-defense typified by grab escapes, throwing and submission holds.

4MB 10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.VQ6K	1/7	4MB

Jung Su Beginning

Martial art that combines tang soo do, jujitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

3MA 8--55 minute lessons--\$97
4MA 10--55 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Wkfld/Moore	Sa	10am	9BA.BXHI	1/6	4MA
Wkfld/Moore	W	6pm	9BA.DBOM	1/10	4MA
(6-Adult)					
CubRunREC	Sa	11am	28A.W1I6	1/6	3MA
(13-Adult)					
Wkfld/Moore	M	6pm	11F.9YXJ	1/8	4MA

Jung Su Advanced

(6-Adult) Prerequisite: Jung Su Beginning or equivalent.

3MB 8--1 hour 25 minute lessons--\$144
4MB 10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	563.MM56	1/6	3MB
Wkfld/Moore	Sa	11am	563.KKE3	1/6	4MB
Wkfld/Moore	M	7pm	563.QVPX	1/8	4MB
Wkfld/Moore	W	7pm	563.C8YK	1/10	4MB

Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

3MA	8--55 minute lessons--\$97
4MA	10--55 minute lessons--\$120
DMVF	10--45 minute lessons--\$106

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
OakMarREC	Su	3:30pm	27A.PLA6	1/7	4MA
BlkBitFFX	M	5:30pm	4XF.GOW9	1/8	DMVF
BlkBitFFX	T	5:30pm	4XF.MH2R	1/9	DMVF
BlkBitFFX	W	5:30pm	4XF.9NMB	1/10	DMVF
BlkBitFFX	Th	5:30pm	4XF.2X7Q	1/11	DMVF
BlkBitFFX	F	4:45pm	4XF.S67V	1/12	DMVF
(13-Adult)					
Floris ES	Th	7pm	996.F6UK	1/11	3MA
ProvREC	Su	1pm	996.J33K	1/7	4MA
ProvREC	T	7pm	996.8355	1/9	4MA
SoRunREC	Sa	1pm	996.4P7S	1/6	4MA
BlkBitFFX	T	7:45pm	LYL.WSQL	1/9	DMVF
BlkBitFFX	Th	7:45pm	LYL.R2JO	1/11	DMVF

Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA	10--55 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	964.2MWP	1/13	4MA
ProvREC	Su	2pm	964.5E8D	1/7	4MA
SoRunREC	Sa	2pm	964.LB50	1/6	4MA

Karate for Families

(6-Adult) In this class, family members will learn self-defense together and gain confidence, build leadership and independence. Each student must register individually.

3MA	8--55 minute lessons--\$97
4MA	10--55 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10am	D2F.I83L	1/13	4MA
Franconia Rec	Sa	12:30pm	D2F.PRFA	1/13	4MA
Franconia Rec	M	7pm	D2F.8KEN	1/15	4MA
Franconia Rec	T	6:30pm	D2F.I70A	1/16	4MA
Franconia Rec	W	7:30pm	D2F.T8Z9	1/17	4MA
Franconia Rec	F	7pm	D2F.5KBA	1/19	4MA
Frying Pan Pk	Th	7pm	D2F.W85A	1/11	3MA
ProvREC	Su	12pm	D2F.N27N	1/7	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.

3MA	8--55 minute lessons--\$97
4MA	10--55 minute lessons--\$120
4MH	12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	31A.03V8	1/6	4MH
SpHillREC	M	7pm	31A.G316	1/8	3MA
SpHillREC	W	6pm	31A.XMLX	1/10	4MA

Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA	10--55 minute lessons--\$120
4MH	12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	454.V3MQ	1/6	4MH
SpHillREC	Sa	9am	454.QBY2	1/6	4MH
SpHillREC	T	7pm	454.LE94	1/9	4MA
SpHillREC	W	6pm	454.IPY3	1/10	4MA
SpHillREC	W	7pm	454.80WK	1/10	4MA

Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MA	10--55 minute lessons--\$120
4MH	12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	3E5.OTLQ	1/6	4MH
SpHillREC	Sa	10am	3E5.I2U3	1/6	4MH
SpHillREC	T	7pm	3E5.8ZQ9	1/9	4MA
SpHillREC	W	7pm	3E5.F2XB	1/10	4MA

Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

3MA	8--55 minute lessons--\$97
4MA	10--55 minute lessons--\$120
3MB	8--1 hour 25 minute lessons--\$144
4MB	10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
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(6-Adult)					
OakMarREC	Sa	5pm	9CF.71AP	1/6	4MA
OakMarREC	Su	4:30pm	9CF.BSSI	1/7	4MA

(13-Adult)					
CubRunREC	Th	7pm	889.MOII	1/11	3MA
SoRunREC	W	7:05pm	889.1CK9	1/10	4MA
Waynewd ES	M	7:30pm	889.BABR	1/11	3MB
Waynewd ES	W	7:30pm	889.1CK9	1/10	4MB

Okinawan Kenpo Karate

(13-Adult) Students learn traditional methods and develop connections to the Okinawan Masters of kenpo while gaining increased confidence, sense of community and knowledge of practical self-defense techniques. No prior experience is necessary.

3MB	8--1 hour 25 minute lessons--\$144
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Location	Day	Time	Code	Begin	\$
Sully CommCtr	Su	11am	5XR.U8TF	1/14	3MB

Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai. Supply fee of \$35 for classes at Franconia Rec Center.

4MA	10--55 minute lessons--\$120
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Location	Day	Time	Code	Begin	\$
(8-Adult)					
SpHillREC	T	7:15pm	3F3.KNE6	1/9	4MA
(13-Adult)					
Franconia Rec	F	7pm	48C.5GNM	1/19	4MA

Kendo II

(8-Adult) Prerequisite: Kendo I or equivalent.

4MB	10--1 hour 25 minute lessons--\$180
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	7:15pm	357.ZVOU	1/9	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--\$120
4MH	12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	9DF.RVY8	1/6	4MH
SpHillREC	T	7pm	9DF.SRQ2	1/9	4MA
SpHillREC	Th	7pm	9DF.BHML	1/11	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--\$120
4MH	12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	CA6.70FE	1/6	4MH
SpHillREC	T	7pm	CA6.DTW7	1/9	4MA
SpHillREC	Th	7pm	CA6.QWWM	1/11	4MA



Martial Arts

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.

4MH 12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	9TG.WKQH	1/6	4MH

Kung Fu MMA

(13-Adult) This class focuses on challenging conditioning and skills in the standing and ground arena. Tactics include versatility in punching and kicking and counters as well as options in common clinch and ground positions. Some personal safety equipment required.

4MA 10--55 minute lessons--\$120

Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.WU87	1/11	4MA

Kung Fu w/Weapons

(6-Adult) Train with the four basic Kung-Fu weapons for all levels and learn new practice methods. Staff, Broadsword, Straight Sword, and Spear. No sharpened weapons allowed.

4MH 12--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	G1R.201F	1/6	4MH

Indonesian Kung Fu

(13-Adult) Unique combination of Chinese gungfu and Indonesian pentjak silat offers a modern hybrid of the fighting arts. Training includes single- and multiple-attacker exercises, forms, solo drills, weapons, and body conditioning.

4MB 10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11am	6B2.WM3H	1/13	4MB
SoRunREC	Th	7pm	6B2.ICIK	1/11	4MB

Kushin Itto-Ryu

(Adults) Kushin Itto-Ryu is a martial arts system that starts with aikijujutsu and then advances to uses of wooden bokken and other types of wooden practice weapons. Students will need to purchase a gi, bokken and hakama (for advanced practice).

3MB 8--1 hour 25 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:30pm	MLJ.BMCV	1/9	3MB

Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

3MA 8--55 minute lessons--\$97
CMVF 8--45 minute lessons--\$85
DMVF 10--45 minute lessons--\$106

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	6MJ.LPSF	1/6	DMVF
BlkBltFFX	M	5:30pm	6MJ.JYX4	1/8	DMVF

BlkBltFFX	T	5:30pm	6MJ.ZTVE	1/9	DMVF
BlkBltFFX	W	5:30pm	6MJ.1NQI	1/10	DMVF
BlkBltFFX	Th	5:30pm	6MJ.5JII	1/11	DMVF
BlkBltFFX	F	4:45pm	6MJ.H2E7	1/12	DMVF
JRheeFlsCh	M	5:15pm	6MJ.90MY	1/8	CMVF
JRheeFlsCh	W	6pm	6MJ.OFXM	1/10	CMVF
JRheeFlsCh	F	5:30pm	6MJ.X8RK	1/12	CMVF
LdbyExFr0ks	T	4:30pm	6MJ.FRRE	1/9	DMVF
LdbyExFr0ks	W	6pm	6MJ.5YWM	1/10	DMVF
LdbyExFr0ks	Th	4:30pm	6MJ.07BR	1/11	DMVF
LdbyExFr0ks	F	5:15pm	6MJ.ZGKA	1/12	DMVF

(6-Adult)

CubRunREC	Su	11am	31F.TQVP	1/7	3MA
CubRunREC	W	7pm	31F.6KAC	1/10	3MA
Frying Pan Pk	Th	6pm	31F.WNCA	1/11	3MA
OakMarREC	T	7pm	31F.DRB1	1/9	3MA
SpHillREC	M	5:30pm	31F.894A	1/8	3MA

(13-Adult)

BlkBltFFX	T	7:45pm	FM7.FOS3	1/9	DMVF
BlkBltFFX	Th	7:45pm	FM7.52HA	1/11	DMVF
JRheeFlsCh	M	7:45pm	FM7.63LZ	1/8	CMVF
LdbyExFr0ks	W	6:45pm	FM7.02UY	1/10	DMVF
LdbyExFr0ks	F	6:45pm	FM7.3ZWO	1/12	DMVF

Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

3MA 8--55 minute lessons--\$97
4MC 20--55 minute lessons--\$239

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.8ALD	1/7	3MA
SpHillREC	M/W	6:30pm	2B9.F5BN	1/8	4MC

Tae Kwon Do III

(6-Adult) Prerequisite: Tae Kwon Do II or equivalent.

4MC 20--55 minute lessons--\$239

Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.7POT	1/8	4MC

Shoshinkan Martial Arts

(13-Adult) Learn principles, techniques and self-defense applications of traditional Karate, Kobudo (weapons) and Jujitsu.

4MB 10--1 hour 25 minute lessons--\$180

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	E5D.JNJB	1/7	4MB
Wkfld/Moore	Th	6:30pm	E5D.DKBR	1/11	4MB

Self-Defense for Women

(13-Adult) Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

4MF 5--1 hour 25 minute lessons--\$92
CMVA 6--55 minute lessons--\$91
DMVD 8--55 minute lessons--\$124

Location	Day	Time	Code	Begin	\$
OakMarREC	M	7pm	UBC.JIT7	1/8	DMVD
SoRunREC	Sa	4pm	UBC.D8RX	1/6	DMVD
Wkfld/Moore	T	8pm	UBC.RT7Z	1/16	DMVD
SoRunREC	T	7pm	158.KU3M	1/9	4MF

Self-Defense for Women II

(13-Adult) Prerequisite: Self-Defense for Women I or equivalent.

4MF 5--1 hour 25 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	077.Z96C	2/13	4MF

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703-273-1100

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Nature

Burke Lake Park

7315 Ox Rd. • Fairfax Station, Va. 22039
703-323-6600

www.fairfaxcounty.gov/parks/burkelake
Park grounds are open dawn till dusk daily.

Cub Run Rec Center

4630 Stonecroft Blvd. • Chantilly, Va. 20151
703-817-7081

www.fairfaxcounty.gov/parks/reccenter/cub-run

Hours

Open Monday-Friday 5 a.m.-9 p.m.,
Saturday 7 a.m.-6 p.m.
Sunday 8 a.m.-6 p.m.

Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Rd. • Chantilly, Va. 20151
703-631-0013

www.fairfaxcounty.gov/parks/eclawrence

The Walney Visitor Center features live animals, natural and cultural exhibits and a hands-on area for young visitors highlighting the past farmland and present parkland. Features include:

- Historic structures and foundations: dairy foundation, Spring house, Icehouse foundation and Smokehouse
- Gardens
- Meadow and pond
- Woodland trails
- Kid-friendly red wagon sandboxes

Hours and Admission

Visitor Center Winter Hours (December-February)
11 a.m.-4 p.m. daily, Closed Tuesdays
Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.

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

**Hidden Oaks Nature Center**

7701 Royce Street • Annandale, Va. 22003
703-941-1065

www.fairfaxcounty.gov/parks/hiddenoaks/
Located in Annandale District Park, the Hidden Oaks Nature Center is nestled among woodland trails and creeks with a pond, gardens and a butterfly-themed playground nearby. Center features include:

- Nature Playce outdoor exploration center
- Self-guided interpretive trail
- Live animal displays
- Interactive urban woodlands exhibit
- Meeting rooms reservable for private functions

Visit the Winged Wonders wall to compare your "wingspan" to that of wild animals and take a photo next to the woodland wildlife tree sculpture.

Hours and Admission

The Nature Center is open daily
11 a.m.-4 p.m. (closed on Tuesdays).
Grounds open dawn to dusk daily.

Hidden Pond Nature Center

8511 Greeley Blvd. • Springfield, Va. 22152
703-451-9588

www.fairfaxcounty.gov/parks/hiddenpond

Beautiful scenery, extensive woodland trails and abundant wildlife supported by Pohick Creek surround Hidden Pond Nature Center. Features include:

- Nature center exhibits
- Nature trail
- Pond
- Tot playground
- Picnic shelter

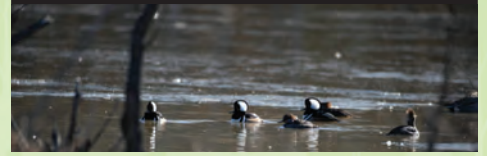
Hours and Admission

The Nature Center is open daily 11 a.m.-4 p.m. (closed on Tuesdays). Group programs are available by request. Grounds open dawn to dusk daily.

Lake Accotink Park

7500 Accotink Park Rd. • Springfield, Va. 22150
703-569-0285

www.fairfaxcounty.gov/parks/accotink
Park grounds are open dawn till dusk daily.

Huntley Meadows Park and Visitor Center

3701 Lockheed Blvd. • Alexandria, Va. 22306
703-768-2525

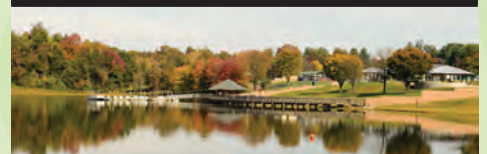
www.fairfaxcounty.gov/parks/huntley-meadows

One of the Park Authority's largest parks (1,500 acres), Huntley Meadows offers some of the best wildlife watching around! Features include:

- Wetland boardwalk
- Visitor Center
- Interpretive trail
- Auditorium
- Observation platforms
- Exhibits
- Forests, meadows, streams and ponds
- Outdoor classroom

Hours and Admission

Visitor Center open Monday-Friday, 9 a.m.-5 p.m. (closed Tuesday) and weekends, 12-5 p.m. All programs require reservations. Private programs also available upon request. For more information visit the website or call the park directly.
Park grounds open dawn to dusk.

Lake Fairfax Park

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

www.fairfaxcounty.gov/parks/lakefairfax

Park grounds are open dawn till dusk daily. Lake Fairfax Park has 476 acres of parkland. Visitors can enjoy campgrounds, skate park, a pump track, hiking and biking trails, and athletic fields.

Visitor Center Hours Open Monday-Thursday 10 a.m.-5 p.m., Friday-Sunday 11 a.m.-8 p.m.

Riverbend Park

8700 Potomac Hills St. • Great Falls, Va. 22066
703-759-9018

www.fairfaxcounty.gov/parks/riverbend

FCPA's only riverfront park has 418 acres of forest, meadows and ponds. Nature highlights include:

- River views
- Canoe and single/tandem kayak rentals
- Wildflowers and birds
- Visitor Center with snack bar, gift shop and exhibits
- 10+ miles of trails
- Fishing

Hours

Visiting center open Wednesday - Sunday, 12 p.m.-5 p.m. Riverside picnic area with grills. Picnic shelter and sun deck are available by reservation.

Child and Parent Programs

Little Acorns-Winter

(2-5 yrs.) Preschoolers and their accompanying adult share nature's wonders in this interactive class. Experiences include finger plays, stories, meeting animals and weather permitting, outdoor exploration. Quiet infants welcome. Topics: Dec. 4- Hanging Around; Dec. 11 - Rainforests, Dec. 18 - Outstanding Otters, Jan. 8 - Tales of Tails, Jan. 22 - Snow, Jan. 29 - Rocking with Rocks, Feb. 5 - White-tailed Deer, Feb. 12 - Nature in Winter & Feb. 26 - Tricky Animals.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	10am	392.A4Y7	12/4	\$10/child
HiddenOaks	M	10am	392.FE73	12/11	\$10/child
HiddenOaks	M	10am	392.G470	12/18	\$10/child
HiddenOaks	M	10am	392.TH3U	1/8	\$10/child
HiddenOaks	M	10am	392.64P6	1/22	\$10/child
HiddenOaks	M	10am	392.2YVQ	1/29	\$10/child
HiddenOaks	M	10am	392.YEJJ	2/5	\$10/child
HiddenOaks	M	10am	392.JUJB	2/12	\$10/child
HiddenOaks	M	10am	392.8C6K	2/26	\$10/child

Nature Tots - Winter

(1-3 yrs.) Bring your toddler to explore nature, through sight, sound, smell and touch. Program includes indoor and outdoor activities. Adults must be able to participate with children. Topics vary with seasons: Jan- Snow and Ice, Feb- Wind and Mud.

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrencePk	W	9:45am	9C5.46XY	1/3	\$10/child
ECLawrencePk	W	11am	9C5.WX76	1/3	\$10/child
ECLawrencePk	W	9:45am	9C5.ARPE	2/7	\$10/child
ECLawrencePk	W	11am	9C5.M6TA	2/7	\$10/child

Mr. Weather Bear

(2-5 yrs.) With the help of Mr. Bear, learn about the weather with a felt-board story, bubble play, an ice cube race and songs. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	20B.8E3W	1/14	\$7/ea.

Animal Pajama Party

(3-7 yrs.) Put on your pajamas and come to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring your favorite stuffed animal with you. One adult only per registered child.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	6:30pm	6CC.G2EB	1/6	\$10/child
HiddenOaks	Sa	6:30pm	6CC.BK0Z	2/17	\$10/child

Skiing Penguins and Snowman Fun

(3-9 yrs.) Create fun crafts and activities. Build and race penguins and create spiffy snowmen. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	B24.DYWU	1/7	\$10/child



Feeding Day

(4-13 yrs.) Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	605.K1M6	1/13	\$10/child
ECLawrencePk	Su	10am	605.WQ8B	2/18	\$10/child

Furry Foxes

(3-8 yrs.) These wild members of the dog family are a common sight in our neighborhoods. Learn about their lives through activities and practice yipping like a fox. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	11am	7YG.5KWL	1/21	\$10/child

Dino Puppet Show & Activities

(4-8 yrs.) Dinosaurs once roamed all the Earth, places far and near. How do we know that they were here? Enjoy a puppet show and crafts along with fun fossil facts. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	C97.SLC1	1/21	\$10/child
HiddenOaks	Su	2:30pm	C97.KH3Z	1/21	\$10/child

Otter-ly Wonderful

(2-5 yrs.) Preschoolers and their grown-ups explore the fun-filled world of sea and river otters, through stories, crafts and activities. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	3pm	467.AIPR	2/4	\$10/child

Valentine's Cookie Decorating

(2-12 yrs.) Pick up an icing bag and join a naturalist in decorating your very own sugar cookies. Give the decorated cookies as gifts to friends and family members along with a personalized note. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	6pm	W6R.MN7Y	2/13	\$8/ea.

Caribbean Reef Puppet Show

(3-7 yrs.) Join an octopus, ray, shark, lobster and all their friends in this undersea adventure. After the show, play a game, sing songs and make a craft. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	4C7.BF8R	2/17	\$9/ea.

Nature Quest

(3-6 yrs.) Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week. Children must be accompanied by an adult.

4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	Th	11:30am	741.5MCO	1/11	\$32/child

Children's Programs

Make Your Own Pinecone Birdfeeders!

(4-9 yrs.) Help feed your feathered friends this winter by making and taking home your very own pinecone bird feeder. What birds stay around all winter long? Find out what those familiar bird calls are as we discuss common birds you may see visit your feeder.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	11:30am	942.JJCL	12/2	\$10/child
LkAccontkPk	Sa	1:30pm	942.71SV	2/17	\$10/child

Santa's Critters & Craft

(2-12 yrs.) Come meet Santa and his merry band of critters. Bring your camera to take a picture with Jolly Saint Nick, his elves and their animal friends.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	Sa	10am	5BF.2KIS	12/9	\$12/child
HiddenPond	Sa	11:30am	5BF.EU6M	12/9	\$12/child

Science and Nature Explorers

(5-7 yrs.) Supplement your child's science education. Students will participate in science experiments and activities exploring the Virginia science standard of learning, as they relate to nature and the outdoors. This program focuses on grades K to 1.

4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPond	W	4:30pm	555.6NB5	1/10	\$32/child

Oh Deer! Math Mystery

(8-12 yrs.) Buck Smith and Jane Doe's research has been nibbled away. Can you help them piece their journal back together and recover all the missing facts before it is too late?

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	UFO.P13L	1/13	\$10/child

Nature DIY Valentines

(6-12 yrs.) Nothing says "I love you" more than a homemade card. Use natural materials to create your own card just in time for the holiday. Materials will be provided for cards that kids can make. Stay for a little while, or the whole time.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	3pm	RR5.NG93	2/10	\$9/child

Homeschool Programs

Homeschool at the Lake Winter

(7-12 yrs.) This program for school children focuses on nature and history. A different topic and hands-on activities are covered each month.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontPk	T	10am	3B1.18CD	12/5	\$8/ea.
LkAccontPk	Th	2pm	3B1.Y70E	12/14	\$8/ea.
LkAccontPk	T	10am	3B1.KV4G	1/9	\$8/ea.
LkAccontPk	Th	2pm	3B1.9GB5	1/25	\$8/ea.
BurkeLakePk	M	10am	3B1.CPGJ	1/29	\$12/ea.
LkAccontPk	Th	2pm	3B1.WBLW	2/22	\$8/ea.
LkAccontPk	T	10am	3B1.X505	2/6	\$8/ea.
BurkeLakePk	M	10am	3B1.5D4F	2/12	\$12/ea.
BurkeLakePk	M	10am	3B1.M1SE	2/26	\$12/ea.

Homeschool at the Pond

(7-11 yrs.) This program is based on the popular Pohick Rangers series geared to meet some homeschool science requirements. Topics vary. Meets every other week.

5--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPond	T	1pm	8A7.EATT	1/2	\$70/child



Homeschool Wilderness Skills-Winter

(7-12 yrs.) Join a Park Naturalist to learn how to survive in nature's most challenging season. Learn skills humans use to stay safe and warm like preparing a winter survival kit, avoiding getting lost, building a fire in wet conditions and keeping a healthy mindset when faced with a challenge. Any supply fee payable to instructor at first class.

4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	F	2pm	20E.FWQA	2/9	\$72/child

Family/All Ages

Invasive Plant Identification Walk

(8-Adult) Identify some of Fairfax County's common invasive plant species. Explore ways to lessen these plants around your home.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	2pm	660.UEV L	12/2	\$8/ea.

Owl Walk and Talk

(4-Adult) Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. Enjoy a story, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll. Children must be accompanied by an adult who is also registered in the class.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	4:30pm	7X8.PKMI	12/2	\$8/ea.
HiddenOaks	Sa	5pm	7X8.BUXM	2/10	\$8/ea.
LkAccontPk	F	3:30pm	7X8.RUUR	1/5	\$8/ea.
LkAccontPk	Sa	5pm	7X8.YKCT	2/17	\$8/ea.
LkFairfaxPk	Su	4:30pm	7X8.199W	2/18	\$8/ea.

Winter Bird Walk

(4-Adult) Take a hike through the woods with a naturalist to listen and look for the park's winter avian residents and migrants. Find out what birds do to survive the winter weather.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	10am	4F9.9WZJ	12/3	\$8/ea.
LkAccontPk	F	3:30pm	4F9.5R6C	12/8	\$8/ea.
ECLawncPk	F	1pm	4F9.KM7G	1/5	\$8/ea.
LkAccontPk	Sa	10am	4F9.52X6	1/13	\$8/ea.
BurkeLakePk	Su	9am	4F9.26MU	1/28	\$8/ea.
LkAccontPk	F	4pm	4F9.0AKX	2/9	\$8/ea.
ECLawncPk	Sa	1pm	4F9.8YGN	2/17	\$8/ea.

To Build a Fire

(4-Adult) Learn the science and art of building a fire and then test your skill with primitive fire bows and modern fire-making techniques. Use your new skills to roast some s'mores at the end. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	9DC.912C	12/3	\$10/ea.
Riverbend Pk	Su	12pm	9DC.098V	1/7	\$10/ea.
Riverbend Pk	Su	12pm	9DC.F2ZL	2/4	\$10/ea.

Family Wreath Making

(All Ages) Make your own seasonal wreath out of vines decorated with greens, cones, dried flowers and ribbons. Register one adult to reserve the supplies for yourself and/or your family. One wreath per registrant. Please register another adult per additional wreath.

1--Kit

Location	Day	Time	Code	Date	\$
HiddenPond	Su	1pm	980.2NAF	12/3	\$25/ea.
HiddenPond	Su	3:30pm	980.XS2A	12/3	\$25/ea.

Wonder of Crows and Jays

(6-Adult) Join Diva Crows in singing the praises of crows, blue jays and other backyard birds. Meet Apollo, an unreleasable crow which is an accomplished author and painter. Get close to other live unreleasable backyard birds who are under the care of trained rehabilitators. Learn natural and cultural facts about crows and jays and why these birds have undeserved bad reputations.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	2pm	03P.MMQZ	12/3	\$10/ea.



Tea Rex Tea Party

(4-Adult) How fun would it be to have a dinosaur friend over for tea? May be more complicated than you planned. Join us for a ferociously fun tea party highlighting Cretaceous creatures, a puppet show and a sit down tea. Children must be accompanied by an adult who is also registered in this program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	2pm	5RQ.X2KE	12/9	\$15/ea.

Penguins and Polar Bears

(2-Adult) Why do penguins and polar bears never meet? How does a penguin keep its eggs warm? Through trail activities, learn more about these creatures who enjoy the chilly temperatures. Children must be accompanied by an adult who is also registered in the class. The entire program is outdoors.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	ECD.8Q50	12/10	\$7/ea.

Catch a Critter!

(4-Adult) Grab a net and join us for a special day with a park scientist to see, touch, and study wetland creatures up close and personal. Use magnifying lenses to study their unique characteristics. This rare opportunity to dip-net in the wetland is possible through the guidance of our park naturalists.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	1pm	F81.OX3M	12/10	\$10/ea.
HuntMdws	Su	1pm	F81.EY5R	2/4	\$10/ea.

Animal Feeding

(3-Adult) It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPond	W	4:30pm	46D.VIL1	12/13	\$8/ea.
HiddenPond	W	4:30pm	46D.KSP7	1/17	\$8/ea.
HiddenPond	W	4:30pm	46D.DJE3	2/14	\$8/ea.
HiddenPond	W	4:30pm	46D.BJMA	2/28	\$8/ea.

Geminid Meteor Shower & Cocoa

(5-Adult) Join park naturalists for a special opportunity to be in the park after dark and delight in the magic of shooting stars, or the geminid meteor shower. Peer through the telescope and enjoy an astronomy talk with a park naturalist. Bring a yoga mat or blanket and find a comfortable spot on the boardwalk to gaze at the night sky while you sip hot cocoa.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Th	8pm	TBM.QVPE	12/14	\$12/ea.
HuntMdws	Sa	8pm	TBM.OF8Q	12/16	\$12/ea.

Going Green for the Holidays –**Ornament Workshop**

(8-Adult) Discover ways to reduce waste and stay sustainable this holiday season. In this workshop, you will use natural and upcycled materials to craft a unique ornament. Then, design your own mini-roll of gift wrap and DIY a bow from old magazines.

1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	IBW.XXW8	12/17	\$12/ea.

Winter Solstice Evening Walk

(5-Adult) Celebrate the first day of winter and shortest day of the year. A Park Naturalist will be your guide the forest and wetland at sunset as we look and listen for signs of nocturnal wildlife.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Th	4:15pm	8CF.5YTQ	12/21	\$9/ea.

First Sunrise Hike of the Year

(4-Adult) Take a hike with a naturalist in the early morning to view the stunning first sunrise of the year as it crests over the lake. Rejuvenate as you walk along the park trails and signal in the new year. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	M	7am	NAU.K36R	1/1	\$8/ea.

Green Spring Garden Series

Unearth the secrets of successful gardening at Green Spring Gardens captivating winter lecture series. Join our expert horticulturists to discover tips and insights to cultivate your gardens!

Winter Lecture -**Gardening for Climate Change**

Sunday, January 28 • 1:30-2:30 p.m. • \$12

Winter Lecture - Garden Oddities

Sunday, February 4, 1:30-2:30 p.m., \$12

Virtual Winter Lecture -**Spiders Fear to Fascination**

Sunday, February 11, 1:30-2:30 p.m., \$12

Winter Lecture - Lotus for Any Garden

Sunday, February 18, 1:30-2:30 p.m., \$12

Winter Lecture -**Journey of a Garden & Its Gardener**

Sunday, February 25, 1:30-2:30 p.m., \$12

Virtual Winter Lecture -**Pushed up the Mountain**

Sunday, January 21, 1:30-2:30 p.m., \$12

For more information, turn to page 65.

Wildlife Walk at Huntley Meadows

(4-Adult) Enjoy a naturalist guided walk through the forested trails and wetland boardwalk. Look and listen for seasonally active wildlife like birds, frogs, turtles, dragonflies and muskrats. Touch biofacts like turtle shells and snakeskin. Each season brings different wildlife into view. Children must be accompanied by registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	M	3:30pm	65A.5BBO	1/1	\$9/ea.

First Sunset Hike of the Year

(4-Adult) Take a hike with a naturalist in the evening to view the stunning first sunset of the year as it sets over the lake. Rejuvenate as you walk along the park trails and signal in the new year. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	M	4:30pm	MMU.EBV4	1/1	\$8/ea.

Winter Tree Detectives

(8-Adult) Learn to use clues like buds, bark and fruit to identify and enjoy the winter beauty of some of our park's native trees.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	97A.FXEL	1/6	\$8/ea.

Who Left That Behind? Identifying Scat

(4-Adult) Learn park critters by the signs they leave behind. Tracks and scat are just a few of the clues left by animals in the park. Join a naturalist on a hike to look for and identify different animals. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	18F.85N9	1/6	\$8/ea.

Corn Grinding & Clay Pottery

(4-Adult) How did the Powhatan Native Americans use the plants and animals you see every day for their medicine, grocery store, clothing and fun? Immerse yourself in a way of life 400 years ago. Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	10am	147.PVNS	1/12	\$12/ea.
HuntMdws	M	12pm	147.5H1J	2/26	\$12/ea.

Home Made Bird Feeders

(2-Adult) Bring a clean, empty, plastic bottle to make a bird feeder. We discuss tips for feeding birds and learn to identify common birds that visit home bird feeders. Dress for the weather and bring binoculars. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	3pm	420.E4KH	1/13	\$8/ea.
BurkeLakePk	Sa	11am	420.WHTN	2/3	\$8/ea.
ECLawncPk	Su	2pm	420.9HZE	2/18	\$8/ea.

FOLLOW US ON



Happy Hibernators

(6-Adult) Why do animals hibernate? Learn about those who hibernate and those who do not. Walk through the park and visit the lake to find out how different animals survive until spring.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	11am	RYSCIG	1/14	\$8/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. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	M	11am	EFC.396Y	1/15	\$8/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--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	5pm	343.456Y	1/19	\$10/ea.
HuntMdws	W	5:15pm	343.06T5	1/31	\$10/ea.
HuntMdws	Sa	5:30pm	343.VKGS	2/17	\$10/ea.

Winter Woods Hike & Craft

(4-Adult) Hike through the winter woods to learn some useful tips for identifying winter trees. Afterwards, appreciate season's beauty with a fun winter-themed craft.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	XMC.SWG1	1/20	\$8/ea.

Foraging for Wild Edibles

(9-Adult) With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	8Y3.UP71	1/27	\$10/ea.

Animal Paper Mache Sculptures

(7-Adult) Learn how to create one or two paper mache animals in week one. In week two, paint your sculptures with acrylic paints. Meet live animals and play an animal pictogram game as part of the classes. A paying adult must accompany children in the program. All materials included.

3FL 2--1.5 hour lessons--\$30

Location	Day	Time	Code	Begin	\$
HiddenOaks	Sa	10am	610.2H9L	2/3	3FL

Winter Stream Life

(8-Adult) Explore Walney Creek with a naturalist to meet some of the small creek critters (macroinvertebrates) that call it home. Learn why so many different types of macroinvertebrates are active in winter streams. The naturalist will demonstrate winter collecting and participants can help pick, sort and learn to identify these magnificent critters.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrnPk	Sa	1pm	9A6.AFL9	2/3	\$8/ea.

How to Say "Be Mine" in the Animal World

(3-Adult) Learn how animals communicate and how to express your affection in chimpanzee, toad, and wolf on this outdoors Valentine's Day walk and talk. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	Q4J.EPG4	2/17	\$8/ea.

Animal Adaptations

(4-Adult) Many animals have unusual physical and behavioral adaptations that enable them to get a meal or to keep from being a meal. Compare the adaptations of deer, owls, squirrels and turtles in this variation on a popular school field trip. Registration required for children and adults. Program is outdoors.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	1R3.XYWB	2/25	\$8/ea.

All Things Frozen Tea Party

(4-Adult) Join the naturalist as she shares stories about animals that enjoy being chilly including penguins and polar bears plus others that can get through the cold. Come dressed as your favorite frozen friend. Enjoy a sit down tea with china cups, treats and snow crafts. Contact the nature center one week prior with any dietary restrictions. Children under 12 must be accompanied by an adult registered in this program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Su	1pm	8C1.K170	2/25	\$15/ea.

Teen/Adult Programs

Owl Outing

(Adults) These nocturnal raptors are pair-bonding and looking for nesting sites at this time of year. Come after dark to listen for and learn about local owls and possibly see a barred owl. Meet at the Visitor Center and dress for the weather and standing off trail.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	4:30pm	68B.1PGD	12/2	\$10/ea.

Tree ID-Bark & Buds

(14-Adult) Learn how to identify tree species even after the leaves and fruit are gone. Join us as we get to know a different side of local trees.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	BD1.DRS9	12/16	\$8/ea.



National Bird Day & Bagels

(16-Adult) Celebrate National Bird Day and join a Park Naturalist to assist with the Christmas Bird Count by learning how to identify different bird species found in the forest and wetland habitats. How many different species can we find? We will tally our findings and end the program with complementary bagels and coffee.

1--3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	8am	669.7K06	1/5	\$15/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	5pm	F3C.0L2U	1/27	\$10/ea.

Who Eats Who? Predator or Prey

(10-Adult) The objective is to survive. As an animal you will be introduced into the local food web and will be tasked with obtaining different resources. You could need to hide, or you could need to hunt! The naturalist will teach about the movement of energy through a trophic pyramid and the effects of toxins and parasites on our local food web. There will be an active portion to the program so please bring a water bottle and wear proper footwear.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	XXV.FK4K	2/17	\$10/ea.



Campfire Programs

Campfire Fridays

(5-Adult) Join us for an evening campfire the whole family can enjoy. Explore our natural world through nature walks, interactive activities and animal presentations. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

1--1 hour campfire--\$8

1--1 hour 30 minute campfire--\$10

Location	Day	Time	Code	Date	\$
LkAccontPk	F	5pm	546.92FT	12/8	\$8/ea.
LkAccontPk	F	5pm	546.40YR	1/5	\$8/ea.
CubRunREC	F	6:30pm	546.2WL1	1/12	\$10/ea.
HiddenPond	F	6pm	546.3WGV	1/19	\$10/ea.
LkFairfaxPk	F	6pm	546.T9XI	2/2	\$10/ea.
LkAccontPk	F	5:30pm	546.LGGP	2/9	\$8/ea.
HiddenPond	F	6pm	546.INUQ	2/16	\$10/ea.

Flying Squirrel Campfire

(4-Adult) Enjoy an evening around the campfire, toasting marshmallows over the embers and learn about flying squirrels that live in our area. Cancelled in case of inclement weather. Children must attend with an adult and all attendees must register.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	F	6pm	4F5.BAGN	12/8	\$8/ea.
HiddenOaks	Sa	7pm	4F5.GZKW	1/13	\$8/ea.
HiddenOaks	Su	7pm	4F5.4P6H	1/28	\$8/ea.
HiddenOaks	Su	7pm	4F5.QCED	2/18	\$8/ea.

Caroling Wagon Ride & Campfire

(4-Adult) Join us in song and exploration on a wagon ride. Warm up with refreshments at the campfire. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Sa	2pm	6B4.1L6G	12/16	\$9/ea.
ECLawncPk	Sa	3pm	6B4.D0AE	12/16	\$9/ea.

Hot Cocoa Wetland Night Hike

(4-Adult) Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste. Children must be accompanied by registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	3:45pm	756.OZMB	12/16	\$10/ea.
HuntMdws	Sa	4pm	756.FQZN	1/13	\$10/ea.
HuntMdws	Sa	4:15pm	756.Z701	2/3	\$10/ea.

All About Owls Campfire

(4-Adult) Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	F	7pm	232.UGQK	1/5	\$8/ea.

Campfire Saturdays

(4-Adult) Join us for an evening campfire the whole family can enjoy. During the program we will explore the wonders of our natural world. Our programs may include nature walks, interactive activities, animal presentations, or other opportunities to learn about nature and our place in it. Includes S'mores. Topics vary by date. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	4:30pm	UUU.6HSX	1/6	\$10/ea.
BurkeLakePk	Sa	5pm	UUU.GOMO	2/3	\$10/ea.

Campfire Night Hike - Predators at Night

(4-Adult) Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them. End the evening with s'mores round the campfire. Children must be accompanied by an adult registered in the program.

1--1 hour program--\$8

1--1 hour 30 minute program--\$10

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	5pm	02D.RIDC	1/14	\$10/ea.
ECLawncPk	Sa	6pm	02D.BG5N	2/10	\$8/ea.

Full Moon Nature Hike & Campfire

(6-Adult) Enjoy the night sky under a full moon. Your naturalist guide will point out signs of creatures that glide, fly and tiptoe through the woods in the dark. Enjoy a campfire after the hike with s'mores provided. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawncPk	Th	6pm	193.RS08	1/25	\$10/ea.
Riverbend Pk	Sa	7pm	193.3867	1/27	\$10/ea.
Riverbend Pk	Sa	7pm	193.IS7C	2/24	\$10/ea.

Campfire Saturdays-Stargazing

(3-Adult) Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided; hot dogs welcome. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	5:30pm	395.X210	1/27	\$10/ea.
LkFairfaxPk	Sa	5:30pm	395.3E0E	2/24	\$10/ea.
BurkeLakePk	Sa	6pm	395.C1WH	2/24	\$10/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. Children must be accompanied by a registered adult.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	5:30pm	721.K0IQ	2/25	\$10/ea.

Sketch Hikes & Nature Drawing

Drawing Winter Weeds

(16-Adult) Some flowers, ferns and grasses persist in winter as dried stalks, providing food for wildlife. Learn about local winter weeds on a walk. Then try ink pens, markers, colored pencil or watercolors to draw these plants. Watch a demonstration and draw winter plants from our dried collection or your photos.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	9:30am	X59.9LRY	12/2	\$25/ea.

Winter Trees and Landscapes

Sketch Hike

(12-Adult) Join park naturalist and artist Margaret Wohler on a walk through the park to learn about the techniques of drawing winter trees and landscapes. Drawing supplies included.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	FC1.HCPE	12/3	\$15/ea.

Poetry in Nature Sketch Hike

(10-Adult) Come enjoy a little creative time in the wild through poetry and drawing outdoors. Join naturalist and artist Margaret Wohler as we combine writing exercises and basic drawing skills to create a field page filled with images and words describing the Huntley wetlands and woods. Families are welcome. All drawing materials will be provided.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	MDS.YH4R	12/30	\$18/ea.

Drawing Outer Space with Oil Pastels

(16-Adult) Learn some fun facts about outer space and moon craters. Try a hands-on science activity. Learn about oil pastels, then try your hand at drawing nebula, planets, stars, comets, moon craters and more on black paper. All materials included.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	10am	MIK.RWOF	1/20	\$20/ea.

Drawing Outer Space with Oil Pastels

(7-Adult) Learn some fun facts about outer space and moon craters. Try a hands-on science activity. Learn about oil pastels, then try your hand at drawing nebula, planets, stars, comets, moon craters and more on black paper. All materials included. A paying adult must accompany children in the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaks	Sa	1pm	FMS.7XDJ	1/20	\$15/ea.

World Wetlands Day Sketch Hike

(10-Adult) Celebrate World Wetlands Day by joining park naturalist and artist Margaret Wohler on a hike to learn about the vital role wetlands play while identifying plants and animals. Learn drawing techniques to enhance your wetland observation skills. Drawing supplies included.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	10am	YF6.VOHG	2/2	\$15/ea.

Outdoor Recreation

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



Burke Lake Park

7315 Ox Road
Fairfax Station, Va. 22039
703-323-6600

www.fairfaxcounty.gov/parks/burkelake

Burke Lake's expansive park offers a wide range of activities for all ages.

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Mini golf
- Volleyball
- Miniature train
- Carousel
- Ice cream parlor
- Picnic areas with grills
- Playgrounds
- Disc golf course

Sailboats, gasoline motors, kayaks (unless used for fishing) and swimming are prohibited. Park grounds and restrooms are open daily, closed only on Dec. 25. Rowboat rentals available. For hours and fees, visit the website or call the park.



Lake Accotink Park

7500 Accotink Park Road
Springfield, Va. 22150
703-569-0285

www.fairfaxcounty.gov/parks/accotink

Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family!

- Boating
- Fishing (*Va. fishing license required*)
- Trails
- Picnic areas with grills
- Bike rentals
- Kayak and pedal boat rentals
- Playground
- Mini Golf
- Carousel

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, swimming, paddleboarding and windsurfing are prohibited. Park grounds are open year-round. For facility hours and fees, visit the website or call the park.



Lake Fairfax Park

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

www.fairfaxcounty.gov/parks/lakefairfax

Home of the Water Mine Family Swimmin' Hole, Lake Fairfax is for outdoor lovers of all ages!

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Picnic areas with grills
- Athletic fields
- Skate park
- Pump track
- Boat rentals
- Water Mine Family Swimmin' Hole (*closed for season*)

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats and swimming in the lake are prohibited. For hours and fees, visit the website or call the park.



Riverbend Park

8700 Potomac Hills Street
Great Falls, Va. 22066
703-759-9018

www.fairfaxcounty.gov/parks/riverbend/

A park steeped in Native American history, Riverbend Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife.

- Boating
- Fishing (*Va. or Md. fishing license required*)
- Trails
- Forest
- Meadows
- Kayak and canoe rentals
- Boat launch
- Riverside picnic areas with grills
- River view observation deck
- Visitor center

Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Grounds open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats (\$5 per boat or \$40 for annual launch pass).



Birding Programs

Birding for Beginners

(12-Adult) Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion. Children age 12-16 must be accompanied by a registered adult.

1--1 hour 30 minute program--\$12
1--3 hour program--\$19

Location	Day	Time	Code	Date	\$
HuntMdws	Su	8am	A4F.8XGZ	12/10	\$19
HiddenOaks	Sa	8am	A4F.E5SJ	1/6	\$12
HuntMdws	Su	8am	A4F.NXXS	2/25	\$19

Birding at Huntley

(12-Adult) Over 200 species of birds have been identified in the forests, meadows, and wetland habitats of Huntley Meadows Park. Each season brings new feathered residents, for brief or extended stays. Grab your binoculars and join a park naturalist on your next birding adventure! All skill levels welcome.

1--3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	W	8am	55Y.03H7	2/7	\$19

Other Programs

Geocaching Adventures

(8-Adult) Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all! Equipment provided.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	K98.VQP4	1/20	\$23
LkFairfaxPk	Sa	1pm	K98.AD6J	1/27	\$23

Scouts by Request

We are keeping up with the latest scout program changes.
View our newest by-request programs at www.fairfaxcounty.gov/parks/scouts



Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



Please note:

- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

Drama Classes

Act Up! Adventures at the Chocolate Factory

(7-14 yrs.) In this Moonlit Wings program young performers act in original scenes inspired by "Charlie and the Chocolate Factory". Take center stage and enjoy a sweet and unforgettable theatrical experience. Parents are invited to a mini performance during the final class.

DPVD	7--1 hour 25 minute lessons--\$131				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:30pm	FQ9.OURK	1/17	DPVD
OakMarREC	W	6:30pm	FQ9.E9NK	1/24	DPVD
ProvREC	Sa	11:30am	FQ9.MPI8	1/27	DPVD
SoRunREC	T	6:30pm	FQ9.JK96	1/30	DPVD
Wkfld/Moore	Sa	3:30pm	FQ9.R6JO	1/20	DPVD
Lane ES	W	6:30pm	FQ9.H767	1/31	DPVD
Flint HI ES	Su	11:30am	FQ9.YEZF	1/28	DPVD
Franconia REC	M	6:30pm	FQ9.1T73	1/22	DPVD

All-Star Acting & Improv

(7-14 yrs) In this Moonlit Wings class, young performers act out stories inspired by their favorite shows and explore hilarious new improv games each week. Parents are invited to a mini-performance during the final class, plus a cast party celebration for the students. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and new theatrical surprises every week! (Supply fee of \$15 payable to the instructor at first class.)

DPVD	7--1 hour 25 minute lessons--\$131				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	73E.UZNO	1/17	DPVD
OakMarREC	W	5pm	73E.EWBU	1/24	DPVD
ProvREC	Sa	10am	73E.C86E	1/27	DPVD
SoRunREC	T	5pm	73E.IFNO	1/30	DPVD
Wkfld/Moore	Sa	2pm	73E.2EZD	1/20	DPVD
Lane ES	W	5pm	73E.70QF	1/31	DPVD
Flint HI ES	Su	10am	73E.X83M	1/28	DPVD
FranconiaRec	M	5pm	73E.54W0	1/22	DPVD



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Actors Broadway & College Prep

(12-18 yrs.) In this Moonlit Wings class, students learn acting, singing and dancing skills to help prepare for Broadway or college performing arts program auditions. From monologues to scenes and songs, aspiring actors interested in pursuing a triple-threat training will explore mock auditions each week with lessons inspired by Broadway open-calls and college program admissions. Moonlit Wings award-winning programs are taught by industry professionals and packed with helpful resources for each performer to shine. Supply fee of \$15 payable to the instructor at first class.

DPVD	7---1 hour 25 minute lessons--\$131				
Location	Day	Time	Code	Begin	\$
Oakton ES	Sa	10am	PEK.ABN2	1/20	DPVD
GreenBrW ES	T	5pm	PEK.7CLL	1/23	DPVD
LaurelHI ES	W	5pm	PEK.PKA6	1/23	DPVD
OakVw ES	Th	5pm	PEK.IYZM	1/25	DPVD

Actors Film & Auditions Prep

(12-18 yrs.) In this Moonlit Wings class, students interested in acting on-camera learn how to get started and audition for film and television roles. Aspiring actors discover how to submit for local and Hollywood auditions, where to find a talent agent and explore scene study to help you book roles. Moonlit Wings award-winning programs are taught by industry professionals and packed with helpful resources for each performer to shine. Supply fee of \$15 payable to the instructor at first class.

DPVD	7---1 hour 25 minute lessons--\$131				
Location	Day	Time	Code	Begin	\$
Oakton ES	Sa	11:30am	THO.LXXH	1/20	DPVD
GreenBrW ES	T	6:30pm	THO.IG9A	1/23	DPVD
LaurelHI ES	W	6:30pm	THO.NKV6	1/23	DPVD
OakVw ES	Th	6:30pm	THP.OGYR	1/23	DPVD

Music Classes

Reading Music for Non-Musicians

(8-Adult) This class introduces students to the world of music and prepares them for playing instruments. Focus is on the basics of music theory, rhythmic patterns and chord charts, as well as reading notes on staff. Supply fee payable to instructor at first class.

3PPA	8--55 minute lessons--\$97				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	12pm	IPO.GOOH	1/6	3PPA

Guitar I

Learn to play, tune and care for your guitar. Students must furnish their own instrument. Any supply fees are payable to instructor at first class.

3PPA	8--55 minute lessons--\$97				
4PPA	10--55 minute lessons--\$121				
Location	Day	Time	Code	Begin	\$
(6-10 yrs)					
SoRunREC	Sa	10:15am	DFD.8MDV	1/6	4PPA
CubRunREC	Sa	11am	DFD.438M	1/6	3PPA
Wkfld/Moore	M	6pm	DFD.KKDW	1/8	4PPA
(10-Adult)					
CubRunREC	Sa	11am	128.072K	1/6	3PPA
OakMarREC	T	6pm	128.7FPB	1/9	3PPA
SoRunREC	Sa	10:15am	128.BJTS	1/6	4PPA
SoRunREC	M	5:30pm	128.0046	1/8	3PPA
SpHillREC	Sa	5pm	128.UZGX	1/6	4PPA
(16-Adult)					
ProvREC	W	11am	1BF.6BSY	1/10	3PPA
Wkfld/Moore	M	8pm	1BF.0WFR	1/8	4PPA

Guitar II

Prerequisite: Guitar I or equivalent.

3PPA	8--55 minute lessons--\$97
4PPA	10--55 minute lessons--\$121

Location	Day	Time	Code	Begin	\$
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(6-12 yrs)

SoRunREC	Sa	11:15am	641.B41P	1/6	4PPA
Wkfld/Moore	M	7pm	641.RN16	1/8	4PPA

(10-Adult)

ProvREC	W	10am	030.YJ00	1/10	3PPA
SoRunREC	Sa	11:15am	030.Q1KM	1/6	4PPA

Rock Guitar

(10-Adult) An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

3PPA	8--55 minute lessons--\$97
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Location	Day	Time	Code	Begin	\$
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CubRunREC	Sa	1pm	189.ICK3	1/6	3PPA
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Piano-Beginning I

Group instruction. Learn fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee \$10-\$15 payable to instructor at first class.

DPPA	8--55 minute lessons--\$92
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Location	Day	Time	Code	Begin	\$
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(6-9 yrs.)

LittleRn ES	Sa	9am	F66.F9BC	1/13	DPPA
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(6-12 yrs.)

LittleRn ES	Sa	10am	69C.VUP8	1/13	DPPA
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OrangHnt ES	Sa	10am	69C.C175	1/13	DPPA
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OrangHnt ES	Sa	11am	69C.M9KD	1/13	DPPA
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(16-Adult)

ProvREC	Th	11am	NK6.RT6V	1/11	DPPA
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OrangHnt ES	Sa	9am	NK6.GVWH	1/13	DPPA
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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 \$10-\$15 payable to instructor at first class.

DPPA	8--55 minute lessons--\$92
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Location	Day	Time	Code	Begin	\$
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(6-12 yrs.)

LittleRn ES	Sa	11am	A0C.VYAW	1/13	DPPA
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LittleRn ES	Sa	12pm	A0C.6MC1	1/13	DPPA
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OrangHnt ES	Sa	12pm	A0C.5TXJ	1/13	DPPA
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(10-15 yrs.)

LittleRn ES	Sa	1pm	023.TOP1	1/3	DPPA
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(16-Adult)

ProvREC	Th	10am	91D.IJRA	1/11	DPPA
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Virtual Piano I

Group instruction. Learn fundamentals including reading music and keyboard skills in this online class. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA	8--55 minute lessons--\$92
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Location	Day	Time	Code	Begin	\$
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(6-12 yrs.)

Virtual FCPA	F	5:30pm	JTQ.3G5V	1/12	DPPA
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Virtual FCPA	Sa	10am	JTQ.VR78	1/6	DPPA
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Virtual FCPA	Th	4pm	JTQ.TKL4	1/18	DPPA
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(10-Adult)

Virtual FCPA	Sa	9am	WZX.R9TH	1/6	DPPA
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Virtual FCPA	Th	6pm	WZX.RX10	1/18	DPPA
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Virtual Piano II

Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. We will email the Microsoft Teams link for the class as well as the information to purchase the required piano book which will cost about \$10.

DPPA	8--55 minute lessons--\$92
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Location	Day	Time	Code	Begin	\$
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(6-12 yrs.)

Virtual FCPA	F	6:30pm	BHQ.5AH1	1/12	DPPA
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Virtual FCPA	Th	5pm	BHQ.KX1T	1/18	DPPA
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(10-Adult)

Virtual FCPA	Sa	11am	COU.IJR5	1/6	DPPA
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Virtual FCPA	Th	7pm	COU.D2NZ	1/18	DPPA
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Ukulele

(10-Adult) Learn music Aloha style. Class covers instrument playing basics including chord progressions, single-note playing and right-hand strumming techniques. Numerous styles are taught. Students must bring their own instrument.

3PPA	8--55 minute lessons--\$97
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4PPA	10--55 minute lessons--\$121
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Location	Day	Time	Code	Begin	\$
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ProvREC	W	12pm	A61.09BK	1/10	3PPA
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SpHillREC	Su	12pm	A61.K4AY	1/7	4PPA
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Ukulele II

(10-Adult) Prerequisite: Ukulele I or equivalent.

4PPA	10--55 minute lessons--\$121
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Location	Day	Time	Code	Begin	\$
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SpHillREC	Su	1pm	3F1.DNUN	1/7	4PPA
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LEARN

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Fairfax's Community TV and Radio

Visit or call us at:
fcac.org / 571-749-1132

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, or call 703-324-8594



AKC Programs

AKC Fit Dog I

(14-Adult) Prerequisite: dogs must be at least one year old and have completed Dog Obedience Level 1. AKC Fit Dog is a reward-based program developed to help build your dog's fitness with fun, short and safe exercises. This class introduces you and your dog to exercises to improve their flexibility, strength and confidence. These skills increase your dog's performance, decrease their risk of injury, and lower their stress levels while they work toward a healthier body and mind. If you are participating in dog sports, plan to run or compete with your dog or just have a very active dog that needs a challenge, this course is for you. All breeds and ages are welcome, but dogs must be a healthy weight, (not obese) and free from injury and/or pain.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	M/W	11am	IGE.B62G	2/5	4DA

AKC Fit Dog II

(14-Adult) Prerequisite: dogs must be 18 months or older and have completed AKC Fit Dog I. In this level II class dogs build on the skills learned in Level I. This is not a class for dogs who are recovering from injuries, morbidly obese, or suffer from chronic pain.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	M/W	12pm	E6U.YCEG	2/5	4DA

AKC Fit Dog III

(14-Adult) Prerequisite: dogs must be 18 months or older, have completed AKC Fit Dog II and have trainer's recommendation for this class. In this level III class dogs build on the foundational skills learned in Level II. This is not a class for dogs who are recovering from injuries, morbidly obese, or suffering from chronic pain.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	M/W	1pm	05X.NXMN	2/5	4DA

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

Dog Obedience

Puppy Kindergarten

(14-Adult) Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	10:30am	6CD.JK0C	2/6	4DA

Dog Obedience I

(14-Adult) Includes home management, discipline and problem solving. Methods employed are affection and restraint. Dogs must be at least 6 months old.

4DA	8--55 minute lessons--\$124				
DDVA	8--55 minute lessons--\$146				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	9am	635.NNGI	1/6	4DA
SoRunREC	M/W	4pm	635.CX1U	2/5	4DA
SoRunREC	T/Th	11:30am	635.5V0L	2/6	4DA
ProvREC	Th	5pm	V89.RV2J	1/25	DDVA

Dog Obedience II

(14-Adult) Prerequisite: Dog and owner must have completed a Fairfax County level I class or have permission of instructor. Dogs must be at least 8 months old and show no signs of aggression. Course will prepare the dog to successfully complete the AKC Canine Good Citizen test given on course completion.

4DA	8--55 minute lessons--\$124				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	10am	C14.6RZM	1/6	4DA
SoRunREC	T/Th	12:30pm	C14.UT6Z	2/6	4DA

K9 Nose Work

(14-Adult) K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

DDVC	6--55 minute lessons--\$104				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	4pm	9D8.300T	1/28	DDVC

Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



Science Classes

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

Astronomy-Listening to the Universe

(8-Adult) Join the adventure to understand cosmic noise and what it tells us about the sun, the magnetic structure surrounding some of our planets and the radio signals from Jupiter. Learn how our galaxy is mapped using the faint signals from hydrogen atoms and the behavior of molecules. Listen to the sounds of pulsars, strange dense fast rotating stars. Come hear what our universe is saying. The class will be held in the roll-top observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	E6A.Y7FW	2/28	FEE B	

Exploring the Moon

(8-Adult) The Moon is as old as the Earth, and its surface is marked by craters and lava flows billions of years old. Explore these lunar features through a high-powered telescope and learn about their origins. See where the Apollo lunar landings occurred and discuss what the astronauts found. Class meets rain or shine with alternate viewing sessions available for cloudy days. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	Th	7:30pm	54A.FNOR	1/18	FEE B	

COMING SOON!

Wonder Wagon

The Wonder Wagon will be 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



Homeschool Science-Intro to Planetary Astronomy

(6-12 yrs.) Join a park naturalist to learn about this branch of astronomy that studies planets, moons, asteroids and comets in our solar system. Discover what they are made of and why earth is so special. Make a model solar system to take home.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	T	1pm	329.LEOR	1/9	STAA	

Great American April 2024 Solar Eclipse Preview

(8-Adult) Get ready for the Great North American Solar Eclipse on April 8, 2024. This program will discuss solar eclipses, the path and phenomena of solar eclipses, and how to safely view them. The program will discuss the April 2024 eclipse and the options on where to observe the event. The class is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	7:30pm	XNR.GC40	2/5	FEE B	

Holiday Engineering Challenge

(6-10 yrs.) Celebrate the season with an engineering challenge with a holiday twist. Think like an engineer to solve this fun holiday themed challenge.

FEE Y 1--1 hour program--\$10						
Location	Day	Time	Code	Begin	\$	
HiddenOaks	Su	1pm	OY7.R7D6	12/10	FEE Y	

Enrich your parks!

Learn more at www.fairfaxparkfoundation.org

Homeschool Science-Vertebrate Classification

(6-12 yrs.) How does an animals body covering, like fur, feathers or scales, help it to survive? Learn the how mammals, reptiles, amphibians, birds and fish are classified. We use outdoor exploration, observation and lab skills to explore this topic.

STAA 1--2 hour program--\$14						
Location	Day	Time	Code	Begin	\$	
HuntMdws	W	10am	85D.4DJM	12/13	STAA	
HuntMdws	Su	12pm	85D.VY90	2/11	STAA	

Intro to Telescopes

(8-Adult) For those who are new to using a telescope or contemplating purchasing one. This course goes into introductory basics of astronomy, observing the sky, and what you need to know to setup and use your telescope. Class will provide hands-on use of telescopes and observing objects in the sky in the Roll-Top Observatory if the weather allows. Attendees can bring their own telescope for assistance and advice. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

Fee AK 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	58B.SKC2	1/10	Fee AK	

Introduction to Astronomy

(8-Adult) This course provides a general introduction to some fundamentals of astronomy and the universe we see in the sky around us. We will discuss the basic types of astronomical objects from the small to the large, the motions of the planets and stars, and interesting phenomena in the night sky. The classroom discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	C83.ATJF	12/20	FEE B	
TurnerFarmPk	W	7:30pm	C83.E194	2/7	FEE B	

James Webb Space Telescope -

The Next Big Step

(8-Adult) The James Webb Space Telescope (JWST) is the successor to the Hubble Space Telescope. JWST is now returning images and data that promise to revolutionize our understanding of galactic evolution and atmospheres of exoplanets, among other things. We will review the steps to deploy the JWST and discuss the scientific significance of selected images. The class is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	T	7:30pm	4L3.QWV2	2/20	FEE B	

Meteorites-

Exploring Visitors from Space

(8-Adult) This class is an introduction to meteorites as we explore what they are and where they came from. Participants will be able to examine actual meteorites including specimens from the Moon and Mars. The discussion is followed by an observatory session with telescopes, weather permitting. The course will be held in the Roll-Top observatory classroom at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	7:30pm	C90.06QU	12/11	FEE B	

Nebulas, Star Clusters & Galaxies, Oh My!

(8-Adult) We are familiar with the stars and planets that we can see when the Sun sets. However, the night sky contains many wonders that are visible with binoculars or modest telescopes. This fun and interactive presentation is designed as an introduction to the most common of these astronomical "deep sky" objects. After the class, look through the telescopes in the observatory (weather permitting). The course is held rain or clear skies in the Roll-Top Observatory. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	T	7:30pm	C98.XUWM	1/30	FEE B	

Night Sky Tour at the Roll-Top Observatory

(8-Adult) This program is a fun tour of planets, constellations, stars, nebulas, and galaxies in the night sky that can be seen with the eye and in telescopes at the Roll-Top observatory at Turner Farm Park. If inclement weather, then we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed, just an interest in learning about the universe around our planet. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	T	7:30pm	S84.ZPJT	12/5	FEE B	
TurnerFarmPk	W	7:30pm	S84.72AL	1/3	FEE B	
TurnerFarmPk	M	7:30pm	S84.INYZ	2/26	FEE B	

Outdoor Science Lab at Huntley

(6-Adult) Explore the exciting world of science with fun hands-on experiments, activities, and challenges. Enrich your understanding of various science and engineering topics using scientific investigations, observations, and lab skills with the guidance of a park naturalist. Each outdoor class will focus on a different science theme. Check session notes for details. All supplies included. Children must be accompanied by a registered adult.

Fee AJ 1--1 hour program--\$10 Fee AK 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Begin	\$	
HuntMdws	W	1pm	JDI.9FK9	12/6	Fee AK	
HuntMdws	M	1pm	JDI.3ZCN	1/8	Fee AJ	
HuntMdws	Su	1pm	JDI.541N	1/21	Fee AJ	
HuntMdws	W	1pm	JDI.H0SR	2/7	Fee AK	
HuntMdws	T	11am	JDI.CA11	2/13	Fee AJ	

Planet Adventure Night

(6-Adult) This program is a tour of the planets and moons of our Solar System which are viewable in the current night sky. The classroom discussion is followed by an observatory session of planets and the stars beyond in telescopes, weather permitting. No knowledge of astronomy is needed, just an interest in learning about the universe. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Children need to be accompanied by a registered adult. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	M	7:30pm	8PM.KVNN	12/18	FEE B	
TurnerFarmPk	M	5pm	8PM.PKOP	1/15	FEE B	

Rainbows, Haloes & Glories

(6-Adult) Learn about common and some uncommon phenomena you can see in the day or night skies such as rainbows, haloes and glories. We will also explore sunrise and sunset phenomena like the green flash, the purple light, and simple questions like why the sky is blue and sunsets are orange. The course is held rain or clear skies in the Roll-Top observatory classroom at Turner Farm Park. It is recommended parents accompany younger children. Advance registration required, no walk-in registration available. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8						
Location	Day	Time	Code	Begin	\$	
TurnerFarmPk	W	7:30pm	855.EB6R	1/24	FEE B	



Science Potions & Explosions

(6-9 yrs.) In this Baroody Camps class, students create potions and exciting chemical reactions. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal or blast a rocket into the air while learning about the states of matter and how things change with mixtures, solutions, and chemical reactions.

DXVE 8--55 minute lessons--\$134 DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	5:30pm	ED0.TMBR	1/11	DXVE	
Hunter House	F	5:30pm	ED0.7XX3	1/12	DXVL	

Slime Time

(6-12 yrs.) In this Baroody Camps class, students find out the science behind making slime, such as what an activator is and why no slime is complete without it. Students will also learn how different ingredients change the outcome, texture and use of slime. Materials are included in the price of the class.

DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Hunter House	W	6:30pm	2WR.2JA2	1/10	DXVL	

Spy Science

(5-8 yrs.) Learn the trick of the spy trade and forensic science in this Baroody Camps program. Students investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black light, and other sneaky science.

DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Hunter House	W	5:30pm	RXQ.SIBP	1/10	DXVL	

Astronomy Events

Enjoy a cosmic adventure under the stars with Fairfax County Parks captivating astronomy festivals!

Astronomy Festival

Saturday, December 16 • 5-7:30 p.m.

Saturday, January 20 • 5-7:30 p.m.

Saturday, February 17 • 5:30-8 p.m.

Turner Farm Park • \$10

Stargazing Spectacular

Saturday, January 13

Choose times between 5:30-7:45 p.m.

Burke Lake Park • \$10

For more information, visit

www.fairfaxcounty.gov/parks/astronomy



Telescope Observing for Beginners

(8-Adult) This course covers the basics of observing the night sky and objects with a telescope and astronomy resources. Class will provide hands-on observing with telescopes if the weather allows. Attendees can bring their own telescopes to use and for assistance. Supplements the "Introduction to Telescopes" class but can be taken independently. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park. Instruction for this program is provided by volunteers of the Analemma Society.

FEE B 1--1 hour program--\$8					
Location	Day	Time	Code	Begin	\$
TurnerFarmPk	M	7:30pm	12U.RCKH	2/12	FEE B

Valentines Day Science

(5-Adult) Does Valentine's Day make you think of electricity, chemistry, magnetism, candy? This year share the love with your family while we explore those topics and more with hands-on Valentine's day science.

FEE B 1--1 hour program--\$8					
Location	Day	Time	Code	Begin	\$
HiddenOaks	T	6pm	GYM.3H20	2/13	FEE B

Technology Classes

3D Printing Basics

(13-Adults) 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--\$84					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	3pm	IIS.RPL9	1/6	4XF
ProvREC	Su	3pm	IIS.H578	1/7	4XF
ProvREC	Sa	3pm	IIS.BPWV	2/10	4XF
ProvREC	Su	3pm	IIS.YJY	2/11	4XF

3D Printing Basics with Parent

(6-12 yrs.) Designed especially for young curious minds, this course introduces children and their parent to 3D printing. 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--\$61					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	Z2W.ZTGQ	1/6	4ND
ProvREC	Su	2pm	Z2W.VSBQ	1/7	4ND
ProvREC	Sa	2pm	Z2W.LVC2	2/10	4ND
ProvREC	Su	2pm	Z2W.6CX9	2/11	4ND



Animation Using Minecraft

In this Cybertek Academy class students are introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling by studying motion in reality, then apply these skills to animation. Students learn how animators work by completing a variety of short animation exercises and projects.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
Little Rn ES	T	5pm	2XP.QNTO	1/16	DXVG
Kings Pk ES	Sa	9:30am	2XP.1MPU	1/20	DXVG
(10-14 yrs.)					
Little Rn ES	T	6:15m	8KL.49LB	1/16	DXVG
Kings Pk ES	Sa	10:15am	8KL.6U5U	1/20	DXVG

Battle Robots

(7-12 yrs.) Do you think you can build the strongest robot that can win a head-to-head combat battle? Learn engineering strategies for building sturdy structures using unique RoboThink bricks, and then apply that knowledge to build multiple robots for a variety of friendly competitions. You'll have a blast as you play robot soccer, compete in robot relay races, and complete dozens of other fun challenges in this RoboThink program.

DXVZ 8--55 minute lessons--\$202					
Location	Day	Time	Code	Begin	\$
Camelot ES	T	5:15pm	R8R.PWWY	1/16	DXVZ
Shrevevud ES	Th	5pm	R8R.6A8P	1/18	DXVZ
WaplesMI ES	Th	5pm	R8R.8JWU	1/18	DXVZ
Olde Creek ES	T	5pm	R8R.YX2K	1/16	DXVZ

Coding & Game Design with Scratch

Students learn programming concepts using a drag-and-drop platform in the MIT-developed Scratch program. Students use pre-made art or create their own, then program them to walk, talk and interact with objects while learning logic and visual programming then create a simple 2D video game in this Cybertek Academy class.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
Woodbrn ES	W	5pm	7F9.H1E4	1/17	DXVG
Oakton ES	Sa	9:30am	7F9.PBW3	1/20	DXVG
SpHillREC	Sa	9:30am	7F9.OQ9P	1/20	DXVG
(10-14 yrs.)					
Woodbrn ES	W	6:15m	C3A.Z4FP	1/17	DXVG
Oakton ES	Sa	10:15am	C3A.H60W	1/20	DXVG
SpHillREC	Sa	9:30am	C3A.6NTH	1/20	DXVG

eSports Class

(11-17 yrs.) In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. Participants will make new friends, have fun playing games and feel safe in an inclusive environment. This session features the Nintendo Switch platform with various games.

DXVS 8--1 hour 25 minute lessons--\$138					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6pm	3AK.298W	1/19	DXVS

Game Development & Python

(9-12 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

DXVZ 8--55 minute lessons--\$202					
Location	Day	Time	Code	Begin	\$
FreedomHI ES	Th	6pm	7M9.6402	1/18	DXVZ
SpHillREC	F	6pm	7M9.3NIN	1/19	DXVZ
FlintHI ES	Su	12pm	7M9.9KOR	1/14	DXVZ



Discover the diverse and captivating birds that with our winter birding programs.

Birding at Huntley,

Wednesday, February 7 • 8-11 a.m.

Birding for Beginners

Saturday, January 6 • 8-9:30 a.m.

Sunday, December 10 or Sunday, February 25

Garden Artists - Winter Bird Feeder Mobile

Saturday, January 6 • 1-2 p.m.

Home Made Bird Feeders

Saturday, February 3 • 11 a.m.-12 p.m.

Saturday, January 13, • 3-4 p.m.

Sunday, February 18 • 2-3 p.m.

Learn about the Christmas Bird Count

Saturday, December 9 • 10-11 a.m.

Make Your Own Pinecone Birdfeeders!,

Saturday, December 2 • 11:30 a.m.-12:30 p.m.

Saturday, December 17 • 1:30 p.m. - 2:30 p.m.

National Bird Day & Bagels

Friday, January 5 • 8-11 a.m.

Winter Bird Walk

Sunday, December 3 • 10-11 a.m.

Friday, December 8 • 3:30-4:30 p.m.

Friday, January 5 • 1-2 p.m.

Saturday, January 13 • 10-11 a.m.

Sunday, January 28 • 9-10 a.m.

Friday, February 9 • 4-5 p.m.

Saturday, February 17 • 1-2 p.m.

To find out more, turn to the Nature section or visit www.fairfaxcounty.gov/parks/topics/birds

Intro to Bitcoin Stem

(6-12 yrs.) This Stem exCEL Intro to Bitcoin STEM class introduces children to Bitcoin and its many applications. Topics include Bitcoin technology fundamentals of decentralization, mining and consensus. Python programming basics like functions, variables and loops used in Bitcoin blockchain programming also provide context for other pursuits like 3D modeling and Game Design. Using hands on learning, with Bitcoin wallet software and node and mining hardware and behind the laptop, students will learn about cryptography in American history, and its current and future technological impact.

DXVF 6--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
ProvREC	Su	1pm	YGF.GNZ4	2/4	DXVF	
Belle Vw ES	Sa	11am	YGF.88YY	1/13	DXVF	

Intro to B Stem

(6-12 yrs.) Students learn various STEM subjects using hands-on learning with software and hardware to gain an appreciation for continued and future study in this STEM exCEL program. Basics such as functions, variables and loops will prepare students about the history of cryptography and its future technological impact. Students will design and 3D print their own cypher decoder while learning game design.

DXVF 6--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	11am	IXV.N91G	2/3	DXVF	

Java & Game Development with Video Editing

(11-14 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students learn the basics of object-oriented programming and create a program using a Java environment as well as editing videos and performing video edits for game design.

DXVZ 8--55 minute lessons--\$202						
Location	Day	Time	Code	Begin	\$	
WhiteOaks ES	F	6pm	7EP.Y99I	1/19	DXVZ	
CherryRun ES	Th	6pm	7EP.F6NH	1/18	DXVZ	

Junior Lego Robotics & Engineering

(5-8 yrs.) This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

DXVR 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	6pm	8CV.718T	1/9	DXVR	

LEGO Aquatic Bots

(5-8 yrs.) Make LEGO® WeDo 2.0 AquaBots in this Baroody Camps robotics class. Each day students build and code a different water-themed robot using LEGO® gears, pulleys, axles, motors and sensors. Make boats,

seaplanes, ocean explorers and robotic denizens of the deep.

DXVE 8--55 minute lessons--\$134						
DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	6:30pm	XZ7.AZBU	1/11	DXVE	
Wkfld/Moore	Th	5pm	XZ7.E2P7	1/11	DXVL	

Lego Robotics & Engineering

(8-12 yrs.) This SciGenius class combines the exciting world of LEGO with programming. Students work in teams through a series of challenges to program and manipulate their own robots. Skills are enhanced across science, engineering, technology and coding through project-based activities. The unique combination of the LEGO brick, classroom-friendly software and inspiring, standards-based science projects results in a resource that builds students' confidence.

DXVL 10--55 minute lessons--\$168						
DXVR 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
SpHillREC	W	6pm	FX5.QD1J	1/10	DXVR	
Wkfld/Moore	Th	7pm	FX5.9ZQJ	1/11	DXVL	

LEGO Spike Quirky Creations

(5-7 yrs.) In this Baroody Camps program, students develop engineering design skills as they investigate ways of defining problems, brainstorming solutions, and testing and refining prototypes. Students then refine their problem-solving skills as they create a solution to a problem that has constraints, and improve on others' ideas while building fun and out of the ordinary creations.

DXVE 8--55 minute lessons--\$134						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	5:30pm	TML.YVNO	1/10	DXVE	

LEGO WeDo 2.0 JurassicBots

(8-11 yrs.) In this Baroody Camps class, students revive the prehistoric world by building dinosaur themed robots with walking mechanisms. They will learn how to convert rotational motion into translational motion, increase force with levers, gears and belt drives, and work with motion and tilt sensors. The robots will be animated using special programming software. In every lesson young engineers will build and learn about a different dinosaur robot, each with a unique functionality.

DXVR 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Su	3pm	CHO.EYRC	1/7	DXVR	

LEGO WeDo Space & Aviation

(8-11 yrs.) In this Baroody Camps class students use LEGO bricks and kid-friendly software to build a different type of aircraft each week. Young engineers will build aircraft, helicopters and spacecraft robots with walking mechanisms, convert rotational motion into translational motion, and increase force with levers, gears and belt drives and use special programming software, to bring their projects to life.

DXVE 8--55 minute lessons--\$134						
DXVL 10--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
OakMarREC	W	6:30pm	VB5.IXC2	1/10	DXVE	
Wkfld/Moore	Th	6pm	VB5.FSDK	1/11	DXVL	

Minecraft Modding by Cybertek

In this Cybertek Academy class, students learn to create their own custom gameplay items and elements using MCreator and Minecraft. Students also learn to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes and more.

DXVG 6--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
Hayfield ES	Th	5pm	OKC.QYWD	1/18	DXVG
ProvREC	Sa	9:30am	OKC.MJFB	1/20	DXVG
SoRunREC	F	5pm	OKC.ANSY	1/19	DXVG
(10-14 yrs.)					
Hayfield ES	Th	6:15pm	ZDB.1GZX	1/18	DXVG
ProvREC	Sa	10:15am	ZDB.17PA	1/20	DXVG
SoRunREC	F	6:15pm	ZDB.A74R	1/19	DXVG

Minecraft Programming

(6-12 yrs.) In this Stem exCEL Minecraft Programming class students learn important problem-solving and design skills with Command Block and Redstone. Coding concepts are instructed for all kinds of amazing projects that include flying machines, large-scale rollercoasters, and water elevators.

DXVG 6--55 minute lessons--\$165						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	1pm	TRE.H0E8	2/3	DXVG	

Python Programming & Digital Arts

(6-8 yrs.) In this iCode program students learn foundational 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 develop keyboarding skills, learn programming concepts such as loops, conditional statements and logic gates while working with Go Mouse Robots. Electronics programming using snap circuits is explored along with the basics of programming in Python.

DXVZ 8--55 minute lessons--\$202						
Location	Day	Time	Code	Begin	\$	
WhiteOaks ES	W	6:30pm	EU6.HC2C	1/17	DXVZ	
Flinthl ES	Su	12pm	EU6.GJ9Y	1/14	DXVZ	
SoRunREC	M	7:30pm	EU6.GX6R	1/15	DXVG	

Roblox Game Design

(6-12 yrs.) This Stem exCEL Roblox Game Design class teaches students learn how to create an obby, as well as game design concepts with the popular game engine Roblox Studio. Students create amazing 3D games while learning about 3D modeling and programming logic.

DXVF 6--55 minute lessons--\$138						
Location	Day	Time	Code	Begin	\$	
OakMarREC	Sa	1pm	JYR.OCMV	2/3	DXVF	

WeDo Robotics

(5-8 yrs.) In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes fun robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills while having a ton of fun.

DXVR 8--55 minute lessons--\$173						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Su	2pm	GW9.JC8Y	1/7	DXVR	

Scouts

Scan the QR code to go directly to the Parktaks 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. Scouts unable to complete all requirements may receive partial credit from their merit badge counselor.

Girl Scout Programs

Daisy Girl Scouts (5-7 yrs.)

Buddy Camper

1--1 hour lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	83J.709C	2/4	\$7

Make the World a Better Place

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	10am	538.LS2Z	2/10	\$8

Science In Nature Badge Combo

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	F	2:30pm	E5E.5ZCB	1/26	\$11

Space Science Explorer

1--1 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6:30pm	A15.PKG3	12/1	\$7
Riverbend Pk	F	6:30pm	A15.EA7G	1/19	\$7
BurkeLakePk	F	5:30pm	A15.W7MU	2/23	\$7

Start Your Journey - Between Earth & Sky

1--1 hour lesson includes supplies

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	11:30am	0E3.FNSZ	2/10	\$8

Brownie Girl Scouts (7-9 yrs.)

Outdoor Adventurer

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	12:30pm	4E6.XECO	12/30	\$11



Robotics

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	F	9am	2AA.INGJ	1/26	\$23

Space Science Adventurer

1--1 hour lesson

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6pm	608.79TG	12/15	\$11
BurkeLakePk	F	5:30pm	608.9FP2	1/26	\$7
Riverbend Pk	F	6pm	608.QCPR	2/2	\$11

Start Your Journey-Wonders of Water

1--2 hour lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	W	6pm	2AC.00L7	2/28	\$14

Junior Girl Scouts (9-11 yrs.)

Animal Habitats

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	T	6pm	4C3.CDSM	1/30	\$11
BurkeLakePk	Sa	1pm	4C3.PYW7	2/24	\$11

Detective

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	2pm	DB7.KE56	1/7	\$11
CubRunREC	Su	11am	DB7.76UL	1/21	\$11

Geocacher

1--2 hour lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	12pm	1E4.XE65	2/10	\$14
BurkeLakePk	Su	2pm	1E4.HT0A	2/11	\$14

Robotics

1--4 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	F	12:30pm	FCS.X1WK	1/26	\$36

Space Science Investigator

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	6pm	WVX.PM8K	1/5	\$14
Riverbend Pk	F	6pm	WVX.HN8D	2/16	\$14

Start Your Journey-Get Moving

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	Sa	9am	609.S0P9	1/20	\$21

Trail Adventure

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	11am	R41.75PT	12/17	\$11

Cadette Girl Scouts (11-14 yrs.)

Babysitter

This program helps scouts meet the requirements of the Babysitter badge for Cadette Girl Scouts but is not a Red Cross First aid/CPR certification class.

1--3 hour lesson

Location	Day	Time	Code	Date	\$
CubRunREC	M	1pm	684.NHU1	1/15	\$23
CubRunREC	M	1pm	684.TE04	2/19	\$23

Science of Happiness

1--2 hour lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	Th	6pm	49H.BA92	2/8	\$14

Space Science Researcher

1--2 hour lesson

Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	6:30pm	B4B.H031	1/27	\$14

Start Your Journey-Breathe

1--2 hour lesson

Location	Day	Time	Code	Date	\$
HiddenOaks	F	6pm	340.KOT3	1/12	\$14

WE MAKE HISTORY HAPPEN!

Discover Fairfax County's past at Sully, Colvin Run Mill and Frying Pan Farm Park.



Woodworker

1--1 hour 30 minute lesson includes supplies					
Location	Day	Time	Code	Date	\$
ColvinRunMill	F	2pm	7D9.TB0D	1/26	\$12

Speciality Scout Programs

Dark Sky Patch - Daisy & Brownie

Be the first to earn this new GSCNC official Dark Sky Patch. This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ECLawrncePk	F	5pm	5ZY.G2K2	2/9	\$9

Skills for Scouts - Fire Building

(10-Adult) This program covers common badge requirements and serves as good practice for Scouts BSA rank requirements.

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	1pm	XSL.7PQ8	2/18	\$11

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	\$
LkFairfaxPk	Sa	2pm	AC7.T6D1	2/24	\$8

American Heritage Girls

Tenderhearts (6-9 yrs.)

Fire Safety

1--1 hour lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	LC0.G8J4	2/17	\$7

Explorer (9-12 yrs.)

Fire Safety & Firebuilding

1--1 hour lesson					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1:30pm	1FF.HACX	2/17	\$7

BSA Scout Programs

Cub Scout Bear (8-9 yrs.)

Fur, Feathers and Ferns-Bear Adventure

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	9am	40B.QK4E	2/17	\$11

Cub Scout Webelos (9-10 yrs.)

Into the Wild-Webelos Elective

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	3pm	3A7.Z0TC	1/27	\$11

Earth Rocks-Webelos Elective

1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	10am	1F8.M541	2/3	\$11

Merit Badges (11-17 yrs.)

American Heritage

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Su	10am	FE4.HVHD	1/21	\$48

American Labor

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Sully	Sa	10am	91F.P5MG	1/27	\$48

Archaeology

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HistHuntley	Sa	10am	04C.IFYX	1/6	\$60

Astronomy

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	4:30pm	2FE.5WJR	12/9	\$48
TurnerFarmPk	Sa	4:30pm	2FE.X3XU	2/24	\$48

Camping

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	10am	642.1KEY	12/3	\$60
LkFairfaxPk	Sa	10am	642.35WV	1/20	\$60
LkFairfaxPk	Su	10am	642.1XNJ	2/25	\$60

Chess

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	W	1pm	C78.899M	12/20	\$48

Citizenship in the Community

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	8:30am	FE0.ALF5	12/18	\$48
ECLawrncePk	M	9:30am	FE0.JWNM	1/15	\$48
HiddenOaks	M	8:30am	FE0.IC48	2/19	\$48
HistHuntley	M	10am	FE0.FHEA	2/19	\$48

Citizenship in the Nation

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	M	1pm	38A.TCKM	12/18	\$48
HuntMdws	T	10am	38A.ULFM	12/19	\$48
ColvinRunMill	F	9am	38A.ZQAT	1/26	\$48
Sully	Sa	10am	38A.U12K	2/17	\$48
HiddenOaks	M	1pm	38A.3DIX	2/19	\$48

Citizenship in the World

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	T	12pm	DDB.TSOP	12/19	\$60
Sully	Sa	10am	DDB.969H	1/6	\$60
HiddenOaks	Su	12pm	DDB.OST5	2/18	\$60
HuntMdws	Sa	10am	DDB.MWHI	2/24	\$60

Communication

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HuntMdws	F	10am	5BE.F057	12/8	\$48
HiddenOaks	Su	1pm	5BE.Y6UA	12/17	\$48
Riverbend Pk	Sa	12pm	5BE.BMTQ	1/13	\$48
HiddenOaks	M	1pm	5BE.RZ93	1/15	\$48
Sully	Sa	10am	5BE.ZQ04	2/3	\$48
HuntMdws	Sa	10am	5BE.B10M	2/10	\$48

Environmental Science

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	FFA.TZ80	2/11	\$60
ECLawrncePk	Sa	9am	FFA.UJ65	2/24	\$60

First Aid

1--5 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	869.GJDG	12/16	\$60

Forestry

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
CubRunREC	W	12pm	BDE.XPOG	2/14	\$48

Mammal Study

1--2 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HiddenOaks	W	9am	160.IYBE	12/20	\$24

Mining in Society

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	12pm	0C6.5SBY	2/11	\$48

Oceanography

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	12pm	A5E.20NI	12/10	\$48
CubRunREC	W	9am	A5E.4QXI	1/17	\$48
HiddenOaks	F	1pm	A5E.3KMZ	1/26	\$48

Soil & Water Conservation

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
HuntMdws	M	9am	0A1.QUC4	1/15	\$48

Sustainability

1--4 hour Merit Badge					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	12pm	435.BH45	2/10	\$48

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

(6-12 yrs.) Kids love this high-energy class that introduces them to a variety of sports and activities each week including soccer, basketball and flag football. Have lots of fun with teamwork as you learn new sports.

DSVL 8--55 minute lessons--\$165

Location	Day	Time	Code	Begin	\$
Cub Run ES	Sa	10am	JEE.E5LJ	1/13	DSVL
KingsPk ES	Sa	1pm	JEE.HT22	1/13	DSVL
Little Run ES	Su	12pm	JEE.CTOQ	1/14	DSVI

Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

4SA	10--55 minute lessons--\$160
4SM	8--55 minute lessons--\$127
DSV1	8--55 minute lessons--\$145
DSVF	8--55 minute lessons--\$141
DSVK	10--55 minute lessons--\$155
DSVL	8--55 minute lessons--\$165
DSVR	10--55 minute lessons--\$183
DSVT	10--55 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Belle Vw ES	Sa	9:30am	0F7.R12G	1/13	DSVL
Fairhill ES	Su	10am	0F7.U3EG	1/21	4SM
Flint HL ES	Su	10am	0F7.TODV	1/7	DSVT
Franconia Rec	Sa	10:30am	0F7.CT9S	1/13	DSVK
Franconia Rec	Su	9:30am	0F7.K2UZ	1/14	DSVK
KingsPk ES	Sa	10am	0F7.6I16	1/13	DSVL
Lees Cnr ES	Sa	10am	0F7.N7F0	1/13	4SM
Little Run ES	Su	11am	0F7.9TIP	1/14	DSVL
Oakton ES	Sa	10:30am	0F7.NG96	1/6	4SA
Orng Hnt ES	Sa	10am	0F7.937L	1/6	DSVR
SpHillREC	Sa	11am	0F7.425D	1/6	4SA
SpHillREC	Th	6pm	0F7.3WIV	1/11	4SA
SpHillREC	F	6:30pm	0F7.3N7N	1/12	DSVR
Sully CommCtr	Su	1pm	0F7.5NXC	1/14	DSVF
Sully CommCtr	Su	10am	0F7.70AN	1/14	DSV1
Wkfld/Moore	Su	10am	0F7.548R	1/7	DSVR
Wkfld/Moore	Su	10am	0F7.R6R7	1/7	DSVR
Wkfld/Moore	Sa	11am	0F7.UNT5	1/6	4SA
Wkfld/Moore	M	6:30pm	0F7.NJ7P	1/8	DSVR
Wkfld/Moore	Th	5:30pm	0F7.7YX3	1/11	DSVR
(8-10 yrs.)					
Belle Vw ES	Sa	10:30am	134.NKQV	1/13	DSVL
Fairhill ES	Su	11am	134.2SYL	1/21	4SM
FranconiaREC	M	5:30pm	134.3G7P	1/22	DSVK
KingsPk ES	Sa	11am	134.0CX0	1/13	DSVL
Lees Cnr ES	Sa	11am	134.2CP4	1/13	4SM
Oakton ES	Sa	11:30am	134.D2SH	1/6	4SA
Orng Hnt ES	Sa	11am	134.KJN1	1/6	DSVR
SpHillREC	Sa	12pm	134.TV5J	1/6	4SA
SpHillREC	Th	7pm	134.0MPS	1/11	4SA
SpHillREC	F	7:30pm	134.XUOF	1/12	DSVR
Sully CommCtr	Su	2pm	134.ET12	1/14	DSVF
Sully CommCtr	Su	11am	134.EZ19	1/14	DSV1



Wkfld/Moore	Su	11am	134.VZYY	1/7	DSVR
Wkfld/Moore	Sa	12pm	134.82DU	1/6	4SA
Wkfld/Moore	M	7:30pm	134.VUAQ	1/8	DSVR
Wkfld/Moore	Th	6:30pm	134.04G3	1/11	DSVR
(11-13 yrs.)					
Fairhill ES	Su	12pm	188.WDSP	1/21	4SM
Flint HL ES	Su	11am	188.2N9Y	1/7	DSVT
FranconiaREC	M	6:30pm	188.3LLN	1/22	DSVK
KingsPk ES	Sa	12pm	188.B9QK	1/13	DSVL
Lees Cnr ES	Sa	12pm	188.9HEW	1/13	4SM
Orng Hnt ES	Sa	12pm	188.SQRF	1/6	DSVR
Sully CommCtr	Su	12pm	188.UICO	1/14	DSVF
Sully CommCtr	Th	7pm	188.32IO	1/18	DSV1
Wkfld/Moore	Sa	1pm	188.K406	1/6	4SA
Wkfld/Moore	Th	7:30pm	188.4V88	1/11	DSVR

Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

4SA		10--55 minute lessons--\$160			
DSVT		10--55 minute lessons--\$169			
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Su	11am	Z8E.LWI4	1/7	4SA
(8-10 yrs.)					
Oakton ES	Sa	12:30pm	919.4BS1	1/6	4SA
SpHillREC	Su	12pm	919.8H12	1/7	4SA
SpHillREC	T	5pm	919.7J72	1/9	4SA
(8-12 yrs.)					
Flint HL ES	Su	12pm	58D.Q8FC	1/7	DSVT
(10-12 yrs.)					
SpHillREC	Su	1pm	680.DLOL	1/7	4SA
Wkfld/Moore	Sa	2pm	680.UYSN	1/6	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--\$160			
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SpHillREC	T	6pm	988.PYGJ	1/9	4SA
(12-14 yrs.)					
Wkfld/Moore	Sa	3pm	94C.Y540	1/6	4SA

Basketball Training/Girls

(8-12 yrs.) Students learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Class includes scrimmages to reinforce teamwork.

4SA 10--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	10am	924.W7RO	1/7	4SA

Game Time Basketball

(5-6 yrs.) This U6 league introduces 5 and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

DSVK 10--55 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	5:30pm	A5S.AEA1	1/19	DSVK

Game Time Basketball

This coed class is a perfect complement to skill-building basketball classes and camps and focuses on core team concepts, game strategies, and basketball fundamentals. Class incorporates full-court game play.

DSVK 10--55 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
(7-9 yrs.)					
Franconia Rec	F	6:30pm	097.2SAB	1/19	DSVK
(10-13 yrs.)					
Franconia Rec	F	7:30pm	45C.SXTV	1/19	DSVK

Coed Basketball League

These U6 and U7 leagues introduce students to basketball and teach them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2 8--55 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
SpHillREC	Sa	9am	086.UH5Q	1/6	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.ETLI	1/6	DSV2

Coach Rich's Coed 3-on-3

Basketball League

(7-13 yrs. Coed) Games will be played on Sundays. The number of players registered will determine the schedule, approximately 40 minutes of game play each week. 3-on-3 basketball is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. Upon registration, you will be contacted regarding schedules and important dates. There is no need for parent volunteers and no weekly practices. The fee includes one evaluation session and nine games.

DSV9 10--2 hour 15 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	12pm	CD5.LMWI	1/14	DSV9

Coach Rich's Full Court Coed

Basketball League

(7-13 yrs. Coed) This full-court 5-on-5 basketball league will be held on Saturdays, with extensive playing time guaranteed for each player. Our staff will provide all of the coaching and officiating. This program is appropriate for all levels of play. Upon registration, you will be contacted with further information regarding schedules and important dates.

DSV9 10--2 hour 15 minute lessons--\$188					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	12pm	FMZ.ZT3Q	1/13	DSV9

Shooting Clinic

(10-16 yrs.) Shooting is the most essential skill in basketball. With modern offenses geared towards five perimeter players, shooting has become paramount on all teams at all levels. Focus will be on reworking shooting mechanics for maximum accuracy, developing a lightning-quick release and discovering the mindset and training to become a deadly shooter.

DSVU 4--1 hour 25 minute lessons--\$106					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	1pm	3LV.DKBG	1/6	DSVU
SpHillREC	Sa	1pm	3LV.E169	2/3	DSVU
Wkfld/Moore	Su	12pm	3LV.SXBC	1/7	DSVU

Windball Cricket

Windball Cricket is a ball-and-bat game played between two teams. Learn the basic skills and techniques of this fun game in this Sanowar Fitness class. Equipment will be provided and tennis balls will be used. Students do not need cleats.

DSV1 8--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Fairhill ES	Sa	12pm	OPY.K023	1/6	DSV1
RollVly ES	Su	9am	OPY.1Z3P	1/7	DSV1
(9-12 yrs.)					
Fairhill ES	Sa	11am	R47.WX2B	1/6	DSV1
RollVly ES	Su	10am	R47.3TST	1/7	DSV1

Beginning Fencing

(9-13 yrs.) Known as the physical game of chess, fencing provides a physical and mental workout for students of all athletic abilities. This course primarily uses the foil, a light sport weapon, and introduces the sabre (modern equivalent of the cavalry sword) and epee (modern equivalent of the rapier). An equipment fee of \$49 is payable at the first class.

DSVC 6--55 minute lessons--\$83					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	6pm	D7D.3J2V	1/17	DSVC

Intro to Sport Fencing

This class introduces students to the sport of Olympic. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for \$49 or purchased for \$199 with payment due after first class.

CPVH		7--55 minute lessons--\$98			
Location	Day	Time	Code	Begin	\$
(8-14 yrs.)					
Wkfld/Moore	Sa	10am	TSB.SK30	1/13	CPVH
Wkfld/Moore	T	6pm	TSB.TR4F	1/16	CPVH
(14-Adult)					
Wkfld/Moore	Sa	11am	IAB.VNEB	1/13	CPVH
Wkfld/Moore	T	7pm	IAB.WC6J	1/16	CPVH

Intro to Olympic Sport Fencing

Introduction to Olympic Sport Fencing through drills, games and exercises done in pairs. Learn basic foot movements such as advances, retreats and lunges, as well as basic hand movements including thrusts and blocks. An equipment fee of \$29 is payable at first class.

DSVP		8--55 minute lessons--\$121			
Location	Day	Time	Code	Begin	\$
(7-13 yrs.)					
NOVA Fencers	T/Th	6pm	30E.1WYE	1/16	DSVP
NOVA Fencers	M/W	4pm	30E.2533	1/17	DSVP
NOVA Fencers	M/W	6pm	30E.ELUQ	1/17	DSVP
NOVA Fencers	T/Th	6pm	30E.MRF7	2/20	DSVP
NOVA Fencers	M/W	4pm	30E.HU4J	2/14	DSVP
NOVA Fencers	M/W	6pm	30E.IWH1	2/14	DSVP
(13-Adult)					
NOVA Fencers	M/W	7pm	9C1.TARC	1/17	DSVP
NOVA Fencers	T/Th	7pm	9C1.U6ES	1/16	DSVP
NOVA Fencers	M/W	7pm	9C1.VWOD	2/14	DSVP
NOVA Fencers	T/Th	7pm	9C1.CHVB	2/20	DSVP

ADAPTED SPORTS AND FITNESS PROGRAMS



Adapted Basketball (ages 8-12)

Saturdays • 12:30-1:25 p.m.
Sully Community Center

Spirit Adapted Fitness (ages 18-25)

Tuesdays • 4-4:55 p.m.
Franconia Rec Center

For more information, turn to the Adapted section or visit www.fairfaxcounty.gov/parks/accessible

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.

DSVC 6--55 minute lessons--\$83					
Location	Day	Time	Code	Begin	\$
SoRunREC	F	5:20pm	COE.BTYC	1/26	DSVL
Wkfld/Moore	W	7pm	PZQ.A2KZ	1/17	DSVC

Flag Football

In this Masi Sports Academy program students learn the fundamentals of football in an upbeat and engaging environment. Focus in on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(8-11 yrs.)					
Belle Vw ES	Sa	11:30am	N49.7Y9E	1/13	DSVL
Cub Run ES	Sa	11am	N49.4PX0	1/13	DSVL
(12-14 yrs.)					
Belle Vw ES	Sa	12:30pm	LED.5AGL	1/13	DSVL
Cub Run ES	Sa	12pm	LED.HYZZ	1/13	DSVL

Gymnastics for Girls

(5-7 yrs.) Skill-oriented class includes strength work, conditioning, beam, bars, floor and vault.

DSVL 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	11:15am	COF.R1R9	1/21	DSVL
Franconia Rec	T	5:05pm	COF.WOKA	1/23	DSVL
OakMarREC	Th	5:20pm	COF.UITO	1/25	DSVL
ProvREC	Su	1pm	COF.OKRM	1/21	DSVL
SoRunREC	F	5:20pm	COF.BTYC	1/26	DSVL
Wkfld/Moore	W	5:30pm	COF.OVTV	1/17	DSVL

Gymnastics I

Introduction to gymnastics through floor exercise, balance beam, uneven bars, vaulting and springboard jumping. Low student-to- teacher ratio enhances the learning process.

4SA	10--55 minute lessons--\$160				
DSVL	8--55 minute lessons--\$165				
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
OakMarREC	Th	6:20pm	8D7.Z5X0	1/25	DSVL
ProvREC	Su	2:05pm	8D7.2QGH	1/21	DSVL
SoRunREC	Th	5pm	8D7.JR17	1/11	DSVL
SoRunREC	F	6:15pm	8D7.7336	1/26	DSVL
(6-12 yrs.)					
SoRunREC	Sa	1:25pm	OD9.Y79T	1/6	4SA
SoRunREC	Sa	2:30pm	OD9.7HK8	1/6	4SA
Franconia Rec	Sa	1:45pm	JBN.07LI	1/20	DSVL
Franconia Rec	Sa	10:50am	JBN.D1AL	1/20	DSVL
Franconia Rec	T	6:05pm	JBN.ONH7	1/16	DSVL
Franconia Rec	M	5:05pm	JBN.33LA	1/22	DSVL
ProvREC	W	7pm	JBN.87MA	1/10	DSVL
ProvREC	Sa	1pm	JBN.C4EO	1/13	DSVL
SoRunREC	Th	6pm	JBN.QCFK	1/11	DSVL
Wkfld/Moore	W	6:30pm	JBN.ECIW	1/17	DSVL

Gymnastics II

(6-12 yrs.) Prerequisite: Gymnastics I.

DSVL 8--55 minute lessons--\$165

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	12:15pm	ZA4.X1L9	1/21	DSVL
Franconia Rec	M	6:05pm	ZA4.M6NU	1/22	DSVL
Wkfld/Moore	W	7:30pm	ZA4.VQI7	1/17	DSVL

Team Handball

Team handball is similar to soccer except you only use your hands. Learn the skills and techniques of this fun game in this Sanowar Fitness class. No equipment required, wear athletic shoes.

DSV1 8--55 minute lessons--\$145

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Fairhill ES	Sa	10am	Y2F.NA2U	1/6	DSV1
RollIVly ES	Su	12pm	Y2F.I48N	1/7	DSV1
(9-12 yrs.)					
Fairhill ES	Sa	9am	8YU.PB33	1/6	DSV1
RollIVly ES	Su	11am	8YU.H9VD	6/17	DSV1

Pickleball I

(Adults) Pickleball is a fun, easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this indoor class students learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

BPV1 5--55 minute lessons--\$92
DPV1 10--55 minute lessons--\$175
DSP1 8--55 minute lessons--\$132
DVP2 8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
Indoor classes					
ProvREC	W	10am	TTX.A8AY	1/17	DSP1
ProvREC	F	11am	TTX.FLMY	1/19	DSP1
SpHillREC	T	10am	TTX.VS8D	1/9	DSP1
SpHillREC	T	12:15pm	TTX.P8P3	1/9	DSP1
Wkfld/Moore	M	9:30am	TTX.1366	1/15	DSP1
Wkfld/Moore	F	9:30am	TTX.B1QW	1/19	DSP1
Wkfld/Moore	T	12:15pm	TTX.HRYG	1/16	DSP1
Wkfld/Moore	Th	12:15pm	TTX.RGJZ	1/18	DSP1
Wkfld/Moore	Th	6pm	TTX.MK1Z	1/18	DSP1
SpHillREC	W	5:30pm	B60.DZ5D	1/10	DPV1
SpHillREC	W	9am	B60.67LO	1/10	DPV1
SpHillREC	W	10am	B60.P2AR	1/10	DPV1
SpHillREC	Th	1pm	B60.VWMH	1/11	DPV1
SpHillREC	Th	9am	B60.FAV7	1/11	DPV1
SpHillREC	Th	11am	B60.VAHZ	1/11	DPV1
SpHillREC	F	9am	B60.1IQ6	1/12	DPV1
Sully CommCtr	Su	7pm	B60.LTX1	1/14	DVP2
Sully CommCtr	T	10:30am	B60.2CHL	1/16	DVP2
Sully CommCtr	Th	11am	B60.DRY3	1/18	DVP2
Sully CommCtr	F	10am	B60.JK4X	1/19	DVP2
Sully CommCtr	M	10am	B60.P6YQ	1/22	DVP2
Outdoor classes					
Wkfld/Moore	M	10:30am	DZV.OLYP	2/12	BPV1
Wkfld/Moore	W	10:30am	DZV.SQ5X	2/14	BPV1



HEALTHY STRIDES

Programs for your health and wellness

Learn more:
www.fairfaxcounty.gov/parks/healthy-strides

**Pickleball II**

(Adults) Prerequisite: Pickleball I. This indoor class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

BPV1 5--55 minute lessons--\$92
DPV1 10--55 minute lessons--\$175
DSP1 8--55 minute lessons--\$132
DVP2 8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
Indoor classes					
ProvREC	W	11am	REP.BG3F	1/17	DSP1
ProvREC	Th	11am	REP.P90Y	1/18	DSP1
ProvREC	F	10am	REP.FQF8	1/19	DSP1
SpHillREC	T	1:15pm	REP.012R	1/9	DSP1
SpHillREC	T	11am	REP.6F35	1/9	DSP1
Wkfld/Moore	M	10:30am	REP.EM1N	1/15	DSP1
Wkfld/Moore	F	10:30am	REP.WGGW	1/19	DSP1
Wkfld/Moore	M	1pm	REP.2EHQ	1/15	DSP1
Wkfld/Moore	W	1pm	REP.R7KA	1/17	DSP1
Wkfld/Moore	T	1:15pm	REP.S009	1/16	DSP1
Wkfld/Moore	Th	1:15pm	REP.RWL7	1/18	DSP1
Wkfld/Moore	Th	7pm	REP.N05Z	1/18	DSP1
SpHillREC	M	9am	QJ3.7N2D	1/8	DVP2
SpHillREC	W	11am	QJ3.QZBV	1/10	DPV1
SpHillREC	W	12pm	QJ3.F15J	1/10	DPV1
SpHillREC	Th	10am	QJ3.IML1	1/11	DPV1
SpHillREC	Th	12pm	QJ3.JA00	1/11	DPV1
SpHillREC	F	10am	QJ3.OMCO	1/12	DPV1
SpHillREC	F	12pm	QJ3.DK2R	1/12	DPV1
Sully CommCtr	Su	5pm	QJ3.GI06	1/14	DVP2
Sully CommCtr	Su	6pm	QJ3.J8B3	1/14	DVP2
Sully CommCtr	T	11:30am	QJ3.S9QJ	1/16	DVP2
Sully CommCtr	T	12:30pm	QJ3.SDLU	1/16	DVP2
Sully CommCtr	Th	10am	QJ3.RG5Y	1/18	DVP2
Sully CommCtr	F	11am	QJ3.FYQ0	1/19	DVP2
Sully CommCtr	M	11am	QJ3.SLV4	1/22	DVP2
Sully CommCtr	M	12pm	QJ3.OKQD	1/22	DVP2
Outdoor classes					
Wkfld/Moore	T	10:30am	YB0.1D4X	2/13	DSP2
Wkfld/Moore	F	10:30am	YB0.2L3B	2/16	DSP2
Wkfld/Moore	M	11:30am	8RX.C7JW	2/12	BPV1
Wkfld/Moore	W	11:30am	8RX.11SK	2/14	BPV1
Wkfld/Moore	Th	10:30am	W14.JP71	2/15	BPV1

Pickleball III

(Adults) Prerequisite: Pickleball II. Class focuses on Doubles strategy and execution.

DSP1 8--55 minute lessons--\$132
DSP2 5--55 minute lessons--\$83
DPV1 10--55 minute lessons--\$175
DVP2 8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
Indoor classes					
ProvREC	Th	12pm	NMX.8KSQ	1/18	DSP1
SpHillREC	T	2:15pm	NMX.6E2P	1/9	DSP1
Wkfld/Moore	M	11:30am	NMX.96GX	1/15	DSP1
Wkfld/Moore	F	11:30am	NMX.H1UQ	1/19	DSP1
Wkfld/Moore	M	2pm	NMX.PM3Q	1/15	DSP1
Wkfld/Moore	W	2pm	NMX.K1WG	1/17	DSP1
Wkfld/Moore	T	2:15pm	NMX.7VP6	1/16	DSP1
Wkfld/Moore	Th	2:15pm	NMX.3BED	1/18	DSP1
Wkfld/Moore	Th	8pm	NMX.HGU3	1/18	DSP1
SpHillREC	M	10am	UQP.TXT5	1/8	DVP2
SpHillREC	W	1pm	UQP.Y15F	1/10	DPV1
SpHillREC	W	4:30pm	UQP.O5OT	1/10	DPV1
SpHillREC	Th	2pm	UQP.9A6P	1/11	DPV1
SpHillREC	F	11am	UQP.W5V1	1/12	DPV1
Outdoor classes					
Wkfld/Moore	T	11:30am	BON.KCGY	2/13	DSP2
Wkfld/Moore	F	11:30am	BON.RS58	2/16	DSP2

Indoor Pickleball 1 Coached Play

(Adults) Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Beginners focus on learning basic strokes and rules.

DVP2 8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
SpHillREC	M	11am	GD0.22QH	1/8	DVP2

Indoor Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this indoor program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun with the focus on developing consistency.

DSP1 8--55 minute lessons--\$132
DVP2 8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
ProvREC	W	12pm	UP5.V039	1/17	DSP1
ProvREC	F	12pm	UP5.D475	1/19	DSP1
SpHillREC	M	12pm	JAE.CCCN	1/8	DVP2



FIRST HIKE FAIRFAX

New Year's Day

Submit your photos and win prizes!
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Indoor Pickleball 3 Coached Play

(Adults) Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun. Focus is on executing strokes with increasing consistency.

DVP2 8--55 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
SpHillREC	M	1pm	20X.EEP8	1/8	DVP2	

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.

BPV1 5--55 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	10:30am	W14.JP71	2/15	BPV1	

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.

BPV1 5--55 minute lessons--\$92						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Th	11:30am	NGG.DRCZ	2/15	BPV1	

Ping Pong

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

4SA 10--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SpHillREC	Sa	2pm	393.9PKT	1/6	4SA
SpHillREC	Sa	4pm	393.H06J	1/6	4SA
(13-Adult)					
SpHillREC	Sa	3pm	AAF.UKZ7	1/6	4SA

Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA 10--55 minute lessons--\$160					
DSV1 8--55 minute lessons--\$145					
DSVF 8--55 minute lessons--\$141					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Sa	10am	29D.6JSJ	1/6	4SA
SpHillREC	Su	10am	29D.6D21	1/7	4SA
Sully CommCtr	Su	3pm	29D.JGY4	1/14	DSVF
Wkfld/Moore	Sa	4pm	29D.D5T0	1/6	4SA
Wkfld/Moore	Su	2pm	29D.PXHH	1/7	4SA
(8-12 yrs.)					
KentGrdn ES	Su	12pm	F64.Y88G	1/7	4SA
SpHillREC	Sa	11am	F64.Q2PB	1/6	4SA
Wkfld/Moore	Sa	5pm	F64.FFN2	1/6	4SA
Wkfld/Moore	Su	3pm	F64.GAIR	1/7	4SA

Soccer II

Prerequisite: Soccer I. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA 10--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
KentGrdn ES	Su	1pm	580.JM98	1/7	4SA
SpHillREC	Sa	12pm	580.PGG9	1/6	4SA
(8-12 yrs.)					
KentGrdn ES	Su	2pm	DA0.69BX	1/7	4SA

Small Goal Soccer

In this class Sanowar Fitness introduces students to Small Goal Soccer which is played five-on-five using smaller goals. Students build skills and self-confidence in a fun environment.

DSV1 8--55 minute lessons--\$145					
DSVR 10--55 minute lessons--\$183					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Little Run ES	Sa	10am	816.5J97	1/13	DSV1
(9-12 yrs.)					
Little Run ES	Sa	11am	3C5.VOY5	1/13	DSV1

Indoor Soccer/Futsal

Experience authentic indoor soccer/futsal 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.

DSV1 8--55 minute lessons--\$145					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
WestSprfld ES	Sa	9am	P60.P1QC	1/13	DSV1
WestSprfld ES	Sa	11am	P60.AQS7	1/13	DSV1
(11-14 yrs.)					
WestSprfld ES	Sa	12pm	XE8.PDS0	1/13	DSV1

Tennis Fundamentals-Indoors

(Adults) Keep up with your tennis skills during cold winter months. Class includes skill development, stroke improvement, video and tennis drills. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	T	9am	CC6.GR9Q	1/16	4SM	
Wkfld/Moore	T	10am	CC6.1NAN	1/16	4SM	
Wkfld/Moore	T	11am	CC6.AZ7Q	1/16	4SM	
Wkfld/Moore	W	9am	CC6.T8IE	1/17	4SM	
Wkfld/Moore	W	10am	CC6.K8D6	1/17	4SM	
Wkfld/Moore	Th	9am	CC6.PRCF	1/18	4SM	
Wkfld/Moore	Th	10am	CC6.QIZ0	1/18	4SM	
Wkfld/Moore	Th	11am	CC6.3J4I	1/18	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.

4SA	10--55 minute lessons--\$160				
4SM	8--55 minute lessons--\$127				
DSVR	10--55 minute lessons--\$183				
Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
RollValy ES	Sa	10am	MKL.TP5G	1/6	DSVR

RollValy ES	Sa	11am	MKL.Y473	1/6	DSVR	
RollValy ES	Sa	12pm	MKL.37D8	1/6	DSVR	
SpHillREC	Sa	3pm	MKL.79QR	1/6	DSVR	
SpHillREC	Sa	3:30pm	MKL.2PUG	1/6	4SM	
SpHillREC	Sa	4pm	MKL.6NMF	1/6	DSVR	
Wkfld/Moore	Sa	10am	MKL.8NYZ	1/6	4SA	

(9-12 yrs.)						
SpHillREC	Sa	4:30pm	NOB.4MPZ	1/6	4SM	
Wkfld/Moore	Sa	11am	NOB.FLAI	1/6	4SA	
(10-17 yrs.)						
SpHillREC	Sa	2:30pm	A49.RPGL	1/6	4SM	
(Adults)						
Franconia Rec	M	10am	2AB.72TS	1/15	4SM	

Tennis Intermediate I

(Adults) Student should know basic strokes, scoring, rules and court etiquette. Emphasis is on stroke production, shot placement and consistency. Students need a tennis racquet and 2 cans of balls. ~

4SM 8--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	11am	572.T6D2	1/15	4SM	

Cardio Tennis

(Adults) Cardio tennis pushes your fitness to a new level with a high-energy workout. This group activity features drills to give players of all abilities an ultimate high-energy skill workout. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$127						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	12pm	B15.TOA8	1/15	4SM	

Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play.

DSVF 8--55 minute lessons--\$141						
DSVP 8--55 minute lessons--\$121						
DSVT 10--55 minute lessons--\$169						

Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SpHillREC	M	5:40pm	8D1.IJ5Z	1/8	DSVF
SpHillREC	W	5:40pm	8D1.6JX0	1/10	DSVT
Wkfld/Moore	M	6pm	8D1.6XQR	1/8	DSVT
Woodbrn ES	Su	10am	8D1.FZRX	1/21	DSVP
(12-17 yrs.)					
Wkfld/Moore	M	7pm	BA8.9ZJU	1/8	DSVT
Woodbrn ES	Su	1pm	BA8.XLRP	1/21	DSVP
(16-Adult)					
Wkfld/Moore	M	8pm	CR8.JSM8	1/8	DSVT

Volleyball II

Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills.

DSVP 8--55 minute lessons--\$121					
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
Woodbrn ES	Su	11am	0X0.8Q1K	1/21	DSVP
(12-17 yrs.)					
Woodbrn ES	Su	12pm	6J8.3ZHS	1/21	DSVP

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



Game Classes

Bridge I

(13-Adult) Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

4XL	8--1 hour 55 minute lessons--\$195					
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	10:30am	DF7.7MRV	1/9	4XL	
ProvREC	M	10:30am	DF7.CEPV	1/8	4XL	
SoRunREC	M	7:00pm	DF7.CMKP	1/8	4XL	

Bridge II

(13-Adult) Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL	8--1 hour 55 minute lessons--\$195					
Location	Day	Time	Code	Begin	\$	
OakMarREC	T	1:00pm	70C.H3FI	1/9	4XL	
ProvREC	M	1:00pm	70C.SH2X	1/8	4XL	
ProvREC	M	7:00pm	70C.7FHS	1/8	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.

4XL	8--1 hour 55 minute lessons--\$195					
Location	Day	Time	Code	Begin	\$	
SoRunREC	Su	1:00pm	DFE.34TP	1/7	4XL	

Brush-Up Bridge

(13-Adult) Not for beginners. Must be playing bridge and want to update your skills. Modern Standard American opening bids and responses are emphasized. After demonstration, class shuffles and deals.

4XC 4XL	10--1 hour 55 minute lessons--\$243 8--1 hour 55 minute lessons--\$195					
Location	Day	Time	Code	Begin	\$	
SoRunREC	Su	3:00pm	615.F4TB	1/7	4XC	
SoRunREC	M	1:00pm	615.4EJN	1/8	4XL	

Chess

(6-14 yrs.) Class time is evenly split between lesson and play. Lessons range from learning the rules to advanced tournament strategies. Play time is structured to pair each student against an opponent of similar skill. Any supply fee payable to instructor at first class.

3XB	8--55 minute lessons--\$94					
Location	Day	Time	Code	Begin	\$	
ProvREC	T	6:00pm	72C.RKQB	1/9	3XB	

Chess by Magnus Chess Academy

(5-11 yrs.) Learn chess with Magnus Chess Academy (formerly Silver Knights)! They've taught 100,000 children to play, including state & national champions. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

DXVE	8--55 minute lessons--\$140					
Location	Day	Time	Code	Begin	\$	
Franconia Rec	T	6:00pm	2PM.3PBC	1/16	DXVE	
OakMarREC	M	6:00pm	2PM.P218	1/8	DXVE	
ProvREC	Th	6:00pm	2PM.5BL5	1/25	DXVE	
SoRunREC	M	6:00pm	2PM.69BM	1/8	DXVE	
SpHillREC	M	6:00pm	2PM.EC48	1/22	DXVE	
Wkfld/Moore	M	6:00pm	2PM.8LUC	1/15	DXVE	

Other Opportunities

She Innovates

(9-13 yrs.) This SheEO Academy program will give her the tools to be confident in becoming an inventor, developer or entrepreneur. Prepare a pitch poster and earn a digital badge by completing this career exploration class.

DXVH	8--55 minute lessons--\$151					
Location	Day	Time	Code	Begin	\$	
Oakton ES	W	5:30pm	7KT.814F	1/10	DXVH	
SpHill ES	T	5:30pm	7KT.JNUC	1/9	DXVH	

Parktakes Statement of Ownership, Management, and Circulation Postal Permit



Statement of Ownership, Management, and Circulation (Requester Publications Only)

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16. Electronic Copy Circulation	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Requested and Paid Electronic Copies	89,100	94,177
b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 16a)	169,675	173,126
c. Total Requested Copy Distribution (Line 15f) + Requested/Paid Electronic Copies (Line 16a)	183,525	191,576
d. Percent Paid and/or Requested Circulation (Both Print & Electronic Copies) (16b divided by 16c x 100)	92.45%	90.36%

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17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the Winter 2024 (October 19, 2023) issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner
Date

13. Publication Title Parktakes	14. Issue Date for Circulation Data Below July 13, 2023
15. Extent and Nature of Circulation	Average No. Copies Each Issue During Preceding 12 Months
a. Total Number of Copies (Net press run)	95,025
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(1) Outside County Paid/Requested Mail Subscriptions stated on PS Form 3541. (Include direct written request from recipient, telemarketing, and internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.)	9,699
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(4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g., First-Class Mail®)	0
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4))	80,575
d. Non-requested Distribution (By mail and outside the mail)	13,850
(1) Outside County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)	18,450
(2) In-County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)	
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About the Statement of Ownership, Management, and Circulation Postal Permit

Parktakes Magazine is required to submit and publish a Statement of Ownership, Management, and Circulation form annually by the USPS to show proof of eligibility for mailing under a Periodical Permit.

IMPORTANT REGISTRATION INFORMATION

REGISTER BY NOVEMBER 14 AND SAVE \$8*

REGISTRATION
STARTS 9 A.M.
NOVEMBER 1

FIVE EASY WAYS TO REGISTER

Register Online

www.fairfaxcounty.gov/parks/parktakes. Browse online listings, check class enrollment and register.

Talk to an Operator 703-222-4664

Mon. – Fri., 9 a.m. – 4 p.m. Please have class activity codes handy when you call.

Fax it 703-631-2004

Registration processing begins November 1 for faxed forms. Forms received prior to November 1 are held until that date. Sorry! Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.

Mail It

Send completed forms to FCPA/Parktakes, P.O. Box 4606, Fairfax, Va. 22038. Mailed registration processing begins November 1. Forms received prior to November 1 are held until that date. Allow 3-5 days for processing.

Walk-In Registration

Walk-in registration begins November 14. Visit our **Walk-in Registration Office** in the Herrity Building, 12055 Government Center Parkway Suite 105. Hours: 9 a.m. – 4 p.m., Monday – Friday.

CAN'T FIND YOUR ACCOUNT?

How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button on the top right of the screen.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, please email PTOnline@fairfaxcounty.gov for assistance.

CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

HOLIDAY CLOSINGS

Any exception to regular schedules will be announced by the instructor at the first class.

IN THE EVENT OF BAD WEATHER

The Park Authority follows Fairfax County Government closures, rather than public school closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancellations, visit www.fairfaxcounty.gov/parks or call the Park Authority inclement weather information line: 703-324-8661.
- Cancellation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancellations for classes held at vendor locations are made independently. Please call the location where the class is being held.
- For tour cancellation information, call the tours hotline, 703-324-8687.

REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- FCPA will issue a full refund when a class or program is changed by FCPA, and the change makes it impossible for the customer to continue with the class.
- Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.

When a customer cancels a registration, the following fees apply per registration:

Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

CLASS TRANSFERS

Not the right class? Call for transfer options before the second class meets: 703-222-4664

Please Note: Classes, Camps, programs and Workshops are subject to change without notice.

SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates lessons, FallProof, gravity lessons, per family fees and programs priced \$45 or less.

*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camp extended care, per family fees or classes priced \$45 or less.

SCHOLARSHIPS AND PUBLIC ASSISTANCE

\$15 PROCESSING FEE APPLIES

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. A \$15 processing fee applies for each scholarship class and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

Note: No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

Required documentation: A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- Medicaid
- Free lunch verification from Fairfax County Public Schools
- SNAP (food stamps)
- TANF
- WIC
- Head Start
- FAMIS

REGISTER FOR SCHOLARSHIPS:

1. Complete a scholarship eligibility form at www.fairfaxcounty.gov/parks/scholarships and submit it online, by fax or by mail.
2. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at www.fairfaxcounty.gov/parks/parktakes.

Senior Adults and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

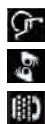
- \$16,700/one person
- \$22,500/family of two
- \$28,300/family of three
- \$34,100/family of four
- \$39,900/family of five
- \$45,700/family of six

For each additional person, add \$5,800 to determine maximum annual income for eligibility.

Mail: FCPA/Parktakes, PO Box 4606, Fairfax, Va. 22038-4606 • **Phone:** 703-222-4664 • **Fax:** 703-631-2004

Subscribe to Parktakes! It's FREE!

Fill out the form completely and legibly, including a valid household email address.



Fairfax County is committed to giving all residents equal access to recreation and leisure opportunities. Reasonable accommodations and inclusion opportunities are provided in accordance with the Americans with Disabilities Act in all Park Authority programs, classes and camps. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. Call 703-324-8563 or TTY: Va. Relay 711 at least 10 working days in advance of the date services are needed.

CN-Staff use only#




PLEASE PRINT

☐ Check if change of address

Primary Account Holder			
Address	Street		
	City		
Phone #s	Home		Work
Email			

Participant's Name (Last, first)	Date of Birth Month/Day/Year	Gender	1ST CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7
	/ /		
	/ /		
	/ /		
	/ /		

PAYMENT INSTRUCTIONS			
1	Total Listed Fee(s): For all 1st choice programs		
2	Fairfax County Senior Discount (classes with activity code): Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Plates lessons, FallProof, Gravity lessons or classes priced \$45 or less. See senior discount section on next page.	Line 1x 0.35 = Seniors Only	
3	SUBTOTAL Line 1 minus line 2	=	
4	Early Registration Discount per Class: Deduct \$8 for each activity code submitted (postmarked if mailed) by early registration date. Does not apply to programs without catalog ID, re-advertised tours, scout programs or classes priced \$45 or less.	-	
5	SUBTOTAL Line 3 minus line 4	=	
6	Deduct House Account Credit: Deduct any credits received on this line	-	
7	Out-of-County Registration Fee: Add \$15 per catalog ID for activities priced \$46 and up; add \$2 for programs priced \$45 or less.	+	
8	Class Scholarship Donation: Add any amount you wish to donate. Fairfax County Park Foundation will send written confirmation of a tax deductible donation of \$10 or more.	+	
9	TOTAL (PAY THIS AMOUNT): Total lines 5-8. Pay this amount. Make checks payable to FCPA. A \$50 fee will be charged for returned checks.	=	

<h2 style="text-align: center;">SCHOLARSHIP REQUEST</h2> <p style="text-align: center;">Requires \$15 processing fee per class • <i>Check one:</i></p>			
<input type="checkbox"/> Income-Eligible Senior or Income-Eligible Disabled Adult		<input type="checkbox"/> Public Assistance Recipient (attach verification)	
See scholarship information on next page. Signature is required.			
Signature		CN-Staff use only#	
<h3>PAYMENT METHOD</h3>			
Check one:			
<input type="checkbox"/> Credit Card (<i>Check type</i>)		<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> 	
#:			
Exp. Date:		Zip:	
Signature			
<input type="checkbox"/> Cash (walk-in only)	<input type="checkbox"/> Check enclosed	\$	#:
<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"			

ACE

ADULT AND
COMMUNITY
EDUCATION

Offering courses in:

- Apprenticeship
- Business
- Culinary
- Driver Education
- CPR and First Aid
- ESOL
- Floral Design
- Health & Medical
- Information Technology
- K-12 Enrichment
- Professional Workplace Skills
- Real Estate
- Test Preparation
- Trade and Industrial
- World Languages, K-Adult

and many more!

*Contact us if you need more
information about classes or if
you are interested in teaching
for ACE*

ACEOnline@fcps.edu

aceclasses.fcps.edu



FAIRFAX COUNTY PARK AUTHORITY

Weather Procedure

For weather-related Park Authority closings or cancellations, visit

www.fairfaxcounty.gov/parks

or call the Park Authority's inclement weather hotline:

703-324-8661



TTY Va. Relay 711

WINTER WONDERLAND BURKE LAKE PARK



Saturdays & Sundays
December 2, 3, 9, 10, 16 and 17 • 11 a.m.-5 p.m.
\$15 in advance online • \$20 at door

Holiday Express Train Rides • Caroler's Carousel
Gingerbread Man's Golf • Visits with Santa
S'mores, Hot Chocolate and Candy Canes!

Burke Lake Park

7315 Ox Road, Fairfax Station, Va. 22039
703-323-6600

For registration information, visit
www.fairfaxcounty.gov/parks/burke-lake



HELP GET THE

Wonder Wagon *ROLLING!*



Vehicle photos courtesy of Cleveland Metroparks.

The **Wonder Wagon Mobile Nature Center** will bring environmental education to our neighbors particularly those in underserved and underrepresented communities. Children attending community outreach events, Rec-PAC summer camps, SACC programs at Title 1 schools in Fairfax County and other popular gatherings will have fun with hands-on learning about our local environment, and increase connectedness to nature where they live.



The **Fairfax County Park Foundation** is seeking a vehicle and accepting donations to support the exciting **Wonder Wagon Mobile Nature Center!**

Visit www.FairfaxParkFoundation.org
or call 703-324-8582.





Parktakes



Fairfax County Park Authority
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500



A Fairfax County,
Virginia, publication



Reston Community Center ANNUAL PROM AND FORMAL DRESS GIVEAWAY



Dress **DRIVE**

February 1 – 29

Drop Off Items at:
RCC Lake Anne: 1609-A Washington Plaza, Reston or
RCC Hunters Woods: 2310 Colts Neck Road, Reston
(Items circa 2019 or newer, in good condition & dry cleaned.)

**FORMAL DRESSES • SHOES • JEWELRY
SHAWLS • HANDBAGS • ACCESSORIES**

Shopping **EVENT**

March 16, 11 a.m. – 3 p.m.

Open to Students Ages 12 – 18 • FREE
RCC Lake Anne: 1609-A Washington Plaza, Reston
Register to Shop: 8C1008-4A

**TWO FORMAL DRESSES PER STUDENT
ONE SET OF ACCESSORIES PER STUDENT
DOOR PRIZES, RAFFLES AND MORE!**



www.restoncommunitycenter.com

TO REQUEST REASONABLE ADA ACCOMMODATIONS, CALL 703-476-4500, TTY 711.

