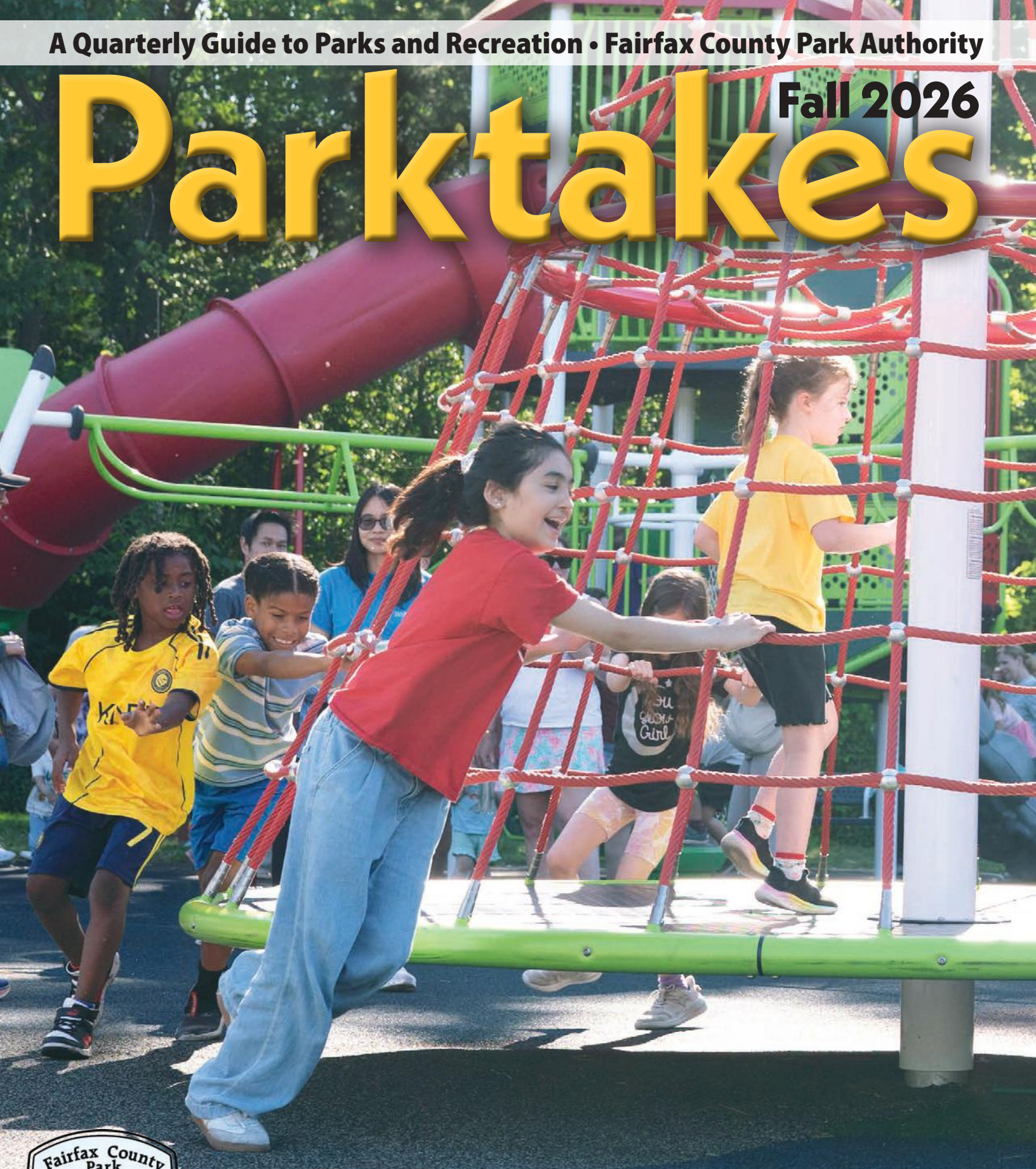


A Quarterly Guide to Parks and Recreation • Fairfax County Park Authority

Fall 2026

Parktakes



**Fall Events • Fairfax 250 Activities • Leaf Peeping
Park Improvements • Preschools • New Staff Highlights
Fall Class Registration begins August 11**



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 \$185*

* Weekend classes slightly higher

Tot 1/2 (Ages 4-6)—Beginner Level

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	\$185	9/14	4-6
Tuesday	6:40pm	\$185	9/15	4-6
Wednesday	6:40pm	\$185	9/16	4-6
Thursday	6:40pm	\$185	9/17	4-6
Saturday	8:55am	\$190	9/19	4-6
Saturday	10:05am	\$190	9/19	4-6
Monday	5:35pm	\$185	10/19	4-6
Tuesday	6:40pm	\$185	10/20	4-6
Wednesday	6:40pm	\$185	10/21	4-6
Thursday	6:40pm	\$185	10/22	4-6
Saturday	8:55am	\$190	10/24	4-6
Saturday	9:30am	\$190	10/24	4-6

Pre-Alpha (Ages 7-13)—Beginner

Skills Learned: One-Foot Glide, Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	6:45pm	\$185	9/14	7-3
Tuesday	7:15pm	\$185	9/15	7-3
Wednesday	7:15pm	\$185	9/16	7-3
Thursday	7:15pm	\$185	9/17	7-3
Saturday	9:30am	\$190	9/19	7-3
Saturday	10:40am	\$190	9/19	7-3
Monday	6:45pm	\$185	10/19	7-3
Tuesday	7:15pm	\$185	10/20	7-3
Wednesday	7:15pm	\$185	10/21	7-3
Thursday	7:15pm	\$185	10/22	7-3
Saturday	9:30am	\$190	10/24	7-3
Saturday	10:40am	\$190	10/24	7-3

Pre-Alpha (Ages 14 & Up)—Beginner

Skills Learned: One-Foot Glide, Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	\$185	9/15	14 & Up
Wednesday	7:50pm	\$185	9/16	14 & Up
Thursday	7:50pm	\$185	9/17	14 & Up
Saturday	11:15am	\$190	9/19	14 & Up
Tuesday	7:50pm	\$185	10/20	14 & Up
Wednesday	7:50pm	\$185	10/21	14 & Up
Thursday	7:50pm	\$185	10/22	14 & Up
Saturday	11:15am	\$190	10/24	14 & Up

Ways to register for classes

- 📱 Online—fairfaxicearena.com (select the Lessons tab)
- ☎ Over the phone call 703-323-1132
- 👤 In-person registration at Fairfax Ice Arena

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

Fairfax Ice Arena • 3779 Pickett Road, Fairfax, VA 22031 • 703-323-1132 • fairfaxicearena.com

3 GREAT SKATING COUPONS AT FAIRFAX ICE ARENA

2 FOR 1 SKATING COUPON

1 FREE ADMISSION

with this coupon and with the purchase of one public skate admission of equal or greater value

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Fairfax Ice Arena

3779 Pickett Road • Fairfax, 22031 • 703-323-1132

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Register at Fairfax Ice Arena or Register online at www.fairfaxicearena.com

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ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!



PARKSIDE

Our Parks, Our Future

PARKS COUNT Our Parks. Our Future.

One doesn't have to look far to witness the passion that Fairfax County residents have for their parks and their park system's future. We see it on the faces of children and families exploring new playgrounds, hikers and bikers experiencing new trails and guests

enjoying the Summer Entertainment Series in our parks. During our service on the Park Authority Board, we have also seen that maintaining and growing our highly valued park system takes vision, dedication and, importantly, financial resources.

Each of us has a role to play in ensuring that we take care of these great resources right here in our backyard. On November 3, 2026, Fairfax County residents have an opportunity to make a lasting impact on their parks by voting "yes" in favor of the 2026 park bond referendum.

If approved, the bond will provide \$180 million for parks maintenance, capital improvement projects and other needs across the park system.

Bond dollars are different than FCPA's annual operating funding and would be utilized to make significant improvements, such as:

- repairing playgrounds which need rehabilitation
- upgrading aging rec centers
- building new parks
- maintaining existing facilities
- acquiring property for recreation and historic and cultural preservation

Every corner of Fairfax County contains parks that reflect bond-funded improvements and maintenance at playgrounds, rec centers, trails, skateparks and historic sites. This year alone, the completion of the skatepark at Mount Vernon Woods Park, Reston North Park playground and building renovations and a roof restoration at Sully Historic Site, just to name a few, were made possible with bond funding. Without bond funding, the annual budgets of FCPA can only handle operations and maintaining facilities. With a growing population and a changing county, a bond every few years is a huge positive investment in the future and quality of life for everyone in Fairfax County.

Fairfax County residents deserve a park system which meets their diverse needs and is a catalyst for community-building, wellness and preservation of local places and culture. These are our parks and our future.

**Timothy B. Hackman, Park Authority Board Chairman
and Dranesville District Representative**

**Mike Reynolds, Park Authority Board Providence District
Representative**



**Cover: Children enjoying the new playground at Reston North Park.
Photo by Melodie Stehling.**

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A SMALL-SCALE TRIBUTE TO BIG COMMUNITY TREASURES



As part of Fairfax County's celebration of America's 250th anniversary, visitors to Tysons Corner Center can explore some of the county's most beloved landmarks in an unexpected format: LEGO bricks.

The collaborative exhibit by the Northern Virginia LEGO Users Group (NOVA-LUG) features detailed re-creations of sites across Fairfax County, including several Fairfax County Park Authority destinations. Among them is a striking model of Hidden Oaks Nature Center, created by NOVA-LUG member Alison Shearer.

Drawing from years of family visits, Shearer transformed memories of the nature center into a miniature world complete with animal exhibits, the frog pond, Nature Playce and visitors enjoying the space. When asked what inspired Alison to re-create Hidden Oaks Nature Center as a LEGO model, she enthusiastically responded:

"As soon as our group, NOVA-LUG, began working on builds of key locations throughout Fairfax County, I knew I wanted to try my hand at Hidden Oaks Nature Center. My son is now finishing his junior year of high school, but when he was younger we spent a lot of time at Hidden Oaks attending programs, looking at the animals, and having fun both inside and outside the center. It's a special place for kids, and I wanted the build to highlight the aspects of Hidden Oaks that brought us so many great memories."

When the group does a build like that, they typically start with some size and design parameters. Shearer said she began with sketches and reference photos, focusing on signature features such as the turtles, snakes and frogs inside the center, along with the frog pond and Nature Playce outside.

"For me building is a trial-and-error process, and I played around with ideas for how to represent parts of the center," she said. "Though we may not be able to replicate details exactly in our builds, I want people familiar with Hidden Oaks to be able to recognize it. Also important for me was to make the build mini-figure scale, to show kids and adults enjoying the center."

The model serves as a form of park stewardship or advocacy. When it was on display at a Lego fan event in the spring, it prompted people to ask about the nature center. Shearer explained:

"I was able to talk to adults and kids about the nature center, point to specific elements like the turtles and the frog pond, and share my personal memories of visiting and why Hidden Oaks is important to my family."

Whether viewed as art, storytelling or community engagement, Shearer's Hidden Oaks model demonstrates how parks inspire creativity and connection. As Fairfax County marks 250 years of history, the exhibit offers a playful reminder that the places we cherish today become the memories — and stories — we carry into the future.

To find out more about Hidden Oaks Nature Center, turn to the Nature section. For classes building with LEGOS, visit the Science/Technology section.

Photos courtesy of <https://nova-lug.com>

PARK IMPROVEMENTS AND ADDITIONS ACROSS FAIRFAX COUNTY PARKS



RESTON NORTH PARK

- Replacement of playground
- Removal of retaining walls
- Site regrading
- Improved ADA access to playground and lower athletic field

EAKIN PARK

- New pavilion
- Raised composite wood decking
- Parking lot replacement
- Natural stone veneer entry sign wall
- Drainage improvements
- New landscaping
- Upgraded interpretive signs

SULLY HISTORIC SITE

- Roof replacement on main house and other buildings
- New interpretive and directional signs



GREEN SPRING GARDENS

- New moon gate garden feature
- Replacement of aging garden paving
- New walkway through moon gate
- Improved garden circulation and path way connections
- New plaza area

WAKEFIELD PARK

- Renovated diamond fields with grading and irrigation improvements
- New fencing, bleacher pads and dugouts
- Synthetic turf conversion on Diamond Field 8
- Upgraded field lighting and controls
- New batting cages serving Fields 7 and 8

HYBLA VALLEY PARK

- New playground
- ADA-accessible parking
- Multi-sport court
- New plaza area
- Conversion of former tennis court area to new recreational amenities

MOUNT VERNON WOODS PARK

- New playground
- Multi-sport court
- Rentable picnic shelter
- New parking area
- Landscaping enhancements
- Trail improvements
- Grass play area
- New skatepark



FAIRFAX PARKS RECOGNIZED FOR SUSTAINABILITY LEADERSHIP



The Fairfax County Park Authority's commitment to sustainability and energy efficiency is earning recognition at both the state and national levels. Recent improvements at Franconia and Spring Hill Rec Centers have received multiple prestigious awards for advancing environmentally responsible operations while enhancing facilities for visitors.

"These projects are part of the Park Authority's broader effort to improve equipment reliability and reduce energy consumption across its facilities and support Fairfax County's environmental goals," said Keith Snyder, energy branch manager at the Fairfax County Park Authority.



The modernization project at Franconia Rec Center, which included upgrades to HVAC systems, boilers and pool equipment, received the 2026 U.S. Department of Energy Better Buildings & Better Plants Award. The award recognizes organizations that achieve significant improvements in energy performance and operational efficiency.



Spring Hill Rec Center's comprehensive sustainability upgrades, including a geothermal HVAC system, new boilers, solar energy installations and pool equipment improvements, have earned several honors. The facility received the 2026 Virginia Governor's Environmental Excellence Award, the 2025 U.S. Department of Energy Better Buildings & Better Plants Award, and the 2025 Virginia Energy Efficiency Leadership Award from the Virginia Energy Efficiency Council.

These projects are part of the Park Authority's broader effort to reduce energy consumption across its facilities and support Fairfax County's environmental goals. The upgrades have already delivered measurable results, including more than 40% energy reduction at each site and over \$500,000 a year in guaranteed

energy savings. These savings are helping the Park Authority meet the county's Operational Energy Strategy goal of reducing energy use by 25 percent by 2030, a milestone achieved five years ahead of schedule.

Together, these award-winning projects demonstrate how strategic investments in park infrastructure can benefit both the environment and the community.

Confidence, Curiosity and Knowledge Grow at KIDS PLAY PRESCHOOLS

Fairfax County Park Authority (FCPA) may be known for parks, trails and rec centers, but many families may not know the Park Authority also runs three lively preschools across the county. Kids Play Preschools stand out because learning doesn't stop at the classroom door — it stretches into park spaces, where children explore, discover and grow through play and movement.

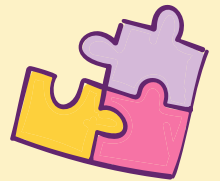
FCPA Preschools welcome children ages 3 to 5 and focuses on art, science, music, outdoor adventures and circle time. Trained staff create warm, energetic spaces that help young learners grow more independent and build strong self confidence.

"It's so clear how much love and dedication went into creating a nurturing environment where our child felt safe, valued and excited to learn each day," said a 2026 Kids Play Preschool parent. "We feel so fortunate to have been part of this caring community."

The program has grown in recent years and now offers extended care options at select locations. Families can find Kids Play Preschools at Franconia Rec Center in Alexandria, Stone Mansion in Alexandria and Spring Hill Rec Center in McLean.

"I've seen her gain confidence in learning — recognizing letters and numbers and even writing her name," said another 2026 parent. "She's gotten better at navigating social situations with friends and has become so creative in making things. We're so proud of the art and activities she brings home."

To learn more about the preschools, visit www.fairfaxcounty.gov/parks/reccenter/preschool.



Experience

FAIRFAX COUNTY through
VA★250

September Sundays



What do a working gristmill, a mail-order Sears home, a historic farm and one of Fairfax County's most beloved gardens have in common? This September, they're all opening their doors for September Sundays, a special series of free guided tours celebrating America's 250th anniversary.

Each Sunday in September, step inside the places, people and stories that shaped Fairfax County history. Wander through an 18th-century villa, explore a historic home shaped by the vision and influence of remarkable women, visit a property saved from airport expansion, watch a mill grind grain just as it did centuries ago and experience daily life on a working historic farm. Stroll through lush gardens, tour homes that witnessed generations of change and see how farms, mills and gathering places helped define everyday life in our community. Along the way, uncover how families ordered homes from Sears catalogs, how neighborhoods grew around mills, and how these historic sites continue to connect us today.

Participating locations include Sully Historic Site, Historic Huntley, Colvin Run Mill, Frying Pan Farm Park, Green Spring Gardens, Ellanor C. Lawrence Park and the Sears House. Each tour reveals a different chapter of the Fairfax County story — and a closer look at the people who lived it.

September Sundays is part of Experience Fairfax 250, a countywide initiative commemorating the 250th anniversary of the United States. Through special tours and programs, the Fairfax County Park Authority is helping residents connect with the places where local stories became part of the American story.

Tours are free, but registration is required and space is limited. To learn more, visit www.fairfaxcounty.gov/parks/Fairfax250.

EXPERIENCE VIRGINIA'S PAST



Discover what living in Virginia 250 years ago was like during Early Virginia Day at Sully Historic Site. This special Fairfax250 and VA250 commemorative event invites visitors to step beyond the pages of a history book and experience the people and stories that shaped early Virginia.

Visitors will get to meet historians, explore historic buildings and discover the everyday skills families relied on to build homes, raise food and support their communities. Watch wool being carded, learn how food was preserved for the seasons ahead, explore traditional leatherworking and talk with archaeologists who uncover clues about the people who lived here long ago.

Throughout the day, hands-on activities and demonstrations bring history to life for all ages. Visitors will discover how people from many backgrounds contributed to the growth of Virginia and gain a deeper appreciation for the lives, work and traditions that shaped our region.

The event is especially popular with families and homeschool groups. Many activities connect directly to Virginia Studies topics, making it an exciting and memorable way to bring classroom lessons to life.

As Fairfax County commemorates America's 250th anniversary, Early Virginia Day offers a chance to look beyond famous names and dates and experience the people whose everyday lives helped shape Fairfax County and Virginia.

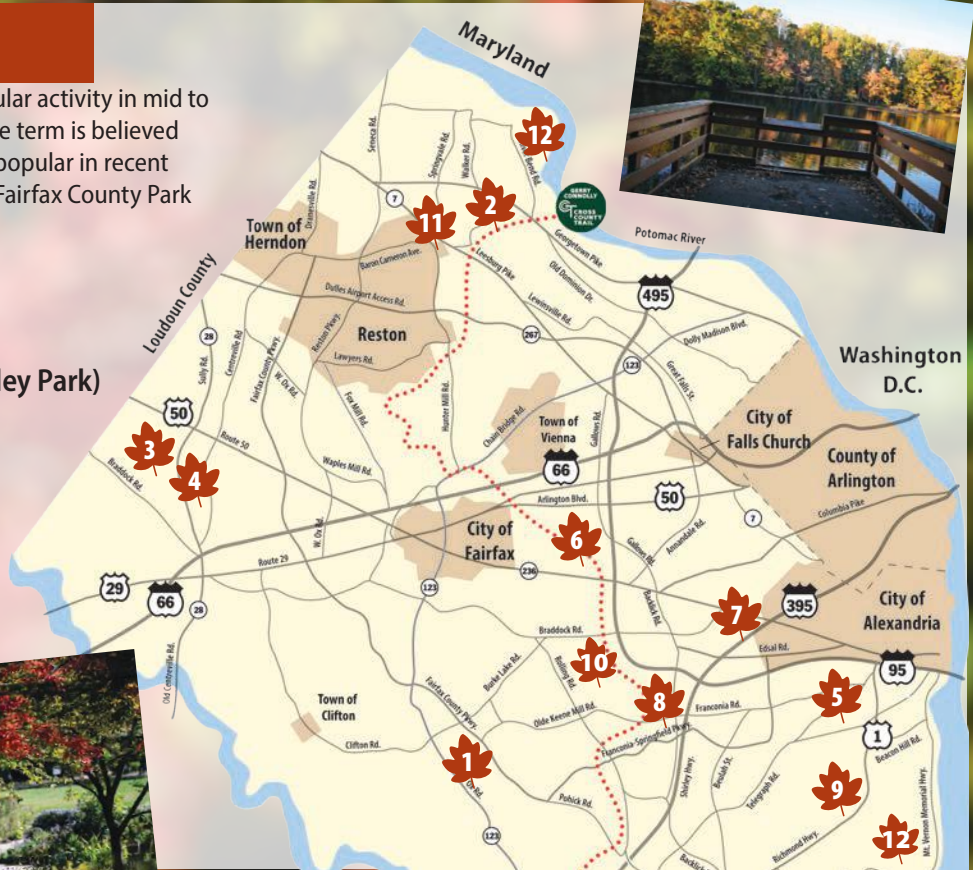
Early Virginia Day takes place Saturday, October 3 from 10 a.m. to 1 p.m. at Sully Historic Site in Chantilly. Admission is \$10 per person for ages 6 and older. Pre-registration recommended.

To learn more and to register, visit www.fairfaxcounty.gov/parks/sully-historic-site.

LEAF PEEPING

Leaf peeping, also known as fall color tourism, is a popular activity in mid to late October when the leaves are at their peak color. The term is believed to date back to the early 1900s, and has become more popular in recent years amongst leaf observers and photographers. The Fairfax County Park Authority has several popular parks for leaf peeping:

- 1 Burke Lake Park
- 2 Colvin Run Mill
- 3 Cub Run Rec Center (Cub Run Stream Valley Park)
- 4 Ellanor C. Lawrence Park
- 5 Franconia Park (Chessie's Big Backyard)
- 6 Gerry Connolly Cross County Trail
- 7 Green Spring Gardens
- 8 Hidden Oaks Nature Center
- 9 Huntley Meadows
- 10 Lake Accotink Park
- 11 Lake Fairfax Park
- 12 Riverbend Park



HIDDEN
GEM



Wakefield Park Softball Fields



Athletic fields across Fairfax County have long been at the heart of community play, and recent upgrades at Wakefield Park have taken the experience to a new level. Over the summer, the Fairfax County Park Authority hosted a ribbon-cutting to celebrate major improvements to Wakefield's softball fields with neighbors, families and fans. Following the ceremony, the celebration continued with a friendly girls' softball game, showcasing the fields in action.

The project featured significant enhancements to the diamond fields, including renovated playing surfaces and amenities, upgraded LED lighting, new dugouts, new fencing, additional batting cages, and new picnic tables and bleachers to make spectating more comfortable. A highlight of the work was the conversion of field eight to a state-of-the-art synthetic turf surface, offering more consistent play, better resilience in varied weather and an extended season for local teams.

"Girls softball has been waiting a long time for this moment. Today, that wait is over. Wakefield has long been the heart of girls softball in our community. This investment ensures that thousands more girls will have those same opportunities for years to come" said Katie Friesen, Vice President of House, Northern Virginia Girls Softball Association, at the dedication of the new fields. "Somewhere in Fairfax County today, there's a six year old who hasn't picked up a glove yet. One day she may step onto this field, join a team, make new friends, and discover a sport she loves. That's the real impact of this investment."

Whether you play softball, soccer, football or simply want space to practice and play, you can use the Park Authority's online Park Amenity Locator at www.fairfaxcounty.gov/parks/locator to find athletic fields near you and enjoy sports close to home.

¡BIENVENIDOS!

Classes for Toddlers in

SPANISH



HOLA!



The Franconia Rec Center is excited to offer toddler programming specifically designed for our Spanish-speaking community for the first time. We are dedicated to creating a space where families can connect, play, and learn in their primary language.

The new classes will provide a familiar and comfortable environment for toddlers to develop social and motor skills while celebrating their heritage and language. Featured classes, that are entirely presented in Spanish, include Zoom Around the Room class which has an obstacle course and creative games intermingled with songs and fingerplays, ABCS and 1-2-3s class where children learn their letters and numbers through hands-on crafts and Preschool Picassos class that will delight children as they explore their artistic abilities through projects that build self-confidence and encourage self-expression.

The classes are taught by Ms. Isabel, a native speaker with a deep passion for early childhood development. Ms. Isabel brings warmth and expertise to every session with a goal to create a "home away from home" where children feel confident and parents feel a strong sense of community.

Registration is now open. To find out more information or to register, turn to Children's Corner or visit www.fairfaxcounty.gov/parks/reccenter/franconia.

¡Bienvenidos! Nuevas Clases Para Familias Hispanohablantes en Franconia

El Centro Recreativo de Franconia está dando un paso importante al ofrecer, por primera vez, clases especialmente diseñadas para familias hispanohablantes. Estas nuevas opciones buscan crear un espacio donde los niños pequeños puedan aprender, jugar y crecer en un ambiente que celebra su idioma y su cultura.

Las clases, dirigidas a niños pequeños, ofrecen actividades diseñadas para fortalecer habilidades sociales, motoras y creativas. Todo el contenido se presenta completamente en español, lo que permite a las familias disfrutar de un entorno cómodo y familiar.

Entre las clases destacadas se encuentran Zoom Around the Room, que ofrece un circuito de obstáculos y juegos creativos acompañados de canciones y juegos de dedos; ABCs and 1-2-3s, donde los niños aprenden letras y números mediante manualidades prácticas que hacen del aprendizaje una experiencia divertida; y Preschool Picassos, diseñada para cautivar a los pequeños mientras exploran sus habilidades artísticas a través de proyectos que fortalecen la autoconfianza y fomentan la autoexpresión.

Las clases son impartidas por la Sra. Isabel, una hablante nativa comprometida con el desarrollo infantil. La instructora aporta calidez y experiencia a cada sesión, con la meta de crear un "hogar lejos del hogar" para que los niños se sientan seguros y las familias encuentren un fuerte sentido de comunidad.

La inscripción ya está abierta. Para obtener más información o registrarse, visite la sección Children's Corner o ingrese a www.fairfaxcounty.gov/parks/reccenter/franconia.



DOGGONE GOOD TIMES in the Parks



Make memories you will cherish forever with your best canine friend in parks across Fairfax County all year round. With more than 334 miles of trails, exciting dog-focused events, numerous dog parks and various classes, Fairfax County Park Authority (FCPA) has it all for dogs and their owners.

Let your pups splash and play across The Water Mine during Dog Daze on Saturday, September 12 from 9 a.m.-1 p.m. This event returns to the delight of local water-loving dogs and their owners. Each participating dog must have its own ticket and be up to date on all vaccinations (and must ask their humans not to take up space in the water). Proceeds will help fund Fairfax County parks through the Fairfax County Park Foundation. To purchase tickets visit www.fairfaxcounty.gov/parks/parktakes.



Leashed dogs are welcome in all FCPA parks. To find the closest trail, visit the Trail Buddy webpage at www.fairfaxcounty.gov/parks/trails and enter your address. If you are looking for off-leash experiences, there are 11 dog parks throughout the county where dogs can freely run, play and socialize in a safe and enclosed space.

If your dog needs to brush up on manners or needs more of a challenge, the Park Authority offers obedience classes for puppies through senior dogs and both competitive and non-competitive agility classes. Classes teach everything from basic manners and obedience to agility, specialty tricks, dog dancing and scent-based "nose work."

For more information, turn to the Pets Place section or visit www.fairfaxcounty.gov/parks/dogs/.

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**The Winter 2027 issue of Parktakes
will be available in late October.**

About Parktakes

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

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

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Photos and Videos: The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes. Vehicle safety audio/video systems may record program participants when they are being

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Fall 2026 • Vol. 41/No. 4

transported in Park Authority vehicles.

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



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

Fall 2026 Calendar

Until August 29		
Summer Entertainment Series	Various FCPA Sites	pg. 66
Tuesday, August 11		
Registration begins for Fall Classes		pg. 134
Saturday, August 15		
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Sunday, August 30		
Clemyjontri Open House	Clemyjontri Park	pg. 62
September 1-30		
Rec Center Annual Membership Sale	Rec Centers	pg.39
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Virginia Native American Festival	Riverbend Park	pg. 62
Sunday, September 13		
PC9 Club Championship	Pinecrest Golf Course	pg. 87
Saturday, September 19		
Family Skate and Dance Hispanic Heritage Night	Franconia Rec Center	pg. 51
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Rec Center Open House	Rec Centers	pg. 88
Saturday, September 26		
Bug Fest	Lake Accotink Park	pg. 49
National Public Lands Day	TBD	pg. 116
Saturday, October 3		
Early Virginia Day	Sully Historic Site	pg. 93
Four Club Classic	Jefferson Golf Course	pg. 87
Sunday, October 4		
Fall Festival Scramble	Pinecrest Golf Course	pg. 87
Friday, October 16		
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Shot in the Dark	Burke Lake Golf Center	pg. 87
Saturday, October 17		
Chessie's Backyard Boo-gie	Franconia Recreation Area	pg. 45
Farm Harvest Fest and Carnival	Frying Pan Farm Park	pg. 43
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Sensory Friendly Family Trick-or-Treat	Clemyjontri Park	pg. 18
Farm Harvest Fest and Carnival	Frying Pan Farm Park	pg. 43
Friday, October 23		
Haunted Mini Golf	Oakmont Rec Center	pg. 64
Halloween on the Farm	Frying Pan Farm Park	pg. 60
Virginia Hauntings: Legends and Lore	Colvin Run Mill	pg. 66
Saturday, October 24		
Halloween Family Skate and Dance Night	Franconia Rec Center	pg. 51
Halloween on the Farm	Frying Pan Farm Park	pg. 60
Halloween Fun Runs	South Run Rec Center	pg. 64
Haunted Mini Golf	Oakmont Rec Center	pg. 64
Ghost Town	Burke Lake Park	pg. 136
Sunday, October 25		
Ghost Town	Burke Lake Park	pg. 136
Tuesday, October 27		
Greens Keepers' Trick or Treat Tournament	Pinecrest Golf Course	pg. 87
November 1-30		
Aqua Flex Pass Sale	Rec Centers	pg. 37
Saturday, November 7		
Aqua Flex'26	Rec Centers	pg. 70
Golf Fall Pass Sale	November 14-27	pg. 88
Sully Illuminated	Sully Historic Site	pg. 97



PARKS COUNT

Our Parks. Our Future.

 **Vote YES NOVEMBER 3**



A Vote for YES is a Vote for:

- ☒ Modernizing and improving existing structures and building new ones
- ☒ Updating facilities and services so they're safe, accessible and meet today's needs
- ☒ Protecting forests, trails, wildlife and open spaces
- ☒ Honoring and safeguarding places, traditions and stories that define our community

Vote Yes on November 3, 2026

www.fairfaxcounty.gov/parks/bond

Sponsored by The 2026 Green Team

THE FAIRFAX COUNTY PARK FOUNDATION



Fairfax County Park Foundation



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

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

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

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

How You Can Help!

Give Online

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

Donate a Vehicle

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

Monetary Gifts

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

Workplace Giving

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



THE EAKIN FAMILY TRADITION CONTINUES FOR FAIRFAX COUNTY PARKS

Fairfax County Park Foundation appreciates the Eakin Family for continuing the 75-year tradition that LeRoy Eakin, Sr. started by donating 14.5 acres of land in 1951; then another 240 additional acres which expanded to more than 24,000 acres and 424 Fairfax County Parks that we cherish today!



The Eakin Family Trust and individual family members have contributed more than \$400,000 to the Fairfax County Park Foundation for numerous projects including a large Family Picnic Shelter near Tobin Road and significant improvements at the Prosperity Avenue entrance of Eakin Community Park in Fairfax, Virginia.

"On behalf of the Eakin Family, we invite you to share your time, talent, or treasure, please consider how you can help enrich your Fairfax County parks! -Laura Eakin Erlacher, FCPF Board Chair

PARKS at a Glance

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

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PARK LOCATIONS

For a complete list of locations and addresses, scan the QR code or visit www.fairfaxcounty.gov/parks/locator



Rec Centers

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

Major Parks

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

Major Parks

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

Nature Centers

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

Historic Sites

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

Historic Sites

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

Golf Courses

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

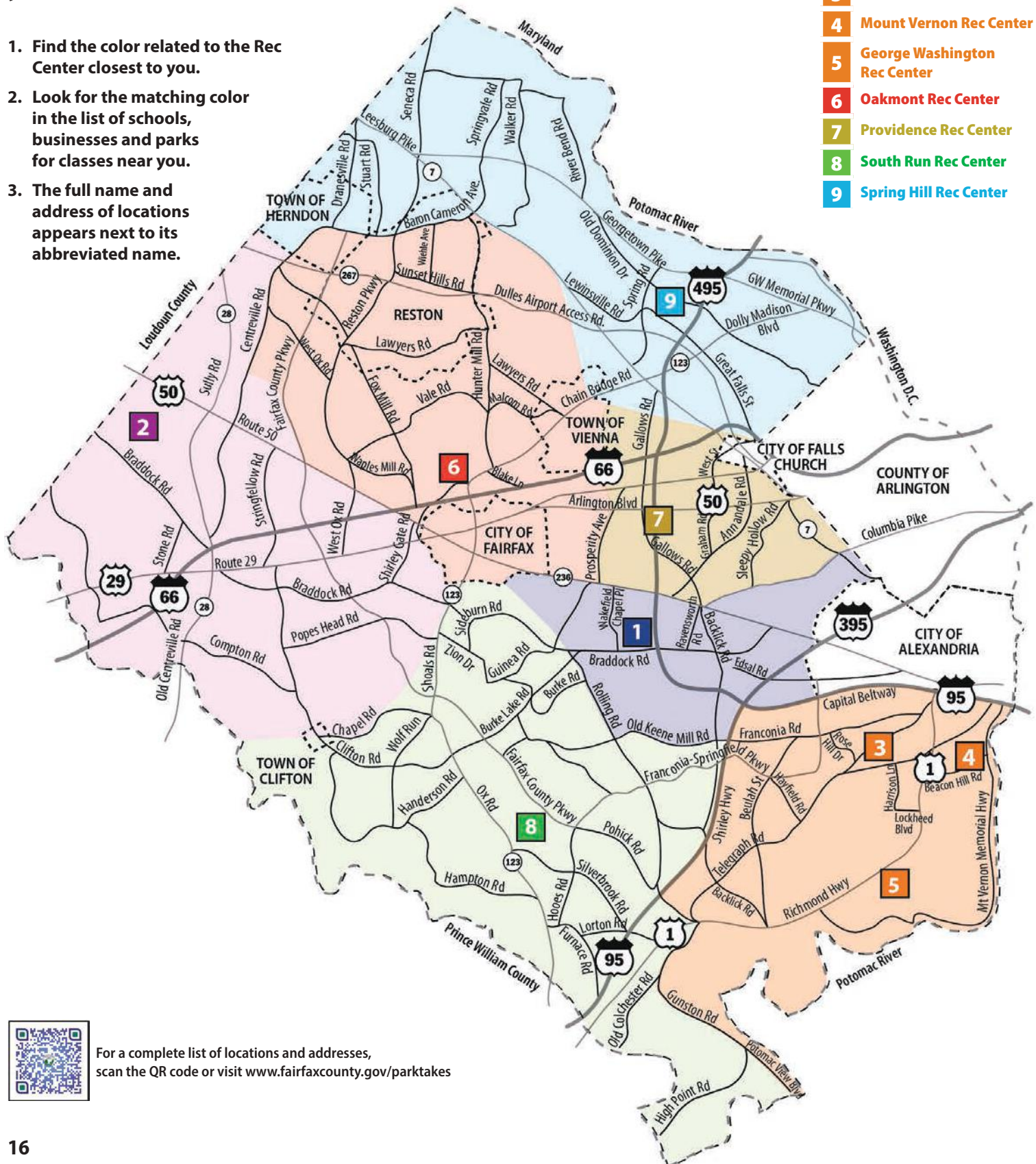


LOCATION ABBREVIATION GUIDE

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

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

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



For a complete list of locations and addresses, scan the QR code or visit www.fairfaxcounty.gov/parktakes

Abbrv	Name	Address	City, Zip
1: Audrey Moore/Wakefield			
Annandale Pk	Annandale Community Park	4030 Hummer Rd	Annandale 22003
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks NC	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
Historic Oak Hill	Oak Hill	4716 Wakefield Chapel Rd	Annandale 22003
LkAccotinkPk	Lake Accotink Park	7500 Accotink Park Dr	Springfield 22151
LittleRun ES	Little Run Elementary	4511 Olley Ln	Fairfax 22032
Pinecrest GC	Pinecrest Golf Course	6600 Little River Tnpg	Alexandria 22312
Wkfld/Moore	Wakefield Rec Center	8100 Braddock Rd	Annandale 22003

2: Cub Run			
Craftspace	Craftspace	3675 Concorde Pkwy	Chantilly 20151
CubRunREC	Cub Run Rec Center	4630 Stonecroft Blvd.	Chantilly 20151
Deer Pk ES	Deer Park Elementary	15109 Carlbern Dr	Centreville 20120
ECLawrencePk	Ellanor C. Lawrence Park	5040 Walney Rd	Chantilly 20151
Frying Pan Pk	Frying Pan Park	2709 West Ox Rd	Herndon 20171
Greenbr Park	Greenbriar Park	4600 Stringfellow Rd	Fairfax 22033
Spindle Sears House	Spindle Sears House	5614 Mt Gilead Rd	Centreville 20120
SullyCommCtr	Sully Community Center	13808 Wall Rd	Herndon 20171
Sully	Sully Historic Site	3650 Historic Sully Way	Chantilly 20151
TwnLk Golf	Twin Lakes Golf Course	6201 Union Mill Rd	Clifton 20124

3-5: Franconia /Mt. Vernon /GW			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
Collingwd Park	Collingwood Park	8200 West Boulevard Dr	Alexandria 22308
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Mt Vernon REC	Mount Vernon RECenter	2017 Belle View Blvd	Alexandria 22307
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306

6: Oakmont			
Cunn Pk ES	Cunningham Park Elementary	1001 Park Street	Vienna 2210
FfxIceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbbyExFrOks	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
Navy ES	Navy Elementary	3500 West Ox Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124
Stratton Wds Pk	Stratton Woods Park	2431 Fox Mill Rd	Herndon 20171
Water Mine	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190

Abbrv	Name	Address	City, Zip
7: Providence			
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
White Horticulture	White Horticulture Park	3301Hawthorne Ln	Falls Church 22042
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
Hidden Pond	Hidden Pond Nature Center	8511 Greeley Blvd	Springfield 22152
Laurel Hill GC	Laurel Hill Golf Course	8701 Laurel Crest Dr	Lorton 22079
LaurelHillPk	Laurel Hill Park	8400 Lorton Rd	Lorton 22079
Legacy Martial Arts	Legacy Martial Arts	7200 Fullerton Rd B-300	Springfield 22150
OakVw ES	Oak View Elementary	5004 Sideburn Rd	Fairfax 22032
OrngHnt ES	Orange Hunt Elementary	6820 Sydenstricker Rd	Springfield 22152
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152
White Oaks ES	White Oaks Elementary	6130 Shiplett Blvd	Burke 22015

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



Adapted Recreation Programs

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



ADA/Inclusion Support



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

Facility Accessibility

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

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 571-407-6895. 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.

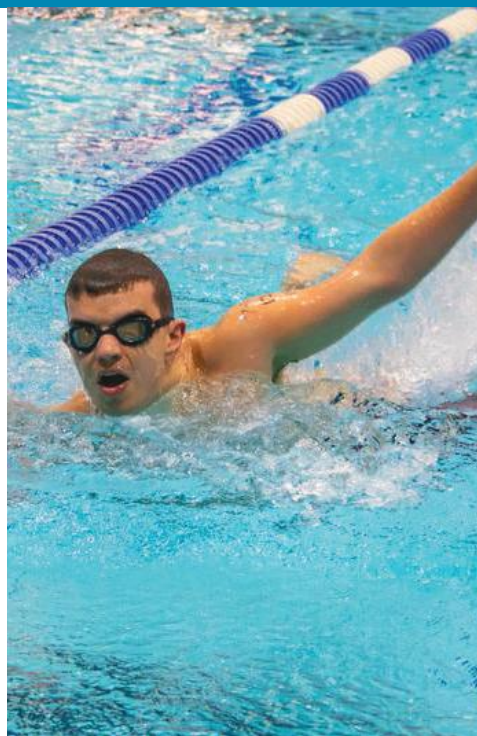
Adapted Aquatics

Adapted Swimming-Preschoolers

(3-5 yrs.) Preschoolers and their parents learn to get comfy in the water through play and one-on-one attention. Kids practice basic skills like getting in and out safely, blowing bubbles, and moving their arms and legs on their fronts and backs. Parent participation is required.

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

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	12:15pm	COA.WK9F	9/13	4AE
SoRunREC	Su	12:15pm	COA.C6G6	11/1	4AD
Oakmont	Sa	9:20am	COA.RXX2	9/13	4AE
Oakmont	Sa	9:20am	COA.RXX2	10/31	4AD
SoRunREC	Sa	11:45am	COA.Y3F2	9/12	4AE
SoRunREC	Sa	11:45am	COA.UPML	10/31	4AD



Adapted Swimming 1

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2pm	E4B.7K48	9/13	4AE
CubRunREC	Su	2pm	E4B.7WCT	11/1	4AD
SoRunREC	Su	12:55pm	E4B.HIOR	9/13	4AE
SoRunREC	Su	12:55pm	E4B.SBZK	11/1	4AD
SoRunREC	Sa	9:05am	E4B.6L7K	9/12	4AE
SoRunREC	Sa	9:05am	E4B.CGDK	10/31	4AD
OakmontREC	Sa	10am	E4B.RAXW	9/12	4AE
OakmontREC	Sa	10am	E4B.J21Q	10/31	4AD

Adapted Swimming 2

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	2:35pm	6D7.74XM	9/13	4AE
CubRunREC	Su	2:35pm	6D7.TRSG	11/1	4AD
ProvREC	Su	11am	6D7.HT2U	9/13	4AE
ProvREC	Su	11am	6D7.WLSK	11/1	4AD
SoRunREC	Su	1:35pm	6D7.TKXH	9/13	4AE
SoRunREC	Su	1:35pm	6D7.ERBA	11/1	4AD
SoRunREC	Sa	9:45am	6D7.B5H8	9/12	4AE
SoRunREC	Sa	9:45am	6D7.J4XU	10/31	4AD
OakmontREC	Sa	10:40am	6D7.TRAE	9/12	4AE
OakmontREC	Sa	10:40am	6D7.F2GL	10/31	4AD

Adapted Swimming 3

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

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

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	10:25am	422.QE6N	9/12	4AE
SoRunREC	Sa	10:25am	422.5CYY	10/31	4AD
OakmontREC	Sa	11:20am	422.R53P	9/12	4AE
OakmontREC	Sa	11:20am	422.7KA8	10/31	4AD

Adapted Intro to Basic Strokes

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

4AD 6--30 minute lessons--\$104
4AE 7--30 minute lessons--\$120
4AN 6--45 minute lessons--\$104
4AO 7--45 minute lessons--\$121
4AT 12--45 minute lessons--\$214

Location	Day	Time	Code	Begin	\$
ProvREC	Su	11:25am	E06.ZVDE	9/13	4AO
ProvREC	Su	12:15pm	E06.YNYB	9/13	4AO
ProvREC	Su	11:25am	E06.6SB9	11/1	4AN
ProvREC	Su	12:15pm	E06.6ECJ	11/1	4AN
SoRunREC	Su	2:45pm	E06.77CP	9/13	4AE
SoRunREC	Su	2:15pm	E06.937S	11/1	4AD
CubRunREC	Sa	2pm	E06.LDD8	9/12	4AT
OakmontREC	Sa	12:40pm	E06.VV37	9/12	4AE
OakmontREC	Sa	12:40pm	E06.VVPH	10/31	4AD
Wkfld/Moore	Sa	12pm	E06.2SLK	9/12	4AT
SpHillREC	Sa	12pm	E06.VUFL	9/12	4AT

Sensory-Friendly Family TRICK-OR-TREAT at Clemjontri Park
6317 Georgetown Pike, McLean

SUNDAY, OCTOBER 18
11 a.m.-5 p.m. • \$20/person

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

- Carousel rides
- Train rides
- Treat stations
- Arts & crafts



Tickets required.



www.fairfaxcounty.gov/parks/clemjontri

Adapted Lap Swim and Water Walking

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

4AO	7--45 minute lessons--\$121				
4AN	6--45 minute lessons--\$104				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	3:15pm	UM5.8P8C	9/13	4AO
CubRunREC	Su	3:15pm	UM5.NJQJ	11/1	4AN

Aqua Fitness-Individuals w/Physical Disabilities

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

4AAH	14--55 minute lessons--\$258				
4AAR	13--45 minute lessons--\$227				
Location	Day	Time	Code	Begin	\$
SpHillIREC	Su	3:30pm	460.WTAC	9/13	4AAR
SpHillIREC	Su	4:15pm	460.37SW	9/13	4AAR
SpHillIREC	Su	5pm	460.2R5F	9/13	4AAR
Wkfld/Moore	F	11am	460.LEGD	9/11	4AAH

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 back and front, breathing techniques, and using arms and legs to perform front crawl and elementary backstroke. Parent/ Caretaker participation may be required.

4AD	6--30 minute lessons--\$104				
4AE	7--30 minute lessons--\$120				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	11:05am	03B.5Q5E	9/12	4AE
SoRunREC	Sa	11:05am	03B.CN5C	10/31	4AD
OakmontREC	Sa	12pm	E06.QKOW	9/12	4AE
OakmontREC	Sa	12pm	E06.GSXZ	10/31	4AD

Swim Team Training/Advanced Swimmers w/Disabilities

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

4AAD	12--55 minute lessons--\$214				
4AAI	13--55 minutes lessons--\$240				
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	7pm	B1D.GLNA	9/16	4AAD
OakmontREC	Su	1pm	B1D.5BZ2	9/13	4AAI
OakmontREC	Su	3pm	B1D.5BZ2	9/13	4AAI
Franconia Rec	Sa	3pm	B1D.4Q70	9/12	4AAD
SpHillIREC	Sa	2pm	B1D.YYV5	9/12	4AAD
Wkfld/Moore	Sa	1pm	B1D.P582	9/12	4AAD
CubRunREC	Sa	4pm	B1D.QY87	9/12	4AAD

Swim Team Training/Intermediate Swimmers w/Disabilities

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

4AAD	12--55 minute lessons--\$214				
4AAI	13--55 minutes lessons--\$240				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	3pm	C26.7HCA	9/12	4AAD
OakmontREC	Su	2pm	C26.AH6Y	9/13	4AAI
Franconia Rec	Sa	2pm	C26.LNSD	9/12	4AAD
SpHillIREC	Sa	1pm	C26.S3W3	9/12	4AAD
Wkfld/Moore	Sa	2pm	C26.UG7R	9/12	4AAD

Adapted Sports and Fitness**Adapted Basketball**

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

DPVK	10--55 minute lessons--\$197				
DTVE	8--45 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
SullyCommCtr	Su	1pm	SSI.A7RV	9/13	DTVE
SullyCommCtr	Su	12pm	SSI.JRS7	9/13	DTVE
Wkfld/Moore	Su	2pm	SSI.WT4N	9/13	DPVK

Adapted Fitness Training

(13-Adult) Designed for students who have mild intellectual disabilities who can participate in a class with a 4:1 ratio. 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--\$158				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	5pm	76F.CK4J	9/15	4EB

Adapted Ice Skating

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

4IA	6--30 minute lessons--\$154				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
MtVernREC	Su	11:35am	568.T04P	9/27	4IA
MtVernREC	Su	11:35am	568.XDQG	11/15	4IA
(13-Adult)					
MtVernREC	Su	11am	E31.YLK9	9/27	4IA
MtVernREC	Su	11am	E31.YCGX	11/15	4IA

Adapted Sports and Fitness

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

4EB	11--55 minute lessons--\$158				
Location	Day	Time	Code	Begin	\$
ProvREC	T	5pm	5D9.KOHH	9/15	4EB
ProvREC	T	6:15pm	5D9.TTXE	9/15	4EB

Adapted Tae Kwon Do

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

DMVA	8--30 minute lessons--\$131				
DMVB	8--45 minute lessons--\$131				
Location	Day	Time	Code	Begin	\$
(5-10 yrs.)					
LdbExFr0ks	Sa	3:30pm	A12.XNH8	9/12	DMVA
(10-17 yrs.)					
LdbExFr0ks	Sa	4:15pm	EEC.TSQR	9/12	DMVB
(16-Adult)					
LdbExFr0ks	W	7:45pm	456.ARG6	9/16	DMVB

Adapted Walking Soccer

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

DTVF	8--55 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
LittleRn ES	Sa	9am	6C3.6RZW	9/19	DTVF
SpringHl ES	Sa	9am	6C3.GKBO	9/19	DTVF
Lemon Rd ES	Su	9am	6C3.ODJF	9/20	DTVF

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.

4AF	8--30 minute lessons--\$138				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6pm	DOE.WMPA	9/17	4AF
SoRunREC	Th	6:35pm	DOE.CUJL	9/17	4AF

Adapted Other Opportunities**Adapted Movement to Music**

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

4EL	11--45 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
SpHillIREC	W	4pm	TL8.AZGL	9/16	4EL

Mini Maestros Adapted Music

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

4AQ	9--45 minute lessons--\$151				
Location	Day	Time	Code	Begin	\$
MtVernREC	W	4:30pm	I8I.JOOT	9/23	4AQ
MtVernREC	T	4:30pm	I8I.8W8K	9/22	4AQ
SpHillIREC	F	4:30pm	I8I.7NDT	9/25	4AQ



Aquatics

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



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

Follow guidelines when registering

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

Practice and Repetition are keys to success

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

Combining course levels

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

Pool Health Information

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



Swim Classes for Children

Baby & Me Swim

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

4AD	6--30 minute lessons--\$104				
4AE	7--30 minute lessons--\$120				
4AF	8--30 minute lessons--\$138				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	665.NDK6	9/8	4AE
CubRunREC	Sa	9am	665.A2YF	9/12	4AE
CubRunREC	Sa	10:10am	665.VKUA	9/12	4AE
CubRunREC	Su	9am	665.P8ZU	9/13	4AE
CubRunREC	Su	10:10am	665.P5WK	9/13	4AE
CubRunREC	T	10am	665.JT7B	10/27	4AF
CubRunREC	Sa	9am	665.9WZ7	10/31	4AE
CubRunREC	Sa	10:10am	665.E9MH	10/31	4AE
CubRunREC	Su	9am	665.YAP2	11/1	4AE
CubRunREC	Su	10:10am	665.9YA3	11/1	4AE
FranconiaRec	Sa	9am	665.0PU9	8/29	4AE
FranconiaRec	Su	10:10am	665.2LYH	8/30	4AE
FranconiaRec	Sa	9:35am	665.WG3A	10/31	4AD
FranconiaRec	Su	10:10am	665.9BF4	11/1	4AD
GWREC	Sa	9:10am	665.DC64	9/12	4AE
GWREC	Sa	9:10am	665.YA2M	10/31	4AE
MtVernREC	Sa	9am	665.U8KL	8/29	4AF
MtVernREC	Sa	11:20am	665.P030	8/29	4AF
MtVernREC	Su	9am	665.OX8Q	8/30	4AF
MtVernREC	Su	11:20am	665.DHAJ	8/30	4AF
MtVernREC	Sa	9am	665.JOTU	10/31	4AE
MtVernREC	Sa	11:20am	665.TE7V	10/31	4AE
MtVernREC	Su	9am	665.18GQ	11/1	4AE
MtVernREC	Su	11:20am	665.1UBA	11/1	4AE
OakmontREC	W	5:45pm	665.XDQ5	9/9	4AF
OakmontREC	Sa	9am	665.40CX	9/12	4AE
OakmontREC	Su	9:10am	665.1L0I	9/13	4AE
OakmontREC	Sa	9am	665.UYCH	10/31	4AD
OakmontREC	Su	9:10am	665.6QWW	11/1	4AD
OakmontREC	Su	10:20am	665.25RC	11/1	4AD
ProvREC	Sa	8:15am	665.TNPZ	8/29	4AF
ProvREC	Sa	10:05am	665.6B52	8/29	4AF

ProvREC	Su	9:30am	665.500U	8/30	4AF
ProvREC	W	5:35pm	665.YUFQ	9/2	4AF
ProvREC	W	5:35pm	665.2SU0	10/28	4AE
ProvREC	Sa	8:15am	665.202B	10/31	4AD
ProvREC	Sa	10:05am	665.BF6J	10/31	4AD
ProvREC	Su	9am	665.YFDI	11/1	4AD
SoRunREC	Sa	11:40am	665.VKFL	9/12	4AE
SoRunREC	Su	10:30am	665.VLY0	9/13	4AE
SoRunREC	Sa	11:30am	665.P6P5	10/31	4AE
SoRunREC	Su	10:30am	665.BOW2	11/1	4AE
SpHillREC	Sa	9am	665.84UM	8/29	4AF
SpHillREC	Su	9:35am	665.938W	8/30	4AF
SpHillREC	F	10am	665.FVYT	9/4	4AF
SpHillREC	F	10am	665.AWMH	10/30	4AE
SpHillREC	Sa	9am	665.CHK6	10/31	4AE
SpHillREC	Su	9:35am	665.P5S3	11/1	4AE
Wkfld/Moore	Sa	10:05am	665.YQFN	8/29	4AF
Wkfld/Moore	Su	10:05am	665.HC6M	8/30	4AF
Wkfld/Moore	Sa	10:05am	665.V0RB	10/30	4AE
Wkfld/Moore	Su	10:05am	665.SHEE	11/1	4AE

Preschooler & Me Swim

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

4AD	6--30 minute lessons--\$104				
4AE	7--30 minute lessons--\$120				
4AF	8--30 minute lessons--\$138				
4AG	9--30 minute lessons--\$152				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:45am	D6F.QLGY	9/12	4AE
CubRunREC	Su	10:45am	D6F.QKZP	9/13	4AE
CubRunREC	Sa	10:45am	D6F.BQBW	10/31	4AE
CubRunREC	Su	10:45am	D6F.YDSU	11/1	4AE
FranconiaRec	Sa	10:10am	D6F.WS4J	8/29	4AE
FranconiaRec	Su	11:30am	D6F.T2DJ	8/30	4AE
FranconiaRec	Sa	10:45am	D6F.27MR	10/31	4AD
FranconiaRec	Su	11:30am	D6F.VS98	11/1	4AD
GWREC	Sa	10:30am	D6F.UXFB	9/12	4AE
GWREC	Sa	10:30am	D6F.OUOA	10/31	4AE
MtVernREC	Sa	10:10am	D6F.X8PM	8/29	4AF
MtVernREC	Su	10:10am	D6F.FYUI	8/30	4AF
MtVernREC	F	5:35pm	D6F.74W5	9/11	4AD
MtVernREC	F	5:35pm	D6F.MS17	10/23	4AD
MtVernREC	Sa	10:10am	D6F.X6OX	10/31	4AE
MtVernREC	Su	10:10am	D6F.ISTP	11/1	4AE
OakmontREC	Sa	10:10am	D6F.VH6P	9/12	4AE
OakmontREC	Su	10:55am	D6F.SATX	9/13	4AE
OakmontREC	Sa	10:10am	D6F.01A3	10/31	4AD
OakmontREC	Su	10:55am	D6F.R4A5	11/1	4AD
ProvREC	Sa	9:25am	D6F.N2FD	8/29	4AF
ProvREC	Su	10:10am	D6F.KSC4	8/30	4AF
ProvREC	W	6:50pm	D6F.QF9H	9/2	4AD
ProvREC	F	5:40pm	D6F.9CSP	9/11	4AG
ProvREC	W	6:50pm	D6F.BX1A	10/28	4AE
ProvREC	Sa	9:25am	D6F.95SX	10/31	4AD
ProvREC	Su	10:10am	D6F.X7LY	11/1	4AD
SpHillREC	Sa	10:10am	D6F.TFGJ	8/29	4AF
SpHillREC	Su	10:50am	D6F.R6B2	8/30	4AF
SpHillREC	F	10:35am	D6F.7239	9/4	4AF
SpHillREC	F	10:35am	D6F.R3WD	10/30	4AG
SpHillREC	Sa	10:10am	D6F.LAXJ	10/31	4AE
SpHillREC	Su	10:50am	D6F.P1WN	11/1	4AE
Wkfld/Moore	Sa	10:40pm	D6F.YU5K	8/29	4AF
Wkfld/Moore	Su	10:40pm	D6F.S14T	8/30	4AF
Wkfld/Moore	Sa	10:40pm	D6F.HION	10/31	4AE
Wkfld/Moore	Su	10:40pm	D6F.F5EC	11/1	4AE



ONE ON ONE BEGINNING SWIM LESSONS

(3-Adult) 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. Children must leave parent willingly, be comfortable in the water, and be able to follow simple directions. Senior discount does not apply to these lessons. See website for details and times.

Toddler & Me Swim

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

4AD	6--30 minute lessons--\$104
4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152
4AH	10--30 minute lessons--\$171

Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	FAB.FRHR	9/8	4AE
CubRunREC	Sa	9:35am	FAB.SJAQ	9/12	4AE
CubRunREC	Sa	10:10am	FAB.YV5V	9/12	4AE
CubRunREC	Sa	10:45am	FAB.VTB6	9/12	4AE
CubRunREC	Sa	11:20am	FAB.AR2X	9/12	4AE
CubRunREC	Su	9:35am	FAB.CFDC	9/13	4AE
CubRunREC	Su	10:10am	FAB.JLMN	9/13	4AE
CubRunREC	Su	10:45am	FAB.5M2F	9/13	4AE
CubRunREC	Su	11:20am	FAB.5EHN	9/13	4AE
CubRunREC	T	10am	FAB.JMG6	10/27	4AF
CubRunREC	Sa	9:35am	FAB.L52H	10/31	4AE
CubRunREC	Sa	10:10am	FAB.M8H4	10/31	4AE
CubRunREC	Sa	10:45am	FAB.U7BE	10/31	4AE
CubRunREC	Sa	11:20am	FAB.BFX9	10/31	4AE
CubRunREC	Su	9:35am	FAB.DSHC	11/1	4AE
CubRunREC	Su	10:10am	FAB.CK7A	11/1	4AE
CubRunREC	Su	10:45am	FAB.38G3	11/1	4AE
CubRunREC	Su	11:20am	FAB.RSRG	11/1	4AE
FranconiaRec	Sa	9:35am	FAB.DTFG	8/29	4AE
FranconiaRec	Sa	10:45am	FAB.XNHW	8/29	4AE
FranconiaRec	Su	9:35am	FAB.2HJ5	8/30	4AE
FranconiaRec	Su	10:45am	FAB.27MF	8/30	4AE
FranconiaRec	Sa	9am	FAB.HOE9	10/31	4AD
FranconiaRec	Sa	10:10am	FAB.E52E	10/31	4AD
FranconiaRec	Su	9:35am	FAB.8LJ4	11/1	4AD
FranconiaRec	Su	10:45am	FAB.6EOA	11/1	4AD
GWREC	Sa	9:50am	FAB.HSYP	9/12	4AE
GWREC	Sa	9:50am	FAB.245G	10/31	4AE
MtVernREC	Sa	9:35am	FAB.YPV5	8/29	4AF
MtVernREC	Sa	11:55am	FAB.MAFZ	8/29	4AF
MtVernREC	Su	9:35am	FAB.DP3N	8/30	4AF
MtVernREC	Su	11:55am	FAB.Y3FL	8/30	4AF
MtVernREC	F	5pm	FAB.BDDC	9/11	4AD
MtVernREC	F	5pm	FAB.BLSN	10/23	4AD
MtVernREC	Sa	9:35am	FAB.14Z6	10/31	4AE
MtVernREC	Sa	11:55am	FAB.KR43	10/31	4AE
MtVernREC	Su	9:35am	FAB.IDT5	11/1	4AE
MtVernREC	Su	11:55am	FAB.4M7L	11/1	4AE
OakmontREC	W	5:10pm	FAB.XC9R	9/9	4AF
OakmontREC	F	5:30pm	FAB.K943	9/11	4AH
OakmontREC	Sa	9:35am	FAB.7188	9/12	4AE
OakmontREC	Sa	10:45am	FAB.YVPU	9/12	4AE
OakmontREC	Su	9:45am	FAB.O4XQ	9/13	4AE
OakmontREC	Su	10:20am	FAB.V5XN	9/13	4AE
OakmontREC	Sa	9:35am	FAB.VYDS	10/31	4AD
OakmontREC	Sa	10:45am	FAB.VRNW	10/31	4AD
OakmontREC	Su	9:45am	FAB.7V9X	11/1	4AD
OakmontREC	W	5:45pm	FAB.GMJK	11/4	4AE
ProvREC	Sa	8:50am	FAB.F284	8/29	4AF
ProvREC	Sa	10:40am	FAB.4UPI	8/29	4AF
ProvREC	Su	9:35am	FAB.X4GX	8/30	4AF
ProvREC	W	6:10pm	FAB.MA50	9/2	4AF
ProvREC	W	6:10pm	FAB.B3KC	10/28	4AE

ProvREC	Sa	8:50am	FAB.9XQ0	10/31	4AF
ProvREC	Sa	10:40am	FAB.S4NJ	10/31	4AF
ProvREC	Su	9:35am	FAB.VLM8	11/1	4AD
SoRunREC	W	11:15am	FAB.3C0Z	9/9	4AE
SoRunREC	F	11:15am	FAB.R7CM	9/11	4AE
SoRunREC	Sa	10:10am	FAB.VCAQ	9/12	4AE
SoRunREC	Su	10:15am	FAB.LJHT	9/13	4AE
SoRunREC	M	11:15am	FAB.194P	9/14	4AD
SoRunREC	M	11:15am	FAB.OEAP	10/26	4AF
SoRunREC	W	11:15am	FAB.UA5L	10/28	4AE
SoRunREC	F	11:15am	FAB.BMXB	10/30	4AE
SoRunREC	Sa	10:10am	FAB.MR1L	10/31	4AE
SoRunREC	Su	10:15am	FAB.BKA9	11/1	4AE
SpHillREC	Sa	9:35am	FAB.JYFQ	8/29	4AF
SpHillREC	Su	10:10am	FAB.79BS	8/30	4AF
SpHillREC	Su	11:25am	FAB.Y5R8	8/30	4AF
SpHillREC	F	10:35am	FAB.7SNZ	9/4	4AF
SpHillREC	F	5:40pm	FAB.WKVF	9/11	4AG
SpHillREC	F	10:35am	FAB.Q37R	10/30	4AE
SpHillREC	Sa	9:35am	FAB.KEIK	10/31	4AE
SpHillREC	Su	10:10am	FAB.XEZH	11/1	4AE
SpHillREC	Su	11:25am	FAB.ED5A	11/1	4AE
Wkfld/Moore	Sa	9:30am	FAB.851C	8/29	4AF
Wkfld/Moore	Sa	11:15am	FAB.SA00	8/29	4AF
Wkfld/Moore	Su	9:30am	FAB.VGOC	8/30	4AF
Wkfld/Moore	Su	11:15am	FAB.IF2G	8/30	4AF
Wkfld/Moore	Sa	9:30am	FAB.DKSM	10/31	4AE
Wkfld/Moore	Sa	11:15am	FAB.OLDJ	10/31	4AE
Wkfld/Moore	Su	9:30am	FAB.70QV	11/1	4AE
Wkfld/Moore	Su	11:15am	FAB.8MC8	11/1	4AE

Intro to Pee Wee Paddler

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

2IP1	6--25 minute lessons--\$104
2IP2	7--25 minute lessons--\$120
2IP3	8--25 minute lessons--\$138
2IP4	9--25 minute lessons--\$154
2IP5	10--25 minute lessons--\$172

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	AQI.27CA	9/12	2IP2
CubRunREC	Sa	9:35am	AQI.73CX	9/12	2IP2
CubRunREC	Sa	10:45am	AQI.P75C	9/12	2IP2
CubRunREC	Sa	11:15am	AQI.SNC8	9/12	2IP2
CubRunREC	Su	9am	AQI.G4TR	9/13	2IP2
CubRunREC	Su	9:35am	AQI.VSJD	9/13	2IP2
CubRunREC	Su	10:40am	AQI.RRM6	9/13	2IP2
CubRunREC	Su	11:20am	AQI.FNFC	9/13	2IP2
CubRunREC	M	5:40pm	AQI.7AFJ	9/14	2IP1
CubRunREC	M	5:40pm	AQI.DT6A	10/26	2IP3
CubRunREC	Sa	9am	AQI.5LRQ	10/31	2IP2
CubRunREC	Sa	9:35am	AQI.8KST	10/31	2IP2
CubRunREC	Sa	10:45am	AQI.NBRA	10/31	2IP2
CubRunREC	Sa	11:15am	AQI.9HAT	10/31	2IP2
CubRunREC	Su	9am	AQI.9422	11/1	2IP2
CubRunREC	Su	9:35am	AQI.ZRVJ	11/1	2IP2
CubRunREC	Su	10:40am	AQI.B2EG	11/1	2IP2
CubRunREC	Su	11:20am	AQI.82EK	11/1	2IP2
MtVernREC	Sa	9am	AQI.NOBD	8/29	2IP3
MtVernREC	Sa	10:45am	AQI.39B1	8/29	2IP3
MtVernREC	Sa	12:30pm	AQI.HIQH	8/29	2IP3
MtVernREC	Su	9am	AQI.82JX	8/30	2IP3
MtVernREC	Su	10:45am	AQI.DX30	8/30	2IP3
MtVernREC	Su	12:30pm	AQI.ZK5C	8/30	2IP3

Aquatics Instructor Makes an Impact in the Community



Laura Nelson-Bolick devotes her time to community. On workdays the aquatics instructor with more than 36 years of experience can be found teaching classes or leading events poolside at Mount Vernon Rec Center. In her free time, Nelson-Bolick dedicates her time to

making a difference for veterans by volunteering as a Guardian for the Honor Flight.

"I've always been a water bug," Nelson-Bolick says. The inclination led her to start working at the front desk of Mount Vernon Rec Center. Her motivation: to hit the pool after her shift, primarily to rehabilitate from injuries she sustained in a car crash. She remembers the Rec Center manager at the time seeing her routine and saying, "you need to teach what you are doing." She went on to get her lifeguard certification as well as her water safety instructor (WSI) certification and sharing her knowledge with the community.

Nelson-Bolick has worked at Mount Vernon and George Washington Rec Centers at the front desk, as a lifeguard, as a teacher for water exercise, learn to swim and adapted aquatics classes and as an advanced level coach. Currently, she teaches 14 classes a week ranging from shallow water basics to deep water to adult beginning swimming. The swim community at George Washington Rec Center knows her as their resident decorator, planner and hostess for special events for the public and staff.

Nelson-Bolick wants to make an impact on the lives of as many people as possible and has always wanted to get involved with Honor Flight since its beginning 21 years ago. She began by writing letters to veterans at the height of her aquatics classes work. She had to take a break from teaching when she got a cancer diagnosis. While recuperating, she decided to start volunteering for the Honor Flight. She was assigned to become a Guide, taking groups of veterans on tours of Washington, D.C.

As a volunteer Honor Flight Tour Guide, Nelson-Bolick took her first group out 16 years ago. "This gig feeds my soul in giving vets the hugs and 'welcome homes' they may have not received," she says. "No matter how long ago it is an amazing thing [for them] to be remembered [and] to hear their stories."

Nelson-Bolick values her time spent with both the Honor Flight and the Mount Vernon Rec Center (www.fairfaxcounty.gov/parks/reccenter/mount-vernon).



Aquatics

MtVernREC	M/W	5pm	AQI.M7WU	8/31	2IP2	SpHillIREC	M/W	4:05pm	AQI.MVYB	9/28	2IP3	CubRunREC	T	10:35am	4EC.W2AU	11/3	4AE
MtVernREC	M/W	5:35pm	AQI.6TVJ	8/31	2IP2	SpHillIREC	T/Th	4pm	AQI.JRAL	9/29	2IP3	FranconiaRec	Sa	9am	4EC.X78I	8/29	4AE
MtVernREC	M/W	6:10pm	AQI.YNRS	8/31	2IP2	SpHillIREC	M/W	4:05pm	AQI.YHXH	10/26	2IP3	FranconiaRec	Sa	11:25am	4EC.TOFK	8/29	4AE
MtVernREC	M/W	6:45pm	AQI.70IS	8/31	2IP2	SpHillIREC	T/Th	4pm	AQI.H5XB	10/27	2IP3	FranconiaRec	Sa	12:35pm	4EC.D7SP	8/29	4AE
MtVernREC	M/W	7:20pm	AQI.YR68	8/31	2IP2	SpHillIREC	Sa	9:05am	AQI.KLQC	10/31	2IP2	FranconiaRec	Su	9am	4EC.PHLM	8/30	4AE
MtVernREC	T/Th	5pm	AQI.MUSS	9/1	2IP3	SpHillIREC	Sa	9:35am	AQI.8MKA	10/31	2IP2	FranconiaRec	Su	10:10am	4EC.K4SF	8/30	4AE
MtVernREC	T/Th	6:10pm	AQI.4BYE	9/1	2IP3	SpHillIREC	Su	9:05am	AQI.W7S9	11/1	2IP2	FranconiaRec	Su	12:05pm	4EC.SZT9	8/30	4AE
MtVernREC	T/Th	7:20pm	AQI.I8QD	9/1	2IP3	SpHillIREC	Su	10:50am	AQI.R47E	11/1	2IP2	FranconiaRec	M/W	5:30pm	4EC.VM3X	8/31	4AE
MtVernREC	F	5pm	AQI.DWVQ	9/11	2IP1	SpHillIREC	M/W	4:05pm	AQI.45U2	11/23	2IP2	FranconiaRec	M/W	6:05pm	4EC.F6RE	8/31	4AE
MtVernREC	F	6:10pm	AQI.7F5H	9/11	2IP1	SpHillIREC	T/Th	4pm	AQI.A35N	11/24	2IP2	FranconiaRec	T	6:30pm	4EC.T84E	9/1	4AF
MtVernREC	F	7:20pm	AQI.LMJM	9/11	2IP1	Wkfld/Moore	F	5pm	AQI.CNMI	8/28	2IP1	FranconiaRec	Th	5:30pm	4EC.623P	9/3	4AF
MtVernREC	M/W	5pm	AQI.H7UI	9/28	2IP3	Wkfld/Moore	Sa	9am	AQI.1CGT	8/29	2IP3	FranconiaRec	Th	6:05pm	4EC.Q54U	9/3	4AF
MtVernREC	M/W	5:35pm	AQI.E23V	9/28	2IP3	Wkfld/Moore	Sa	11:50am	AQI.L82Z	8/29	2IP3	FranconiaRec	Th	11:30am	4EC.V52V	9/3	4AF
MtVernREC	M/W	6:10pm	AQI.TJSF	9/28	2IP3	Wkfld/Moore	Su	9am	AQI.TXFX	8/30	2IP3	FranconiaRec	F	5pm	4EC.WM4N	9/11	4AD
MtVernREC	M/W	6:45pm	AQI.I7W8	9/28	2IP3	Wkfld/Moore	Su	11:50am	AQI.4G1M	8/30	2IP3	FranconiaRec	F	5:35pm	4EC.S5EM	9/11	4AD
MtVernREC	T/Th	5pm	AQI.I7KO	9/29	2IP3	Wkfld/Moore	M/W	5:30pm	AQI.FWHD	8/31	2IP2	FranconiaRec	M/W	5:30pm	4EC.ACMV	9/28	4AF
MtVernREC	T/Th	6:10pm	AQI.300Y	9/29	2IP3	Wkfld/Moore	T	5:30pm	AQI.3ESA	9/1	2IP3	FranconiaRec	M/W	6:05pm	4EC.HO57	9/28	4AF
MtVernREC	T/Th	7:20pm	AQI.U6I9	9/29	2IP3	Wkfld/Moore	Th	5:30pm	AQI.4QMM	9/3	2IP3	FranconiaRec	M/W	6pm	4EC.TRH3	10/26	4AF
MtVernREC	F	5pm	AQI.XFA8	10/23	2IP1	Wkfld/Moore	M/W	5:30pm	AQI.VSE3	9/28	2IP3	FranconiaRec	T	6pm	4EC.118B	10/27	4AF
MtVernREC	F	6:10pm	AQI.FJ4X	10/23	2IP1	Wkfld/Moore	F	5pm	AQI.XLD3	10/16	2IP1	FranconiaRec	Th	6pm	4EC.FPQK	10/29	4AE
MtVernREC	F	7:20pm	AQI.X716	10/23	2IP1	Wkfld/Moore	T	5:30pm	AQI.S592	10/27	2IP3	FranconiaRec	Th	11:30am	4EC.798U	10/29	4AE
MtVernREC	M/W	5pm	AQI.7EYV	10/26	2IP3	Wkfld/Moore	M/W	5:30pm	AQI.W5CK	10/27	2IP3	FranconiaRec	Sa	9:35am	4EC.TTJD	10/31	4AD
MtVernREC	M/W	5:35pm	AQI.YVFM	10/26	2IP3	Wkfld/Moore	T	12:05pm	AQI.40NC	10/27	2IP3	FranconiaRec	Sa	11:25am	4EC.VSIQ	10/31	4AD
MtVernREC	M/W	6:10pm	AQI.SDYW	10/26	2IP3	Wkfld/Moore	Th	5:30pm	AQI.H2XU	10/29	2IP2	FranconiaRec	Sa	12:35pm	4EC.STBJ	10/31	4AD
MtVernREC	M/W	6:45pm	AQI.QV71	10/26	2IP3	Wkfld/Moore	Sa	9am	AQI.T1TG	10/31	2IP2	FranconiaRec	Su	9am	4EC.6MRJ	11/1	4AD
MtVernREC	M/W	7:20pm	AQI.7FPD	10/26	2IP3	Wkfld/Moore	Sa	11:50am	AQI.DVTX	10/31	2IP2	FranconiaRec	Su	10:45am	4EC.YY5N	11/1	4AD
MtVernREC	T/Th	5pm	AQI.J50S	10/27	2IP3	Wkfld/Moore	Su	9am	AQI.E9LN	11/1	2IP2	FranconiaRec	Su	12:05pm	4EC.N68A	11/1	4AD
MtVernREC	T/Th	6:10pm	AQI.DJ3G	10/27	2IP3	Wkfld/Moore	Su	11:50am	AQI.D4JE	11/1	2IP2	FranconiaRec	M/W	6pm	4EC.15IL	11/23	4AE
MtVernREC	T/Th	7:20pm	AQI.JVKV	10/27	2IP3	Wkfld/Moore	M/W	5:30pm	AQI.L2MM	11/23	2IP2	GWREC	Sa	9:10am	4EC.GHBO	9/12	4AE
MtVernREC	Sa	9am	AQI.LVVO	10/31	2IP2							GWREC	M	5:40pm	4EC.QZ9L	9/14	4AD
MtVernREC	Sa	10:45am	AQI.2TUA	10/31	2IP2							GWREC	T	9:30am	4EC.5GFC	9/15	4AD
MtVernREC	Sa	10:45am	AQI.HR2G	10/31	2IP2							GWREC	W	9:30am	4EC.L1K4	9/16	4AD
MtVernREC	Su	9am	AQI.DYK	11/1	2IP2							GWREC	Th	9:30am	4EC.IPX5	9/17	4AD
MtVernREC	Su	10:45am	AQI.YUZN	11/1	2IP2							GWREC	M	5:40pm	4EC.G20H	10/26	4AF
MtVernREC	Su	12:30pm	AQI.D4DU	11/1	2IP2							GWREC	T	9:30am	4EC.K5IR	10/27	4AF
MtVernREC	M/W	5pm	AQI.NOAP	11/23	2IP2							GWREC	W	9:30am	4EC.JOZ7	10/28	4AE
MtVernREC	M/W	5:35pm	AQI.OAAA	11/23	2IP2							GWREC	Th	9:30am	4EC.76OD	10/29	4AE
MtVernREC	M/W	6:10pm	AQI.5L3C	11/23	2IP2							GWREC	Sa	9:10am	4EC.9DPC	10/31	4AE
MtVernREC	M/W	6:45pm	AQI.DKLP	11/23	2IP2							MtVernREC	Sa	9:35am	4EC.LDLC	8/29	4AF
MtVernREC	T/Th	5pm	AQI.X6JZ	11/24	2IP2							MtVernREC	Sa	10:45am	4EC.YMJD	8/29	4AF
MtVernREC	T/Th	6:10pm	AQI.M6ZF	11/24	2IP2							MtVernREC	Sa	11:55am	4EC.CCBL	8/29	4AF
MtVernREC	T/Th	7:20pm	AQI.4HGP	11/24	2IP2							MtVernREC	Sa	12:30pm	4EC.X6BG	8/29	4AF
OakmontREC	Th	5:15pm	AQI.IH33	9/10	2IP3							MtVernREC	Su	9:35am	4EC.AGAY	8/30	4AF
OakmontREC	F	5:35pm	AQI.PWV6	9/11	2IP5							MtVernREC	Su	10:45am	4EC.ZTK2	8/30	4AF
OakmontREC	Sa	9am	AQI.C4GL	9/12	2IP2							MtVernREC	Su	11:55am	4EC.AOUV	8/30	4AF
OakmontREC	Sa	10:05am	AQI.KA8M	9/12	2IP2							MtVernREC	Su	12:30pm	4EC.SPJJ	8/30	4AF
OakmontREC	Sa	12:30pm	AQI.YUN5	9/12	2IP2							MtVernREC	M/W	5pm	4EC.G3KQ	8/31	4AE
OakmontREC	Su	9am	AQI.PTSZ	9/13	2IP2							MtVernREC	M/W	5:35pm	4EC.6MQM	8/31	4AE
OakmontREC	Su	10:05am	AQI.JVZ2	9/13	2IP2							MtVernREC	M/W	6:10pm	4EC.UHUW	8/31	4AE
OakmontREC	M	10:30am	AQI.3UIH	9/14	2IP2							MtVernREC	M/W	7:20pm	4EC.8GKP	8/31	4AE
OakmontREC	Sa	9am	AQI.GEFC	10/31	2IP1							MtVernREC	T/Th	5:35pm	4EC.QVEW	9/1	4AF
OakmontREC	Sa	10:05am	AQI.U6J9	10/31	2IP1							MtVernREC	T/Th	6:45pm	4EC.1JKW	9/1	4AF
OakmontREC	Su	9am	AQI.7E1V	11/1	2IP1							MtVernREC	T/Th	7:50pm	4EC.YJAY	9/1	4AF
OakmontREC	Su	10:05am	AQI.AKF6	11/1	2IP1							MtVernREC	F	5:35pm	4EC.6GIZ	9/11	4AD
OakmontREC	M	10:30am	AQI.8ZHU	11/2	2IP2							MtVernREC	F	6:45pm	4EC.S7MH	9/11	4AD
OakmontREC	T	5:15pm	AQI.27TF	11/3	2IP2							MtVernREC	M/W	5pm	4EC.PBUY	9/28	4AF
OakmontREC	W	5:15pm	AQI.T4QJ	11/4	2IP2							MtVernREC	M/W	5:35pm	4EC.DOFJ	9/28	4AF
OakmontREC	Th	5:15pm	AQI.KTHM	11/5	2IP1							MtVernREC	M/W	6:10pm	4EC.SHSQ	9/28	4AF
ProvREC	Sa	8:15am	AQI.F11E	8/29	2IP3							MtVernREC	M/W	7:20pm	4EC.7K19	9/28	4AF
ProvREC	Sa	8:50am	AQI.OZY3	8/29	2IP3							MtVernREC	T/Th	5:35pm	4EC.UXVE	9/29	4AF
ProvREC	Sa	10:40am	AQI.PHXG	8/29	2IP3							MtVernREC	T/Th	6:45pm	4EC.7MTA	9/29	4AF
ProvREC	Su	9am	AQI.V8DW	8/30	2IP3							MtVernREC	T/Th	7:55pm	4EC.3GXL	9/29	4AF
ProvREC	Su	4:30pm	AQI.63XK	9/11	2IP4							MtVernREC	F	5:35pm	4EC.VQKO	10/23	4AD
ProvREC	Su	4:30pm	AQI.EIPR	9/11	2IP4							MtVernREC	F	6:45pm	4EC.9SLM	10/23	4AD
ProvREC	Su	4:30pm	AQI.GO4U	9/11	2IP4							MtVernREC	M/W	5pm	4EC.QMPB	10/26	4AF
ProvREC	Sa	8:15am	AQI.WN50	10/31	2IP1							MtVernREC	M/W	5:35pm	4EC.E2MK	10/26	4AF
ProvREC	Sa	8:50am	AQI.O3PS	10/31	2IP1							MtVernREC	M/W	6:10pm	4EC.Y07S	10/26	4AF
ProvREC	Sa	10:40am	AQI.OL4U	10/31	2IP1							MtVernREC	M/W	7:20pm	4EC.GC3A	10/26	4AF
ProvREC	Sa	10:40am	AQI.TGWT	10/31	2IP1							MtVernREC	T/Th	5:35pm	4EC.RJCP	10/27	4AF
ProvREC	Su	9am	AQI.E9GQ	10/31	2IP1							MtVernREC	T/Th	6:45pm	4EC.N5S1	10/27	4AF
SpHillIREC	Sa	9:05am	AQI.RU8J	8/29	2IP3							MtVernREC	T/Th	7:55pm	4EC.O0S5	10/27	4AF
SpHillIREC	Sa	9:35am	AQI.DZVX	8/29	2IP3							MtVernREC	Sa	9:35am	4EC.64AU	10/31	4AE
SpHillIREC	Su	9:05am	AQI.VTY8	8/30	2IP3							MtVernREC	Sa	10:45am	4EC.NT1G	10/31	4AE
SpHillIREC	Su	10:50am	AQI.CAT8	8/30	2IP3												
SpHillIREC	M/W	4:05pm	AQI.2T8Q	8/31	2IP2												
SpHillIREC	T/Th	4pm	AQI.BC71	9/1	2IP3												
SpHillIREC	F	4:30pm	AQI.4ZBF	9/11	2IP4												

Pee Wee Paddler 1

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

4AC	5--30 minute lessons--\$85
4AD	6--30 minute lessons--\$104
4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152
4AH	10--30 minute lessons--\$171

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5pm	4EC.ADUM	9/8	4AE
CubRunREC	T	10:35am	4EC.K77L	9/8	4AE
CubRunREC	W	6:10pm	4EC.AZKT	9/9	4AE
CubRunREC	Sa	9am	4EC.XGCZ	9/12	4AE
CubRunREC	Sa	9:35am	4EC.6V5W	9/12	4AE
CubRunREC	Sa	10:10am	4EC.JVPA	9/12	4AE
CubRunREC	Su	11:20am	4EC.8DAP	9/12	4AE
CubRunREC	Su	9am	4EC.98HQ	9/13	4AE
CubRunREC	Su	9:35am	4EC.DYNQ	9/13	4AE
CubRunREC	Su	10:05am	4EC.UA45	9/13	4AE
CubRunREC	Su	11:20am	4EC.WVBH	9/13	4AE
CubRunREC	M	4:30pm	4EC.QK8Y	9/14	4AD
CubRunREC	M	6:10pm	4EC.XNCN	10/26	4AF
CubRunREC	Sa	9am	4EC.RELS	10/31	4AE
CubRunREC	Sa	9:35am	4EC.CSXH	10/31	4AE

MtVernREC	Sa	11:55am	4EC.5YKH	10/31	4AE	SoRunREC	T/Th	6:05pm	4EC.5JWF	10/27	4AF
MtVernREC	Sa	12:30pm	4EC.345I	10/31	4AE	SoRunREC	W	10:40am	4EC.GK6H	10/28	4AE
MtVernREC	Su	9:35am	4EC.XF1R	11/1	4AE	SoRunREC	F	4:55pm	4EC.WACX	10/30	4AC
MtVernREC	Su	10:45am	4EC.C1Y2	11/1	4AE	SoRunREC	F	5:30pm	4EC.Z210	10/30	4AC
MtVernREC	Su	11:55am	4EC.GJVV	11/1	4AE	SoRunREC	F	10:40am	4EC.Q555	10/30	4AE
MtVernREC	Su	12:30pm	4EC.BBJI	11/1	4AE	SoRunREC	Sa	9am	4EC.E110	10/31	4AE
MtVernREC	M/W	5pm	4EC.8FUA	11/23	4AE	SoRunREC	Sa	9:35am	4EC.SLM8	10/31	4AE
MtVernREC	M/W	5:35pm	4EC.QVF1	11/23	4AE	SoRunREC	Sa	11:15am	4EC.QHS6	10/31	4AE
MtVernREC	M/W	6:10pm	4EC.YB8Y	11/23	4AE	SoRunREC	Su	8:30am	4EC.FMLQ	11/1	4AE
MtVernREC	M/W	7:20pm	4EC.4APJ	11/23	4AE	SoRunREC	Su	9:05am	4EC.Z9H1	11/1	4AE
MtVernREC	T/Th	5:35pm	4EC.HXND	11/24	4AE	SoRunREC	M/W	6pm	4EC.ORLB	11/23	4AE
MtVernREC	T/Th	6:45pm	4EC.3XQX	11/24	4AE	SoRunREC	M/W	6:35pm	4EC.L0PF	11/23	4AE
MtVernREC	T/Th	7:55pm	4EC.9XPV	11/24	4AE	SoRunREC	T/Th	6:05pm	4EC.KKX	11/24	4AE
OakmontREC	W	5:10pm	4EC.W50E	9/9	4AF	SpHillREC	Sa	10:10am	4EC.U3XN	8/29	4AF
OakmontREC	Th	5:45pm	4EC.FS2B	9/10	4AF	SpHillREC	Sa	11:25am	4EC.USY7	8/29	4AF
OakmontREC	F	6:05pm	4EC.051J	9/11	4AH	SpHillREC	Sa	12:35pm	4EC.HCZ6	8/29	4AF
OakmontREC	Sa	9am	4EC.5CDG	9/12	4AE	SpHillREC	Su	9:35am	4EC.J4GJ	8/30	4AF
OakmontREC	Sa	9:35am	4EC.FPB3	9/12	4AE	SpHillREC	Su	12pm	4EC.CJ1P	8/30	4AF
OakmontREC	Sa	11:20am	4EC.YLKT	9/12	4AE	SpHillREC	M/W	4:35pm	4EC.XQ8H	8/31	4AE
OakmontREC	Sa	11:55am	4EC.75QJ	9/12	4AE	SpHillREC	T/Th	4:35pm	4EC.NF84	9/1	4AF
OakmontREC	Su	8am	4EC.390D	9/13	4AE	SpHillREC	Th	12:45pm	4EC.EE65	9/3	4AF
OakmontREC	Su	9am	4EC.R4XH	9/13	4AE	SpHillREC	F	11:10am	4EC.9E64	9/4	4AF
OakmontREC	Su	11:30am	4EC.P5KF	9/13	4AE	SpHillREC	F	5:05pm	4EC.HXSK	9/11	4AG
OakmontREC	Su	12:05pm	4EC.5LRH	9/13	4AE	SpHillREC	M/W	4:35pm	4EC.RI68	9/28	4AF
OakmontREC	M	5:10pm	4EC.DFRU	9/14	4AE	SpHillREC	T/Th	4:35pm	4EC.IH3K	9/29	4AF
OakmontREC	M	6:20pm	4EC.39KQ	9/14	4AE	SpHillREC	M/W	4:35pm	4EC.JL1V	10/26	4AF
OakmontREC	T	5:10pm	4EC.2TY9	9/15	4AE	SpHillREC	T/Th	4:35pm	4EC.8UES	10/27	4AF
OakmontREC	T	5:45pm	4EC.NADY	9/15	4AE	SpHillREC	Th	12:45pm	4EC.1K8F	10/29	4AE
OakmontREC	Sa	9am	4EC.E67N	10/31	4AD	SpHillREC	F	11:10am	4EC.8UM0	10/30	4AE
OakmontREC	Sa	10:10am	4EC.IAM5	10/31	4AD	SpHillREC	Sa	10:10am	4EC.8CZ5	10/31	4AE
OakmontREC	Sa	10:45am	4EC.BLRT	10/31	4AD	SpHillREC	Sa	11:25am	4EC.DKZ2	10/31	4AE
OakmontREC	Sa	11:55am	4EC.N72Q	10/31	4AD	SpHillREC	Sa	12:35pm	4EC.RZ4E	10/31	4AE
OakmontREC	Sa	12:30pm	4EC.94PT	10/31	4AD	SpHillREC	Su	9:35am	4EC.VFUK	11/1	4AE
OakmontREC	Su	8am	4EC.ZRVY	11/1	4AD	SpHillREC	Su	12pm	4EC.U2LG	11/1	4AE
OakmontREC	Su	9am	4EC.7PM5	11/1	4AD	SpHillREC	Su	12pm	4EC.SC6G	11/23	4AE
OakmontREC	Su	11:20am	4EC.SS4P	11/1	4AD	SpHillREC	M/W	4:35pm	4EC.MJ3T	11/24	4AE
OakmontREC	M	5:10pm	4EC.72UY	11/2	4AE	Wkfld/Moore	T/Th	4:35pm	4EC.U1BM	8/28	4AD
OakmontREC	M	6:20pm	4EC.7GNT	11/2	4AE	Wkfld/Moore	F	5:30pm	4EC.JJ8Q	8/28	4AD
OakmontREC	T	5:45pm	4EC.WP66	11/3	4AE	Wkfld/Moore	F	6pm	4EC.JJ8Q	8/28	4AD
OakmontREC	W	6:20pm	4EC.R57K	11/4	4AE	Wkfld/Moore	Sa	9am	4EC.0T29	8/29	4AF
OakmontREC	Th	5:10pm	4EC.VVFE	11/5	4AD	Wkfld/Moore	Sa	10:10am	4EC.PVUQ	8/29	4AF
ProvREC	Sa	8:15am	4EC.GNRN	8/29	4AF	Wkfld/Moore	Sa	10:25am	4EC.CYA4	8/29	4AF
ProvREC	Sa	8:15am	4EC.LXS6	8/29	4AF	Wkfld/Moore	Su	9am	4EC.18XX	8/30	4AF
ProvREC	Sa	8:15am	4EC.XWL7	8/29	4AF	Wkfld/Moore	Su	10:10am	4EC.H09U	8/30	4AF
ProvREC	Sa	11:20am	4EC.K073	8/29	4AF	Wkfld/Moore	Su	10:25am	4EC.1J45	8/30	4AF
ProvREC	Su	10:50am	4EC.A19U	8/30	4AF	Wkfld/Moore	M/W	5:30pm	4EC.OX39	8/31	4AE
ProvREC	Sa	11:20am	4EC.JLD0	8/30	4AF	Wkfld/Moore	T	5:30pm	4EC.0EDH	9/1	4AF
ProvREC	M	5:30am	4EC.NVCQ	8/31	4AE	Wkfld/Moore	T	12:35pm	4EC.7XZC	9/1	4AF
ProvREC	W	5:35pm	4EC.UL93	9/2	4AE	Wkfld/Moore	Th	5:30pm	4EC.80YI	9/3	4AF
ProvREC	W	5:35pm	4EC.14XE	10/28	4AE	Wkfld/Moore	Th	5:30pm	4EC.E5WT	9/28	4AF
ProvREC	Sa	8:15am	4EC.0B87	10/31	4AF	Wkfld/Moore	M/W	5:30pm	4EC.OV7F	10/16	4AD
ProvREC	Sa	8:15am	4EC.9KXJ	10/31	4AD	Wkfld/Moore	F	6pm	4EC.W7WH	10/16	4AD
ProvREC	Sa	8:50am	4EC.SK4B	10/31	4AD	Wkfld/Moore	F	5:30pm	4EC.BNHX	10/26	4AF
ProvREC	Sa	11:20am	4EC.0ZBG	10/31	4AF	Wkfld/Moore	M/W	5:30pm	4EC.JVJZ	10/27	4AF
ProvREC	Sa	11:20am	4EC.DVKE	10/31	4AF	Wkfld/Moore	T	5:30pm	4EC.L1KO	10/27	4AF
ProvREC	Su	9:30am	4EC.S08V	11/1	4AD	Wkfld/Moore	Th	5:30pm	4EC.1JGD	10/29	4AF
ProvREC	Su	10:50am	4EC.OQ84	11/1	4AD	Wkfld/Moore	T	5:30pm	4EC.N1D4	10/31	4AE
SoRunREC	T/Th	6:05pm	4EC.GSQE	9/8	4AD	Wkfld/Moore	Sa	9am	4EC.MGWR	10/31	4AE
SoRunREC	M/W	6pm	4EC.7061	9/9	4AC	Wkfld/Moore	Sa	10:10am	4EC.FIG8	10/31	4AE
SoRunREC	M/W	6:35pm	4EC.5VKV	9/9	4AC	Wkfld/Moore	Sa	10:25am	4EC.8PAN	11/1	4AE
SoRunREC	W	10:40am	4EC.N693	9/9	4AE	Wkfld/Moore	Su	10:10am	4EC.JDA9	11/1	4AE
SoRunREC	F	4:55pm	4EC.VIP6	9/11	4AE	Wkfld/Moore	Su	10:25am	4EC.1UAI	11/1	4AE
SoRunREC	F	5:30pm	4EC.NTWM	9/11	4AE	Wkfld/Moore	M/W	5:30pm	4EC.P7ID	11/23	4AE
SoRunREC	F	10:40am	4EC.QYVJ	9/11	4AE						
SoRunREC	Sa	9am	4EC.Y7LJ	9/12	4AE						
SoRunREC	Sa	9:35am	4EC.DVRX	9/12	4AE						
SoRunREC	Sa	11:15am	4EC.B5W5	9/12	4AE						
SoRunREC	Su	8:30am	4EC.AOWX	9/13	4AE						
SoRunREC	Su	9:05am	4EC.VSVZ	9/13	4AE						
SoRunREC	M	10:40am	4EC.PKVT	9/14	4AD						
SoRunREC	M/W	6pm	4EC.E1RW	9/28	4AF						
SoRunREC	M/W	6:35pm	4EC.F1Z6	9/28	4AF						
SoRunREC	T/Th	6:05pm	4EC.BCPX	9/29	4AF						
SoRunREC	M/W	6pm	4EC.AZ23	10/26	4AF						
SoRunREC	M/W	6:35pm	4EC.G3YY	10/26	4AF						
SoRunREC	M	10:40am	4EC.IIUD	10/26	4AF						

Pee Wee Paddler 1 en Espanol

(3-5 años) Prerrequisito: El niño debe dejar a sus padres voluntariamente, sentirse cómodo en el agua, seguir instrucciones y funcionar bien en grupo. Cuando es posible, los niños se agrupan por habilidad. La clase enfatiza ayudar a los niños a adquirir habilidades acuáticas básicas, incluida la entrada y salida del agua de manera segura, soplar burbujas con la boca y la nariz sumergidas, sumergirse bajo el agua. Con ayuda, los estudiantes aprenden a flotar y deslizarse hacia adelante y hacia atrás, rodando de adelante hacia atrás y de atrás hacia adelante, nadando usando brazos y piernas en la parte delantera y trasera al menos dos longitudes corporales.

Por razones de seguridad, se pueden utilizar dispositivos de flotación. Los dispositivos de flotación se utilizan para todas las clases de Pee Wee 1 en los Centros Recreativos Audrey Moore y Franconia.

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	9am	3ZN.U5ZS	8/30	4AE
FranconiaRec	Su	11:40am	3ZN.GEWR	11/1	4AD

SGL Pee Wee Paddler 1

(3-5 yrs.) Prerequisite: Child must leave parent willingly, be comfortable in the water, follow directions and function well in a group. This small group class is designed to help child gain basic aquatic skills including entering and exiting the water safely, blowing bubbles three seconds with mouth and nose submerged, submerging under water. With assistance: floating and gliding on front and back, rolling from front to back and back to front, swimming using arms and legs on front and back at least two body lengths. For safety reasons, flotation devices may be used. Flotation devices are used for all Pee Wee 1 classes at Audrey Moore and FranconiaRec Centers.

4ANE	7--30 minute lessons--\$186
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Location	Day	Time	Code	Begin	\$
FranconiaRec	M/W	5:30pm	33C.7J6F	8/31	4ANE

Pee Wee Paddler 2

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

4AC	5--30 minute lessons--\$85
4AD	6--30 minute lessons--\$104
4AE	7--30 minute lessons--\$120
4AF	8--30 minute lessons--\$138
4AG	9--30 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	T	5:35pm	7D6.UQRN	9/8	4AE
CubRunREC	T	11:10am	7D6.CNGF	9/8	4AE
CubRunREC	W	5:35pm	7D6.ZXVK	9/9	4AE
CubRunREC	W	6:15pm	7D6.WC76	9/9	4AE
CubRunREC	Sa	9am	7D6.9ZFC	9/12	4AE
CubRunREC	Sa	9:30am	7D6.EFYE	9/12	4AE
CubRunREC	Sa	10:05am	7D6.YM6Y	9/12	4AE
CubRunREC	Sa	10:45am	7D6.XCEM	9/12	4AE
CubRunREC	Sa	11:20am	7D6.Z8WQ	9/12	4AE
CubRunREC	Su	9am	7D6.DR7J	9/13	4AE
CubRunREC	Su	9:35am	7D6.KXZN	9/13	4AE
CubRunREC	Su	10:10am	7D6.M7MF	9/13	4AE
CubRunREC	Su	10:45am	7D6.SGV5	9/13	4AE
CubRunREC	Su	11:20am	7D6.MGF4	9/13	4AE
CubRunREC	M	6:10pm	7D6.9CMN	9/14	4AD
CubRunREC	M	4:30pm	7D6.VHTX	10/26	4AF
CubRunREC	Sa	9am	7D6.E7DJ	10/31	4AE
CubRunREC	Sa	9:30am	7D6.U8DF	10/31	4AE
CubRunREC	Sa	10:05am	7D6.AF4B	10/31	4AE
CubRunREC	Sa	10:45am	7D6.YH2Y	10/31	4AE
CubRunREC	Sa	11:20am	7D6.U4H5	10/31	4AE
CubRunREC	Su	9am	7D6.3ZNX	11/1	4AE
CubRunREC	Su	9:35am	7D6.LXXH	11/1	4AE
CubRunREC	Su	10:10am	7D6.RBXZ	11/1	4AE
CubRunREC	Su	10:45am	7D6.BAJ2	11/1	4AE
CubRunREC	Su	11:20am	7D6.9269	11/1	4AE
CubRunREC	T	5:35pm	7D6.LQX8	11/3	4AE
CubRunREC	T	11:10am	7D6.TX86	11/3	4AE

Aquatics

FranconiaRec	Sa	9am	7D6.696A	8/29	4AE	MtVernREC	T/Th	7:20pm	7D6.GL00	9/1	4AF	ProvREC	M	5:30pm	7D6.IL1V	8/31	4AE
FranconiaRec	Sa	12pm	7D6.9NY9	8/29	4AE	MtVernREC	F	6:10pm	7D6.E00V	9/11	4AD	ProvREC	W	6:10pm	7D6.U9JQ	9/2	4AF
FranconiaRec	Sa	12:35pm	7D6.D020	8/29	4AE	MtVernREC	F	7:20pm	7D6.54ZA	9/11	4AD	ProvREC	F	6:10pm	7D6.37LO	9/11	4AG
FranconiaRec	Su	9am	7D6.2QZ1	8/30	4AE	MtVernREC	M/W	5pm	7D6.6PUL	9/28	4AF	ProvREC	M	5:30pm	7D6.XV3V	10/26	4AF
FranconiaRec	Su	11:30am	7D6.RC2F	8/30	4AE	MtVernREC	M/W	7:20pm	7D6.0MOV	9/28	4AF	ProvREC	M	5:30pm	7D6.XZKL	10/26	4AF
FranconiaRec	M/W	5:30pm	7D6.TAYK	8/31	4AE	MtVernREC	T/Th	5pm	7D6.B8JU	9/29	4AF	ProvREC	W	6:10pm	7D6.UH89	10/28	4AE
FranconiaRec	M/W	6:05pm	7D6.3NCH	8/31	4AE	MtVernREC	T/Th	7:20pm	7D6.AZCN	9/29	4AF	ProvREC	Sa	8:50am	7D6.TKGU	10/31	4AD
FranconiaRec	T	6:05pm	7D6.JG97	9/1	4AF	MtVernREC	F	6:10pm	7D6.JY3	10/23	4AD	ProvREC	Sa	8:50am	7D6.0F8K	10/31	4AD
FranconiaRec	Th	5:30pm	7D6.KOC9	9/3	4AF	MtVernREC	F	7:20pm	7D6.89WB	10/23	4AD	ProvREC	Sa	9:25am	7D6.PKBX	10/31	4AD
FranconiaRec	Th	12:05pm	7D6.A3XF	9/3	4AF	MtVernREC	M/W	5pm	7D6.WZXC	10/26	4AF	ProvREC	Su	9:35am	7D6.MSE1	11/1	4AD
FranconiaRec	F	5pm	7D6.JVNW	9/11	4AD	MtVernREC	M/W	7:20pm	7D6.CY90	10/26	4AF	ProvREC	Su	9:35am	7D6.M5YE	11/1	4AD
FranconiaRec	M/W	5:30pm	7D6.3PEM	9/28	4AF	MtVernREC	T/Th	5pm	7D6.B5WL	10/27	4AF	ProvREC	Su	11:30am	7D6.3OVH	11/1	4AD
FranconiaRec	M/W	6:05pm	7D6.04IQ	9/28	4AF	MtVernREC	T/Th	7:20pm	7D6.TR9R	10/27	4AF	ProvREC	Su	11:30am	7D6.ZNLF	11/1	4AD
FranconiaRec	M/W	6pm	7D6.L8M8	10/26	4AF	MtVernREC	Sa	9am	7D6.LMDF	10/31	4AE	SoRunREC	T/Th	5:45pm	7D6.KWW5	9/8	4AD
FranconiaRec	T	6pm	7D6.5Z11	10/27	4AF	MtVernREC	Sa	10:10am	7D6.3NKK	10/31	4AE	SoRunREC	T/Th	6:55pm	7D6.MF4R	9/8	4AD
FranconiaRec	Th	6pm	7D6.U331	10/29	4AE	MtVernREC	Sa	10:45am	7D6.LEZ5	10/31	4AE	SoRunREC	M/W	6:35pm	7D6.VNUO	9/9	4AC
FranconiaRec	Th	12:05pm	7D6.IE9H	10/29	4AE	MtVernREC	Sa	11:20am	7D6.0M9D	10/31	4AE	SoRunREC	W	10:05am	7D6.BAA7	9/9	4AE
FranconiaRec	Sa	9:35am	7D6.FE6S	10/31	4AD	MtVernREC	Su	9am	7D6.6ERX	11/1	4AE	SoRunREC	F	4:55pm	7D6.L19M	9/11	4AE
FranconiaRec	Sa	10:10am	7D6.ENFI	10/31	4AD	MtVernREC	Su	10:10am	7D6.Z1ZM	11/1	4AE	SoRunREC	F	5:30pm	7D6.UFS9	9/11	4AE
FranconiaRec	Sa	12pm	7D6.558B	10/31	4AD	MtVernREC	Su	10:45am	7D6.0GNZ	11/1	4AE	SoRunREC	F	10:05am	7D6.VH11	9/11	4AE
FranconiaRec	Sa	12:35pm	7D6.PCEU	10/31	4AD	MtVernREC	Su	11:20am	7D6.2AZO	11/1	4AE	SoRunREC	Sa	9am	7D6.65TS	9/12	4AE
FranconiaRec	Su	9am	7D6.WHEB	11/1	4AD	MtVernREC	M/W	5pm	7D6.SAL5	11/23	4AE	SoRunREC	Sa	9:50am	7D6.HSGN	9/12	4AE
FranconiaRec	Su	11:30am	7D6.BNU4	11/1	4AD	MtVernREC	M/W	7:20pm	7D6.904Q	11/23	4AE	SoRunREC	Su	9:05am	7D6.TNRV	9/13	4AE
FranconiaRec	Su	12:40pm	7D6.D14J	11/1	4AD	MtVernREC	T/Th	5pm	7D6.K7MU	11/24	4AE	SoRunREC	Su	9:40am	7D6.R0SV	9/13	4AE
FranconiaRec	M/W	6pm	7D6.G3G0	11/23	4AE	MtVernREC	T/Th	7:20pm	7D6.RV00	11/24	4AE	SoRunREC	M	10:05am	7D6.V16C	9/14	4AD
GWREC	Sa	9:50am	7D6.6JA2	9/12	4AE	OakmontREC	W	6:20pm	7D6.FEEN	9/9	4AF	SoRunREC	M/W	6:35pm	7D6.L927	9/28	4AF
GWREC	M	6:20pm	7D6.E5K8	9/14	4AD	OakmontREC	Th	5:10pm	7D6.LSYF	9/10	4AF	SoRunREC	T/Th	5:50pm	7D6.GQFA	9/29	4AF
GWREC	T	2pm	7D6.G0VC	9/15	4AD	OakmontREC	Sa	9am	7D6.A2K5	9/12	4AE	SoRunREC	T/Th	6:55pm	7D6.N7UW	9/29	4AF
GWREC	T	10:05am	7D6.1B9X	9/15	4AD	OakmontREC	Sa	10:10am	7D6.DDWW	9/12	4AE	SoRunREC	M/W	6:35pm	7D6.OLUU	10/26	4AF
GWREC	W	2pm	7D6.0S8M	9/16	4AD	OakmontREC	Sa	11:20am	7D6.TDVG	9/12	4AE	SoRunREC	M	10:05am	7D6.3IDO	10/26	4AF
GWREC	W	10:05am	7D6.U17Q	9/16	4AD	OakmontREC	Sa	12:30pm	7D6.YR80	9/12	4AE	SoRunREC	T/Th	5:50pm	7D6.W7AG	10/27	4AF
GWREC	Th	2pm	7D6.3HLS	9/17	4AD	OakmontREC	Sa	8:35am	7D6.KC22	9/13	4AE	SoRunREC	T/Th	6:55pm	7D6.ML2T	10/27	4AF
GWREC	Th	10:05am	7D6.JM60	9/17	4AD	OakmontREC	Su	9am	7D6.0YQY	9/13	4AE	SoRunREC	W	10:05am	7D6.Y19V	10/28	4AE
GWREC	M	6:20pm	7D6.3Z44	10/26	4AF	OakmontREC	Su	10:45am	7D6.74M5	9/13	4AE	SoRunREC	F	4:55pm	7D6.K503	10/30	4AC
GWREC	T	2pm	7D6.XHH8	10/27	4AF	OakmontREC	Su	10:45am	7D6.74M5	9/13	4AE	SoRunREC	F	5:30pm	7D6.05TF	10/30	4AC
GWREC	T	10:05am	7D6.GJYA	10/27	4AF	OakmontREC	M	5:10pm	7D6.58QK	9/14	4AE	SoRunREC	F	10:05am	7D6.3070	10/30	4AE
GWREC	T	10:05am	7D6.GJYA	10/27	4AF	OakmontREC	T	5:10pm	7D6.QE07	9/15	4AE	SoRunREC	Sa	9am	7D6.ZXKU	10/31	4AE
GWREC	W	2pm	7D6.9TCH	10/28	4AE	OakmontREC	Sa	9am	7D6.B1EW	10/31	4AD	SoRunREC	Sa	9:50am	7D6.32SD	10/31	4AE
GWREC	W	10:05am	7D6.A2GK	10/28	4AE	OakmontREC	Sa	9:35am	7D6.SACZ	10/31	4AD	SoRunREC	Su	9:05am	7D6.2EF2	11/1	4AE
GWREC	Th	2pm	7D6.9CC1	10/29	4AE	OakmontREC	Su	9:40am	7D6.SNUL	11/1	4AD	SoRunREC	Su	9:40am	7D6.SNUL	11/1	4AE
GWREC	Th	10:05am	7D6.2U29	10/29	4AE	OakmontREC	Sa	11:55am	7D6.LW8J	10/31	4AD	SoRunREC	M	6:35pm	7D6.VS08	11/23	4AE
GWREC	Sa	9:50am	7D6.67F8	10/31	4AE	OakmontREC	Sa	11:55am	7D6.LW8J	10/31	4AD	SoRunREC	T/Th	5:50pm	7D6.X696	11/24	4AE
MtVernREC	Sa	9am	7D6.34QT	8/29	4AF	OakmontREC	Su	8:35am	7D6.010V	11/1	4AD	SoRunREC	T/Th	6:55pm	7D6.T1N5	11/24	4AE
MtVernREC	Sa	10:10am	7D6.D5H2	8/29	4AF	OakmontREC	Su	9am	7D6.WLOU	11/1	4AD	SpHillREC	Sa	9am	7D6.TQKD	8/29	4AF
MtVernREC	Sa	10:45am	7D6.GJ26	8/29	4AF	OakmontREC	Su	10:45am	7D6.1BUG	11/1	4AD	SpHillREC	Sa	10:50am	7D6.QXTD	8/29	4AF
MtVernREC	Sa	11:20am	7D6.A3MZ	8/29	4AF	OakmontREC	M	5:10pm	7D6.8PR6	11/2	4AE	SpHillREC	Sa	12pm	7D6.6ME8	8/29	4AF
MtVernREC	Su	9am	7D6.J1QT	8/30	4AF	OakmontREC	T	5:10pm	7D6.AKWG	11/3	4AE	SpHillREC	Su	9am	7D6.M1AX	8/30	4AF
MtVernREC	Su	10:10am	7D6.W0E3	8/30	4AF	OakmontREC	W	5:10pm	7D6.Z0M4	11/4	4AE	SpHillREC	Su	11:25am	7D6.VYPT	8/30	4AF
MtVernREC	Su	10:45am	7D6.T9ED	8/30	4AF	OakmontREC	Th	5:45pm	7D6.609D	11/5	4AD	SpHillREC	Su	12:35pm	7D6.UEA9	8/30	4AF
MtVernREC	Su	11:20am	7D6.XEMO	8/30	4AF	ProvREC	Sa	8:50am	7D6.MM24	8/29	4AE	SpHillREC	M/W	5:10pm	7D6.WEHE	8/31	4AE
MtVernREC	M/W	5pm	7D6.F77P	8/31	4AE	ProvREC	Sa	8:50am	7D6.NUJ7	8/29	4AE	SpHillREC	T/Th	4pm	7D6.PDNF	9/1	4AF
MtVernREC	M/W	7:20pm	7D6.B6A9	8/31	4AE	ProvREC	Sa	9:25am	7D6.ZGUB	8/29	4AF	SpHillREC	Th	1:20pm	7D6.7287	9/3	4AF
MtVernREC	T/Th	5pm	7D6.UF00	9/1	4AF	ProvREC	Su	9:35am	7D6.QLUP	8/30	4AF	SpHillREC	F	11:45am	7D6.ZRET	9/4	4AF
MtVernREC	T/Th	7:20pm	7D6.BZCL	9/1	4AF	ProvREC	Su	11:30am	7D6.OPVU	8/30	4AF	SpHillREC	F	4:30pm	7D6.U285	9/11	4AG
						ProvREC	M	5:30pm	7D6.CY97	8/31	4AE	SpHillREC	M/W	5:10pm	7D6.WCEW	9/28	4AF
												SpHillREC	T/Th	4pm	7D6.KVWM	9/29	4AF
												SpHillREC	M/W	5:10pm	7D6.Y19U	10/26	4AF
												SpHillREC	T/Th	4pm	7D6.WL21	10/27	4AF
												SpHillREC	Th	1:20pm	7D6.WTL8	10/29	4AE
												SpHillREC	F	11:45am	7D6.9J9W	10/30	4AE
												SpHillREC	Sa	9am	7D6.MS8R	10/31	4AE
												SpHillREC	Sa	10:50am	7D6.1CVK	10/31	4AE
												SpHillREC	Sa	12pm	7D6.AL6E	10/31	4AE
												SpHillREC	Su	9am	7D6.5770	11/1	4AE
												SpHillREC	Su	11:25am	7D6.4URT	11/1	4AE
												SpHillREC	Su	12:35pm	7D6.UJG8	11/1	4AE
												SpHillREC	M/W	5:10pm	7D6.XRKZ	11/23	4AE
												SpHillREC	T/Th	4pm	7D6.PKSE	11/24	4AE
												Wkfld/Moore	F	5:30pm	7D6.S5T6	8/28	4AD
												Wkfld/Moore	Sa	9am	7D6.EVEE	8/29	4AE
												Wkfld/Moore	Sa	9:35am	7D6.8U1L	8/29	4AE
												Wkfld/Moore	Su	9am	7D6.06H7	8/30	4AE
												Wkfld/Moore	Su	9:35am	7D6.FCE5	8/30	4AE
												Wkfld/Moore	M/W	6:05pm	7D6.RNXH	8/31	4AE
												Wkfld/Moore	T	6:05pm	7D6.UOXG	9/1	4AF
												Wkfld/Moore	Th	6:05pm	7D6.SZSN	9/3	4AF



Wkfld/Moore	M/W	6:05pm	7D6.7ORA	9/28	4AF
Wkfld/Moore	F	5:30pm	7D6.6MBE	10/16	4AD
Wkfld/Moore	M/W	6:05pm	7D6.G4J4	10/26	4AF
Wkfld/Moore	T	6:05pm	7D6.U8RN	10/27	4AF
Wkfld/Moore	Th	6:05pm	7D6.4V3U	10/29	4AF
Wkfld/Moore	Sa	9am	7D6.Y9SY	10/31	4AE
Wkfld/Moore	Sa	9:35am	7D6.4BFW	10/31	4AE
Wkfld/Moore	Su	9am	7D6.LA6N	11/1	4AE
Wkfld/Moore	Su	9:35am	7D6.C2NN	11/1	4AE
Wkfld/Moore	M/W	6:05pm	7D6.Z1BF	11/23	4AE

Pee Wee Paddler 2 en Espanol

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

4AD	6--30 minute lessons--\$104				
4AE	7--30 minute lessons--\$120				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	9:35am	E3T.7URI	8/30	4AE
FranconiaRec	Su	12:15pm	E3T.5SAK	11/1	4AD

SGL Pee Wee Paddler 2

(3-5 yrs.) Prerequisite: Pee Wee Paddler 1 or equivalent skill proficiency. This small group class is designed to help children increase independence in their skill performance and continue to increase comfort in the water. Skills include: bobbing, floating and gliding on front and back with and without assistance, swimming on front and back at least three body lengths with and without assistance. Flotation devices may be used.

4ANE	7--30 minute lessons--\$186				
4ANF	8--30 minute lessons--\$212				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10:10am	591.JTU8	8/29	4ANE
FranconiaRec	Su	12:40pm	591.ZHL9	8/30	4ANE
FranconiaRec	M/W	6:05pm	591.LKP1	8/31	4ANE
FranconiaRec	M/W	5:30pm	591.ZJKB	9/28	4ANF
FranconiaRec	M/W	6pm	591.0MCM	10/26	4ANF

Pee Wee Paddler 3

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

4AC	5--30 minute lessons--\$85				
4AD	6--30 minute lessons--\$104				
4AE	7--30 minute lessons--\$120				
4AF	8--30 minute lessons--\$138				
4AG	9--30 minute lessons--\$152				
4AH	10--30 minute lessons--\$171				
4AI	11--30 minute lessons--\$188				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	E4E.UGUH	9/8	4AE
CubRunREC	T	12:25pm	E4E.CW7Q	9/8	4AE
CubRunREC	W	5:40pm	E4E.5MWS	9/9	4AE
CubRunREC	W	6:45pm	E4E.WCWQ	9/9	4AE
CubRunREC	F	5:35pm	E4E.5X2Q	9/11	4AI
CubRunREC	Sa	9am	E4E.5NKG	9/12	4AE
CubRunREC	Sa	9:35am	E4E.CRKD	9/12	4AE
CubRunREC	Sa	10:10am	E4E.GN5S	9/12	4AE
CubRunREC	Sa	10:40am	E4E.UQGH	9/12	4AE

CubRunREC	Sa	11:15am	E4E.P85Z	9/12	4AE
CubRunREC	Su	9am	E4E.DR23	9/13	4AE
CubRunREC	Su	9:35am	E4E.NK6J	9/13	4AE
CubRunREC	Su	10:10am	E4E.RBW7	9/13	4AE
CubRunREC	Su	10:45am	E4E.VU5Z	9/13	4AE
CubRunREC	Su	11:10am	E4E.H7ZA	9/13	4AE
CubRunREC	M	5:05pm	E4E.2XFC	9/14	4AD
CubRunREC	M	6:45pm	E4E.YM4E	9/14	4AD
CubRunREC	M	5:05pm	E4E.E6HG	10/26	4AF
CubRunREC	M	6:45pm	E4E.W2SP	10/26	4AF
CubRunREC	T	6:10pm	E4E.JPQ4	10/27	4AF
CubRunREC	T	12:25pm	E4E.UL2A	10/27	4AF
CubRunREC	W	5:05pm	E4E.EVJN	10/28	4AE
CubRunREC	W	6:15pm	E4E.HC3G	10/28	4AE
CubRunREC	Sa	9am	E4E.U59Y	10/31	4AE
CubRunREC	Sa	9:35am	E4E.NL43	10/31	4AE
CubRunREC	Sa	10:10am	E4E.STJ4	10/31	4AE
CubRunREC	Sa	10:40am	E4E.TGCP	10/31	4AE
CubRunREC	Sa	11:15am	E4E.BXQV	10/31	4AE
CubRunREC	Su	9am	E4E.XJDR	11/1	4AE
CubRunREC	Su	9:35am	E4E.P6EG	11/1	4AE
CubRunREC	Su	10:10am	E4E.CXDA	11/1	4AE
CubRunREC	Su	10:45am	E4E.UPG3	11/1	4AE
CubRunREC	Su	11:10am	E4E.MFEN	11/1	4AE
FranconiaRec	Sa	9:35am	E4E.U6MK	8/29	4AE
FranconiaRec	Sa	12:35pm	E4E.WUIF	8/29	4AE
FranconiaRec	Su	9am	E4E.ZKNT	8/30	4AE
FranconiaRec	Su	10:10am	E4E.JRFE	8/30	4AF
FranconiaRec	Su	10:10am	E4E.L1CT	8/30	4AF
FranconiaRec	Su	12:05pm	E4E.X1BV	8/30	4AE
FranconiaRec	M/W	5:30pm	E4E.IK1I	8/31	4AE
FranconiaRec	T	5:30pm	E4E.MM6S	9/1	4AF
FranconiaRec	Th	6:05pm	E4E.SS3X	9/3	4AF
FranconiaRec	F	5:35pm	E4E.203U	9/11	4AD
FranconiaRec	M/W	5:30pm	E4E.T2JX	9/28	4AF
FranconiaRec	Th	6:35pm	E4E.HGIR	10/29	4AE
FranconiaRec	Sa	9am	E4E.FKN1	10/31	4AD
FranconiaRec	Sa	12:35pm	E4E.LAVR	10/31	4AD
FranconiaRec	Su	12:05pm	E4E.9UNJ	11/1	4AD
FranconiaRec	M/W	6pm	E4E.LA7W	11/23	4AE
GWREC	Sa	10:30am	E4E.WCH5	9/12	4AE
GWREC	M	7pm	E4E.Q4FG	9/14	4AD
GWREC	T	2:35pm	E4E.SZRJ	9/15	4AD
GWREC	T	10:40am	E4E.D5PA	9/15	4AD
GWREC	W	2:35pm	E4E.GSKP	9/16	4AD
GWREC	W	10:40am	E4E.BHC0	9/16	4AD
GWREC	Th	2:35pm	E4E.9KMF	9/17	4AD
GWREC	Th	10:40am	E4E.KULQ	9/17	4AD
GWREC	M	7pm	E4E.44BH	10/26	4AF
GWREC	T	2:35pm	E4E.FKCE	10/27	4AF
GWREC	T	10:40am	E4E.XOX5	10/27	4AF
GWREC	W	2:35pm	E4E.PDPL	10/28	4AE
GWREC	W	10:40am	E4E.SXL6	10/28	4AE
GWREC	Th	2:35pm	E4E.SNA6	10/29	4AE
GWREC	Th	10:40am	E4E.SZ90	10/29	4AE
GWREC	Sa	10:30am	E4E.XFOF	10/31	4AE
MtVernREC	Sa	9:35am	E4E.OVBL	8/29	4AF
MtVernREC	Sa	11:20am	E4E.WBWQ	8/29	4AF
MtVernREC	Su	9:35am	E4E.IUH2	8/30	4AF
MtVernREC	Su	11:20am	E4E.DNVP	8/30	4AF
MtVernREC	M/W	5:35am	E4E.D7CN	8/31	4AE
MtVernREC	T/Th	5:35pm	E4E.D8V5	9/1	4AF
MtVernREC	F	5pm	E4E.MJSQ	9/11	4AD
MtVernREC	F	6:45pm	E4E.CHF1	9/11	4AD
MtVernREC	M/W	6:45pm	E4E.GUUG	9/28	4AF
MtVernREC	T/Th	5:35pm	E4E.CIKP	9/29	4AF
MtVernREC	F	5pm	E4E.QXVO	10/23	4AD
MtVernREC	F	6:45pm	E4E.AUBQ	10/23	4AD
MtVernREC	M/W	5:35pm	E4E.C6ZD	10/26	4AF
MtVernREC	T/Th	5:35pm	E4E.80OL	10/27	4AF
MtVernREC	Sa	9:35am	E4E.TSK1	10/31	4AE
MtVernREC	Sa	11:20am	E4E.BIPB	10/31	4AE
MtVernREC	Su	9:35am	E4E.IL3V	11/1	4AE

MtVernREC	Su	11:20am	E4E.CEDN	11/1	4AE
MtVernREC	M/W	6:45pm	E4E.RGU9	11/23	4AE
MtVernREC	T/Th	5:35pm	E4E.FAU9	11/24	4AE
OakmontREC	W	5:45pm	E4E.3KWR	9/9	4AF
OakmontREC	Th	6:20pm	E4E.0DE4	9/10	4AF
OakmontREC	F	6:40pm	E4E.V1Z6	9/11	4AH
OakmontREC	Sa	9:35am	E4E.BECC	9/12	4AE
OakmontREC	Sa	10:45am	E4E.7FII	9/12	4AE
OakmontREC	Sa	11:55am	E4E.NMBW	9/12	4AE
OakmontREC	Su	9:35am	E4E.5706	9/13	4AE
OakmontREC	Su	11:20am	E4E.NG7Z	9/13	4AE
OakmontREC	M	5:45pm	E4E.IBS0	9/14	4AE
OakmontREC	T	5:45pm	E4E.8M89	9/15	4AE
OakmontREC	Sa	9:35am	E4E.RS76	10/31	4AD
OakmontREC	Sa	11:20am	E4E.5YZJ	10/31	4AD
OakmontREC	Sa	12:30pm	E4E.QYCX	10/31	4AD
OakmontREC	Su	9:35am	E4E.9N39	11/1	4AD
OakmontREC	Su	11:30am	E4E.WLEU	11/1	4AD
OakmontREC	M	5:45pm	E4E.0T62	11/2	4AE
OakmontREC	T	5:45pm	E4E.3TKW	11/3	4AE
OakmontREC	W	5:45pm	E4E.RBIO	11/4	4AE
OakmontREC	Th	6:20pm	E4E.GJPC	11/5	4AD
ProvREC	Sa	8:15am	E4E.FWHI	8/29	4AF
ProvREC	Sa	9:25am	E4E.1PLP	8/29	4AF
ProvREC	Sa	10:55am	E4E.7W3R	8/29	4AF
ProvREC	Su	12:05am	E4E.VUXG	8/30	4AF
ProvREC	T	5:50pm	E4E.ZAA9	9/1	4AF
ProvREC	W	6:50pm	E4E.A34G	9/2	4AF
ProvREC	W	6:50pm	E4E.JUBW	9/2	4AF
ProvREC	F	4:30pm	E4E.B8YA	9/11	4AG
ProvREC	T	5:50pm	E4E.MH9P	10/27	4AF
ProvREC	T	5:50pm	E4E.MK05	10/27	4AF
ProvREC	W	6:50pm	E4E.WBGD	10/28	4AE
ProvREC	Sa	9:25am	E4E.6XFX	10/31	4AD
ProvREC	Sa	10:55am	E4E.LX73	10/31	4AD
ProvREC	Su	10:10am	E4E.9IUJ	11/1	4AD
ProvREC	Su	12:05am	E4E.86JU	11/1	4AD
SoRunREC	T/Th	6:45pm	E4E.4KBG	9/8	4AD
SoRunREC	M/W	6pm	E4E.OQ9Z	9/9	4AC
SoRunREC	W	9:30am	E4E.W6TT	9/9	4AE
SoRunREC	F	4:55pm	E4E.VG8D	9/11	4AE
SoRunREC	F	5:30pm	E4E.CYHC	9/11	4AE
SoRunREC	F	9:30am	E4E.QY2S	9/11	4AE
SoRunREC	Sa	10:25am	E4E.4LWI	9/12	4AE
SoRunREC	Sa	11:40am	E4E.9PGV	9/12	4AE
SoRunREC	Su	8:30am	E4E.ZQZK	9/13	4AE
SoRunREC	Su	10:10am	E4E.1IX9	9/13	4AE
SoRunREC	M	9:30am	E4E.ZEAR	9/14	4AD
SoRunREC	M/W	6pm	E4E.GIOU	9/28	4AF
SoRunREC	T/Th	6:40pm	E4E.9TDN	9/29	4AF
SoRunREC	M/W	6pm	E4E.IWNE	10/26	4AF
SoRunREC	M	9:30am	E4E.U4EP	10/26	4AF
SoRunREC	T/Th	6:40pm	E4E.98CB	10/27	4AF
SoRunREC	W	9:30am	E4E.5FK0	10/28	4AE
SoRunREC	F	4:55pm	E4E.H8H0	10/30	4AC
SoRunREC	F	9:30am	E4E.SDC7	10/30	4AE
SoRunREC	Sa	8:15am	E4E.2GFK	10/31	4AD
SoRunREC	Sa	10:25am	E4E.XDXU	10/31	4AE
SoRunREC	Sa	11:40am	E4E.ASSA	10/31	4AE
SoRunREC	Su	8:30am	E4E.VMXY	11/1	4AE
SoRunREC	Su	10:10am	E4E.H39A	11/1	4AE
SoRunREC	M/W	6pm	E4E.SNKG	11/23	4AE
SoRunREC	T/Th	6:40pm	E4E.F2CD	11/24	4AE
SpHillREC	Sa	1:10pm	E4E.QLRT	8/29	4AF
SpHillREC	Sa	9:35am	E4E.HC13	8/29	4AF
SpHillREC	Sa	10:50am	E4E.UXTP	8/29	4AF
SpHillREC	Su	10:10am	E4E.IPX2	8/30	4AF
SpHillREC	Su	12pm	E4E.89AT	8/30	4AF
SpHillREC	T/Th	5:10pm	E4E.T681	8/31	4AF
SpHillREC	M/W	5:50pm	E4E.JD8E	8/31	4AE
SpHillREC	F	4:30pm	E4E.FFPC	9/11	4AG
SpHillREC	M/W	5:50pm	E4E.KVOT	9/28	4AF
SpHillREC	T/Th	5:10pm	E4E.QVUK	9/29	4AF

Aquatics

SpHillREC	M/W	5:50pm	E4E.3JFM	10/26	4AF
SpHillREC	T/Th	5:10pm	E4E.JUH2	10/27	4AF
SpHillREC	Sa	1:10pm	E4E.GJ4N	10/31	4AE
SpHillREC	Sa	9:35am	E4E.ICOP	10/31	4AE
SpHillREC	Sa	10:50am	E4E.VTWG	10/31	4AE
SpHillREC	Su	10:10am	E4E.V9PV	11/1	4AE
SpHillREC	Su	12pm	E4E.V4TI	11/1	4AE
SpHillREC	M/W	5:50pm	E4E.G836	11/23	4AE
SpHillREC	T/Th	5:10pm	E4E.SV57	11/24	4AE
Wkfld/Moore	Sa	10:25am	E4E.GW2F	8/29	4AF
Wkfld/Moore	M/W	6pm	E4E.O9SA	8/31	4AE
Wkfld/Moore	T	6pm	E4E.6MCS	9/1	4AF
Wkfld/Moore	Th	6pm	E4E.SQ2B	9/3	4AF
Wkfld/Moore	M/W	6pm	E4E.T4AK	9/28	4AF
Wkfld/Moore	T	6pm	E4E.E8A1	10/27	4AF
Wkfld/Moore	M/W	6pm	E4E.XIL6	10/27	4AF
Wkfld/Moore	Th	6pm	E4E.J9XW	10/29	4AE
Wkfld/Moore	Sa	10:25am	E4E.YX01	10/31	4AE
Wkfld/Moore	Su	10:25am	E4E.L4AK	11/1	4AE
Wkfld/Moore	M/W	6pm	E4E.RGNW	11/23	4AE

SGL Pee Wee Paddler 3

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

4AND 6--30 minute lessons--\$160
4ANE 7--30 minute lessons--\$186
4ANF 8--30 minute lessons--\$202

Location	Day	Time	Code	Begin	\$
FranconiaRec	M/W	6:05pm	667.RJH8	9/28	4ANF
FranconiaRec	Su	9am	667.O0A9	11/1	4AND
FranconiaRec	M/W	6pm	667.VUKR	11/23	4ANE

Pee Wee Paddler 4

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

4AD 6--30 minute lessons--\$104
4AE 7--30 minute lessons--\$120
4AF 8--30 minute lessons--\$138
4AG 9--30 minute lessons--\$152
4AI 11--30 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
CubRunREC	T	12:25pm	198.72VX	9/8	4AE
CubRunREC	F	5pm	198.KJ5K	9/11	4AI
CubRunREC	Sa	9:35am	198.7XBU	9/12	4AE
CubRunREC	Sa	11am	198.QT95	9/12	4AE
CubRunREC	Su	9:35am	198.9MNV	9/13	4AE
CubRunREC	Su	11am	198.72XP	9/13	4AE
CubRunREC	M	6:10pm	198.5TUN	9/14	4AD
CubRunREC	M	6:10pm	198.9WKP	10/26	4AF
CubRunREC	T	12:25pm	198.DHKH	10/27	4AF
CubRunREC	W	6:50pm	198.7QG4	10/28	4AE
CubRunREC	Sa	9:35am	198.EVRT	10/31	4AE
CubRunREC	Sa	11am	198.5KMR	10/31	4AE
CubRunREC	Su	9:35am	198.29A2	11/1	4AE
CubRunREC	Su	11am	198.JTZE	11/1	4AE
FranconiaRec	Su	9:35am	198.L81Z	8/30	4AE
FranconiaRec	M/W	6:05pm	198.TS11	8/31	4AE
FranconiaRec	T	6:05pm	198.C9ZQ	9/1	4AF
FranconiaRec	M/W	6:05pm	198.7W4H	9/28	4AF

FranconiaRec	M/W	6pm	198.JEJC	10/26	4AF
FranconiaRec	Th	6:35pm	198.PWAQ	10/29	4AE
FranconiaRec	Sa	9am	198.S6EF	10/31	4AE
FranconiaRec	Su	9:35am	198.6HNH	11/1	4AE
FranconiaRec	Su	12:40pm	198.DKB3	11/1	4AE
GWREC	Sa	11:10am	198.ET2G	9/12	4AE
GWREC	Sa	11:10am	198.AHIB	10/31	4AE
MtVernREC	Sa	10:10am	198.NBCP	8/29	4AF
MtVernREC	Sa	11:55am	198.248X	8/29	4AF
MtVernREC	Su	10:10am	198.55G5	8/30	4AF
MtVernREC	Su	11:55am	198.330P	8/30	4AF
MtVernREC	M/W	6:10pm	198.Z1WK	8/31	4AE
MtVernREC	T/Th	6:10pm	198.SUUF	9/1	4AF
MtVernREC	F	5:35pm	198.E1J2	9/11	4AD
MtVernREC	F	7:20pm	198.H8VK	9/11	4AD
MtVernREC	M/W	6:10pm	198.HDYH	9/28	4AF
MtVernREC	T/Th	6:10pm	198.CPAU	9/29	4AF
MtVernREC	F	5:35pm	198.E43L	10/23	4AD
MtVernREC	F	7:20pm	198.DR5D	10/23	4AD
MtVernREC	M/W	6:10pm	198.JS2T	10/26	4AF
MtVernREC	T/Th	6:10pm	198.JU8D	10/27	4AF
MtVernREC	Sa	10:10am	198.B6AK	10/31	4AE
MtVernREC	Sa	11:55am	198.V1CQ	10/31	4AE
MtVernREC	Su	10:10am	198.W6U0	11/1	4AE
MtVernREC	Su	11:55am	198.Y8J6	11/1	4AE
MtVernREC	M/W	6:10pm	198.WL2D	11/23	4AE
MtVernREC	T/Th	6:10pm	198.XDV4	11/24	4AE
OakmontREC	W	6:20pm	198.90UV	9/9	4AF
OakmontREC	Th	5:45pm	198.G8GG	9/10	4AF
OakmontREC	Sa	9am	198.IL3X	9/12	4AE
OakmontREC	Sa	10:10am	198.NOWH	9/12	4AE
OakmontREC	Su	9:35am	198.91L1	9/13	4AE
OakmontREC	M	6:20pm	198.DHYE	9/14	4AE
OakmontREC	T	6:20pm	198.RXJ5	9/15	4AE
OakmontREC	Sa	9am	198.1SNW	10/31	4AD
OakmontREC	Sa	10:10am	198.Y9VL	10/31	4AD
OakmontREC	Su	9:35am	198.JF8U	11/1	4AD
OakmontREC	M	6:20pm	198.GYOC	11/2	4AE
OakmontREC	T	6:20pm	198.26EU	11/3	4AE
ProvREC	Sa	11:35am	198.2C67	8/29	4AF
ProvREC	Su	10:50am	198.FM9Q	8/30	4AF
ProvREC	Su	10:50am	198.Q28B	8/30	4AF
ProvREC	T	5:50pm	198.JCET	9/1	4AF
ProvREC	F	5:05pm	198.OLG3	9/11	4AG
ProvREC	Sa	11:35am	198.HFH7	10/31	4AD
ProvREC	Su	10:50am	198.ZDZ2	11/1	4AD
SoRunREC	T/Th	7:30pm	198.000X	9/8	4AD
SoRunREC	Sa	11am	198.9492	9/12	4AE
SoRunREC	Su	11am	198.UAK2	9/13	4AE
SoRunREC	T/Th	7:30pm	198.AJ7E	9/29	4AF
SoRunREC	T/Th	7:30pm	198.81XC	10/27	4AF
SoRunREC	Sa	11am	198.QGUE	10/31	4AE
SoRunREC	Su	11am	198.8R1N	11/1	4AE
SoRunREC	T/Th	7:30pm	198.SP41	11/24	4AE
SpHillREC	Sa	9:35am	198.4TUK	8/29	4AF
SpHillREC	Sa	10:50am	198.AUKF	8/29	4AF
SpHillREC	Su	10:25am	198.FG6U	8/30	4AF
SpHillREC	Su	11:55am	198.TNUE	8/30	4AF
SpHillREC	T/Th	5:50pm	198.EEJY	9/1	4AF
SpHillREC	F	5:05pm	198.Y2KL	9/11	4AG
SpHillREC	T/Th	5:50pm	198.JY2U	9/29	4AF
SpHillREC	T/Th	5:50pm	198.RSY7	10/27	4AF
SpHillREC	Sa	9:35am	198.EAV1	10/31	4AE
SpHillREC	Sa	10:50am	198.SRFW	10/31	4AE
SpHillREC	Su	10:25am	198.S6KR	11/1	4AE
SpHillREC	Su	11:55am	198.HTT0	11/1	4AE
SpHillREC	T/Th	5:50pm	198.7WXD	11/24	4AE
Wkfld/Moore	F	6:05pm	198.ENJE	8/28	4AD
Wkfld/Moore	Sa	9am	198.KF9Y	8/29	4AF
Wkfld/Moore	Su	9am	198.91SA	8/30	4AF
Wkfld/Moore	M/W	6:35pm	198.UY7U	8/31	4AE
Wkfld/Moore	M/W	6:35pm	198.RDI9	9/28	4AF
Wkfld/Moore	F	6:05pm	198.RNWH	10/16	4AD

Wkfld/Moore	M/W	6:35pm	198.D700	10/26	4AF
Wkfld/Moore	Sa	9am	198.2KRT	10/31	4AE
Wkfld/Moore	Su	9am	198.R1ZP	11/1	4AE
Wkfld/Moore	M/W	6:35pm	198.DLGS	11/23	4AE

SGL Pee Wee Paddler 4

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

4AND 6--30 minute lessons--\$160
4ANE 7--30 minute lessons--\$186
4ANF 8--30 minute lessons--\$212
4ANH 10--30 minute lessons--\$266

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	12:35pm	9DB.P8LB	8/29	4ANE
FranconiaRec	Su	12:40am	9DB.W3MY	8/30	4ANE
FranconiaRec	F	5pm	9DB.K1ES	9/11	4AND
FranconiaRec	M/W	6:35pm	9DB.AFPC	10/26	4ANF
OakmontREC	F	7:45pm	9DB.HOXN	9/11	4ANH

Pee Wee Paddler 5

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

4AD 6--30 minute lessons--\$104
4AE 7--30 minute lessons--\$120
4AF 8--30 minute lessons--\$138
4AG 9--30 minute lessons--\$152
4AH 10--30 minute lessons--\$171
4AI 11--30 minute lessons--\$188

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:10pm	631.UHSW	9/8	4AE
CubRunREC	F	6:10pm	631.JKXS	9/11	4AI
CubRunREC	Sa	9am	631.CB47	9/12	4AE
CubRunREC	Sa	11:35am	631.PK48	9/12	4AE
CubRunREC	Su	9am	631.H52P	9/13	4AE
CubRunREC	Su	11:35am	631.XCJM	9/13	4AE
CubRunREC	T	6:10pm	631.ELFX	10/27	4AF
CubRunREC	W	6:10pm	631.2RFL	10/28	4AE
CubRunREC	Sa	9am	631.4A99	10/31	4AE
CubRunREC	Sa	11:35am	631.8UHB	10/31	4AE
CubRunREC	Su	9am	631.GX54	11/1	4AE
CubRunREC	Su	11:35am	631.ESFX	11/1	4AE
FranconiaRec	Sa	10:10am	631.U7FV	8/29	4AE
FranconiaRec	Sa	10:10am	631.B3WX	10/31	4AD
FranconiaRec	Su	10:10am	631.VR15	11/1	4AD
GWREC	W	5:30pm	631.1RA0	9/16	4AD
GWREC	W	5:30pm	631.K6CM	10/28	4AE
MtVernREC	Sa	12:30pm	631.AJ1Z	8/29	4AF
MtVernREC	Su	12:30pm	631.W4IV	8/30	4AF
MtVernREC	M/W	6:45pm	631.5D7N	8/31	4AE
MtVernREC	T/Th	6:45pm	631.0EB1	9/1	4AF
MtVernREC	F	6:10pm	631.02U6	9/11	4AD
MtVernREC	M/W	5:35pm	631.11B2	9/28	4AF
MtVernREC	T/Th	6:45pm	631.KGTE	9/29	4AF
MtVernREC	F	6:10pm	631.6DXT	10/23	4AD
MtVernREC	M/W	6:45pm	631.MXFF	10/26	4AF
MtVernREC	T/Th	6:45pm	631.CLUC	10/27	4AF
MtVernREC	Sa	12:30pm	631.XLR5	10/31	4AE
MtVernREC	Su	12:30pm	631.PNV3	11/1	4AE
MtVernREC	M/W	5:35pm	631.63AJ	11/23	4AE
MtVernREC	T/Th	6:45pm	631.YQP7	11/24	4AE
OakmontREC	F	6:05pm	631.QAIP	9/11	4AH

OakmontREC	Sa	9:35am	631.SM3B	9/12	4AE
OakmontREC	Su	10:10am	631.NCCO	9/13	4AE
OakmontREC	M	5:45pm	631.709K	9/14	4AE
OakmontREC	T	6:20pm	631.UGUP	9/15	4AE
OakmontREC	Sa	9:35am	631.SQMR	10/31	4AD
OakmontREC	Su	10:10am	631.FIDO	11/1	4AD
OakmontREC	T	6:20pm	631.MGL9	11/3	4AE
OakmontREC	W	6:20pm	631.76Q8	11/4	4AE
OakmontREC	Th	5:45pm	631.PH4C	11/5	4AD
ProvREC	Sa	11:50pm	631.8ZET	8/29	4AF
ProvREC	Su	11:30pm	631.OTC2	8/30	4AF
ProvREC	F	5:35pm	631.01YQ	9/11	4AG
ProvREC	Sa	11:50pm	631.03TP	10/31	4AD
ProvREC	Sa	11:50pm	631.UYD1	10/31	4AD
ProvREC	Su	11:30pm	631.C1ZC	11/1	4AD
SpHillIREC	Sa	10:10am	631.SL7P	8/29	4AF
SpHillIREC	Su	9:50am	631.WUE9	8/30	4AF
SpHillIREC	T/Th	5:30pm	631.V3W9	9/1	4AF
SpHillIREC	F	4:30pm	631.J6VQ	9/11	4AG
SpHillIREC	T/Th	5:30pm	631.49CK	9/29	4AF
SpHillIREC	T/Th	5:30pm	631.5V2E	10/27	4AF
SpHillIREC	Sa	10:10am	631.BQUV	10/31	4AE
SpHillIREC	Su	9:50am	631.5PV8	11/1	4AE
SpHillIREC	T/Th	5:30pm	631.PT2R	11/24	4AE
Wkfld/Moore	Sa	11:50am	631.IK0N	8/29	4AF
Wkfld/Moore	Su	11:50am	631.IOVR	8/30	4AF
Wkfld/Moore	Sa	11:50am	631.510F	10/31	4AE
Wkfld/Moore	Su	11:50am	631.A8VV	11/1	4AE

SGL Pee Wee Paddler 5

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

4ANE 7--30 minute lessons--\$186

Location	Day	Time	Code	Begin	\$
FranconiaRec	M/W	6:35pm	166.AECS	11/23	4ANE
OakmontREC	Su	11:55am	166.LSDA	9/13	4ANE

Pee Wee Paddler 6

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

4AD 6--30 minute lessons--\$104

4AE 7--30 minute lessons--\$120

4AF 8--30 minute lessons--\$138

4AH 10--30 minute lessons--\$171

Location	Day	Time	Code	Begin	\$
CubRunREC	W	5:35pm	FC3.YC7W	9/9	4AE
CubRunREC	Sa	10am	FC3.DKW3	9/12	4AE
CubRunREC	Su	10am	FC3.KEXB	9/13	4AE
CubRunREC	Sa	10am	FC3.5C4G	10/31	4AE
CubRunREC	Su	10am	FC3.WZAX	11/1	4AE
FranconiaRec	Su	10:45am	FC3.BOPA	8/30	4AE
FranconiaRec	Sa	12:45pm	FC3.SXWI	10/31	4AD
OakmontREC	Th	6:20pm	FC3.XQRN	9/10	4AF
OakmontREC	F	6:40pm	FC3.RR39	9/11	4AH
OakmontREC	Sa	10:10am	FC3.R2E7	9/12	4AE
OakmontREC	Su	10:10am	FC3.3A4B	9/13	4AE
OakmontREC	Sa	10:10am	FC3.R560	10/31	4AD
OakmontREC	Su	10:10am	FC3.GDDV	11/1	4AD
OakmontREC	M	5:45pm	FC3.7MGB	11/2	4AE
OakmontREC	Th	6:20pm	FC3.13FL	11/5	4AD
ProvREC	Sa	12:25pm	FC3.DR7Y	8/29	4AF
ProvREC	Su	12:05pm	FC3.KA4N	8/30	4AF
ProvREC	Sa	12:25pm	FC3.TSST	10/31	4AD
ProvREC	Su	12:05pm	FC3.5TP0	11/1	4AD
SpHillIREC	Sa	9am	FC3.HQX4	8/29	4AF



SpHillIREC	Su	12:30pm	FC3.C4RU	8/30	4AF
SpHillIREC	T/Th	7:05pm	FC3.AKCS	9/1	4AF
SpHillIREC	T/Th	7:05pm	FC3.SDMQ	9/29	4AF
SpHillIREC	T/Th	7:05pm	FC3.K7FF	10/27	4AF
SpHillIREC	Sa	9am	FC3.08SL	10/31	4AE
SpHillIREC	Su	12:30pm	FC3.H9CP	11/1	4AE
SpHillIREC	T/Th	7:05pm	FC3.ABET	11/24	4AE
Wkfld/Moore	Sa	11:50am	FC3.N8DG	8/29	4AF
Wkfld/Moore	Su	11:50am	FC3.TYL2	8/30	4AF
Wkfld/Moore	Sa	11:50am	FC3.KFTK	10/31	4AE
Wkfld/Moore	Su	11:50am	FC3.DOGQ	11/1	4AE

Intro to Swimming for Children

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

4AD 6--30 minute lessons--\$104

4AE 7--30 minute lessons--\$120

4AF 8--30 minute lessons--\$138

4AG 9--30 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DYK.WZAK	9/12	4AE
CubRunREC	Sa	10:25am	DYK.KZNB	9/12	4AE
CubRunREC	Su	9am	DYK.P293	9/13	4AE
CubRunREC	Su	10:25am	DYK.CD6R	9/13	4AE
CubRunREC	Su	11:50am	DYK.GST3	9/13	4AE
CubRunREC	M	5:35pm	DYK.GFZ2	10/26	4AF
CubRunREC	T	5:40pm	DYK.WMC2	10/26	4AF
CubRunREC	Sa	9am	DYK.7DAQ	10/31	4AE
CubRunREC	Sa	10:25am	DYK.HTSS	10/31	4AE

CubRunREC	Su	9am	DYK.RVT3	11/1	4AE
CubRunREC	Su	10:25am	DYK.DKRT	11/1	4AE
CubRunREC	Su	11:50am	DYK.WOKD	11/1	4AE
OakmontREC	W	6:55pm	DYK.VPNO	9/9	4AF
OakmontREC	Sa	9:30am	DYK.H7LO	9/12	4AE
OakmontREC	Sa	10:35am	DYK.FTJA	9/12	4AE
OakmontREC	Su	9:30am	DYK.H1LW	9/13	4AE
OakmontREC	Su	10:35am	DYK.V464	9/13	4AE
OakmontREC	Sa	9:30am	DYK.S34Y	10/31	4AD
OakmontREC	Sa	10:35am	DYK.ONU6	10/31	4AD
OakmontREC	Su	9:30am	DYK.4JDJ	11/1	4AD
OakmontREC	Su	10:35am	DYK.JY79	11/1	4AD
OakmontREC	Th	7:45pm	DYK.M9XW	11/5	4AD
ProvREC	Sa	9:25am	DYK.4UKZ	8/29	4AF
ProvREC	Sa	11:20am	DYK.LSHA	8/29	4AF
ProvREC	Su	9:30am	DYK.EJ1D	8/30	4AF
ProvREC	F	5:05pm	DYK.GTAW	9/11	4AG
ProvREC	Sa	9:25am	DYK.5W86	10/31	4AD
ProvREC	Sa	11:20am	DYK.E3GT	10/31	4AD
ProvREC	Su	9:30am	DYK.CBK6	11/1	4AD
SpHillIREC	Sa	10:10am	DYK.6UBZ	8/29	4AF
SpHillIREC	Sa	10:50am	DYK.DHFR	8/29	4AF
SpHillIREC	Sa	11:25am	DYK.E4RR	8/29	4AF
SpHillIREC	Su	1:10pm	DYK.G202	8/30	4AF
SpHillIREC	Su	10:50am	DYK.BT1F	8/30	4AF
SpHillIREC	M/W	4:35pm	DYK.ZZZ9	8/31	4AE
SpHillIREC	T/Th	4:35pm	DYK.LXZ9	9/1	4AF
SpHillIREC	F	5:05pm	DYK.30J7	9/11	4AG





SpHillREC	M/W	4:35pm	DYK.NFD1	9/28	4AF
SpHillREC	T/Th	4:35pm	DYK.XMVI	9/29	4AF
SpHillREC	M/W	4:35pm	DYK.DWK6	10/26	4AF
SpHillREC	T/Th	4:35pm	DYK.1ZR6	10/27	4AF
SpHillREC	Sa	10:10am	DYK.ZQVC	10/31	4AE
SpHillREC	Sa	10:50am	DYK.LYW2	10/31	4AE
SpHillREC	Sa	11:25am	DYK.QIBG	10/31	4AE
SpHillREC	Su	1:10pm	DYK.JQSB	11/1	4AE
SpHillREC	Su	10:50am	DYK.P5AQ	11/1	4AE
SpHillREC	M/W	4:35pm	DYK.CKAF	11/23	4AE
SpHillREC	T/Th	4:35pm	DYK.B04L	11/24	4AE

Swimming 1 for Children

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	48D.6R6S	9/8	4AO
CubRunREC	Sa	9:35am	48D.KJR4	9/12	4AO
CubRunREC	Sa	11am	48D.FYFY	9/12	4AO
CubRunREC	Su	9:35am	48D.RVE3	9/13	4AO
CubRunREC	Su	11am	48D.QTWA	9/13	4AO
CubRunREC	T	6:45pm	48D.YBYB	10/27	4AP
CubRunREC	Sa	9:35am	48D.WFDR	10/31	4AO
CubRunREC	Sa	11am	48D.WR96	10/31	4AO
CubRunREC	Su	9:35am	48D.Y4NJ	11/1	4AO
CubRunREC	Su	11am	48D.ZPEY	11/1	4AO
FranconiaRec	Su	9:35am	48D.9AD2	8/30	4AO
FranconiaRec	M/W	6:40pm	48D.1AOK	8/31	4AO
FranconiaRec	T	6:40pm	48D.2X3H	9/1	4AP
FranconiaRec	Th	6:40pm	48D.SVJ7	9/3	4AP
FranconiaRec	F	6:10pm	48D.SJN5	9/11	4AN
FranconiaRec	M/W	6:40pm	48D.X8TD	9/28	4AP
FranconiaRec	M/W	6:35pm	48D.HBSV	10/26	4AP
FranconiaRec	T	6:35pm	48D.F5I9	10/27	4AP
FranconiaRec	Th	7:10pm	48D.01IK	10/29	4AO
FranconiaRec	Sa	11:45am	48D.8IDS	10/31	4AN

FranconiaRec	Su	9:35am	48D.FEYF	11/1	4AN
FranconiaRec	M/W	6:35pm	48D.Z2K7	11/23	4AO
GWREC	Sa	9:05am	48D.VTW7	9/12	4AO
GWREC	Sa	9:05am	48D.Z75L	10/31	4AO
MtVernREC	Sa	9am	48D.SP0W	8/29	4AP
MtVernREC	Su	9am	48D.4PPO	8/30	4AP
MtVernREC	T/Th	5pm	48D.Z645	9/1	4AP
MtVernREC	F	5pm	48D.BFJ7	9/11	4AN
MtVernREC	T/Th	7:35pm	48D.QZJC	9/29	4AP
MtVernREC	F	5pm	48D.VT80	10/23	4AN
MtVernREC	T/Th	5pm	48D.M23L	10/27	4AP
MtVernREC	Sa	9am	48D.03X2	10/31	4AO
MtVernREC	Su	9am	48D.3G50	11/1	4AO
MtVernREC	T/Th	7:35pm	48D.BY39	11/24	4AO
OakmontREC	Th	6:55pm	48D.QVTE	9/10	4AP
OakmontREC	Sa	10:45am	48D.QGKZ	9/12	4AO
OakmontREC	Su	10:45am	48D.DELF	9/13	4AO
OakmontREC	M	6:55pm	48D.9NKQ	9/14	4AO
OakmontREC	T	6:55pm	48D.Q9ZX	9/15	4AO
OakmontREC	Sa	10:45am	48D.JOMI	10/31	4AN
OakmontREC	Su	10:45am	48D.IZEQ	11/1	4AN
OakmontREC	T	6:55pm	48D.G6AE	11/3	4AO
OakmontREC	W	6:55pm	48D.010Q	11/4	4AO
ProvREC	Sa	10:05am	48D.TLST	8/29	4AP
ProvREC	Su	11:50am	48D.OMHP	8/30	4AP
ProvREC	M	6:05pm	48D.9W01	8/31	4AO
ProvREC	T	6:25pm	48D.IX80	9/1	4AP
ProvREC	Th	5:50pm	48D.YU1M	9/3	4AP
ProvREC	F	5:40pm	48D.615I	9/11	4AQ
ProvREC	M	6:05pm	48D.UCAM	10/26	4AP
ProvREC	T	6:25pm	48D.A3C5	10/27	4AP
ProvREC	Th	5:50pm	48D.NOB2	10/29	4AO
ProvREC	Sa	10:05am	48D.XHD5	10/31	4AN
ProvREC	Su	11:50am	48D.ERXI	11/1	4AP
SoRunREC	T/Th	6:05pm	48D.7BMJ	9/8	4AN
SoRunREC	M/W	7:10pm	48D.JHVT	9/9	4AM
SoRunREC	F	7:05pm	48D.GJML	9/11	4AO
SoRunREC	Sa	9am	48D.VREM	9/12	4AO
SoRunREC	Sa	10:45am	48D.DVMW	9/12	4AO
SoRunREC	Su	9:40am	48D.8890	9/13	4AO
SoRunREC	Su	10:45am	48D.LVBW	9/13	4AO
SoRunREC	M/W	7:10pm	48D.OMUF	9/28	4AP
SoRunREC	T/Th	6:05pm	48D.75NE	9/29	4AP
SoRunREC	M/W	7:10pm	48D.5MD5	10/26	4AP
SoRunREC	T/Th	6:05pm	48D.8JUG	10/27	4AP
SoRunREC	F	7:05pm	48D.4JOL	10/30	4AM
SoRunREC	Sa	9am	48D.PLIU	10/31	4AO
SoRunREC	Sa	10:45am	48D.64T8	10/31	4AO

SoRunREC	Su	9:40am	48D.S7YI	11/1	4AO
SoRunREC	Su	10:45am	48D.XYD0	11/1	4AO
SoRunREC	M/W	7:10pm	48D.CJHN	11/23	4AO
SoRunREC	T/Th	6:05pm	48D.2ZB5	11/24	4AO
SpHillREC	Sa	12:05pm	48D.LYYI	8/29	4AP
SpHillREC	Su	11:25am	48D.M9SR	8/30	4AP
SpHillREC	M/W	5:10pm	48D.VKLG	8/31	4AO
SpHillREC	F	5:40pm	48D.4BNQ	9/11	4AQ
SpHillREC	M/W	5:10pm	48D.8TYF	9/28	4AP
SpHillREC	M/W	5:10pm	48D.D2XE	10/26	4AP
SpHillREC	Sa	12:05pm	48D.M022	10/31	4AO
SpHillREC	Su	11:25am	48D.BGBM	11/1	4AO
SpHillREC	M/W	5:10pm	48D.6BAL	11/23	4AO
Wkfld/Moore	F	6:35pm	48D.UKGE	8/28	4AN
Wkfld/Moore	Sa	9:35am	48D.939Z	8/29	4AP
Wkfld/Moore	Sa	11am	48D.TRX6	8/29	4AP
Wkfld/Moore	Su	4:30pm	48D.3ZW0	8/30	4AP
Wkfld/Moore	Su	9:35am	48D.KIOL	8/30	4AP
Wkfld/Moore	Su	11am	48D.EDY7	8/30	4AP
Wkfld/Moore	M/W	6:40pm	48D.DBKT	8/31	4AO
Wkfld/Moore	T	6:40pm	48D.2BXD	9/1	4AP
Wkfld/Moore	Th	6:40pm	48D.IBT3	9/3	4AP
Wkfld/Moore	M/W	6:40pm	48D.0KG0	9/28	4AP
Wkfld/Moore	F	6:35pm	48D.KC1X	10/16	4AN
Wkfld/Moore	M/W	6:40pm	48D.BD83	10/26	4AP
Wkfld/Moore	T	6:40pm	48D.2EH9	10/27	4AP
Wkfld/Moore	Th	6:40pm	48D.6Q84	10/29	4AO
Wkfld/Moore	Sa	9:35am	48D.GRE0	10/31	4AO
Wkfld/Moore	Sa	11am	48D.E4IC	10/31	4AO
Wkfld/Moore	Su	4:30pm	48D.CYV9	11/1	4AO
Wkfld/Moore	Su	9:35am	48D.D9A2	11/1	4AO
Wkfld/Moore	Su	11am	48D.AKVH	11/1	4AO
Wkfld/Moore	M/W	6:40pm	48D.TMZC	11/23	4AO

Swimming 1 for Children en Espanol

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

4AN	6--45 minute lessons--\$104
4AO	7--45 minute lessons--\$121

Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	10:10am	V9B.A1M3	8/30	4AO
FranconiaRec	Su	9am	V9B.SD73	11/1	4AN

SGL Swimming 1 for Children

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

4APD	6--45 minute lessons--\$163
4APE	7--45 minute lessons--\$201
4APF	8--45 minute lessons--\$217

Location	Day	Time	Code	Begin	\$
CubRunREC	W	7:20pm	E21.UYEC	9/9	4APE
CubRunREC	M	7:20pm	E21.UHFF	9/14	4APD
CubRunREC	M	7:20pm	E21.T7CW	10/26	4APF
FranconiaRec	Sa	10:55am	E21.00CH	8/29	4APE
FranconiaRec	M/W	6:40pm	E21.1097	8/31	4APE

Swimming 2 for Children

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

4AM	5--45 minute lessons--\$87
4AN	6--45 minute lessons--\$104
4AO	7--45 minute lessons--\$121
4AP	8--45 minute lessons--\$141
4AQ	9--45 minute lessons--\$159
4AR	10--45 minute lessons--\$175

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7:35pm	F13.35EE	9/8	4AP
CubRunREC	Th	6:10pm	F13.GW8P	9/10	4AO
CubRunREC	Sa	9am	F13.BBZH	9/12	4AO
CubRunREC	Sa	10:40am	F13.WJ3H	9/12	4AO
CubRunREC	Sa	11:50am	F13.32XA	9/12	4AO
CubRunREC	Su	9am	F13.Z67B	9/13	4AO
CubRunREC	Su	10:40am	F13.YA9R	9/13	4AO
CubRunREC	Su	11:45am	F13.NEWB	9/13	4AO
CubRunREC	T	7:35pm	F13.4MTS	10/27	4AP
CubRunREC	Th	6:10pm	F13.9QB3	10/29	4AO
CubRunREC	Sa	9am	F13.DWMN	10/31	4AO
CubRunREC	Sa	10:40am	F13.PY72	10/31	4AO
CubRunREC	Sa	11:50am	F13.EG2Q	10/31	4AO
CubRunREC	Su	9am	F13.8UTD	11/1	4AO
CubRunREC	Su	10:40am	F13.5AHG	11/1	4AO
CubRunREC	Su	11:45am	F13.645W	11/1	4AO
FranconiaRec	Sa	10:55am	F13.3PXO	8/29	4AO
FranconiaRec	Su	10:25am	F13.VVWR	8/30	4AO
FranconiaRec	M/W	6:40pm	F13.HWRI	8/31	4AO
FranconiaRec	T	6:40pm	F13.KZY6	9/1	4AP
FranconiaRec	Th	6:40pm	F13.7J01	9/3	4AP
FranconiaRec	F	6:10pm	F13.FLRV	9/11	4AN
FranconiaRec	M/W	6:40pm	F13.YP30	9/28	4AP
FranconiaRec	M/W	6:35pm	F13.TU7U	10/26	4AP
FranconiaRec	T	6:35pm	F13.W74W	10/27	4AP
FranconiaRec	Th	7:10pm	F13.9BU8	10/29	4AO
FranconiaRec	Sa	11:45am	F13.DU9Q	10/31	4AN
FranconiaRec	Sa	11:55am	F13.C1ZB	10/31	4AN
FranconiaRec	Su	10:25am	F13.C5SV	11/1	4AN
FranconiaRec	M/W	6:35pm	F13.E114	11/23	4AO
GWREC	Sa	10am	F13.WK88	9/12	4AO
GWREC	Sa	10am	F13.PRYK	10/31	4AO
MtVernREC	Sa	9:50am	F13.7TYC	8/29	4AP
MtVernREC	Su	9:50am	F13.BAYP	8/30	4AP
MtVernREC	T/Th	5:50pm	F13.YP6Q	9/1	4AP
MtVernREC	F	5:50pm	F13.SXAG	9/11	4AN
MtVernREC	T/Th	6:45pm	F13.P1Q4	9/29	4AP
MtVernREC	F	5:50pm	F13.LTBS	10/23	4AN
MtVernREC	T/Th	5:50pm	F13.S6EI	10/27	4AP
MtVernREC	Sa	9:50am	F13.VTAM	10/31	4AO
MtVernREC	Su	9:50am	F13.ROJT	11/1	4AO
MtVernREC	T/Th	6:45pm	F13.SLYN	11/24	4AO
OakmontREC	W	6:55pm	F13.1GNA	9/9	4AP
OakmontREC	F	7:15pm	F13.HMEB	9/11	4AR
OakmontREC	Sa	11:35am	F13.B00Q	9/12	4AO
OakmontREC	Su	10:40am	F13.G4VP	9/13	4AO
OakmontREC	Su	11:35am	F13.6GQO	9/13	4AO
OakmontREC	Sa	12:25pm	F13.B940	10/31	4AN
OakmontREC	Su	10:40am	F13.YS9Q	11/1	4AN
OakmontREC	M	6:55pm	F13.LGLP	11/2	4AO
OakmontREC	W	6:55pm	F13.BD8D	11/4	4AO
OakmontREC	Th	6:55pm	F13.43J4	11/5	4AN
ProvREC	Sa	10:55am	F13.8T5N	8/29	4AP

ProvREC	Su	10:05am	F13.G72L	8/30	4AP
ProvREC	M	7pm	F13.597R	8/31	4AO
ProvREC	T	7:15pm	F13.D0PN	9/1	4AP
ProvREC	Th	6:40pm	F13.64MM	9/3	4AP
ProvREC	F	5:40pm	F13.HCET	9/11	4AQ
ProvREC	M	7pm	F13.HA4V	10/26	4AP
ProvREC	T	7:15pm	F13.X6GP	10/27	4AP
ProvREC	Th	6:40pm	F13.LYTB	10/29	4AO
ProvREC	Sa	10:55am	F13.PBBE	10/31	4AN
ProvREC	Su	10:05am	F13.VOLN	11/1	4AN
SoRunREC	T/Th	7:15pm	F13.999R	9/8	4AN
SoRunREC	M/W	8pm	F13.8PWE	9/9	4AM
SoRunREC	F	7:05pm	F13.ZM2W	9/11	4AO
SoRunREC	Sa	9:35am	F13.9BNB	9/12	4AO
SoRunREC	Sa	10:25am	F13.847Q	9/12	4AO
SoRunREC	Su	8:30am	F13.FPKW	9/13	4AO
SoRunREC	Su	11:05am	F13.D3GY	9/13	4AO
SoRunREC	M/W	8pm	F13.69Q8	9/28	4AP
SoRunREC	T/Th	7:15pm	F13.W2OX	9/29	4AP
SoRunREC	M/W	8pm	F13.2GQF	10/26	4AP
SoRunREC	T/Th	7:15pm	F13.8IK5	10/27	4AP
SoRunREC	F	7:05pm	F13.JDQH	10/30	4AM
SoRunREC	Sa	9:35am	F13.29HE	10/31	4AO
SoRunREC	Sa	10:25am	F13.K5B0	10/31	4AO
SoRunREC	Su	8:30am	F13.1DDW	11/1	4AO
SoRunREC	Su	10:45am	F13.G3Y8	11/1	4AO
SoRunREC	M/W	8pm	F13.DIVB	11/23	4AO
SoRunREC	T/Th	7:15pm	F13.77IH	11/24	4AO
SpHillIREC	Sa	11:25am	F13.UUPU	8/29	4AP
SpHillIREC	Su	12:15pm	F13.4E0H	8/30	4AP
SpHillIREC	M/W	7:20pm	F13.BYQA	8/31	4AO
SpHillIREC	F	5:40pm	F13.5176	9/11	4AQ
SpHillIREC	M/W	7:20pm	F13.3JET	9/28	4AP
SpHillIREC	M/W	7:20pm	F13.YS7E	10/26	4AP
SpHillIREC	Sa	11:25am	F13.YSUE	10/31	4AO
SpHillIREC	Su	12:15pm	F13.X3YJ	11/1	4AO
SpHillIREC	M/W	7:20pm	F13.8CK5	11/23	4AO
Wkfld/Moore	F	6:40pm	F13.UEB7	8/28	4AN
Wkfld/Moore	Sa	9:35am	F13.ITDK	8/29	4AP
Wkfld/Moore	Su	3:40pm	F13.G6WM	8/30	4AP
Wkfld/Moore	Su	9:35am	F13.QZMD	8/30	4AP
Wkfld/Moore	M/W	7:10pm	F13.RWYC	8/31	4AO
Wkfld/Moore	T	6:30pm	F13.K8B4	9/1	4AP
Wkfld/Moore	Th	6:30pm	F13.K0L5	9/3	4AP
Wkfld/Moore	M/W	7:10pm	F13.XZD3	9/28	4AP
Wkfld/Moore	F	6:40pm	F13.NPXY	10/16	4AN
Wkfld/Moore	M/W	7:10pm	F13.W7CD	10/26	4AP
Wkfld/Moore	T	6:30pm	F13.L8X0	10/27	4AP
Wkfld/Moore	Th	6:30pm	F13.AIGF	10/29	4AP
Wkfld/Moore	Sa	9:35am	F13.Q7X0	10/31	4AO
Wkfld/Moore	Su	3:40pm	F13.EAXM	11/1	4AO
Wkfld/Moore	Su	9:35am	F13.5KQ6	11/1	4AO
Wkfld/Moore	M/W	7:10pm	F13.NV8Z	11/23	4AO

Swimming 2 for Children en Espanol

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

4AN	6--45 minute lessons--\$104
4AO	7--45 minute lessons--\$121

Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	11:10am	JY3.YTK1	8/30	4AO
FranconiaRec	Su	9am	JY3.LZYL	11/1	4AN

SGL Swimming 2 for Children

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

4APD	6--45 minute lessons--\$171
4APE	7--45 minute lessons--\$201
4APF	8--45 minute lessons--\$228
4AQF	8--45 minute lessons--\$233

Location	Day	Time	Code	Begin	\$
CubRunREC	W	7pm	B5F.FQ6R	9/9	4APE
CubRunREC	M	6:25pm	B5F.AUMA	9/14	4APD
CubRunREC	M	6:25pm	B5F.T8PD	10/26	4APF
CubRunREC	W	7pm	B5F.DTHQ	10/28	4APE
FranconiaRec	Sa	11:45am	B5F.JAQ5	8/29	4APE
FranconiaRec	F	5:35pm	B5F.IMCN	9/11	4APD
FranconiaRec	M/W	6:40pm	B5F.3NUP	9/28	4AQF
FranconiaRec	Su	12:15pm	B5F.3ARQ	11/1	4APD
FranconiaRec	M/W	7:10pm	B5F.87N6	11/23	4APE
OakmontREC	Th	7:45pm	B5F.ROWT	9/10	4APF
OakmontREC	Sa	10:45am	B5F.TJYO	9/12	4APE

Swimming 3 for Children

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

4AM	5--45 minute lessons--\$87
4AN	6--45 minute lessons--\$104
4AO	7--45 minute lessons--\$121
4AP	8--45 minute lessons--\$141
4AQ	9--45 minute lessons--\$159
4AR	10--45 minute lessons--\$175

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6:45pm	7E0.V6LK	9/8	4AO
CubRunREC	Th	5:20pm	7E0.R2BP	9/10	4AO
CubRunREC	Sa	9:50am	7E0.T66D	9/12	4AO
CubRunREC	Sa	10:10am	7E0.PGRG	9/12	4AO
CubRunREC	Sa	11:30am	7E0.XJRR	9/12	4AO
CubRunREC	Su	9:50am	7E0.SBUU	9/13	4AO
CubRunREC	Su	10:10am	7E0.SRX5	9/13	4AO
CubRunREC	Su	11:30am	7E0.QQD3	9/13	4AO
CubRunREC	Su	12:10pm	7E0.94BZ	9/13	4AO
CubRunREC	T	6:45pm	7E0.23B5	10/27	4AP
CubRunREC	Th	6:10pm	7E0.X8LP	10/29	4AO
CubRunREC	Sa	9:50am	7E0.E9LH	10/31	4AO
CubRunREC	Sa	10:10am	7E0.FXSX	10/31	4AO
CubRunREC	Sa	11:30am	7E0.LZGX	10/31	4AO
CubRunREC	Su	9:50am	7E0.278J	11/1	4AO
CubRunREC	Su	10:10am	7E0.J2LM	11/1	4AO
CubRunREC	Su	11:30am	7E0.6UTJ	11/1	4AO
CubRunREC	Su	12:10pm	7E0.9CEE	11/1	4AO
FranconiaRec	Sa	11:45am	7E0.H3IW	8/29	4AO
FranconiaRec	Su	9:50am	7E0.TN21	8/30	4AO
FranconiaRec	M/W	7:30pm	7E0.HL32	8/31	4AO
FranconiaRec	T	7:30pm	7E0.CDP3	9/1	4AP
FranconiaRec	Th	7:30pm	7E0.2QFN	9/3	4AP
FranconiaRec	F	7pm	7E0.T79C	9/11	4AN
FranconiaRec	M/W	7:30pm	7E0.J316	9/28	4AP

FranconiaRec	M/W	7:25pm	7EO.V7AB	10/26	4AP	SpHillIREC	Su	9am	7EO.RQPR	11/1	4AO
FranconiaRec	T	7:25pm	7EO.JGN9	10/27	4AP	SpHillIREC	Su	11:05am	7EO.BODN	11/1	4AO
FranconiaRec	Th	8pm	7EO.T9DR	10/29	4AO	SpHillIREC	M/W	6:25pm	7EO.NTPK	11/23	4AO
FranconiaRec	Sa	10:55am	7EO.1CUA	10/31	4AN	SpHillIREC	T/Th	4:20pm	7EO.L5UB	11/24	4AO
FranconiaRec	Su	9:50am	7EO.LLDC	11/1	4AN	Wkfld/Moore	F	6:05pm	7EO.JIQD	8/28	4AN
FranconiaRec	M/W	7:25pm	7EO.NIX5	11/23	4AO	Wkfld/Moore	Sa	11am	7EO.Z488	8/29	4AP
GWREC	Sa	10:55am	7EO.B37H	9/12	4AO	Wkfld/Moore	Su	2:50pm	7EO.DKRT	8/30	4AP
GWREC	Su	1pm	7EO.POTC	9/13	4AO	Wkfld/Moore	Su	11am	7EO.FV03	8/30	4AP
GWREC	T	6pm	7EO.4942	9/15	4AN	Wkfld/Moore	M/W	6:05pm	7EO.R2EL	8/31	4AO
GWREC	T	6pm	7EO.84LM	10/27	4AP	Wkfld/Moore	T	6:35pm	7EO.C5IF	9/1	4AP
GWREC	Sa	10:55am	7EO.LDNY	10/31	4AO	Wkfld/Moore	Th	6:35pm	7EO.F5MV	9/3	4AP
GWREC	Su	1pm	7EO.WXVA	11/1	4AO	Wkfld/Moore	M/W	6:05pm	7EO.1NSA	9/28	4AP
MtVernREC	Sa	10:45am	7EO.Q3DQ	8/29	4AP	Wkfld/Moore	F	6:05pm	7EO.8V68	10/16	4AN
MtVernREC	Su	10:45am	7EO.ASX4	8/30	4AP	Wkfld/Moore	F	6:05pm	7EO.9RVL	10/16	4AN
MtVernREC	T/Th	6:45pm	7EO.6Q7P	9/1	4AP	Wkfld/Moore	M/W	6:05pm	7EO.P7DU	10/26	4AP
MtVernREC	F	6:40pm	7EO.QROZ	9/11	4AN	Wkfld/Moore	T	6:35pm	7EO.TXN2	10/27	4AP
MtVernREC	T/Th	5:50pm	7EO.1H63	9/29	4AP	Wkfld/Moore	Th	6:35pm	7EO.D6DM	10/29	4AO
MtVernREC	F	6:40pm	7EO.3YOJ	10/23	4AN	Wkfld/Moore	Sa	11am	7EO.8ZK0	10/31	4AO
MtVernREC	T/Th	6:45pm	7EO.ODHF	10/27	4AP	Wkfld/Moore	Su	2:50pm	7EO.5GXI	11/1	4AO
MtVernREC	Sa	10:45am	7EO.4IOS	10/31	4AO	Wkfld/Moore	Su	11am	7EO.SQDT	11/1	4AO
MtVernREC	Su	10:45am	7EO.DF4E	11/1	4AO	Wkfld/Moore	M/W	6:05pm	7EO.08ZK	11/23	4AO
MtVernREC	T/Th	5:50pm	7EO.NNIH	11/24	4AO						
OakmontREC	W	7:30pm	7EO.YYYL	9/9	4AP						
OakmontREC	Th	6:55pm	7EO.YR6K	9/10	4AP						
OakmontREC	F	7:50pm	7EO.4V8I	9/11	4AR						
OakmontREC	Sa	12:25pm	7EO.1HQ0	9/12	4AO						
OakmontREC	Su	9:50am	7EO.HQQR	9/13	4AO						
OakmontREC	M	6:55pm	7EO.OYXD	9/14	4AO						
OakmontREC	T	6:55pm	7EO.VMSL	9/15	4AO						
OakmontREC	Sa	11:35am	7EO.9KGV	10/31	4AN						
OakmontREC	Su	9:50am	7EO.G1UC	11/1	4AN						
OakmontREC	M	6:55pm	7EO.HUYA	11/2	4AO						
OakmontREC	T	6:55pm	7EO.IB85	11/3	4AO						
OakmontREC	Th	6:55pm	7EO.YTMO	11/5	4AN						
ProvREC	Sa	8:15am	7EO.M0TJ	8/29	4AP						
ProvREC	Sa	10:05am	7EO.DNOG	8/29	4AP						
ProvREC	Su	11am	7EO.KREP	8/30	4AP						
ProvREC	M	6:05pm	7EO.611C	8/31	4AO						
ProvREC	T	6:25pm	7EO.7WXZ	9/1	4AP						
ProvREC	Th	7:30pm	7EO.5MSU	9/3	4AP						
ProvREC	M/W	6:10pm	7EO.XKZE	9/9	4AM						
ProvREC	F	6:35pm	7EO.0GS7	9/11	4AQ						
ProvREC	M	6:05pm	7EO.7ALO	10/26	4AP						
ProvREC	T	6:25pm	7EO.39OW	10/27	4AP						
ProvREC	Th	7:30pm	7EO.FLLM	10/29	4AO						
ProvREC	Sa	8:15am	7EO.079I	10/31	4AN						
ProvREC	Sa	10:05am	7EO.T6UW	10/31	4AN						
ProvREC	Su	11am	7EO.S3KO	11/1	4AN						
SoRunREC	T/Th	6:25pm	7EO.VLOT	9/8	4AN						
SoRunREC	F	6:55pm	7EO.1HUT	9/11	4AO						
SoRunREC	Sa	9am	7EO.EPS9	9/12	4AO						
SoRunREC	Sa	10:50am	7EO.63B5	9/12	4AO						
SoRunREC	Su	8:30am	7EO.Q96I	9/13	4AO						
SoRunREC	Su	9:20am	7EO.JFA6	9/13	4AO						
SoRunREC	M/W	7:10pm	7EO.QORG	9/28	4AP						
SoRunREC	T/Th	6:25pm	7EO.7XJS	9/29	4AP						
SoRunREC	M/W	7:10pm	7EO.DHNM	10/26	4AP						
SoRunREC	T/Th	6:25pm	7EO.MKOP	10/27	4AP						
SoRunREC	F	6:55pm	7EO.59S2	10/30	4AM						
SoRunREC	Sa	9pm	7EO.LNLK	10/31	4AO						
SoRunREC	Sa	10:50pm	7EO.JJ3G	10/31	4AO						
SoRunREC	Su	8:30am	7EO.0GQF	11/1	4AO						
SoRunREC	Su	9:20am	7EO.X4EU	11/1	4AO						
SoRunREC	M/W	7:10pm	7EO.GSYM	11/23	4AO						
SoRunREC	T/Th	6:25pm	7EO.J8Y5	11/24	4AO						
SpHillIREC	Sa	11:25am	7EO.94Y5	8/29	4AP						
SpHillIREC	Sa	12:15pm	7EO.ZPUC	8/29	4AP						
SpHillIREC	Su	9am	7EO.5PH3	8/30	4AP						
SpHillIREC	Su	11:05am	7EO.W1F9	8/30	4AP						
SpHillIREC	M/W	6:25pm	7EO.55WT	8/31	4AO						
SpHillIREC	T/Th	4:20pm	7EO.0WKR	9/1	4AP						
SpHillIREC	F	6:35pm	7EO.HLBL	9/11	4AQ						
SpHillIREC	M/W	6:25pm	7EO.J4WI	9/28	4AP						
SpHillIREC	T/Th	4:20pm	7EO.R1DM	9/29	4AP						
SpHillIREC	M/W	6:25pm	7EO.HPG7	10/26	4AP						
SpHillIREC	T/Th	4:20pm	7EO.6HJY	10/27	4AP						
SpHillIREC	Sa	11:25am	7EO.G307	10/31	4AO						
SpHillIREC	Sa	12:15pm	7EO.6NK8	10/31	4AO						

Swimming 3 for Children en Espanol

(6-12 años) Prerrequisito: Natación 2 o competencia de habilidades equivalentes. La clase enfatiza el aumento de la resistencia y el rendimiento de las habilidades de natación independiente. Sin asistencia ni dispositivos de flotación, los estudiantes entran y salen, nadan y pisan el agua de manera segura en aguas profundas, pisan el agua durante 15 segundos, se empujan en una posición aerodinámica hacia adelante y hacia atrás y luego revolotean al menos cuatro cuerpos largos. Las habilidades también incluyen respiración rotatoria, natación crol frontal, espalda elemental y crol hacia atrás al menos 15 yardas.

4AN 6--45 minute lessons--\$104
4AO 7--45 minute lessons--\$121

Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	12pm	KE7.KC5H	8/30	4AO
FranconiaRec	Su	9:50am	KE7.NINY	11/1	4AN

SGL Swimming 3 for Children

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:10pm	COC.V4CE	9/9	4AQE
CubRunREC	M	7:15pm	COC.AP3G	9/14	4AQD
CubRunREC	M	7:15pm	COC.YJ74	10/26	4AQF
CubRunREC	W	6:45pm	COC.A8R2	10/28	4AQE
FranconiaRec	Sa	10:55am	COC.CWLM	8/29	4AQE
FranconiaRec	Su	11:25am	COC.UNX3	8/30	4AQE
FranconiaRec	M/W	7:30pm	COC.DVMH	8/31	4AQE
FranconiaRec	F	6:25pm	COC.QVG9	9/11	4AQE
FranconiaRec	M/W	7:10pm	COC.WQR2	10/26	4AQF
FranconiaRec	Su	11:25am	COC.3I1T	11/1	4AQD
OakmontREC	Sa	11:35am	COC.0R72	9/12	4AQE
OakmontREC	Sa	10:45am	COC.LXV1	10/31	4AQD
OakmontREC	W	7:45pm	COC.L08Y	11/4	4AQE

Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. Class emphasizes improving confidence, skill proficiency, distance and endurance. Skills include

diving progression from side in deep water, swimming under water three body lengths, swimming front crawl, elementary backstroke, back crawl and breaststroke 25 yards, lap swimming techniques and safety and treading water for 30 seconds.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7:35pm	A7C.4NL5	9/8	4AO
CubRunREC	Th	6:10pm	A7C.9QUX	9/10	4AO
CubRunREC	Sa	9am	A7C.KY6A	9/12	4AO
CubRunREC	Sa	10:35am	A7C.NZKH	9/12	4AO
CubRunREC	Sa	11:50am	A7C.YGUC	9/12	4AO
CubRunREC	Su	9am	A7C.YMLS	9/13	4AO
CubRunREC	Su	10:35am	A7C.FY4E	9/13	4AO
CubRunREC	Su	11:50am	A7C.JE4T	9/13	4AO
CubRunREC	T	7:35pm	A7C.WSSY	10/27	4AP
CubRunREC	Th	5:20pm	A7C.W4W9	10/29	4AP
CubRunREC	Sa	9am	A7C.FK3F	10/31	4AO
CubRunREC	Sa	10:35am	A7C.J7YW	10/31	4AO
CubRunREC	Sa	11:50am	A7C.X8A3	10/31	4AO
CubRunREC	Su	9am	A7C.3RYS	11/1	4AO
CubRunREC	Su	10:35am	A7C.TH8T	11/1	4AO
CubRunREC	Su	11:50am	A7C.SWS3	11/1	4AO
FranconiaRec	Sa	10am	A7C.FM9M	8/29	4AO
FranconiaRec	Sa	11:45am	A7C.S7WH	8/29	4AO
FranconiaRec	Su	9am	A7C.K0QN	8/30	4AO
FranconiaRec	M/W	6:40pm	A7C.UN56	8/31	4AO
FranconiaRec	T	5:30pm	A7C.PCV0	9/1	4AP
FranconiaRec	Th	7:30pm	A7C.FTKS	9/3	4AP
FranconiaRec	F	5pm	A7C.N930	9/11	4AN
FranconiaRec	M/W	6:40pm	A7C.MZLH	9/28	4AP
FranconiaRec	M/W	6:35pm	A7C.VL5X	10/26	4AP
FranconiaRec	T	7pm	A7C.XN7P	10/27	4AP
FranconiaRec	Th	6pm	A7C.049S	10/29	4AO
FranconiaRec	Sa	9am	A7C.4CC4	10/31	4AN
FranconiaRec	Sa	11:55am	A7C.BAHR	10/31	4AN
FranconiaRec	Su	10:40am	A7C.IE5C	11/1	4AN
FranconiaRec	M/W	6:35pm	A7C.3Y14	11/23	4AO
GWREC	Sa	11:10am	A7C.X6F6	9/12	4AO
GWREC	Su	1:55pm	A7C.Q853	9/13	4AO
GWREC	T	6:55pm	A7C.0MYA	9/15	4AN
GWREC	T	6:55pm	A7C.J3HL	10/27	4AP
GWREC	Sa	11:10am	A7C.81LN	10/31	4AO
GWREC	Su	1:55pm	A7C.XCUC	11/1	4AO
MtVernREC	Sa	11:35am	A7C.AGDF	8/29	4AP
MtVernREC	Su	11:35am	A7C.K4GJ	8/30	4AP
MtVernREC	T/Th	7:35pm	A7C.BJEW	9/1	4AP
MtVernREC	F	7:30pm	A7C.453I	9/11	4AN
MtVernREC	T/Th	5pm	A7C.KQNV	9/29	4AP
MtVernREC	F	7:30pm	A7C.ABQR	10/23	4AN
MtVernREC	T/Th	7:35pm	A7C.1FLI	10/27	4AP
MtVernREC	Sa	11:35am	A7C.Z6W1	10/31	4AO
MtVernREC	Su	11:35am	A7C.6JB0	11/1	4AO
MtVernREC	T/Th	5pm	A7C.CYSW	11/24	4AO
OakmontREC	W	6pm	A7C.1JHR	9/9	4AP
OakmontREC	Th	7:45pm	A7C.CFFV	9/10	4AP
OakmontREC	Sa	9am	A7C.36B2	9/12	4AO
OakmontREC	Sa	11:50am	A7C.6PIX	9/12	4AO
OakmontREC	Su	9am	A7C.90J9	9/13	4AO
OakmontREC	Su	11am	A7C.ZU5H	9/13	4AO
OakmontREC	M	6pm	A7C.TJPO	9/14	4AO
OakmontREC	T	6pm	A7C.00PO	9/15	4AO
OakmontREC	Sa	9am	A7C.04YS	10/31	4AN
OakmontREC	Sa	11:50am	A7C.15ME	10/31	4AN
OakmontREC	Su	9am	A7C.7V1N	11/1	4AN
OakmontREC	Su	11am	A7C.E4IK	11/1	4AN
OakmontREC	M	6pm	A7C.ALWZ	11/2	4AO
OakmontREC	T	6pm	A7C.2831	11/3	4AO

OakmontREC	W	6pm	A7C.2S68	11/4	4AO
OakmontREC	W	7:45pm	A7C.965G	11/4	4AO
OakmontREC	Th	7:45pm	A7C.DQN5	11/5	4AN
ProvREC	Sa	9:10am	A7C.P3M1	8/29	4AP
ProvREC	Sa	12:05pm	A7C.DRUG	8/29	4AP
ProvREC	Su	9am	A7C.ROWT	8/30	4AP
ProvREC	M	7pm	A7C.P1WD	8/31	4AO
ProvREC	T	7:15pm	A7C.9TCE	9/1	4AP
ProvREC	T	7:15pm	A7C.2H53	9/11	4AQ
ProvREC	M	7pm	A7C.TGFM	10/26	4AP
ProvREC	T	7:15pm	A7C.2H3W	10/27	4AP
ProvREC	Sa	9:10am	A7C.KZIV	10/31	4AN
ProvREC	Sa	9:10am	A7C.QPY0	10/31	4AN
ProvREC	Su	9am	A7C.IQG6	11/1	4AN
SoRunREC	M/W	6:10pm	A7C.MW07	8/31	4AO
SoRunREC	T/Th	7:15pm	A7C.C2D7	9/8	4AN
SoRunREC	F	6:05pm	A7C.10C3	9/11	4AO
SoRunREC	Sa	9am	A7C.0G12	9/12	4AO
SoRunREC	Sa	9:50am	A7C.8UKE	9/12	4AP
SoRunREC	Su	9:20am	A7C.KH2P	9/13	4AO
SoRunREC	Su	10:10am	A7C.3XGJ	9/13	4AO
SoRunREC	M/W	6:10pm	A7C.9868	9/28	4AP
SoRunREC	T/Th	7:15pm	A7C.KRDR	9/29	4AP
SoRunREC	M/W	6:10pm	A7C.M93C	10/26	4AP
SoRunREC	T/Th	7:15pm	A7C.LOUJ	10/27	4AP
SoRunREC	F	6:05pm	A7C.34G8	10/30	4AM
SoRunREC	Sa	9am	A7C.GAV2	10/31	4AO
SoRunREC	Sa	9:50am	A7C.YNS0	10/31	4AO
SoRunREC	Su	9:20am	A7C.9S2U	11/1	4AO
SoRunREC	Su	10:10am	A7C.FICD	11/1	4AO
SoRunREC	M/W	6:10pm	A7C.SRGC	11/23	4AO
SoRunREC	T/Th	7:15pm	A7C.B3S8	11/24	4AO
SpHillREC	Sa	9:10am	A7C.MXY6	8/29	4AP
SpHillREC	Sa	12:15pm	A7C.J671	8/29	4AP
SpHillREC	Su	9:10am	A7C.NQ7X	8/30	4AP
SpHillREC	Su	12:05pm	A7C.1DRW	8/30	4AP
SpHillREC	M/W	6:30pm	A7C.5RHX	8/31	4AO
SpHillREC	T/Th	6:10pm	A7C.JUV7	9/1	4AP
SpHillREC	F	6:35pm	A7C.J5WF	9/11	4AQ
SpHillREC	M/W	6:30pm	A7C.WPKM	9/28	4AP
SpHillREC	T/Th	6:10pm	A7C.GSPM	9/29	4AP
SpHillREC	M/W	6:30pm	A7C.N01V	10/26	4AP
SpHillREC	T/Th	6:10pm	A7C.180C	10/27	4AP
SpHillREC	Sa	9:10am	A7C.EIKK	10/31	4AO
SpHillREC	Sa	12:15pm	A7C.H2HK	10/31	4AO
SpHillREC	Su	9:10am	A7C.SZ12	11/1	4AO
SpHillREC	Su	12:05pm	A7C.NXSJ	11/1	4AO
SpHillREC	M/W	6:30pm	A7C.3YEW	11/23	4AO
SpHillREC	T/Th	6:10pm	A7C.GT1A	11/24	4AO
Wkfld/Moore	F	5:30pm	A7C.ESRJ	8/28	4AN
Wkfld/Moore	F	6:55pm	A7C.V8UW	8/28	4AN
Wkfld/Moore	Sa	9am	A7C.2MGU	8/29	4AP
Wkfld/Moore	Sa	11:50am	A7C.4G4M	8/29	4AP
Wkfld/Moore	Su	2pm	A7C.4BJ7	8/30	4AP
Wkfld/Moore	Su	9am	A7C.2NSV	8/30	4AP
Wkfld/Moore	Su	11:50am	A7C.3X1I	8/30	4AP
Wkfld/Moore	M/W	6:55pm	A7C.NYN8	8/31	4AO
Wkfld/Moore	T	7:25pm	A7C.VQR6	9/1	4AP
Wkfld/Moore	Th	7:25pm	A7C.LSGC	9/3	4AP
Wkfld/Moore	M/W	6:55pm	A7C.0083	9/28	4AP
Wkfld/Moore	F	5:30pm	A7C.MUKQ	10/16	4AN
Wkfld/Moore	F	6:55pm	A7C.7YBQ	10/16	4AN
Wkfld/Moore	M/W	6:55pm	A7C.05ZD	10/26	4AP
Wkfld/Moore	T	7:25pm	A7C.D41G	10/27	4AP
Wkfld/Moore	Th	7:25pm	A7C.1R7N	10/29	4AO
Wkfld/Moore	Sa	9am	A7C.9ATH	10/31	4AO
Wkfld/Moore	Sa	11:50am	A7C.Y4SW	10/31	4AO
Wkfld/Moore	Su	2pm	A7C.SRWG	11/1	4AO
Wkfld/Moore	Su	9am	A7C.M61M	11/1	4AO
Wkfld/Moore	Su	11:50am	A7C.7YES	11/1	4AO
Wkfld/Moore	M/W	6:55pm	A7C.2JE6	11/23	4AO

SGL Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. This small group class is designed to help

students improve confidence, skill proficiency, distance and endurance. Skills include diving progression from side in deep water, swimming under water three body lengths, swim front crawl, elementary backstroke, back crawl and breaststroke 25 yards, lap swimming techniques and safety and treading water for 30 seconds.

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

Location	Day	Time	Code	Begin	\$
CubRunREC	W	6:10pm	D76.DAJK	9/9	4AQE
CubRunREC	M	6:45pm	D76.VE8Z	9/14	4AQD
CubRunREC	M	6:45pm	D76.L7K7	10/26	4AQF
CubRunREC	W	6:10pm	D76.Z7B6	10/28	4AQE
FranconiaRec	Su	12:15pm	D76.TYTC	8/30	4AQE
FranconiaRec	F	7:15pm	D76.F901	9/11	4AQD
FranconiaRec	M/W	7:30pm	D76.YAE9	9/28	4AQF
FranconiaRec	M/W	8pm	D76.Y3Q1	10/26	4AQF
FranconiaRec	Su	9am	D76.9PB4	11/1	4APD
OakmontREC	W	7:45pm	D76.13WY	9/9	4AQF
OakmontREC	Th	6pm	D76.1GLP	9/10	4AQF
OakmontREC	M	7:45pm	D76.1N9N	9/14	4AQE
OakmontREC	Sa	11:35am	D76.CL7D	10/31	4AQD
OakmontREC	Th	6pm	D76.3HKT	11/5	4AQD

Swimming 5 for Children

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

4AW	5--55 minute lessons--\$91
4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146
4AAA	9--55 minute lessons--\$165
4AAB	10--55 minute lessons--\$184

Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	D55.Q9SZ	9/8	4AY
CubRunREC	Sa	9:50am	D55.WKW4	9/12	4AY
CubRunREC	Sa	12:20pm	D55.EYZT	9/12	4AY
CubRunREC	Su	9:50am	D55.PAMV	9/13	4AY
CubRunREC	Su	11:25am	D55.YMCA	9/13	4AY
CubRunREC	T	7pm	D55.7ULE	10/27	4AZ
CubRunREC	Sa	9:50am	D55.RSM5	10/31	4AY
CubRunREC	Sa	12:20pm	D55.24C9	10/31	4AY
CubRunREC	Su	9:50am	D55.PQUC	11/1	4AY
CubRunREC	Su	11:25am	D55.96TW	11/1	4AY
FranconiaRec	Sa	12pm	D55.CUOM	8/29	4AY
FranconiaRec	Su	9am	D55.EP11	8/30	4AY
FranconiaRec	M/W	7:30pm	D55.T0JC	8/31	4AY
FranconiaRec	T	6:20pm	D55.E2W6	9/1	4AZ
FranconiaRec	F	5:55pm	D55.ZZ0U	9/11	4AX
FranconiaRec	M/W	7:25pm	D55.3MWL	10/26	4AZ
FranconiaRec	T	6pm	D55.0TML	10/27	4AZ
FranconiaRec	Th	6:50pm	D55.MYX6	10/29	4AY
FranconiaRec	Sa	10am	D55.3P64	10/31	4AX
FranconiaRec	Su	9am	D55.XE81	11/1	4AX
GWREC	Sa	9am	D55.SZM0	9/12	4AY
GWREC	Su	2:50pm	D55.X6GW	9/13	4AY
GWREC	Sa	9am	D55.6EB7	10/31	4AY
GWREC	Su	2:50pm	D55.Q2B8	11/1	4AY
MtVernREC	Sa	9am	D55.ICBH	8/29	4AZ
MtVernREC	Su	9am	D55.YVPV	8/30	4AZ
MtVernREC	Sa	9am	D55.4KHJ	10/31	4AY
MtVernREC	Su	9am	D55.K3J6	11/1	4AY
OakmontREC	W	7:50pm	D55.9MF8	9/9	4AZ
OakmontREC	F	6pm	D55.YCM7	9/11	4AAB
OakmontREC	Sa	9:50am	D55.L0T0	9/12	4AY
OakmontREC	Su	9am	D55.YGC1	9/13	4AY
OakmontREC	M	6:50pm	D55.8A8N	9/14	4AY

OakmontREC	T	6:50pm	D55.CWX1	9/15	4AY
OakmontREC	Sa	9:50am	D55.67RW	10/31	4AX
OakmontREC	Su	9am	D55.15NA	11/1	4AX
OakmontREC	M	6:50pm	D55.3F1Y	11/2	4AY
OakmontREC	T	6:50pm	D55.GLKJ	11/3	4AY
OakmontREC	W	7:50pm	D55.0T6Z	11/4	4AY
ProvREC	Sa	10:05am	D55.DC4A	8/29	4AZ
ProvREC	Su	9:55am	D55.DS4L	8/30	4AZ
ProvREC	F	7:25pm	D55.NZ5X	9/11	4AAA
ProvREC	Sa	10:05am	D55.G2S2	10/31	4AX
ProvREC	Su	9:55am	D55.U6W6	11/1	4AZ
SoRunREC	T/Th	8:05pm	D55.VUG3	9/8	4AX
SoRunREC	M/W	7pm	D55.8M6I	9/9	4AW
SoRunREC	F	6:05pm	D55.Q6AN	9/11	4AY
SoRunREC	Sa	9:50am	D55.T0RU	9/12	4AY
SoRunREC	Su	9:30am	D55.OY9M	9/13	4AY
SoRunREC	M/W	7pm	D55.3DM7	9/28	4AZ
SoRunREC	T/Th	8:05pm	D55.4W1J	9/29	4AZ
SoRunREC	M/W	7pm	D55.KDQM	10/26	4AZ
SoRunREC	T/Th	8:05pm	D55.0KTO	10/27	4AZ
SoRunREC	F	6:05pm	D55.4080	10/30	4AW
SoRunREC	Sa	9:50pm	D55.P9X9	10/31	4AY
SoRunREC	Su	9:30am	D55.RGUC	11/1	4AY
SoRunREC	M/W	7pm	D55.PCW5	11/23	4AY
SoRunREC	T/Th	8:05pm	D55.KX0Z	11/24	4AY
SpHillREC	Sa	10am	D55.ZPLJ	8/29	4AZ
SpHillREC	Sa	12:15pm	D55.46CM	8/29	4AZ
SpHillREC	Su	9:10am	D55.G6P1	8/30	4AZ
SpHillREC	M/W	6:05pm	D55.240R	8/31	4AY
SpHillREC	T/Th	7:05pm	D55.2J9A	9/1	4AZ
SpHillREC	F	7:25pm	D55.414X	9/11	4AAA
SpHillREC	M/W	6:05am	D55.WM2Z	9/28	4AZ
SpHillREC	T/Th	7:05am	D55.9L9D	9/29	4AZ
SpHillREC	M/W	6:05pm	D55.LWYV	10/26	4AZ
SpHillREC	T/Th	7:05pm	D55.YG76	10/27	4AZ
SpHillREC	Sa	10am	D55.2CHM	10/31	4AY
SpHillREC	Sa	12:15pm	D55.SWNK	10/31	4AY
SpHillREC	Su	9:10am	D55.E3FR	11/1	4AY
SpHillREC	M/W	6:05pm	D55.RY99	11/23	4AY
SpHillREC	T/Th	7:05pm	D55.AE0D	11/24	4AY
Wkfld/Moore	F	6:20pm	D55.ZPRU	8/28	4AX
Wkfld/Moore	Sa	9:50am	D55.870G	8/29	4AZ
Wkfld/Moore	Su	4pm	D55.2XRH	8/30	4AZ
Wkfld/Moore	Su	9:50pm	D55.040S	8/30	4AZ
Wkfld/Moore	T	6pm	D55.AYPB	9/1	4AZ
Wkfld/Moore	Th	6pm	D55.K25J	9/3	4AZ
Wkfld/Moore	F	6:20pm	D55.1KQX	10/16	4AX
Wkfld/Moore	T	6pm	D55.UOQD	10/27	4AZ
Wkfld/Moore	Th	6pm	D55.2YR7	10/29	4AY
Wkfld/Moore	Sa	9:50am	D55.CVDM	10/31	4AY
Wkfld/Moore	Su	4pm	D55.NQYH	11/1	4AY
Wkfld/Moore	Su	9:50am	D55.6FAU	11/1	4AY

SGL Swimming 5 for Children

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

4ARD	6--55 minute lessons--\$179
4ARE	7--55 minute lessons--\$205
4ARF	8--55 minute lessons--\$233

Location	Day	Time	Code	Begin	\$
CubRunREC	W	7pm	HQJ.TSSW	9/9	4ARE
CubRunREC	M	7:35pm	HQJ.WM5H	9/14	4ARD
CubRunREC	M	7:35pm	HQJ.CU9C	10/26	4ARF
CubRunREC	W	7:35pm	HQJ.9MCG	10/28	4ARE
FranconiaRec	M/W	8pm	HQJ.9UMY	11/23	4ARE
OakmontREC	Th	6:50pm	HQJ.SVHP	9/10	4ARF
OakmontREC	M	7:45pm	HQJ.F64I	11/2	4ARE
OakmontREC	Th	6:50pm	HQJ.1FKL	11/5	4ARD

Aquatics

Swimming 6 for Children

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

4AW	5--55 minute lessons--\$91
4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146
4AAA	9--55 minute lessons--\$165
4AAB	10--55 minute lessons--\$184

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9am	DF4.Q6GA	9/12	4AY
CubRunREC	Sa	10:50am	DF4.57ZU	9/12	4AY
CubRunREC	Su	9am	DF4.6KZJ	9/13	4AY
CubRunREC	Su	10:50am	DF4.HTZR	9/13	4AY
CubRunREC	Sa	9am	DF4.RF8L	10/31	4AY
CubRunREC	Sa	10:50am	DF4.2F9R	10/31	4AY
CubRunREC	Su	9am	DF4.3X9M	11/1	4AY
CubRunREC	Su	10:50am	DF4.Y7RA	11/1	4AY
FranconiaRec	Sa	11am	DF4.PW1Q	8/29	4AY
FranconiaRec	Su	10am	DF4.4BME	8/30	4AY
FranconiaRec	T	7:20pm	DF4.AF07	9/1	4AZ
FranconiaRec	F	6:55pm	DF4.1WD2	9/11	4AX
FranconiaRec	M/W	7:30pm	DF4.NED9	9/28	4AZ
FranconiaRec	T	7:50pm	DF4.TTL6	10/27	4AZ
FranconiaRec	Sa	9am	DF4.4G9F	10/31	4AX
FranconiaRec	Su	10am	DF4.8U8M	11/1	4AX
FranconiaRec	M/W	7:25pm	DF4.RC9U	11/23	4AY
GWREC	Sa	10:05am	DF4.G2IS	9/12	4AY
GWREC	Sa	10:05am	DF4.54GM	10/31	4AY
MtVernREC	Sa	10am	DF4.0WUT	8/29	4AZ
MtVernREC	Su	10am	DF4.7L6P	8/30	4AZ
MtVernREC	Sa	10am	DF4.A7F3	10/31	4AY
MtVernREC	Su	10am	DF4.39XS	11/1	4AY
OakmontREC	W	6:50pm	DF4.UBN7	9/9	4AZ
OakmontREC	F	7pm	DF4.74E8	9/11	4AAB
OakmontREC	Sa	10:50am	DF4.IK3W	9/12	4AY
OakmontREC	Su	10am	DF4.IFIZ	9/13	4AY
OakmontREC	M	7:50pm	DF4.Q8V1	9/14	4AY
OakmontREC	T	7:50pm	DF4.K12N	9/15	4AY
OakmontREC	Sa	10:50am	DF4.86LK	10/31	4AX
OakmontREC	Su	10am	DF4.8Z1Y	11/1	4AX
OakmontREC	M	7:50pm	DF4.REHV	11/2	4AY
OakmontREC	T	7:50pm	DF4.R0ZW	11/3	4AY
OakmontREC	W	6:50pm	DF4.9E32	11/4	4AY
ProvREC	Sa	11:05am	DF4.LEGH	8/29	4AZ
ProvREC	Su	11am	DF4.QF2Q	8/30	4AZ
ProvREC	Sa	11:05am	DF4.ARHO	10/31	4AX
ProvREC	Su	11am	DF4.4RM0	11/1	4AX
SoRunREC	T/Th	7pm	DF4.WFN8	9/8	4AX
SoRunREC	M/W	6pm	DF4.CWV1	9/9	4AW
SoRunREC	F	6:05pm	DF4.980Y	9/11	4AY
SoRunREC	Su	8:30am	DF4.Z044	9/13	4AY
SoRunREC	M/W	6pm	DF4.59VX	9/28	4AZ
SoRunREC	T/Th	7pm	DF4.2D7D	9/29	4AZ
SoRunREC	M/W	6pm	DF4.TUT1	10/26	4AZ
SoRunREC	T/Th	7pm	DF4.S5KM	10/27	4AZ
SoRunREC	F	6:05pm	DF4.XM2Q	10/30	4AW
SoRunREC	Su	8:30am	DF4.Q70L	11/1	4AY
SoRunREC	M/W	6pm	DF4.SDLQ	11/23	4AY
SoRunREC	T/Th	7pm	DF4.YXSX	11/24	4AY
SpHillREC	Sa	11:05am	DF4.ER86	8/29	4AZ
SpHillREC	Su	11:05am	DF4.YQVC	8/30	4AZ
SpHillREC	M/W	7:05pm	DF4.PPN7	8/31	4AY
SpHillREC	F	7:25pm	DF4.QWSQ	9/11	4AAA
SpHillREC	M/W	7:05pm	DF4.JIE3	9/28	4AZ
SpHillREC	M/W	7:05pm	DF4.W6M5	10/26	4AZ
SpHillREC	Sa	11:05am	DF4.4VVV	10/31	4AY
SpHillREC	Su	11:05am	DF4.L8A6	11/1	4AY

SpHillREC	M/W	7:05pm	DF4.QSWA	11/23	4AY
Wkfld/Moore	Su	5pm	DF4.XCG5	8/30	4AZ
Wkfld/Moore	M/W	6:50pm	DF4.ANM1	8/31	4AY
Wkfld/Moore	T	7pm	DF4.0BF8	9/1	4AZ
Wkfld/Moore	Th	7pm	DF4.15YK	9/3	4AZ
Wkfld/Moore	M/W	6:50pm	DF4.086P	9/28	4AZ
Wkfld/Moore	M/W	6:50pm	DF4.AE5A	10/26	4AZ
Wkfld/Moore	T	7pm	DF4.CF05	10/27	4AZ
Wkfld/Moore	Sa	10:50am	DF4.DPE2	10/31	4AY
Wkfld/Moore	Su	5pm	DF4.TX0R	11/1	4AY
Wkfld/Moore	M/W	6:50pm	DF4.4MON	11/23	4AY

Homeschool Learn to Swim Level 1 & 2

(7-17 yrs.) This course combines the learn-to-swim levels 1 & 2 and targets children who are homeschooled 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.

4AO	7--45 minute lessons--\$121
4AP	8--45 minute lessons--\$141

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	CAC.SQSQ	9/8	4AO
CubRunREC	T	1pm	CAC.XWS9	10/27	4AP
FranconiaRec	Th	12:40pm	CAC.CEI9	9/3	4AP
FranconiaRec	Th	12:40pm	CAC.H640	10/29	4AO
SoRunREC	W	2:20pm	CAC.UFQD	9/9	4AO
SoRunREC	W	2:20pm	CAC.WT4X	10/28	4AO
SpHillREC	Th	1:30pm	CAC.FX91	9/3	4AP
SpHillREC	F	11:30am	CAC.XLNJ	9/11	4AO
SpHillREC	Th	1:30pm	CAC.K8VB	10/29	4AO
SpHillREC	F	11:30am	CAC.BGA4	10/30	4AO

Homeschool Learn to Swim Level 3 & 4

(7-17 yrs.) This course combines the learn-to-swim levels 1 & 2 and targets children who are homeschooled 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.

4AO	7--45 minute lessons--\$121
4AP	8--45 minute lessons--\$141

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	8B2.BC35	9/8	4AO
CubRunREC	T	1pm	8B2.2WEF	10/27	4AP
FranconiaRec	Th	1:30pm	8B2.0KWK	9/3	4AP
FranconiaRec	Th	1:15pm	8B2.9R16	10/29	4AO
SoRunREC	W	1:30pm	8B2.1QW9	9/9	4AO
SoRunREC	W	1:30pm	8B2.N515	10/28	4AO

Homeschool Learn to Swim Level 5 & 6

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

4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:50pm	A75.CQCC	9/8	4AY
CubRunREC	T	1:50pm	A75.TCKM	10/27	4AZ
FranconiaRec	Th	12:35pm	A75.WL07	9/3	4AZ
FranconiaRec	Th	12:35pm	A75.37Y2	10/29	4AY
SoRunREC	W	12:30pm	A75.665B	9/9	4AY
SoRunREC	W	12:30pm	A75.ZLFQ	10/28	4AY

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.

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
CubRunREC	T	1:50pm	AFC.RRGD	9/8	4AY
CubRunREC	T	1:50pm	AFC.2PX8	10/27	4AZ
FranconiaRec	Th	1:35pm	AFC.XSQ0	9/3	4AZ
FranconiaRec	Th	1:35pm	AFC.34LF	10/29	4AY
OakmontREC	F	10:30am	AFC.OI2K	9/11	4AY
OakmontREC	F	10:30am	AFC.RTBV	10/30	4AX
SoRunREC	W	11:30am	AFC.Y736	9/9	4AY
SoRunREC	W	11:30am	AFC.HSWW	10/28	4AY
SpHillREC	Th	12:30pm	AFC.NUBC	9/3	4AZ
SpHillREC	F	10:30am	AFC.QX7U	9/11	4AY
SpHillREC	Th	12:30pm	AFC.2VQS	10/29	4AY
SpHillREC	F	10:30am	AFC.XSQG	10/30	4AY

Swim Classes for Teens & Adults

Swimming 1 - Teens & Adults

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	7D5.AJ6W	9/10	4AY
CubRunREC	F	11am	7D5.WLJC	9/11	4AY
CubRunREC	Su	8am	7D5.ERUL	9/13	4AY
CubRunREC	Th	7pm	7D5.TY5B	10/29	4AY
CubRunREC	F	11am	7D5.ESVG	10/30	4AY
CubRunREC	Su	8am	7D5.UUX1	11/1	4AY
FranconiaRec	Sa	9am	7D5.T2ZU	8/29	4AY
FranconiaRec	M/W	7:30pm	7D5.SRM2	8/31	4AY
FranconiaRec	Th	11:35am	7D5.MW9M	9/3	4AZ
FranconiaRec	F	7pm	7D5.08DB	9/11	4AX
FranconiaRec	F	11:30am	7D5.RZMG	9/11	4AY
FranconiaRec	M/W	7:25pm	7D5.0AGB	10/26	4AZ
FranconiaRec	T	7:25pm	7D5.J2GB	10/27	4AZ
FranconiaRec	Su	11:35am	7D5.3607	11/1	4AX
GWREC	Th	6pm	7D5.UBKH	9/17	4AX
GWREC	Th	6pm	7D5.00GK	10/29	4AY
MtVernREC	Su	11:50am	7D5.LYSH	8/30	4AZ
MtVernREC	M/W	7:20pm	7D5.0H00	9/28	4AZ
MtVernREC	M/W	7:20pm	7D5.5L71	11/23	4AY
OakmontREC	Su	8am	7D5.PPUX	9/13	4AY
OakmontREC	M	9am	7D5.2VQK	9/14	4AY
OakmontREC	T	7:45pm	7D5.133P	9/15	4AY
OakmontREC	Sa	12:25pm	7D5.UJ6K	10/31	4AX
OakmontREC	Su	8am	7D5.PRUZ	11/1	4AX
OakmontREC	M	9am	7D5.4CQO	11/2	4AY
OakmontREC	T	7:45pm	7D5.A48C	11/3	4AY
ProvREC	Sa	12:05pm	7D5.49LW	8/29	4AZ
ProvREC	M	7:50pm	7D5.H1C1	8/31	4AY
ProvREC	W	7:25pm	7D5.2USF	9/2	4AZ
ProvREC	W	7:25pm	7D5.3TND	9/2	4AZ
ProvREC	M	7:25pm	7D5.0YTJ	10/26	4AZ
ProvREC	M	7:25pm	7D5.A099	10/26	4AZ
ProvREC	W	7:25pm	7D5.FC9Q	10/28	4AY
ProvREC	Sa	7:50pm	7D5.KMON	10/31	4AX
SoRunREC	M/W	8pm	7D5.IXBM	9/9	4AW
SoRunREC	M/W	8pm	7D5.U5V7	9/28	4AZ
SoRunREC	M/W	8pm	7D5.ZX3F	10/26	4AZ



SoRunREC	M/W	8pm	7D5.47T1	11/23	4AY
SpHiIREC	Su	1:50pm	7D5.CA77	8/30	4AZ
SpHiIREC	F	1:35pm	7D5.9Q3W	9/11	4AY
SpHiIREC	F	1:35pm	7D5.LF9V	10/30	4AY
SpHiIREC	Su	1:50pm	7D5.416A	11/1	4AY
Wkfld/Moore	Su	2pm	7D5.YGIZ	8/30	4AZ
Wkfld/Moore	M/W	7:50pm	7D5.34ME	8/31	4AY
Wkfld/Moore	M/W	7:50pm	7D5.427F	9/28	4AZ
Wkfld/Moore	M/W	7:50pm	7D5.WKEL	10/26	4AZ
Wkfld/Moore	Su	2pm	7D5.6C0J	11/1	4AY
Wkfld/Moore	M/W	7:50pm	7D5.6TUL	11/23	4AY

Swimming 2 - Teens & Adults

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	75A.C8X1	9/10	4AY
CubRunREC	F	12pm	75A.LVB2	9/11	4AY
CubRunREC	Su	8am	75A.5921	9/12	4AY
CubRunREC	Th	7pm	75A.HUCY	10/29	4AY
CubRunREC	F	12pm	75A.NN9U	10/30	4AY
CubRunREC	Su	8am	75A.MDCF	11/1	4AY
FranconiaRec	Sa	11:10am	75A.VRON	8/29	4AY
FranconiaRec	Sa	12:05pm	75A.MEDZ	8/29	4AZ
FranconiaRec	T	7:30pm	75A.D2ZD	9/1	4AZ
FranconiaRec	M/W	7:30pm	75A.2U07	9/28	4AZ
FranconiaRec	Th	8pm	75A.MBWN	10/29	4AY
FranconiaRec	Th	11:35am	75A.91W9	10/29	4AY
FranconiaRec	F	11:30am	75A.AWCV	10/30	4AY
FranconiaRec	Sa	10:55am	75A.5WYL	10/31	4AX
FranconiaRec	Sa	12:05pm	75A.X4PZ	10/31	4AX
FranconiaRec	Su	12:35pm	75A.B570	11/1	4AX
FranconiaRec	M/W	7:25pm	75A.7WF8	11/23	4AY
OakmontREC	F	9:30am	75A.VIIA	9/11	4AY
OakmontREC	Su	8am	75A.MFHO	9/13	4AY
OakmontREC	T	7:45pm	75A.E8MN	9/15	4AY
OakmontREC	F	9:30am	75A.F0F5	10/30	4AX
OakmontREC	Su	8am	75A.D5EU	11/1	4AX
OakmontREC	Su	11:35am	75A.RJ19	11/1	4AX
OakmontREC	T	7:45pm	75A.WQAF	11/3	4AY
ProvREC	M	7:50pm	75A.3B03	8/31	4AY

ProvREC	M	7:50pm	75A.26XG	10/26	4AZ
SoRunREC	T/Th	8:05pm	75A.ARPJ	9/8	4AX
SoRunREC	T/Th	8:05pm	75A.T9N6	9/29	4AZ
SoRunREC	T/Th	8:05pm	75A.SM8F	10/27	4AZ
SpHiIREC	Su	1:50pm	75A.8KMV	8/30	4AZ
SpHiIREC	F	1:35pm	75A.U7G5	9/11	4AY
SpHiIREC	F	1:35pm	75A.LVBF	10/30	4AY
SpHiIREC	Su	1:50pm	75A.ESYX	11/1	4AY
Wkfld/Moore	Su	3pm	75A.08AP	8/30	4AZ
Wkfld/Moore	T	8pm	75A.BH3A	9/1	4AZ
Wkfld/Moore	T	8pm	75A.2E04	10/27	4AZ
Wkfld/Moore	Su	3pm	75A.PKXK	11/1	4AY

Swimming 3 - Teens & Adults

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	8pm	346.MSYM	9/10	4AY
CubRunREC	F	12pm	346.YAEX	9/11	4AY
CubRunREC	Su	8am	346.534D	9/13	4AY
CubRunREC	Th	8pm	346.G7MD	10/29	4AY
CubRunREC	F	12pm	346.U62L	10/30	4AY
CubRunREC	Su	8am	346.2SH5	11/1	4AY
FranconiaRec	Sa	10am	346.6T97	8/29	4AY
FranconiaRec	Su	10:50am	346.6IMY	8/30	4AY
FranconiaRec	F	1:35pm	346.G7MB	9/11	4AY
FranconiaRec	Sa	9:50am	346.G40C	10/31	4AX
OakmontREC	F	10:30am	346.Q75M	9/11	4AY
OakmontREC	Su	8am	346.8V37	9/13	4AY
OakmontREC	M	7:45pm	346.ALSA	9/14	4AY
OakmontREC	F	10:30am	346.KE3I	10/30	4AX
OakmontREC	Su	8am	346.FGAX	11/1	4AX
OakmontREC	M	7:45pm	346.140S	11/2	4AY
ProvREC	W	7:25pm	346.AHGP	9/2	4AZ
ProvREC	W	7:25pm	346.GFK4	10/28	4AY
SoRunREC	T/Th	8:05pm	346.TANC	11/24	4AY
Wkfld/Moore	Su	2pm	346.98TC	8/30	4AZ
Wkfld/Moore	Th	8pm	346.MASC	9/3	4AZ
Wkfld/Moore	Th	8pm	346.LZW8	10/29	4AY
Wkfld/Moore	Su	2pm	346.EBTO	11/1	4AY

Swimming 4 - Teens & Adults

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
CubRunREC	Th	8pm	915.V8HW	9/10	4AY
CubRunREC	F	1pm	915.WRUH	9/11	4AY
CubRunREC	Su	8am	915.KZYM	9/13	4AY
CubRunREC	Th	8pm	915.RQZP	10/29	4AY
CubRunREC	F	1pm	915.C6BJ	10/30	4AY
CubRunREC	Su	8am	915.EGNX	11/1	4AY
FranconiaRec	Su	11:50am	915.ZEFJ	8/30	4AY
FranconiaRec	F	1:35pm	915.SCI5	10/30	4AY
OakmontREC	F	11:30am	915.3X7M	9/11	4AY
OakmontREC	Su	8am	915.VAG1	9/13	4AY
OakmontREC	F	11:30am	915.CJBE	10/30	4AX
OakmontREC	Su	8am	915.EWXD	11/1	4AX
Wkfld/Moore	Su	3pm	915.HJRO	8/30	4AZ
Wkfld/Moore	Su	3pm	915.4FE4	11/1	4AY

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.

4AH	7--55 minute lessons--\$130
4AHJ	8--55 minute lessons--\$149

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:25am	BEE.4YKV	9/12	4AHJ
CubRunREC	Su	12:40pm	BEE.RJ8G	9/13	4AHJ
CubRunREC	Sa	11:25am	BEE.WAVJ	10/31	4AHJ
CubRunREC	Su	12:40pm	BEE.VN2N	11/1	4AHJ
FranconiaRec	Sa	12:10pm	BEE.FR2S	8/29	4AHJ
Wkfld/Moore	Sa	12pm	BEE.OV7E	8/29	4AHJ
Wkfld/Moore	Sa	12pm	BEE.G6WO	10/31	4AHJ

Stroke Mechanics 1

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

4AHB	6--45 minute lessons--\$105
4AHC	7--45 minute lessons--\$123
4AHD	8--45 minute lessons--\$143
4AHF	11--45 minute lessons--\$195

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5pm	2C5.MLW4	9/11	4AHF
CubRunREC	Sa	9am	2C5.VDSC	9/12	4AHC
CubRunREC	Sa	12:25pm	2C5.6Q9M	9/12	4AHC
CubRunREC	Su	9am	2C5.E9B8	9/13	4AHC

Aquatics

CubRunREC	Su	12:25pm	2C5.2YJR	9/13	4AHC
CubRunREC	Sa	9am	2C5.QGCE	10/31	4AHC
CubRunREC	Sa	12:25pm	2C5.SETN	10/31	4AHC
CubRunREC	Su	9am	2C5.PATB	11/1	4AHC
CubRunREC	Su	12:25pm	2C5.A38S	11/1	4AHC
FranconiaRec	Sa	10am	2C5.N6AI	8/29	4AHC
FranconiaRec	Th	5:30pm	2C5.26P4	9/3	4AHD
FranconiaRec	Th	7:50pm	2C5.Y6WM	10/29	4AHC
FranconiaRec	Sa	11:05am	2C5.P6F7	10/31	4AHC
FranconiaRec	Su	11:10am	2C5.Z386	11/1	4AHC
MtVernREC	Sa	11am	2C5.2TQV	8/29	4AHD
MtVernREC	Su	11am	2C5.EQQY	8/30	4AHD
MtVernREC	Sa	11am	2C5.RRG6	10/31	4AHC
MtVernREC	Su	11am	2C5.77Y9	11/1	4AHC
OakmontREC	Th	6pm	2C5.J2D7	9/10	4AHD
OakmontREC	Sa	10am	2C5.ROH8	9/12	4AHC
OakmontREC	Su	9am	2C5.CDPB	9/13	4AHC
OakmontREC	T	6pm	2C5.5RGX	9/15	4AHC
OakmontREC	Sa	10am	2C5.SFLH	10/31	4AHC
OakmontREC	Su	9am	2C5.R0ID	11/1	4AHC
OakmontREC	T	6pm	2C5.5JT4	11/3	4AHC
OakmontREC	Th	6pm	2C5.RALW	11/5	4AHC
ProvREC	Sa	9:10am	2C5.KSGM	8/29	4AHD
ProvREC	Su	9am	2C5.6FLG	8/30	4AHD
ProvREC	M	6pm	2C5.ME41	8/31	4AHC
ProvREC	Th	5:50pm	2C5.F2JT	9/3	4AHD
ProvREC	M	6pm	2C5.273A	10/26	4AHD
ProvREC	Th	5:50pm	2C5.H0BU	10/29	4AHC
ProvREC	Sa	9:10am	2C5.0789	10/31	4AHC
ProvREC	Su	9am	2C5.M32P	11/1	4AHC
SoRunREC	M/W	8pm	2C5.PNA9	8/31	4AHC
SoRunREC	Su	10:30am	2C5.E3PU	9/13	4AHC
SoRunREC	M/W	8pm	2C5.QLKZ	9/28	4AHD
SoRunREC	M/W	8pm	2C5.HGOW	10/26	4AHD
SoRunREC	Su	10:30am	2C5.MFVM	11/1	4AHC
SoRunREC	M/W	8pm	2C5.CG85	11/23	4AHC
SpHillREC	Sa	10:10am	2C5.BM4Q	8/29	4AHD
SpHillREC	Su	9:10am	2C5.YK1D	8/30	4AHD
SpHillREC	M/W	6pm	2C5.G1JD	8/31	4AHC
SpHillREC	M/W	6pm	2C5.R7S6	9/28	4AHD
SpHillREC	M/W	6pm	2C5.4GV8	10/26	4AHD
SpHillREC	Sa	10:10am	2C5.3XM8	10/31	4AHC
SpHillREC	Su	9:10am	2C5.L8WR	11/1	4AHC
SpHillREC	M/W	6pm	2C5.5UBJ	11/23	4AHC
Wkfld/Moore	Sa	12pm	2C5.PYOB	8/29	4AHD
Wkfld/Moore	Sa	12pm	2C5.RARB	10/31	4AHC

Stroke Mechanics 2

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

4AHH	6--55 minute lessons--\$111
4AHI	7--55 minute lessons--\$130
4AHJ	8--55 minute lessons--\$149
4AHH	11--55 minute lessons--\$205

Location	Day	Time	Code	Begin	\$
CubRunREC	F	5:50pm	6D4.WF9V	9/11	4AHH
CubRunREC	Sa	9:50am	6D4.Q5UL	9/12	4AHI
CubRunREC	Su	9:50am	6D4.MGSV	9/13	4AHI
CubRunREC	Sa	9:50am	6D4.YSBS	10/31	4AHI
CubRunREC	Su	9:50am	6D4.8R6E	11/1	4AHI
FranconiaRec	Sa	9am	6D4.TW6T	8/29	4AHI
FranconiaRec	Sa	10:05pm	6D4.E5LS	8/29	4AHJ

FranconiaRec	Su	9:50am	6D4.4174	8/30	4AHJ
FranconiaRec	Su	12:10pm	6D4.JD1K	8/30	4AHI
FranconiaRec	Th	6:20pm	6D4.709Q	9/3	4AHJ
FranconiaRec	Sa	10:05pm	6D4.ADN3	10/31	4AHH
FranconiaRec	Sa	11:55am	6D4.NTXU	10/31	4AHH
FranconiaRec	Su	12pm	6D4.HXSF	11/1	4AHH
MtVernREC	Su	11:50am	6D4.710J	11/1	4AHJ
OakmontREC	W	6pm	6D4.E3H4	9/9	4AHJ
OakmontREC	Sa	10am	6D4.HNS2	9/12	4AHI
OakmontREC	Su	9:50am	6D4.7LTR	9/13	4AHI
OakmontREC	M	6pm	6D4.JY24	9/14	4AHI
OakmontREC	Sa	10am	6D4.JZ7T	10/31	4AHH
OakmontREC	Su	9:50am	6D4.YNZP	11/1	4AHH
OakmontREC	M	6pm	6D4.9UM0	11/2	4AHI
OakmontREC	W	6pm	6D4.WS4Y	11/4	4AHI
ProvREC	M	6:50pm	6D4.51TM	8/31	4AHI
ProvREC	Th	6:40pm	6D4.CDYX	9/3	4AHJ
ProvREC	M	6:50pm	6D4.8Q4R	10/26	4AHJ
ProvREC	Th	7:35pm	6D4.XKYF	10/29	4AHI
ProvREC	Su	9:50am	6D4.5C00	11/1	4AHH
SoRunREC	T/Th	6pm	6D4.UV2V	9/8	4AHH
SoRunREC	Sa	10:40am	6D4.ZDX0	9/12	4AHI
SoRunREC	T/Th	6pm	6D4.RWNE	9/29	4AHJ
SoRunREC	T/Th	6pm	6D4.WM06	10/27	4AHJ
SoRunREC	Sa	10:40am	6D4.6710	10/31	4AHI
SoRunREC	T/Th	6pm	6D4.GEQW	11/24	4AHI
SpHillREC	Sa	11:05am	6D4.EATU	8/29	4AHJ
SpHillREC	Su	10am	6D4.H293	8/30	4AHJ
SpHillREC	M/W	6:50pm	6D4.2DYA	8/31	4AHI
SpHillREC	M/W	6:50pm	6D4.G1AA	9/28	4AHJ
SpHillREC	M/W	6:50pm	6D4.E43W	10/26	4AHJ
SpHillREC	Sa	11:05am	6D4.5IKU	10/31	4AHI
SpHillREC	Su	10am	6D4.B13F	11/1	4AHI
SpHillREC	M/W	6:50pm	6D4.G56Z	11/23	4AHI
Wkfld/Moore	Sa	11am	6D4.BSUZ	8/29	4AHJ
Wkfld/Moore	Sa	11am	6D4.H9CP	10/31	4AHI

Stroke Mechanics 3

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

4AHH	6--55 minute lessons--\$111
4AHI	7--55 minute lessons--\$130
4AHJ	8--55 minute lessons--\$149
4AHH	11--55 minute lessons--\$205
4AHP	5--55 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6:50pm	E57.JGCV	9/11	4AHH
CubRunREC	Sa	10:50am	E57.S8P5	9/12	4AHI
CubRunREC	Su	10:50am	E57.B2C8	9/13	4AHI
CubRunREC	Sa	10:50am	E57.U7Q4	10/31	4AHI
CubRunREC	Su	10:50am	E57.WWWF	11/1	4AHI
FranconiaRec	Su	11:10am	E57.BHSL	8/30	4AHI
OakmontREC	Th	6:50pm	E57.D0SD	9/10	4AHJ
OakmontREC	Sa	11am	E57.HJ9I	9/12	4AHI
OakmontREC	Su	10:50am	E57.Y4EO	9/13	4AHI
OakmontREC	T	6:50pm	E57.WLG8	9/15	4AHI
OakmontREC	Sa	11am	E57.MQ33	10/31	4AHH
OakmontREC	Su	10:50am	E57.XC2M	11/1	4AHH
OakmontREC	T	6:50pm	E57.3AFH	11/3	4AHI
OakmontREC	Th	6:50pm	E57.8350	11/5	4AHH
ProvREC	Sa	11:05pm	E57.X616	8/29	4AHJ
ProvREC	Su	10:55pm	E57.R0NF	8/30	4AHJ

ProvREC	Th	7:40pm	E57.T211	9/3	4AHJ
ProvREC	Th	7:40pm	E57.JUFS	10/29	4AHI
ProvREC	Sa	11:05pm	E57.3YR7	10/31	4AHH
ProvREC	Su	10:55pm	E57.0CDH	11/1	4AHH
SoRunREC	T/Th	8pm	E57.3040	9/8	4AHH
SoRunREC	M/W	7pm	E57.LJGQ	9/9	4AHP
SoRunREC	M/W	7pm	E57.RPYM	9/28	4AHJ
SoRunREC	T/Th	8pm	E57.FTAT	9/29	4AHJ
SoRunREC	M/W	7pm	E57.1AH3	10/26	4AHJ
SoRunREC	T/Th	8pm	E57.PF43	10/27	4AHJ
SoRunREC	M/W	7pm	E57.I603	11/23	4AHI
SoRunREC	T/Th	8pm	E57.03LU	11/24	4AHI
SpHillREC	Sa	11:05pm	E57.NCXN	8/29	4AHJ
SpHillREC	Sa	11:05pm	E57.Y6BE	8/29	4AHJ
SpHillREC	Su	12:05pm	E57.KQ3C	8/29	4AHJ
SpHillREC	Su	11:05am	E57.U6JC	8/30	4AHJ
SpHillREC	T/Th	6pm	E57.HE1Z	9/1	4AHJ
SpHillREC	T/Th	6pm	E57.J8AA	9/29	4AHJ
SpHillREC	T/Th	6pm	E57.TYAP	10/27	4AHJ
SpHillREC	Sa	12:05pm	E57.VBU1	10/31	4AHI
SpHillREC	Su	11:05am	E57.V99U	11/1	4AHI
SpHillREC	T/Th	6pm	E57.5VBG	11/24	4AHJ
Wkfld/Moore	Sa	10am	E57.37NP	8/29	4AHJ
Wkfld/Moore	Sa	10am	E57.63ZW	10/31	4AHI

Stroke Mechanics 4

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

4AHH	6--55 minute lessons--\$111
4AHI	7--55 minute lessons--\$130
4AHJ	8--55 minute lessons--\$149
4AHH	11--55 minute lessons--\$205
4AHP	5--55 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6:50pm	2F3.2DOE	9/11	4AHH
CubRunREC	Sa	11:50am	2F3.9HNT	9/12	4AHI
CubRunREC	Su	11:50am	2F3.YMAL	9/13	4AHI
CubRunREC	Sa	11:50am	2F3.DPZR	10/31	4AHH
CubRunREC	Su	11:50am	2F3.VTVL	11/1	4AHH
OakmontREC	W	7pm	2F3.XSKB	9/9	4AHJ
OakmontREC	Sa	12pm	2F3.K9IR	9/12	4AHI
OakmontREC	Su	11:50am	2F3.2GRH	9/13	4AHI
OakmontREC	M	7pm	2F3.R4DG	9/14	4AHI
OakmontREC	Sa	12pm	2F3.RCZE	10/31	4AHH
OakmontREC	Su	11:50am	2F3.ZMM6	11/1	4AHH
OakmontREC	M	7pm	2F3.3V20	11/2	4AHI
OakmontREC	W	7pm	2F3.5CAG	11/4	4AHI
ProvREC	Sa	12:05pm	2F3.5WQH	8/29	4AHJ
ProvREC	Su	11:55pm	2F3.CCK6	8/30	4AHJ
ProvREC	Sa	12:05pm	2F3.FQ26	10/31	4AHH
ProvREC	Su	11:55am	2F3.VVVJ	11/1	4AHH
SoRunREC	M/W	8pm	2F3.JUN8	9/9	4AHP
SoRunREC	M/W	8pm	2F3.7ZZT	9/28	4AHJ
SoRunREC	M/W	8pm	2F3.EFV4	10/26	4AHJ
SoRunREC	M/W	8pm	2F3.P4K8	11/23	4AHI
SpHillREC	Sa	1:05pm	2F3.0SAI	8/29	4AHJ
SpHillREC	Su	12:05pm	2F3.MBXU	8/30	4AHJ
SpHillREC	T/Th	7pm	2F3.W1A7	9/1	4AHJ
SpHillREC	T/Th	7pm	2F3.F6G5	9/29	4AHJ
SpHillREC	T/Th	7pm	2F3.BP8M	10/27	4AHJ
SpHillREC	Sa	1:05pm	2F3.9CXZ	10/31	4AHI
SpHillREC	Su	12:05pm	2F3.CA91	11/1	4AHI
SpHillREC	T/Th	7pm	2F3.ZLFY	11/24	4AHI
Wkfld/Moore	Sa	9am	2F3.NZBB	8/29	4AHJ
Wkfld/Moore	Sa	9am	2F3.IBYZ	10/31	4AHI

Lap Swim

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

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

Location	Day	Time	Code	Begin	\$
CubRunREC	T	8pm	41A.D499	9/8	4AY
CubRunREC	Th	7pm	41A.7RWL	9/10	4AY
CubRunREC	F	1pm	41A.ZDMR	9/11	4AY
CubRunREC	Su	8am	41A.N9VB	9/13	4AY
CubRunREC	T	8pm	41A.FEPC	10/27	4AZ
CubRunREC	Th	7pm	41A.QZZE	10/29	4AY
CubRunREC	F	1pm	41A.T6VU	10/30	4AY
CubRunREC	Su	8am	41A.7MYH	11/1	4AY
FranconiaRec	Th	7:20pm	41A.4CFQ	9/3	4AZ
FranconiaRec	F	12:35pm	41A.F36B	9/11	4AY
FranconiaRec	F	12:35pm	41A.P4XJ	10/30	4AY
GWREC	Th	7pm	41A.8T1J	9/17	4AX
GWREC	Th	7pm	41A.DWS4	10/29	4AY
OakmontREC	W	10:30am	41A.ZQAH	9/9	4AZ
OakmontREC	Su	8am	41A.NWLJ	9/13	4AY
OakmontREC	T	7:50pm	41A.OWR1	9/15	4AY
OakmontREC	Su	8am	41A.Q8EH	11/1	4AY
OakmontREC	T	7:50pm	41A.JX83	11/3	4AY
OakmontREC	W	10:30am	41A.ER1M	11/4	4AY
ProvREC	F	7:25pm	41A.9P35	9/11	4AAA
SoRunREC	T/Th	9:30am	41A.MPAR	9/8	4AX
SoRunREC	T/Th	9:30am	41A.KCUZ	9/29	4AZ
SoRunREC	T/Th	9:30am	41A.NY71	10/27	4AZ
SoRunREC	T/Th	9:30am	41A.H12V	11/24	4AY
SpHillREC	Sa	9:10am	41A.KQNG	8/29	4AZ
SpHillREC	Th	10:40am	41A.AR11	9/3	4AZ

SpHillREC	F	8:05pm	41A.TJYQ	9/11	4AAA
SpHillREC	Th	10:40am	41A.MZPP	10/29	4AY
SpHillREC	Sa	9:10am	41A.NY33	10/31	4AY
Wkfld/Moore	Sa	10am	41A.KIDV	8/29	4AZ
Wkfld/Moore	T	10am	41A.9XP5	9/1	4AZ
Wkfld/Moore	T	10am	41A.Z97M	10/27	4AZ
Wkfld/Moore	Sa	10am	41A.55TS	10/31	4AY

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--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9am	C96.LXRZ	8/29	4AY
FranconiaRec	F	10am	C96.CG2P	9/11	4AY
FranconiaRec	F	10am	C96.A0S3	10/30	4AY
OakmontREC	W	11:30am	C96.R7L5	9/9	4AZ
OakmontREC	F	11:30am	C96.S9HZ	9/11	4AY
OakmontREC	F	11:30am	C96.E00V	10/30	4AX
OakmontREC	W	11:30am	C96.RCQC	11/4	4AY
SoRunREC	T/Th	10:30am	C96.R831	9/8	4AX
SoRunREC	T/Th	10:30am	C96.ZGD0	9/29	4AZ
SoRunREC	T/Th	10:30am	C96.5NU5	10/27	4AZ
SoRunREC	T/Th	10:30am	C96.WP1U	11/24	4AY
SpHillREC	Th	11:40am	C96.BUKO	9/3	4AZ
SpHillREC	F	9:30am	C96.D4U6	9/11	4AY
SpHillREC	Th	11:40am	C96.NB43	10/29	4AY
Wkfld/Moore	Sa	11am	C96.TM9Z	8/29	4AZ
Wkfld/Moore	T	11am	C96.7LDN	9/1	4AZ
Wkfld/Moore	T	11am	C96.ZEJQ	10/27	4AZ
Wkfld/Moore	Sa	11am	C96.RA1R	10/31	4AY

Advanced Lap Swim

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
OakmontREC	W	8pm	85E.UUHS	9/9	4AZ
OakmontREC	W	9:30am	85E.M32A	9/9	4AZ
OakmontREC	F	9:30am	85E.NMUN	9/11	4AY
OakmontREC	Sa	9am	85E.PIL9	9/12	4AY
OakmontREC	Su	8am	85E.YFVK	9/13	4AY
OakmontREC	M	8pm	85E.3S92	9/14	4AY
OakmontREC	F	9:30am	85E.H9L7	10/30	4AX
OakmontREC	Sa	9am	85E.DUKK	10/31	4AX
OakmontREC	Su	8am	85E.NP7P	11/1	4AX
OakmontREC	M	8pm	85E.GRX2	11/2	4AY
OakmontREC	W	8pm	85E.XRMR	11/4	4AY
OakmontREC	W	9:30am	85E.EBJB	11/4	4AY
SpHillREC	Th	9:40am	85E.TSAA	9/3	4AZ
SpHillREC	Th	9:40am	85E.UVNC	10/29	4AY
Wkfld/Moore	Sa	9am	85E.ODQ6	8/29	4AZ
Wkfld/Moore	Sa	9am	85E.PGJF	10/31	4AY

Swim Clinics

Butterfly & Breaststroke Clinic 1

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11:40am	8DD.IN8D	9/12	4AO
OakmontREC	Sa	11:40am	8DD.DX9D	10/31	4AN
OakmontREC	Th	7:50pm	8DD.CXSR	11/5	4AN
Wkfld/Moore	Su	2:50pm	8DD.WFFG	8/30	4AP
Wkfld/Moore	Su	2:50pm	8DD.V5W5	11/1	4AO

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- Free Lifeguarding certification for Lifeguard candidates.
- Positions available at all Rec Centers and The Water Mine.



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THE 4 S'S OF WATER SAFETY

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

SECURE Secure your private pool with a locking fence.

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

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



Butterfly & Breaststroke Clinic 2

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	11am	2D5.OHI2	9/13	4AY
OakmontREC	Sa	9am	2D5.AE9A	10/31	4AX
OakmontREC	Su	11am	2D5.DDL2	11/1	4AX
SpHillIREC	Su	1:05pm	2D5.MZVO	8/30	4AZ
SpHillIREC	Su	1:05pm	2D5.4LWN	11/1	4AY

Freestyle & Backstroke Clinic 1

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	7:50pm	9D9.LPWR	9/10	4AP
OakmontREC	Sa	10:50am	9D9.XEQQ	9/12	4AO
OakmontREC	Sa	10:50am	9D9.MD66	10/31	4AN
Wkfld/Moore	Su	2pm	9D9.VBWW	8/30	4AP
Wkfld/Moore	Su	2pm	9D9.EZEV	11/1	4AO

Freestyle & Backstroke Clinic 2

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	10am	40A.RJRL	9/13	4AY
OakmontREC	Su	10am	40A.QTWI	11/1	4AX
SpHillIREC	Su	12:55pm	40A.UX97	8/30	4AZ
SpHillIREC	Su	12:55pm	40A.7VNB	11/1	4AY

Swim Team Prep

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146
4AAB	10--55 minute lessons--\$184

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
CubRunREC	Su	4pm	E8D.APKC	9/13	4AY
CubRunREC	Su	5pm	E8D.UL9R	9/13	4AY
CubRunREC	Su	4pm	E8D.VDLF	11/1	4AY
CubRunREC	Su	5pm	E8D.K2PP	11/1	4AY
GWREC	Sa	11am	E8D.F7AL	9/12	4AY
GWREC	Sa	12pm	E8D.170Y	9/12	4AY
GWREC	Sa	11am	E8D.IOX5	10/31	4AY
GWREC	Sa	12pm	E8D.65UZ	10/31	4AY
OakmontREC	F	8pm	E8D.U7MZ	9/11	4AAB
OakmontREC	Sa	9am	E8D.JC4K	9/12	4AY
OakmontREC	Su	9am	E8D.5865	9/13	4AY
OakmontREC	Su	9am	E8D.3DU7	11/1	4AX
OakmontREC	Th	7:50pm	E8D.KMGE	11/5	4AX
SoRunREC	Su	4pm	E8D.19ST	9/13	4AY
SoRunREC	Su	4am	E8D.JBDB	11/1	4AY
Wkfld/Moore	Su	3:50pm	E8D.1C97	8/30	4AZ
Wkfld/Moore	Su	3:50pm	E8D.9DIC	11/1	4AY

(13-18 yrs.)

CubRunREC	Su	4pm	246.6CTE	9/13	4AY
CubRunREC	Su	5pm	246.3RT9	9/13	4AY
CubRunREC	Su	4pm	246.N17M	11/1	4AY
CubRunREC	Su	5pm	246.DQEV	11/1	4AY
SoRunREC	Su	5pm	246.IGTC	9/13	4AY
SoRunREC	Su	5pm	246.QC16	11/1	4AY
Wkfld/Moore	Su	4:50pm	246.R6VT	8/30	4AZ
Wkfld/Moore	Su	4:50pm	246.SRCV	11/1	4AY

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Aquatic Fitness

Options for aquatic exercisers:

Drop-In (or pay as you go)

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

Aqua Exercise Flex Pass

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

Register for coded class listed in Parktakes

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

Aerobic Water Exercise

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

4AB7	20--55 minute lessons--\$311
4ABC	13--55 minute lessons--\$202
4ABD	14--55 minute lessons--\$218
4ABE	15--55 minute lessons--\$232
4ABO	31--55 minute lessons--\$480
4ABQ	23--55 minute lessons--\$357

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	3AD.ID3E	9/13	4ABC
OakmontREC	W	9am	3AD.K93A	9/16	4ABD
OakmontREC	Th	10am	3AD.34LE	9/17	4ABC
SoRunREC	T/Th	9am	3AD.R3KE	9/8	4ABD
SoRunREC	M/W/F	9am	3AD.89AP	9/9	4AB7
SoRunREC	M/W/F	9am	3AD.Q3CK	10/26	4ABQ
SoRunREC	T/Th	9am	3AD.ZEWO	10/27	4ABE
Wkfld/Moore	M/W	9am	3AD.CJDO	8/31	4ABO
Wkfld/Moore	T/Th	9am	3AD.MESZ	9/1	4ABO
Wkfld/Moore	F	9am	3AD.6HSU	9/4	4ABE

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.

4ABD	14--55 minute lessons--\$218
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Location	Day	Time	Code	Begin	\$
OakmontREC	W	8am	40C.A6QE	9/16	4ABD

Aqua Combat

(13-Adult) Get ready to unleash your inner warrior right in the pool! Aqua Combat is a high-energy, low-impact workout that mixes kickboxing, martial arts, and athletic drills. You'll throw strong punches, kick through the water, and move to upbeat music for a full-body workout. It's great for building cardio strength, toning muscles, and improving coordination, all while being easy on your joints. Perfect for both fitness fans and beginners

4ABA	11--55 minute lessons--\$163
4ABJ	29--55 minute lessons--\$430

Location	Day	Time	Code	Begin	\$
GWREC	T/Th	10:35am	RJH.6XMV	9/8	4ABJ
MtVernREC	F	10:35am	RJH.35CX	9/11	4ABA

Aqua Get Fit

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

4AB1	16--55 minute lessons--\$248
4ABD	14--55 minute lessons--\$218
4ABE	15--55 minute lessons--\$232
4ABO	31--55 minute lessons--\$480
4ABX	30--55 minute lessons--\$466
4AGA	45--55 minute lessons--\$698

Location	Day	Time	Code	Begin	\$
FranconiaRec	M/W/F	9:10am	2A9.AHNS	8/31	4AGA
FranconiaRec	T/Th	6:35am	2A9.T7T3	9/1	4ABO
FranconiaRec	T	7:45pm	2A9.1MGR	9/1	4AB1
FranconiaRec	Th	7:35pm	2A9.EVLE	9/3	4ABE
FranconiaRec	F	6:35am	2A9.PUUC	9/11	4ABD
MtVernREC	M/W	8am	2A9.6J1Q	8/31	4ABX

Arthritis Water Exercise

(13-Adult) Shallow-water exercises using water's buoyancy and resistance improves 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.

4AB3	43--55 minute lessons--\$666
4AB7	20--55 minute lessons--\$311
4ABC	13--55 minute lessons--\$202
4ABD	14--55 minute lessons--\$218
4ABE	15--55 minute lessons--\$232
4ABJ	29--55 minute lessons--\$452
4ABO	31--55 minute lessons--\$480

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	9am	9E8.UQX2	9/8	4ABJ
FranconiaRec	T/Th	10:15am	9E8.Y2A7	9/1	4ABO
GWREC	T/Th	9:30am	9E8.ZYGJ	9/8	4ABJ
GWREC	M/W/F	10am	9E8.POF9	9/9	4AB3
MtVernREC	T/Th	9:10am	9E8.PB28	8/31	4ABO
OakmontREC	Th	11am	9E8.WSVX	9/17	4ABC
SoRunREC	T/Th	10am	9E8.ZELW	9/8	4ABD
SoRunREC	T/Th	11am	9E8.COW8	9/8	4ABD
SoRunREC	M/W/F	10am	9E8.9ARU	9/9	4AB7
SoRunREC	M/W/F	10am	9E8.BC13	10/26	4ABQ
SoRunREC	T/Th	10am	9E8.FEX6	10/27	4ABE
SoRunREC	T/Th	11am	9E8.RHDO	10/27	4ABE

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.

4AB1	16--55 minute lessons--\$248
4AB3	43--55 minute lessons--\$666
4AB7	20--55 minute lessons--\$311
4ABC	13--55 minute lessons--\$202
4ABE	15--55 minute lessons--\$232
4ABJ	29--55 minute lessons--\$452
4ABM	39--55 minute lessons--\$599

Location	Day	Time	Code	Begin	\$
CubRunREC	T/Th	10am	B8B.6Z4A	9/8	4ABJ
GWREC	T/Th	5:05pm	B8B.519U	9/8	4ABJ
GWREC	M/W/F	7:15am	B8B.2VDO	9/9	4AB3
GWREC	M/W/F	9:15am	B8B.TB4B	9/9	4AB3
GWREC	M/W/F	10:15am	B8B.C32N	9/9	4AB3
OakmontREC	Su	5pm	B8B.807F	9/13	4ABC
OakmontREC	M/W/F	9:10am	B8B.1IC6	9/14	4ABM
OakmontREC	T/Th	9am	B8B.1VZ1	9/15	4AGC
SoRunREC	T/Th	8am	B8B.UMJY	9/8	4AB1
SoRunREC	M/W/F	8am	B8B.1P6F	9/9	4AB7
SoRunREC	M/W/F	8:55am	B8B.3300	10/26	4ABQ
SoRunREC	T/Th	8am	B8B.V9EF	10/27	4ABE

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.

4ABM 39--55 minute lessons--\$599

Location	Day	Time	Code	Begin	\$
OakmontREC	M/W/F	10:10am	4A8.75PS	9/14	4ABM

Advanced Deep Water Exercise

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

4ABB	12--55 minute lessons--\$189
4ABM	39--55 minute lessons--\$599
4ABO	31--55 minute lessons--\$480
4ABX	30--55 minute lessons--\$466
4AGA	45--55 minute lessons--\$698

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10am	B79.1C0V	8/29	4ABB
FranconiaRec	M/W/F	9:10am	B79.20B1	8/31	4AGA
FranconiaRec	T/Th	9:10am	B79.Q6B0	9/1	4ABO
MtVernREC	T/Th	8am	B79.XG77	8/31	4ABO
MtVernREC	M/W	9:10am	B79.L9NY	8/31	4ABX
MtVernREC	T/Th	8am	B79.AY3S	9/1	4ABO
OakmontREC	M/W/F	8:10am	B79.UG3G	9/14	4ABM
Wkfld/Moore	T/Th	10:05am	B79.WXTK	9/1	4ABO

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.

4ABD	14--55 minute lessons--\$218
4ABE	15--55 minute lessons--\$232

Location	Day	Time	Code	Begin	\$
SoRunREC	T/Th	12pm	7F0.TSFM	9/8	4ABD
SoRunREC	T/Th	12pm	7F0.ZRB9	10/27	4ABE

Power Finning

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

4ABB	12--55 minute lessons--\$189
4ABD	14--55 minute lessons--\$218

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9am	83P.LVAE	8/29	4ABB
GWREC	Th	8:30am	83P.WJWV	9/10	4ABD



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Aquatics

S'WET Deep

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

4ABE 15--55 minute lessons--\$232
4ABJ 29--55 minute lessons--\$452

Location	Day	Time	Code	Begin	\$
GWREC	T/Th	9:30am	32R.2QH9	9/8	4ABJ
MtVernREC	M	10:15am	32R.02K2	8/31	4ABE

S'WET Shallow

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

4ABO 31--55 minute lessons--\$480
4ABT 32--55 minute lessons--\$497

Location	Day	Time	Code	Begin	\$
FranconiaRec	M/W	6:35am	NC7.XPNL	8/31	4ABT
MtVernREC	T/Th	6:15pm	NC7.ZQPF	8/31	4ABO

S'WET Silver

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

4ABO 31--55 minute lessons--\$480

Location	Day	Time	Code	Begin	\$
FranconiaRec	T/Th	8am	GMN.S9GC	9/1	4ABO

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.

4AB3 43--55 minute lessons--\$666
4ABB 12--55 minute lessons--\$189
4ABE 15--55 minute lessons--\$232
4ABO 31--55 minute lessons--\$480

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	8:05am	7B5.CX8G	8/29	4ABB
GWREC	M/W/F	8:15am	7B5.76WZ	9/9	4AB3
Wkfld/Moore	M/W	10am	7B5.TQ41	8/31	4ABO
Wkfld/Moore	T/Th	11:05am	7B5.WUUK	9/1	4ABO
Wkfld/Moore	F	10am	7B5.MD3P	9/4	4ABE

VOLUNTEER



Opportunities Available
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Specialty Classes

Intro to Water Polo-Splashball Style

(6-12 yrs.) Discover water polo through Splashball, a fun, beginner-friendly program for young swimmers. This non-contact, kid-focused version of the sport teaches basic skills like swimming with the ball, passing, shooting, and teamwork in a safe, supportive setting. Games and drills build confidence, coordination, and sportsmanship—perfect for energetic kids who love swimming and team play. Participants must be able to swim 25 yards of front and back continuously in water up to 14 feet deep.

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	F	6pm	9Q0.89FJ	9/11	4AX

Kayak Rolling

(13-Adult) Here's an opportunity for students to practice rolling and safety skills in kayaks or C-1 canoes under the guidance of an instructor. Students must have their own boat and equipment with prior experience before signing up for this course.

1AK 1--3 hour program--\$36
4KC 3--3 hour lessons w/o kayak--\$91

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	6:15pm	4D7.HTFS	11/21	4KC
FranconiaRec	Sa	6:15pm	4D7.HPWQ	11/21	1AK
FranconiaRec	Sa	6:15pm	4D7.MPB9	12/5	1AK
FranconiaRec	Sa	6:15pm	4D7.3FK1	12/12	1AK

Springboard Diving-Beginning

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

4AX 6--55 minute lessons--\$110
4AY 7--55 minute lessons--\$128
4AZ 8--55 minute lessons--\$146
4AAC 11--55 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	5B5.PLH6	9/11	4AAC
FranconiaRec	Su	2pm	5B5.MR93	8/30	4AY
FranconiaRec	F	6pm	5B5.CH10	9/11	4AX
OakmontREC	Su	9am	5B5.RQB6	9/13	4AY
OakmontREC	Su	12pm	5B5.GP3J	9/13	4AY
OakmontREC	Su	9am	5B5.12HM	11/1	4AX
OakmontREC	Su	12pm	5B5.3801	11/1	4AX
ProvREC	Sa	1:05pm	5B5.S9LW	8/29	4AZ
ProvREC	Sa	1:05pm	5B5.NMU5	10/31	4AX
Wkfld/Moore	F	7:30pm	5B5.TX28	8/28	4AX
Wkfld/Moore	Su	11am	5B5.Z6G1	8/30	4AZ
Wkfld/Moore	F	7:30pm	5B5.2BWA	10/16	4AX
Wkfld/Moore	Su	11am	5B5.GEW8	11/1	4AY

Springboard Diving-Intermediate

(6-Adult) Prerequisite: Must be able to swim at least 25 yards and have completed, or have skill level for Springboard Diving-Beginner. Class emphasizes developing the four main dive components: approach, takeoff,

flight and entry and the four basic diving positions: layout, pike, tuck and free.

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146
4AAC	11--55 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
CubRunREC	F	7pm	8A5.PA5Y	9/11	4AAC
FranconiaRec	Su	3pm	8A5.BIGC	8/30	4AY
FranconiaRec	F	7pm	8A5.891G	9/11	4AX
OakmontREC	Su	10am	8A5.AL2S	9/13	4AY
OakmontREC	Su	10am	8A5.YLSC	11/1	4AX
ProvREC	Sa	2:02pm	8A5.JHFR	8/29	4AZ
ProvREC	Sa	2:05pm	8A5.RLFY	8/29	4AZ
Wkfld/Moore	F	6:30pm	8A5.4SID	8/28	4AX
Wkfld/Moore	Su	10am	8A5.SYZH	8/30	4AZ
Wkfld/Moore	F	6:30pm	8A5.I1BQ	10/16	4AX
Wkfld/Moore	Su	10am	8A5.YOCE	11/1	4AY

Springboard Diving-Advanced

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

4AX	6--55 minute lessons--\$110
4AY	7--55 minute lessons--\$128
4AZ	8--55 minute lessons--\$146

Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	4pm	535.YH23	8/30	4AY
OakmontREC	Su	11am	535.AH54	9/13	4AY
OakmontREC	Su	11am	535.M183	11/1	4AX
Wkfld/Moore	F	5:30pm	535.YQCW	8/28	4AX
Wkfld/Moore	Su	9am	535.LUME	8/30	4AZ
Wkfld/Moore	F	5:30pm	535.1GCT	10/16	4AX
Wkfld/Moore	Su	9am	535.IZBP	11/1	4AY

TURKEY DIP



Turkey Dip

(6-Adult) Turkey Dip is a change from your typical Turkey Trot this race will give participants the opportunity to challenge themselves with either a 500-yard, 250-yard, 100-yard or 25-yard swim (partner swim) snaking through the swimming pool. Participants will earn a one of a kind "Turkey Dip" t-shirt and will be eligible for race day raffles! The Turkey Dip is open to all levels of swimmers. *If a 25-yard participant needs to swim with a parent or use a swim vest that will be allowed. Only registered participants will be eligible for a t-shirt. T-shirt will be guaranteed to participants who register before November 11 - then it will be first come first serve.

4AZE	1--1 hour event--\$37
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Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	6:30pm	CMV.TRKY	11/21	4AZE

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15% OFF Annual Memberships September 1-30

Your membership includes:

- Access to All Rec Centers
- Pools, Spas and Saunas
- Fitness Center (FREE Orientations)
- Drop-in Group Fitness Classes (Cycle, Yoga, BODYPUMP™, Pilates)
- Courts, Gyms and Tracks
- Drop-In Pickleball and Basketball
- Racquetball and Volleyball
- Discounts on Drop-In Childcare
- Public Skate and Rock Wall Sessions

NO
Initiation Fee



REC CENTERS



*Amenities vary by location.

Purchase at Rec Centers or Online. www.fairfaxcounty.gov/parks/passes

Power up smart savings



Fairfax Energy Compass



Get free, energy-saving guidance

www.fairfaxcounty.gov/environment-energy-coordination/fairfax-energy-compass

Attractions

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



Clemyjontri Park



6317 Georgetown Pike

McLean, Va. 22101

703-388-2807

www.fairfaxcounty.gov/parks/clemyjontri

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

Hours

The park is open year-round from 7 a.m. to dusk. The carousel operates daily June 18-Aug. 23, Monday-Friday; 9:30 a.m.-1:30 p.m., Saturday and Sunday; 9:30 a.m.-6 p.m. Open weekends only, April 11-June 17 and Aug. 24-Oct. 25, 9:30 a.m.-3:30 p.m.

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

Celebrate in your favorite park!

With awesome birthday packages and standout attractions, there's a perfect party for every kid. Explore all the options at www.fairfaxcounty.gov/parks/parties or call your favorite site for details.

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

More Family Fun

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

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



Park Trails

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

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.

Gift
a Fairfax County Park Authority
Experience
this Holiday Season!



Experience the magic of parks with a:

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

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

Activities, Classes, Camps, Food and Merchandise

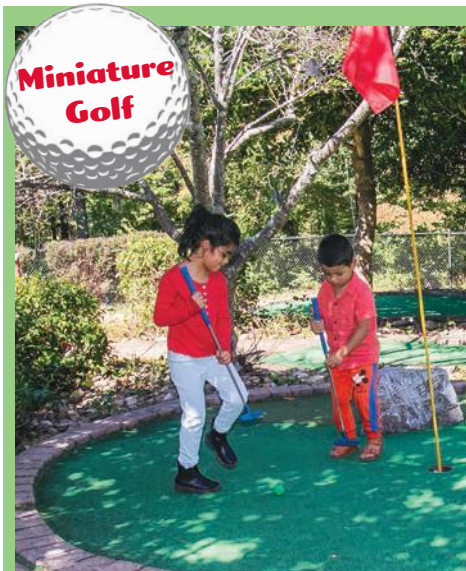


Learn more at
www.fairfaxcounty.gov/parks/giftcards



Buy Fresh, Buy Local...
fruits, vegetables, honey
baked goods, plants, eggs
meat, dairy and flowers

www.fairfaxcounty.gov/parks/farmersmarkets



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

Burke Lake Park

7315 Ox Road, Fairfax Station
703-323-6600

Oakmont Rec Center

3200 Jermantown Road, Oakton
703-281-6501

Jefferson Falls in Jefferson District Park

7900 Route 29, Falls Church
703-573-0444

Lucky Duck in Lake Accotink Park

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

Cub Run for Water Fun Year Round



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

For more information and hours, visit www.fairfaxcounty.gov/parks/reccenter/cub-run/indoor-water-park or call 703-817-9407.

Picnic in the Parks



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

For help planning your event, email FCPPicnics@fairfaxcounty.gov or call 703-324-8732.



Our Special Sprayground at Franconia Park



Our Special Harbor spray ground at Franconia Park in Franconia is a fully accessible complex featuring:

- Chesapeake Bay-themed attractions including a spraying osprey nest, Chessie the sea serpent, misting sunflowers and a lighthouse.
- Beach area with softer bubblers and interactive water tables.
- Computerized water maze and dumping crab basket.
- Fully accessible tree house that overlooks the family recreation area featuring the Tiki Village playground for ages 5-12 and the Nautical Cove for ages 2-5.

Our Special Harbor opens Memorial Day Weekend and closes Labor Day. General admission is free. Group admission is \$7 per person in-county, \$12 out-of-county for both children and adults, including chaperones. For more information, call 703-922-9841.

The Water Mine at Lake Fairfax Park



1400 Lake Fairfax Drive, Reston • 703-471-5415
www.fairfaxcounty.gov/parks/watermine

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

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

SCHOOL DAY OUT CAMPS



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



Adventure and Nature Camps

Election Day on the Farm Camp

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

Location	Day	Time	Code	Begin	\$
FryingPanPk	M-Tu	9am-4pm	9TU.XAPS	11/2-11/3	\$149

Outdoor Adventure Minicamp

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

Location	Day	Time	Code	Begin	\$
OakmontREC	M	8:30am-4:30pm	WJL.XL3P	10/12	\$129

Pioneer Survival Skills

(6-11 yrs.) Join our naturalist for an outdoor adventure as campers learn about skills the early settlers needed to survive when Virginia was still a frontier country. Exciting challenges are included that develop problem-solving, orienteering and basic wilderness survival skills. Search for gold, dip candles, crank ice cream, and play pioneer games.

Location	Day	Time	Code	Begin	\$
HntlyMdwsPk	M-Tu	9am-4pm	N8C.NPSN	11/2-11/3	\$149

Survival Camp

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

Location	Day	Time	Code	Begin	\$
GWREC	M-Tu	8:30am-4:30pm	U9M.PI23	11/2-11/3	\$259
OakmontREC	M	8:30am-4:30pm	U9M.UKPF	9/21	\$129

Travel Mountain Biking MiniCamp

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

Location	Day	Time	Code	Begin	\$
GWREC	M	8:30am-4:30pm	C9Z.59YK	10/12	\$129
Lake Fairfax	M	8:30am-4:30pm	C9Z.ZOHV	9/21	\$129



Young Adventures Camp

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

Location	Day	Time	Code	Begin	\$
GWREC	M	8:30am-4:30pm	K1Q.IF9V	9/21	\$129
OakmontREC	M	8:30am-4:30pm	K1Q.09QU	9/21	\$129

Art and Performing Arts Camps

ACTION! Acting Adventures

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

Location	Day	Time	Code	Begin	\$
ProvREC	M	9am-4pm	WXT.Q6EA	9/21	\$79

ACTION! Broadway Camp

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

Location	Day	Time	Code	Begin	\$
MtVernREC	M-Tu	9am-4pm	THV.UYT8	11/2-11/3	\$159
SoRunREC	M	9am-4pm	THV.1CFX	9/21	\$79
SpHillREC	M	9am-4pm	THV.YAJP	10/12	\$79

ACTION! Pop Star Spotlight

(7-14 yrs.) In this Moonlit Wings camp, kids take center stage to star in original scenes and sing and dance to popular radio hits by today's pop stars and legendary icons. Campers also explore improvisation games, character creation and a talent show while building imagination, storytelling skills, and teamwork. All experience levels welcome. Bring swimsuit/towel for afternoon swim break.

Location	Day	Time	Code	Begin	\$
ProvREC	M	9am-4pm	BMC.0L9T	10/12	\$79

ACTION! Wickedly Oz for Good

(7-14 yrs.) Young performers in this Moonlit Wings camp take a magical journey to the Emerald City with original scenes, songs, and games inspired by Wicked, The Wizard of Oz, and Harry Potter. Campers explore character creation, improv and a talent show while sharpening acting and singing skills and bringing spellbinding stories to life. All experience levels welcome. Bring swimsuit/towel for afternoon swim break.

Location	Day	Time	Code	Begin	\$
ProvREC	M-Tu	9am-4pm	06H.P51X	11/2-11/3	\$159
SoRun REC	M	9am-4pm	06H.N2WD	10/12	\$79
SpHillREC	M	9am-4pm	06H.R5KI	9/21	\$79

B2R Rock Band Camp

(7-17 yrs.) Practice and perform as part of a real rock band on the instrument of your choice. Bands receive coaching from professional musicians to learn, record, and perform at least two songs by the end of the week. Depending on the skill level of the students, bands are encouraged to write their own songs or pick from our 400+ popular arrangements. No music experience required.

Location	Day	Time	Code	Begin	\$
B2R McLean	M	9am-4pm	L6Q.0VUF	9/21	\$89
B2R McLean	M	9am-4pm	L6Q.T5Z2	10/12	\$89
B2R McLean	M-Tu	9am-4pm	L6Q.NB8U	11/2-11/3	\$179

B2R Rock City World Tour

(4-6 yrs.) Learn core musical concepts, like loud and soft, fast and slow, and high and low notes through movement-based activities. Children receive hands-on experience with a variety of instruments while learning fundamental skills to prepare them for future music lessons.

Location	Day	Time	Code	Begin	\$
B2R McLean	M	9:30am-12:30pm	ZTC.BBZ1	9/12	\$49
B2R McLean	M	9:30am-12:30pm	ZTC.ZZWP	10/12	\$49
B2R McLean	M-Tu	9:30am-12:30pm	ZTC.NSE1	11/2-11/3	\$49

Digital Art & Illustration Camp

(7-12 yrs.) Using the innovative Procreate software, campers will master digital brush strokes, transitioning smoothly from sketching and painting to fine detailing in this Baroody camp. Traditional art concepts will be blended with the arsenal of a digital medium. Each camp will produce a unique art project that can be proudly displayed at home.

Location	Day	Time	Code	Begin	\$
MtVernREC	M-Tu	9am-4pm	YD5.1JFG	11/2-11/3	\$149

NEW! Clay Playtime Camp

(5 ½-12 yrs.) Experiment with ideas from master sculptors and historical objects while using a variety of modeling compounds with Abakadoodle.

Location	Day	Time	Code	Begin	\$
OakmontREC	M	9am-4pm	1Y2.4Q7S	9/21	\$79

NEW! Autumn Art Fest Camp

(6-13 yrs.) Campers will create textured fall trees and watercolor autumn landscapes in addition to exploring other art mediums.

Location	Day	Time	Code	Begin	\$
Craftspace	M	9am-4pm	VNN.29F2	11/2	\$89

NEW! Cozy Creations Camp

(6-13 yrs.) Campers will create a thankful windchime out of paper cups and yarn, as well as make some fall-themed creations

Location	Day	Time	Code	Begin	\$
Craftspace	Tu	9am-4pm	W9I.4MU5	11/3	\$89

NEW! Handmade Harvest Camp

(6-13 yrs.) Campers will create keepsakes including handprint art and seasonal artwork inspired by autumn.

Location	Day	Time	Code	Begin	\$
Craftspace	M	9am-4pm	LBT.11QK	10/12	\$89

Dance Camp

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	ULU.GOR0	11/2	\$69
Prov REC	M-Tu	9am-4pm	ULU.HYSL	11/2-11/3	\$139
MtVernREC	M	9am-4pm	ULU.4EFL	9/21	\$69

NEW! Fall into Creativity Camp

(6-13 yrs.) Campers will create wreaths of leaves and other Fall crafts you can use to bring a very special feel to your décor this year.

Location	Day	Time	Code	Begin	\$
Craftspace	M	9am-4pm	ZGI.WCCF	9/21	\$89

Little Inventors

(6-9 yrs.) Get your creative juices flowing in this project-based program. Identify the need for an invention, think on your feet, and create structures and solutions. Campers will join SPARK Business Academy to learn about famous inventors and how recent innovations improve our lives.

Location	Day	Time	Code	Begin	\$
ProvREC	M	9am-4pm	C28.QT4D	10/12	\$85
SpHillREC	M	9am-4pm	C28.VVP3	10/12	\$85

NEW! Music Production with

FL Studio Mobile

(7-12 yrs.) Baroody campers turn their tablet into a personal recording studio using FL Studio Mobile. They'll learn to build drumbeats, write melodies, and structure their own songs from scratch—no prior experience needed. By the end of the week, campers will have produced their own original track, boosting creativity, technical skills, and confidence in music-making.

Location	Day	Time	Code	Begin	\$
FryingPanPk	M-Tu	9am-4pm	UY4.WDPV	11/2-11/3	\$149

Sports Management

(10-13 yrs.) For the sports lover, future team General Manager, sports team owner or ESPN analyst, this unique Spark Business Academy program helps campers view the world of sports from a business perspective. Campers participate in mock drafts for various sports and analyze different sports topics.

Location	Day	Time	Code	Begin	\$
SpHillREC	M	9am-4pm	ZRJ.7GW5	9/21	\$85

Ultimate Music Experience Minicamp

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	E8C.WQHA	9/21	\$89
FranconiaRec	M	9am-4pm	E8C.ATNR	10/12	\$89
MtVernREC	M	9am-4pm	E8C.A7ZU	10/12	\$89
SpHillREC	M	9am-4pm	E8C.RX6Q	9/21	\$89
Wkfld/Moore	M	9am-4pm	E8C.C2SN	10/12	\$89

NEW! Who is that Masked Kid? Art Camp

(5 ½-12 yrs.) Unleash your creativity and imagination in Abakadoodle's exciting mask-making art camp. Explore the rich history and cultural significance of masks while learning to create your own unique mask.

Location	Day	Time	Code	Begin	\$
HntlyMdwsPk	M	9am-4pm	ZIQ.RDAZ	10/12	\$79

NEW! World Creations

(5 ½-12 yrs.) Experience explosive projects that give young Abakadoodle artists opportunities to learn about celebrations from around the world. Each art "destination" provides exploration in weaving, painting, collage and 3D art.

Location	Day	Time	Code	Begin	\$
ProvREC	M-Tu	9am-4pm	RJ3.X8FN	11/2-11/3	\$159

Science, Technology, Engineering & Math (STEM) Camps

3D Innovators Lab

(5-11 yrs.) Using Tinkercad, Baroody campers will dive into 3D design and printing, learning engineering, product design, and creative problem-solving. Build complex objects, tackle design challenges and preview creations in augmented reality before printing.

Location	Day	Time	Code	Begin	\$
FryingPanPk	M	9am-4pm	XQU.RSZ4	9/21	\$75

NEW! Animation Using Minecraft

CyberTeck campers will learn how animators work by creating short animation projects while applying basic acting theories and animation principles to scenes they create. No prior experience required. Ages 6-9 will focus on fundamentals to create a short simple animation. Ages 10-14 will learn about more advanced features to create greater realism in projects with a larger scope.

Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
GWREC	M-Tu	9am-12pm	71J.CI8Y	11/2-11/3	\$119
(10-14 yrs.)					
GWREC	M-Tu	1pm-4pm	B0U.D2XX	11/2-11/3	\$119

Support your parks!

Donate through the Fairfax County Park Foundation. To learn more, scan the QR or visit www.fairfaxparkfoundation.org



Fall Fun Starts Here!

All Ages

FARM HARVEST DAYS AND CARNIVAL

Friday-Sunday, October 16-18

Celebrate fall with three days of family fun at Frying Pan Farm Park.

- Carnival rides and games
- Big Truck Night
- Farm demonstrations and hands-on activities
- Food vendors and beer garden
- Meet farm animals

Parking: \$10 per vehicle; Carnival ride wristbands: \$25 presale, \$30 day of

Frying Pan Farm Park
2709 West Ox Road, Herndon
www.fairfaxcounty.gov/parks/frying-pan-park

NEW! Coding in Minecraft

Using a custom mod called "ComputerCraft", campers program robots called "Turtles" inside the world of Minecraft. Join CyberTeck instructors to use problem-solving skills by learning how to program robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. Program if-then-else statements, for-while loops, and implement functions using Lua.

Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
FranconiaREC	M	9am-12pm	4GN.Y8T3	11/2	\$59
(10-14 yrs.)					
FranconiaREC	M	1pm-4pm	HRN.LS7G	11/2	\$59

Explore Science & Python/

Scratch Coding

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

Location	Day	Time	Code	Begin	\$
SpHill REC	M	9am-4pm	MM9.UEAV	10/12	\$109

Exploring Energy

(5-8 yrs.) Join The Science Seed to learn about all forms of energy and discuss how energy from the sun turns into their own energy. Free play, playground time and story time fill out the day.

Location	Day	Time	Code	Begin	\$
ProvREC	M	9am-4pm	OXW.RXR7	9/21	\$99

Gamer Adventures

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

Location	Day	Time	Code	Begin	\$
FranconiaREC	M	9am-4pm	VAV.75Q0	10/12	\$109
MtVernREC	M	9am-4pm	VAV.0RJE	10/12	\$109
SoRunREC	M-Tu	9am-4pm	VAV.XQKA	11/2-11/3	\$219
Wkfld/Moore	M	9am-4pm	VAV.JKXJ	9/21	\$109

LEGO® WeDo Robotics 2.0

(5-12 yrs.) Campers will dive hands-on into building and programming their robots using LEGO® WeDo kits and Baroody instructors. Bring to life a hopping frog, a daring rescue helicopter, or an adventurous moon rover. As campers tinker and create, they'll learn the magic behind motors, hubs, and sensors, and explore the vast universe of computer science with concepts like sequencing, debugging, and loops.

Location	Day	Time	Code	Begin	\$
GWREC	M	9am-4pm	QLI.4CDG	9/21	\$75

LEGO® WeDo Aquatic Robotics

(5-12 yrs.) Using LEGO WeDo 2.0, campers will explore the exciting world of water-themed robotics as they build and program their own creations with Baroody Camps. From dams and other structures to sea creatures, campers will bring their aquatic ideas

to life, while developing STEM and computer science skills, including the ability to understand the functions of sequencing, debugging, and loops.

Location	Day	Time	Code	Begin	\$
MtVernREC	M	9am-4pm	5GW.ILVO	9/21	\$75

Minecraft & Computer Science

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M-Tu	9am-4pm	EH0.A3NI	11/2-11/3	\$219

NEW! Minecraft Modding

Campers will learn how to create their own custom gameplay items and elements using MCreator and Minecraft in this CyberTeck camp. Create artwork to implement into the game with custom behaviors. Design custom blocks, weapons, food and biomes

Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
FranconiaREC	M	9am-12pm	X6I.SW5D	9/21	\$59
(10-14 yrs.)					
FranconiaREC	M	1pm-4pm	0W7.MLU2	9/21	\$59

Potions & Lotions Lab

(6-10 yrs.) Dive into the science of self-care with SciGenie. Campers will explore how everyday beauty and bath products are made while mixing their own lotions, perfumes, and bubbly potions. Using natural ingredients and chemistry experiments, they'll learn how cosmetic scientists blend creativity with science to design safe, effective products. A perfect mix of imagination, innovation, and hands-on discovery.

Location	Day	Time	Code	Begin	\$
SoRun REC	M	9am-4pm	Y2Y.9KQP	9/21	\$89

Python/Scratch Coding & Robo Fun

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

Location	Day	Time	Code	Begin	\$
OakmontREC	M	9am-4pm	73A.8L3H	10/12	\$109
SpHillREC	M	9am-4pm	73A.5R7X	9/21	\$109

Robo Fun & Build Your Own Circuit

(6-13 yrs.) Two camps in one with Stemtree. Explore a wide range of concepts from electricity to electronics with hands-on activities and experiments. Robots inspire young engineers to learn skills and apply science knowledge in computer programming, model construction, circuits and problem-solving.

Location	Day	Time	Code	Begin	\$
OakmontREC	M	9am-4pm	CJ5.RVOD	9/21	\$109

Roblox Game Design & Computer Science

(6-12 yrs.) Program and develop games using character development, powerups and traps in a ROBLOX adventure with STEM exCEL. Teams will compete honing strategies while learning from each other. Learn functions, variables and conditionals through hands-

on activities that reinforces concepts. Use our easy drag-and-drop interface to put your new knowledge into play, to create programs and solve problems.

Location	Day	Time	Code	Begin	\$
MtVernREC	M	9am-4pm	6Y1.YLKV	9/21	\$109
ProvREC	M	9am-4pm	6Y1.KRWD	9/21	\$109

NEW! Robotics & Visual Coding with

LEGO® WeDo

(6-9 yrs.) Powered by the LEGO® Education WeDo Base Set and Software, combine the exciting world of LEGO® with programming to manipulate and program your own personal robots. Tailored to younger campers who want to learn the basics of visual programming. CyberTeck campers learn the importance of teamwork by working together to accomplish the build assignment for the day.

Location	Day	Time	Code	Begin	\$
GWREC	M	9am-12pm	YPS.TG01	10/12	\$59

NEW! Robotics & Visual Coding with

LEGO® EV3

(10-14 yrs.) Powered by the LEGO® MINDSTORMS® Education Ev3 Base Set and Software, combine the exciting world of LEGO® with programming to manipulate and program your own personal robot. Configure different sensors that track motion, light, & touch to create the ultimate robot. CyberTeck campers work together as a small team of young engineers to build and program their designs.

Location	Day	Time	Code	Begin	\$
GWREC	M	1pm-4pm	OQQ.TLST	10/12	\$59

Science: Make it or Break it

(6-12 yrs.) Baroody campers will examine good construction techniques for houses, bridges and towers and test how much force it takes to knock them down. Make bouncy balls with super strong polymers to see how high they can go. Test your strength and creativity in this hands-on camp.

Location	Day	Time	Code	Begin	\$
ECLawrence	M	9am-4pm	YN4.LDC2	9/21	\$75

Slime Time

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

Location	Day	Time	Code	Begin	\$
SpHillREC	M	9am-4pm	ND5.32J1	10/12	\$75

STEAMCRAFT: Minecraft Science

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

Location	Day	Time	Code	Begin	\$
FryingPan	M	9am-4pm	FTH.AP10	10/12	\$75

Volatile Volcanoes Minicamp

(5-8 yrs.) In this not-so-volatile camp, The Science Seed campers explore the world of volcanoes. Learn how volcanoes form, the tools scientists use to monitor them, and the signs of an eruption. Make and erupt volcanoes and other exciting experiments. Free play, playground time and story time fills out the day.

Location	Day	Time	Code	Begin	\$
MtVernREC	M-Tu	9am-4pm	WN5.63G4	11/2-11/3	\$195

Specialty Camps

NEW! Chef for a Day

(5-12 yrs.) Young chefs will chop, mix, whisk, and taste their way through four delicious global recipes in this hands-on, nut-free and allergy-friendly Sticky Fingers adventure. We'll also add a food-themed craft or science activity for extra flavor.

Location	Day	Time	Code	Begin	\$
MtVernREC	M-Tu	9am-4pm	XUM.PZYB	11/2-11/3	\$219
OakmontREC	M	9am-4pm	XUM.Q30R	10/12	\$109
SoRun REC	M	9am-4pm	XUM.49W8	9/21	\$109

Chess MiniCamp

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	2A1.EB9L	9/21	\$89
FranconiaRec	M	9am-4pm	2A1.US02	11/2	\$89
MtVernREC	M	9am-4pm	2A1.A9X7	9/21	\$89
MtVernREC	M	9am-4pm	2A1.691T	10/12	\$89
Wkfld/Moore	Tu	9am-4pm	2A1.MXX2	11/3	\$89

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, and bake cookies. Free play, playground time, and story time fill out this fun camp day.

Location	Day	Time	Code	Begin	\$
ECLawrence	Tu	9am-4pm	K2N.Y2MD	11/3	\$99
MtVernREC	M	9am-4pm	K2N.9XAV	9/21	\$99

**Cooking: Breakfast Club**

(5-11 yrs.) This camp focuses on a range of breakfast treats, from quick and simple to the more elaborate and exciting. Campers will master the art of cracking eggs, mixing, and baking, turning them into breakfast champions with Baroody instructors.

Location	Day	Time	Code	Begin	\$
ProvREC	M	9am-4pm	YI8.0TK5	10/12	\$75

Cooking: Savory & Sweet

(5-11 yrs.) Each day will feature a sweet treat that goes perfectly with dinner and one savory dish that's sure to become a family favorite! Join Baroody instructors to learn new baking skills like creaming, whisking and melting plus cooking skills such as stewing, stir-frying and sautéing

Location	Day	Time	Code	Begin	\$
SoRun REC	M-Tu	9am-4pm	5S2.XJ2E	11/2-11/3	\$149

Farming a Pizza

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

Location	Day	Time	Code	Begin	\$
ECLawrence	M	9am-4pm	LW6.IZD1	11/2	\$99

My First Lemonade Stand

(6-9 yrs.) Campers become "lemonade entrepreneurs" and learn how to make lemonade and earn money selling it with SPARK Business Academy. Design marketing flyers, estimate profits and experiment with recipes.

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	MWC.D7AG	10/12	\$85

Stay Cool Ice Skating Camp

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

Location	Day	Time	Code	Begin	\$
MtVernREC	M	9am-4pm	SZ2.WOT3	9/21	\$85
MtVernREC	M-Tu	9am-4pm	SZ2.7WD6	11/2-11/3	\$169

Sports Camps

Baseball Beginners Camp with US9

(5-6 yrs.) This US9 camp will introduce skills such as throwing, catching, fielding, hitting and baserunning. Camp consists of attention-grabbing, short sessions of skill-related activities using batting drills, safety balls, bean bags and targets.

Location	Day	Time	Code	Begin	\$
SpHillREC	M	9am-12pm	ZRZ.KNR6	9/21	\$39
SpHillREC	M	9am-12pm	ZRZ.I1H5	10/12	\$39
Wkfld/Moore	M	9am-12pm	ZRZ.3XAD	9/21	\$39
Wkfld/Moore	M	9am-12pm	ZRZ.R006	10/12	\$39



**An enchanting event filled with activities
and adventure for the entire family!**

Saturday, October 17 • 2-5 p.m. • \$15/person

- **Monster Mash Dance Party**
- **Costume Parade (Wear your best costume!)**
- **S'mores**
- **Seasonal drink**
- **Popcorn**
- **Carousel ride**
- **Scavenger hunt**

**Family Recreation Area, Franconia Rec Center
6601 Telegraph Road, Alexandria**

www.fairfaxcounty.gov/parks/reccenter/franconia



Camps

Baseball Camp with US9

(7-12 yrs.) This US9 camp teaches both fundamentals and advanced skills. Campers enjoy daily scrimmages, trivia contests and instruction on pitching, hitting, baserunning, fielding, strategy and sportsmanship. Camps include afternoon swim break.

Location	Day	Time	Code	Begin	\$
SoRunREC	M-Tu	9am-4pm	TR3.TS3V	11/2-11/3	\$139
SpHillREC	M	9am-4pm	TR3.8MSM	9/21	\$69
SpHillREC	M	9am-4pm	TR3.19NY	10/12	\$69
Wkfld/Moore	M	9am-4pm	TR3.51TG	9/21	\$69
Wkfld/Moore	M	9am-4pm	TR3.Q2MN	10/12	\$69
Wkfld/Moore	M-Tu	9am-4pm	TR3.FLF7	11/2-11/3	\$139

Basketball Camp

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	LI7.QWUL	9/21	\$69

Basketball & Sports Minicamp

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

Location	Day	Time	Code	Begin	\$
SpHillREC	M	9am-4pm	CT4.BHMO	9/21	\$69
SpHillREC	M-Tu	9am-4pm	CT4.3CGX	11/2-11/3	\$139

Brazilian Soccer Camp

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

Location	Day	Time	Code	Begin	\$
Lake Fairfax	M	9am-4pm	OM6.WWKR	9/21	\$69
Lake Fairfax	M	9am-4pm	OM6.EBOC	10/12	\$69
Lake Fairfax	M-Tu	9am-4pm	OM6.X7SN	11/2-11/3	\$139
OakmontREC	M	9am-4pm	OM6.HYZW	9/21	\$69
SoRun REC	M	9am-4pm	OM6.TXZE	9/21	\$69

Dual Sports Camp

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

Location	Day	Time	Code	Begin	\$
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Flag Football & Sports Camp

SpHillREC	M	9am-4pm	V6G.RNSL	9/21	\$69
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Basketball & Flag Football

SpHillREC	M	9am-4pm	TU6.Q009	10/12	\$69
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Hoops & More:

Basketball & Flag Football

(6-12 yrs.) Players learn the fundamental skills of basketball and flag football. Activities include dribble tag, hot seat and ultimate knockout. Bring lunch, drink and swimsuit/towel for afternoon swim break.

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	9am-4pm	SLF.9SHJ	9/21	\$69
Wkfld/Moore	M	9am-4pm	SLF.NHH8	10/12	\$69
Wkfld/Moore	M-Tu	9am-4pm	SLF.P0IG	11/2-11/3	\$139



Ghost Town

Saturday, October 24 and Sunday, October 25
11 a.m.-5 p.m.

PUT ON YOUR COSTUME AND ENJOY A NOT-SO-SPOOKY HALLOWEEN CELEBRATION AT BURKE LAKE PARK.

- Ride the train and carousel
- Play mini golf
- Make crafts
- Visit trick-or-treat house
- Enjoy family activities throughout the park

TICKET INFORMATION:
Online Presale: \$20 (Online presale sales close at 11:59 p.m., two days before each event date.) At the Door: \$25
Children younger than two are free with a paying adult.

www.fairfaxcounty.gov/parks/burke-lake
Burke Lake Park • 7315 Ox Road, Fairfax Station

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Great Falls, VA 22066

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Centreville, VA 20120

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Soccer Camp

(6-14 yrs.) Love the Ball Soccer channels that global excitement into unforgettable summer camp. Campers won't just play soccer - they'll celebrate it. Through fast-paced drills, creative skill challenges, and daily scrimmages, campers build confidence and teamwork. Each week features World Cup-themed games, country flag days, and mini-tournaments that bring the international spirit to life.

Location	Day	Time	Code	Begin	\$
OakmontREC	M	9am-12pm	3UV.0N83	10/12	\$49
OakmontREC	M	9am-4pm	3UV.126N	10/12	\$69

Softball Camp with US9

(7-13 yrs.) US9 Softball offers an instructional softball camp designed to teach both fundamentals and advanced skills. In addition to scrimmage games and trivia contests, all campers receive instruction on pitching, hitting, baserunning, fielding, game situations, rules and sportsmanship. Groups and teams will be created by age and/or prior experience with a goal to build camper confidence.

Location	Day	Time	Code	Begin	\$
SoRunREC	M-Tu	9am-4pm	GEJ.ZXXC	11/2-11/3	\$139
SpHillREC	M	9am-4pm	GEJ.ZBP4	9/21	\$69
SpHillREC	M	9am-4pm	GEJ.VTN2	10/12	\$69
Wkfld/Moore	M	9am-4pm	GEJ.44NZ	9/21	\$69
Wkfld/Moore	M	9am-4pm	GEJ.KB6L	10/12	\$69
Wkfld/Moore	M-Tu	9am-4pm	GEJ.OMS2	11/2-11/3	\$139

Sports & PE Games

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

Location	Day	Time	Code	Begin	\$
SoRun REC	M-Tu	9am-4pm	Q7F.2QP9	11/2-11/3	\$139

Ultimate Sports Camp

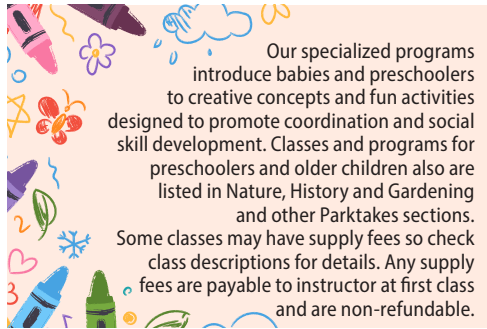
(6-13 yrs.) Athletes in this Overtime Athletics camp will play soccer, basketball, flag football, floor hockey and wiffle-ball. Campers will take part in a variety of competitions and fundamental drill work. This camp also features a skills competition to give campers an opportunity to find which skills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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	9am-4pm	NNT.2X00	10/12	\$69
FranconiaRec	M	9am-4pm	NNT.6IM6	10/12	\$69
SoRunREC	M	9am-4pm	NNT.10P5	11/2	\$69
SpHillREC	M	9am-4pm	NNT.YOUR	10/12	\$69
Wkfld/Moore	M	9am-4pm	NNT.L8UJ	9/21	\$69
Wkfld/Moore	M	9am-4pm	NNT.BVFM	10/12	\$69
Wkfld/Moore	M	9am-4pm	NNT.GACX	11/2	\$69
Wkfld/Moore	Tu	9am-4pm	NNT.AH2B	11/3	\$69



Children's Corner

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



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

Art & Variety Classes

ABCs and 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.

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
CubRunREC	F	11am	378.QQXO	9/18	4TC

ABCs y 1-2-3s en Español

(2-3 años) Aprendiendo puede ser divertido cuando enseñamos a los niños sus letras y números a través de actividades prácticas. Los niños aprenden a asociar un sonido con cada letra y número por el arte que hacen en clase. Un adulto debe asistir a la clase. Pago adicional para materiales van al instructor. La clase será impartida en español.

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
FranconiaRec	T	11:15am	3ZA.GZNC	9/22	4TC



Abakadoodle Mini Doodlers

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

DTVW	8--45 minute lessons--\$174				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10:30am	498.RIRD	9/12	DTVW
OakmontREC	W	5pm	498.UV2D	9/16	DTVW
SoRunREC	Sa	10:40am	498.MOL5	9/19	DTVW
SoRunREC	T	11:15am	498.XCJP	9/22	DTVW
SoRunREC	Th	5pm	498.TH50	9/24	DTVW
SpHillREC	Sa	2pm	498.HEAZ	9/19	DTVW
Wkfld/Moore	Th	6pm	498.RC6S	9/17	DTVW

Abakadoodle Twoosy Doodlers

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

DTVW	8--45 minute lessons--\$174				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	9:30am	F2D.XEWJ	9/12	DTVW
MtVernREC	M	10am	F2D.8LJD	9/28	DTVW
MtVernREC	W	10am	F2D.C86S	9/23	DTVW
OakmontREC	M	10am	F2D.GNCT	9/14	DTVW
OakmontREC	W	10am	F2D.050S	9/16	DTVW
SoRunREC	T	10:15am	F2D.7XIS	9/22	DTVW
SpHillREC	T	10am	F2D.HZ19	9/15	DTVW
SpHillREC	Sa	3pm	F2D.64Q1	9/19	DTVW
Wkfld/Moore	Th	10am	F2D.8H20	9/17	DTVW

Animal Antics

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	0F1.CQHP	9/16	4TC
OakmontREC	Su	2:30pm	0F1.NMKV	9/20	4TC

Art Adventures

(3-5 yrs.) Let your little one's imagination soar as we explore squishy clay and colorful paper. Children will build their motor skills through hands-on pottery and modeling projects. Supply fee payable at first class.

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	11am	ZFC.2IU3	9/17	4TC

Barnyard Banter

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	LPF.EZFX	9/15	4TC

Fun with Clay

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	10am	6F0.AMCE	9/13	4TC
Wkfld/Moore	T	4pm	6F0.3Y2T	9/15	4TC

Mixed Media Art Explorers

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
MtVernREC	W	4:30pm	Q9Y.J5UV	9/23	4TC
MtVernREC	Su	2pm	Q9Y.GJNV	9/20	4TC

Practicing Preschool

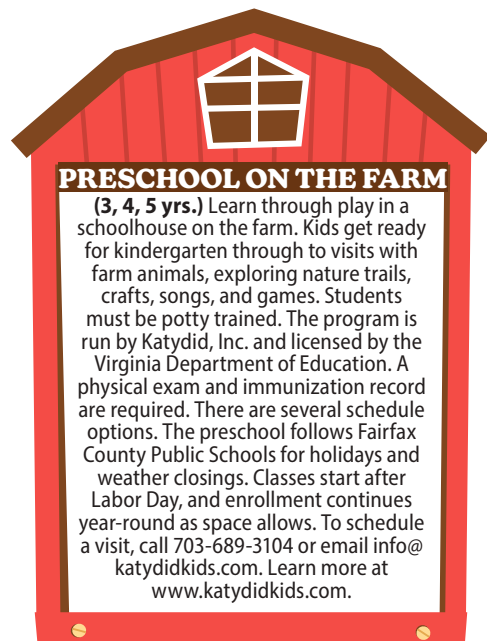
(3-5 yrs.) This class gently guides little ones through the rhythm of a school day with playtime, songs, stories and crafts, to prepare them for what's ahead. Pretending to go to school gives them a sense of independence and curiosity. Students must be toilet trained and parents/caregivers must remain onsite during the program.

APP1	16--2 hour lessons--\$313				
Location	Day	Time	Code	Begin	\$
CubRunREC	M/W	1pm	09Z.08VB	9/21	APP1

Preschool Picasso

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	1:30pm	0A7.TKES	9/20	4TC



PRESCHOOL ON THE FARM

(3, 4, 5 yrs.) Learn through play in a schoolhouse on the farm. Kids get ready for kindergarten through to visits with farm animals, exploring nature trails, crafts, songs, and games. Students must be potty trained. The program is run by Katydid, Inc. and licensed by the Virginia Department of Education. A physical exam and immunization record are required. There are several schedule options. The preschool follows Fairfax County Public Schools for holidays and weather closings. Classes start after Labor Day, and enrollment continues year-round as space allows. To schedule a visit, call 703-689-3104 or email info@katydidkids.com. Learn more at www.katydidkids.com.

Prescolar Picassos

(2-5 años) A los niños les encanta explorar sus habilidades artísticas con proyectos que fortalecen su confianza y fomentan la expresión personal. Los proyectos y materiales de arte avanzan según la edad. Se requiere una cuota adicional de materiales de arte, pagadera al instructor en la primera clase. La clase será impartida en español.

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
FranconiaRec	T	12:15pm	PZ6.4G8X	9/22	4TC

Preschool Prep

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

4TC	8--45 minute lessons--\$105				
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
CubRunREC	Su	11am	2BC.E0ZF	9/13	4TC
(3-4 yrs.)					
OakmontREC	T	5pm	U4F.P220	9/15	4TC
Wkfld/Moore	W	10am	U4F.7S30	9/16	4TC

Tiny Tot Activity Time

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

DTVM	8--45 minute lessons--\$146				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	9:30am	55F.9Q7N	9/17	DTVM
Frying Pan Pk	Th	10:30am	55F.QGWX	9/17	DTVM
Frying Pan Pk	F	9:30am	55F.38TD	9/18	DTVM
Frying Pan Pk	F	10:30am	55F.2YN9	9/18	DTVM

Holiday Tiny Tot Activity Time

(24-42 mos.) Children enjoy seasonal activities and crafts, and delight in the sights, sounds and smells of the holidays. Any supply fee payable to instructor at first class.

DTVS	3--45 minute lessons--\$47				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	9:30am	ED5.7IVK	12/3	DTVS
Frying Pan Pk	Th	10:30am	ED5.64LK	12/3	DTVS
Frying Pan Pk	F	9:30am	ED5.C89I	12/4	DTVS
Frying Pan Pk	F	10:30am	ED5.S1J5	12/4	DTVS

Cooking Classes

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--\$105				
Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
CubRunREC	W	11am	53D.OJ2N	9/16	4TC
(4-6 yrs.)					
OakmontREC	F	5pm	1D4.EW72	9/18	4TC

Dance Classes

Baby Ballerinas

(2-4 yrs.) This class for the youngest ballerinas stretches their minds and feet. Parent participation is required.

CTVM	8--45 minute lessons--\$134				
DTVA	10--45 minute lessons--\$150				
DTVR	8--45 minute lessons--\$122				
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12:05pm	YDT.1B2A	9/13	DTVA
FranconiaRec	F	9:30am	YDT.L8DH	9/18	DTVA
FranconiaRec	Sa	9:30am	YDT.RXP1	9/19	DTVA
MtVernREC	T	9:30am	YDT.OU68	9/22	CTVM
OakmontREC	M	9:30am	YDT.JWU7	9/21	DTVA
OakmontREC	F	10:25am	YDT.JQCA	9/25	DTVR
Oakton ES	Sa	9:30am	YDT.ENFO	9/19	DTVR
Oakton ES	Sa	10:30am	YDT.4KED	9/19	DTVR
Oakton ES	Sa	11:30am	YDT.MXMG	9/19	DTVR
ProvREC	W	9:30am	YDT.MJGA	9/16	DTVA
SoRunREC	Sa	10:30am	YDT.GLOU	9/19	DTVA
SoRunREC	Th	9am	YDT.BZMK	9/24	DTVA
SpHillREC	Su	9:30am	YDT.SP3U	9/20	DTVR
Wkfld/Moore	M	9:30am	YDT.HFPS	9/14	DTVA

Ballet & Acro

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

DTVA	10--45 minute lessons--\$150				
Location	Day	Time	Code	Begin	\$
ProvREC	F	10:15am	I75.NROJ	9/18	DTVA
Wkfld/Moore	F	1:45pm	I75.NTA1	9/18	DTVA

Ballet & Tap

Introduction to basic ballet and tap steps and movements.

DTVA	10--45 minute lessons--\$150				
DTVE	10--45 minute lessons--\$167				
DTVR	8--45 minute lessons--\$122				
Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
CubRunREC	Su	12:55pm	AD3.9JU8	9/13	DTVA
FranconiaRec	Sa	10:30am	AD3.55JC	9/19	DTVE
FranconiaRec	M	11:15am	AD3.JMH	9/21	DTVE
OakmontREC	Su	10am	AD3.HR4S	9/20	DTVR
OakmontREC	Su	10:50am	AD3.1556	9/20	DTVR
OakmontREC	M	10:20am	AD3.BS9E	9/21	DTVA
OakmontREC	F	4:30pm	AD3.B882	9/25	DTVR
ProvREC	Sa	9am	AD3.U5G7	9/12	DTVA
ProvREC	Sa	9:50am	AD3.0478	9/12	DTVA
SoRunREC	Su	9am	AD3.RWOV	9/20	DTVA
SoRunREC	Th	10am	AD3.YJX9	9/24	DTVA
Wkfld/Moore	Sa	9am	AD3.PS4G	9/12	DTVA
(4-5 yrs.)					
SoRunREC	Sa	12:10pm	6C5.89NX	9/19	DTVA



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Bug Fest

Saturday, September 26 • 10 a.m. - 2 p.m.
Lake Accotink Park

Ages 4 and older • \$10 per person

Discover the amazing world of insects at Lake Accotink Park.

- Go on insect safari hikes
- Meet live insects up close
- Make bug-themed crafts
- Enjoy games, stories and hands-on activities
- Try a buggy maze and spiderweb slackline course

Children must be accompanied by a registered adult.
Register at www.fairfaxcounty.gov/parks/lake-accotink



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.

CTVM 8--45 minute lessons--\$134 DTVA 10--45 minute lessons--\$150 DTVR 8--45 minute lessons--\$122						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	1:40pm	CMH.ZU3Y	9/13	DTVA	
FranconiaRec	F	5:30pm	CMH.G1PB	9/18	DTVA	
MtVernREC	T	10:30am	CMH.3D8I	9/22	CTVM	
OakmontREC	Sa	10:25am	CMH.UIHO	9/19	DTVR	
OakmontREC	Sa	11:15am	CMH.4JNV	9/19	DTVR	
OakmontREC	F	11:15am	CMH.Y7AI	9/25	DTVR	
ProvREC	Sa	10:40am	CMH.FX63	9/12	DTVA	
ProvREC	W	10:30am	CMH.R302	9/16	DTVA	
SoRunREC	Sa	11:20am	CMH.5WSU	9/19	DTVA	
SoRunREC	Su	9:55am	CMH.VCR2	9/20	DTVA	
Wkfld/Moore	F	5:30pm	CMH.IM7W	9/18	DTVA	

Combo Tap and Hip Hop

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

DTVA 10--45 minute lessons--\$150 DTVR 8--45 minute lessons--\$122						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Su	10am	REO.EERI	9/20	DTVR	
OakmontREC	M	11:15am	REO.LSSG	9/21	DTVA	
Wkfld/Moore	F	2:35pm	REO.QW8G	9/18	DTVA	

Creative Dance

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

4TA 10--45 minute lessons--\$124					
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
MtVernREC	Sa	9:30am	TQD.IF9K	9/12	4TA
(3-5 yrs.)					
MtVernREC	Sa	10:30am	2I1.YZZT	9/12	4TA

Hip Hop for Tots

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

DTVA 10--45 minute lessons--\$150 DTVB 10--45 minute lessons--\$143 DTVR 8--45 minute lessons--\$122						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	Sa	11:30am	370.IMWG	9/19	DTVB	
FranconiaRec	M	2:30pm	370.NBCX	9/21	DTVB	
OakmontREC	Sa	4pm	370.A78V	9/19	DTVR	
OakmontREC	Su	11:45am	370.NENQ	9/20	DTVR	
OakmontREC	T	11:15am	370.IQO4	9/22	DTVA	
SpHillREC	M	10am	370.EHQ8	9/14	DTVR	
SpHillREC	Su	11:10am	370.585Q	9/20	DTVR	
Wkfld/Moore	Sa	1pm	370.HJ1H	9/12	DTVA	

Intro to Ballet

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

4TA 10--45 minute lessons--\$124						
DTVA 10--45 minute lessons--\$150						
DTVB 10--45 minute lessons--\$143						
DTVR 8--45 minute lessons--\$122						
Location	Day	Time	Code	Begin	\$	
(3-5 yrs.)						
FranconiaRec	F	10:30am	PMD.6WJT	9/18	DTVB	
OakmontREC	Sa	4:50pm	PMD.BQ80	9/19	DTVR	
OakmontREC	Sa	9:30am	PMD.HI4C	9/19	DTVR	
OakmontREC	T	10:20am	PMD.3Z4G	9/22	DTVA	
Wkfld/Moore	M	10:30am	PMD.6OMP	9/14	DTVA	
(4-5 yrs.)						
MtVernREC	Sa	11:30am	1B1.7HOT	6/13	4TC	

Lil Tap and Tu Tu's

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

4TA 10--45 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	5pm	2A4.6HB2	9/22	4TA	

Lil Tap & Tu Tu's II

(4-5 yrs.) Prerequisite: a level I class in ballet or equivalent. Tap and ballet shoes, leotard and tights may be needed.

4TA 10--45 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	4pm	26Z.XWJT	9/23	4TA	

Little Dancers

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

4TA 10--45 minute lessons--\$124						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	4pm	1B4.RZSM	9/22	4TA	

Martial Arts Classes

Little Ninjas

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

4TA	10--45 minute lessons--\$124				
BMVE	8--30 minute lessons--\$93				
DMVE	10--30 minute lessons--\$115				
DMVF	10--45 minute lessons--\$116				
Location	Day	Time	Code	Begin	\$
(3 yrs.)					
LdbyExFrOks	Sa	11am	943.G5IK	9/12	DMVE
(3-5 yrs.)					
LdbyExFrOks	F	4:30pm	1B7.6SFV	9/18	DMVF
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.RA5U	9/13	4TA
Legacy Mart	Su	11am	415.ACWO	9/13	BMVE
Legacy Mart	T	5:15pm	415.KQKB	9/15	BMVE
BikBltFFX	M	4:30pm	415.NO89	9/14	DMVE
BikBltFFX	T	4:30pm	415.1G39	9/15	DMVE
BikBltFFX	W	4:30pm	415.LOGY	9/16	DMVE
JRheeFlsCh	T	4:50pm	415.UF09	9/15	BMVE
JRheeFlsCh	W	4:50pm	415.40QA	9/16	BMVE
JRheeFlsCh	Th	4:50pm	415.5TZF	9/17	BMVE
LdbyExFrOks	Sa	11:30am	415.LP73	9/12	DMVF
LdbyExFrOks	T	6pm	415.CUNE	9/15	DMVF
LdbyExFrOks	W	4:30pm	415.Z27V	9/16	DMVF
LdbyExFrOks	Th	6pm	415.QIAI	9/17	DMVF
OakmontREC	Sa	3:30pm	415.BQN2	9/12	DMVF
OakmontREC	Sa	4:30pm	415.1ZHO	9/12	DMVF
SoRunREC	Sa	11:15am	415.601Y	9/19	DMVE

Movement Classes

Blast Off for Babies

(18-24 mos.) You and your tiny tot will blast off in our play environment including games, songs and fingerplays. A great way to introduce youngsters to interactive play. Adults must attend class. Socks required for everyone.

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	10am	ABC.HOFP	9/17	4TC	

Creative Movement

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

DTVA 10--45 minute lessons--\$150						
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	9:30am	C6B.D3PH	9/22	DTVA	

Full Speed Ahead

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

DTVQ 10--45 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	F	11am	01M.6CF2	9/18	DTVQ	

Funfit Tots

A high-energy, adult/child activity class that includes songs, stories, parachutes, games, balls, and music.



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Develop coordination, muscle tone, balance, socialization and language skills. It is recommended that your child be walking. Adult participation is required.

DTV2 8--45 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
(11mos-4yrs.)					
SpHillREC	Su	9:10am	61F.OVYZ	9/13	DTV2
SpHillREC	Th	9:10am	61F.4MHU	9/17	DTV2
(1-2 yrs.)					
SpHillREC	Su	10:05am	D21.GKHZ	9/13	DTV2
SpHillREC	Th	10:05am	21.PC6H	9/17	DTV2
(2-3 yrs.)					
SpHillREC	Su	11am	504.0UTD	9/13	DTV2
SpHillREC	Th	11am	504.89J6	9/17	DTV2

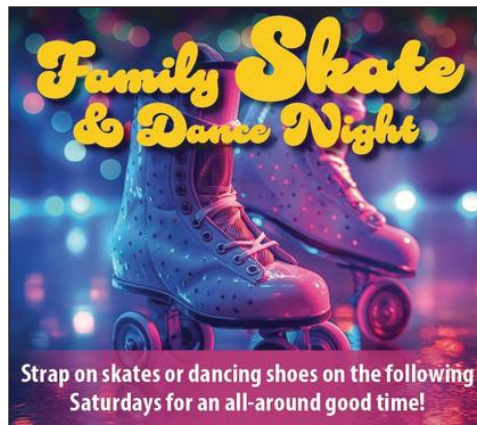
The Tot Spot

(2-5 yrs.) This Baroody Camps program fuses music and movement, in a variety of activities. Tots will work on basic motor and social skills while participating in activities such as parachute games, dancing and obstacle courses.

DTVF 8--45 minute lessons--\$151						
DTVQ 10--45 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	9am	U04.DGBZ	9/19	DTVF	
Wkfld/Moore	F	10am	U04.ICIF	9/18	DTVQ	

TotZone

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



Strap on skates or dancing shoes on the following Saturdays for an all-around good time!

Christmas in July
Saturday, July 18 • 6-9 p.m.

Michael Jackson Night!
Saturday, August 15 • 6-9 p.m.

Hispanic Heritage Night
Saturday, September 19 • 6-9 p.m.

Halloween
Saturday, October 24 • 5-9 p.m.

Learn more and register at
www.fairfaxcounty.gov/parks/reccenter/franconia



**FRANCONIA
REC CENTER**

games. Activities develop motor skills, balance, socialization and music appreciation.

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
SoRunREC	W	11am	D66.GC7J	9/23	4TC	
SoRunREC	Th	4pm	D66.FYVL	9/24	4TC	
Wkfld/Moore	T	10am	D66.PIBT	9/15	4TC	

Zoom Around the Room

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

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	11am	A7B.XOKL	9/15	4TC	
CubRunREC	F	10am	A7B.T157	9/18	4TC	

Corre por la Habitación! en Español

(2-5 años) En esta clase, los circuitos de obstáculos y los juegos creativos se combinan con canciones y juegos de dedos. La clase será en nuestra sala especial de juego suave. Un adulto debe asistir a la clase. Se requieren calcetines. La clase será impartida en español.

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	T	10:15am	2NJ.U985	9/22	4TC	

Music Classes

Let's Make Music

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

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	10am	962.NQ2H	9/14	4TC	

Strum & Smile Ukulele

(4-5 yrs.) Kids will strum their way through tunes while learning notes, chords and rhythm in this cheerful intro to ukulele class offered by Learn Now Music. A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

DTVM 8--45 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
Orng Hnt ES	T	6pm	0P6.5J7H	9/15	DTVM	

Tiny Tot Music & Movement

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

DTVM 8--45 minute lessons--\$146						
Location	Day	Time	Code	Begin	\$	
Frying Pan Pk	T	9:30am	326.ET2J	9/15	DTVM	
Frying Pan Pk	W	9:30am	326.NU3J	9/16	DTVM	

(24-42 mos.)

Frying Pan Pk	T	10:30am	71E.2XUO	9/15	DTVM
Frying Pan Pk	W	10:30am	71E.BR2W	9/16	DTVM

Holiday Tiny Tot Music & Movement

This special holiday session from Katydid invites your toddler to explore different movements, song styles, tempos, and rhythms. Children and caregivers will sing, play instruments, and use props as they learn to express themselves through music.

DTVS 3--45 minute lessons--\$47						
Location	Day	Time	Code	Begin	\$	
(18-30 mos.)						
Frying Pan Pk	T	9:30am	BEB.OIX5	12/1	DTVS	
Frying Pan Pk	W	9:30am	BEB.07IX	12/2	DTVS	
(24-42 mos.)						
Frying Pan Pk	T	10:30am	D14.XQ3J	12/1	DTVS	
Frying Pan Pk	W	10:30am	D14.9XQ3	12/2	DTVS	

Tiny Tunes Piano

(4-5 yrs.) This hands on piano class introduces preschoolers to music through songs, movement, and simple activities. Children build listening skills and finger coordination while learning basic piano ideas in this Learn Now Music class. A \$20 supply fee for a rental instrument and music is due before class. A rental agreement must be signed, and instruments must be returned at the last class. Submit payment at <https://learnnowmusic.com/updatepayment>.

DTVM 8--45 minute lessons--\$146						
DTVQ 10--45 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	10am	OAR.WA9L	9/12	DTVM	
ProvREC	Sa	10:45am	OAR.B9KR	9/12	DTVM	
Wkfld/Moore	Su	11am	OAR.3FPE	9/13	DTVQ	

Nature & Science Classes

LEGO STEAM Park

(3-5 yrs.) In LEGO STEAM Park, children explore early science, technology, engineering, art, and math. Students build parts of a STEAM theme park with moving rides and simple games. As they return to their projects, they learn about gears, motion, measurement, and working together to solve problems.

DTVK 8--45 minute lessons--\$164						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	9am	04B.5XHL	9/19	DTVK	
OakmontREC	Sa	9:55am	04B.14AS	9/19	DTVK	

Little Labcoats

(3-5 yrs.) Through self-exploration while doing hands-on experiments, children will make scientific discoveries. Additional supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$105						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	11am	661.IL9I	9/14	4TC	

Nature Detectives

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

4NG 6--1 hour 25 minute lessons--\$112						
Location	Day	Time	Code	Begin	\$	
HuntMdws	W	10am	875.JV60	9/16	4NG	

Children's Corner

The Science Seed

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

DTV9 8--55 minute lessons--\$201					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	10am	YMM.DKMW	9/20	DTV9
SoRunREC	Su	10am	YMM.NH3L	9/20	DTV9
SoRunREC	Su	11am	YMM.EIOR	9/20	DTV9
Wkfld/Moore	Sa	10am	YMM.XCJH	9/19	DTV9
Wkfld/Moore	Sa	11am	YMM.ZYCD	9/19	DTV9

Sports & Fitness Classes

Beginning Athletes in Team Sports

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

4SM	8--55 minute lessons--\$135
CTVK	7--45 minute lessons--\$126
DTVA	10--45 minute lessons--\$150
DTVF	8--45 minute lessons--\$151
DTVQ	10--45 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
BelleVw ES	Sa	12:30pm	FC7.8GON	9/12	DTVF
SoRunREC	W	5pm	FC7.Y3C9	9/16	CTVK
SoRunREC	Su	11am	FC7.PQIF	9/20	DTVF
SullyCommCtr	Th	5pm	FC7.FXJV	9/10	DTVF
SullyCommCtr	W	10am	FC7.PGEL	9/16	4SM
Wkfld/Moore	Su	12pm	FC7.2QAW	9/13	DTVA
Wkfld/Moore	W	5:30pm	FC7.A9VK	9/16	DTVF
Wkfld/Moore	W	11am	FC7.UUVP	9/16	DTVQ
Wkfld/Moore	Th	10am	FC7.RAUX	9/17	DTVA

Basketball

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

DTVA	10--45 minute lessons--\$150
DTVD	10--55 minute lessons--\$150
DTVF	8--45 minute lessons--\$151
DTVH	10--55 minute lessons--\$251
DTVI	10--45 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
(4-5 yrs. with Adult)					
FranconiaRec	Sa	9:30am	176.24JD	9/12	DTVI
Wkfld/Moore	Sa	9am	176.ZYNO	9/12	DTVA
Wkfld/Moore	Sa	10am	176.EYER	9/12	DTVA
Wkfld/Moore	Su	11am	176.B3V3	9/13	DTVA
Wkfld/Moore	Th	11am	176.27SN	9/17	DTVA
(4-6 yrs. Child only)					
Navy ES	Su	9am	EFA.30G0	9/20	DTVF
SpHillREC	Su	9am	EFA.SG19	9/13	DTVD
SpHillREC	Th	5pm	EFA.EGVC	9/17	DTVD
SpHillREC	F	5:30pm	EFA.LG4I	9/18	DTVH
SullyCommCtr	W	5pm	EFA.TMMQ	9/9	DTVF
SullyCommCtr	M	10:50am	EFA.AST1	9/14	DTVF
Wkfld/Moore	M	5:30pm	EFA.8FOJ	9/14	DTVF
Wkfld/Moore	M	6:30pm	EFA.2CRG	9/14	DTVD



CELEBRATE FALL IN THE PARKS!

Turn to the Events section for a schedule of events.

Gym Jam w/Parent

(2-3 yrs.) Children and parents are introduced to fitness through creative up-beat exercises and sports skills. An emphasis on team play and group interaction is encouraged. Parent participation is required.

4TC	8--45 minute lessons--\$105
DTVF	8--45 minute lessons--\$151
DTVQ	10--45 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	11am	CE7.5Z84	9/24	4TC
SoRunREC	Su	10am	59Q.7VMI	9/20	DTVF
Wkfld/Moore	F	9am	59Q.XWZL	9/18	DTVQ

Soccer I

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

3TC	8--45 minute lessons--\$101
4SM	8--55 minute lessons--\$135
DTVD	10--55 minute lessons--\$150
DTVF	8--45 minute lessons--\$151
DTVJ	8--55 minute lessons--\$169
DTVQ	10--45 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
(3 yrs.)					
SoRunREC	Sa	9am	SFC.MBHX	9/12	DTVF
SoRunREC	F	9am	SFC.DAUD	9/18	DTVF
SoRunREC	Sa	10am	SFC.50HM	9/19	DTVF
SoRunREC	Su	9am	SFC.2TNE	9/20	DTVF
SoRunREC	Su	12pm	SFC.DYG1	9/20	DTVF
Wkfld/Moore	W	9am	SFC.KDSD	9/16	DTVQ
(4-5 yrs.)					
FranconiaRec	Sa	12pm	39V.NYD3	9/12	DTVJ
FranconiaRec	Su	9am	39V.4BNQ	9/13	DTVD

LemonRd ES	Su	10am	39V.CLLS	9/20	DTVD
LittleRn ES	Sa	10am	39V.WOJT	9/19	DTVD
SoRunREC	Sa	10am	39V.70T6	9/12	DTVF
SoRunREC	T	5pm	39V.4FSB	9/15	DTVF
SoRunREC	F	10am	39V.2NT8	9/18	DTVF
SoRunREC	Sa	11am	39V.4P2H	9/19	DTVF
SoRunREC	Su	10am	39V.EADL	9/20	DTVF
SpringHI ES	Sa	10am	39V.PDYP	9/19	DTVD
SullyCommCtr	Th	6pm	39V.TXJ9	9/10	DTVF
SullyCommCtr	Sa	2:35pm	39V.ZMBS	9/12	3TC
SullyCommCtr	W	11am	39V.81OB	9/16	DTVF
Wkfld/Moore	Sa	9am	39V.Z168	9/12	4SM
Wkfld/Moore	Sa	11am	39V.FTLM	9/12	4SM
Wkfld/Moore	Su	12:15pm	39V.VKWB	9/13	4SM
Wkfld/Moore	W	10am	39V.6NJB	9/16	DTVQ

Challenger TinyTykes Soccer-Cubs

(2-3 yrs.) In these "Cubs" classes, soccer is used to help develop balance, agility, coordination, color recognition and numerical learning along with increasing confidence and social skills. Focus is on core technical foundations, receiving the ball, passing and dribbling. Parent participation is preferred.

DTVF	8--45 minute lessons--\$151
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Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	9am	EFO.QJVV	9/12	DTVF
FranconiaRec	Sa	10am	EFO.YARD	9/12	DTVF
FranconiaRec	W	9:30am	EFO.PLL2	9/16	DTVF
OakmontREC	Th	10am	EFO.8T5V	9/17	DTVF
Orng Hnt ES	Su	9am	EFO.FLWQ	9/13	DTVF
Orng Hnt ES	Su	10am	EFO.P14G	9/13	DTVF
SoRunREC	T	10am	EFO.E8PK	9/8	DTVF
SpHillREC	F	10am	EFO.IZQH	9/11	DTVF
Wkfld/Moore	Su	10am	EFO.7MCU	9/13	DTVF



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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. 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--\$151
DTVJ	8--55 minute lessons--\$169

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	38C.4SA2	9/12	DTVJ
FranconiaRec	W	10:30am	38C.V7N8	9/16	DTVJ
OakmontREC	Th	11am	38C.HPE0	9/17	DTVJ
Orng Hnt ES	Su	11am	38C.JCLJ	9/13	DTVJ
SoRunREC	T	11am	38C.NOOL	9/8	DTVJ
SphillREC	F	11am	38C.JYR7	9/11	DTVJ
Wkfld/Moore	Su	11am	38C.JYRX	9/13	DTVF

Challenger International

Soccer Academy

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

DTVJ	8--55 minute lessons--\$169
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Location	Day	Time	Code	Begin	\$
Orng Hnt ES	Su	12pm	E08.H9LD	9/13	DTVJ

Future Soccer Stars

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

CTVR	7--45 minute lessons--\$105
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Location	Day	Time	Code	Begin	\$
BelleVw ES	Su	9am	VZ0.ZA9Z	9/20	CTCR
WSprngfd ES	Th	5pm	VZ0.L30S	9/17	CTVR

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 your own glove.

4SM	8--55 minute lessons--\$135
DSVP	8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	9am	HFX.01W3	9/19	DSVP
SullyCommCtr	M	10am	HFX.75I6	9/14	4SM

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Discover Fairfax County's past at Sully, Colvin Run Mill and Frying Pan Farm Park.

Tumbling & Gymnastics Classes

Gymnastics with Parent

(18 mos.-3 yrs.) This class incorporates creative movement, listening skills, and gross motor development. Youngsters are also introduced to floor exercises, and balance beam moves. Parent participation is required. Equipment varies at each site.

4TA	10--45 minute lessons--\$124
DTVA	10--45 minute lessons--\$150
DTVB	10--45 minute lessons--\$143
DTVF	8--45 minute lessons--\$151
DTVP	8--45 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
FranconiaRec	T	10am	088.F5BM	9/15	4TA
FranconiaRec	T	11am	088.367K	9/15	4TA
SullyCommCtr	Sa	9:30am	088.R7U6	9/12	DTVP
Wkfld/Moore	Sa	9am	088.S7SN	9/12	4TA
Wkfld/Moore	Sa	10am	088.IE04	9/12	4TA
Wkfld/Moore	Su	4pm	088.OI2H	9/13	4TA
Wkfld/Moore	Su	9am	088.ZTKR	9/13	4TA
Wkfld/Moore	Su	10am	088.2PCY	9/13	4TA
FranconiaRec	Sa	9am	IBA.7RGG	9/19	DTVB
FranconiaRec	Su	9am	IBA.278T	9/20	DTVB
OakmontREC	Sa	9am	IBA.H7S5	9/19	DTVF
OakmontREC	Sa	9:55am	IBA.AC8G	9/19	DTVF
OakmontREC	T	9am	IBA.7T21	9/22	DTVP
OakmontREC	T	10:50am	IBA.JYXS	9/22	DTVP
OakmontREC	F	4:30pm	IBA.58YQ	9/25	DTVP
ProvREC	Su	9am	IBA.07AN	9/27	DTVF
ProvREC	Su	9:50am	IBA.RBTA	9/27	DTVF
ProvREC	T	8:45am	IBA.9CAQ	9/29	DTVF
SoRunREC	Su	10am	IBA.BORN	9/20	DTVA
SoRunREC	Sa	2pm	IBA.OV8K	9/26	DTVP
Wkfld/Moore	Sa	1pm	IBA.5KND	9/12	DTVP

Gymnastics for Preschoolers

An exciting challenge for children interested in gymnastics that incorporates creative movement, listening skills, and gross motor development. Youngsters are also introduced to floor exercises, and balance beam moves. Equipment varies at each site.

4TA	10--45 minute lessons--\$124
4TC	8--45 minute lessons--\$105
DTVA	10--45 minute lessons--\$150
DTVF	8--45 minute lessons--\$151
DTVP	8--45 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
CubRunREC	M	5:20pm	2B8.OA17	9/14	4TC
CubRunREC	T	5pm	2B8.CKWC	9/15	4TC
CubRunREC	W	4:45pm	2B8.1NTO	9/16	4TC
MtVernREC	Sa	8:30am	2B8.WS7D	9/19	4TA
SullyCommCtr	Sa	11:10am	2B8.OXXG	9/12	4TC
OakmontREC	Sa	10:50am	BWO.U8WO	9/19	DTVF
OakmontREC	Sa	12:40pm	BWO.YKG7	9/19	DTVF
OakmontREC	T	9:55am	BWO.XHA4	9/22	DTVP
SoRunREC	Sa	1pm	BWO.V40Z	9/26	DTVP

(3-5 yrs.)

FranconiaRec	T	12pm	E42.MH8N	9/15	4TA
Wkfld/Moore	Sa	11am	E42.5EFN	9/12	4TA
Wkfld/Moore	Su	3pm	E42.UBB4	9/13	4TA
Wkfld/Moore	Su	11am	E42.S9PE	9/13	4TA
FranconiaRec	Sa	11am	UR8.5FY5	9/19	DTVA
FranconiaRec	Su	11am	UR8.B2PI	9/20	DTVA
FranconiaRec	M	1:30pm	UR8.VFN3	9/21	DTVA
FranconiaRec	M	10:20am	UR8.RXML	9/21	DTVA
ProvREC	T	9:30am	UR8.5VGR	9/29	DTVF
SoRunREC	Su	11am	UR8.35WD	9/20	DTVA
SoRunREC	Su	12pm	UR8.U507	9/20	DTVA
Wkfld/Moore	Sa	2pm	UR8.LCZA	9/12	DTVP

2026-2027

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Children's Corner

Wkfld/Moore	T	5pm	UR8.EGYU	9/15	DTVP
Wkfld/Moore	W	2pm	UR8.1WZV	9/16	DTVA
Wkfld/Moore	W	5:50pm	UR8.EQ1R	9/16	DTVP
Wkfld/Moore	Th	11:15am	UR8.FFC9	9/17	DTVA
(4-5 yrs.)					
CubRunREC	M	4:30pm	094.MERV	9/14	4TC
CubRunREC	T	5:50pm	094.QFLM	9/15	4TC
CubRunREC	W	5:35pm	094.XQ42	9/16	4TC
MtVernREC	Sa	9:30am	094.K04V	9/19	4TA
MtVernREC	Sa	10:30am	094.FS22	9/19	4TA
SullyCommCtr	Sa	10:20am	094.6BG6	9/12	4TC
Wkfld/Moore	Su	12pm	094.M8UF	9/13	4TA
OakmontREC	Sa	11:45am	M3Q.AF5R	9/19	DTVF
OakmontREC	F	5:20pm	M3Q.HNRS	9/25	DTVP
ProvREC	Su	10:40am	M3Q.YRAK	9/27	DTVF
SoRunREC	Sa	12pm	M3Q.PMQQ	9/26	DTVP
Wkfld/Moore	W	2:55pm	M3Q.YKAQ	9/16	DTVA

Tumbling

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

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12pm	D57.3YTR	9/12	4TA
Wkfld/Moore	Su	2pm	D57.V637	9/13	4TA



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Dance

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



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

Wake Up & Dance

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

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

Location	Day	Time	Code	Begin	\$
MtVernREC	W	6:30am	ZIH.1LGX	9/16	4PA

Intro to Ballet

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

DPVJ 10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
FranconiaRec	F	6:20pm	408.Y5ZT	9/18	DPVJ
FranconiaRec	Sa	12:30pm	408.4R22	9/19	DPVJ

Ballet I

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

3PA 8--55 minute lessons--\$113
4PA 10--55 minute lessons--\$144
CPVF 8--55 minute lessons--\$131
DPVJ 10--55 minute lessons--\$164
DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
MtVernREC	Sa	12:30pm	SSF.GHEB	9/12	4PA
SoRunREC	T	6pm	SSF.SSRU	9/22	4PA
CubRunREC	Su	2:20pm	2BE.1VK7	9/13	DPVK
OakmontREC	Su	9am	2BE.5SRN	9/20	CPVF
OakmontREC	F	5:20pm	2BE.FM2J	9/25	CPVF
Wkfld/Moore	Sa	9:55am	2BE.LJFZ	9/12	DPVJ
(6-12 yrs.)					
DeerPk ES	Th	5:30pm	5KA.RWFA	9/10	3PA
(8-12 yrs.)					
FranconiaRec	F	7:20pm	VWV.45WV	9/18	DPVJ
Wkfld/Moore	F	7:20pm	VWV.K39V	9/18	DPVJ
(10-14 yrs.)					
DeerPk ES	Th	6:30pm	96S.MTAT	9/10	3PA
(13-Adult)					
MtVernREC	Th	8pm	63B.2H10	9/17	4PA
Wkfld/Moore	T	8pm	63B.FKZK	9/15	4PA
OakmontREC	F	12:05pm	6JT.3CYW	9/25	CPVF



Ballet II

(6-8 yrs.) Prerequisite: Ballet I.

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

Location	Day	Time	Code	Begin	\$
SoRunREC	W	5pm	341.SJWA	9/23	4PA

Ballet & Jazz

(6-12 yrs.) Introduction to basic steps and movements for ballet and jazz.

DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	12:40pm	224.0W2Q	9/20	DPVK

Combo Ballet & Hip Hop

Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

4PA 10--55 minute lessons--\$144
CPVF 8--55 minute lessons--\$131
DPVJ 10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
OakmontREC	Sa	12:15pm	NFK.OKLN	9/19	CPVF
ProvREC	Sa	11:35am	NFK.VU3W	9/12	DPVJ
SoRunREC	Sa	12:55pm	NFK.XZ18	9/19	DPVJ
Wkfld/Moore	F	6:20pm	NFK.UZZM	9/18	DPVJ
(6-12 yrs.)					
MtVernREC	Th	6pm	NBE.KB22	9/17	4PA

Hip Hop I

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

4PA 10--55 minute lessons--\$144
CPVF 8--55 minute lessons--\$131
DPVJ 10--55 minute lessons--\$164
DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
OakmontREC	Su	9am	209.RPOG	9/20	CPVF
OakmontREC	F	6:20pm	209.2S1R	9/25	CPVF
SoRunREC	Su	11:35am	209.DH27	9/20	DPVK
SpHillREC	Th	6pm	209.MPJ5	9/17	DPVK
Wkfld/Moore	Sa	11am	209.GXWP	9/12	DPVJ

(8-13 yrs.)

MtVernREC	Th	7pm	P3P.J8AF	9/17	4PA
OakmontREC	Su	10:50am	085.Y3J4	9/20	CPVF
SoRunREC	Sa	1pm	085.ICQU	9/19	DPVJ
SpHillREC	Th	7pm	085.FG12	9/17	DPVK
Wkfld/Moore	Sa	12pm	085.JYAI	9/12	DPVJ

(13-Adult)

FranconiaRec	F	11:30am	5CF.H9RN	9/18	DPVJ
OakmontREC	Sa	5:40pm	5CF.TWEE	9/19	CPVF
OakmontREC	T	12pm	5CF.3544	9/22	DPVJ
OakmontREC	F	7:20pm	5CF.TVJ8	9/25	CPVF
ProvREC	F	11:15am	5CF.MUTP	9/18	DPVJ
SpHillREC	M	11am	5CF.2WSK	9/14	CPVF
Wkfld/Moore	Th	12:10pm	5CF.095W	9/17	DPVJ

Combo Dance & Tap

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

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

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
OakmontREC	Su	12:45pm	3A9.XSLK	9/20	CPVF
SoRunREC	Su	10:45am	3A9.IA1X	9/20	DPVK

(6-12 yrs.)

SoRunREC	W	6pm	3EE.68NS	9/23	4PA
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Combo Dance & Tap II

(6-12 yrs.) Prerequisite: beginning ballet class or equivalent. Students advance their skills in ballet, jazz and tap.

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

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	5pm	Y3S.VFHI	9/24	4PA

Tap I

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

DPVJ 10--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
FranconiaRec	F	12:30pm	XNE.AYQ5	9/18	DPVJ
FranconiaRec	M	12:15pm	XNE.5DVU	9/21	DPVJ
ProvREC	F	12:30pm	XNE.6A4X	9/16	DPVJ

Dance



Street Jazz

(13-Adult) Street Jazz combines jazz, hip hop and funk. Students learn a new, upbeat choreo each week set to pop music influenced by jazz technique and street dance grooves.

DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	4:30pm	VU8.1KY7	9/12	DPVK

K-Pop Dance

(13-Adult) Ready to dance like your favorite idols? This high-energy K-pop class teaches iconic choreography step-by-step, perfect for both beginners and experienced dancers! Build confidence, master the moves and perform like you're on stage. Whether you love BLACKPINK, BTS, or NewJeans, this is your chance to shine and dance like a star.

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

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	3:30pm	OLQ.HBEN	9/12	4PA

Ballroom Dancing I

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

3PA 8--55 minute lessons--\$113
4PA 10--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
(Singles & Couples)					
MtVernREC	M	6pm	162.P48L	9/21	3PA
OakmontREC	Su	12pm	162.AXSH	9/13	4PA
Wkfld/Moore	T	6:30pm	162.BR6J	9/15	4PA
(Couples only)					
FranconiaRec	Th	8:10pm	A6D.G9XR	9/17	4PA
Frying Pan Pk	T	7pm	A6D.Y33B	9/8	3PA
ProvREC	M	7:30pm	A6D.2MOG	9/14	4PA
SpHillREC	Su	3pm	A6D.NF41	9/13	4PA

Ballroom Dancing II

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

3PA 8--55 minute lessons--\$113
4PA 10--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
(Singles & Couples)					
MtVernREC	M	7pm	956.I3KF	9/21	3PA
OakmontREC	Su	1pm	956.24PT	9/13	4PA
Wkfld/Moore	T	7:30pm	956.68EF	9/15	4PA

(Couples only)

FranconiaRec	Th	8pm	25B.ICCR	9/17	4PA
Frying Pan Pk	T	7pm	25B.VHR6	9/8	3PA

Ballroom Dancing III

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

3PA 8--55 minute lessons--\$113
4PA 10--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
(Singles & Couples)					
MtVernREC	W	8pm	B81.IW07	9/23	3PA
OakmontREC	Su	2pm	B81.D69S	9/13	4PA
Wkfld/Moore	Th	7:30pm	B81.T2S3	9/17	4PA
(Couples only)					
FranconiaRec	M	8:10pm	F68.9W5C	9/14	4PA
Frying Pan Pk	T	8pm	F68.CWNH	9/8	3PA

Ballroom Dancing IV (13+) Couples only

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

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	M	8:10am	DAD.KLB9	9/14	4PA

East Coast Swing

(13-Adult) This vibrant, upbeat, rhythm dance belongs to the group of swing dance. It features a basic 6-count pattern with a variety of turns, spins and wraps. No prior experience needed. All students must register.

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	QM4.6ME0	9/18	4PA

West Coast Swing II

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	MD6.51VW	9/13	4PA

Hustle

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

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	B15.LYIQ	9/18	4PA

Line Dancing I

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

4PA 10--55 minute lessons--\$144
DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.30SA	9/14	4PA
OakmontREC	F	10am	W7D.L30Z	9/11	DPVK
SpHillREC	T	11am	W7D.KOD7	9/8	DPVK

Line Dancing II

(13-Adult) Prerequisite: Level I. Take your line dance skills up a notch with dances from many decades that include more complex choreography. Building on the skills learned in Level I, this class will improve



Weddings

at Twin Lakes and Laurel Hill Golf

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



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

agility, reaction time, and balance. No partner is necessary.

4PA 10--55 minute lessons--\$144
DPVK 10--55 minute lessons--\$197

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.BHGG	9/14	4PA
SpHillREC	T	9:30am	924.VJRH	9/8	DPVK

Line Dancing All Levels

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

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	U56.A679	9/17	4PA

Urban Soul Line Dancing

(13-Adult) No experience is needed for this beginner-friendly class. Learn foundational steps, build confidence, improve balance and coordination, and make new friends while moving to the smooth beats of R&B music.

DPBC 8--1 hour 25 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	5:30pm	ROU.504N	9/22	DPBC

Urban Soul Line Dancing II

(13-Adult) This high-energy class is designed for experienced dancers looking to elevate their skills. Master intricate choreography, sharper footwork and dynamic combinations while dancing to the hottest R&B, funk and soul tracks. Build precision, style, stamina and confidence as you push your dancing to the next level in a fun and motivating atmosphere.

DPBC 8--1 hour 25 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	Th	5:30pm	XZM.WF08	9/24	DPBC

Country & Western Dancing I

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

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	3pm	706.WUFO	9/12	4PA

Country & Western Line Dancing Beginning I

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

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	4pm	607.8XPS	9/12	4PA
Frying Pan Pk	W	6pm	607.NBM5	9/9	4PA
OakmontREC	Su	3pm	607.FH85	9/13	4PA

Country & Western Line Dancing Beginning II

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

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

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	5pm	C8C.VBK8	9/12	4PA
Frying Pan Pk	W	5pm	C8C.UXZO	9/9	4PA
Frying Pan Pk	W	7:15pm	C8C.8223	9/9	4PA
OakmontREC	Su	4pm	C8C.QQGG	9/13	4PA

Country & Western Line Dancing Intermediate I

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	742.AM3P	9/13	4PA

Country & Western Line Dancing Intermediate II

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

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	6pm	81E.E0C9	9/13	4PA

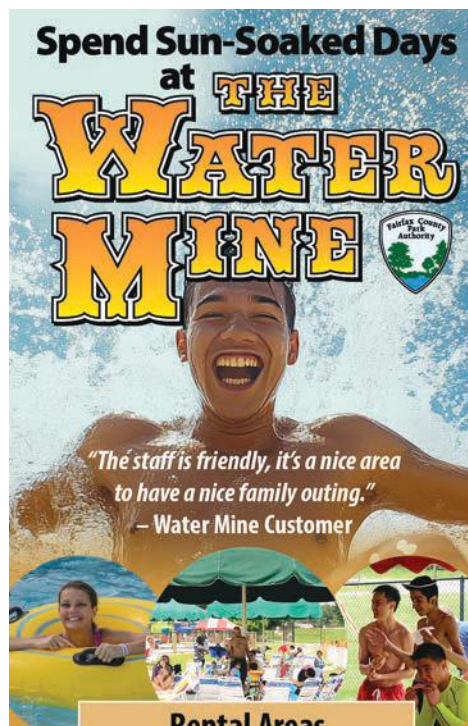
Bachata

(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--\$144

Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	872.2UTJ	9/12	4PA
Wkfld/Moore	Sa	5pm	872.GXZS	9/12	4PA

Spend Sun-Soaked Days at THE WATER MINE



"The staff is friendly, it's a nice area to have a nice family outing."
— Water Mine Customer

Rental Areas

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

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

www.fairfaxcounty.gov/parks/watermine/rentals

Bachata II

(13-Adult) This class is geared for students with a solid, comprehensive foundation in Bachata basics. Focus is on more advanced techniques and a repertoire of moves that will allow you to connect poignantly with both music and partner.

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3pm	QWF.5EYN	9/13	4PA

Latin Dancing

(13-Adult) Learn the basic figures and turns from some of the most popular dances - bachata, rumba, cha cha, salsa and merengue. Also learn how to distinguish each dance's music and how to put a little bit of style into your dancing. For singles or couples, each student must register.

3PA 8--55 minute lessons--\$113
4PA 10--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
MtVernREC	W	6pm	7BF.R0EE	9/23	3PA
SpHillREC	Su	2pm	7BF.E04L	9/13	4PA

Salsa I Singles & Couples

(13-Adult) Learn salsa basics and dance to current Latin hits. Each student must register.

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	4pm	375.H1FW	9/12	4PA

Salsa II Singles & Couples

(13-Adult) Prerequisite: Salsa I. Singles are welcome, partners are recommended. Each student must register.

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

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	P7M.FX7J	9/13	4PA

Belly Dance I

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

3PA 8--55 minute lessons--\$113
DPVJ 10--55 minute lessons--\$164
DPVN 8--55 minute lessons--\$157

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	11am	C24.P98V	9/20	3PA
MtVernREC	Su	1pm	C24.910T	9/20	3PA
MtVernREC	W	12:30pm	Y21.XBEM	9/23	DPVN
ProvREC	F	12:20pm	Y21.1FR1	9/18	DPVJ

Hula Dance-Beginning

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

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

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.9D2F	9/13	4PA

Hula Dance-Intermediate

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

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

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.YJ28	9/13	4PA

Day Trips & Tours

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



Day Trips & Tours Information & Policies

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

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

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

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

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

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

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

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

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

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

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



Getaway - Chanticleer Gardens

(Adults) For garden lovers, Chanticleer in Wayne, Pennsylvania is not to be missed. With 35 acres of dynamic and creative garden displays, it is a beautiful blend of art and horticulture. Trip includes motor coach, admission, guided tour and lunch. Trip departs from Green Spring Gardens at 7 a.m. and returns at 7 p.m. Trip cancellation deadline is August 26.

Location	Day	Time	Code	Date	\$
GrnSprGardn	W	7am	LMA.KYB3	9/9	\$169

Getaway - Fine Arts, Flowers and Tea

(Adults) Get away to the Virginia Museum of Fine Arts in Richmond to enjoy the Fine Arts & Flowers exhibit, which features dazzling floral design interpretations of masterpieces in the museum's collection. Have a light lunch at the museum and end the day with tea at the Jefferson Hotel. Includes motor coach, exhibit information catalog and full English tea. Trip departs Green Spring Gardens at 8 a.m. and arrives back at approximately 5 p.m. Cancellation deadline is September 24.

Location	Day	Time	Code	Date	\$
GrnSprGardn	Th	8am	IU1.52KR	10/8	\$161



Getaway - Harpers Ferry

(Adults) Experience the breathtaking scenery in Harpers Ferry during a scenic day trip. Harpers Ferry offers stunning mountain views, charming 19th-century architecture and a fascinating past—from John Brown's raid to Civil War landmarks. Take a leisurely hike along the scenic trails or spend time strolling the historic streets and browsing local shops. Afterwards we'll unwind soaking in the beautiful views during a tour of a local vineyard and an art gallery on the grounds. Bring your own lunch or grab something to eat there. Includes motor coach, admission and vineyard tour. The bus departs Green Spring Gardens at 7:45 a.m. and returns at 3:45 p.m. Cancellation deadline is September 10.

Location	Day	Time	Code	Date	\$
GrnSprGardn	Th	7:45am	P01.G3JX	9/24	\$113

Getaway - Winterthur Yuletide

(Adults) Experience the magic of the holiday season at Winterthur. Enjoy a narrated garden tram tour, view the festive gingerbread and dollhouse displays, and explore the beautifully decorated mansion at your own pace. Holiday Nights features live music, seasonal treats, unique gift shopping, cozy outdoor fire pits, and a magical evening atmosphere. Enjoy dinner on your own at the Winterthur Cafe. This memorable holiday experience captures the warmth and wonder of the season in a stunning historic setting. Includes motorcoach transportation and admission. Bus departs at 12:00 p.m. and returns at 10:00 p.m. Cancellation deadline: November 25.

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	12pm	A62.JEYV	12/11	\$144

Equestrian and Farm

FCPA Equestrian Facilities

Frying Pan Farm Park



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

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

Laurel Hill Equestrian Center



9500 Furnace Road, Lorton

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

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



Turner Farm Park



925 Springvale Road, Great Falls
 703-437-8261

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

Equestrian Programs and Classes

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

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

Frying Pan Farm Park

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



English Style Riding Lessons

Student weight must not exceed 175 lbs.

Horseback Riding - Beginner

(8-14 yrs.) Classes will primarily focus on riding skills. Unmounted horsemanship lessons will be offered during inclement weather. Student weight must not exceed 175 lbs.

8--45 minute lessons

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	15F.P8LR	9/14	\$840
Frying Pan Pk	M	7pm	15F.5A5J	9/14	\$840
Frying Pan Pk	T	6pm	15F.ODNI	9/15	\$840
Frying Pan Pk	T	7pm	15F.D105	9/15	\$840
Frying Pan Pk	Th	6pm	15F.P1ZN	9/17	\$840
Frying Pan Pk	Th	7pm	15F.1TGE	9/17	\$840

Horseback Riding - Beginner Riding II

(8-14 yrs.) Prerequisite: Students must have taken Horseback Riding Beginning for three previous sessions with SPIRIT. Riders will build on skills learned in the Beginner class.

8--45 minute lessons

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	6pm	GR4.1088	9/16	\$840
Frying Pan Pk	W	7pm	GR4.SRSM	9/16	\$840



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Therapeutic Horseback Riding

(4-Adult) Class is open to new and returning students with developmental, emotional, neurological and physical disabilities. Therapeutic riding teaches safe and effective horsemanship in a group setting. Each lesson is focused on improving the development of balance, fine and gross motor skills, confidence and communication. The teacher-to-student ratio is 4:1, with trained volunteers supporting each student's individual needs. A medical form from SPIRIT is required.

8--45 minute lessons

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	1F7.B0EH	9/14	\$840
Frying Pan Pk	T	6pm	1F7.3MN8	9/15	\$840
Frying Pan Pk	W	6pm	1F7.2QA0	9/16	\$840
Frying Pan Pk	Th	6pm	1F7.VKJF	9/17	\$840

Therapeutic Horseback Riding II

(4-Adult) Prerequisite: Students must have taken Therapeutic Horseback Riding I at SPIRIT for three previous sessions. Advancement is based on the rider's abilities, needs and personal progress. A medical form from SPIRIT is required.

8--45 minute lessons

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	7pm	JJJ.L3KM	9/14	\$840
Frying Pan Pk	T	7pm	JJJ.SQV4	9/15	\$840
Frying Pan Pk	W	7pm	JJJ.1YTY	9/16	\$840
Frying Pan Pk	Th	7pm	JJJ.V054	9/17	\$840

Other Equestrian Programs

Groundwork and Horsemanship Program

(8-Adult) A hands-on introduction to working with horses from the ground. Participants learn grooming, leading, horse communication, and daily barn care in a small-group setting. No riding involved. Participant Readiness & Safety Requirements: Participants must be able to walk independently on uneven barn footing (sand, gravel, and arena surfaces), use their hands to safely interact with a horse and equipment, follow verbal directions, and maintain safe behavior around horses and others. This program is not wheelchair accessible at this time. New participants may be contacted prior to the session to confirm program fit.

4--45 minute lessons

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5pm	CKP.E9IY	9/18	\$420
Frying Pan Pk	F	5pm	CKP.P07T	10/16	\$420

VOLUNTEER



Opportunities Available
including Volunteer Program Leads

www.fairfaxcounty.gov/parks/volunteer

Child and Parent Programs

Little Hands on the Farm

Join us to learn about a different element of farm life each week. Classes held during the same week will cover repeat topics. Other activities can include story time, crafts and small farm chores. One adult must attend with each child. Please limit one parent to attend with each child.

1--45 minute program

Location	Day	Time	Code	Date	\$
(2-3 yrs.)					
Frying Pan Pk	T	9:45am	58A.LSFJ	9/8	\$12/child
Frying Pan Pk	T	9:45am	58A.RB73	9/22	\$12/child
Frying Pan Pk	T	9:45am	58A.23XE	10/6	\$12/child
Frying Pan Pk	T	9:45am	58A.XDV2	10/20	\$12/child
Frying Pan Pk	T	9:45am	58A.WK1S	11/3	\$12/child

(3-5 yrs.)

Frying Pan Pk	T	11am	100.WYHC	9/8	\$12/child
Frying Pan Pk	T	11am	100.A4I5	9/22	\$12/child
Frying Pan Pk	T	11am	100.5MNH	10/6	\$12/child
Frying Pan Pk	T	11am	100.NPP4	10/20	\$12/child
Frying Pan Pk	T	11am	100.DFAK	11/3	\$12/child

Farm

Kidwell Farm at Frying Pan Farm Park



2709 West Ox Road, Herndon
703-437-9101

www.fairfaxcounty.gov/parks/fryingpanpark

Down on the Farm

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

The Country Store

703-435-3710

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

See current hours at www.fairfaxcounty.gov/parks/operational-hours

Children's Programs

Animal Tea Party

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	M3W.P3VP	10/3	\$12/child
Frying Pan Pk	Sa	2pm	M3W.MDDK	10/3	\$12/child
Frying Pan Pk	Sa	10am	M3W.SQZ3	10/10	\$12/child
Frying Pan Pk	Sa	2pm	M3W.OS4V	10/10	\$12/child

Family/All Ages

All participants, including accompanying adults, must register and pay for the program.

Campfire Wagon Ride

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	4pm	DEB.ME7Q	11/7	\$10/ea.
Frying Pan Pk	Sa	4:30pm	DEB.FRQP	11/7	\$10/ea.
Frying Pan Pk	Sa	5pm	DEB.2FZZ	11/7	\$10/ea.
Frying Pan Pk	Sa	4pm	DEB.5Z7K	11/14	\$10/ea.
Frying Pan Pk	Sa	4:30pm	DEB.F323	11/14	\$10/ea.

HALLOWEEN ON THE FARM!

at Frying Pan Farm Park

All ages • \$12 per person







Visit with farm animals • Trick or Treat

Friday, October 23
Choose your one-hour time slot
between 5 - 7 p.m.

Saturday, October 24
Choose your one-hour time slot
between 4:30 - 6:30 p.m.






Farmyard Chatter

(6-Adult) Come meet our farm animals, learn how they chat, and record your own sounds to take home. Bringing a mobile phone or other device that can record audio is recommended.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5:30pm	QDN.QMWM	10/9	\$10/ea.

Putting the Animals to Bed

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	7pm	KOP.VOYV	9/4	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.MUPB	9/5	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.P3Z9	9/6	\$10/ea.
Frying Pan Pk	F	7pm	KOP.3X53	9/11	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.T1JW	9/12	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.N1VO	9/13	\$10/ea.
Frying Pan Pk	F	7pm	KOP.Q4UD	9/18	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.FJPS	9/19	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.1LJ0	9/20	\$10/ea.

Nocturnal Superheroes!

(7-Adult) Come discover what makes nocturnal animals so good at being active at night, how their senses differ from ours and test your ability to classify nocturnal vs. diurnal animals based on what you've learned. Bring a blanket to sit on.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5:30pm	61S.XQ9L	11/10	\$10/ea.

Teen/Adult Programs

Nighttime Farmer

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

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	8pm	FFR.6VIA	9/26	\$10/ea.

Gift a Fairfax County Park Authority Experience this Holiday Season!

Gift Card

GOLF GIFT CARD

Valid at seven first Fairfax County parks

Learn more at www.fairfaxcounty.gov/parks/giftcards

LOCALLY PRODUCED

FARMERS MARKETS

2026 SCHEDULE

Buy Fresh, Buy Local.

WEDNESDAYS

McCutcheon/Mt. Vernon Sherwood Library

April 22-November 25 • 8 a.m.-Noon

2501 Sherwood Hall Lane, Alexandria

SNAP accepted, bonus dollar program!

Oakmont Rec Center

May 6-October 28 • 8 a.m.-Noon

3200 Jermantown Road, Oakton

Wakefield • Wakefield Park

May 6-October 28 • 2-6 p.m.

8100 Braddock Road, Annandale

SNAP accepted, bonus dollar program!

THURSDAYS

Annandale • Mason District Park

May 7-October 29 • 8 a.m.-Noon

6621 Columbia Pike, Annandale

SNAP accepted, bonus dollar program!

Herndon

May 7-October 29 • 8 a.m.-Noon

700 Block of Lynn St., Herndon

FRIDAYS

McLean • Lewinsville Park

May 1-October 30* • 8 a.m.-Noon

1659 Chain Bridge Road, McLean

**Closed May 15 for McLean Day*

Kingstowne

May 1-October 23 • 3-7 p.m.

5870 Kingstowne Towne Center, Alexandria

SATURDAYS

Burke • VRE Parking Lot

April 18-November 21 • 8 a.m.-Noon

5671 Roberts Parkway, Burke

Reston • Lake Anne Village Center

April 25-November 21 • 8 a.m.-Noon

1609-A Washington Plaza, Reston

SNAP accepted, bonus dollar program!

SUNDAYS

Lorton • VRE Parking Lot

May 3-November 22 • 8 a.m.-Noon

8990 Lorton Station Boulevard, Lorton

SNAP accepted, bonus dollar program!

For information and directions, visit:

www.fairfaxcounty.gov/parks/farmersmarkets

or call 703-642-0128

FALL IN LOVE WITH PARKS AT THESE EVENTS

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



Virginia Native American Festival

The Native American Festival brings together tribal members from all across Virginia. Discover history and long-standing traditions with native dancing, drumming, food and culture at Riverbend Park. Visit Virginia tribal vendors, shop for traditional crafts and learn about present events. Hands-on demonstrations including bow and arrow use, dug-out canoe, ethnobotany walk and crafts Online presale for the event ends at 10 p.m. the night before. Day of entry fee is \$15 per person.

1--5 hour event

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	32B.90WL	9/12	\$12/ea.



Bug Fest

(4-Adult) Celebrate the amazing world of insects with the whole family at our creepy-crawly adventure. Learn all about these fascinating little critters and why they are so important to maintaining a healthy ecosystem. Activities include insect safari hikes, live insect meet and greets, crafts, games, bug-themed storybook reading, a buggy maze and spiderweb slackline course. All participants, including accompanying adults, must register and pay for the program..

1--4 hour event

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	10am	2B5.XGG1	9/26	\$10/ea.



Chessie's Backyard Boo-gie

(2-Adult) Come out to Chessie's Big Backyard at Franconia Rec Center for an unforgettable event filled with activities, adventure and enchanted fun. There's something for every age, from sweet treats to outdoor exploration including classic carousel magic! Please come in family friendly costumes for our costume parade and monster mash dance party at the amphitheater. Purchase this event package online or day of for \$15/per person. Package includes a seasonal drink, s'mores kit, popcorn, carousel ride and scavenger hunt. A la carte pricing will be available on the day of the event. In case of inclement weather, the rain date will be Sunday, October 18.

1--3 hour event

Location	Day	Time	Code	Date	\$
FranconiaRec	Sa	2pm	UTQ.AX1Q	10/17	\$15/ea.



Halloween on the Farm

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

1--1 hour event

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5pm	C1A.G38V	10/23	\$12/ea.
Frying Pan Pk	F	6pm	C1A.5TJL	10/23	\$12/ea.
Frying Pan Pk	F	7pm	C1A.9AQ6	10/23	\$12/ea.
Frying Pan Pk	Sa	4:30pm	C1A.I2OT	10/24	\$12/ea.
Frying Pan Pk	Sa	5:30pm	C1A.Z2BB	10/24	\$12/ea.
Frying Pan Pk	Sa	6:30pm	C1A.06LQ	10/24	\$12/ea.

FREE

Clemyjontri Park

OPEN HOUSE

Sunday, August 30 • 10 a.m.-4 p.m.

*Experience the wonders of this inclusive park!
Enjoy a day of family fun for all ages and abilities with:*

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

www.fairfaxcounty.gov/parks/accessible

Fairfax County Parks Authority
6317 Georgetown Pike • McLean
EXPLORE | PLAY | CONNECT



Ghost Town

(All Ages) At this Family-friendly Halloween event, Family members can come in their best costumes to celebrate the holiday with an afternoon packed with fun but not-spooky activities. The Ghost Town includes themed activity areas, train ride, carousel ride, crafts and mini golf. Online tickets are \$20 and available online up until two days before the event. Tickets the day of the event are \$25. The price of admission covers all Ghost Town activities and services for one person. Pick up passes at the ice cream parlor on the day of the event. Children under age two ride free but must be accompanied by a paying adult. No refunds once the event has started. Contact the site directly with any questions.

1--6 hour event pass

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	11am	400.GFWV	10/24	\$20/ea.
BurkeLakePk	Su	11am	400.PRPG	10/25	\$20/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	\$
TurnerFarm	Sa	5pm	4DF.G7LR	11/14	\$10/ea.

FAIRFAX COUNTY VA 250

Experience Fairfax 250: September Sundays Free Tour Series

Celebrate America's 250th anniversary by exploring the Fairfax County places where local history meets the national story. Enjoy FREE guided tours at historic sites across the county during the "September Sundays" Tour Series, sponsored by the Fairfax250 Commission.

Each Sunday in September, step inside historic homes, working mills, gardens, and heritage sites through special interpretive tours led by knowledgeable staff. Space is limited and advance registration is required.

Discover the places that shaped Fairfax County — and America!

Visit www.fairfaxcounty.gov/parks/topics/fairfax250 for more details.



Sundays in September

FREE Tours • Registration Required

Participating sites include:

- Colvin Run Mill
- Ellanor C. Lawrence Park
- Frying Pan Farm Park
- Green Spring Gardens
- Historic Huntley
- Sear's Spindle House
- Sully Historic Site



ELLANOR C. LAWRENCE PARK PARKTOBER FEST

SPONSORED BY ECLP FRIENDS

**Saturday, October 10
Noon-5 p.m.**

- Live music by The Walkaways & Kentucky Avenue
- Local foods and beverages brought to you by ODD BBQ, District Small Bites, ONO Brewery and River Sea Chocolates
- Area artisans and vendors
- Nature crafts with ECLP naturalists, and more

ATTENDANCE IS FREE!
www.fairfaxcounty.gov/parks/eclawrence

Cabell's Mill/Middlegate
5235 Walney Rd. • Chantilly



Goblin Golf

at Burke Lake Park Mini Golf Course

Saturdays: October 3, 10, 17

Sundays: October 4, 11, 18

Choose start times between 11 a.m. - 4 p.m.

Online Presale/At the Door: \$12 per person (Sales end 4 p.m.)
Children younger than 2 are free with a paying adult.

*Tee up Halloween fun at
Burke Lake Park's mini golf course.*

- Play 18 holes of mini golf with a spooky twist
- Watch for ghosts and goblins on the greens
- Enjoy Halloween treats following the course
- Bring a date, a friend or the whole family
- Costumes encouraged



Register online: www.fairfaxcounty.gov/parks/burke-lake

Burke Lake Park • 7315 Ox Road • Fairfax Station, Va. 22039

Haunted Mini Golf

**Friday & Saturday
October 23 & 24 • 4-9 p.m.**

Come dressed in your best costume!

Welcoming all werewolves, vampires and goblins (and their families) for a fun night of mini golf. Trick-or-treat and win various goodies at every Oakmont Mini Golf hole!

Food trucks • Popcorn • Games

Online Presale: \$15

At the Door: \$18



Oakmont Rec Center
3200 Jermantown Road, Oakton

Visit www.fairfaxcounty.gov/parks/reccenter/oakmont to register.



HALLOWEEN FUN RUNS

**Saturday,
October 24
3 p.m.**



MONSTER MASH 5K DASH

Step up to this more challenging 5K course

(Ages 8 and up)

Time: 3:30 p.m. | Cost: \$25

HALLOWEEN FUN RUN

Enjoy this short 1-mile course as a family

(Ages 5 and up)

Time: 3:40 p.m. | Cost: \$15

SPOOKTACULAR TINY TOT OBSTACLE COURSE

(Ages 2 to 4)

Time: 4 p.m. | Cost: \$15

Bring the entire family for a
spooktacular time at South Run
Rec Center this Halloween.
Come in your best costume.



**SOUTH RUN
REC CENTER**

www.fairfaxcounty.gov/parks/reccenter/south-run

SOUTH RUN REC CENTER
7550 Reservation Drive, Springfield

CALENDAR OF EVENTS

Until August 29		
Summer Entertainment Series	Various FCPA Sites	pg. 66
Tuesday, August 11		
Registration begins for Fall Classes		pg. 134
Saturday, August 15		
Michael Jackson Family Skate and Dance Night	Franconia Rec Center	pg. 51
Sunday, August 30		
Clemyjontri Open House	Clemyjontri Park	pg. 62
September 1-30		
Rec Center Annual Membership Sale	Rec Centers	pg.39
Saturday, September 12		
Dog Daze	Lake Fairfax	pg. 120
Virginia Native American Festival	Riverbend Park	pg. 62
Sunday, September 13		
PC9 Club Championship	Pinecrest Golf Course	pg. 87
Saturday, September 19		
Family Skate and Dance Hispanic Heritage Night	Franconia Rec Center	pg. 51
Tuesday, September 22		
Rec Center Open House	Rec Centers	pg. 88
Saturday, September 26		
Bug Fest	Lake Accotink Park	pg. 49
National Public Lands Day	TBD	pg. 116
Saturday, October 3		
Early Virginia Day	Sully Historic Site	pg. 93
Four Club Classic	Jefferson Golf Course	pg. 87
Sunday, October 4		
Fall Festival Scramble	Pinecrest Golf Course	pg. 87
Friday, October 16		
Farm Harvest Fest and Carnival	Frying Pan Farm Park	pg. 43
Shot in the Dark	Burke Lake Golf Center	pg. 87
Saturday, October 17		
Chessie's Backyard Boo-gie	Franconia Recreation Area	pg. 45
Farm Harvest Fest and Carnival	Frying Pan Farm Park	pg. 43
Sunday, October 18		
Sensory Friendly Family Trick-or-Treat	Clemyjontri Park	pg. 18
Farm Harvest Fest and Carnival	Frying Pan Farm Park	pg. 43
Friday, October 23		
Haunted Mini Golf	Oakmont Rec Center	pg. 64
Halloween on the Farm	Frying Pan Farm Park	pg. 60
Virginia Hauntings: Legends and Lore	Colvin Run Mill	pg. 66
Saturday, October 24		
Halloween Family Skate and Dance Night	Franconia Rec Center	pg. 51
Halloween on the Farm	Frying Pan Farm Park	pg. 60
Halloween Fun Runs	South Run Rec Center	pg. 64
Haunted Mini Golf	Oakmont Rec Center	pg. 64
Ghost Town	Burke Lake Park	pg. 136
Sunday, October 25		
Ghost Town	Burke Lake Park	pg. 136
Tuesday, October 27		
Greens Keepers' Trick or Treat Tournament	Pinecrest Golf Course	pg. 87
November 1-30		
Aqua Flex Pass Sale	Rec Centers	pg. 37
Saturday, November 7		
Aqua Flex'26	Rec Centers	pg. 70
Golf Fall Pass Sale	November 14-27	pg. 88
Sully Illuminated	Sully Historic Site	pg. 97

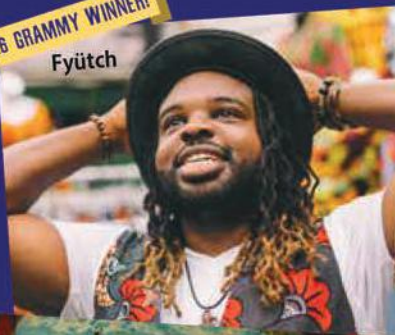




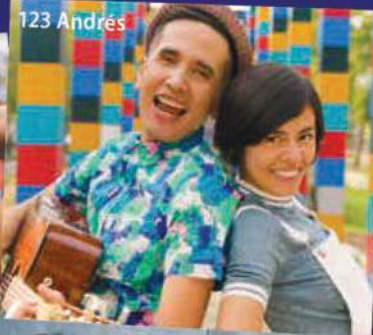
SUMMER ENTERTAINMENT SERIES

FREE LIVE PERFORMANCES • JUNE 24 - AUGUST 29, 2026

2026 GRAMMY WINNER!
Fyüth



123 Andrés



Lover: The Unofficial Eras Tour



HuDost



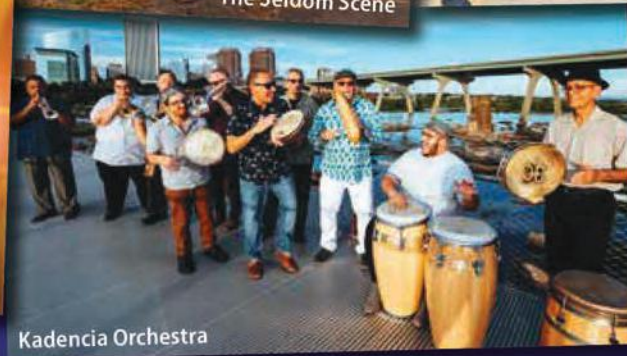
The Seldom Scene



Junkyard Band



Roberta Lea



Kadencia Orchestra

For a schedule of performances, visit www.fairfaxcounty.gov/parks/performances

The Summer Entertainment Series performances are possible thanks to the Fairfax County Park Authority, Board of Supervisors, volunteers and the many individuals, businesses and corporations who sponsored the series through the Fairfax County Park Foundation.

Performances are held outdoors, bring lawn chairs. In case of inclement weather, call the concert hotline at 571-202-7469 before leaving home. Cancellations are posted one hour prior to the show time.

EXPANDED LOCATIONS!

ARTS in the PARKS

Saturdays, June 27-August 8 • 10 a.m.*

Burke Lake Park Amphitheater, Ellanor C. Lawrence Park Amphitheater, Spring Hill Rec Center, Lorton Community Center, The Rooftop Park Space at Springfield Garage, Wakefield Park

Wednesdays, June 24-August 5 • 10 a.m.

Frying Pan Farm Park

Sundays, June 28-August 9 • 10 a.m.*

Strawberry Park (Mosaic)

Saturdays, June 27-August 8 • 7:30 p.m.*

Ossian Hall Park

Franconia Nights

Wednesdays, July 1-August 19 • 7 p.m.

Leonadus K. Plenty Amphitheater

Spotlight by Starlight

Fridays, June 26-August 21 • 7:30 p.m.*

Mason District Park Amphitheater

Braddock Nights

Fridays, June 26-July 17 • 7:30 p.m.*

Lake Accotink

Fridays, July 24-August 21 • 7:30 p.m.

Royal Lake

HUNTER MILL MELODIES

Thursdays, July 9-August 13 • 7 p.m.

Frying Pan Farm Park

Music at Arrowbrook Centre Park

Saturdays, July 11-August 29 • 7:30 p.m.*

Arrowbrook Centre Park

Springfield Nights

Wednesdays, June 24-August 12 • 7 p.m.

Burke Lake Park

Evenings on the Ellipse

Thursdays, July 2-August 13 • 5:30 p.m.

Fairfax County Government Center

MOUNT VERNON NIGHTS

Saturdays, July 11-August 1 • 7:30 p.m.

Workhouse Arts Center

Fridays, August 7-August 28 • 7:30 p.m.

Grist Mill Park

Providence Presents

Thursdays, July 2-August 20 • 7:30 p.m.

Nottoway Park

Starlight Cinema

Saturdays, August 1-August 22

Gates open at 6:30 p.m.

Movie starts at dark

Sully Historic Site

* No performances July 3-5

Thank you to our sponsors!



Hilltop Sand and Gravel Supporters of Mason District Park Family & Friends of Robert H. "Bob" Lydick Canterbury Woods Civic Association Anonymous Donors

Exercise and Physical Fitness

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



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

Rec Center Membership Pass

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

Personal Training

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

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

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

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

Group Muscular Strength & Conditioning

Athletic Performance

(13-Adult) Build a strong foundation for any sport with full-body training that develops strength, power, stamina, speed, agility, and endurance safely and effectively.

4EB	11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
OakmontREC	W	4:30pm	PU0.LE1J	9/16	4EB

Body Sculpting

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

4EB	11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
OakmontREC	W	9:30am	8B3.BLPY	9/16	4EB
OakmontREC	Th	8am	8B3.UVRD	9/17	4EB



SCAN THE QR CODE TO FIND MORE CLASSES ONLINE



BODYPUMP

(13-Adult) BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

4ECA	11--55 minute lessons--\$180				
Location	Day	Time	Code	Begin	\$
ProvREC	M	6pm	A90.G5ZG	9/14	4ECA
ProvREC	W	6pm	A90.W1UX	9/16	4ECA
SoRunREC	M	7pm	A90.F08S	9/14	4ECA
SoRunREC	W	7pm	A90.DW22	9/16	4ECA
SoRunREC	Sa	7:45am	A90.VJAM	9/19	4ECA

Chair Fitness

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

4EB	11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
CubRunREC	M	9am	20J.CLU1	9/14	4EB
CubRunREC	T	11am	20J.PX6F	9/15	4EB
Wkfld/Moore	T	5pm	20J.3DAV	9/15	4EB

Fitness for Seniors

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

4EB	11--55 minute lessons--\$157				
4EC	22--55 minute lessons--\$312				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	1pm	1A0.HUMP	9/15	4EB
CubRunREC	T	8am	1A0.SRV9	9/15	4EB
CubRunREC	T	12pm	1A0.OCQ4	9/15	4EB
OakmontREC	F	8am	1A0.GUN3	9/18	4EB
ProvREC	T/Th	8:30am	1A0.1CM9	9/15	4EC
SpHillREC	T	12pm	1A0.9DJM	9/15	4EB
SpHillREC	F	11am	1A0.7WVS	9/18	4EB

Fitness for Women

(16-Adult) Unlock your full potential and embrace a healthier, more confident you in this class. This dynamic program is designed specifically to cater to the unique fitness needs and goals of women, offering a balanced mix of strength training, cardiovascular exercises, and flexibility routines.

4ED	11--55 minute lessons--\$159				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	8am	41C.7UPT	9/15	4ED
OakmontREC	Su	9am	41C.MYM5	9/20	4ED
SpHillREC	Su	5pm	41C.A3LV	9/20	4ED

Functional Fitness for Life

(Adults) Break free from sedentary habits and build strength, balance, mobility, and coordination by practicing natural movement patterns such as reaching, throwing, lifting, bending, navigating obstacles and getting up and down with ease. Rediscover the joy of movement while improving your ability to do the activities you love or try new ones.

4EW	5--55 minute lessons--\$93				
Location	Day	Time	Code	Begin	\$
ProvREC	M	11am	UH8.YDQO	9/14	4EW

Intense Mobility Flow

(13-Adult) This class takes mobility training to the next level with a dynamic flow that goes beyond basic stretching. Using deeper, dance-inspired movements, participants will improve flexibility, control, and range of motion while staying actively engaged. Expect a more challenging, fluid approach that builds both strength and mobility throughout each session.

4EB	11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
OakmontREC	T	3pm	H1Q.2Z7J	9/15	4EB

Support your parks!

Donate through the Fairfax County Park Foundation. To learn more, scan the QR or visit www.fairfaxparkfoundation.org



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.

4EK 24--55 minute lessons--\$341						
Location	Day	Time	Code	Begin	\$	
ProvREC	T/Th	9:45am	E98.S6H8	9/15	4EK	

Total Body Conditioning

(60 yrs.+) For students who want to add variety to their exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	8am	F0C.W612	9/14	4EB	
OakmontREC	M	12pm	F0C.R0CE	9/14	4EB	
OakmontREC	T	9:30am	F0C.YZZA	9/15	4EB	
OakmontREC	W	12pm	F0C.OCJE	9/16	4EB	
OakmontREC	Th	10:30am	F0C.J73V	9/17	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--\$180						
4EL 11--45 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	11am	35C.ADMC	9/19	4ECA	
OakmontREC	M	4:30pm	35C.OPDG	9/14	4ECA	
SoRunREC	F	6:45pm	35C.D38Y	9/18	4EL	
Wkfld/Moore	T	9am	35C.8A7D	9/15	4ECA	
Wkfld/Moore	W	7pm	35C.WV9I	9/16	4ECA	
Wkfld/Moore	Th	11:15am	35C.90VO	9/17	4ECA	

Weight Training

(16-Adult) These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX 11--55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	5pm	BB2.5J2V	9/14	4EX	
SoRunREC	M	10:30am	BB2.8IU5	9/14	4EX	
SoRunREC	W	6:30pm	BB2.G3UR	9/16	4EX	
SoRunREC	Su	10am	BB2.9HAU	9/20	4EX	
SpHillREC	Sa	9am	BB2.QZ2K	9/19	4EX	

Weight Training

(60 yrs.+) These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX 11--55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	12pm	503.K69F	9/14	4EX	
OakmontREC	T	2pm	503.FRLC	9/15	4EX	
SoRunREC	T	10:30am	503.H257	9/15	4EX	
SoRunREC	Th	5:30pm	503.ZWLO	9/17	4EX	
SoRunREC	Sa	3pm	503.CBB6	9/19	4EX	
SoRunREC	Su	10am	503.0E6M	9/20	4EX	
SpHillREC	Th	12pm	503.0XQQ	9/17	4EX	

Weight Training for Women I

(16-Adult) These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities. For women only.

4EX 11--55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:30pm	9EA.QZ3W	9/15	4EX	
MtVernREC	Th	5:30pm	9EA.KYZQ	9/17	4EX	
MtVernREC	Sa	11am	9EA.YGT7	9/19	4EX	
OakmontREC	M	4pm	9EA.Z09T	9/14	4EX	
SoRunREC	W	10:30am	9EA.8XH9	9/16	4EX	
SoRunREC	Sa	3pm	9EA.TRD1	9/20	4EX	
SpHillREC	F	12pm	9EA.EDHG	9/18	4EX	

Weight Training for Teens

(12-15 yrs.) Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

3EW 4EW 4--55 minute lessons--\$72 5--55 minute lessons--\$93						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	1pm	E8B.H8XQ	10/3	4EW	
MtVernREC	M	4pm	E8B.L9TP	9/14	3EW	
MtVernREC	M	4pm	E8B.YG8F	10/19	3EW	
OakmontREC	W	9am	E8B.LCJA	9/16	4EW	
SoRunREC	W	5:30pm	E8B.PJ37	9/16	4EW	
SoRunREC	Th	4:30pm	E8B.HCWF	9/17	4EW	
SoRunREC	Sa	4pm	E8B.4UNC	9/19	4EW	
SoRunREC	Su	9am	E8B.7VOK	9/20	4EW	
SoRunREC	W	5:30pm	E8B.VMJD	10/21	4EW	
SoRunREC	Th	4:30pm	E8B.WW60	10/22	4EW	
SoRunREC	Sa	4pm	E8B.TS1A	10/24	4EW	
SoRunREC	Su	11am	E8B.ENMW	10/25	4EW	
SpHillREC	Su	2pm	E8B.LJRT	9/20	3EW	
SpHillREC	Su	2pm	E8B.CB0Y	10/25	3EW	
Wkfld/Moore	M	5pm	E8B.QMLR	9/14	4EW	
Wkfld/Moore	M	5pm	E8B.X71L	10/19	4EW	

Free Weight Training

(16-Adult) Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

4EW 5--55 minute lessons--\$93						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	10am	52C.WQ5G	9/19	4EW	
SoRunREC	Sa	10am	52C.M6GQ	10/24	4EW	
SpHillREC	T	10am	52C.TIDH	9/15	4EW	
SpHillREC	T	10am	52C.40Q1	10/27	4EW	

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Exercise and Physical Fitness

Free Weight Training for Women

(13-Adult) Build strength, confidence and proper technique in this beginner-friendly class using free weights such as dumbbells, barbells, kettlebells, and plate-loaded equipment. Learn safe, effective form, control, and progression to prevent injury. Equipment may vary by location and instructor. Ideal for women of all fitness levels looking to get stronger and feel more confident in the weight room.

4EX 11--55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	1:30pm	WTE.FBC7	9/14	4EX	
OakmontREC	T	3pm	WTE.A337	9/15	4EX	

Group Aerobic Exercise

Aerobics II

(60 yrs.+) This class is for the older adult who is beyond beginner but not quite advanced. Muscle strengthening with hand weights, low impact, moderate intensity aerobics and stretching are taught.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	9:30am	C1D.EJ26	9/18	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--\$157						
Location	Day	Time	Code	Begin	\$	
MtVernREC	W	10am	3BF.WMY4	9/16	4EB	
OakmontREC	M	7am	3BF.8LPD	9/14	4EB	
SoRunREC	W	9:30am	3BF.CVNB	9/16	4EB	
SoRunREC	Sa	8am	3BF.3GLM	9/19	4EB	
SpHillREC	Sa	10am	3BF.Z73Z	9/19	4EB	

Cardio Kickboxing

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

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	7pm	7C5.0CEG	9/15	4EB	
ProvREC	Th	7pm	7C5.7D4C	9/17	4EB	
SoRunREC	T	6:30pm	7C5.7UT8	9/15	4EB	

Cycle Spin

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

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	5:30pm	EJ.J.ZWR7	9/14	4EB	
SoRunREC	W	10:15am	EJ.J.OU8Y	9/16	4EB	
SoRunREC	Th	6:30pm	EJ.J.9YLJ	9/17	4EB	
SoRunREC	F	10:15am	EJ.J.EJ3R	9/18	4EB	
SoRunREC	Sa	9am	EJ.J.EWPA	9/19	4EB	
SoRunREC	Su	3:45pm	UJ.JLT8	9/20	4EB	

Gentle Cardio

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

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	12pm	GN4.C05R	9/17	4EB	
OakmontREC	W	8:30am	GN4.XYZ9	9/16	4EB	
OakmontREC	Th	12pm	GN4.ND3L	9/17	4EB	

H.I.I.T. for Beginners

(13-Adult) This class uses a progressive format that gradually builds intensity, allowing participants to start at a beginner level and safely advance throughout the workout to finish the session at an advanced level. As the session progresses, exercises become more challenging to improve endurance, strength, and cardiovascular fitness. It's an effective way to push your limits at your own pace while continuously building toward higher performance.

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	9am	LCU.RR3H	9/17	4EB	

Step It Up

(13-Adult) This beginner to intermediate step class offers creative, challenging step routines that provide a total-body workout. This is the next step for those with limited stepping experience.

4EL 11--45 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
SpHillREC	M	11am	F5A.LH65	9/14	4EL	
SpHillREC	F	5pm	F5A.XLOF	9/18	4EL	

Zumba

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

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Su	3:30pm	69F.FN4Q	9/20	4EB	
SoRunREC	M	8pm	69F.JS92	9/14	4EB	
SoRunREC	W	8pm	69F.KTSQ	9/16	4EB	
SoRunREC	Sa	9am	69F.1Q4F	9/19	4EB	
Wkfld/Moore	F	9am	69F.EPYH	9/18	4EB	

Zumba Gold

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

4EB 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	10:30am	8F6.6WSM	9/14	4EB	
ProvREC	W	10:30am	8F6.D2RS	9/16	4EB	
ProvREC	F	11am	8F6.Z7GR	9/18	4EB	
SpHillREC	Th	10am	8F6.MC8Z	9/17	4EB	
Wkfld/Moore	Th	9am	8F6.VOTZ	9/17	4EB	

Alternative Exercise

Awareness through Movement for a Pain Free Back

(13-Adult) Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce and prevent back pain, tension and movement restrictions. This class will help improve your posture and flexibility.

2EP 6--55 minute lessons--\$85						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	2pm	I93.9079	9/15	2EP	



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Balance and Beyond

(55 yrs+) Certified balance and mobility specialists help you enhance mobility, strength and flexibility. Advanced techniques from the FallProof fall prevention program are incorporated to improve overall wellness.

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	11am	FDD.II66	9/16	4EB
ProvREC	Th	1pm	FDD.C3WI	9/17	4EB
Wkfld/Moore	T	1:30pm	FDD.ZDXJ	9/15	4EB
Wkfld/Moore	Th	11am	FDD.Y8EH	9/17	4EB

BodyAwake Yoga®

(13-Adult) BodyAwake® Yoga is an accessible practice that blends ancient yogic practices and asana (postures) with energy medicine techniques. Through asana, breathwork and conscious energy flow, the students learn to tap into the energetic fields of their body and anchor deeply in their core. This unique practice enlivens the energetic circuitry in the body resulting in a transformational practice focused on embodiment and conscious integration of body, mind and spirit.

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
FranconiaRec	F	10:30am	E7T.6HZV	9/18	4EB
FranconiaRec	Su	10:30am	E7T.8G9T	9/20	4EB

Bones for Life

(13-Adult) Learn safe weight-bearing exercises to increase and maintain bone health. Based on the Feldenkrais method, this class uses impact exercises designed to reduce stress on vulnerable joints while building bone strength, balance and overall health.

2EP 6--55 minute lessons--\$85					
Location	Day	Time	Code	Begin	\$
ProvREC	T	3:15pm	519.XVQ6	9/15	2EP

Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support.

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
MtVernREC	W	2pm	ED6.NYC5	9/16	4EB
OakmontREC	M	9am	ED6.AOTE	9/14	4EB
OakmontREC	Th	1pm	ED6.2320	9/17	4EB
SoRunREC	T	11:15am	ED6.Q70Y	9/15	4EB
SoRunREC	Th	11:15am	ED6.M1NK	9/17	4EB
Wkfld/Moore	M	1pm	ED6.YJOE	9/14	4EB

Creative Balance

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

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
ProvREC	T	12:30pm	WBB.207K	9/15	4EB
SpHillREC	W	2pm	WBB.UJL2	9/16	4EB

Foam Rolling Fundamentals

(13-Adult) Learn the basics of foam rolling with rollers of varying densities. Safely practice myofascial release techniques while improving mobility through guided stretching for a well-rounded recovery experience.

3EL 8--45 minute lessons--\$113					
Location	Day	Time	Code	Begin	\$
OakmontREC	F	5pm	NCB.7POX	9/18	3EL

Gentle Yoga

(13-Adult) Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges.

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	9am	21C.MNES	9/16	4EB
SoRunREC	T	10am	21C.CCXP	9/15	4EB
SoRunREC	Th	10am	21C.CVNB	9/17	4EB
Wkfld/Moore	T	6pm	21C.UZG7	9/15	4EB

Hatha Yoga I

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

4EB 11--55 minute lessons--\$157					
4EE 11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$
MtVernREC	M	6pm	C21.4U41	9/14	4EB
OakmontREC	Th	10:15am	C21.90TV	9/17	4EE
OakmontREC	F	11:30am	C21.HOK7	9/18	4EE
OakmontREC	Su	10:30am	C21.1LNP	9/20	4EE
SoRunREC	M	5:45pm	C21.EU7H	9/14	4EB
SoRunREC	M	9:30am	C21.5I3Q	9/14	4EB
SoRunREC	T	8pm	C21.QVRJ	9/15	4EB
SoRunREC	W	7pm	C21.WF32	9/16	4EB
SoRunREC	W	10:30am	C21.QQFV	9/16	4EB
SoRunREC	Su	5pm	C21.B33X	9/20	4EB
Wkfld/Moore	T	12pm	C21.G8GM	9/15	4EE

Hatha Yoga II

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

4EB 11--55 minute lessons--\$157					
4EE 11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$
CubRunREC	Th	7pm	19F.T201	9/17	4EB
Wkfld/Moore	Th	7pm	19F.DGGC	9/17	4EE

Hatha Combo

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

4EB 11--55 minute lessons--\$157					
4EE 11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	F3F.4M8I	9/14	4EE
Wkfld/Moore	T	10:30am	F3F.CF2X	9/15	4EB
Wkfld/Moore	F	11am	F3F.70W8	9/18	4EB

Meditation

(13-Adult) Focus and calm your mind with breathing exercises that release tension. Centered mindfulness relaxes the physical body for overall wellbeing, concentration and positive energy.

4EB 11--55 minute lessons--\$157					
4EAC 11--30 minute lessons--\$128					
Location	Day	Time	Code	Begin	\$
MtVernREC	M	8pm	7C4.93KQ	9/14	4EB
OakmontREC	Th	3pm	7C4.X1QX	9/17	4EAC

Gentle Pilates

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

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	3:30pm	F82.MM7I	9/16	4EB
OakmontREC	F	7am	F82.T3VU	9/18	4EB

Pilates Intro

(13-Adult) Designed for those new to Pilates. Learn and practice basic concepts of core control, alignment and breathing. Students are introduced to elementary exercises used in classical progressive Pilates.

4EB 11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	12:30pm	8F5.CY9V	9/20	4EB

Pilates

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

3EB 8--55 minute lessons--\$113					
4EB 11--55 minute lessons--\$157					
4EL 11--45 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	16E.Y8ET	9/16	4EB
FranconiaRec	W	5:30pm	16E.6WY5	9/16	4EB
OakmontREC	W	9am	16E.V2NZ	9/23	3EB
OakmontREC	W	10:15am	16E.TCE2	9/23	3EB
SoRunREC	Sa	8:50am	16E.P9M9	9/19	4EL
SpHillREC	T	10am	16E.ITR7	9/15	4EB
SpHillREC	Th	10am	16E.PVKA	9/17	4EB
SpHillREC	F	7am	16E.XLWG	9/18	4EB

Gentle Pilates Allegro Reformer

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

4EAA 11--55 minute lessons--\$256					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	78C.OV0Q	9/16	4EAA
CubRunREC	F	10am	78C.N8EF	9/18	4EAA
SpHillREC	F	11am	78C.3HX9	9/18	4EAA
SpHillREC	F	12pm	78C.MIJ1	9/18	4EAA
SpHillREC	Sa	11am	78C.DHR3	9/19	4EAA

Exercise and Physical Fitness

Pilates Allegro Reformer Lessons

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

4EAA 11--55 minute lessons--\$256						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	6pm	08E.0PUR	9/14	4EAA	
CubRunREC	M	9:45am	08E.XGW6	9/14	4EAA	
CubRunREC	M	11am	08E.F3KN	9/14	4EAA	
CubRunREC	T	5:45am	08E.OY1E	9/15	4EAA	
CubRunREC	T	6:45pm	08E.YKL3	9/15	4EAA	
CubRunREC	T	9am	08E.TMXT	9/15	4EAA	
CubRunREC	T	10am	08E.804X	9/15	4EAA	
CubRunREC	T	11am	08E.B7K5	9/15	4EAA	
CubRunREC	Th	5:45pm	08E.U4RR	9/17	4EAA	
CubRunREC	Sa	10am	08E.JX3D	9/19	4EAA	
CubRunREC	Sa	11am	08E.UPDL	9/19	4EAA	
CubRunREC	Su	9:30am	08E.OBFJ	9/20	4EAA	
CubRunREC	Su	10:45am	08E.S2E9	9/20	4EAA	
FranconiaRec	M	6:30pm	08E.68PV	9/14	4EAA	
FranconiaRec	M	7am	08E.RA3Y	9/14	4EAA	
FranconiaRec	T	1pm	08E.2RAH	9/15	4EAA	
FranconiaRec	T	2pm	08E.QQVD	9/15	4EAA	
FranconiaRec	T	3pm	08E.05JT	9/15	4EAA	
FranconiaRec	W	6:30pm	08E.I9QU	9/16	4EAA	
FranconiaRec	W	10am	08E.0TKU	9/16	4EAA	
FranconiaRec	Th	4pm	08E.8VRF	9/17	4EAA	
FranconiaRec	F	6am	08E.LG3R	9/18	4EAA	
FranconiaRec	F	6am	08E.YUUC	9/18	4EAA	
FranconiaRec	F	7am	08E.GFNL	9/18	4EAA	
FranconiaRec	F	8am	08E.24HQ	9/18	4EAA	
FranconiaRec	F	8am	08E.QKQU	9/18	4EAA	
FranconiaRec	Su	5:30pm	08E.3L1Z	9/20	4EAA	
MtVernREC	M	4pm	08E.YXBH	9/14	4EAA	
MtVernREC	M	5:30pm	08E.91TX	9/14	4EAA	
MtVernREC	M	7pm	08E.2BFX	9/14	4EAA	
MtVernREC	M	9am	08E.EWS1	9/14	4EAA	
MtVernREC	M	10:45am	08E.JWZT	9/14	4EAA	
MtVernREC	M	12pm	08E.CXHM	9/14	4EAA	
MtVernREC	T	5:30pm	08E.3Q3H	9/15	4EAA	
MtVernREC	T	6:30pm	08E.PEG2	9/15	4EAA	
MtVernREC	T	9am	08E.1KBV	9/15	4EAA	
MtVernREC	T	11am	08E.9TU9	9/15	4EAA	
MtVernREC	W	6pm	08E.XDGI	9/16	4EAA	
MtVernREC	W	7pm	08E.597R	9/16	4EAA	
MtVernREC	W	11am	08E.Z7MF	9/16	4EAA	
MtVernREC	Th	6pm	08E.GYAU	9/17	4EAA	
MtVernREC	Th	11am	08E.TUDL	9/17	4EAA	
MtVernREC	Th	12pm	08E.VCRQ	9/17	4EAA	
MtVernREC	F	1:15pm	08E.ECE7	9/18	4EAA	
MtVernREC	F	11am	08E.2DGR	9/18	4EAA	
MtVernREC	Sa	10:30am	08E.P57N	9/19	4EAA	
MtVernREC	Su	2pm	08E.22MM	9/20	4EAA	
MtVernREC	Su	4pm	08E.9RNS	9/20	4EAA	
ProvREC	M	10:30am	08E.0GE8	9/14	4EAA	
ProvREC	M	11:30am	08E.QQZQ	9/14	4EAA	
ProvREC	T	6pm	08E.JBH2	9/15	4EAA	
ProvREC	T	10am	08E.E9CS	9/15	4EAA	
ProvREC	T	11am	08E.0WVY	9/15	4EAA	
ProvREC	W	10:30am	08E.J39Y	9/16	4EAA	
ProvREC	Th	5:30pm	08E.K136	9/17	4EAA	
ProvREC	Th	11:30am	08E.J964	9/17	4EAA	
ProvREC	F	10:30am	08E.Y8KR	9/18	4EAA	
SoRunREC	M	6pm	08E.TZUW	9/14	4EAA	
SoRunREC	T	8pm	08E.TZ9I	9/15	4EAA	
SoRunREC	W	10am	08E.NSRD	9/16	4EAA	
SoRunREC	Th	1pm	08E.WOKS	9/17	4EAA	
SoRunREC	Th	3pm	08E.DK33	9/17	4EAA	
SoRunREC	F	11:30am	08E.0BCL	9/18	4EAA	
SpHillREC	W	7pm	08E.0VNN	9/16	4EAA	
SpHillREC	Th	6pm	08E.3JEI	9/17	4EAA	
SpHillREC	Sa	9am	08E.1F3F	9/19	4EAA	

Pilates Allegro Reformer Lessons II

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

4EAA 11--55 minute lessons--\$256						
Location	Day	Time	Code	Begin	\$	
FranconiaRec	T	5:30pm	5B6.6R72	9/15	4EAA	
FranconiaRec	W	7:30pm	5B6.NUAS	9/16	4EAA	
ProvREC	T	5pm	5B6.D1RK	9/15	4EAA	
ProvREC	Th	10:30am	5B6.YK91	9/17	4EAA	
SpHillREC	M	6:30pm	5B6.5JX6	9/14	4EAA	
SpHillREC	M	7:30pm	5B6.8TC7	9/14	4EAA	
SpHillREC	T	8am	5B6.CCUJ	9/15	4EAA	
SpHillREC	T	9am	5B6.SCEG	9/15	4EAA	
SpHillREC	W	8am	5B6.F6RB	9/16	4EAA	
SpHillREC	W	9am	5B6.K7ZH	9/16	4EAA	
SpHillREC	W	10am	5B6.UAGW	9/16	4EAA	
SpHillREC	F	10am	5B6.ZH3P	9/18	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--\$256						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Th	7pm	A40.YNDC	9/17	4EAA	
SpHillREC	Sa	10am	A40.XP9H	9/19	4EAA	

Pilates Allegro Reformer Jumpboard

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

4EAA 11--55 minute lessons--\$256						
4EAC 11--30 minute lessons--\$128						
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	5pm	719.GWQ2	9/14	4EAA	
SpHillREC	W	11am	719.5PMQ	9/16	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--\$157						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	7pm	34B.Z8NU	9/15	4EB	

Power Yoga

(13-Adult) Power Yoga is a fast-paced fitness based vinyasa style focusing on building strength, endurance and flexibility through intense continuous movement.

4EE 11--1 hour 25 minute lessons--\$235						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	7pm	2DS.54A6	9/14	4EE	

Sound Bath

(13-Adult) This class blends Himalayan and Crystal bowls to create a soothing, relaxing environment designed to gently activate, align and harmonize each energy center through vibrations from the singing bowls. Bring your own mats, blankets and pillows to achieve a deep relaxation.

4EL 11--45 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	7pm	NMK.15VX	9/17	4EL	

Intro to Tai Chi: Find your Balance

(13-Adult) Experience the calming flow of Tai Chi in this introductory class which is perfect for anyone curious about its gentle movements and stress-reducing benefits. Learn fundamental principles, basic forms and cultivate a sense of mind-body connection in a welcoming environment. This class provides a great way to discover if Tai Chi is right for you.

4EZZ 1--55 minute lesson--\$14						
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	Sa	10am	YSR.3HKX	9/19	4EZZ	
GrnSprGardn	Sa	10am	YSR.5WJ1	10/24	4EZZ	
GrnSprGardn	Sa	10am	YSR.GH9W	11/14	4EZZ	
GrnSprGardn	Sa	10am	YSR.VK7V	12/5	4EZZ	

Tai Chi I

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

4EB 11--55 minute lessons--\$157						
4EF 10--55 minute lessons--\$142						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	7pm	ED9.XJKT	9/15	4EB	
FranconiaRec	W	6pm	ED9.3LGP	9/16	4EB	
Frying Pan Pk	Th	8pm	ED9.1C9E	9/10	4EF	
GrnSprGardn	M	1:30pm	ED9.A149	9/14	4EB	
MtVernREC	M	2pm	ED9.UZZ8	9/14	4EB	
MtVernREC	Th	2pm	ED9.852K	9/17	4EB	
MtVernREC	Su	2pm	ED9.A8UT	9/20	4EB	
MtVernREC	Su	2pm	ED9.M1KR	9/20	4EB	
OakmontREC	Th	4:30pm	ED9.AV4A	9/17	4EB	
ProvREC	M	1:30pm	ED9.IOMT	9/14	4EB	
ProvREC	W	1pm	ED9.OA3P	9/16	4EB	
SpHillREC	M	7pm	ED9.JNCO	9/14	4EB	
SpHillREC	Sa	9am	ED9.C1MH	9/19	4EB	

Tai Chi II

(13-Adult) Tai Chi I strongly recommended.

4EB 11--55 minute lessons--\$157						
4EE 11--1 hour 25 minute lessons--\$235						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	5pm	630.7330	9/15	4EB	
FranconiaRec	Th	6pm	630.XIWM	9/17	4EB	
GrnSprGardn	M	12:15pm	630.CKAY	9/14	4EB	
OakmontREC	Th	5:30pm	630.CNEN	9/17	4EB	
ProvREC	M	2:30pm	630.VPR9	9/14	4EB	
ProvREC	W	2pm	630.X1KN	9/16	4EE	
SpHillREC	M	8pm	630.SMNR	9/14	4EB	
SpHillREC	Sa	10am	630.OWCM	9/19	4EB	

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



Visit www.fairfaxcounty.gov/parks/fifty-plus

Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	6pm	156.R9KP	9/15	4EB	
FranconiaRec	Th	7pm	156.PVL3	9/17	4EB	
GrnSprGardn	M	11am	156.BX83	9/14	4EB	
OakmontREC	Th	3:30pm	156.9B9U	9/17	4EB	

Tai Chi Yang Style

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

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	7pm	LLG.T75N	9/15	4EB	
SoRunREC	T	4pm	LLG.2Z2A	9/15	4EB	
Wkfld/Moore	W	7pm	LLG.7VXS	9/16	4EB	
Wkfld/Moore	Su	9:30am	LLG.T5PW	9/20	4EB	
Wkfld/Moore	Su	10:30am	LLG.3NGX	9/20	4EB	

Restorative Yoga

(Adults) Immerse yourself in a deeply relaxing and rejuvenating experience you release physical and mental stress through gentle, supported yoga postures. Using a variety of props such as yoga blocks, blankets and bolsters, you are guided into poses that are held for extended periods, allowing your body to fully relax and your mind to enter a state of calm.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
MtVernREC	F	2:30pm	ME5.ERRB	9/18	4EB	

Vinyasa Yoga

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

4EB	11--55 minute lessons--\$157					
4EE	11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	6:30pm	308.X0NM	9/14	4EE	
OakmontREC	Th	11am	308.9GCF	9/17	4EB	

Yin Yoga

(13-Adult) Yin Yoga incorporates seated and supine postures that are held for longer periods (1-5 minutes each), targeting connective tissues, joints, and fascial networks. In this relaxing class, you will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. It will also help calm the mind, reduce stress, activate the parasympathetic nervous system and improve concentration. Bring a mat and a towel to class.

4EE	11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	2pm	KXS.6ZB3	9/17	4EB	
SpHillREC	Th	6pm	KXS.YZFW	9/17	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.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
GrnSprGardn	M	9:30am	6E6.WSHP	9/14	4EB	

Yoga for Stress Management

(13-Adult) The stress of everyday life can create body tension and stiffness and can also affect mood and energy level. This class combines yoga postures and stretching with breathing and relaxing meditations restoring positive energy and renewing an overall sense of wellness.

4EE	11--1 hour 25 minute lessons--\$235					
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	5pm	D01.R76Q	9/20	4EE	

Outdoor Classes

5K Team-Beginner

(13-Adult) If you're in it to finish, try this beginner-friendly team. You start out mostly walking and end up running the whole 3.1-mile race.

3EB	8--55 minute lessons--\$113					
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	9am	2E4.6B55	9/19	3EB	

Outdoor Running for Fitness

(13-Adult) Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

3EB	8--55 minute lessons--\$113					
4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
LkFairfaxPk	T	7am	EC2.L29Q	9/15	3EB	
SoRunREC	Sa	9am	EC2.2YS1	9/19	4EB	

Outdoor Yoga at the Lake

(13-Adult) Come to the waterfront of Lake Fairfax Park for hatha yoga in a peaceful, natural setting. Beginners and seasoned yogis are welcome to meditate, stretch and practice breathing techniques while gaining strength and flexibility. Bring a yoga mat, towel and water bottle to class.

4EA	5--55 minute lessons--\$73					
Location	Day	Time	Code	Begin	\$	
LkFairfaxPk	W	1pm	960.16J7	9/9	4EA	

Specialty Classes

Corrective Exercise

(16-Adult) Enhance your movement and prevent injuries in this engaging session crafted to identify and correct undesirable movement patterns through straightforward, effective exercises. Learn from a NASM Certified Corrective Exercise Specialist who will guide you through clear and concise exercises targeting tight muscles and weak areas. Practice specific stretches and strengthening exercises designed to address and correct imbalances. Improving overall movement quality and reducing the risk of injury with this specialized class.

4EB	11--55 minute lessons--\$157					
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	11am	CTY.9Y05	9/15	4EB	

Fall Smart, Rise Strong

(Adults) Build a safer future with this innovative class that combines traditional fall prevention with practical fall preparedness and resilience. Through guided practice in a supportive environment, you'll learn safer falling techniques, how to recover from stumbles and how to get up more easily—while improving strength, balance and mobility for greater agility, confidence, and ease in daily life.

4EA	5--55 minute lessons--\$73					
Location	Day	Time	Code	Begin	\$	
ProvREC	M	11am	NPT.ZTQI	10/19	4EA	

Intro to Rock Climbing

Unleash your inner adventurer and conquer new heights! This introductory rock climbing class is designed for beginners to learn the fundamentals of indoor climbing in a safe and supportive environment. Our experienced instructors will guide you through essential techniques, safety protocols, and climbing etiquette.

3EAB	4--55 minute lessons--\$93					
Location	Day	Time	Code	Begin	\$	

(6-12 yrs.)

MtVernREC	M	6pm	TDI.JAAG	9/14	3EAB	
MtVernREC	T	6pm	TDI.HGYW	9/15	3EAB	
MtVernREC	Th	6pm	TDI.QKEB	9/17	3EAB	
MtVernREC	M	6pm	TDI.YSZW	10/19	3EAB	
MtVernREC	T	6pm	TDI.ESNR	10/20	3EAB	
MtVernREC	Th	6pm	TDI.FHT4	10/22	3EAB	

(13-Adult)

MtVernREC	M	7pm	Z49.UW9J	9/14	3EAB	
MtVernREC	T	7pm	Z49.G9EJ	9/15	3EAB	
MtVernREC	Th	7pm	Z49.ZXP4	9/17	3EAB	
MtVernREC	M	7pm	Z49.6A5E	10/19	3EAB	
MtVernREC	T	7pm	Z49.14TW	10/20	3EAB	
MtVernREC	Th	7pm	Z49.PBSX	10/22	3EAB	



Exercise and Physical Fitness

Joint Mobility

(13-Adult) This joint protection class is designed to enhance joint stability, mobility and overall well-being using exercises and techniques that strengthen muscles around your joints, improve flexibility and reduce the risk of injury. Come prepared to engage in low-impact movements, resistance training, and stretching routines that promote joint health, keeping you active, strong and confident at any stage of life.

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

Location	Day	Time	Code	Begin	\$
OakmontREC	T	12:30pm	UYS.FMZI	9/15	4EB

Therapeutic Yoga

(Adults) Therapeutic yoga can help manage a variety of health conditions by addressing both physical and emotional challenges. This trauma-sensitive class combines a physical practice of breathing and poses with meditation and deep relaxation. Please bring a yoga mat, block, and strap as well as your favorite blanket for deep relaxation.

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

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	MA7.21LQ	9/19	4EB

Virtual Classes

Virtual Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches,

relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

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

Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	11:15am	Ily.F7KZ	9/17	4EB

Virtual Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

3EC 16--55 minute lessons--\$228

Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.ZLRF	9/22	3EC

Virtual Tai Chi II

(13-Adult) Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

4AB 11--55 minute lessons--\$157

Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.HBXQ	9/14	4EB



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If you have questions, email VolunteerSolutions@FairfaxCounty.gov or call 703-324-5406.

For more information about the 50+ Expo and possible exhibitor opportunities, visit bit.ly/BeaconExpo or call 301-949-9766.



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES



Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.



Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Drawing Classes

Abrakadoodle Doodlers

(6-12 yrs.) This multi-media Abrakadoodle art program helps kids stretch their creative muscles in action-oriented classes filled with color, textures and shapes. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
SoRunREC	Th	6:10pm	LBE.SP9W	9/24	DFVW

Art Above & Beyond

(6-12 yrs.) This mixed-media class offers a variety of projects including drawing and painting. Supply fee payable to instructor at first class.

4FA 10--55 minute lessons--\$135

Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	EB5.98K1	9/19	4FA

Cartooning

Learn how to develop characters and illustrate background to create cartoons. Students should bring a sketch pad and black soft lead pencils (4B and 2H). A supply fee payable to instructor or supply list will be distributed at the first class.

3FA 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
OakVw ES	T	5pm	FB3.UBT2	9/15	3FA
(13-Adult)					
OakVw ES	W	5pm	NVN.RWZY	9/16	3FA

Creating Comics

Students learn about various aspects of drawing and creating comics, such as emotive faces, anatomy, character development, and important elements in sequential storytelling. This Baroody Camps class is geared towards those interested in creating their own personal comic books. The program, developed and taught by pro comic book creator Arsia Rozegar (credits include Marvel's Iron Man, The Incredible Hulk and X-Men) delves into creating sequential art that is not limited to the super-hero genre. Any supply fee payable to instructor at first class.

DFVR 8--55 minute lessons--\$148

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
LittleRn ES	Sa	10am	7KT.ODZQ	9/19	DFVR
(13-Adult)					
LittleRn ES	Sa	11am	LEH.FHOI	9/19	DFVR



Discover Drawing I

This course teaches fundamental drawing skills through various techniques and projects. Students need to bring an 11"x14" sketch pad and two drawing pencils (HB & 6B). Supply fee payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$163
4FA 10--55 minute lessons--\$135
4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	1:05pm	D6A.1R8R	9/19	4FA
(13-Adult)					
Woodson HS	T	7pm	B34.AT31	9/15	3FB
OakmontREC	T	10am	B34.ATM1	9/15	4FB

Drawing with Color

(16-Adult) Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	11:45am	D7E.9WII	9/17	4FB

Drawing and Investigating Owls

(16-Adult) Learn about owl adaptations as you draw owl feathers, skulls and taxidermy mounts. Go on a hike to learn about owl habitats, then dissect your own owl pellet to figure out what owls eat and draw some of the bones. Your choice of watercolor, colored pencil or ink pens.

DFAB 1--2 hour 25 minute lesson--\$27

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9:30am	ØLE.069N	10/25	DFAB

Drawing and Learning About Mushrooms (16-Adult) Early fall is a great time to look for fungi in the woodlands. Learn some categories of local fungi based on shapes and learn tips for drawing in the field. We will try some field sketching too. Your choice of pencil or watercolor. Dress for the weather.

DFAB 1--2 hour 25 minute lesson--\$27

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	9:30am	46T.FNUW	9/20	DFAB

Drawing Autumn Splendor

(16-Adult) Autumn is a lovely time to be outside searching for fall wildflowers, berries, seeds, insects and spiders. Go on a half hour hike in search of fall signs. Learn some tips for drawing insects and plants. Then create your own fall sampler using photos, live plants and animal artifacts using your choice of colored pencil or watercolor. Dress for the weather.

3FL 2--2 hour lessons--\$49

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	9:30am	HRV.TTAT	9/19	3FL

Drawing Beetles and Bugs

(16-Adult) Beetles and bugs are everywhere from logs, to forests, gardens and even in the water. Learn some natural history, anatomy and tips for drawing the Coleoptera and Hemiptera families. We will draw from the center's preserved insect collection as well as from photos and field guides. Your choice of watercolors or colored pencil.

DFAB 1--2 hour 25 minute lesson--\$27

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9:30am	EFL.U5Q3	10/3	DFAB

Drawing Workshop - Dried Botanicals

(16-Adult) Discover the textures and forms of dried botanicals such as pinecones, leaves, seed pods and preserved flowers. Artist and instructor Caroline Hottenstein shows you how to use the media of your choice - a micron pen, watercolor, graphite or colored pencils to illustrate them. Bring specimens or photos to work from. Previous drawing experience encouraged. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$115

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	DBM.LT5G	11/14	DFAK

Future Artists

(5-9 yrs.) Artists are introduced to painting, drawing, watercolors, self-portraits and clay creation in this class offered by Athletes Global. Students create various projects throughout the class and present their favorite creation at the end of the program.

DFVG 8--55 minute lessons--\$178

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	12pm	5JK.L00D	9/13	DFVG

Nature Sketch Hike

(13-Adult) Join a naturalist for a hike focused on observing the shapes and colors found in nature and learn sketching techniques to enhance your observation skills.

DFAH 1--2 hour lesson--\$23

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	72F.ØHØ8	10/3	DFAH

Fine Arts and Crafts

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--\$25

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	4:30pm	9DM.56L7	10/17	DFAU

Young Artists Explore Mixed Media

(6-12 yrs.) Young artists explore open ended art experiences while developing their personal and unique creativity using mixed media including drawing, painting, printmaking and collage. Supply fee of \$10 payable to instructor at first class.

3FA 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	3pm	NZ6.V6F7	9/20	3FA
MtVernREC	W	5:30pm	NZ6.F6VR	9/23	3FA

Young Rembrandts Cartooning

(6-12 yrs.) In this Young Rembrandts class students learn to draw exciting, dynamic characters using a structured stepwise format to create their own animated characters in humorous settings. Objects and ideas are broken down into simple shapes, through use of exaggeration, caricature, and personification to construct cartoon images. Any supply fee payable to instructor at first class.

DFVG 8--55 minute lessons--\$178

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	10am	D63.CKNW	9/19	DFVG
Wkfld/Moore	Sa	10am	D63.AZP8	9/19	DFVG

Audrey Moore Rec Center Pottery Lab



Open pottery lab is offered for experienced potters who want extra time to work on their project.

Save by purchasing a 12-hour lab pass:
\$50 for current students
\$150 for non-students.

Clay is \$34 for a 25-pound bag, firing fee included with purchased clay.

We only fire pieces that were made with clay issued by the Rec Center.

Open Pottery Lab Hours:

Sunday: 10 a.m. - 1 p.m.

Monday: 9 a.m. - Noon

Friday: 9 a.m. - Noon

Friday: 6 p.m. - 9 p.m.

Call Audrey Moore Rec Center at 703-321-7081 to confirm lab hours on given days. Lab closed on holidays.

Painting Classes

Animals in Art

(6-12 yrs.) Class focuses on capturing the beauty of animals, from pets to wildlife, using a variety of mediums including acrylic, soft pastels and watercolor. Students learn the basics of composition, balance and texture, and study how artists have depicted animals throughout history. A supply fee of \$20 is payable to the instructor at the first class.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	T	4:30pm	1SL.MNE8	9/15	4FB

Abakadoodle Kids on Canvas

(6-12 yrs.) Children will learn to paint as they imagine a fantastic world inspired by nature. Learn about shapes, how to create 3D buildings and how to explore maps, and how to mix colors. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--\$187

Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11:30am	ZBL.ZE6E	9/12	DFVW
SoRunREC	Sa	11:40am	ZBL.UUW7	9/19	DFVW

Composition in Art

(Adults) Students learn the rules and theories of composition in art through pictures and exercises, then will apply these them to their own artwork. Topics include the rule of thirds, the golden ratio and elements of composition. Class is for all skill levels.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	10am	WFJ.K48E	9/17	4FB

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--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	T	11:45am	E9E.8Q1L	9/15	4FB

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--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	M	1pm	A39.Y7LU	9/21	4FB

Mixed Media Painting

(13-Adult) In this mixed media class students create works using basic techniques in acrylic, ink, watercolor and pastels. Supply fee of \$40 payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$163
4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	4:30pm	MOK.MDV6	9/17	4FB
SoRunREC	M	7pm	MOK.VXEK	9/28	3FB



Painting Sunsets and Moonlight

(13-Adult) Artists have been fascinated with the magical glow of sunsets and moonlight for centuries. Learn their techniques using various mediums including acrylic, soft pastels, and watercolor. Class covers the basics of composition, balance, texture and color blending. A supply fee of \$25 is payable to the instructor at the first class.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	2pm	4JP.N24U	9/17	4FB

Introduction to Watercolor

(Adults) Students learn fundamental concepts needed to start painting with watercolor. Topics cover include understanding supplies dos and don'ts, essential color palette, composition, watercolor techniques, color theory, value scale, wet on wet, wet on dry, color layering and blending. By the end of the course, students gain great confidence as artists and a deeper appreciation of the technique. Supply list to be provided in the first class.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
ProvREC	Th	9:30am	APB.RNH9	9/17	4FB
ProvREC	F	9:30am	APB.8YJD	9/18	4FB

Watercolor Painting I

(Adults) Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply list will be emailed to registered participants prior to the first day of class.

DFBB 6--2 hour 25 minute lessons--\$197

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	9:30am	BC7.5WG4	9/9	DFBB

Watercolor Painting II

(Adults) Prerequisite: Watercolor Painting I or equivalent. Continue sharpening basic skills and techniques. Develop brush styles and individual approaches to projects and exercises. Supply list will be emailed to registered participants prior to the first day of class.

DFBB 6--2 hour 25 minute lessons--\$197

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	9:30am	9E5.HUQY	9/9	DFBB

Intermediate Watercolor

(Adults) Prerequisite: Introduction to watercolor. Build on skills learned Introduction to Watercolor. Focus is on more advanced techniques and composition concepts. Students use brush strokes and create three dimensional pieces. By the end of the course, students begin to apply techniques that are more tailored to each artist's imagination, tastes and goals.

4FC 10--1 hour 55 minute lessons--\$270

Location	Day	Time	Code	Begin	\$
ProvREC	Th	11:10am	C45.2PNW	9/17	4FC
ProvREC	F	1:30pm	C45.W4H3	9/18	4FC

Advanced Watercolor

(Adults) Prerequisite: Intermediate Watercolor instructor approval. Course offers a focused study on combining the various techniques learned previous level classes, applying more advanced composition, and constructively evaluating and improving a painting.

DFGD 8--1 hour 55 minute lessons--\$210

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	10am	UXA.59A3	9/14	DFGD

Master Watercolor Studio

(Adults) Prerequisite: Intermediate Watercolor. Class provides experienced artists focused art time and an opportunity to work independently with the mentorship and support of the instructor and their peers. Students learn to finesse their skills, evaluate technique options, plan pieces and make stronger decisions on how to start, progress and complete their own unique art pieces.

DFGD 8--1 hour 55 minute lessons--\$210

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	1pm	2SX.6N7E	9/14	DFGD

Creative Art Workshop-Acrylics

(13-Adult) Explore different painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels, painting on a photo and more. Supply fee of \$10 per session payable to instructor. Focus of this session is acrylics.

DFAL 1--2 hour lesson--\$53

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	2CY.8WBE	9/13	DFAL
OakmontREC	Su	3:30pm	2CY.HMRU	10/11	DFAL
OakmontREC	Su	3:30pm	2CY.3KCA	11/8	DFAL

Watercolor Workshop - Botanical Watercolors

(16-Adult) For the beginner or advanced student, artist and instructor Dawn Flores will share watercolor techniques through exercises that help you understand color, composition and improve brush control. Learn about the history and types of paper used in botanical art. Basic drawing skills are helpful for drawing the plant specimen from which to paint

an elegant botanical portrait. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$115

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	6CZ.NATV	11/21	DFAK

Watercolor Workshop - Floral Close Ups

(16-Adult) Take a photo of a flower—or any subject you like—then crop it to highlight your favorite part. Using a half sheet of Arches watercolor paper (22 x 15 inches), you'll transform that image into a painting. Artist Marni Maree will guide you in freehand drawing or learning how to use a grid to help you to enlarge your image. Use a provided image or bring photos your own photos to paint. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$115

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	N00.9D3M	9/19	DFAK

Watercolor Workshop - Landscapes

(16-Adult) Artist Dawn Flores helps you translate the beauty of nature into a watercolor painting by showing how to paint skies, trees, water, mountains and rocks. Learn strategies for building depth and focus in your work using color and value. Get techniques for building texture and masking to preserve the white of the page. A supply list will be emailed before the program. Bring a lunch.

DFAK 1--6 hour lesson--\$115

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	68F.WZ41	9/26	DFAK

Watercolor Workshop - Trees & Leaves

(16-Adult) See the world of trees through a painter's eyes with the help of artist and instructor Dawn



Flores. Dawn will provide special instruction for creating beautiful and accurate leaves, bark and branches and give technical demonstrations on line, shape, value and color to help you improve your drawing and watercolor skills. Work through your new leaf and tree drawing/painting skills in class with instructor guidance. Supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--\$115

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	429.9F4P	10/24	DFAK

Flowers in Art

(13-Adult) Capture the beauty of flowers using a variety of mediums including acrylic, soft pastels and watercolor. Composition, balance, texture and color blending are covered. A supply fee of \$25 is payable to the instructor at the first class.

4FB 10--1 hour 25 minute lessons--\$203

Location	Day	Time	Code	Begin	\$
OakmontREC	T	2pm	RXR.QACM	9/15	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 \$40 payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$163
DFGB 8--1 hour 25 minute lessons--\$157

Location	Day	Time	Code	Begin	\$
SoRunREC	W	7pm	4VW.L5L1	9/23	DFGB
Wkfld/Moore	T	7pm	4VW.20UV	9/15	3FB

Fun with Acrylics II

(13-Adult) Students should have some experience paint with acrylics. Class builds on skills previously learned and introduces more advanced concepts. Supply fee of \$40 payable to instructor at first class.

3FB 8--1 hour 25 minute lessons--\$163

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	7pm	VOF.YM66	9/24	3FB

Introduction to Oil or Acrylic

(Adults) Students learn fundamental concepts needed to start painting with oil or acrylics. Topics include understanding supplies dos and don'ts, essential color palette, value scale, light and shadows, light sources, composition, color theory, and most commonly used oil or acrylic techniques. Supply list to be provided in the first class.

4FC 10--1 hour 55 minute lessons--\$270

Location	Day	Time	Code	Begin	\$
ProvREC	F	1:30pm	ZA8.DY56	9/18	4FC

Creative Art Workshop-Soft Pastels

(13-Adult) Explore various painting techniques designed to enhance your artistic skills. We will focus on acrylic, soft pastels and painting on a photo. Focus of this session is on soft-pastels. Supply fee of \$10 per session payable to instructor.

DFAL 1--2 hour lesson--\$53

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3:30pm	759.1FUY	9/27	DFAL
OakmontREC	Su	3:30pm	759.AOCB	10/25	DFAL
OakmontREC	Su	3:30pm	759.84SU	11/15	DFAL

Fine Arts and Crafts

Photography Classes

Cell Phone Photography

(13-Adult) Smartphones have tremendous power to take great photos if you know what you are doing. In this class, we will explore the wonders and push the limits of cell phone photography. We will cover how to create photos with depth, stop and capture motion, editing and how to take good photos in low light.

DFAU	1--2 hour lesson--\$25				
Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	4pm	ZEC.02SG	9/27	DFAU

Digital Photography

(13-Adult) There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable at first class.

4FC	10--1 hour 55 minute lessons--\$270				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	7pm	F54.ZBOF	9/16	4FC
Wkfld/Moore	Th	9:30am	F54.1V5J	9/17	4FC

Intro to Wildlife Photography

(12-Adult) Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a view of the marina, facts about the wildlife at the park and an intro on how to take great pictures of our local flora and fauna.

DFAU	1--2 hour lesson--\$25				
Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	4:30pm	LES.J57L	10/3	DFAU

Pottery Classes

Clay Makers

(6-12 yrs.) Lean the magic of clay by creating jewelry for mom, animals in the wild, a garden of flowers and bugs, keychain emojis or new additions to an old mug. The possibilities are endless in this Baroody Camps program. Students will use their clay craft tool kit to tackle projects to see how creative they can be. Materials are included in the price of the class.

DFVR	8--55 minute lessons--\$148				
Location	Day	Time	Code	Begin	\$
LittleRn ES	Sa	12:15pm	OAQ.KXS9	9/19	DFVR

Fun with Clay!

(6-12 yrs.) Students make a variety of simple projects with clay while learning the basics of working with clay. Supply fee payable to instructor at first class.

3FA	8--55 minute lessons--\$109				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	11am	154.NLYO	9/13	3FA
Wkfld/Moore	T	5pm	154.JOWB	9/15	3FA

Pottery for Children

Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

DFP3	10--1 hour 25 minute lessons--\$243				
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
Wkfld/Moore	Sa	9am	Q7L.GAF9	9/12	DFP3
(9-12 yrs.)					
Wkfld/Moore	Sa	10:45am	AZ5.HCOJ	9/12	DFP3

Pottery for Teens

(13-17 yrs.) Create beautiful pots and clay forms using simple tools and the pottery wheel. Explore hand building with the three most common forms of creating hand-built pots: pinch pot, coiling, and slab techniques. Then paint, glaze and kiln fire your pieces. Bring hand tools to the first class meeting or purchase a set during class.

DFP1	10--1 hour 55 minute lessons--\$323				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	12:45pm	D8C.BAU5	9/12	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. Cancellation of a pottery class on or after the first class will result in a \$75 nonrefundable fee for program materials and supply costs.~

DFP2	10--2 hour 55 minute lessons--\$438				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	3pm	A6F.QJXR	9/13	DFP2
Wkfld/Moore	M	1pm	A6F.W4F3	9/14	DFP2
Wkfld/Moore	M	6pm	A6F.A08Q	9/14	DFP2
Wkfld/Moore	T	1pm	A6F.MPP0	9/15	DFP2
Wkfld/Moore	W	9am	A6F.E8YK	9/16	DFP2
Wkfld/Moore	Th	1pm	A6F.YVVT	9/17	DFP2
Wkfld/Moore	Th	9am	A6F.OK8L	9/17	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. Cancellation of a pottery class on or after the first class will result in a \$75 nonrefundable fee for program materials and supply costs.~

DFP2	10--2 hour 55 minute lessons--\$438				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	3pm	54E.GZL8	9/12	DFP2
Wkfld/Moore	T	6pm	54E.K26K	9/15	DFP2
Wkfld/Moore	W	6pm	54E.WYFQ	9/16	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. Cancellation of a pottery class on or after the first class will result in a \$75 nonrefundable fee for program materials and supply costs.~

DFP2	10--2 hour 55 minute lessons--\$438				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	9am	BE7.D8DZ	9/15	DFP2
Wkfld/Moore	Th	6pm	BE7.C4Q6	9/17	DFP2

Paper Crafts

Art Workshop - Hanji Collage

(16-Adult) Discover the Korean cultural art of Hanji in this creative, hands-on workshop led by Sophia Han from The Hanji Korea Association. Using torn pieces of vibrantly colored Hanji paper, an awl and glue, you'll learn how to craft distinguished, textured images. Made from mulberry bark, Hanji's unique balance

of toughness and fragility allows for limitless artistic possibilities. No prior experience is required. Please register for the \$44 class and \$17 supply fee.

DFAE	1--2 hour lesson--\$44				
Location	Day	Time	Code	Date	\$
GrnSprGardn	Th	2pm	7YA.8SRC	10/29	DFAE

Chinese Calligraphy

(8-Adult) Embrace the ancient art of Chinese calligraphy which helps with cultivating mindfulness, reducing stress and sharpening focus while developing artistic appreciation connecting with Chinese culture and history. This immersive brush calligraphy course is designed for all levels, from complete beginners to those wishing to deepen their practice. \$20 supply fee payable to instructor at first class.

3FB	8--1 hour 25 minute lessons--\$163				
Location	Day	Time	Code	Begin	\$
MtVernREC	Th	7pm	1NL.9ZJF	9/24	3FB
ProvREC	W	7pm	1NL.VQB1	9/16	3FB

Art Journaling

(Adults) Connect with your creativity through this guided Cosmic Smash Booking, a guided art journaling experience, and to transform an ordinary composition notebook into a Cosmic Smashbook art journal. Each week students explore a new journal prompt and create an easy art project using a variety of techniques including painting, collage and mixed media. Journals will be provided. No artistic talent needed!

3FB	8--1 hour 25 minute lessons--\$163				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	10am	08Y.QQV9	9/14	3FB
Wkfld/Moore	Th	7pm	08Y.37LL	9/17	3FB

Paper Quilling Fall Mandala Workshop

(8-Adult) Celebrate the beauty of the season in this beginner-friendly program. Students learn fundamental quilling techniques while creating a stunning mandala design inspired by autumn colors. Unwind, explore your creativity and craft a unique piece of art perfect for your home or gifting. A \$30 supply fee is payable to the instructor at the beginning of the class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	2pm	KEM.FU15	10/3	DFAR

Paper Quilling Fall Leaf Workshop

(8-Adult) Celebrate the beauty of the season in this workshop, where you'll create a stunning autumn-inspired artwork. This beginner-friendly class will guide you through basic quilling techniques as you craft colorful fall leaves with intricate details. It's a relaxing and creative way to capture the warm tones of autumn while making a unique piece to display or gift. No prior experience is needed—just come ready to enjoy and create! A \$30 supply fee is payable to the instructor at the beginning of the class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	XSA.WFNK	9/12	DFAR

Paper Quilling Butterfly Garden Frame

(8-Adult) Paper quilling, also known as filigree, is the art of coiling strips of paper rolls and then shaping them into beautiful works of art. Discover how to turn colorful paper strips into beautiful butterflies

and flowers, then frame them in a 5"x7" shadow box. Supply fee of \$30 payable to instructor at first class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	4FU.TDME	9/12	DFAR

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. \$25 supply fee payable to instructor at class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	2pm	4ZV.EVXO	10/24	DFAR

Paper Quilling-Ornaments

(8-Adult) Discover the joy of creating delicate, festive ornaments by hand. This beginner-friendly class will guide you through essential quilling techniques while making a beautiful ornament perfect for decorating or gifting. It's a fun way to express your creativity and craft something truly unique. No prior experience is needed—just bring your enthusiasm for paper art! A \$25 supply fee is payable to the instructor at the beginning of the class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	2pm	L8P.OX6N	11/14	DFAR
OakmontREC	Sa	2pm	L8P.IQ6Q	12/12	DFAR

Paper Quilling - Pumpkin Frames

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and wants to try something new. Students learn how to roll, shape, and glue strips to create beautiful pumpkin frames. \$30 supply fee payable at class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1:30pm	DQD.9K60	10/31	DFAR

Paper Quilling - Sunflower Frame

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and wants to try something new. Students learn how to roll, shape, and glue strips to create beautiful sunflower frames. A \$30 supply fee payable at class.

DFAR	1--3 hour lesson--\$44				
Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	SEB.MRZW	9/20	DFAR

Needlework

Crocheting

(8-12 yrs.) Students receive individual attention based on skill level. Class covers basic stitches and pattern reading. Bring one crochet hook in size G (6), H (8), I (9) or J (10) and a skein of light colored four-ply

worsted weight yarn. Any supply fee payable to instructor at class.

3FA	8--55 minute lessons--\$109				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	5:30pm	EL6.9WTP	9/15	3FA

Crocheting

(13-Adult) This beginner crochet class is for students with little to no experience. It introduces essential skills such as making a slip knot, holding the hook and yarn, creating a foundation chain and working basic stitches (chain, single, half double and double crochet). With step-by-step instruction and hands-on practice, students receive individual guidance as they learn. By the end of the class, students will have a strong foundation and the confidence to continue crocheting on their own. Bring one crochet hook in size G (6), H (8), I (9) or J (10) and a skein of light colored four-ply worsted weight yarn. Any supply fee payable to instructor at class.

3FA	8--55 minute lessons--\$109				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6:40pm	N7I.CUOL	9/15	3FA
Wkfld/Moore	T	7:50pm	N7I.3YGG	9/15	3FA

Cozy Creations and Winter Wellness Workshop

(14-Adult) Learn to crochet a bucket hat and discover essential self-care practices for winter. Designed for intermediate crocheters, enjoy a relaxing environment to enhance your skills and connect with others. Discuss self-care techniques and take a nature walk for inspiration. Create, connect and embrace the cozy spirit of the season. Leave with the skills and knowledge to finish your hat at home.

DFAJ	1--2 hour lesson--\$29				
Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	4MV.KW0N	12/5	DFAJ

Knitting

(13-Adult) Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

4FG	5--1 hour 25 minute lessons--\$101				
DFGD	8--1 hour 55 minute lessons--\$210				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	10am	8AD.09G8	9/22	4FG
ProvREC	W	10am	8AD.PH5M	9/16	DFGD

Knitting II

(13-Adult) Prerequisite: Knitting I.

4FG	5--1 hour 25 minute lessons--\$101				
DFGD	8--1 hour 55 minute lessons--\$210				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	11:30am	FD8.ASRE	9/22	4FG
ProvREC	T	10am	FD8.SFUN	9/15	DFGD

Needle Felting Posable Mouse

(16-Adult) Needle Felting is a recent craft with a rich history. Learn to combine wool and other fibers with a wire armature to create a cute, posable mouse figure. Supplies for the project are provided as part of the class fee.

4FL	2--2 hour lessons--\$53				
Location	Day	Time	Code	Date	\$
ColvinRunMill	T	6:30pm	9ZF.E5V0	9/29	4FL

Needle Felting Workshop

(16-Adult) Learn the basic skills and shapes to felt wool into animals, and practice as you make needle felted birds to take home. Spend an afternoon learning and creating animals that make wonderful decorations and gifts. All supplies for two birds included. Take home a felting kit to continue crafting at home.

CFEB	1--4 hour lesson--\$68				
Location	Day	Time	Code	Date	\$
Sully	Sa	9am	NM8.IA34	11/7	CFEB

Quilting-All Levels

(13-Adult) Learn modern quilt construction basics. Subjects covered include fabric and thread selection, rotary cutting methods and piecing methods. Also included are instructions for finishing a quilt including sandwiching, quilting and binding. This is an ongoing class with students at all stages of their chosen project. Supply list will be emailed to registered participants prior to the first day of class.

DFCC	10--2 hour 25 minute lessons--\$314				
Location	Day	Time	Code	Date	\$
Frying Pan Pk	Th	12:30pm	285.3XDF	9/10	DFCC

Sewing 101

(12-Adult) In this class offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC	4--2 hour 25 minute lessons--\$237				
Location	Day	Time	Code	Begin	\$
OakmontREC	M/W	6:30pm	3B2.95H1	9/14	DFVC
Wkfld/Moore	Th	6:30pm	3B2.TQHN	9/17	DFVC

Sewing 102

(12-Adult) Prerequisite: Sewing 101 or equivalent. In this class offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 101 to create more advanced projects including neck pillows and backpacks. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4--2 hour 25 minute lessons--\$237				
Location	Day	Time	Code	Begin	\$
OakmontREC	M/W	6:30pm	EEE.1ARG	10/5	DFVC
Wkfld/Moore	Th	6:30pm	EEE.KOYN	10/15	DFVC

Sewing 103

(12-Adult) Prerequisite: Sewing 102 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 102 to make a variety of more advanced hand and machine sewing projects. Sewing machines and a sewing primer are provided. Supply fee of \$35 is payable to instructor at first class and includes project kits.

DFVC	4--2 hour 25 minute lessons--\$237				
Location	Day	Time	Code	Begin	\$
OakmontREC	M/W	6:30pm	85C.FJPO	10/26	DFVC
Wkfld/Moore	Th	6:30pm	85C.H1EK	11/12	DFVC

Sewing Workshop Hand Alterations

(9-Adult) No sewing machine needed. In this My Last Gift Sewing Institute programs students learn how to alter garments by hand. Techniques include hemming

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Fine Arts and Crafts

cotton or knit pants by hand, taking in a shirt and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	9:30am	MF1.QOT0	9/19	DFVD	
Wkfld/Moore	Sa	9:30am	MF1.XDW4	12/5	DFVD	

Sewing Workshop-Alterations

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program by My Last Gift Sewing Institute, you learn techniques for altering garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills covered include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	2pm	912.JZRH	10/3	DFVD	

Sewing Workshop-Alterations II

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program offered by My Last Gift Sewing Institute, you will learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand, and machine sewing and fabric structure. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	1pm	79E.X103	12/5	DFVD	

Sewing Workshop-Machine Fundamentals

(9-Adult) In this workshop, offered by My Last Gift Sewing Institute, students will learn about sewing machines including threading, bobbin-winding and placement, parts of the machine, how to make a buttonhole and basic stitches. This class is not a prerequisite for all sewing classes, but is a great course for those interested in learning how to sew. Bring your machine to class or use one of ours. Supply fee of \$15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--\$74						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	1pm	E49.QTXA	9/12	DFVD	
Wkfld/Moore	Sa	1pm	E49.QTXA	9/19	DFVD	

Floral Crafts

Intro to Flower Arrangements

(Adults) Create beautiful floral arrangements with live flowers in this hands-on workshop. Floral arrangements are a simple and effective way to add drama to table decorations and create bright, festive and fresh room décor. Supply fee of \$20 payable at class.

DFAA 1--1 hour 30 minute program--\$53						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	6pm	12V.SFWH	10/15	DFAA	
CubRunREC	Th	6pm	12V.GP6X	11/19	DFAA	
CubRunREC	Th	6pm	12V.G4UH	12/10	DFAA	

Floral Workshop

Gourd-geous Arrangements

(16-Adult) Create an eye-catching succulent plant and pumpkin arrangement with dried flower details. Mix balance, scale, proportion and contrast to add flair to your fall decor. Your guests will be impressed with this conversation piece. Please register for the program and supply fee.

DFAS 1--1 hour lesson--\$47						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	1pm	83L.2XK0	10/10	DFAS	
GrnSprGardn	Sa	10am	83L.WPDD	10/10	DFAS	

Ikebana Floral Design Workshop

(16-Adult) Discover the elegance and simplicity of Ikebana, the traditional Japanese art of flower arranging. Alice Buch, Associate 1st Degree Master of the Ohara School, teaches you the basic techniques and principles of Ikebana while demonstrating a Hana Isho Rising Form arrangement that you will then get to make yourself. Supplies included are a plastic container, kenzan, and flowers. Participants are encouraged to bring their own flower scissors. No prior experience necessary. Please register for both the class and the \$30 supply fee.

RG39 1--1 hour 30 minute lesson--\$47						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	9:30am	3FB.K0XJ	9/26	RG39	

Winter Wreath Workshop

(16-Adult) Create a beautiful winter wreath to take home for your front door after Green Spring staff demonstrate the dazzling possibilities. Greens, forms, ribbon and cones included with the supply fee. Bring pruners and light work gloves if you have them. Please register for program and supply fee.

DFAE 1--2 hour lesson--\$44						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Sa	1:30pm	Y1B.UZIC	12/5	DFAE	
GrnSprGardn	Sa	10am	Y1B.IWBN	12/5	DFAE	

Other Opportunities

Abakadoodle 3D Art

(6-12 yrs.) Learn to sculpt using a variety of modeling compounds and papers along with other items such as wire, wood, clay, aluminum, plastic, string in this 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 creative. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--\$187						
Location	Day	Time	Code	Begin	\$	
SpHillREC	T	5pm	EH9.SGZH	9/15	DFVW	

Furniture Facelift

(13-Adult) Learn how to transform a small piece of furniture in this workshop. All you need is a little paint and wax to give an old piece of furniture a lovely new look. Skills include prepping, sanding, and painting. Bring your own small piece of furniture to the class. A supply fee may be payable to the instructor at the first class.

DFVY 4--1 hour 25 minute lessons--\$96						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	6:30pm	4W7.BABY	9/16	DFVY	
Wkfld/Moore	W	6:30pm	4W7.OZSN	10/21	DFVY	

Poetry Workshop - Poetry and Landscape

(16-Adult) Explore the art of garden design and poetry at Green Spring, with a focus on the life and work of Beatrix Farrand, one of America's pioneering landscape architects. Guided by poet Lisa Lowry read and discuss poems that incorporate landscape, history and historical figures. Then write some poems of your own.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Th	1:30pm	729.TS2D	9/17	RG08	

Poetry Workshop - Poetry as Excavation

(16-Adult) Join poet Lisa Lowry to dig into layered histories—both of Green Spring and your own personal experiences. Read and discuss poems while “excavating” the history of Green Spring and your own memories, then transform them into poetry.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Th	1:30pm	U2L.RJPM	10/15	RG08	

Poetry Workshop - Poetry at the Intersection

(16-Adult) Explore the dynamic intersection of humans and nature with poet Lisa Lowry. Reflect on how gardens, plants, and natural spaces influence human life and relationships, and vice versa. Read and discuss poems that highlight this intersection then craft your own poems that capture the complexity, beauty, and sometimes tension of these interactions.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Th	1:30pm	GL2.X20T	11/19	RG08	

Poetry Workshop - Polishing Poetry in Bloom

(16-Adult) Take a deeper look at poetry that incorporates gardens, nature and landscape with poet Lisa Lowry. Focus on how small details in these poems add depth and meaning. Then discuss how to edit your poems for publication. Students may bring poems from previous sessions for feedback.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	Th	1:30pm	9CP.6B0B	12/17	RG08	

Poetry Workshop - Watercolor Canvas of Poetry

(16-Adult) Join published poet Sherri Waas Shunfenthal for a creative, reflective workshop using poetry and/or sketching. Begin with a mindful walk in the garden, then gather indoors to explore metaphor, seasonal change and personal renewal. Through guided prompts, you'll write, create and share in a supportive space—ending with a brief, grounding meditation.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	W	1:30pm	14Z.UTH8	9/30	RG08	

Writing Workshop - Wild World-Building

(16-Adult) Explore how landscapes, ecosystems, and natural forces can shape fictional worlds. Learn to use climate, geography, flora and fauna as powerful storytelling tools—informing culture, conflict and character. Through guided exercises and discussion, craft immersive settings where nature is not just background, but a living, influential force in your narrative.

RG08 1--1 hour 30 minute program--\$12						
Location	Day	Time	Code	Date	\$	
GrnSprGardn	W	1:30pm	1U6.GLD8	11/4	RG08	

Gardening

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



Green Spring Gardens



4603 Green Spring Road, Alexandria

703-642-5173

www.fairfaxcounty.gov/parks/green-spring

Visit Green Spring Gardens for ideas and inspiration for gardening in the Washington metro area. Gardens feature trees, shrubs, vines, perennials, annuals, bulbs and vegetables that grow well in our region.

- Themed gardens
- Art exhibits
- Horticulture Center
- Library
- Event rental space
- Private garden tours
- Nature walks
- Glasshouse
- Plant Shop
- Gift Shop

To book a private garden tour, call 703-642-5173. Cost is \$15 per person for a group of 8 to 19; \$12 per person for a group of 20 or more.

Visit the **Garden Gate Plant Shop** for a great selection of shrubs, perennials, and ornamental grasses—many native to our region. Friends of Green Spring (FROGS) members receive 10% off at the plant shop. For more information, call Green Spring Gardens at 703-642-517.

Hours and Admission:

Horticulture Center and Gift Shop open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

Garden Gate Plant Shop open Monday-Saturday, 9:30 a.m.-3:30 p.m. and Sunday, 12:30-3:30 p.m.

Historic House open Wednesday-Sunday, 12-4:30 p.m.

Park grounds open dawn to dusk daily

Child and Parent Programs

Children must be accompanied by a parent or guardian who does not need to register for the program. Siblings under 2 welcome to accompany parent without registering.

Garden Sprouts Fall - Nature Playgroup

(2-4 yrs.) Your preschooler will enjoy nature-themed toys and puzzles while you meet other parents one Monday a month. Through games, songs, activities and a garden walk we will explore seasonal topics.

1--45 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10:30am	C72.QBM9	9/14	\$12/child
GrnSprGardn	M	10:30am	C72.EC5T	10/12	\$12/child
GrnSprGardn	M	10:30am	C72.PPC8	11/9	\$12/child
GrnSprGardn	M	10:30am	C72.BPB8	12/14	\$12/child



Family/All Ages

All attendees, including parents, must be registered for the program.

Fall Storytime - Bear Hunt Explorers

(All Ages) Let's play pretend at Green Spring Gardens. Read the classic children's book *We're Going on a Bear Hunt*. Then make a map and binoculars for our "bear" hunt. Finally go on an adventure walk to see if we can find some friendly bear stuffed animals hidden in the park.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	MT3.7GWW	10/3	\$9/ea.

Fall Storytime - Busy Woodpeckers Tap

(All Ages) Woodpeckers are busy in the fall. Read books about woodpeckers and look for evidence of their handiwork outside. Help your little one learn some woodpecker skills with fine-motor activities.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	MZU.EFBM	10/17	\$9/ea.

Family Fun - Excellent Evergreens

(6-Adult) Learn about the wonderful world of evergreen trees and plants that really stand out this time of year. Enjoy a seasonal walk through the gardens and make an evergreen craft to decorate your home.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	4FD.C89P	12/12	\$10/ea.

Family Fun - Garden to Table

(4-Adult) Follow your food's journey from garden to table. Learn how seeds develop into fruits, vegetables, and herbs. Then see how they're harvested and brought to the kitchen. Make a colorful food map that traces the route from the garden to your plates.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9am	NKP.50EP	9/26	\$10/ea.

Garden Artists - Sensory Play

(3-Adult) Discover nature through the sense of touch. Explore a variety of natural textures and sensations around the garden. Then turn your tactile discoveries into art by creating a touch-sensory collage to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	3S2.900P	11/21	\$10/ea.

Garden Exploration - Seeds on the Move

(5-Adult) Seeds have clever ways of getting around. Go on a nature walk to look for real seed examples and learn how their unique designs help them travel and grow. Discover patterns as you document each seed's design and travel style.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	Y49.FIHC	10/10	\$12/ea.

Seed Swap

(All Ages) Share seeds harvested from plants that thrive in our local climate and discover new varieties to try in your own garden. By exchanging seeds, we support biodiversity, reduce waste and help one another become more successful gardeners. Whether you're a seasoned grower or just starting out, come connect, learn and cultivate a stronger, more sustainable community together. Registration encouraged.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	12pm	9FG.N5MY	10/24	Free



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



Teen/Adult Garden Programs

Botanical Journaling

(16-Adult) Practice drawing exercises, take a seasonal walk for inspiration, and learn tips for layout and media options to create your own botanical journal. Start with pencil and move to watercolor or colored pencil. A list of suggested materials will be sent prior to class start. Class meets on the first and third Wednesday of each month. Each month covers a different topic.

2--2 hour lessons

Location	Day	Time	Code	Date	\$
GrnSprGardn	W	1:30pm	NUV.KQ3V	9/2	\$40/ea.
GrnSprGardn	W	1:30pm	NUV.J2RV	10/7	\$40/ea.
GrnSprGardn	W	1:30pm	NUV.FFQZ	12/2	\$40/ea.

Dealing with Mammal Pests in the Garden

(16-Adult) Join Kathy Jentz, publisher of Washington Gardener Magazine and host of the GardenDC Podcast, as she shares her tips and tricks for gardening alongside hungry critters. Learn proven and humane tactics for gardening with deer, rabbits, squirrels, rats, groundhogs and other creatures that are attracted to both edible and ornamental gardens.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	2pm	27C.SZ65	11/8	\$19/ea.

Fall Botanical Book Club

(14-Adult) Each season the Botanical Book Club features a novel with botanical or garden themes. For Fall, the club will read *Evergreen Academy* by Heather Schneider. The book club will meet twice each season—first for a welcoming pre-reading on October 2 to meet fellow readers, enjoy refreshments, and receive your guide. The next session on November 13 includes a post-reading for a lively book discussion and a hands-on activity. The Fall activity is Kokedama.

2--1 hour programs

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	3:30pm	S48.IOK1	10/2	\$24/ea.

Festive Door Swag Workshop

(13-Adult) Craft your own decorative bundle of evergreens to hang on your door using fresh seasonal greenery and natural accents. Staff will guide you in designing a beautiful piece to take home and enjoy all season long. After creating, unwind in the gardens with a warm cup of hot chocolate.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	10:30am	EWQ.MU69	12/6	\$18/ea.

Forest Bathing Walk in the Gardens

(Adults) Experience Green Spring Gardens with all your senses. Join Certified Forest Therapy Guide and co-founder of local nonprofit Capital Nature, Ana Ka'ahanui, to slow down and connect with nature on a peaceful walk inspired by the Japanese practice of Shinrin-yoku that will help reduce blood pressure, boost immunity and enhance mood and creativity. Bring something to sit on the ground, which may be damp, and a water bottle. Dress for the weather.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30am	ZØY.9LPG	10/2	\$35/ea.
GrnSprGardn	F	1:30pm	ZØY.WPUX	11/13	\$35/ea.

Indoor Cat Sensory Garden

(16-Adult) Create a mini indoor oasis your cat will love. Design and plant a sensory cat garden using safe, stimulating plants like catnip, cat grass, and more. Learn how scent, texture, and movement enrich your cat's environment while supporting natural behaviors. Perfect for beginners, this class covers plant selection, safety, and care and leave with a fun cat garden to take home.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	2pm	ZYN.3N11	11/20	\$43/ea.

Intro to Native Plant Gardening

(16-Adult) Discover how you can help boost local biodiversity by converting part of your yard into a native plant garden. Find out how to plan your garden and leave with a personalized garden plan. Learn tips to protect pollinators throughout the year. Finally, enjoy a walk to see some native plants in action.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	HEI.TZV5	9/20	\$19/ea.

Meditation in the Gardens

(Adults) Explore how nature, metaphor, and deep listening can enhance connections with yourself and the world around you. This interactive garden-based class combines guided reflection, emotional awareness practices, and practical tools for mindful communication. Learn to tune into your inner landscape while engaging with the natural one. End with a relaxing sound bathing experience to help you integrate, unwind and return to your day grounded and refreshed. Class goes outside, weather permitting.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	3DC.YEJC	9/13	\$24/ea.
GrnSprGardn	Sa	3pm	3DC.GBBS	9/26	\$24/ea.

Seed Saving 101

(14-Adult) Learn how to harvest, clean, and store seeds from common garden plants so you can grow them again next season. Green Spring staff will guide you through simple techniques that support biodiversity and help you become a more self-sufficient gardener. Leave with new skills and seeds to start your own collection.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	2pm	P9N.7QQY	10/12	\$15/ea.



FCPA Farmers Markets
Buy Fresh, Buy Local . . .
 fruits, vegetables, honey
 baked goods, plants, eggs
 meat, dairy and flowers
www.fairfaxcounty.gov/parks/farmersmarkets



Sunset Soiree - Forest Incense Workshop

(Adults) Join us after-hours in the Horticulture Center. View the glasshouse tropicals in the light of the setting sun and peruse the art exhibit while enjoying a refreshing mocktail made with herbs grown at Green Spring Gardens. Then explore natural materials like woods and dried herbs, and learn how scent can evoke the feeling of the forest. Blend your own custom incense using a curated selection of earthy, aromatic ingredients.

1--30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	5pm	JQX.KKTN	9/12	\$28/ea.
GrnSprGardn	Sa	5:45pm	JQX.H18M	9/12	\$28/ea.
GrnSprGardn	Sa	6:30pm	JQX.J6DL	9/12	\$28/ea.

Sunset Soiree - Kokedama Workshop

(Adults) Join us after-hours in the Horticulture Center to view the glasshouse tropicals in the light of the setting sun. Enjoy a refreshing mocktail made with herbs grown at Green Spring Gardens while perusing the art exhibit. Then discover the art of kokedama by learning to transform a simple plant into a beautiful moss-wrapped creation. Leave with your magically contained plant with the knowledge to make more at home. Includes entry, mocktail, garden tour and all supplies.

1--30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	5pm	2SD.FUS1	9/12	\$28/ea.
GrnSprGardn	Sa	5:45pm	2SD.IP7W	9/12	\$28/ea.
GrnSprGardn	Sa	6:30pm	2SD.CTRJ	9/12	\$28/ea.

Sunset Soiree - Fern and Flower Pressing

(Adults) Join us after-hours in the Horticulture Center to view the glasshouse tropicals in the light of the setting sun. Enjoy a refreshing mocktail made with herbs grown at Green Spring Gardens while perusing the art exhibit. Then using a curated selection of preserved leaves and blooms, you'll design your own delicate botanical piece while learning simple arranging and pressing techniques. Take home a beautiful creation that captures the quiet elegance of nature. Includes entry, mocktail, garden tour, and all supplies.

1--30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	5pm	IGW.VSM1	9/12	\$21/ea.
GrnSprGardn	Sa	5:45pm	IGW.5T5V	9/12	\$21/ea.
GrnSprGardn	Sa	6:30pm	IGW.6LWP	9/12	\$21/ea.

Garden Talks

Garden Talk -

Create Stunning Beauty for Fall

(16-Adult) Bring the magic of fall to your landscape. Extension Master Gardeners show you a variety of perennials, shrubs and trees to add rich autumn colors to your existing plantings with remarkable results.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	XCR.03Y2	11/6	\$12/ea.

Garden Talk -

Design Your Townhouse Garden

(16-Adult) Transforming a townhouse garden into a beautiful haven only requires thoughtful planning and creativity. Carefully dedicated spaces can achieve beautiful and unique gardens and can be effective in growing plants for food or simply for general enjoyment. Learn how from Extension Master Gardeners.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	QKL.VT01	11/21	\$12/ea.

Garden Talk - Don't Skip Fall Maintenance

(16-Adult) Cleaning your garden beds and pruning this fall can make your spring tasks lighter and improve your garden's health. Learn from Extension Master Gardeners how to prepare for winter, what needs pruning, transplanted and mulched.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	493.AOXB	10/17	\$12/ea.

Garden Talk - Eliminate Lawn Troubles

(16-Adult) With widespread drought, increasing water costs and awareness of the environmental costs of lawn maintenance (chemical fertilizers, herbicides

and pesticides), Extension Master Gardeners show you how to shrink your lawn and design garden spaces with highly textured and lushly plants.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	F83.HN4V	10/9	\$12/ea.

Garden Talk - Fall Vegetable Gardening

(16-Adult) Planting a fall vegetable garden extends the gardening season so you can continue to harvest fresh produce. Many cool-season vegetables such as carrots, broccoli, cauliflower and Brussels sprouts produce their best flavor and quality when they mature during cool weather. Extension Master Gardeners share tips and recommendations.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	3A3.BNMZ	9/5	\$12/ea.

Garden Talk - Grow Spectacular Bulbs

(16-Adult) Learn about the enchanting world of bulbs and their cousins, corms, tubers and rhizomes, and how they can add beauty to your garden. Learn how from Extension Master Gardeners.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	F	1:30pm	9FF.LTLY	9/18	\$12/ea.

Garden Walk and Talk - Autumn Vibrancy

(16-Adult) Join our Horticulture Manager on a walk around the gardens and learn about the behind-the-scenes work. Tour the central gardens focusing on the vibrant asters, salvias and ornamental grasses.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	IAC.3YDI	10/10	\$15/ea.

Garden Walk and Talk - Boxwoods

(16-Adult) Join a Green Spring staff member for a guided "walk and talk" exploring the basics of growing boxwoods in the home landscape. Learn essential care tips, including proper site selection, common pests and diseases—such as boxwood blight and leaf miners—how to recognize problems early, and practical strategies for prevention and control. The walk will also cover best practices for pruning and shaping, along with recommended boxwood varieties suited to our region and a range of garden styles.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	N8R.IZ04	11/7	\$15/ea.

Garden Walk and Talk - Fall Colors

(16-Adult) Join our Horticulture Manager on a walk around the gardens and learn about the behind-the-scenes work. Tour the central gardens focusing on late blooming camellias and the last of fall colors.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	25T.CMFZ	11/14	\$15/ea.

Garden Walk and Talk - Garden Design

(16-Adult) Join our Horticulture Manager on a walk around the gardens and learn about the behind-the-scenes work. Tour three different garden spaces, focusing on the plants of our historic Beatrix Farrand landscape mixed border and naturalistic gardens near the historic house with a connection to our new Moon Gate and Serenity Garden.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	VWE.RA4F	9/12	\$15/ea.

Garden Walk and Talk - Winter Interest

(16-Adult) Join our Horticulture Manager on a walk around the gardens and learn about the behind-the-scenes work. Tour the central gardens focusing on conifers for winter interest. Warm up at the end with the start of orchid season in the glasshouse.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	28S.ZGGX	12/12	\$15/ea.

Virtual Program

Online Book Talk -

Society of Magical Botanists

(14-Adult) Join author Heather Schneider to learn about the Society of Magical Botanists in the Evergreen Academy book series. Discover the inspiration behind this whimsical story, explore themes of growth, resilience, and belonging, and hear how the setting and characters came to life. Presented in partnership with the Kingstowne Library of Fairfax County, the event also includes an opportunity to browse and check out books, get a library card, and connect with library staff. The talk is held online, with an option to view at the Horticulture Center. Program is free, but registration is required.

1--1 hour virtual Program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1:30pm	OAM.I08X	9/19	Free



The Fairfax County Park Authority has a variety of beautiful outdoor facilities available for your next event!

For information about our reservable areas, fees, amenities, availability and booking, visit www.fairfaxcounty.gov/parks/picnics






For help planning your event, email FCPAPicnics@fairfaxcounty.gov or call 703-324-8732.



Golf

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



DOWNLOAD
THE
GOLF
FAIRFAX
APP!



Burke Lake Golf Center

6915 Ox Road
Fairfax Station

703-323-1641

<https://bit.ly/fcpa-blgc>

- 18-hole, par-3 course, 2,843 yards.
- Putting green and chipping area.
- Burke Lake Golf Academy group and private lessons: 703-324-9719.
- Short game holes from 90-200 yards.
- Clubhouse offers food service, clubs and golf supplies.
- Pull carts and clubs are available for rent.
- Two-level driving range with 64 hitting stations; 24 are heated and covered.



Greendale Golf Course

6700 Telegraph Road, Alexandria
703-971-6170

<https://bit.ly/greendalegc>

- 18-hole regulation, par-70 course, 6,237 yards.
- Bermuda grass fairways and several water hazards.
- Practice putting green.
- New practice bays and nets.
- Clubhouse offers food service and golf supplies.
- Power carts, golf clubs and pull carts are available for rent.
- Private golf lessons and outing packages are available.



Jefferson District Golf Course

7900 Route 29, Falls Church
703-573-0444

<https://bit.ly/jeffersongc>

- 9-hole, par-35 executive course, 2,415 yards.
- Practice putting green and chipping area.
- Great walking course for all ages.
- Clubhouse offers food service and golf supplies.
- Pull carts and power carts are available for rent.
- Additional features: 18-hole miniature golf course, lighted basketball and tennis courts.



Laurel Hill Golf Club

8701 Laurel Crest Drive, Lorton
703-493-8849

<https://bit.ly/laurelhillgc>

- 18-hole, par-71 championship course, 7,102-yards.
- 30-station driving range.
- Putting green, chipping area and practice bunkers.
- Power carts and golf clubs are available for rent.
- Clubhouse offers food service, event catering and golf supplies.
- Instruction for all levels including juniors, through Eisman Golf Academy, call 703-919-3056.
- Classes and camps for ages 7-18 through The First Tee of Greater Washington DC, call 202-479-2588.



Oakmont Golf Center

3136 Jermantown Road
Oakton

703-255-5390

<https://bit.ly/oakmontgc>

- 9-hole, par-3 course, 1,456-yards.
- Large practice area for chipping, putting and sand shots.
- Lighted, 78-station driving range with sand bunker.
- Covered and heated driving range stations allow for practice in all weather conditions.
- Everybody Golf School offers private and group lessons: 703-255-5396.
- Additional instruction for ages 7-18 through The First Tee: 202-479-2588.



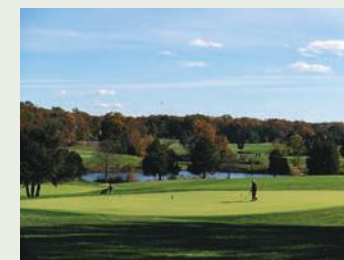
Pinecrest Golf Course

6600 Little River Turnpike
Alexandria

703-941-1061

<https://bit.ly/pinecrestgc>

- 9-hole, par-35 executive course, 2,459 yards.
- Putting green and 10-outdoor practice nets.
- Indoor practice bays and TrackMan 4 golf simulator.
- Clubhouse offers food service and golf supplies.
- Pinecrest Golf Academy offers private and group lessons: 703-941-1061.
- Golf clubs, pull carts and power carts are available for rent.



Twin Lakes Golf Course

6201 Union Mill Road
Clifton

703-631-9099

<https://bit.ly/twin-lakes-gc>

- Two courses; two golf experiences; one location.
- The Oaks Course, 18-hole, par-71, 6,715 yards.
- The Lakes Course, 18-hole, par-72, 6,695 yards.
- Putting green, chipping area and driving range.
- Clubhouse offers food service, special event catering, clubs and golf accessories.
- Eisman Golf Academy offers private and group lessons: 703-919-3056.

NEW!
Get Your Tee Time Alerts
in the Golf Fairfax App!



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Golf Fairfax App



Turn on Notifications
Opt-in to messaging in
the Golf Fairfax app



Create Your
Noteefy Search
Login to Noteefy using
the same exact email
(case sensitive) linked to
your Golf Fairfax app



Get Notified
Available tee times
are sent straight to
your phone via the
Golf Fairfax app!



Book your Round
Click the notification
and book your tee time



Tip
Make sure your
Noteefy and Golf Fairfax
email are the same.



Golfers, please note:

Cart rental and greens fees vary by site. Call the course of your choice for information. Metal golf spikes are prohibited at all Fairfax County Park Authority golf courses. Senior and Junior rate availability varies by course.

Junior Golf Fairfax

Golf Fairfax is committed to encouraging juniors, ages 5-17*, to learn, practice, play and enjoy the game. Golf is an excellent family sport that promotes good manners, builds friendships and can be enjoyed for a lifetime. Members receive discounted greens fees and range balls at all courses. Classes, camps and lessons are also available.

To learn more, call the course of your choice.

*Minimum age for course play at Greendale is six. Minimum age for course play at Laurel Hill and Twin Lakes is eight.

USGA handicap service offered

Handicap services are provided at Greendale, Jefferson, Pinecrest, Twin Lakes, Burke Lake, Oakmont and Laurel Hill golf courses. The hands-on system allows you to enter your own scores and get an updated handicap, which you receive twice monthly. The Handicap Index is computed under the USGA Handicap System. By enrolling, you are eligible to participate in Virginia State Golf Association events. Handicap services are available year-round. Contact any FCPA golf course for more information.

Starting New at Golf (SNAG)

(5-7 yrs.) Course covers basic golf elements in a modified form for kids. Children use larger and more colorful clubs to increase confidence and coordination. All equipment is provided. Athletic shoes are recommended. Classes at Pinecrest are held indoors.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	10am	C5A.NDW4	9/12	4GB	
Burke Lake GC	Sa	11am	C5A.GGTN	9/12	4GB	
Burke Lake GC	Sa	10am	C5A.U8L1	10/17	4GB	
Burke Lake GC	Sa	11am	C5A.0685	10/17	4GB	
Pinecrest GC	Su	1:30pm	C5A.VW7D	9/13	4GB	
Pinecrest GC	Sa	2:30pm	C5A.NL44	10/24	4GB	
Pinecrest GC	Su	2:30pm	C5A.S9BM	10/25	4GB	

SNAG II

(5-7 yrs.) Prerequisite: SNAG I. Students review and expand upon fundamentals learned in SNAG I using additional training aids to reinforce proper technique. All equipment is provided and athletic shoes are recommended.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	1pm	D71.Z4Q8	9/12	4GB	
Burke Lake GC	Sa	1pm	D71.8U25	10/17	4GB	
Burke Lake GC	Sa	2pm	D71.T9EJ	10/17	4GB	
Pinecrest GC	Sa	2:30pm	D71.6QLW	9/12	4GB	
Pinecrest GC	Su	2:30pm	D71.LA55	9/13	4GB	
Pinecrest GC	Sa	3:30pm	D71.RD6L	10/24	4GB	
Pinecrest GC	Su	3:30pm	D71.52PK	10/25	4GB	

SNAG III

(5-7 yrs.) Prerequisite: SNAG II. Students apply skills learned in SNAG II while playing simulated



golf holes. Lessons focus on proper club selection, swing dynamics, scoring and course etiquette. All equipment is provided and athletic shoes are recommended.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Sa	3:30pm	19C.Z1DB	9/12	4GB	

Junior Get Golf Ready I

(7-12 yrs.) This PGA-developed class introduces students to golf in a fun and friendly environment. Class focuses on fundamentals and step-by-step drills. Topics include grip, stance, target and balance. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	1pm	8C0.NKX8	9/12	4GB	
Burke Lake GC	Su	1pm	8C0.Z6PQ	9/13	4GB	
Burke Lake GC	M	5pm	8C0.LNAS	9/14	4GB	
Burke Lake GC	Sa	1pm	8C0.G85J	10/17	4GB	
Burke Lake GC	Su	1pm	8C0.QTCU	10/18	4GB	
Burke Lake GC	M	5pm	8C0.YIL9	10/19	4GB	
Pinecrest GC	Sa	1pm	8C0.4ALC	9/12	4GB	

Junior Get Golf Ready II

(7-12 yrs.) Group lessons covering additional rules, course etiquette, club grip, putting, stance and golf swing. Range balls are included in the class fee and loaner clubs are available.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	Sa	2pm	265.C3DH	9/12	4GB	
Burke Lake GC	Su	2pm	265.LAKY	9/13	4GB	
Burke Lake GC	M	6pm	265.W5UE	9/14	4GB	
Burke Lake GC	Sa	2pm	265.QJ9U	10/17	4GB	
Burke Lake GC	Su	2pm	265.C4DT	10/18	4GB	
Burke Lake GC	M	6pm	265.X00N	10/19	4GB	
Pinecrest GC	Sa	10am	265.7IFI	10/24	4GB	

Get Golf Ready Parent/Child I

(7-17 yrs.) This course covers grip, posture, ball position, alignment, chipping, putting and full-swing fundamentals. Course orientation, etiquette, rules and basic understanding of equipment are also covered. Classes at Pinecrest are held indoors during inclement weather. Clubs and balls are included for Pinecrest classes. Parent participates in class with registered child.

4GG 5--55 minute lessons--\$213						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	T	5pm	A60.5GET	9/8	4GG	
Burke Lake GC	Th	5pm	A60.8D17	9/10	4GG	
Burke Lake GC	Su	3pm	A60.7BLV	9/13	4GG	
Burke Lake GC	Su	3pm	A60.CA66	10/18	4GG	
Burke Lake GC	T	5pm	A60.1010	10/20	4GG	
Burke Lake GC	Th	5pm	A60.4UZP	10/22	4GG	
Pinecrest GC	Sa	12pm	A60.3C2R	9/12	4GG	
Pinecrest GC	Sa	11am	A60.Y806	10/24	4GG	

Get Golf Ready Parent/Child II

(7-17 yrs.) Prerequisite: Get Golf Ready Parent/Child I. Class is for those who want to further their golf skills through more advanced instruction while still emphasizing the basics. Range balls are included in the class fee, and loaner clubs are available.

4GG 5--55 minute lessons--\$213						
Location	Day	Time	Code	Begin	\$	
Burke Lake GC	T	6pm	BB7.ZLZH	9/8	4GG	
Burke Lake GC	Th	6pm	BB7.Y1L2	9/10	4GG	
Burke Lake GC	Su	4pm	BB7.T890	9/13	4GG	
Burke Lake GC	Su	4pm	BB7.80FQ	10/18	4GG	
Burke Lake GC	T	6pm	BB7.T952	10/20	4GG	
Burke Lake GC	Th	6pm	BB7.UZ4C	10/22	4GG	
Pinecrest GC	Su	1pm	BB7.H5T3	10/25	4GG	

Get Golf Ready I in Korean

(13세 이상) 이 수업은 PGA에서 개발한 입문 과정으로, 한국어로 진행되며, 골프 초보자를 위한 기본기를 소개합니다. 퍼팅, 칩샷, 아이언 샷을 위한 그립, 스탠스, 셋업, 볼 위치와 같은 기본기를 익히고, 하이브 리드와 우드를 사용한 티샷도 연습합니다. 또한, 골프 장비에 대한 기초적인 설명도 포함됩니다. 연습장에서 사용하는 공은 수업료에 포함되어 있으며, 대여 클럽도 제공됩니다. 마지막 수업은 골프장에서 진행될 수 있습니다. This PGA-developed class introduces game fundamentals to new golfers in Korean. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB 5--55 minute lessons--\$168						
Location	Day	Time	Code	Begin	\$	
Pinecrest GC	Su	10am	8FR.UYTV	9/13	4GB	
Pinecrest GC	Su	10am	8FR.WQQV	10/25	4GB	



Available at all Park Authority Golf Courses

Get Golf Ready I

(13-Adult) This PGA-developed class introduces game fundamentals to new golfers. Grip, stance, set up and ball position are taught for putting, chipping and iron play along with hitting tee shots with hybrids and woods. A basic knowledge of golf equipment is included. Range balls are included in the class fee, and loaner clubs are available. Final class may be held on the golf course.

4GB		5--55 minute lessons--\$168			
Location	Day	Time	Code	Begin	\$
(Co-ed)					
Burke Lake GC	W	1pm	AEE.67HC	9/9	4GB
Burke Lake GC	Th	10am	AEE.VLBN	9/10	4GB
Burke Lake GC	Sa	9am	AEE.K9PS	9/12	4GB
Burke Lake GC	Su	9am	AEE.XXCV	9/13	4GB
Burke Lake GC	M	10am	AEE.F079	9/14	4GB
Burke Lake GC	Sa	9am	AEE.T703	10/17	4GB
Burke Lake GC	Su	9am	AEE.KN00	10/18	4GB
Burke Lake GC	W	1pm	AEE.96ZI	10/21	4GB
Burke Lake GC	Th	10am	AEE.39DN	10/22	4GB
Burke Lake GC	M	10am	AEE.2LHL	10/26	4GB
Pinecrest GC	Sa	11am	AEE.SYJS	9/12	4GB
Pinecrest GC	Su	11am	AEE.UVS2	9/13	4GB
Pinecrest GC	Su	12pm	AEE.CZVS	10/25	4GB
(Ladies only)					
Burke Lake GC	T	1pm	219.COZN	9/8	4GB
Burke Lake GC	W	5pm	219.A61U	9/9	4GB
Burke Lake GC	Sa	11am	219.VHPK	9/12	4GB
Burke Lake GC	Su	11am	219.HM7T	9/13	4GB
Burke Lake GC	Su	11am	219.POKT	10/18	4GB
Burke Lake GC	T	1pm	219.Z7AX	10/20	4GB
Burke Lake GC	W	5pm	219.AGPY	10/21	4GB
Pinecrest GC	Sa	10am	219.3U0I	9/12	4GB
Pinecrest GC	Su	12pm	219.1G3J	9/13	4GB

Get Golf Ready II

(13-Adult) Prerequisite: Get Golf Ready I. This course covers advanced topics for beginning golfers. Aim and alignment are introduced to putting, chipping and iron shots, and hybrids and woods are hit without a tee. Range balls are included in the class fee, and loaner clubs are available. The final class may be held on the golf course.

4GB		5--55 minute lessons--\$168			
Location	Day	Time	Code	Begin	\$
(Co-ed)					
Burke Lake GC	M	11am	F2A.36FJ	9/8	4GB
Burke Lake GC	W	2pm	F2A.5CU9	9/9	4GB
Burke Lake GC	Th	11am	F2A.4JHD	9/10	4GB
Burke Lake GC	Sa	10am	F2A.RYQ9	9/12	4GB
Burke Lake GC	Su	10am	F2A.4QA4	9/13	4GB
Burke Lake GC	Sa	11am	F2A.H6VR	10/17	4GB
Burke Lake GC	Su	10am	F2A.98EX	10/18	4GB
Burke Lake GC	M	11am	F2A.AQYC	10/19	4GB
Burke Lake GC	W	2pm	F2A.PVHB	10/21	4GB
Pinecrest GC	Sa	12pm	F2A.3E8S	10/24	4GB
Pinecrest GC	Su	11am	F2A.9M0T	10/25	4GB
(Ladies only)					
Burke Lake GC	T	2pm	46F.1TGL	9/8	4GB
Burke Lake GC	W	6pm	46F.00DX	9/9	4GB
Burke Lake GC	Su	12pm	46F.7C7G	9/13	4GB
Burke Lake GC	Su	12pm	46F.31EQ	10/18	4GB
Burke Lake GC	T	2pm	46F.7BTC	10/20	4GB
Burke Lake GC	W	6pm	46F.NU04	10/21	4GB
Pinecrest GC	Sa	1pm	46F.D11U	10/24	4GB

**Golf-Long Game Lessons**

(13-Adult) Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

4GC		4--55 minute lessons--\$141			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Th	12pm	49C.JL4P	9/10	4GC
Burke Lake GC	M	12pm	49C.X67S	9/14	4GC
Burke Lake GC	M	12pm	49C.SFS0	10/19	4GC
Burke Lake GC	Th	12pm	49C.YH4E	10/22	4GC

Golf-Wedge & Short Irons

(13-Adult) Course focuses on improving shots that will lower your score such as pitch shots, flop shots, 60 yards and in, as well as the distances for each shot type. Range balls are included in the class fee and loaner clubs are available.

4GC		4--55 minute lessons--\$141			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	Sa	4pm	D23.TRFC	9/12	4GC
Burke Lake GC	Th	1pm	D23.08BI	10/22	4GC

Advanced Putting Clinic

(16-Adult) This clinic is for experienced golfers looking to improve their putting skills and takes a deep dive into all aspects of putting at an advanced level. The class consists of three sessions meeting weekly on the same day and time. As

part of the course each student receives a putting mirror and a sleeve of balls that have an alignment aid printed on the ball. Participants will also be offered a 10% discount on a new putter.

4GP		3--55 minute lessons--\$126			
Location	Day	Time	Code	Begin	\$
Burke Lake GC	W	5pm	C19.SS2K	9/9	4GP
Burke Lake GC	F	10am	C19.YZZT	9/11	4GP
Burke Lake GC	W	5pm	C19.JN4W	10/21	4GP
Burke Lake GC	F	10am	C19.NQVU	10/23	4GP

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Fall
2026

This fall, it's game on – join a Golf Fairfax tournament and test your game with some friendly competition!

GOLF TOURNAMENTS

Pinecrest Golf Course



PC9 Club Championship

(13 yrs. +)

Cost: \$55 per player, includes lunch and carts



Fall Festival Scramble

(7 yrs. +)

Cost: \$110 per team, includes lunch and carts



Greens Keepers' Trick or Treat Tournament

(18 yrs. +)

Cost: \$55 per player, includes lunch and carts

Jefferson Golf Course



Four Club Fall Classic

(13 yrs. +)

Cost: \$45 per player

Burke Lake Golf Center



Shot in the Dark

(12 yrs. +)

Cost: \$125 per team, includes dinner, one glow ball and flashlight

Registration opens 45 days prior to tournament date.

To register visit www.fairfaxcounty.gov/parks/golf/tournaments





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* Admission requires sign up for 7 day free pass
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What a summer! From first tee shots to championship moments, the inaugural Golf Fairfax Junior Tournament Series brought junior golfers together for a summer of competition, growth and unforgettable memories.

GOLF Fairfax

JUNIOR TOURNAMENT
SERIES



GOLF
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Thank you for helping create meaningful experiences for junior golfers and making our first season a success.



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THE BIGGEST GOLF SAVINGS OF THE SEASON

November 14-27, 2026

SAVE THE DATE

**Seasonal Savings,
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25% off 15 Rounds

20% off 10 Rounds

10% off 5 Rounds

Seniors (65+)

**Buy 15 rounds and
 only pay for 14 rounds.**

Discounts apply to regular weekend/
 weekday rates at Burke Lake, Greendale,
 Jefferson, Oakmont, Pinecrest, Laurel Hill
 (senior rounds only) and Twin Lakes golf
 courses. Purchase in Pro Shops. Rounds
 are good for 2 years for greens fees
 only at course purchased.

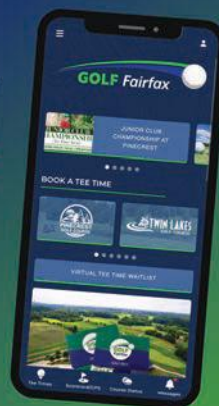


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Head Golf Professionals: Noel Jablonski, LPGA • George Danielson, PGA
3136 Jermantown Road • Oakton, VA 22124

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 Golf
- **Loaner clubs** available upon request.
- Lessons conducted in **Sheltered and heated** practice bays.

Intermediate Golf For Adults

This four week class features an intermediate level review of fundamentals, and most typical golf shots. Prerequisite: Beginning Golf 2 or equivalent experience. Four- 50 minute lessons on four consecutive weeks. Fee: \$135, plus range balls.

Day	Time	Start Date
Sunday	12:05pm	Sept 13 OR Oct 25
Monday	8:05pm	Sept 14

Short Game Intensive

Students will work on all areas of the short game including putting, chipping and sand shots. Two 100-minute sessions. Fee: \$135, Practice balls provided

Day	Time	Start Date
Saturday	11:05am	Sept 12 Or Oct 24

Oakmont 2026 Fall Schedule

Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions on six consecutive weeks. Fee: \$150 plus range balls.

Day	Time	Start Date
Saturday	9:05am	Sept 12
Saturday	11:05am	Sept 12 (Ladies Only)
Sunday	4:05pm	Sept 13
Monday	7:05pm	Sept 14
Tuesday	10:05am	Sept 15 (Ladies Only)
Wednesday	7:05pm	Sept 16

Accelerated Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions TWICE A WEEK ON THREE CONSECUTIVE WEEKS. Fee: \$150 plus range balls.

Day	Time	Start Date
Sat- Sun	2:05pm	Sept 12 OR Oct 24
Tues- Thurs	7:05pm	Sept 15 OR Oct 20

Beginning Golf 2 For Adults

This class reviews golf fundamentals: grip, stance, and swing. This class also reviews various shots: fairway clubs, tee shots, and short game. PREREQUISITE: Beginning Golf 1 or equivalent experience. Fee: \$150 plus range balls.

Day	Time	Start Date
Saturday	12:05pm	Sept 12
Sunday	1:05pm	Sept 13
Tuesday	11:05am	Sept 15 (Ladies Only)
Wednesday	8:05pm	Sept 16

Adult/Junior Beginning Golf

This class covers all the basic skills of golf including grip, stance, full swing, chipping, and putting. Rules and etiquette are also taught. A great course for any beginning adults and juniors. AGES 8 and UP. Six-50 minute lessons on 6 consecutive weeks. Class is limited to 10 students. Fee: \$150 plus range balls.

Day	Time	Start Date
Saturday	10:05am	Sept 12
Sunday	5:05pm	Sept 13

SNAG (Starting New at Golf)

Every Body Golf School offers a child-friendly, safe, and easy method to teach basic golf skills to youngsters who have not had prior golf experience. The SNAG COACHING SYSTEM uses task-focused instruction to improve the motor skills required to play golf. Students use specifically designed equipment that will make the transition to traditional golf equipment faster and easier. Let us help your future player get on the right track! Limited to 6 students. We provide all equipment. Four 45-minute sessions. Fee: \$95.

Day	Time	Start Date
Saturday	11:05am	September 12
Saturday	12:05pm	September 12
Sunday	11:05 am	October 25
Sunday	12:05pm	October 25

Beginning Junior Golf

Limited to 10 students, this class is designed to help junior golfers learn the basics of the game including rules and etiquette, the short game and full swing. Four 50-minute sessions on four consecutive weeks. Fee: \$100, includes range balls.

Day	Time	Start Date
Saturday	4:05pm	Sept 12 OR Oct 24
Sunday	3:05pm	Sept 13 OR Oct 25

Beginning Teen Golf

Limited to 10 students, this class is designed to help teen golfers ages 13-17, learn the basics of the game including rules and etiquette, the short game, and the full swing. Four 50-minute lessons on four consecutive weeks. Fee: \$100 includes range balls.

Day	Time	Start Date
Saturday	1:05pm	Sept 12 OR Oct 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: \$120 includes range balls.

Day	Time	Start Date
Saturday	3:05pm	Sept 12 OR Oct 24

- Two easy ways to register: Online at www.everybodygolf.com or by phone at 703-255-5396.



EISMAN

Golf Academy

Laurel Hill

8701 Laurel Crest Dr, Lorton, VA 22079.

Twin Lakes

6201 Union Mill Rd, Clifton, VA 20124

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Director



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Staff Instructors



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- 1/2 HR: \$75
- Series of 3: \$180

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- Jon Eisman - \$450
- Wonsuk Rhee - \$250

GROUP LESSON SERIES (3 LESSONS) 1 HR

- \$130 Per Student

TPI ASSESSMENT

- 1 HR \$175



Explore our Website for additional camp offerings, Junior programs and performance

www.eismangolfacademy.com

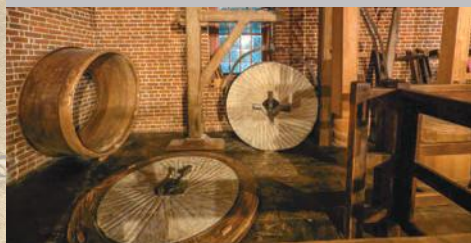
Scan QR Code or call to Book a lesson

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History

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



Colvin Run Mill Historic Site

10017 Colvin Run Road • Great Falls
703-759-2771

www.fairfaxcounty.gov/parks/colvinrunmill

Now a beautiful, wooded park, Colvin Run Mill Historic Site preserves and interprets Fairfax County's agricultural and industrial history. The buildings here were the center of the Colvin Run community throughout the 19th and early 20th centuries. The water-powered Colvin Run Mill was essential to the local farming community and the Colvin Run General Store was where people shopped, gathered, and conducted business.

- Take a self-guided walk and see Colvin Run Mill's exterior, including the 20-foot waterwheel
- Join a docent-guided Mill Tour to explore this still-operational example of early American mass production
- Family-friendly Discovery Baskets
- Visit the 200-year-old Miller's House and replanted gardens to experience 1800s home life
- Shop in the c. 1910 Colvin Run General Store, where you can see exhibits, purchase CRM-ground grains and other gift items
- Recreational and educational activities for all ages
- Thematic tours, classes, camps, school programs and special events
- On the National Register of Historic Places and the Virginia Landmark Register

Hours and Admission

General Store and Miller's House Please visit the website for hours of operation.



Ellanor C. Lawrence Park and Walney Visitor Center

5040 Walney Road • Chantilly
703-631-0013

www.fairfaxcounty.gov/parks/eclawrence

The Walney Visitor Center features natural and cultural exhibits and a hands-on area to introduce the public to the past farmland and present parkland.

- Historic structures and foundations: dairy foundation, spring house, icehouse foundation and smokehouse
- Gardens
- Self-guided historic grounds tour

Hours

Please visit the website for hours of operation. Programs meet at the Walney Visitor Center unless otherwise noted. Grounds open dawn to dusk.



Historic Green Spring

4603 Green Spring Road • Alexandria
703-941-7987

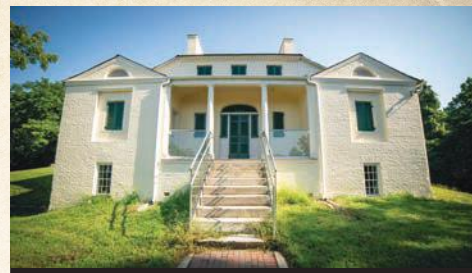
www.fairfaxcounty.gov/parks/green-spring/historic-house

Families occupied the 1784 Historic House until the mid-20th century when Green Spring became a public garden. Features include:

- Historic House and garden
- Lectures
- Tasting parties
- Workshops
- Changing art exhibits
- Historic photo exhibit and informational videos
- On the National Register of Historic Places
- Listed on the Virginia Landmarks Register
- Tea-themed items for purchase

Hours and Admission

Please visit the website for hours of operation.



Historic Huntley

6918 Harrison Lane • Alexandria
703-768-2525

www.fairfaxcounty.gov/parks/historic-huntley

The Huntley Villa, built circa 1825 and connected to the Mason family, is listed on the National Register of Historic Places and the Virginia Landmark's Register. Historic Huntley is a three-acre park containing the Federal style villa, a brick privy, an icehouse, root cellar, an additional residence and cultural landscape features. The grounds at Historic Huntley are open dawn to dusk from March through November.

Huntley Meadows Park

3701 Lockheed Blvd. • Alexandria
703-768-2525

www.fairfaxcounty.gov/parks/huntley-meadows



Sully Historic Site

3650 Historic Sully Way • Chantilly
703-437-1794

www.fairfaxcounty.gov/parks/sully

Sully Historic Site reflects more than 250 years of Fairfax County and national history. Built in 1794, it served as the residence and plantation of Richard Bland Lee, Northern Virginia's first Congressman. Today the site shares many stories, including those of the enslaved community, the Lee family, 19th and early 20th century Quakers, dairy farmers, mid-20th century diplomats and the site's preservation during the unprecedented growth of Fairfax County since the 1950s. Features include:

- Historic House
- Original outbuildings
- Reconstructed housing for Enslaved Community
- Heirloom garden
- Accredited by American Alliance of Museums
- On the National Register of Historic Places and the Virginia Landmark Register
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

Hours and Admission

Please visit the website for hours of operation.

Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

Mini Millers

(2-5 yrs.) Explore Colvin Run Mill with your toddler or preschooler through STEAM activities, hands-on history, crafts, stories, and games. Adults must participate with children. Prepaid reservations required. A different program each week: 9/14: Discover Waterwheels; 10/5: Making and Drinking Apple Cider; 10/19: Fall Colors; and 11/16: Giving Thanks.

1--45 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	M	10am	Y61.LXCM	9/14	\$12/child
ColvinRunMill	M	10am	Y61.NLE0	10/5	\$12/child
ColvinRunMill	M	10am	Y61.TVJ9	10/19	\$12/child
ColvinRunMill	M	10am	Y61.XHSD	11/16	\$12/child

Pumpkin Party on the Hill

(2-12 yrs.) Come visit Historic Huntley to celebrate Autumn by painting and decorating a pumpkin and making and tasting some pumpkin ice cream. Learn about the history of pumpkins and enjoy a pumpkin story. Each registered child must be accompanied by an adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	2pm	099.FXSE	10/24	\$15/child

Homeschool Programs

Colonial Life for Homeschool

(6-12 yrs.) Did you know that Huntley Meadows Park was once part of George Mason's holdings? Discover this forgotten Founding Father as you make your own candle, learn the cursive alphabet, write with a quill pen, and decide the future of the Virginia colony.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	925.AK38	9/17	\$16/child
HistHuntley	F	1pm	925.JVE4	11/13	\$16/child

Homeschool -

Kitchen Garden Adventures

(6-10 yrs.) Help us in the kitchen garden and practice your seasonal cooking skills.

4--1 hour 25 minute lessons

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	1pm	GRN.QWWQ	10/2	\$41/ea.

Mapping the Past for Homeschoolers

(7-13 yrs.) Supplement your historical studies with a fun day of exploring, interpreting and making maps. Try your hand at orienteering, learn about different types of maps from around the world and take home a personalized map of your life.

1--2 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	1pm	C5B.90FK	10/14	\$16/child



Cider Making

Saturdays and Sundays in September
at Frying Pan Farm Park

Saturdays and Sundays in October
at Colvin Run Mill

\$60 per family, 1 hour program

(All Ages) Bring up to eight people and learn how to use an old-fashioned cider press by making your own cider. Your group needs to bring approximately 100 apples of their choosing and tightly sealable containers for transporting approximately 2 gallons of cider. Participants will carry and press their own apples and cider. Dress accordingly. All participants will be contacted prior to their program with full details. Colvin Run Mill offers weekday timeslots, call 703-759-2771 for availability.

Family/All Ages

All participants, including accompanying adults, must register and pay for the program.

Cain's Branch Archaeology Tour

(6-Adult) Hike the trail and learn about the history of abandoned sites hidden from most visitor's view. Follow trails of forested areas and Cain's Branch waterway to learn about the life of early inhabitants who made Sully their home. This outdoor guided program does involve some walking over uneven terrain and along trails. Program is held weather permitting.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	ZNR.0BXT	10/24	\$10/ea.
Sully	Su	1pm	ZNR.TV6S	11/1	\$10/ea.

Dairy Days - Ice Cream Making & Butter

(5-Adult) Churn butter, crank ice cream, and experience the products of a historic dairy. Come visit and learn more about the importance of dairy farms in Fairfax County's past.

1--90 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	851.L9F1	9/19	\$15/ea.

Fall Tea Party

(3-Adult) Bring your child to the Mill and celebrate Fall. We'll have tea, savory and sweet treats and play 19th century games.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	KH6.8D42	9/26	\$20/ea.

Family Fun - Apple Tea Party

(4-Adult) Learn about Green Spring's past as an apple orchard and farm. Go for a walk around the gardens on a scavenger hunt before heading to the historic house for apple-themed tea. Taste different local apple varieties and other apple flavored treats.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	1TW.1IVQ	9/12	\$20/ea.

Folklore and Campfire

(4-Adult) Cozy up around a campfire under the stars at historic Colvin Run Mill. Learn and engage with folktales that reflect and celebrate American culture, customs, and diversity. Finish the evening toasting marshmallows.

1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	7pm	UHO.5NEO	9/26	\$10/ea.

Forgotten Treasure - The American Chestnut

(6-Adult) Delve into the history of the American Chestnut and learn about efforts to revitalize what was once an iconic North American tree. Enjoy a fire while cooking and sampling chestnuts from an American Chestnut relative. Program is held at the Woodland Stewardship Education Center.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncePk	Su	2pm	T2M.HPFY	10/4	\$9/ea.





High Seas and Hardtack

(4-Adult) Discover how sailors were fed during the War of 1812. Explore the mill as we grind grain using the power of the waterwheel. Meet members of Ship's Company, a War of 1812 reenactors' group and hear stories about life at sea. Make ship biscuits, also called hardtack.

1--2 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	X07.V308	11/1	\$14/ea.

Historic Crafts and Trades

(5-Adult) Discover nineteenth century crafts and trades and see demonstrations by craftspeople of today. In the 1800s, people depended on experts who hand-crafted the goods they needed. Some of these crafts and trades are practiced by contemporary artisans. Demonstrations may include basket weaving, wood carving, broom making, spinning and dyeing, distilling and cider making. Make time to see our historic mill in motion, powered by the water of Colvin Run. You can also visit the general store and explore the miller's house exhibit.

1--3 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	C3L.I7PB	10/18	\$16/ea.

Ice Cream at Historic Huntley

(All Ages) Make and enjoy hand-cranked ice cream as Huntley's Harris family may have done. Discover how the histories of ice cream and Huntley follow a similar path from elite luxury to family fare. Ice well and Historic Huntley House tour included.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	2pm	633.CJKB	9/12	\$10/ea.
HistHuntley	Sa	2pm	633.78Y2	10/3	\$10/ea.

Making Ice and Ice Cream at Walney

(4-Adult) Crank ice cream as you discover how ice was harvested and stored in this 19th century farm. Try using ice tongs. Children must be accompanied registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrnPk	Sa	3pm	AC3.X9V2	9/5	\$9/ea.
ECLawrnPk	Sa	3pm	AC3.4V8Z	9/26	\$9/ea.
ECLawrnPk	M	3pm	AC3.0U74	10/12	\$9/ea.

Paths of Freedom Seekers

(8-Adult) Listen to stories of African Americans who were forced to live and work on this farm. Reflect on individuals' stories of resistance and survival. Learn how enslaved communities and freedom seekers have forged a path of resiliency throughout American history.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrnPk	Sa	10am	QYM.USIP	10/3	\$9/ea.

Podcasts of the Past

(8-Adult) Podcasts and social media platforms are changing the way we create and receive information. Radio played a very similar role in rural America during the 1920s until the dawn of television. Come see old time radios, hear the most famous broadcasts from the period and do an activity related to iconic radio broadcasts.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Su	6pm	NZB.Q1WP	11/8	\$10/ea.

Spy Craft

(7-Adult) Explore the lives of the men and women during the Revolutionary War who passed along secrets and information and the technology they used in dangerous times. Try your hand at a little spy craft to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrnPk	Sa	2pm	1EF.0J0G	9/19	\$9/ea.

Time for Turkeys!

(7-Adult) Turkeys are native to the Americas and have been everything from decorative to Thanksgiving centerpiece. They've been here for 10 million years but how can you make sure they have a place here for a million more? Find out more about the role of turkeys in different cultures and how important habitat restoration will make room for turkeys.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrnPk	W	11am	1RQ.8WTE	11/25	\$9/ea.

Movie at the Mill - Frankenstein

(10-Adult) Watch an outdoor screening of Frankenstein (1931) at the 19th century gristmill. Bring your own blanket or low lawn chair. Refreshments and concessions will be available for purchase. The Miller's House Exhibit will be open for self-guided tours at 6 p.m. and will close at the start of the film. The film will start at sunset - 7 p.m.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	7pm	T1R.UCUI	10/3	\$12/ea.

EARLY VIRGINIA DAY






Saturday, October 3 • 10 a.m. - 1 p.m. • Sully Historic Site
Ages 6 and older • \$10 per person

Step into early 19th-century Virginia at Sully Historic Site.

- Visit Sully's historic buildings
- Watch craft demonstrations
- Try textile activities
- Take part in an archaeology activity
- Explore traditional trades

Most guests spend about 90 minutes at this program.




This special celebration is brought to you by the Fairfax County 250th Commission.



A traditional British afternoon tea served in the Historic House follows a program. Full tea includes finger sandwiches, pastries and scone with cream and jam.

A Star-Spangled History Tea

(14-Adult) Challenge yourself with what you thought you knew about our nation's past with an entertaining history quiz while enjoying afternoon tea. Discover fascinating facts and unexpected truths about our nation's history, symbols, events and notable figures - including some former Green Spring residents.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	QXF.618I	10/4	\$45/ea.

Winter Holiday Tea

(14-Adult) Winter is a festive season around the world with traditions that combine spiritual meaning and ritual with light, renewal, and joyful gatherings. Enjoy a traditional afternoon tea service as you learn about winter holidays across cultures and continents with our interactive quiz. From solstice festivals to Carnival, discover customs around the globe that bring connection, celebration and warmth to the coldest months.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	1pm	30G.FDUB	12/5	\$45/ea.
GrnSprGardn	Su	1pm	30G.L3QQ	12/6	\$45/ea.



Teas at Historic Huntley

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--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	C33.XMBR	12/3	\$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 program

Location	Day	Time	Code	Date	\$
HistHuntley	Th	1pm	87A.U2CA	9/10	\$35/ea.
HistHuntley	Th	1pm	87A.IHRQ	10/22	\$35/ea.
HistHuntley	Th	1pm	87A.NXFZ	11/12	\$35/ea.



Teen/Adult Programs

Art of Mending

(12-Adult) Discover how people of the past patched, stitched and darned to mend worn clothing. See and touch examples of mending techniques. Learn how to thread a needle, make basic stitches and sew on a patch to extend the life of your own garments. Materials will be provided.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	1pm	RPV.RCX6	11/14	\$20/ea.

Civil War at Huntley - Division and Endurance

(16-Adult) Fairfax was as divided as the nation in 1861. Yet these divisions help to explain how Huntley endured the war. This program will examine Huntley through the Civil War through the experiences of the Mason family, their neighbors, and an occupying army. Includes a tour of Historic Huntley.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	W	10:30am	4NZ.6YCY	11/11	\$10/ea.

Culture Class

(16-Adult) Join us for an instructional workshop on the origins and science behind cultured food and fermentation. We will learn how to make kombucha and kimchi and taste homemade yogurt and cashew cheese. We will also review a brief history of fermentation, how fermentation happens and why it is an important homesteading skill to have today both for your personal health and the environment.

1--2 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	10am	HW3.9IA8	11/22	\$20/ea.

Garden Tour - Beatrix Farrand's Legacy

(16-Adult) Beatrix Farrand's small-scale landscape at Green Spring is one of the few surviving gardens of this acknowledged master of twentieth century American landscape design. Hear about her unconventional life and brilliant career, why she designed a garden at Green Spring, and how we continue to protect her important legacy. Refreshments served. Meet at the Historic House.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	MKP.J08K	9/19	\$15/ea.

Historic Green Spring Tour

(16-Adult) View the interior of the 1784 Historic House to discover fascinating ways it was adapted over time, reflecting changing needs, lifestyles and technologies spanning 3 centuries. A hidden doorway, a rotated staircase, repurposed historic woodwork and a major mid-20th century renovation all reveal how much a home can tell us about human history.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	9:30am	YD8.ORFH	10/17	\$15/ea.
GrnSprGardn	Sa	9:30am	YD8.YWTG	11/14	\$15/ea.



Follow us on Instagram
www.instagram.com/fairfaxparks/

Introduction to Duck Decoy Carving

(14-Adult) Try your hand at this traditional American wood art form. Carve a decorative Canvasback duck decoy with Northern Virginia Carvers. Participants should have some carving experience, such as having taken the beginner carving course. \$60.00 supply fee to be paid on the first day of class. Class 5 carving glove(s) and a thumbguard required. Sessions are three consecutive Saturdays October 10, 17, and 24 from 9 a.m. to 4 p.m. to carve and paint your decoy.

3--7 hour lessons

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	9am	EOA.E59J	10/10	\$140/ea.

Lecture - Are We Haunted?

(14-Adult) Hear hair-raising stories of hauntings and ghost hunters that pose dilemmas for caretakers of the past. Learn why historic sites with supernatural reputations can become haunted by ghost stories that misrepresent historical fact and reduce historical figures to mere spooks and specters. Hear how Green Spring's Historic House and other local historic properties handle the question "are you haunted?" Afterwards, stay for some spooky refreshments.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	N3F.5GX4	10/18	\$18/ea.

Lecture - Scots and American Independence

(14-Adult) Contributions of the Scots are woven into our local history and the nation's founding. Discover historical ties between Scotland and Green Spring's surrounding communities. Hear how Scottish immigrants brought with them a tradition of revolution to America that reflected their own struggles for autonomy. Explore the connection between Scotland's dramatic 14th century declaration of independence, the Treaty of Arbroath and America's Declaration of Independence more than 450 years later. Afterwards, stay for refreshments and socializing.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	JT6.EMT0	9/13	\$18/ea.

Botanical History - Marigolds and Day of the Dead

(14-Adult) Learn about the history and importance of marigolds to different cultures and celebrations, including the joyful Mexican celebration, Dia de los Muertos (Day of the Dead). Craft a marigold flower crown or a garland using blooms grown at Green Spring to take home. Afterwards enjoy horchata and other traditional Mexican treats in the Historic House.

1--2 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1pm	XST.LLTE	11/1	\$44/ea.



Celebrate Culture and Tradition

VIRGINIA NATIVE AMERICAN FESTIVAL

at Riverbend Park

Saturday, September 12 ♦ 10 a.m.-2:30 p.m.




- Celebrate Native culture, history and traditions at Riverbend Park
- Meet tribal members from across Virginia
- Watch traditional dancing and drumming
- Shop for handmade crafts from Native vendors
- Learn about Native history and culture
- Try hands-on activities, including archery, dugout canoe demos, nature walks and crafts

Advance registration: \$12 sales end September 11 at 9 p.m.
At the door: \$15

Register at www.fairfaxcounty.gov/parks/riverbend

Riverbend Park • 8700 Potomac Hills Street, Great Falls

Teacup Topiary Workshop

(14-Adult) Enjoy a sociable crafting workshop to create an all-season centerpiece that combines two of our favorite things: flowers and teacups. Gather at the Historic House to make a beautiful teacup topiary that will grace a table or mantle for years to come. All materials supplied, including fine china teacup and saucer. Meet at the Historic House. Refreshments served.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	RHM.5JKF	10/10	\$32/ea.

Virginia Hauntings - Legends & Lore

(12-Adult) Learn about local ghost stories, legends, and tales of the supernatural on this nighttime lantern-lite tour. The tour guide will lead you through the historic house and the 19th century gristmill.

1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	F	7pm	G7G.R03I	10/23	\$10/ea.
ColvinRunMill	F	7:30pm	G7G.UQ6Z	10/23	\$10/ea.
ColvinRunMill	Sa	7pm	G7G.LEYC	10/24	\$10/ea.
ColvinRunMill	Sa	7:30pm	G7G.A8Y2	10/24	\$10/ea.

Celebrate your
Birthday in the Parks!

www.fairfaxcounty.gov/parks/parties



Adult Programs

Enslaved Lives and the Legacy of Slavery

(Adults) Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	11am	BF1.NKLU	11/7	\$12/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	Su	2pm	F8B.H4DX	10/25	\$14/ea.

Twilight Hilltop Tour

(Adults) Historic Huntley sits high upon a hill overlooking Hybla Valley and Huntley Meadows Park that is even more dramatic and stunning by the setting sun. Join us after hours for a special tour and see the house in a different light. Light refreshments served afterward. Dress appropriately for the weather.

1--1 hour program

Location	Day	Time	Code	Date	\$
HistHuntley	Sa	7pm	D3E.1DQJ	9/26	\$10/ea.

This program links to the VA250 and the Fairfax250 commemoration.

Early Virginia Day

(6-Adult) Spend a morning in early nineteenth century Virginia visiting Sully's historic buildings and watch craft demonstrations. Try textile production, an archaeology activity, and traditional trades. Most people spend an hour and a half at this program.

1--3 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	10am	7TK.MLHL	10/3	\$10/ea.

Hands on History - Herbs for Food and Medicine

(6-Adult) Explore Sully's heirloom garden and learn how early Americans used herbs in cooking, medicine and housekeeping.

1--90-minute program

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	L9N.6UDB	11/8	\$15/ea.

Hands on History - Pickling and Preservation

(6-Adult) Discover the traditional methods of preserving food before refrigerators were available. Try pickling and take home some tasty skills.

1--90-minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	4DJ.CE6V	11/14	\$15/ea.

Hidden History of Hidden Pond

(13-Adult) As part of Fairfax 250, explore the rich natural and human history of the Hidden Pond. Drawing from the work of local author Jack Hiller, discover how the park has changed over time and why it remains important today through guided exploration.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Sa	11am	GFF.ZG05	10/10	\$12/ea.

Historic Preservation at Sully

(12-Adult) Discover how Sully went from a 1950's private home to the historic site it is today. Hear how local citizens saved Sully from demolition and how the surviving buildings were restored to their 1794-5 origins. Examine the archaeological reports and early documents that aided in the reconstruction of the housing for enslaved people.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Su	1pm	BUN.9WES	10/18	\$10/ea.

Lafayettes' Legacy - A Spy Game

(8-Adult) Can you save history before the clock runs out? Imagine a local landmark is slated for demolition, and only your team can prove its link to the legendary double agent James Armistead Lafayette.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	2pm	E9V.KF52	9/12	\$10/ea.

Lecture - American as Apple Pie

(14-Adult) A uniquely American symbol, the apple pie is really a medley of ingredients from far away

and pie-making traditions from long ago. Explore the culinary roots of apple pie to discover an all-American dish that perfectly reflects this "melting-pot" nation. Hear about the historical importance of apple orchards in American agriculture and on Green Spring Farm. Afterwards, stay for apple pie and socializing.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Su	1:30pm	WBU.MRN5	11/22	\$18/ea.

Mill in Motion

(4-Adult) Explore 200-year-old Colvin Run Mill as we grind grain using the power of the waterwheel. Learn how automated gristmills revolutionized flour production. Visit the 19th century Miller's House and the General Store to purchase our ground grain.

1--2 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	12pm	9NY.MGIY	10/4	\$14/ea.

Spanish-Language Historic Site Tour

(6-Adult) Aprenda sobre la historia y la importancia del Sitio Histórico de Sully. Explore la vida y las personas que vivieron y trabajaron en este lugar desde la década de 1700 hasta la de 1950. Este recorrido guiado incluye una de las viviendas de las personas esclavizadas, la Casa Sully de 1794, la cocina, la lavandería y otras estructuras históricas.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	WHX.BF9W	9/12	\$10/ea.

The Civil War at Sully

(6-Adult) Discover more about the turbulent history and importance of Sully and Fairfax County during the Civil War. Tour the historic site and learn about the different figures who experienced the war at Sully. Hear about Maria Barlow, who encountered and dealt with troops on both sides.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Sa	1pm	YAN.A5LX	9/5	\$10/ea.
Sully	Su	1pm	YAN.0T1G	9/27	\$10/ea.
Sully	Su	1pm	YAN.TIMO	10/11	\$10/ea.
Sully	Su	1pm	YAN.1KJ2	11/15	\$10/ea.

Tasting Party - Liberty Teas

(14-Adult) The Boston Tea Party of December 16, 1773, became a symbol of resistance against all things British. Hear about the colonists' boycott of the "baneful herb" and how American patriots turned to their gardens to make their own "liberty teas" from a wide range of plants, fruits, flowers and herbs. Enjoy some authentic samples of these delicious tea-free infusions. All-American accompaniments served. Meet at the Historic House.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10am	A9S.68TX	9/26	\$28/ea.
GrnSprGardn	Sa	10am	A9S.0NYA	11/7	\$28/ea.

Fairfax 250 History Adventure Badge

Explore → Discover → Earn Your Patch

Celebrate America's 250th by exploring Fairfax County's parks, history and stories.



- ✓ Complete 6 activities (Learning, Sharing, Doing)
- ✓ Track your progress
- ✓ Turn it in to earn your patch

Free self-guided program
(patch included)

Get Started!

www.fairfaxcounty.gov/parks/topics/fairfax250



FAIRFAX COUNTY
VA250

HISTORIC SITE TOURS



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.

COLVIN RUN MILL TOUR

Saturdays and Sundays,
September-November

11 a.m., 12 p.m., 1 p.m. & 2 p.m.

\$10/adult, \$8 Seniors/Children (5-15 yrs.)

1 hour tour, Reservations recommended

(All Ages) Enjoy a tour of historic Colvin Run Mill built c.1811. The Mill is a tribute to industrial and mechanical innovation, and to the working people who made it happen. Learn the importance of the Mill for the surrounding community. Explore why our operational, water-powered gristmill is a prime example of how people, technology, and society rely upon each other for survival and success. You will see how the miller continues to make flour and cornmeal today. The tour covers the main grinding floor and the basement, including the gear pit. This tour is ADA compliant.

HISTORIC GREEN SPRING TOUR

Thursdays, September-November

11 a.m.

\$10/adult, \$8 Seniors/Children (9-15 yrs.)

45-minute visit, Reservations recommended

(9-Adult) Visit the first floor of Green Spring Gardens' 1784 Historic House and learn about the site's 18th century origins, its early owners and the enslaved people who once lived and toiled here. Hear fascinating stories of past residents and discover how Green Spring became a horticultural and historical resource for visitors today. This house visit is ADA compliant.

HISTORIC HUNTLEY HOUSE TOUR

Saturdays, September-October

10:30 a.m. & 12 p.m.

\$10/adult, \$8 Seniors/Children (5-15 yrs.)

1-hour tour, Reservations recommended

(All Ages) Discover a view for all time during a tour of Historic Huntley. The view from Huntley is not singular, here we have many vistas, voices, and stories. Many of these stories reflect the American quest for freedom. The tour includes the unfurnished late Federal style 1825 villa, farm out-buildings, stories from the Huntley community and an unparalleled view of the Hybla Valley. The short walk to the villa proceeds up a steep hill, an ADA compliant cart is available on request (please contact us in advance).

SULLY HISTORIC SITE TOUR

Thursday-Sunday, September-November

11:30 a.m., 1 p.m. & 2:30 p.m.

\$10/adult, \$8 Seniors/Students/Children (5-15 yrs.)

1-hour tour, Reservations recommended

(All Ages) Learn about the history and importance of Sully Historic Site. Explore the lives of the people who lived and worked at this site from the 1700s to the 1950s. This guided tour covers the housing of enslaved people, the 1794 Sully house, the kitchen, the laundry, and other historic structures.



Sully Illuminated



(8-Adult) Come and tour the historic buildings and landscape by safe candlelight. Experience how different kinds of light reflected on the lives of Sully's free and enslaved residents. Enjoy refreshments after the tour. Pre-registration required. Note: This program involves walking outside and indoors in very low light.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Sully	Sa	5:30pm	TNS.JZA8	11/7	\$12/ea.
Sully	Sa	6pm	TNS.XT95	11/7	\$12/ea.
Sully	Sa	5:30pm	TNS.TQ8X	11/14	\$12/ea.
Sully	Sa	6pm	TNS.0B4R	11/14	\$12/ea.
Sully	Sa	5:30pm	TNS.V5HX	11/21	\$12/ea.
Sully	Sa	6pm	TNS.YDX8	11/21	\$12/ea.

HISTORIC Oak Hill OPEN HOUSE

Friday, September 25
4-7 p.m.
Oak Hill
4716 Wakefield Chapel Rd., Annandale

The Oak Hill Open House is a **FREE** event, but registration is required. Please visit www.fairfaxcounty.gov/parks/oak-hill to learn more and reserve your tickets.

Visit of one of the oldest homes in Fairfax County!

In 2004, the Northern Virginia Conservation Trust, the Fairfax County Park Authority and the Fairfax County Board of Supervisors agreed to a historic and conservation easement to preserve the privately-owned Oak Hill home and property. The owners will open the property for tours of the grounds and first floor for this annual event.





Ice Skating

Scan the QR code to go directly to the Parktakes Online Ice Skating page.

**Ice skating classes:**

- Offered at Mount Vernon Ice Arena at Mount Vernon Rec Center and at Fairfax Ice Arena.
- Students should report 15 minutes before class and be ready to go on the ice at class time.
- Prior to the first class, students should attend a public session to become accustomed to the ice and to determine proper skate fitting.
- Recommended clothing is a sweater or jacket, knit hat, gloves or mittens and warm, comfortable slacks.
- Ice skating classes include free admission to public skating sessions equal to the number of classes. All group-lesson students are entitled to free rental skates for use during lessons and practice sessions.
- Although there are no equipment requirements except as noted in Hockey 1 and up, head protection (hockey or biking helmets), knee and elbow protection are strongly recommended.

WHICH LEVEL IS RIGHT FOR ME?

Two different instructional progressions are used for lessons, USFSA (Skate with US – Snowplow Sam, Basic, Freestyle, Adult) and ISI (Ice Skating Institute – Tot, Pre-Alpha, Alpha, Beta). The Park Authority offers the full progression of classes for USFSA and the ISI introductory-level classes for each age group. *Students in one progression may change to the other progression at the appropriate skating level by using the chart below. Consult the course descriptions for more information.

USFSA	Ages	ISI
Snowplow Sam 1	3-6 yrs.	Tot 1 or 2 (4-6 yrs.)
Snowplow Sam 2	3-6 yrs	*
Snowplow Sam 3	3-6 yrs	*
Basic 1	6-13 yrs.	Pre-Alpha (7-13 yrs.)
Basic 2	6-13 yrs.	*
Basic 3	6-13 yrs.	*
Basic 4	6-13 yrs.	*
Basic 5	6-13 yrs.	*
Basic 6	6-13 yrs.	*
Basic 7	7-13 yrs.	*
Basic 8	6-Adult	*
Adult 1	14-Adult	Pre-Alpha Adult
Adult 2	14-Adult	*
Adult 3	14-Adult	*
Adult 4	14-Adult	*

**Skating Tots/Preschool****Mom or Dad and Me**

(3-5 yrs.) This class helps students develop preliminary coordination and strength necessary for ice skating. The skills are like those in Snowplow Sam 1 except that adults and children stay together on the ice for the whole class. Each participating adult must be able to skate without assistance to help the student in the learning process; this is not a learn-to-skate class for the adult. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared toward balance, movement and coordination. Helmets are required.

4IG 6--30 minute lessons--\$155
3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	EB9.7XS4	9/22	4IG
MtVernREC	F	4:30pm	EB9.RHHL	9/25	4IG
MtVernREC	F	9:45am	EB9.UW32	9/25	4IG

**New Vision on Ice at Mount Vernon Rec Center**

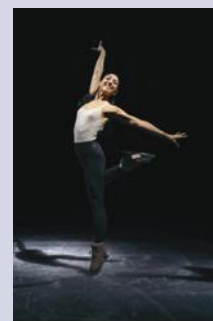
Mount Vernon Rec Center recently welcomed Laura Seal as its new Ice Director. As a former competitive figure skater, Seal brings more than 15 years of coaching experience and 10 years of professional skating experience to the role. She has performed around the world from Dubai to Japan with a variety of companies including Holiday on Ice and Disney on Ice. In 2020, she received the Maryland State Arts Council Independent Artist Award for her choreographic work with ice skating groups.

"Skating taught me so much more than tricks and routines, it taught me everything about who I am today, and I am forever thankful for what it has provided me," Seal says. "I am always so excited to pass my love of skating onto others and see what it has to teach them too!"

Seal comes to the Ice Director role with a Bachelor of Science in Kinesiology from The University of Maryland and a Master of Public Health from George Washington University. Her work in the Public Health Sector also has included emergency response and water filtration projects in Central America.

Seal is passionate about making ice skating accessible to all and encourages everyone of all ages to give ice skating a try. "Join one of our many programs and public sessions," she says. "My vision is to inspire lifelong skaters by providing exceptional instruction, fostering personal growth, and promoting a supportive environment that encourages passion, dedication, and fun."

Visit www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena/ to learn more.



MtVernREC	Sa	10:35am	EB9.VAL8	9/26	4IG
MtVernREC	Sa	11:45am	EB9.CSKQ	9/26	4IG
MtVernREC	Su	12:10pm	EB9.JS5X	9/27	4IG
MtVernREC	T	4:15pm	EB9.5V48	11/3	4IG
MtVernREC	Sa	10:35am	EB9.VXGZ	11/14	3IG
MtVernREC	Sa	11:45am	EB9.5SK3	11/14	3IG
MtVernREC	Su	12:10pm	EB9.IV2S	11/15	3IG

Snowplow Sam 1

This class helps students develop preliminary coordination and strength necessary for ice skating. Students must be able to work in a group setting without direct parental supervision and be able to listen to and follow instructions. Skating skills include falling safely, marching in place, marching forward, marching then gliding on two feet, dipping in place and other skills geared towards balance, movement and coordination. Helmets are required.

3IG 5--30 minute lessons--\$130
4IG 6--30 minute lessons--\$155
DIAA 7--30 minute lessons--\$170

Location	Day	Time	Code	Begin	\$
(3-5 yrs.)					
MtVernREC	T	4:15pm	9BB.TKYO	9/22	4IG
MtVernREC	Th	5pm	9BB.7BDY	9/24	4IG
MtVernREC	F	4:30pm	9BB.W9CU	9/25	4IG
MtVernREC	F	9:15am	9BB.6R16	9/25	4IG
MtVernREC	Sa	10am	9BB.RV9K	9/26	4IG
MtVernREC	Sa	11:45am	9BB.PMWW	9/26	4IG
MtVernREC	Su	11:35am	9BB.LYDY	9/27	4IG
MtVernREC	T	4:15pm	9BB.JA2N	11/3	4IG
MtVernREC	Th	5pm	9BB.B8GQ	11/5	4IG
MtVernREC	Sa	10am	9BB.TTFM	11/14	3IG
MtVernREC	Sa	11:45am	9BB.LA0U	11/14	3IG
MtVernREC	Su	11:35am	9BB.024N	11/15	3IG
(4-6 yrs.)					
FfxIceArena	M	5:35pm	8A6.U05C	9/14	DIAA
FfxIceArena	T	6:40pm	8A6.LRLO	9/15	DIAA
FfxIceArena	W	6:40pm	8A6.GXDA	9/16	DIAA
FfxIceArena	Th	6:40pm	8A6.P3ND	9/17	DIAA
FfxIceArena	Sa	8:40am	8A6.GYNS	9/19	DIAA

Snowplow Sam 2

(3-5 yrs.) This class delves further into ice skating skills learned in Snowplow Sam 1. Skating skills include march followed by a long glide, dip while

moving, backward walking, backward wiggles, forward swizzle, beginning snowplow stop motion in place or holding onto barrier, two-foot hop in place and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 1 or Tot 1. Helmets are required.

3IG 5--30 minute lessons--\$130
4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	800.VZCD	9/22	4IG
MtVernREC	Th	5pm	800.41WL	9/24	4IG
MtVernREC	F	5:05pm	800.UITW	9/25	4IG
MtVernREC	F	9:45am	800.CYX3	9/25	4IG
MtVernREC	Sa	11:10am	800.X6YM	9/26	4IG
MtVernREC	Sa	11:45am	800.MGG3	9/26	4IG
MtVernREC	Su	11:35am	800.VWXH	9/27	4IG
MtVernREC	Su	12:10pm	800.PYPY	9/27	4IG
MtVernREC	T	4:15pm	800.6W4W	11/3	4IG
MtVernREC	Th	5pm	800.QZSL	11/5	4IG
MtVernREC	Sa	11:10am	800.9HK0	11/14	3IG
MtVernREC	Sa	11:45am	800.4QCA	11/14	3IG
MtVernREC	Su	11:35am	800.IVOB	11/15	3IG
MtVernREC	Su	12:10pm	800.Z8G0	11/15	3IG

Snowplow Sam 3

(3-5 yrs.) This class emphasizes ice skating skills learned in Sam 1 and 2 and teaches students basic ice-skating elements. Skills include forward skating, forward one-foot glide, forward swizzles, backward swizzles, moving forward snowplow stop, curves and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 2. Helmets are required.

4IG 6--30 minute lessons--\$155
3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	C1B.84QJ	9/22	4IG
MtVernREC	Th	5:35pm	C1B.2SS4	9/24	4IG
MtVernREC	Sa	11:10am	C1B.FPSX	9/26	4IG
MtVernREC	Su	12:10pm	C1B.2UG6	9/27	4IG
MtVernREC	T	4:50pm	C1B.OPH3	11/3	4IG
MtVernREC	Th	5:35pm	C1B.Y4GG	11/5	4IG
MtVernREC	Sa	11:10am	C1B.P42M	11/14	3IG
MtVernREC	Su	12:10pm	C1B.BJ01	11/15	3IG

Snowplow Sam 4

(3-5 yrs.) This class is designed for students who have completed the Snowplow Sam 1-3 curriculum but are not yet comfortable enough to begin the basic series with older students. Skating skills include forward skating, backward two-foot glide, backward swizzles, rocking horse, two-foot hop and other skills geared toward balance, movement and coordination. Prerequisite: Snowplow Sam 3. Helmets are required

3IG 5--30 minute lessons--\$130
4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	7C1.ZGLS	9/22	4IG
MtVernREC	Sa	11:10am	7C1.OX7S	9/26	4IG
MtVernREC	T	4:50pm	7C1.T304	11/3	4IG
MtVernREC	Sa	11:10am	7C1.93VI	11/14	3IG

Tot 1

(4-6 yrs.) For children who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$170

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	5:35pm	9B3.90PR	9/14	DIAA
FfxIceArena	T	6:40pm	9B3.R2CK	9/15	DIAA

FfxIceArena	W	6:40pm	9B3.1KAD	9/16	DIAA
FfxIceArena	Th	6:40pm	9B3.5MC4	9/17	DIAA
FfxIceArena	Sa	8:40am	9B3.3CG4	9/19	DIAA

Beginning Skating – Youth

Basic 1

For students who have never skated before, this class helps develop preliminary coordination and strength necessary for ice skating. Students learn basic elements including falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination. Helmets are required.

4IG 6--30 minute lessons--\$155
DIAA 7--30 minute lessons--\$170
3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	FBC.LS68	9/22	4IG
MtVernREC	T	5:25pm	FBC.K6LH	9/22	4IG
MtVernREC	Th	5:35pm	FBC.6B3U	9/24	4IG
MtVernREC	F	4:35pm	FBC.F1SC	9/25	4IG
MtVernREC	F	5:05pm	FBC.CC2B	9/25	4IG
MtVernREC	Sa	10am	FBC.OPF8	9/26	4IG
MtVernREC	Sa	11:10am	FBC.KPY9	9/26	4IG
MtVernREC	Sa	11:45am	FBC.W6F0	9/26	4IG
MtVernREC	Su	11am	FBC.QIY8	9/27	4IG
MtVernREC	Su	11:35am	FBC.SESV	9/27	4IG
MtVernREC	T	4:15pm	FBC.POHX	11/3	4IG
MtVernREC	T	5:25pm	FBC.4RT6	11/3	4IG
MtVernREC	Th	5:35pm	FBC.8HDL	11/5	4IG
MtVernREC	Sa	10am	FBC.D5Q3	11/14	3IG
MtVernREC	Sa	11:10am	FBC.ZLBS	11/14	3IG
MtVernREC	Sa	11:45am	FBC.94ND	11/14	3IG
MtVernREC	Su	11am	FBC.JIVY	11/15	3IG
MtVernREC	Su	11:35am	FBC.LV4M	11/15	3IG

(7-13 yrs.)

FfxIceArena	M	6:10pm	7AC.IABV	9/14	DIAA
FfxIceArena	T	7:15pm	7AC.3EYT	9/15	DIAA
FfxIceArena	W	7:15pm	7AC.MP21	9/16	DIAA
FfxIceArena	Th	7:15pm	7AC.A9SW	9/17	DIAA
FfxIceArena	Sa	9:30am	7AC.WH1M	9/19	DIAA

Basic 1 Advanced

(6-13 yrs.) For those with some ice skating ability who have had no organized skating instruction or for those who wish to repeat Basic 1. Continue to learn basic elements including falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills for balance, movement and coordination.

4IG 6--30 minute lessons--\$155
3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	B6D.U4YZ	9/22	4IG
MtVernREC	Sa	10am	B6D.ALNT	9/26	4IG
MtVernREC	Sa	10:35am	B6D.SCSD	9/26	4IG
MtVernREC	Su	12:10pm	B6D.HIE6	9/27	4IG
MtVernREC	T	4:50pm	B6D.EKOJ	11/3	4IG
MtVernREC	Sa	10am	B6D.QTGD	11/14	3IG
MtVernREC	Sa	10:35am	B6D.MZUC	11/14	3IG
MtVernREC	Su	12:10pm	B6D.JJM4	11/15	3IG

Homeschool Basic 1

(6-13 yrs.) This class targets students who are homeschooled but is open to any student. For students who have never ice skated before, this

class helps students develop the preliminary coordination and strength necessary for ice skating. Students learn basic elements which provide a solid foundation for more advanced skills. Skating skills include falling down safely, sitting on ice and standing up, marching in place, marching forward across the ice, march then glide on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles, beginning snowplow stop on two feet or one foot and other skills geared towards balance, movement and coordination.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:15am	44E.IHOJ	9/25	4IG

Basic 2

(6-13 yrs.) This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skating skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow stop and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 1.

4IG 6--30 minute lessons--\$155
3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	291.6Y77	9/22	4IG
MtVernREC	T	5:25pm	291.FNQ1	9/22	4IG
MtVernREC	Th	5:35pm	291.UXFE	9/24	4IG
MtVernREC	F	4:30pm	291.N3SL	9/25	4IG
MtVernREC	F	5:05pm	291.VJVS	9/25	4IG
MtVernREC	Sa	10am	291.EQCV	9/26	4IG
MtVernREC	Sa	11:10am	291.SGY0	9/26	4IG
MtVernREC	Sa	11:45am	291.CVT8	9/26	4IG
MtVernREC	Su	11am	291.N7ME	9/27	4IG
MtVernREC	Su	11:35am	291.DWMG	9/27	4IG
MtVernREC	T	4:50pm	291.V513	11/3	4IG
MtVernREC	T	5:25pm	291.XLKJ	11/3	4IG
MtVernREC	Th	5:35pm	291.GBTA	11/5	4IG
MtVernREC	Sa	10am	291.KUYS	11/14	3IG
MtVernREC	Sa	11:10am	291.Y0JF	11/14	3IG
MtVernREC	Sa	11:45am	291.ALAG	11/14	3IG
MtVernREC	Su	11am	291.R2FO	11/15	3IG
MtVernREC	Su	11:35am	291.1LRE	11/15	3IG

Homeschool Basic 2

(6-13 yrs.) Geared for students who are home-schooled but is open to any student. This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow

Doing More with Specialists

The Park Authority contracts with specialists in different areas to offer a broad range of programs and times to skate. Service partners who rent the ice at the Mount Vernon Rec Center include:

- Youth and Adult Hockey Leagues/Clubs
- Adult Drop-in Hockey
- Figure Skating Clubs
- Special Olympics

A list of these organizations is available online: www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena.

Ice Skating

stop and other skills geared towards balance, movement and coordination. Prerequisite: Basic 1.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:45am	018.NGOB	9/25	4IG

Basic 3

(6-13 yrs.) Skaters continue working on ice skating skills including beginning forward stroking showing correct use of blade, forward half swizzle pumps on a circle, moving forward to backward two-foot turns on a circle, beginning backward one-foot glides, backward snowplow stop, forward slalom and other skills geared toward balance, movement and coordination. Prerequisite: Basic 2.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	63A.P4T2	9/22	4IG
MtVernREC	T	5:25pm	63A.9ABG	9/22	4IG
MtVernREC	F	5pm	63A.5AMT	9/25	4IG
MtVernREC	Sa	10am	63A.L9HL	9/26	4IG
MtVernREC	Sa	10:35am	63A.SRQR	9/26	4IG
MtVernREC	Sa	11:10am	63A.4RL7	9/26	4IG
MtVernREC	Su	11am	63A.60BM	9/27	4IG
MtVernREC	Su	11:35am	63A.KXDK	9/27	4IG
MtVernREC	Su	12:10pm	63A.24ZY	9/27	4IG
MtVernREC	T	4:50pm	63A.JIIB	11/3	4IG
MtVernREC	T	5:25pm	63A.SK6A	11/3	4IG
MtVernREC	Sa	10am	63A.XS10	11/14	3IG
MtVernREC	Sa	10:35am	63A.B0RH	11/14	3IG
MtVernREC	Sa	11:10am	63A.QXVF	11/14	3IG
MtVernREC	Su	11am	63A.4L52	11/15	3IG
MtVernREC	Su	11:35am	63A.C9XH	11/15	3IG
MtVernREC	Su	12:10pm	63A.5EIS	11/15	3IG

Homeschool Basic 3

(6-13 yrs.) This class targets students who are homeschooled but is open to any student. Skaters continue working on ice skating skills including beginning forward stroking showing correct use of blade, forward half swizzle pumps on a circle, moving forward to backward two-foot turns on a circle, beginning backward one-foot glides, backward snowplow stop, forward slalom and other skills geared toward balance, movement and coordination. Prerequisite: Basic 2.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	F	9:45am	CGN.ME36	9/25	4IG

Pre-Alpha

(7-13 yrs.) For those who have not had organized skating instruction. Students work on standing and falling properly, getting up properly and marching in a standing position.

DIAA 7--30 minute lessons--\$170

Location	Day	Time	Code	Begin	\$
FfxIceArena	M	6:10pm	E65.JY6U	9/14	DIAA
FfxIceArena	T	7:15pm	E65.3100	9/15	DIAA
FfxIceArena	W	7:15pm	E65.MEQM	9/16	DIAA
FfxIceArena	Th	7:15pm	E65.S486	9/17	DIAA
FfxIceArena	Sa	9:30am	E65.W40I	9/19	DIAA

Beginning Skating - Teens/Adults

Adult Introductory Skating

(14-Adult) For students who have never skated before, this class develops preliminary coordination and strength. Students learn basic skills such as falling safely, sitting on the ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles and other skills geared

toward balance, movement and coordination.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	M	7:45pm	C06.D9H0	9/21	4IG
MtVernREC	Sa	10am	C06.9F96	9/26	4IG
MtVernREC	Su	11:35am	C06.HWWX	9/27	4IG
MtVernREC	M	7:45pm	C06.SJYV	11/9	4IG
MtVernREC	Sa	10am	C06.DQTD	11/14	3IG
MtVernREC	Sa	11:35am	C06.1G1K	11/14	3IG

Adult 1

(14-Adult) For students with some skating ability who have had no organized skating instruction. This class helps students develop preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling and recovery, forward marching, forward two-foot glide, forward swizzles, one forward swizzle/one backward swizzle, dip and other skills geared toward balance, movement and coordination.

4IG 6--30 minute lessons--\$155 DIAA 7--30 minute lessons--\$170 3IG 5--30 minute lessons--\$130

Location	Day	Time	Code	Begin	\$
MtVernREC	M	7:45pm	AA1.ABEK	9/21	4IG
MtVernREC	M	8:15pm	AA1.LKAL	9/21	4IG
MtVernREC	F	9:15am	AA1.PGLU	9/25	4IG
MtVernREC	Sa	10am	AA1.JXDP	9/26	4IG
MtVernREC	Sa	11:45am	AA1.4UYN	9/26	4IG
MtVernREC	Sa	11:45am	AA1.BTEO	9/26	4IG
MtVernREC	M	7:45pm	AA1.CDEO	11/9	4IG
MtVernREC	M	8:15pm	AA1.MUQ6	11/9	4IG
MtVernREC	Sa	10am	AA1.CYV8	11/14	3IG
MtVernREC	Sa	11:45am	AA1.KE23	11/14	3IG
MtVernREC	Sa	11:45am	AA1.W2AN	11/14	3IG
FfxIceArena	T	7:50pm	GCH.I7HJ	9/15	DIAA
FfxIceArena	Th	7:50pm	GCH.AWSP	9/17	DIAA
FfxIceArena	Sa	11:15am	GCH.N41C	9/19	DIAA



JUNIOR GOLF FAIRFAX

Introduce your teen or child to golf with these Golf Fairfax offerings:

Discounts for Ages 5-17

- 35% off greens fees at all courses*
- One small bucket free at Burke Lake and Oakmont with the purchase of any-sized bucket

*Course availability varies

Play a Round for \$5 for Youth on Course Members

- At designated times and courses
- Through our partnership with Youth on Course and the Virginia State Golf Association

For more information visit

www.fairfaxcounty.gov/parks/golf/junior



Adult 2

(14-Adult) Skaters concentrate on forward skating across the width of the ice, forward one-foot glides, forward slalom, backward skating, backward swizzles, two-foot turns in place and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Adult 1.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	7:45pm	5B4.A080	9/21	4IG	
MtVernREC	Su	11:15am	5B4.6DLM	9/27	4IG	
MtVernREC	Su	12:10pm	5B4.7IV5	9/27	4IG	
MtVernREC	M	7:45pm	5B4.PRIQ	11/9	4IG	
MtVernREC	Su	11am	5B4.4PX0	11/15	3IG	
MtVernREC	Su	12:10pm	5B4.BRMV	11/15	3IG	

Adult 3

(14-Adult) Students concentrate on forward stroking using the blade properly, forward half-swizzle pumps on the circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating into a long two-foot glide, forward chasses on a circle, backward snowplow stop and other skills for balance, movement and coordination. Prerequisite: Adult 2.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	7:45pm	B42.9BL5	9/21	4IG	
MtVernREC	Sa	11:10am	B42.96TJ	9/26	4IG	
MtVernREC	M	7:45pm	B42.2DQW	11/9	4IG	
MtVernREC	Sa	11:10am	B42.0HTH	11/14	3IG	

Pre-Alpha

(14-Adult) For those who have not had organized skating instruction. Students work on gliding, forward and backward swizzles, backward wiggles and one-foot glides.

DIAA 7--30 minute lessons--\$170						
Location	Day	Time	Code	Begin	\$	
FfxIceArena	T	7:50pm	C52.4UDZ	9/15	DIAA	
FfxIceArena	Th	7:50pm	C52.W14C	9/17	DIAA	
FfxIceArena	Sa	11:15am	C52.58XB	9/19	DIAA	

Intermediate Skating – Youth**Basic 4**

(6-13 yrs.) Students focus on skills including skating on the proper outside and inside edges, forward crossovers, backward half swizzle pumps on a circle, backward one-foot glides, beginning two-foot spin and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 3.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:25pm	98F.P2XP	9/22	4IG	
MtVernREC	Th	5pm	98F.7FLL	9/24	4IG	
MtVernREC	Sa	10:35am	98F.L9T6	9/26	4IG	
MtVernREC	Sa	11:10am	98F.DTWC	9/26	4IG	
MtVernREC	Sa	11:45am	98F.P0TN	9/26	4IG	
MtVernREC	Su	11:40am	98F.TTPX	9/27	4IG	
MtVernREC	T	5:25pm	98F.4IAT	11/3	4IG	
MtVernREC	Th	5pm	98F.BRLO	11/5	4IG	
MtVernREC	Sa	10:35am	98F.QRA1	11/14	4IG	
MtVernREC	Sa	11:10am	98F.2ZUS	11/14	3IG	
MtVernREC	Sa	11:45am	98F.X8CO	11/14	3IG	
MtVernREC	Su	11:45am	98F.JP2B	11/15	3IG	

Basic 5

(6-13 yrs.) Skills include skating backward on the outside edge on a circle, skating backward on the inside edge on a circle, backward crossovers, forward outside three-turn, advanced two-foot spin and hockey stops geared toward balance, movement and coordination. Prerequisite: Basic 4.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:25pm	681.W9KF	9/22	4IG	
MtVernREC	Th	5:35pm	681.N9SF	9/24	4IG	
MtVernREC	Sa	10:35am	681.DEX7	9/26	4IG	
MtVernREC	Sa	11:45am	681.K9C7	9/26	4IG	
MtVernREC	Su	12:10pm	681.6HHK	9/27	4IG	
MtVernREC	T	5:25pm	681.JJTR	11/3	4IG	
MtVernREC	Th	5:35pm	681.XRMH	11/5	4IG	
MtVernREC	Sa	10:35am	681.WBEM	11/14	3IG	
MtVernREC	Sa	11:45am	681.AEMV	11/14	3IG	
MtVernREC	Su	12:10pm	681.95PG	11/15	3IG	

Basic 6

(6-13 yrs.) Skills include forward inside three-turn, moving backward to forward two-foot turn on a circle, backward stroking, beginning one-foot spin with optional free leg position and entry, T-stops, bunny hop, forward spiral on a straight line and other skills geared toward balance, movement and coordination. Prerequisite: Basic 5.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:25pm	4C4.M83T	9/22	4IG	
MtVernREC	Th	5:35pm	4C4.JFVH	9/24	4IG	
MtVernREC	Sa	10:35am	4C4.JT56	9/26	4IG	
MtVernREC	Su	11am	4C4.PLOJ	9/27	4IG	
MtVernREC	T	5:25pm	4C4.RNOP	11/3	4IG	
MtVernREC	Th	5:35pm	4C4.Q930	11/5	4IG	
MtVernREC	Sa	10:35am	4C4.8SEK	11/14	3IG	
MtVernREC	Su	11am	4C4.NN6W	11/15	3IG	

Intermediate Skating – Teens/Adults**Adult 4**

(14-Adult) Students focus on refining forward outside and inside edges, mastering forward crossovers, backward one-foot glides, backward half-swizzle pumps on a circle, and learn how to hockey stop with control. Prerequisite: Adult 3.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	8:15pm	FU5.81EL	9/21	4IG	
MtVernREC	Sa	10:35am	FU5.197Z	9/26	4IG	
MtVernREC	M	8:15pm	FU5.D6IJ	11/9	4IG	
MtVernREC	Sa	10:35am	FU5.BW41	11/14	3IG	

Adult 5

(14-Adult) Skaters continue to develop edge quality and control. Skills include forward outside and inside edges on a circle, forward crossovers (clockwise and counterclockwise), backward one-foot glides (R & L), backward half swizzle pumps on a circle, forward swing rolls, and introduction to a two-foot spin. Prerequisite: Adult 4.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	8:15pm	P1Q.FER3	9/21	4IG	
MtVernREC	Sa	11:45am	P1Q.FISZ	9/26	4IG	
MtVernREC	M	8:15pm	P1Q.60TU	11/9	4IG	
MtVernREC	Sa	11:45am	P1Q.L1VU	11/14	3IG	

Adult 6

(14-Adult) This level focuses on improving flow, power, and turning skills. Skaters will refine forward and backward crossovers, forward inside three-turns (R & L), and power stroking. Additional skills may include backward edges on a circle and continued spin development. Prerequisite: Adult 5.

4IG 6--30 minute lessons--\$155						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	8:15pm	DAA.PW9J	9/21	4IG	
MtVernREC	M	8:15pm	DAA.1H64	11/9	4IG	

Advanced Skating – All Ages**Intro to Free Skate**

(6-Adult) This class prepares skaters to advance into specialized ice skating areas. Skills include forward inside open mohawk from a standstill position, backward crossovers to a backward outside edge glides, backward outside edge to a forward outside edge transition, two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one-foot upright spin and other skills geared toward balance, movement and coordination. Prerequisite: Basic 6.

4IG 6--30 minute lessons--\$155 3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M	8:15pm	381.82AE	9/21	4IG	
MtVernREC	T	4:15pm	381.DDV1	9/22	4IG	
MtVernREC	Th	6:10pm	381.P8H7	9/24	4IG	
MtVernREC	Sa	10am	381.TQK9	9/26	4IG	
MtVernREC	Sa	10:35am	381.94LX	9/26	4IG	
MtVernREC	Su	12:10pm	381.RNKV	9/27	4IG	
MtVernREC	T	4:15pm	381.T01H	11/3	4IG	
MtVernREC	Th	6:10pm	381.6IXF	11/5	4IG	
MtVernREC	M	8:15pm	381.D8CE	11/9	4IG	
MtVernREC	Sa	10am	381.VS1I	11/14	3IG	
MtVernREC	Sa	10:35am	381.S1M0	11/14	3IG	
MtVernREC	Su	12:10pm	381.Q976	11/15	3IG	

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Ice Skating

Free Skate 1

(6-Adult) The following ice skating elements must be mastered before moving on to the next level: forward power stroking, basic forward outside and forward inside consecutive edges, backward outside three-turns, upright spin, entry from back crossovers, half flip, toe loop and other skills geared toward balance, movement and coordination. Prerequisite: Intro to Free Skate.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:15pm	37E.7GRC	9/22	4IG	
MtVernREC	Th	6:10pm	37E.6GIH	9/22	4IG	
MtVernREC	Sa	12:30pm	37E.7MI5	9/26	4IG	
MtVernREC	T	4:15pm	37E.DHC3	11/3	4IG	
MtVernREC	Th	6:10pm	37E.4M7U	11/5	4IG	
MtVernREC	Sa	12:30pm	37E.PKAK	11/14	3IG	

Free Skate 2

(6-Adult) This class focuses on alternating forward outside and inside spirals on a continuous axis, basic backward outside and backward inside consecutive edges, backward inside three-turns, beginning back spin, half Lutz, salchow and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 1.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Th	6:10pm	087.B60V	9/24	4IG	
MtVernREC	Sa	12:30pm	087.HVR3	9/26	4IG	
MtVernREC	Th	6:10pm	087.INOH	11/5	4IG	
MtVernREC	Sa	12:30pm	087.XGXQ	11/14	3IG	

Free Skate 3

(6-Adult) This class focuses on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin with free foot in crossed leg position, loop jump, waltz jump-toe loop or salchow-toe loop combination and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 2.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Th	6:10pm	4F3.RN05	9/24	4IG	
MtVernREC	Sa	12:30pm	4F3.QZ2D	9/26	4IG	
MtVernREC	Th	6:10pm	4F3.3IO1	11/5	4IG	
MtVernREC	Sa	12:30pm	4F3.XVMI	11/14	3IG	

Free Skate 4

(6-Adult) This class focuses on forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip and other skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Th	6:10pm	3E7.542A	9/24	4IG	
MtVernREC	Sa	12:30pm	3E7.65YT	9/26	4IG	
MtVernREC	Th	6:10pm	3E7.470X	11/5	4IG	
MtVernREC	Sa	12:30pm	3E7.54TP	11/14	3IG	

Free Skate 5

(6-Adult) This class focuses on skating skills such as backward outside three-turn, Mohawk (clock-

wise and counter clockwise), Five-step Mohawk sequence, Camel spin (MIN 3 revolutions), Waltz jump-loop combination and Lutz Jump. Prerequisite: Free Skate 4.

4IG 6--30 minute lessons--\$155						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Th	6:10pm	09F.9FOD	9/24	4IG	
MtVernREC	Th	6:10pm	09F.LSR6	11/5	4IG	

Hockey - All Ages

Intro to Hockey

(6-Adult) For students who have never played ice hockey before. This class helps students develop the preliminary coordination and strength necessary for hockey. Students learn basic elements which provide a solid foundation for more advanced skills. Students need hockey skates, hockey gloves and a helmet. Prerequisite: Snowplow Sam 3 or Basic 2. Please note: This class focuses on building strong hockey skating fundamentals and agility, all skills taught without a puck.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:15pm	5D3.8PF9	9/22	4IG	
MtVernREC	Th	5pm	5D3.P6E9	9/22	4IG	
MtVernREC	F	4:30pm	5D3.IYCS	9/25	4IG	
MtVernREC	Sa	10:35am	5D3.WGZU	9/26	4IG	
MtVernREC	Su	11am	5D3.2418	9/27	4IG	
MtVernREC	T	4:15pm	5D3.YFEG	11/3	4IG	
MtVernREC	Th	5pm	5D3.EHN9	11/5	4IG	
MtVernREC	Sa	10:35am	5D3.3RKM	11/14	3IG	
MtVernREC	Su	11am	5D3.ZHU7	11/15	3IG	

Hockey 1

This class focuses on ice hockey fundamentals including proper balance and correct hockey skating technique. Students need hockey skates, hockey gloves, a helmet and a correctly sized stick. Prerequisite: Introduction to Hockey. Please note: This class focuses on building strong hockey skating fundamentals and agility, all skills taught without a puck.

4IG 6--30 minute lessons--\$155						
3IG 5--30 minute lessons--\$130						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	4:50pm	BBE.EV5E	9/22	4IG	
MtVernREC	Th	5:35pm	BBE.L60J	9/24	4IG	
MtVernREC	F	5:05pm	BBE.YP50	9/25	4IG	
MtVernREC	Sa	11:10am	BBE.IKJM	9/26	4IG	
MtVernREC	T	4:50pm	BBE.EPYJ	11/3	4IG	
MtVernREC	Th	5:35pm	BBE.7FCE	11/5	4IG	
MtVernREC	Sa	11:10am	BBE.XBK2	11/14	3IG	
MtVernREC	M	7:45pm	ND0.X4P5	9/21	4IG	
MtVernREC	M	7:45pm	ND0.SL36	11/9	4IG	

Hockey 2

This class continues to focus on hockey fundamentals with skills such as forward strides using 45 degree v-push, forward one-foot push and glide, forward c-cuts single leg and alternating feet in a straight line, backward hustle or march, backward swizzles/double c-cuts, backward c-cuts single leg and alternating feet in a straight line and two-foot moving snowplow stop. Students need hockey skates, hockey gloves, a helmet and a hockey stick. Prerequisite: Hockey 1. Please note: This class focuses on building strong

hockey skating fundamentals and agility, all skills taught without a puck.

4IG 6--30 minute lessons--\$155						
Location	Day	Time	Code	Begin	\$	
(6-Adult)						
MtVernREC	T	5:25pm	E3B.8YWC	9/22	4IG	
MtVernREC	T	5:23pm	E3B.SF8T	11/3	4IG	
(14-Adult)						
MtVernREC	M	7:45pm	7WZ.U1UM	9/21	4IG	
MtVernREC	M	7:45pm	7WZ.SI43	11/9	4IG	

Hockey 3

This class focuses on skills such as lateral crossover march in both directions, forward c-cuts on a circle in both directions, forward outside edges on half circles alternating feet on the short or long axis of the rink, forward inside edges on half circles alternating feet on the short or long axis of the rink, backward c-cuts on a circle in both directions, backward snowplow stops, one-foot moving snowplow stop and introduction to 1/4 turn with hips to hockey stop. Students need hockey skates, hockey gloves, a helmet and a hockey stick. Prerequisite: Hockey 2. Please note: This class focuses on building strong hockey skating fundamentals and agility, all skills taught without a puck.

4IG 6--30 minute lessons--\$155					
Location	Day	Time	Code	Begin	\$
(6-Adult)					
MtVernREC	M	8:15pm	83A.YNUK	9/21	4IG
(14-Adult)					
MtVernREC	M	8:15pm	5LY.OAY0	11/9	4IG



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- Monday, September 21
- Monday, October 12
- Monday-Tuesday, November 2-3

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Other Opportunities

Ice Dance 1

(6-13 yrs.) Class introduces basic dance elements, timing, and partnered skating skills. Skaters learn swing rolls, forward progressives, Kilian hold and corner steps through the Dutch Waltz, building confidence skating the full pattern with proper timing, posture, and flow. Prerequisite: Basic 4.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	COF.WPB7	9/22	4IG
MtVernREC	T	4:50pm	COF.N9PJ	11/10	4IG

Intro to Speedskate

(6-Adult) This beginner-intermediate speedskating program emphasizes efficient skating technique and endurance. Sessions combine on-ice drills for skating mechanics, cornering, and race pacing as well as off-ice exercises to train muscle groups and stimulate appropriate technique on the ice. US Speedskating certified coaches will provide hands-on and detailed feedback to accelerate skill retention. Ideal for skaters interested in pursuing club level training and joining speedskating clubs in the future. Dryland training takes place before ice time each session.

4IVA 6--1 hour 30 minute lessons--\$260

Location	Day	Time	Code	Begin	\$
MtVernREC	T	6pm	SHR.X6MD	9/22	4IVA



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Off Ice Conditioning Figure Skating

(6-Adult) Build the physical foundation for stronger, more confident performance. Class focuses on developing strength, flexibility, agility and body awareness through targeted exercises and movement training. Skaters also work on jump technique and air position off the ice, improving coordination, timing and overall jump awareness. Prerequisite: Basic 2 or Adult 2.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:50pm	GRR.20MX	9/22	4IG
MtVernREC	T	4:40pm	GRR.K6VO	11/3	4IG

Off Ice Conditioning Hockey

(6-Adult) Build strength, speed, agility and endurance to enhance on-ice performance. Develop explosive power, quick footwork, balance and coordination through sport-specific drills, while improving skating mechanics and body awareness. Training may also include reaction time and stickhandling, supporting faster skating, stronger play, and injury prevention for all levels. Prerequisite: Intro to Hockey.

4IG 6--30 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
MtVernREC	T	4:15pm	5G1.V5RL	9/22	4IG
MtVernREC	T	4:15pm	5G1.4WST	11/3	4IG



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Martial Arts

Scan the QR code to go directly to the Parktakes Online Martial Arts page.



For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.

Aikido & Self-Defense Beginning

(13-Adult) Japanese concept of circular motion to neutralize an attacker's power by moving with it. Defense against grabbing, choking and striking attacks are covered. Emphasis is on techniques that are effective without causing serious or permanent injury to the attacker.

4MG 10--1 hour 55 minute lessons--\$272					
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	4pm	78D.S4P6	9/19	4MG

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--\$136					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	5pm	90A.L74C	9/13	4MA
Wkfld/Moore	W	8pm	90A.TZLE	9/16	4MA

Jodo-Japanese Staff

(13-Adult) Class focuses on the Japanese marital art of jodo, uses a 50-inch hardwood staff and is based on the Shindo Muso Ryu martial tradition. Class covers basic jodo techniques as well as a series of interactive drills and kata that comprise the art. All levels welcome and all equipment provided.

4MH 12--55 minute lessons--\$164					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	60E.OGZ8	9/13	4MH

Judo

(13-Adult) Learn the most efficient use of mental and physical energy for defense through judo techniques including throwing, choking, holding and joint locking.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	5pm	5F3.FXHD	9/13	4MA



Jujitsu-All Levels

(13-Adult) Self-defense typified by grab escapes, throwing and submission holds.

4MB 10--1 hour 25 minute lessons--\$204					
Location	Day	Time	Code	Begin	\$
ProvREC	Su	3:30pm	E32.WGE3	9/13	4MB

Jung Su Beginning

(8-Adult) Martial art that combines tang soo do, jujitsu and kickboxing. Learn a wide range of skills that cover blocking, striking, kicking, grappling, sparring, weapons defense and traditional armed fighting.

4MA	10--55 minute lessons--\$136				
4MH	12--55 minute lessons--\$164				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	U1X.MCUS	9/12	4MH
Wkfld/Moore	Sa	10am	U1X.TJ4J	9/12	4MA

Jung Su Intermediate

(8-Adult) Prerequisite: Jung Su Beginning. For yellow and green belt students only. This continuation of learning covers blocking, striking, kicking, grappling and sparring concepts.

4MA		10--55 minute lessons--\$136			
4MB		10--1 hour 25 minute lessons--\$204			
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	11am	10K.RGCD	9/12	4MB
Wkfld/Moore	W	6pm	10K.C5WZ	9/16	4MA

Jung Su Advanced

(8-Adult) Prerequisite: Jung Su Beginning or equivalent.

4MB	10--1 hour 25 minute lessons--\$204				
4MJ	12--1 hour 25 minute lessons--\$244				
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	11am	3BJ.6FA5	9/12	4MJ
Wkfld/Moore	W	7pm	3BJ.D1JC	9/16	4MB

Karate I

Designed to help you learn self-defense, gain confidence, and build leadership and independence.

4MA		10--55 minute lessons--\$136			
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	1pm	27A.Z1EH	9/19	4MA
(13-Adult)					
OakmontREC	Th	7pm	996.MEYW	9/17	4MA
SoRunREC	Sa	1pm	996.NOVN	9/19	4MA

Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA		10--55 minute lessons--\$136			
4MH		12--55 minute lessons--\$164			
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	964.CSAB	9/12	4MH
FranconiaRec	W	7:30pm	964.6JA9	9/16	4MH
FranconiaRec	F	7pm	964.6URQ	9/18	4MH
SoRunREC	Sa	2pm	964.SYHI	9/19	4MA

Karate III

(6-Adult) Prerequisite: Karate II or equivalent.

4MA	10--55 minute lessons--\$136				
4MH	12--55 minute lessons--\$164				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	12:30pm	B94.MKPV	9/12	4MH
SoRunREC	Sa	3pm	B94.EVBF	9/19	4MA



Karate for Families

(6-Adult) This class gives family members an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

3MA	8--55 minute lessons--\$110
4MA	10--55 minute lessons--\$136
4MH	12--55 minute lessons--\$164

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	10am	D2F.IQ6E	9/12	4MH
FranconiaRec	M	7pm	D2F.SP8C	9/14	4MH
FranconiaRec	T	6:30pm	D2F.XPNM	9/15	4MH
Frying Pan Pk	Th	7pm	D2F.DMAQ	9/10	4MA
OakmontREC	M	7pm	D2F.Y09N	9/21	3MA

Okinawan Goju Ryu Karate

(13-Adult) Class focuses on teaching proper goju ryu technique with applications rather than extensive physical training. Kihon (basics), kata (forms) and bunkai (applications) are covered. Sparring is introduced as an option for interested students.

4MH 12--55 minute lessons--\$164					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	11am	8E5.35XF	9/13	4MH

Shotokan Japanese Karate I

(6-Adult) Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	31A.L3ON	9/12	4MA
SpHillREC	W	6pm	31A.DPAO	9/16	4MA

Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	454.ZUEA	9/12	4MA
SpHillREC	W	7pm	454.N3RT	9/16	4MA

Shotokan Japanese Karate III

(6-Adult) Shotokan Japanese Karate II strongly recommended.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	3E5.QXZV	9/12	4MA
SpHillREC	W	7pm	3E5.W1ZW	9/16	4MA

Shotokan Japanese Karate-All Levels

(6-Adult) Learn self-defense through techniques such as blocking, punching, striking and kicking in combination with other related movements.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	481.BW37	9/12	4MA
SpHillREC	M	7pm	481.XNQ3	9/14	4MA

Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

4MA	10--55 minute lessons--\$136				
4MB	10--1 hour 25 minute lessons--\$204				
4MH	12--55 minute lessons--\$164				
Location	Day	Time	Code	Begin	\$

(6-Adult)	SoRunREC	Sa	10:15am	CF.1QMB	9/19	4MA
(13-Adult)	CubRunREC	Th	7pm	889.4FNF	9/17	4MH
	MtVernREC	M	7:30pm	889.REBH	9/14	4MB
	MtVernREC	W	7:30pm	889.QNU9	9/16	4MB
	SoRunREC	W	7pm	889.NOMJ	9/23	4MB

Kendo

Traditional art of Japanese fencing using a bamboo sword-shinai.

4MA		10--55 minute lessons--\$136			
Location	Day	Time	Code	Begin	\$
(8-Adult)					
SpHillREC	T	7pm	3F3.J8OK	9/15	4MA
(13-Adult)					
FranconiaRec	F	7pm	48C.OZNN	9/18	4MA

Kendo II

(8-Adult) Prerequisite: Kendo I or equivalent.

4MB	10--1 hour 25 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	357.OM57	9/15	4MB

Kung Fu

(6-Adult) This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. Additional fee for class t-shirt and pants.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	11am	9DF.IX6S	9/12	4MA
SpHillREC	T	7pm	9DF.RKZX	9/15	4MA
SpHillREC	Th	7pm	9DF.49TK	9/17	4MA

Kung Fu II

(6-Adult) Prerequisite: Kung Fu I. This traditional northern-style utilizes the empty hand, kicking and weapons training of Chinese Martial Arts. For beginners to intermediate levels of white to green sash. Additional fee for class t-shirt and pants.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	10am	CA6.14GX	9/12	4MA
SpHillREC	T	7pm	CA6.D99V	9/15	4MA
SpHillREC	Th	7pm	CA6.KOKA	9/17	4MA

Kung Fu III

(6-Adult) Prerequisite: Kung Fu II. For intermediate and advanced green to black sash students with continued training on long fist and short hand and northern kicks, as well as weapons training in staff, broadsword, straight sword and spear. Sparring and light contact drills offered as preparation for tournament competition.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	9am	9TG.DCP9	9/12	4MA

Kung Fu IV

(6-Adult) Prerequisite: three years of Kung Fu training at black sash candidate level or approval of instructor.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Sa	8am	EEH.B6ZN	9/12	4MA

Kung Fu MMA

(13-Adult) This class focuses on challenging conditioning and skills in the standing and ground arena. Tactics include versatility in punching and kicking and counters as well as options in common clinch and ground positions. Some personal safety equipment required.

4MA 10--55 minute lessons--\$136					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	8pm	8K6.4EDN	9/17	4MA

Indonesian Kung Fu

(13-Adult) Unique combination of Chinese gungfu and Indonesian pentjak silat offers a modern hybrid of the fighting arts. Training includes single- and multiple-attacker exercises, forms, solo drills, weapons and body conditioning.

4MB 10--1 hour 25 minute lessons--\$204					
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	11am	6B2.3DYS	9/12	4MB
SoRunREC	Th	7pm	6B2.516P	9/24	4MB



Martial Arts

Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

4MA	10--55 minute lessons--\$136
DMVF	10--45 minute lessons--\$121
CMVF	8--45 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	12pm	6MJ.GYRH	9/19	DMVF
(6-12 yrs.)					
JRheeFlsCh	T	5:30pm	6MJ.HGE7	9/15	CMVF
JRheeFlsCh	W	6:15pm	6MJ.BOW8	9/16	CMVF
JRheeFlsCh	F	5:30pm	6MJ.9TNI	9/18	CMVF
LdbYExFrOks	Sa	10:30am	6MJ.5P7V	9/12	DMVF
LdbYExFrOks	T	4:30pm	6MJ.BV5G	9/15	DMVF
LdbYExFrOks	W	6pm	6MJ.4FU3	9/16	DMVF
LdbYExFrOks	Th	4:30pm	6MJ.4G12	9/17	DMVF
LdbYExFrOks	F	5:15pm	6MJ.R9X3	9/18	DMVF
Legacy Mart	Su	11:45am	6MJ.B7R4	9/13	CMVF
Legacy Mart	M	5:15pm	6MJ.Y2Y1	9/14	CMVF
Legacy Mart	W	6:15pm	6MJ.YHON	9/16	CMVF
Legacy Mart	Th	5:45pm	6MJ.YDTT	9/17	CMVF
(6-Adult)					
CubRunREC	Su	11am	31F.09AQ	9/13	4MA
Frying Pan Pk	Th	6pm	31F.MGTN	9/10	4MA
SpHillREC	M	5:30pm	31F.1ADL	9/14	4MA
(13-Adult)					
MtVernREC	M	6pm	WT0.0JT9	9/14	4MA
LdbYExFrOks	W	6:45pm	FM7.Z7WC	9/16	DMVF
LdbYExFrOks	F	6:45pm	FM7.UJAS	9/18	DMVF
Legacy Mart	Su	1:15pm	FMJ.EJ3L	9/13	CMVF
Legacy Mart	Th	7pm	FMJ.HPBY	9/17	CMVF

Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

4MA	10--55 minute lessons--\$136
4MC	20--55 minute lessons--\$272

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	12pm	2B9.TDBI	9/13	4MA
SpHillREC	M/W	6:30pm	2B9.UGD2	9/14	4MC

Tae Kwon Do III

(6-Adult) Prerequisite: Tae Kwon Do II or equivalent.

4MC	20--55 minute lessons--\$272
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Location	Day	Time	Code	Begin	\$
SpHillREC	M/W	7:30pm	B14.MR4T	9/14	4MC

Tae Kwon Do IV

(9-Adult) Prerequisite: Tae Kwon Do III or equivalent. Advanced Tae Kwon Do for high red belt students and higher.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
SpHillREC	W	5:30pm	E9Y.E8RY	9/16	4MA

Martial Arts for Seniors

(55 yrs.+) Basic martial arts techniques are introduced in this non-contact class. Movements are designed to help improve balance and strength.

DMVD	8--55 minute lessons--\$141
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	2IF.LAGH	9/17	DMVD

Panza Ryu

This class teaches Wing Chun, Shotokan and Aiki-Ju-jutsu, integrating them in a combat and wellness system to suit the dynamics of each practitioner.



Uniquely combining soft, hard and controlling/finishing techniques to fit the encounter.

4MA	10--55 minute lessons--\$136
4MB	10--1 hour 25 minute lessons--\$204

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
MtVernREC	Su	2pm	S1L.GF7E	9/20	4MA
(13-Adult)					
MtVernREC	T	6pm	GJB.WXQK	9/22	4MB

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--\$204			
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4:30pm	ESD.MAUF	9/13	4MB
Wkfld/Moore	Th	6:30pm	ESD.HLSZ	9/17	4MB

Vovinam Martial Arts

This Vietnamese martial art emphasizes the philosophy of "hard and soft" harmony, training both mind and body for self-defense and resilience. Students learn a wide range of skills, including stand-up strikes (kicks, punches, knees, and elbows), as well as wrestling, takedowns, submissions, and weapons training.

4MA	10--55 minute lessons--\$136
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Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
MtVernREC	Th	5:30pm	MNZ.XDX1	9/17	4MA
SpHillREC	T	5:30pm	MNZ.A389	9/15	4MA
(13-Adult)					
MtVernREC	Th	6:30pm	J9Y.J8AH	9/17	4MA
SpHillREC	T	6:40pm	J9Y.0W5K	9/15	4MA

Self-Defense for Women

(13-Adult) Learn strategies and tactics to defend yourself. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

DMVD	8--55 minute lessons--\$141
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Location	Day	Time	Code	Begin	\$
OakmontREC	M	7pm	UBC.1A17	9/21	DMVD
Wkfld/Moore	Th	7:30pm	UBC.B9FG	9/17	DMVD

NOW HIRING!

Part-Time Seasonal Maintenance Workers

Positions available across Fairfax County (work vehicle provided!)

Love the outdoors? Enjoy making a difference?

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

What You'll Do:

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

Requirements:

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

* All duties are performed with or without reasonable accommodations.

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www.fairfaxcounty.gov/parks/parkops/employment-opportunities

Questions? Contact FCPAJOBS@fairfaxcounty.gov

Nature

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



Burke Lake Park



7315 Ox Rd., Fairfax Station • 703-323-6600

www.fairfaxcounty.gov/parks/burkelake

- Campgrounds
- Marina
- Hiking and Biking trails
- Volleyball court
- Disc golf course
- Amphitheater.
- Reservable picnic areas and shelters

Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd., Chantilly • 703-631-0013

www.fairfaxcounty.gov/parks/eclawrence

- Natural and cultural exhibits
- Hands-on children's area
- Live animal display
- Self-guided historic structure walking tour
- Gardens
- Woodland trails, meadow and pond
- Reservable picnic shelter and amphitheater

Hidden Oaks Nature Center



7701 Royce Street, Annandale • 703-941-1065

www.fairfaxcounty.gov/parks/hiddenoaks

- Woodland trails
- Creeks and frog pond
- Gardens and Butterfly-themed playground
- Nature Playce outdoor exploration center
- Self-guided interpretive trail
- Live animal displays
- Interactive urban woodlands exhibit
- Meeting rooms reservable for private functions
- Winged Wonders wall

Hidden Pond Nature Center



8511 Greeley Blvd., Springfield • 703-451-9588

www.fairfaxcounty.gov/parks/hidden-pond

- Extensive woodland trails
- Wildlife supported by Pohick Creek
- Nature center exhibits
- Pond
- Reservable picnic shelter
- Tot playground
- Nature trail

Huntley Meadows Park and Visitor Center



3701 Lockheed Blvd., Alexandria • 703-768-2525

www.fairfaxcounty.gov/parks/huntley-meadows

- 1,500 acres
- Wildlife watching
- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Visitor Center
- Forests, meadows, streams and ponds
- Auditorium
- Exhibits

Lake Accotink Park



7500 Accotink Park Rd., Springfield • 703-569-3464

www.fairfaxcounty.gov/parks/accotink

- Marina
- Miniature golf
- Carousel
- Hiking and biking trails
- Basketball court
- Visitor center
- Volleyball court
- Picnic areas
- Reservable picnic areas and shelters

Lake Fairfax Park



1400 Lake Fairfax Dr., Reston • 703-471-5415

www.fairfaxcounty.gov/parks/lakefairfax

- Campgrounds
- Marina
- Inline skate park
- Pump track
- Hiking and biking trails
- Athletic fields
- 476 acres of parkland
- Reservable picnic area and shelters

Riverbend Park



8700 Potomac Hills St. • Great Falls • 703-759-9018

www.fairfaxcounty.gov/parks/riverbend

- The Park Authority's only riverfront park
- 418 acres of forest, meadows and ponds
- Wildflowers and birds
- 10 miles of trails including Potomac Heritage Trail
- Canoe and single/tandem kayak rentals available
- Fishing
- Visitor Center with snack bar, gift shop & exhibits
- Reservable picnic areas and shelters

Woodlands Stewardship Education Center



5301 Walney Rd. • Chantilly

www.fairfaxcounty.gov/parks/eclawrence/woodlands-stewardship-education-center

- LOOP- Learning Outdoor Observational Pod self-guided exploratory learning space
- Access to Big Rocky Run Trail
- Meadow and Walney pond
- Larger than life size eastern box turtle sculpture

All park and nature center hours are located online by visiting www.fairfaxcounty.gov/parks/holiday-hours. Park grounds are open dawn till dusk daily.

Child and Parent Programs

Child must be accompanied by an adult for all child and parent programs.

Animal Pajama Party

(3-7 yrs.) Put on your pajamas and come to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring your favorite stuffed animal with you. One adult only per registered child.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	6:30pm	6CC.D5A8	10/3	\$12/child
HiddenOaksNC	Sa	6:30pm	6CC.POKA	11/7	\$12/child

Critter Catch

(2-7 yrs.) Join a naturalist to discover the various wildlife that can be found in the lake. Search for tadpoles, insects, and frogs to catch and release, while also learning about what makes each creature special. Bring old shoes that can get wet and muddy.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Sa	10:30am	XRO.JD4E	9/12	\$12/child
LkAccontkPk	Sa	10:30am	XRO.BQWB	10/3	\$12/child

Critter Crawl

(2-6 yrs.) Walk with a naturalist and your child as we investigate the critters who make this park their home. Children must be accompanied by an adult.

1--45 minute program

Location	Day	Time	Code	Date	\$
LkAccontkPk	Th	10am	6A8.6BZU	9/17	\$12/child
LkAccontkPk	Th	10am	6A8.17N0	9/24	\$12/child

Feeding Day

(4-13 yrs.) Join a naturalist as they demonstrate how we feed our site display animals. Make a birdfeeder to take home and use. Search for worms and insects and assist in serving dinner.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	605.NUQP	9/19	\$12/child
ECLawrencePk	Sa	10am	605.DF2X	11/21	\$12/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.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	1pm	7YG.4W0S	11/21	\$9/child

Homeschool at the Lake - Little Explorers

(4-6 yrs.) Meant for younger learners, these students will join a naturalist to learn new ways to observe and explore the natural world. The focus of study varies each week depending on the season.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	10am	T4F.I4R6	10/6	\$12/ea.
BurkeLakePk	T	10am	T4F.RFYI	10/13	\$12/ea.
BurkeLakePk	T	10am	T4F.Y2X9	10/20	\$12/ea.
BurkeLakePk	T	10am	T4F.S2OV	10/27	\$12/ea.



Little Acorns - Fall

(2-5 yrs.) Youngsters and their accompanying adult begin sharing nature's wonders in this interactive class. Experiences include: meeting animals, stories, games and outdoor exploration. Dress for the weather. Quiet infants welcome. Topics covered are: 9/14 Monarch Butterflies, 9/21 Funny Feet, 9/28 Reptiles, 10/5 Owls, 10/19 Bones, 10/26 Spinning Spiders, 11/2 Spooky Animals, 11/9 Outstanding Otters, 11/16 Dinosaurs, 11/23 American Indians, 11/30 Twinkle Stars.

1--45 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	M	10am	8E2.JTLF	9/14	\$12/child
HiddenOaksNC	M	11:15am	8E2.2120	9/14	\$12/child
HiddenOaksNC	M	10am	8E2.VEZH	9/21	\$12/child
HiddenOaksNC	M	11:15am	8E2.IPIP	9/21	\$12/child
HiddenOaksNC	M	10am	8E2.XDOS	9/28	\$12/child
HiddenOaksNC	M	11:15am	8E2.A6GV	9/28	\$12/child
HiddenOaksNC	M	10am	8E2.8J4K	10/5	\$12/child
HiddenOaksNC	M	11:15am	8E2.E53V	10/5	\$12/child
HiddenOaksNC	M	10am	8E2.6A3I	10/19	\$12/child
HiddenOaksNC	M	11:15am	8E2.AP80	10/19	\$12/child
HiddenOaksNC	M	10am	8E2.L8QG	10/26	\$12/child
HiddenOaksNC	M	11:15am	8E2.SXSR	10/26	\$12/child
HiddenOaksNC	M	10am	8E2.E3EE	11/2	\$12/child
HiddenOaksNC	M	11:15am	8E2.8GAX	11/2	\$12/child
HiddenOaksNC	M	10am	8E2.KOLW	11/9	\$12/child
HiddenOaksNC	M	11:15am	8E2.50QM	11/9	\$12/child
HiddenOaksNC	M	10am	8E2.JGRU	11/16	\$12/child
HiddenOaksNC	M	11:15am	8E2.82CQ	11/16	\$12/child
HiddenOaksNC	M	10am	8E2.ENYE	11/23	\$12/child
HiddenOaksNC	M	11:15am	8E2.NMJ0	11/23	\$12/child
HiddenOaksNC	M	10am	8E2.EZS3	11/30	\$12/child
HiddenOaksNC	M	11:15am	8E2.E6J4	11/30	\$12/child

Little Earth Keepers

(2-5 yrs.) Introduce your little ones to the wonders of nature with hands-on activities that teach environmental stewardship and sustainability. Your little earth keepers will learn how their actions can help protect our planet.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	T	10am	TKT.SKZB	9/15	\$12/child
ECLawrencePk	T	10am	TKT.SANO	10/13	\$12/child
ECLawrencePk	T	10am	TKT.9846	11/17	\$12/child

Little Gardeners

(2-6 yrs.) Explore the ever-changing landscape of the garden. Each week, participants will explore and discover the changes in the garden. This program will feature seasonal activities that can include planting seeds, pollinators, harvesting vegetables, digging in the soil and exploring plant parts. Adults must attend with a registered child.

1--45 minute program

Location	Day	Time	Code	Date	\$
GrnSprGardn	Sa	10:30am	ZF6.86PQ	9/19	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.07WC	10/24	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.6WDV	11/14	\$12/child
GrnSprGardn	Sa	10:30am	ZF6.479E	12/19	\$12/child

Nature Storytelling

(3-6 yrs.) Explore the parks through books. Hear a story, enjoy nature activities, take a short hike, and finish with a craft. Topics will change seasonally.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	W	3pm	Z48.2H6P	9/23	\$12/child
ECLawrencePk	W	3pm	Z48.BU6S	10/21	\$12/child
ECLawrencePk	W	3pm	Z48.JTH9	11/25	\$12/child

Nature Tots

(1-3 yrs.) Bring your toddler to explore nature through sight, sound, smell and touch. Programs include indoor and outdoor activities. Adult must be able to participate with children. A different amazing topic every month

1--45 minute program

Location	Day	Time	Code	Date	\$
ECLawrencePk	W	9:45pm	SYX.X8AN	9/2	\$12/child
ECLawrencePk	W	9:45pm	SYX.BVWA	10/7	\$12/child
ECLawrencePk	W	9:45am	SYX.CM7J	11/4	\$12/child

Tricky Turkeys

(2-5 yrs.) Baby turkeys and their grown-ups are surprisingly curious creatures. Find out about these birds through a story, song and craft. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	9:30am	6AD.M8S1	11/21	\$12/child
HiddenOaksNC	Sa	11am	6AD.BJNB	11/21	\$12/child

Children's Programs

Autumn Leaf Animals

(5-12 yrs.) Stretch your creativity as you create animal masterpieces out of natural materials gathered around the park. The only limit is your imagination.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	10am	U1A.6G64	11/7	\$12/child

Environmental Science and Nature Club

(8-12 yrs.) Join naturalists for one or all of these weekly explorations of our forest and stream eco-



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systems. We'll investigate the natural world through hands-on activities and experiments. Topics will supplement learning towards the VA science SOLs for grades 4-6, while in our outdoors science "lab". Weekly themes include: 9/16-Delightful Decomposition, 9/23-Fall Foraging, 9/30-Ghastly Germs, and 10/7-Beautiful Bones. Bring your curiosity and get ready for some eco-adventure.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	W	4:30pm	GOF.GNUH	9/16	\$12/child
HiddenOaksNC	W	4:30pm	GOF.NZUG	9/23	\$12/child
HiddenOaksNC	W	4:30pm	GOF.E95Y	9/30	\$12/child
HiddenOaksNC	W	4:30pm	GOF.CSJY	10/7	\$12/child

Geo Rangers

(8-12 yrs.) This hands-on program will cover the rock types and allow the participants to become familiar with our local geology. Program includes fossils and their formation, uses of rocks and minerals and science experiments.

4--1 hour 30 minute lessons

Location	Day	Time	Code	Date	\$
HiddenPondNC	Th	5pm	124.KPIU	9/3	\$54/child

Homeschool at the Lake -- Nature Exploration

(7-10 yrs.) Students will join a naturalist to learn new ways to observe and explore the natural world. Classes will use tools and equipment to not only learn how to navigate the outdoors, but also to better understand the part we play in maintaining a healthy ecosystem. The focus of study varies each week depending on the season.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	T	10am	4UM.3192	10/6	\$12/ea.
BurkeLakePk	T	10am	4UM.199F	10/13	\$12/ea.
BurkeLakePk	T	10am	4UM.EXPD	10/20	\$12/ea.
BurkeLakePk	T	10am	4UM.2S0Y	10/27	\$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 week.

5--1 hour 30 minute programs

Location	Day	Time	Code	Date	\$
HiddenPondNC	T	1pm	8A7.AJP4	9/8	\$70/child

Nature Quest

(3-6 yrs.) Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week.

4--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPondNC	M	11am	741.527C	9/14	\$32/child
HiddenPondNC	Th	11:30am	741.YUVT	10/29	\$32/child

Pohick Explorers

(8-12 yrs.) Inspired by Pohick Rangers, this series takes you on an adventure to the lesser-known areas of the park. Learn how we care for our natural resources and explore a wide range of topics such as wetland diversity, forest habitats, or pond wildlife. Hypothesize, investigate, survey, observe and discover all things flora and fauna.

4--1 hour 30 minute lessons

Location	Day	Time	Code	Date	\$
HiddenPondNC	Th	5pm	W07.DFS6	10/1	\$54/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 and meets every other week.

6--1 hour programs

Location	Day	Time	Code	Date	\$
HiddenPondNC	W	5pm	555.U8KP	9/9	\$54/child

Homeschool Wilderness Skills - Fall

(7-12 yrs.) Learn orienteering skills such as using a compass and reading maps and stars at night to find your way. Learn how to track animals and read the natural landscape around you to help you survive. Shelter building, fire building, guided nature hikes and engaging activities aid in our wilderness skills development.

4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	D2D.S6F4	9/24	\$72/child

Junior Forest Foragers

(7-14 yrs.) Adapted from our popular adult foraging class, this program teaches the basics of sustainable foraging but geared towards a younger audience. Join a naturalist on a hike to learn how to identify plants that are edible and/or medicinal and conclude the class with a delicious, foraged creation made with seasonal plants.

1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	R0Z.CKNU	9/27	\$14/ea.

Huntley Meadows Birding Club

(8-15 yrs.) Huntley Meadows Park is starting a birding club. Come along with experienced Naturalists to learn about the wonderful birds that live and thrive in our forests and wetlands. Sketchbook provided for recording your all your observations. This program is offered at no cost, paid for by the Friends of Huntley Meadows Park. Space is limited and registration is required.

6--1 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	T	4:15pm	VOK.1WU2	9/22	Free

Minecraft in the Woods

(6-12 yrs.) Get wood, build a shelter, find food, and survive the monsters! Learn to take your Minecraft skills out into the real world with this adventurous program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	2pm	1F6.9TFH	9/19	\$12/ea.

Family/All Ages

All participants, including accompanying adults, must register and pay for the program.

American Indian Games and Crafts

(4-Adult) Play traditional Eastern Woodland Indian games of skill and luck which were common during the period of first European contact. Enjoy oral storytelling and make a game to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	W	1pm	F14.6BRA	11/25	\$9/ea.
HiddenOaksNC	W	3pm	F14.2BYA	11/25	\$9/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	\$
HiddenPondNC	W	5:30pm	46D.S2DV	9/16	\$9/ea.
HiddenPondNC	W	5:30pm	46D.7N0A	10/14	\$9/ea.

Animal Superstitions

(7-Adult) Challenge your superstitions on this upcoming Friday the 13th by learning more about animal-related superstitions and their impacts on wildlife. Meet live animals.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	F	7pm	V43.8Q8F	11/13	\$10/ea.

Autumn Leaves Hike and Craft

(5-Adult) Hike through the fall foliage and identify trees. Find that perfect autumn leaf and make a craft keepsake.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	1C0.KK8U	10/24	\$9/ea.
Riverbend Pk	Sa	10am	1C0.Z9H5	10/31	\$9/ea.

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

Backyard Bird Buffet

(6-Adult) Create a welcoming space for birds and watch who shows up! Learn how feeders, food, and native plants can support local wildlife, then take part in making native seed balls to grow plants that birds love.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	1:30pm	IIP.ØFN8	10/4	\$12/ea.

Bats - Friendly Flyers

(4-Adult) Join a naturalist for a night of learning about the beauty of our local bats. It's time to clear these flying mammals' good name and understand how helpful they are to humans. The program will involve not only talking about bats, but also looking and listening for nearby bats.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7:30pm	N1F.ØNUK	9/19	\$9/ea.
HiddenOaksNC	Su	6pm	N1F.I5QC	10/4	\$9/ea.
BurkeLakePk	Sa	6:30pm	N1F.SZDI	10/17	\$9/ea.

Bird Walk With a Naturalist

(6-Adult) Use your eyes and ears to identify native birds as you embark on a guided walk with one of our naturalists. Both beginner birders and veterans welcome. Bring your own binoculars or use one of ours.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	UP9.XD92	9/26	\$9/ea.
BurkeLakePk	F	5pm	UP9.Z2OZ	11/6	\$9/ea.

Bug Bingo

(3-Adult) Hike with a naturalist to learn about different insects' behavior and habitats. Explore the park to fill out bingo sheets to better appreciate the tiny workers around us.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	3XZ.20X4	9/12	\$8/ea.

Busy Beavers

(3-Adult) Beavers are some of the busiest animals in the natural world. In this family-friendly program, participants will learn how beavers build, eat and shape their habitats.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPondNC	T	5pm	D8M.GS1W	11/17	\$9/ea.

Corn Grinding and Clay Pottery

(4-Adult) Learn how the Powhatan Native Americans used the plants and animals you see every day for their medicine, grocery store and clothing. Immerse yourself in a way of life 400 years ago. Grind corn, make a clay pot, master corn darts and go on a guided tour to see the park from the perspective of a Virginia Indian.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	M	10am	147.NPYW	9/21	\$14/ea.
HuntMdws	W	1pm	147.DK15	10/28	\$14/ea.
HuntMdws	Sa	1pm	147.J7NX	11/21	\$14/ea.

Craft and Cast - Lure Making

(8-Adult) Reel in your creativity as you join a naturalist to paint and design your own crankbait to use as a fishing lure. Participants will keep their own lures created in the program. All materials provided.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	N6P.VRK8	9/20	\$15/ea.

Cultivate a Sense of Wonder -

Nature Journaling

(8-Adult) Participants in this introductory session will practice John Muir Law's "I notice, I wonder, it reminds me of" nature journaling strategy to hone their observational skills and then learn different approaches to recording their observations on the page using images, words, and numbers. The objective is to connect to the natural world without an expectation of making great "art" or collecting/learning facts. Basic drawing supplies will be available or bring your own supplies.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	2pm	N3O.QQYN	9/13	\$12/ea.

Fall Celebration

(3-Adult) November is National Gratitude Month. Learn why we appreciate trees, forests, streams and the wildlife they contain. Join us for a hike to enjoy the fall foliage and observe our waterways. Make a craft to take home to remember to be thankful for nature.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Sa	1pm	VU5.H4TA	11/7	\$12/ea.

Fall Full Moon Hike

(4-Adult) Join us for a rare opportunity to explore the boardwalk under a bright full moon on this fall evening. We will look and listen for wildlife as we explore the forest and marsh trails.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	49Ø.6PG4	9/26	\$14/ea.

Family Fun Fridays

(All Ages) Families can stay and play at our Nature Center on select Fridays of every month. Spend time reading books, making crafts, playing games, exploring natural objects with a microscope, doing puzzles and digging in the sandbox. Enjoy a short presentation or read-aloud story by a naturalist every hour. Each month the space will transform into a different theme with new activities for something new to discover. A staff member will be in the building if you have any questions or need assistance, but this event is designed as self-guided play time accompanied by a parent or guardian. You are not required to stay for the entire length of time. Once you receive a wristband you may come and go as you please.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	12pm	SON.XATB	9/4	\$5/ea.
Riverbend Pk	F	12pm	SON.Ø51T	9/18	\$5/ea.
Riverbend Pk	F	12pm	SON.6NGL	10/2	\$5/ea.
Riverbend Pk	F	12pm	SON.KCA7	10/16	\$5/ea.
Riverbend Pk	F	12pm	SON.RYFX	10/30	\$5/ea.
Riverbend Pk	F	12pm	SON.TJEI	11/13	\$5/ea.
Riverbend Pk	F	12pm	SON.EBPU	11/27	\$5/ea.



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The Mastenbrook Volunteer Matching Fund Grant Program can help make it happen. We match funding for approved community-funded projects like playgrounds, picnic shelters, athletic field improvements and more.

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Details and application:
fairfaxcounty.gov/parks/mastenbrook-grants




CAMPFIRE PROGRAMS

All participants, including accompanying adults, must register and pay for the program.

All About Owls Campfire

(4-Adult) Barred owls inhabit our stream valley parks. Learn to identify these owls from other native owls while enjoying the campfire. Toast marshmallows over the embers. Canceled in case of inclement weather.

1--1 hour campfire--\$10

1--1 hour 30 minute campfire--\$12

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	7pm	232.GLTC	10/3	\$12/ea.
LkAccontPk	F	6pm	232.ZB2B	10/9	\$12/ea.
HiddenOaksNC	Sa	7pm	232.L12X	10/24	\$10/ea.

Campfire Fridays

(5-Adult) Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	6:30pm	546.GHT7	9/25	\$12/ea.
HiddenPondNC	F	7pm	546.8SA6	9/25	\$12/ea.
LkFairfaxPk	F	6pm	546.RKKJ	10/16	\$12/ea.
BurkeLakePk	F	6:30pm	546.O9AN	10/16	\$12/ea.
HiddenPondNC	F	6:30pm	546.YD5B	10/23	\$12/ea.
HiddenPondNC	F	5:30pm	546.57C1	11/13	\$12/ea.
LkFairfaxPk	F	4:30pm	546.11IY	11/27	\$12/ea.

Campfire Night Hike - Predators at Night

(4-Adult) Enjoy a night hike to learn about nocturnal hunters. Listen to taped calls of owls and coyotes and possibly catch a glimpse of them in the forest. End the evening with s'mores round the campfire.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
ECLawrencePk	F	7pm	02D.YNQ0	9/25	\$12/ea.
LkAccontPk	F	6pm	02D.CXRK	11/6	\$12/ea.



Campfire Saturdays - Stargazing

(3-Adult) Enjoy a stroll along the lake shores and learn about the constellations, their stories and other night-sky features. Our astronomical naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	7pm	395.4W19	9/5	\$12/ea.
LkFairfaxPk	Sa	6:45pm	395.CXP9	9/19	\$12/ea.
LkFairfaxPk	Sa	6:30pm	395.ECXH	10/3	\$12/ea.
BurkeLakePk	Sa	6pm	395.IB1K	10/10	\$12/ea.
BurkeLakePk	Sa	4:30pm	395.F681	11/7	\$12/ea.
LkFairfaxPk	Sa	4:30pm	395.16PC	11/14	\$12/ea.
BurkeLakePk	Sa	4:30pm	395.3MUG	11/21	\$12/ea.

Full Moon Nature Hike and Campfire

(6-Adult) Enjoy nature's tranquil beauty and the night sky under a full moon. Take a hike through the woods to listen and look for signs of nocturnal animals that may be flying overhead or stirring beneath our feet. Enjoy a campfire after the hike with s'mores provided.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	7pm	193.BXAA	9/20	\$12/ea.
Riverbend Pk	M	6:30pm	193.4NUP	10/26	\$12/ea.
Riverbend Pk	T	5pm	193.FYYJ	11/24	\$12/ea.

To Build a Fire

(4-Adult) Learn the science and art of building a fire and then test your skill with primitive fire bows and modern fire-making techniques. Use your new skills to roast some s'mores at the end.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	F	6pm	9DC.UEC4	9/4	\$10/ea.
ECLawrencePk	Su	4pm	9DC.9HUT	10/11	\$10/ea.

Riverside Campfire - Fishing Fun

(6-Adult) Fish from the river bank and learn about the fish's world. S'mores provided. Borrow our fishing rods or bring your own, tackle and bait provided. Meet at the Visitor Center.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	5pm	2F2.5264	10/2	\$15/ea.

Family Owl Outing

(6-Adult) Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdw	F	4:30pm	A78.4JN1	11/13	\$12/ea.
HuntMdw	Sa	4:30pm	A78.AAEX	11/28	\$12/ea.
HuntMdw	Su	4:15pm	A78.CNXU	12/6	\$12/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. All ages welcome.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	1pm	980.B2CY	12/6	\$25/ea.
HiddenPondNC	Su	10:30am	980.8ZY2	12/6	\$25/ea.

Fungi and Friends

(4-Adult) Join a Naturalist to scavenge parks for some fungi and friends to observe and hear about all the roles they play in our great outdoors.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	6pm	QER.F7Z4	9/11	\$9/ea.

Geminid Meteor Shower and Cocoa

(4-Adult) Join park naturalists for a special opportunity to be in the park after dark and delight in the magic of the geminid meteor shower. Peer through the telescope and enjoy an astronomy talk with a park naturalist. Bring a yoga mat or blanket and find a comfortable spot on the boardwalk to gaze at the night sky while you sip hot cocoa. Bundle up and space out with us on this crisp winter evening.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdw	Su	8pm	TBM.JXY1	12/13	\$14/ea.

Goodnight Walk - Owls

(3-Adult) Learn to recognize the calls and features of local owls. Make a craft and enjoy a night hike with a naturalist.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	F	6:30pm	N40.TJVI	10/30	\$9/ea.

Gourd-geous Discoveries

(4-Adult) Craft and experiment with a Naturalist while we find new and unique ways to use pumpkins. Come prepared to get messy.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	OP8.Y5J0	10/31	\$10/ea.

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Hike with a Naturalist

(8-Adult) Join our park naturalist on a hike and explore wild plants and animals throughout the trails. Learn how to use the iNaturalist app to take pictures of things you find along the way. Smart phones, cameras and binoculars welcome. Each hike will feature a different theme and may include: salamanders, birds and other wildlife, wildflowers, trees, nature photography, cultural history, or a scenic destination.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	XTG.N2JE	11/1	\$9/ea.
BurkeLakePk	Sa	10am	XTG.997B	11/22	\$9/ea.
LkFairfaxPk	Sa	1pm	XTG.PMT0	11/28	\$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.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	F	4:30pm	756.C737	11/20	\$12/ea.
HuntMdws	Su	4pm	756.DBL9	11/29	\$12/ea.

Lake Life

(4-Adult) Meet a naturalist and explore the lake. Join as we search for and learn more about the creatures who call the lake home including reptiles, amphibians, and macroinvertebrates. Bring old shoes that can get wet and muddy.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Su	9:30am	ARL.UL9K	9/13	\$9/ea.

Leave it to Beavers

(4-Adult) Look for signs of beavers at the park with a guided tour around their aquatic habitat. Get hands-on with beaver related activities. Investigate the elements of the beaver world and hope to get a glimpse of these elusive aquatic mammals.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	6pm	3DX.3ZCK	10/4	\$9/ea.

Make Your Own Flying Squirrel Feeding Box

(4-Adult) Learn proven strategies to encourage our amazing native flying squirrels to your treed backyard and how to recognize their presence. Assemble a feeding box to take home. Two attendees permitted per registration (one adult and one child over age 4 or two adults). Program is held outside. If possible, bring your own hammer and Phillips head screwdriver. A \$25 supply cost will be included at check out.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	12pm	4W2.W98T	10/17	\$15/ea.

Monarch and More

(4-Adult) Discover the fascinating life cycle of monarchs and other butterflies. Learn how to identify butterflies and assist with tagging monarchs when available. The nature center raises monarchs annually for tagging and release. If available, at least one monarch will be tagged during the program. Due to the dramatic decline in the monarch butterfly population, wild monarchs may not be available for tagging. Visit a Monarch waystation and native butterfly garden. Learn about the monarch migration, its challenges and how you can make a difference.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	4pm	1CF.JB8K	9/20	\$9/ea.

Monarch Tag and Tea

(4-Adult) Adults and children sip tea or cocoa and enjoy meeting and tagging live monarch butterflies, if available or meet caterpillars. Learn about the fascinating migration phenomenon. Release ceremony after the tea party. Tea treats include sweets from the Michoacan area of Mexico, the ultimate destination of the monarchs now traveling through Virginia.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	2pm	5ED.HYTS	9/27	\$20/ea.

Native Tree Discovery Walk

(7-Adult) Take a guided walk to explore local native trees and learn how people used them in the past and how we use them today. You'll also learn how to use the iNaturalist app to identify plants and other finds. Each walk has a different theme and may highlight different trees, seasonal changes like fruits and flowers, and the many ways trees are useful.

1--1 hour program

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	11am	Z24.CBN9	10/4	\$9/ea.

Nature Walk with a Police Officer

(All Ages) Families are invited to join a naturalist to stroll and explore along the nature trail. We will roll logs and search the forest floor and other habitats. We'll learn about safety while being a nature detec-

tive. An officer from the community outreach of the local district FCPD will join us in this investigation.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	1pm	ØRQ.AUK4	9/26	Free
HiddenOaksNC	Sa	1pm	ØRQ.32J8	11/7	Free

Night at the Nature Center

(3-Adult) Step into the park after dark and discover what comes alive when the lights go out. As the sun sets, participants will explore a nighttime world of nocturnal wildlife, uncovering the adaptations that help animals navigate, hunt, and survive in the dark while observing how the park transforms after hours.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenPondNC	W	5:30pm	W1C.BUMB	9/2	\$9/ea.
HiddenPondNC	W	5:30pm	W1C.TRØØ	9/30	\$9/ea.
HiddenPondNC	W	5:30pm	W1C.7EØF	10/28	\$9/ea.

Our Prehistoric Park

(4-Adult) Learn about the prehistoric sharks, fish, reptiles, and invertebrates that roamed Riverbend Park millions of years ago. Walk in the footsteps of the dinosaurs on a short hike, search for fossilized shark teeth in an archeological dig, and complete a dino-themed craft to celebrate our park's rich history.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	64X.2FIE	10/18	\$12/ea.
Riverbend Pk	Su	10am	64X.RX8J	11/8	\$12/ea.

Pond Life

(4-Adult) Join us as we search for tadpoles, dragonfly nymphs and water scorpions to catch and release. Learn about how they reflect the health of the pond. Meets at Walney Pond.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawncPk	Su	10am	87B.PSPE	9/13	\$9/ea.

Pooh Bear Picnic

(3-Adult) Bring your picnic blanket and lunch or snack for an outdoor lesson on the animals of our 52 acre wood and how they compare to Pooh and his friends. Hear a Pooh nature story. Stuffed animal friends also welcome.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	11:30am	TSY.IGP8	9/12	\$9/ea.

Primitive Basics

(6-Adult) Learn ancient techniques of how to start a fire, go on a short hike and identify basic plants, and try archery with a primitive bow and arrow.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	MX5.IØ79	11/7	\$12/ea.

Scavenger Hunt Adventure at the Lake

(4-Adult) Join a naturalist to learn about various nature topics that relate to the lake depending on the season. Then go on a scavenger hunt adventure to find different related objects around the lake and collect a small themed prize.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	GZ6.G8A2	9/5	\$9/ea.

Snake and Turtle Feeding

(4-Adult) Enjoy a brief presentation and demonstration by our animal caretaker staff. At least one snake, two turtles and a toad will be fed.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	M	2pm	EFC.Q6BG	9/21	\$9/ea.

Stream Life

(4-Adult) Freshwater ecosystems are full of fascinating creatures. Search for stoneflies, hellgrammites, water pennies and crayfish. Explore the park's streams with a naturalist, use dip nets and kick nets to catch and release these creatures.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	6pm	CC5.910S	9/20	\$9/ea.
ECLawrencePk	Su	10am	CC5.7G0R	10/25	\$9/ea.

Super Snakes

(5-Adult) Join a naturalist to meet live snakes and learn why snakes are important. Dress for the weather and wear comfortable shoes.

1--1 hour program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	1pm	B78.UJOA	9/12	\$9/ea.
BurkeLakePk	F	5:30pm	B78.7ARK	10/2	\$9/ea.
LkAccontPk	Sa	1:30pm	B78.1A5S	10/10	\$9/ea.
LkAccontPk	F	5pm	B78.2VF4	10/16	\$9/ea.

Twilight Boardwalk Stroll

(6-Adult) Join a park naturalist for a guided walk along the forested paths to the wetland and experience the park as it transitions from day into night. Watch and listen for nocturnal residents such as beavers and owls.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	6pm	343.UDCA	10/24	\$14/ea.

Older Family Programs

Are You Going to Eat That?

(10-Adult) Enjoy a naturalist-led hike and identify plants that are safe to eat and which ones to avoid. Participants will learn how plants were used in rope making and folk remedies with connections to Eastern Woodland Indians. Foraging in Fairfax County Parks is prohibited.

1--1 hour program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	7A8.QAGW	9/12	\$9/ea.
LkAccontPk	Sa	1pm	7A8.0FZ1	10/3	\$9/ea.
ECLawrencePk	Su	10am	7A8.TR12	10/25	\$9/ea.

Boardgames and Bird Walk

(12-Adult) Hone your birding skills on the trail and learn to play our favorite bird themed board game: Wingspan. We will enjoy a round or more of this wonderful boardgame and take a bird walk in the park. All skill levels welcome.

1--3 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	3pm	1VC.YNA1	11/14	\$15/ea.
HuntMdws	Sa	3pm	1VC.VF5U	11/7	\$15/ea.

Foraging for Wild Edibles

(9-Adult) With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake. Please be aware that foraging is prohibited in Fairfax County parks. This class will focus on how to safely identify various edible plants, as well as their uses. No plants will be picked during the course of the class.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	8Y3.T05R	10/4	\$20/ea.

Nature Charms

(9-Adult) Join a naturalist to learn how to preserve nature by creating resin pendants encapsulating small natural specimens. Discover how to responsibly select natural materials, while also learning how to use resin to make your own natural charm. No living wildlife will be affected in the making of the charms. All materials will be provided.

1--1 hour program

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	GBW.91VR	10/11	\$15/ea.
BurkeLakePk	Su	1pm	GBW.YDL9	11/1	\$15/ea.

Practical Plants -

Foraging for Herbal Remedies

(12-Adult) Learn about the healing power of plants. Discover the herbal remedies and wild edibles of Virginia and how to gather these plants safely and sustainably. Conclude the class with a make-and-take.

1--2 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	LUX.PJ7Z	9/13	\$14/ea.
Riverbend Pk	Su	10am	LUX.X11N	9/27	\$14/ea.

Teen/Adult Programs

Paw-Paw Prowl

(14-Adult) Go off trail with a naturalist to learn about the Paw-Paws historical and ecological importance to Virginia.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawrencePk	Sa	10am	25E.8UQB	9/5	\$12/ea.

Soak in the Oaks

(16-Adult) Enjoy a digital detox as you hike through the woods and learn about the healing benefits of nature. Practice forest bathing designed to help you connect with nature and improve your well-being. Led by a certified forest bathing instructor.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	8am	RBA.S11L	10/24	\$10/ea.

Adult Programs

Animals After Hours

(Adults) Come get an exclusive look at our animals after hours at this adults-only event. Learn about our local species and their amazing habits and meet our animal ambassadors up close and personal.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	7pm	G6R.CDFJ	11/21	\$15/ea.

Autumn Equinox Evening Hike

(Adult) Welcome the first night of fall with a pleasant evening tour of the park at sunset. Learn about common wildlife in the marsh and where to find them.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HuntMdws	T	6pm	6B8.X5A9	9/22	\$12/ea.

Nature for Newborns

(Adults) Bring your baby and learn about the health benefits of early exposure to the outdoors. Learn how to create a nature-based play environment and simple activities for you and your baby to enjoy the outdoors safely. Take a walk with a naturalist. Intended for parents or caretakers of children under two.

1--1 hour program

Location	Day	Time	Code	Date	\$
GrnSprGardn	M	10am	8WS.B8TR	9/14	\$10/ea.
GrnSprGardn	M	10am	8WS.OV3B	9/28	\$10/ea.
GrnSprGardn	M	10am	8WS.M6UW	10/5	\$10/ea.
GrnSprGardn	M	10am	8WS.60JU	10/19	\$10/ea.

Owl Outing

(Adults) These nocturnal raptors are pair-bonding and looking for nesting sites at this time of year. Prowl the park after dark to listen for and learn about our local owls and possibly see a barred owl. Meet at the Visitor Center and dress for the weather and standing off trail.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Su	4:30pm	6B8.76LL	11/8	\$14/ea.
HuntMdws	Sa	4:15pm	6B8.31X3	12/5	\$14/ea.

Veterans in Nature

(Adults) Explore Hidden Oaks with our naturalists. Learn about all the health benefits of spending time in nature. All abilities welcome.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	10am	CML.KZ4S	9/12	Free

Wetland at Dusk Walk

(Adults) Join park naturalists for a relaxing stroll through the park's forest and wetland paths. Look and listen for wildlife settling down or waking up during the transition of day to night.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	F	6:30pm	F3C.G0HX	9/18	\$14/ea.
HuntMdws	Sa	6pm	F3C.J6ZU	10/17	\$14/ea.

Sketch Hikes and Nature Drawing Programs

Ancient Plants Sketch Hike

(12-Adult) Huntley's forests are home to certain plants whose ancestors have been with us since dinosaur times. Join artist and naturalist, Margaret Wohler, to learn about and sketch the ferns, moss and their allies on a 1.5 mile walk (flat terrain).

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	187.34HJ	9/26	\$18/ea.

Drawing and Investigating Invasive

Plants

(16-Adult) Learn where invasive plants come from and how to recognize them. Dive into the world of invasive foliage as we document and draw examples found throughout the park. Create a scientific illustration of a species of your choice using graphite, ink and watercolor. Press a plant specimen to take home.

2--2 hour programs

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	9:30am	NA8.GJ16	10/10	\$40/ea.

Drawing Nuts, Seeds, Pods and Berries

(16-Adult) Late fall is a great time to spot nature's treasures. Take a short hike to find nuts, seeds, pods, and berries, then learn simple tips for identifying and drawing them. See sample projects and try your own using our dried plant collection. Choose watercolor or colored pencils, and dress for the weather.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	9:30am	NK7.KDLK	11/14	\$25/ea.

Drawing Songbirds

(16-Adult) Get to know our local songbirds through field sketches and studies. Includes a presentation on natural history, drawing tips, and a short bird hike.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	9:30am	E1G.L8E2	9/19	\$25/ea.

Fall Color Snap Sketch Hike

(10-Adult) Join us for a hike and learn how to draw a beautiful autumn scene.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	B68.FX5X	10/24	\$18/ea.

Fall Wildflowers ID Sketch Hike

(10-Adult) Turtlehead, jewelweed, seed box, cardinal flowers; come see our beautiful fall wetland flowers. Discover how they live and how to draw them.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	736.NI59	10/10	\$18/ea.

Lichens Sketch Hike

(10-Adult) What happens when a fungus and an algae take a lichen to each other? Join local artist and naturalist, Margaret Wohler, to learn all about this hybrid organism, identify those greenish patches seen on trees and rocks and learn how to draw the textures defining lichen colonies.

1--2 hour program

Location	Day	Time	Code	Date	\$
HuntMdws	Sa	10am	830.SKBA	11/28	\$18/ea.



Nature as a Canvas

(16-Adult) Turn nature into your canvas. In this hands-on workshop, participants will experiment with printmaking techniques inspired by the natural world, including cyanotype sun prints (using sunlight to create blue images) and gytaku fish impressions (ink prints made from a fish's shape and details). Use plants, textures and natural forms to create one-of-a-kind pieces while exploring how art and ecology connect.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	11am	0GQ.QBUT	10/25	\$25/ea.

Nature Crafting Series

(13-Adult) Join artist Margaret Wohler for a 4-class crafting series where we will learn gelli printing, book binding to make your own little sketchbook, slow pattern drawing and color patches and collage. All materials will be provided. If you have ever wanted to start and maintain a sketchbook journaling practice, you will learn and experiment with art practices to keep you going.

4--2 hour programs

Location	Day	Time	Code	Date	\$
HuntMdws	M	1pm	05H.V69K	9/21	\$80/ea.

SPOOKY SEASONAL NATURE PROGRAMS

Bat Walk at the Bend

(5-Adult) Celebrate international bat week at Riverbend Park. Learn about the fascinating lives of these flying mammals as you participate in an educational scavenger hunt through the woods. Conclude the evening with a naturally crafted bat decoration to take home.

1--1 hour program

Location	Day	Time	Code	Date	\$
Riverbend Pk	F	7pm	KYH.Y4T3	10/30	\$10/ea.

Halloween in the Hollows

(4-Adult) Join us for a spooktacular evening to celebrate the wildlife most commonly associated with Halloween. Take a guided hike down the Follow the Hollows trail in search of bats, toads, salamanders, spiders and owls and learn about how these animals became a symbol of spooky season. End the evening by the warm cozy fire, accompanied by s'mores.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	7pm	JOT.0232	10/31	\$12/ea.

Haunted Pond

(6-12 yrs.) This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, trick or treating, animal activity stations and campfire with scary stories and s'mores. Campfire takes place during the last half hour of the program. Costumes are encouraged.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Sa	7pm	BAE.T6EY	10/17	\$12/ea.



Haunted Pond Jr.

(3-6 yrs.) This nocturnal wildlife and local lore program features a craft, a twilight walk into the forest, trick or treating, animal activity stations and a campfire with spell-binding stories and s'mores. The stories are 'not so scary' as we don't want to frighten you and will take place during the last half hour of the program. Costumes are encouraged.

1--2 hour program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Sa	4:30pm	946.9U1S	10/17	\$14/ea.

House of Reptiles

(4-Adult) Amazing reptiles call our park home. Play games, test your courage with a touch table and meet these wonderful creatures up close. Calm your nerves by roasting s'mores at a campfire while listening to stories and then take a stroll through the darkening autumn woods.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
ECLawrncePk	Sa	6pm	F2B.LISH	10/24	\$15/ea.
ECLawrncePk	Sa	7pm	F2B.LOTO	10/24	\$15/ea.

Pumpkin Patch at Nature Playce

(3-5 yrs.) Preschoolers hunt for their favorite miniature pumpkin to decorate and take home. Enjoy seasonal stories and a craft. Cancelled in case of inclement weather. Child must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	2:30pm	E6E.HL51	10/25	\$12/child
HiddenOaksNC	Su	4pm	E6E.5R43	10/25	\$12/child

Slithers, Shivers and Shells

(4-Adult) Step into the spooky-cool side of nature and meet friendly live reptiles and amphibians up close. Families will explore hands-on discovery stations and uncover the amazing "superpowers" these misunderstood creatures use to survive. Costumes welcome.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
LkAccontPk	Sa	4pm	05M.DE20	10/17	\$15/ea.

Spooky Date Night

(Adults) Join us for a festive and thought-provoking adults-only Halloween date night at the nature center. Learn about nature's spooky adaptations. Activities, walk (weather permitting) and light refreshments.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenOaksNC	F	7pm	KNQ.ZEQ9	10/30	\$15/ea.

Outdoor Recreation



Burke Lake Park

7315 Ox Road • Fairfax Station
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
- Rowboat and canoe rentals

Sailboats, gasoline motors, kayaks and swimming are prohibited. For hours and fees, visit the website or call the park. Park grounds are open from dawn to dusk year-round.



Lake Accotink Park

7500 Accotink Park Road • Springfield
703-569-3464

www.fairfaxcounty.gov/parks/accotink

Nestled in Springfield, Lake Accotink is a hidden gem bursting with fun for the whole family!

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, swimming, paddleboarding and windsurfing are prohibited. Park grounds are open year-round. For facility hours and fees, visit the website or call the park.

- Boating
- Fishing (*Va. fishing license required*)
- Trails
- Picnic areas with grills
- Kayak rentals
- Playground
- Mini Golf
- Carousel
- Visitor Center

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



Lake Fairfax Park

1400 Lake Fairfax Drive • Reston
703-471-5415

www.fairfaxcounty.gov/parks/lakefairfax

Home of The Water Mine Family Swimmin' Hole, Lake Fairfax is for outdoor lovers of all ages!

- Boating
- Fishing (*Va. fishing license required*)
- Camping
- Trails
- Picnic areas with grills
- Athletic fields
- Inline skate park
- Pump track
- Kayak and pedal boat rentals
- The Water Mine Family Swimmin' Hole

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats, paddleboarding, windsurfing and swimming in the lake are prohibited. For hours and fees, visit the website or call the park. Park grounds are open from dawn to dusk year-round.



Riverbend Park

8700 Potomac Hills Street • Great Falls
703-759-9018

www.fairfaxcounty.gov/parks/riverbend

A park steeped in Native American history, Riverbend

- 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

Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife. Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Grounds open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats (\$5 per boat or \$40 for annual launch pass).



Birding Programs

Children age 12 to 16 years must be accompanied by a registered adult.

Birding for Beginners

(12-Adult) Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion.

4BCA 1--1 hour 30 minute program--\$14
Fee H 1--3 hour program--\$20

Location	Day	Time	Code	Date	\$
HuntMdws	Su	8am	A4F.HAT1	9/20	Fee H
HuntMdws	Su	8am	A4F.WPUG	10/18	Fee H
HuntMdws	Su	8am	A4F.YYDD	11/15	Fee H
HiddenPondNC	Su	10am	A4F.AF4I	11/15	4BCA

Winter Solstice Bird Count

(14-Adult) Celebrate the winter solstice by stepping into the role of a community scientist and exploring the park through bird observation and identification. Participants will learn to recognize common winter species by sight and sound while contributing to ongoing efforts to document bird populations. Modeled after the "Christmas Bird Count", this program focuses on developing field skills and appreciating the diversity of birds that remain active during the colder months.

4BCA 1--1 hour 30 minute program

Location	Day	Time	Code	Date	\$
HiddenPondNC	Su	9am	280.MRU6	12/20	4BCA

Kayaking Programs

All kayaks, paddles and necessary safety equipment is included.

Birding by Kayak-Single

(13-Adult) Enjoy a naturalist-led birding trip by kayak. Park Authority lakes are home to more than 100 species of birds and hold many unique habitats. See how these small vessels can provide a closer look into the world of birds. Travel in a one-person kayak.

3BE 1--2 hour lesson--\$45

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	218.92RU	9/19	3BE

Outdoor Recreation

Intro to Kayaking

(12-Adult) This introductory-level class is perfect for beginners or for those who want to learn how to paddle more efficiently. Learn about different kayaks, paddles, personal flotation devices and safety gear. On the water learn to move the boat in every direction using different strokes and maneuvers.

3BE 1--2 hour lesson--\$45						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	Su	10am	16A.OEPX	9/6	3BE	
LkFairfaxPk	Su	11am	16A.L860	9/6	3BE	
LkFairfaxPk	Su	11am	16A.MNH2	9/20	3BE	
BurkeLakePk	Sa	1pm	16A.HAXT	10/3	3BE	

Kayak Tour - Moonlight

(14-Adult) Experience the Potomac River in a new light as we paddle under the moon. Discover the peace and wildlife of the evening river as a guide leads you on a tour through the calmest section of the river during each full moon this summer. No paddling experience necessary. Canceled if inclement weather or hazardous river conditions.

4BAG 1--1 hour 30 minute lesson--\$43						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	7:30pm	EBE.EVPF	9/6	4BAG	

Kayak Tour - Wildlife of the Potomac

(14-Adult) Watch for deer foraging on the islands, and osprey and bald eagles searching for fish as we paddle through this wildlife-rich section of the Potomac River. This is not a whitewater tour. No previous experience required. Download waiver and bring completed to tour: <https://go.usa.gov/xnJUB>.

Canceled in case of inclement weather or hazardous river conditions.

3BE 1--2 hour lesson--\$45						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	F	5:30pm	BBA.JN02	9/4	3BE	
Riverbend Pk	F	5:30pm	BBA.ZP5C	9/18	3BE	

Nature Kayaking

(12-Adult) Paddle with a naturalist to learn about the flora and fauna that call the lake their home. Find out what's growing along the lake's edge, who likes to wade in the water and what might be swimming underneath you.

3BE 1--2 hour lesson--\$45						
Location	Day	Time	Code	Date	\$	
LkFairfaxPk	Sa	10am	YCJ.EUYB	9/19	3BE	
BurkeLakePk	Su	1pm	YCJ.6Q0J	9/27	3BE	
LkFairfaxPk	Sa	10am	YCJ.VTK9	10/10	3BE	
BurkeLakePk	Su	1pm	YCJ.SMOV	10/18	3BE	

Twilight by Kayak - Draconids Meteor Shower

(14-Adult) You can see so many stars from the lake! Catch a glimpse of the Draconids Meteor Shower as it begins at Dusk. A Naturalist will guide you as you paddle across the lake.

3BE 1--2 hour lesson--\$45						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	F	6:30pm	00E.OM30	10/9	3BE	

Fishing Programs

Rod and bait will be provided. Participants 16 and older must have a valid Virginia fishing license.

Family Fishing

(5-Adult) Learn the basics of fishing with a naturalist while enjoying the lakefront. Discover how to fish safely and simply, and explore how outdoor activities like fishing help us connect with nature.

4BCA 1--1 hour 30 minute program--\$14						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	Su	10am	UMS.G6YD	9/27	4BCA	
BurkeLakePk	Sa	10am	UMS.XY3N	10/10	4BCA	
BurkeLakePk	Sa	10am	UMS.FU5Z	11/7	4BCA	

Family Fishing at Sunset

(5-Adult) Enjoy the lakefront at sunset while learning basic fishing skills from a naturalist. Evening is a great time to fish as the water cools and fish come up to feed. Rods and bait are provided. Participants 16 and older must have a valid Virginia fishing license.

4BCA 1--1 hour 30 minute program--\$14						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	F	6:30pm	2E6.E4ZB	9/4	4BCA	

Fishing for Parent and Child

(5-Adult) Learn to fish with your parent or child while enjoying the lake scenery. Practice how to rig and use a fishing rod, fish safely, and care for the environment while you're out on the water.

4BCA 1--1 hour 30 minute program--\$14						
4NJ 1--2 hour lesson--\$24						
Location	Day	Time	Code	Date	\$	
LkFairfaxPk	Sa	1pm	BC9.8VTQ	9/5	4BCA	
LkFairfaxPk	Su	2pm	BC9.XZUY	9/20	4BCA	
Riverbend Pk	Su	10am	BC9.JPQ3	9/27	4BJ	

River Fishing by Boat

(5-Adult) Fish for smallmouth bass and sunfish from a canoe or kayak. Get started with an introduction to boating and fishing basics. Previous experience rowing or paddling not required. Boats and PFDs provided. Fishing rods and bait provided. Canceled if inclement weather or hazardous river conditions. There must be at least one participant age 16 or older in each boat. Each participant must register.

4NJ 1--2 hour lesson--\$24						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Su	10am	2AE.VA1B	9/20	4NJ	

Other Recreation Programs

Basic Bike Maintenance

(10-Adult) Learn essential bike maintenance skills in this hands-on class. Students master the art of changing a tire, adjusting brakes and ensuring your bike is road ready. Discover important safety tips for both you and your bike. Bring your own bike and get ready to hit the road with confidence.

4BM 5--55 minute lessons--\$74						
Location	Day	Time	Code	Date	\$	
ProvREC	T	6pm	E1Q.48DN	9/22	4BM	

Family Campout

(5-Adult) Join Burke Lake Park naturalists to help alleviate some of the stress of camping, whether it's your first time camping or you're a camping expert. Participate in a range of planned activities such as a campground orientation, a guided nature hike, a demonstration on how to set up a campfire and end the evening with s'mores and games in the field. The next morning, join the naturalists to fish at the park's marina. One registration is required per family, and includes a campsite, all of the programs listed above and a bundle of firewood. Check-in starts at 2 p.m. on Saturday and check-out is at 11 a.m. on Sunday.

DNAA 1--family reservation--\$108						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	Sa/Su	2:30pm	9C3.3AIF	9/12	DNAA	

Orienteering Workshop

(8-Adult) Orienteering is the sport of navigation with map and compass. It's easy to learn, but always challenging. Participants learn how to use a compass, read a topographic map and navigate orienteering courses. Compass required.

4NJ 1--2 hour lesson--\$24						
Location	Day	Time	Code	Date	\$	
BurkeLakePk	Su	1pm	A36.0S77	11/22	4NJ	

Paddle and Paint the Potomac

(16-Adult) Take a short paddling trip up the Potomac River and take in the beautiful scenery. Stop at an island to paint the scenery then float back to shore. Art supplies provided. Some paddling experience preferred. All participants must sign a boating waiver.

4BE 1--3 hour lesson--\$45						
Location	Day	Time	Code	Date	\$	
Riverbend Pk	Sa	9am	W32.ERFL	10/3	4BE	
Riverbend Pk	Sa	9am	W32.ZAGT	10/10	4BE	

NATIONAL PUBLIC LANDS DAY 2026

SAVE THE DATE

SATURDAY, SEPTEMBER 26, 2026



Learn more: www.fairfaxcounty.gov/parks/topics/national-public-lands-day

Performing Arts

Scan the QR code to go directly to the Parktakes Online Performing Arts page.



- All instructors have different teaching styles.
- Wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- All music classes are group instruction.
- Music books or any other instructional aids are available for purchase at the first class.
- Students must have their own guitar, banjo or harmonica for use in class.
- Piano students need to have access to a piano for practice out of class.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.

Drama Classes

Act Up! K'Pop Dreamin' Stunners

(7-14 yrs.) In this Moonlit Wings class, students jump into original scenes and kid-friendly choreography inspired by the Netflix animated film KPop Demon Hunters and hit songs from groups like KATSEYE and BTS. Students also enjoy improv games, character creation and a fun talent show, which are designed to boost imagination, confidence and teamwork through theatre. Open to all experience levels. Parents are invited to a mini performance during the final class.

DPVD	7--1 hour 25 minute lessons--\$149				
Location	Day	Time	Code	Begin	\$
FranconiaRec	M	5pm	V8V.ZEAW	9/21	DPVD
MtVernREC	Th	5:30pm	V8V.DOPA	9/24	DPVD
OakmontREC	Su	10am	V8V.N7P5	9/27	DPVD
ProvREC	Sa	11:30am	V8V.ZYCS	9/26	DPVD
SoRunREC	T	5pm	V8V.911X	9/22	DPVD
Wkfld/Moore	Sa	2pm	V8V.OC70	9/26	DPVD

All Star Drama Club

(7-14 yrs.) In this Moonlit Wings' Drama Club, students dive into new lessons every season with fresh scripts of comedy, drama and hilarious improv games. Sharpen speech, stage presence, and teamwork through theatre. Parents are invited to a mini performance during the final class.

DPVD	7--1 hour 25 minute lessons--\$149				
Location	Day	Time	Code	Begin	\$
FranconiaRec	M	6:30pm	UN4.FBU0	9/21	DPVD
MtVernREC	Th	7pm	UN4.GPVF	9/24	DPVD
OakmontREC	Su	11:30am	UN4.EXU0	9/27	DPVD
SoRunREC	T	6:30pm	UN4.OP8W	9/22	DPVD
Wkfld/Moore	Sa	3:30pm	UN4.I94R	9/26	DPVD

FCPA Farmers Markets

Buy Fresh, Buy Local...

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

www.fairfaxcounty.gov/parks/farmersmarkets



Hollywood Film Making

In this Athena Coding class students bring their film ideas to life. They will workshop characters, format their script and storyboard their scenes, then then out while filming with iPads. Students will use either Capcut or iMovie to edit their movies, adding plenty of special effects. At the end, a copy of a film and a trailer will be sent home. iPads and green screen are provided for class use.

DPVB	8--55 minute lessons--\$191				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Wkfld/Moore	T	5:30pm	NFZ.74CE	9/15	DPVB
(13-18 yrs.)					
Wkfld/Moore	T	6:30pm	3LK.WJRR	9/15	DPVB

Theatre & Acting

(10-14 yrs.) This Athletes Global program focuses on voice, acting and stage presence, as well as singing and dancing skills. Students cultivate their improv and cold script reading skills, while learning creative dramatics. Class ends with a short play grand finale.

CPVK	8--55 minute lessons--\$210				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	1pm	AH6.WXF0	9/13	CPVK

Music Classes

Guitar I

Learn to play, tune and care for your guitar. Students must furnish their own instrument. Any supply fees are payable to instructor at first class.

3PPA	8--55 minute lessons--\$110				
4PPA	10--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
CubRunREC	Su	12pm	DFD.US1G	9/13	4PPA

SoRunREC	Sa	9:30am	DFD.SUB5	9/19	4PPA
Wkfld/Moore	M	6pm	DFD.G36J	9/14	3PPA
(10-Adult)					
CubRunREC	Su	12pm	128.3BYJ	9/13	4PPA
OakmontREC	M	6pm	128.DKAZ	9/21	3PPA
ProvREC	T	10:30am	128.726P	9/15	3PPA
SoRunREC	Sa	9:30am	128.GA56	9/19	4PPA
SoRunREC	M	4:50pm	128.APJ8	9/21	4PPA
Wkfld/Moore	Sa	2pm	128.N2ZS	9/12	4PPA
(16-Adult)					
Wkfld/Moore	M	8pm	1BF.3EPT	9/14	3PPA

Guitar II

Prerequisite: Guitar I or equivalent.

3PPA	8--55 minute lessons--\$110				
4PPA	10--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
SoRunREC	Sa	10:30am	641.JUBY	9/19	4PPA
Wkfld/Moore	M	7pm	641.BGW1	9/14	3PPA
(10-Adult)					
CubRunREC	F	5pm	030.RAEI	9/18	4PPA
ProvREC	T	9:30am	030.M3LC	9/15	4PPA
SoRunREC	Sa	10:30am	030.BCIV	9/19	4PPA

Blues Guitar

(10-Adult) Prerequisite: Guitar I or equivalent, this is not a beginners course. Students should be familiar with and efficient at playing the basic guitar cords. Course introduces some 12-bar blues rock rhythm studies using the E, G and A major scales as well as simple blues concepts. Students expand their guitar playing using a variety of rhythm fills along with the triads, sus, and add 9 cords. Students must furnish their own instrument.

4PPA	10--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	5:45pm	FGZ.H4YY	9/21	4PPA

Performing Arts

Rock Guitar

(10-Adult) An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

4PPA 10--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
CubRunREC	F	6pm	189.Z4SE	9/18	4PPA

Piano-Beginning I

Group instruction. Learn fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee \$10-\$15 payable to instructor at first class.

3PPA 8--55 minute lessons--\$110
DPPA 8--55 minute lessons--\$105

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Little Run ES	Sa	10am	69C.81P5	9/19	DPPA
Little Run ES	Sa	11am	60C.OMPG	9/19	DPPA
(10-Adult)					
Little Run ES	Sa	1pm	A86.JZXP	9/19	DPPA
(16-Adult)					
ProvREC	Th	11:15am	NK6.ZERS	9/17	3PPA

Piano-Beginning II

Group instruction for students who have some piano experience. Improve fundamentals including reading music and keyboard skills. Students must have access to piano or keyboard for practice. Supply fee of \$10-\$15 payable to instructor at first class.

3PPA 8--55 minute lessons--\$110
DPPA 8--55 minute lessons--\$105

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Little Run ES	Sa	12pm	A0C.HSPS	9/19	DPPA
(10-Adult)					
Little Run ES	Sa	2pm	LSN.2VG5	9/19	DPPA
(16-Adult)					
ProvREC	Th	10:15am	91D.DBCV	9/17	3PPA
ProvREC	Th	12:15pm	91D.3PND	9/17	3PPA

Ukulele

(10-Adult) Learn music Aloha style. Class covers instrument playing basics including chord progressions, single-note playing and right-hand strumming techniques. Numerous styles are taught. Students must bring their own instrument.

3PPA 8--55 minute lessons--\$110
4PPA 10--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
ProvREC	M	9:45am	A61.9FAY	9/14	3PPA
SpHillREC	Su	12pm	A61.7LUV	9/13	4PPA

Ukulele II

(10-Adult) Prerequisite: Ukulele I or equivalent.

3PPA 8--55 minute lessons--\$110
4PPA 10--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
ProvREC	M	10:45am	3F1.BGKX	9/14	3PPA
SpHillREC	Su	1pm	3F1.J7BB	9/13	4PPA

Band Together Beginning Music Ensemble

(6-12 yrs.) This ensemble music class is teamwork—with a beat. Young musicians learn to play together as a band, learning collaboration, timing, and performance skills in this Learn Now Music class. Students choose which instrument they will play in class at registration (Piano, Guitar, Violin, or Drums). A \$20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: <https://learnnowmusic.com/updatepayment>.

DPVK 10--55 minute lessons--\$263

Location	Day	Time	Code	Begin	\$
MtVernREC	Th	6pm	OKS.2FW1	9/17	DPVK
SpHillREC	M	6pm	OKS.N8X4	9/14	DPVK

Music Production 101

(13-18 yrs.) In this Athena Coding class students dive into the dynamic world of digital music production, creating captivating rhythms and melodies using Soundtrap, a kid-friendly digital audio workstation. From recording and manipulating sounds, to mixing your very own tracks, to learning the key elements of songwriting and music theory, this hands-on course will lead you to create your own unique piece of music and gain invaluable skills that will help shape your future musical endeavors.

DPVB 8--55 minute lessons--\$191

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	7:30pm	320.LKG8	9/15	DPVB



Family Golf Specials



August 2026

Buy one adult, 9-hole round and get one free for your child or teen!

Weekdays all day
Weekends after 1 p.m.

Burke Lake - 6915 Ox Road,
 Fairfax Station
703-323-1641

Jefferson - 7900 Route 29,
 Falls Church
703-573-0444

Pinecrest - 6600 Little River
 Turnpike, Alexandria
703-941-1061

Oakmont - 3136 Jermantown
 Road, Oakton
703-255-5390

Limit one child per paying adult. Not valid with any other offers or discounts or multi-round pass usage.



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

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Pet Place

Scan the QR code to go directly to the Parktaks Online Pet Place page.



Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies and parvovirus shots to the first class.
- All dogs must be legally licensed, vaccinated, wear a visible dog license and be leashed when entering or leaving the class area.
- Check with instructor at first class for proper leashes, collars and other equipment.
- An adult must stay with student if younger than 16 or does not have own transportation.
- All classes are held outdoors.
- **Register the handler, not the dog; one handler/one dog per registration.**
- Some classes may have supply fees, so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Off-Leash Dogs Welcome in Special Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog parks for free play, a good run or a friendly romp with other dogs. FCPA has eleven established dog parks:

- **Baron Cameron**, 11300 Baron Cameron Ave., Reston
- **Blake Lane**, 10033 Blake Lane, Oakton
- **Chandon**, 900 Palmer Drive, Herndon
- **Dulles Station Community Park**, 13707 Sayward Blvd, Herndon
- **Grist Mill**, 4710 Mt. Vernon Memorial Hwy, Alexandria
- **Lenclair**, 6725 Lenclair St., Alexandria
- **Mason District**, 6621 Columbia Pike, Annandale
- **Monticello Park**, 5315 Guinea Road, Burke
- **Rock Hill District Park**, 15150 Old Lee Road, Centreville
- **South Run**, 7550 Reservation Drive, Springfield
- **Westgrove**, 6801 Fort Hunt Road, Alexandria

Most of the Park Authority dog parks are public/private partnerships, developed in cooperation with sponsoring organizations of pet owners. Volunteers assist with monitoring and cleaning up the facilities, making users aware of dog park rules and regulations and reporting maintenance needs to the Park Authority.

Dog parks are open year-round from 7 a.m. to 30 minutes after sunset on weekdays and from 8 a.m. to 30 minutes after sunset on weekends and Federal holidays. Neither Fairfax County nor the Fairfax County Park Authority is liable for any injury or damage caused by any dog in the off-leash area. For off-leash dog park rules and regulations, visit www.fairfaxcounty.gov/parks/parkrules/dogpark.htm, or call 703-324-8594



AKC Classes

AKC Star Puppy Class

(14-Adult) Class focuses on how to care and raise a puppy, as well as basic puppy obedience, and follows the AKC Star curriculum. Puppies must be less than a year old and up to date on age-appropriate vaccinations. Rabies vaccination is required at 16 weeks. Dogs must attend 6 of the 8 lessons to qualify to take the AKC Star Puppy test. This is not a puppy play group. One handler per dog.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	12pm	UJN.S8FL	9/19	4DA

AKC Trick Dog

(14-Adult) Prerequisite: Completion of Fairfax County Dog Obedience 1 or instructor permission. Trick training allows an owner and dog to bond in a creative way and helps improve a dog's focus, confidence, and impulse control while building on the basic cues learned in Dog Obedience 1. Students will have the opportunity to take the AKC Novice and/or Advanced Trick Dog tests and earn an AKC title. Canine Good Citizen behaviors will also be practiced in class. Dogs must be at least 8 months old and show no signs of aggression.

4DA	8--55 minute lessons--\$137				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	6:30pm	DPK.T983	9/17	4DA
Frying Pan Pk	Sa	12:30pm	DPK.GDLE	9/19	4DD
OakmontREC	T	6pm	DPK.8IP5	9/22	4DA

Obedience Classes

Puppy Kindergarten

(14-Adult) Puppies 10 to 23 weeks old learn socialization and discipline fundamentals. Puppy owners learn how to address problems such as housebreaking, chewing and jumping. Puppies should wear a buckle collar and be up-to-date with shots.

4DA	8--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	6CD.9S17	9/20	4DA
SoRunREC	M	10:30am	6CD.FE4X	9/21	4DA

Dog Obedience I

(14-Adult) Includes home management, discipline and problem solving. Methods employed are affection and restraint. Dogs must be at least 6 months old.

4DA	8--55 minute lessons--\$137				
DDVA	8--55 minute lessons--\$161				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	W	7:30pm	635.21HE	9/16	4DA
Frying Pan Pk	Th	7:30pm	635.ZPT8	9/17	4DA
Frying Pan Pk	Sa	9:30am	635.G4AI	9/19	4DD
OakmontREC	T	7pm	635.LWGM	9/22	4DA
SoRunREC	Sa	9am	635.3JAA	9/19	4DA
SoRunREC	Su	11am	635.LA20	9/20	4DA
SoRunREC	M	4pm	635.GSDB	9/21	4DA
SoRunREC	M	11:30am	635.M10S	9/21	4DA
SoRunREC	F	9am	635.75N5	9/25	4DA
Wkfld/Moore	W	4pm	635.XSXS	9/16	4DA
Wkfld/Moore	W	11:30am	635.Y42B	9/16	4DA
ProvREC	Sa	3:30pm	V89.7B11	9/12	DDVA

Dog Obedience I Family

(9-Adult) Class is designed for family units of two or three. Handlers learn together how to train their dog to sit, lie down, come, stay and walk on a leash. Class also includes home management and problem solving. No more than three family members and one dog per registration. One adult per family must be present at each class, and all family members must be age 9 or older. Dogs must be at least 6 months old.

4DB	8--55 minute lessons--\$173				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	11:30am	26E.35FW	9/19	4DD
SoRunREC	Su	12pm	26E.X1R5	9/20	4DB

Dog Obedience II

(14-Adult) Prerequisite: Dog and owner must have completed a Fairfax County level 1 class or have permission of instructor. Dogs must be at least 8 months old and show no signs of aggression. Course will prepare the dog to successfully complete the AKC Canine Good Citizen test given on course completion.

4DA	8--55 minute lessons--\$137				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	10:30am	C14.PAFB	9/19	4DD
Frying Pan Pk	T	7:45pm	C14.WJIV	9/22	4DA
OakmontREC	T	8pm	C14.9BQA	9/22	4DA
SoRunREC	Sa	10am	C14.1JIP	9/19	4DA
SoRunREC	Su	10am	C14.TRLU	9/20	4DA
SoRunREC	M	5pm	C14.TQ2S	9/21	4DA
SoRunREC	M	12:30pm	C14.A22V	9/21	4DA
SoRunREC	F	10am	C14.CXRH	9/25	4DA
Wkfld/Moore	W	5pm	C14.IANL	9/16	4DA

K9 Nose Work

(14-Adult) K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

4DA	8--55 minute lessons--\$137				
DDVA	8--55 minute lessons--\$161				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	3pm	9D8.KV3F	9/13	DDVA
Wkfld/Moore	F	6:30pm	9D8.5EKT	9/18	DDVA
Frying Pan Pk	W	6:30pm	2IN.R7IC	9/16	4DA

K9 Nose Work II

(14-Adult) Prerequisite: K9 Nose Work I or equivalent. Build on skills learned in level I through different, more advanced activities. This low-impact class is perfect for dogs of any age, size and personality.

DDVA	8--55 minute lessons--\$161				
Location	Day	Time	Code	Begin	\$
ProvREC	Su	4pm	X01.EUDF	9/13	DDVA

Rally Obedience

(14-Adult) Prerequisite: Completion of Fairfax County Dog Obedience II or permission of instructor. Rally obedience exercises and corresponding signs from the beginner through expert level are taught. Dogs must show no fear or aggression.

4DA	8--55 minute lessons--\$137				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	5:30pm	126.FSAF	9/22	4DA
Frying Pan Pk	Th	10:30am	126.T06H	9/24	4DA
OakmontREC	T	9am	126.M6MW	9/22	4DD

Rally Obedience II

(14-Adult) Prerequisite: Completion of Rally Obedience I or permission of instructor. Rally exercises and corresponding signs from advanced, excellent and masters levels are taught. Dogs must show no fear or aggression.

4DA	8--55 minute lessons--\$137				
4DD	6--55 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	T	6:30pm	07T.ZZVP	9/22	4DA
OakmontREC	T	10am	07T.8HKA	9/22	4DD

Competitive Dog Agility

Competitive Dog Agility I

(14-Adult) Prerequisite: Dog Obedience I or equivalent. Dogs must have one primary handler for the entire session. This class focuses on basic skills needed to succeed in agility and to make agility a game your dog will love. A minimum of 75% class attendance and contact/target behavior is required for progression. Attendance at first class is mandatory so dogs and handlers can be assessed.

4DE	6--55 minute lessons--\$153				
4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	9am	A22.DM07	9/20	4DE
SoRunREC	T	3pm	A22.KQ05	9/22	4DG

Competitive Dog Agility II

(14-Adult) Prerequisite: Competitive Dog Agility I. Dogs and handlers build on the skills introduced in Level I such as clicker training, building focus, attention and teamwork, targeting, basic handling and obstacle skills. Dogs are exposed to all agility equipment. Dogs must have one primary handler for the entire session. Attendance with dogs is mandatory at first class, and overall attendance is required for progression. Bring dogs to first class.

4DE	6--55 minute lessons--\$153				
4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Su	10:15am	7ED.ZGEY	9/20	4DE
SoRunREC	T	9am	7ED.U67R	9/22	4DG

Competitive Dog Agility III

(14-Adult) Prerequisite: Competitive Dog Agility II. Class expands proficiency and builds performance confidence on all obstacles. Handlers and dogs must have a good working understanding of clicker and targeting, with strong emphasis on contact obstacles and weave poles. Teams begin to work off leash and improve attention, focus and teamwork. Students are encouraged to repeat this class to perfect obstacle performance. Overall attendance is required for progression. Bring dogs to first class.

4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	11am	00F.60YY	9/24	4DG

Competitive Dog Agility IV

(14-Adult) Prerequisite: Competitive Dog Agility III or equivalent. Class focuses on advanced handling skills. Dogs must be able to work off leash and should exhibit appropriate performance and proficiency with all agility equipment. Focus is on handling skills, contact performance and short sequences. Overall attendance is required for progression. Bring dogs to first class.

4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	10am	F02.S3GD	9/24	4DG

Competitive Dog Agility V

(14-Adult) Prerequisite: Competitive Dog Agility IV or equivalent with permission of instructor. Class is aimed at preparing dog/handler teams to compete. Hone your handling skills and learn what it takes to compete at agility trials. Strong emphasis on advanced handling sequences involving full courses. Dogs must be able to perform straight up 12 weaves,

full-height teeter and be confident and capable of taking commands at a distance. Handlers must be able to control their off-lead dogs at all times. Bring dogs to first class.

4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
SoRunREC	Th	9am	EBF.8XD9	9/24	4DG

Non-Competitive Dog Agility

Dog Agility for the Fun of It

(13-Adult) Prerequisite: Dog Obedience I. Class offers an introduction to dog agility. This class is not competition oriented. Dogs must be at least 1 year old. Dogs and handlers learn teamwork, targeting and handling skills basics. Class utilizes agility equipment. Attendance with dogs is required at first class.

4DE	6--55 minute lessons--\$153				
4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	11am	859.2F30	9/19	4DE
Frying Pan Pk	W	6pm	859.26TR	9/23	4DG
SoRunREC	M	12pm	859.X078	9/21	4DG

Dog Agility for the Fun of It II

(13-Adult) Prerequisite: Agility for the Fun of It I or Dog Agility I. More fun with agility sequences and obstacle performance. Dogs must know obedience behaviors sit, lie down, stay and come and be reliable off leash. Confidence in performing contact obstacles (A-frame and dog walk) is required. Bring dogs to first class.

4DE	6--55 minute lessons--\$153				
4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	9am	585.NALB	9/19	4DE
Frying Pan Pk	Sa	10am	585.ENEJ	9/19	4DE
Frying Pan Pk	W	7pm	585.PEDC	9/23	4DG
SoRunREC	M	11am	585.YU2A	9/21	4DG

Dog Agility for Fun of It III

(13-Adult) Prerequisite: Dog Agility for the Fun of It II/Competitive Dog Agility II. Class is designed for dogs with an excellent command of all equipment and handlers ready to learn skills such as front and rear crosses, serpentine and pinwheels. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DE	6--55 minute lessons--\$153				
4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Sa	8am	180.SPNR	9/19	4DE
Frying Pan Pk	Th	6pm	180.CYP2	9/24	4DG
Frying Pan Pk	Th	7pm	180.K8PV	9/24	4DG
SoRunREC	M	10am	180.KSKS	9/21	4DG

Dog Agility for Fun of It IV

(13-Adult) Prerequisite: Dog Agility for the Fun of It III/Competitive Dog Agility III. Class is designed for dogs with an excellent command of all equipment and handlers who want to learn advanced skills. Full courses are run using all of the equipment. Dogs must be able to handle each apparatus off leash. Bring dogs to first class.

4DG	8--55 minute lessons--\$204				
Location	Day	Time	Code	Begin	\$
SoRunREC	M	9am	645.40YA	9/21	4DG

Dog Daze

at The Water Mine

Saturday, September 12, 2026

9 a.m. – 1 p.m.



Dogs-only Swimming
Family Fun
\$15 per dog

The Water Mine goes to the dogs with a season-ending event to benefit your parks through the Fairfax County Park Foundation.

Visit www.fairfaxcounty.gov/parks/dogs

The Water Mine at Lake Fairfax Park
1400 Lake Fairfax Drive, Reston



Science/Technology

Scan the QR code to go directly to the Parktakes Online Science/Technology page.



Astronomy Programs

All participants, including accompanying adults, must register and pay for the program.

Boardwalk Astronomy

(8-Adult) Join a park naturalist as they take you on a tour of constellations, comets and other current events happening in the skies above.

STAC	1--2 hour program--\$14				
Location	Day	Time	Code	Date	\$
HuntMdws	Sa	8pm	TTM.AP79	9/12	STAC
HuntMdws	Sa	8pm	TTM.9HZH	10/10	STAC

Science Classes

Codebreakers-Spy Games

(6-12 yrs.) Enter the world of espionage to become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a thrilling journey into the science of secrecy.

DXVI	8--55 minute lessons--\$197				
Location	Day	Time	Code	Begin	\$
OakmontREC	Sa	11:15am	54I.K3BC	9/19	DXVI

Fall Engineering Challenge

(6-11 yrs.) Use your critical thinking skills and problem-solving abilities to engineer a solution for our secret seasonal challenge. Attack the design problem and work within the criteria and constraints to see if you can come up with the best solution.

AJ	1--1 hour program--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	2pm	L96.39RH	11/21	AJ

Future Scientists

(5-8 yrs.) In this class offered by Athletes Global, students will explore chemistry, astronomy, earth science and health through interactive hands-on science experiments while improving their critical, creative thinking and problem-solving skills.

DXVI	8--55 minute lessons--\$197				
Location	Day	Time	Code	Begin	\$
OakmontREC	W	5:15pm	155.KK6W	9/16	DXVI
Wkfld/Moore	Su	11am	155.YDEC	9/13	DXVI

Homeschool Science -

Vertebrate Classification

(6-12 yrs.) Learn the how mammals, reptiles, amphibians, birds and fish are classified. Students will explore the topic observing outdoors and through lab skills.

STAA	1--2 hour program--\$16				
Location	Day	Time	Code	Date	\$
LkAccontPk	W	1pm	85D.MG1F	9/16	STAA
HuntMdws	Th	1pm	85D.BWWY	12/3	STAA



Science for Homeschoolers

(9-12 yrs.) Join a park naturalist to investigate the interrelationship between earth cycles, ecosystems, and plant and animal functions at the cell level. Examine human impact on ecosystem health. Includes hands-on activities, experiments, nature hikes and outdoor exploration. Topics change seasonally.

Fee Z	4--1 hour 30 minute lessons--\$85				
Location	Day	Time	Code	Date	\$
HuntMdws	Th	1pm	YX8.1CM4	10/29	Fee Z

Science Meets History - Bubbles!

(6-10 yrs.) Come to Colvin Run Mill for a morning of experiments and play as we investigate shape, surface tension and other bubble science. We'll use soapy, bubbly water to make giant bubbles and clean up like the Miller's family did in the 1800s.

Fee AK	1--1 hour 30 minute program--\$12				
Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1:30pm	2GS.ADQD	9/13	AK

Science Potions & Explosions

(6-9 yrs.) In this Baroody Camps class, students create potions and chemical reactions. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal or blast a rocket into the air while learning about the states of matter and how things change with mixtures, solutions, and chemical reactions.

DXVL	10--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	12pm	ED0.I7YW	9/13	DXVL

Science-Make It or Break It

(6-8 yrs.) Engineers are dreamers, planners, problem solvers and tinkers. In this class students take on projects and hands-on challenges, in hopes of finding success. Every theme will begin with making a plan, then move on to the building & trials phase, then end with a final test. From egg drops and Rube Goldberg machines to earthquake simulators and tower challenges, there will be much to get excited about.

DXVE	8--55 minute lessons--\$155				
DXVL	10--55 minute lessons--\$194				
Location	Day	Time	Code	Begin	\$
MtVernREC	Su	12pm	PM4.DD35	9/20	DXVE
ProvREC	T	5:30pm	PM4.JZH	9/22	DXVE
Wkfld/Moore	Su	11am	PM4.U570	9/13	DXVL

Skeleton Science

(5-11 yrs.) Learn why skeletons aren't scary, but are essential to your everyday life. Make a glow-in-the-dark skeleton craft to take home.

Fee AJ	1--1 hour program--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	1pm	5YV.WXVK	10/3	Fee AJ
HiddenOaksNC	Sa	3pm	5YV.UVDC	10/3	Fee AJ

Spooky Dry Ice Science

(5-Adult) Discover the states of matter through dry ice science as we make bubbling concoctions, screaming spoons and Boo bubbles. Children must be accompanied by a paying adult, registered in the program.

Fee AJ	1--1 hour program--\$10				
Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	5pm	HNW.YXTB	10/17	Fee AJ
HiddenOaksNC	Sa	7pm	HNW.5GXN	10/17	Fee AJ
HiddenOaksNC	F	5pm	HNW.MBPI	10/30	Fee AJ

Technology Classes

3D Printing Basics

(13-Adult) Whether you're a curious beginner or an enthusiast eager to explore the latest technology, this hands-on course will take you on a captivating journey. Expert instructors will guide you through understanding the basics of 3D printing to creating and printing your own designs. Unleash your creativity and be amazed at the endless possibilities of this innovative and transformative technology. No prior experience required. A laptop or tablet with mouse and an email address are required. A Fairfax County library card number is recommended. There will be a \$15 materials fee.

4XH	8--1 hour 25 minute lessons--\$155				
Location	Day	Time	Code	Begin	\$
MtVernREC	W	7pm	IIS.02RT	9/16	4XH
OakmontREC	T	6pm	IIS.EL6I	9/15	4XH
SpHillREC	M	7pm	IIS.RSQR	9/14	4XH

3D Printing Basics with Parent

(6-12 yrs.) Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Students will learn the basics of 3D design and witness their creations come to life as tangible objects. From custom toys to personalized backpack tags, this class is an exciting adventure of creativity and technology. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a \$15 materials fee.

4ND	5--55 minute lessons--\$70				
Location	Day	Time	Code	Begin	\$
MtVernREC	W	6pm	Z2W.JGLI	9/16	4ND
MtVernREC	W	6pm	Z2W.REXD	10/28	4ND
OakmontREC	Th	5:30pm	Z2W.MICS	9/17	4ND
OakmontREC	Th	5:30pm	Z2W.QQXX	10/22	4ND
ProvREC	Sa	2pm	Z2W.CPXP	9/12	4ND
SpHillREC	M	6pm	Z2W.HBCS	9/14	4ND
SpHillREC	M	6pm	Z2W.EQOB	10/26	4ND



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3D Printing Halloween Workshop

Learn how to use 3D printing to make ghosts, pumpkins and other decorations for Halloween to delight guests and trick or treaters. This class is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. Learn the steps needed to create your own Halloween designs. There will be two classes of two hours on consecutive weekends. Each student will print one design per that will be available for pick up at the rec center one week after the second class. Bring a laptop and a mouse. There is a \$15 materials fee.

4FL 2--2 hour lessons--\$54

Location	Day	Time	Code	Begin	\$
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(6-12 yrs. Adult must participate with child)

MtVernREC	Sa	1pm	WNS.2V59	10/17	4FL
SphillIREC	Su	1pm	WNS.8TJK	10/18	4FL

(13-Adult)

MtVernREC	Sa	3pm	RMX.9ZVQ	12/5	4FL
SphillIREC	Su	3pm	RMX.KXBG	12/6	4FL

3D Printing Christmas Workshop

Learn how to use 3D printing to make ornaments personalized with the year or pictures, Santa Bobble heads, snowmen or winter solstice decorations for a festive holiday. This class is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. Projects will be available for pick up at the rec center one week after class. Bring a laptop and a mouse. There is a \$15 materials fee.

4FL 2--2 hour lessons--\$54

Location	Day	Time	Code	Begin	\$
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(6-12 yrs. Adult must participate with child)

MtVernREC	Sa	1pm	L6K.H7WH	12/5	4FL
SphillIREC	Su	1pm	L6K.YTQC	12/6	4FL

(13-Adult)

MtVernREC	Sa	3pm	VH7.9ZVQ	12/5	4FL
SphillIREC	Su	3pm	VH7.KXBG	12/6	4FL

Amusement Park Engineers

(7-12 yrs.) In this Snapology class students learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides.

DXVR 8--55 minute lessons--\$201

Location	Day	Time	Code	Begin	\$
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Kings Pk ES	Th	5:30pm	KGJ.V9K1	9/24	DXVR
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Battle Robots

(7-12 yrs.) Learn engineering strategies for building sturdy structures using unique RoboThink bricks. Next apply that knowledge to build multiple robots for a variety of friendly competitions, such as soccer, relay races, and dozens of other challenges in this RoboThink class.

DXVG 6--55 minute lessons--\$182

Location	Day	Time	Code	Begin	\$
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Oakton ES	F	5pm	R8R.UMZX	9/25	DXVG
SpringHl ES	Sa	10am	R8R.PJV5	9/26	DXVG
MtVernREC	T	5:30pm	R8R.40T0	9/22	DXVG
MtVernREC	Sa	10:30am	R8R.YLMO	9/19	DXVG

Coding with Scratch: Beginners Arcade

(6-9 yrs.) In this CyberTeck class students can transform their love of games into a start down the path of learning to code. This introductory game coding course uses Scratch, a coding tool developed by M.I.T. for elementary students. Using Scratch's powerful visual coding interface students will be able to create scripts that can control art assets they create with only minimal typing. A perfect starting point

for learning coding, logic, and game design skills. Games in this class are a Frogger/Crossy Road style game and a Starship shooting game like Galaga, Galaxian, and similar titles.

DXVG 6--55 minute lessons--\$201

Location	Day	Time	Code	Begin	\$
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Woodburn ES	Su	11am	SEV.MUDX	9/20	DXVG
BelleVw ES	Sa	9:30am	SEV.1FOU	9/19	DXVG
LittleRn ES	Sa	9:30am	SEV.WQD0	9/19	DXVG

Coding with Scratch: Intermediate Arcade

(10-14 yrs.) Whether your child has used Scratch before or is just stepping into the world of coding, this class is an ideal place for older elementary students to advance their coding skills. Students will make unique versions of popular games focusing complexity or advanced features. Students create a Tower Defense game, where a horde of enemies attempts to reach their base but can be stopped by upgradable towers placed along their path.

DXVG 6--55 minute lessons--\$201

Location	Day	Time	Code	Begin	\$
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Woodburn ES	Su	12pm	S7L.GR42	9/20	DXVG
BelleVw ES	Sa	10:45am	S7L.QSFX	9/19	DXVG
LittleRn ES	Sa	10:45am	S7L.40R0	9/19	DXVG

Electronics w/Minecraft Redstone

(6-12 yrs.) In this class offered by STEM exCEL, students explore electronics in a virtual world with essentially infinite resources. Using Minecraft's wire system called Redstone, students can build constructs representing real-world electrical circuits and simple computer projects. Students gain an initial understanding of circuitry, electronics and electrical theory to understand virtually how real circuits, switches, bread boards, etc. are used. Any supply fee payable to instructor at first class.

DXVG 6--55 minute lessons--\$191

Location	Day	Time	Code	Begin	\$
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OrangHnt ES	Sa	12pm	4F8.77QZ	9/19	DXVG
SphillIREC	Sa	1pm	4F8.77QZ	9/26	DXVG

eSports Class

(11-17 yrs.) In this interactive class gamers will learn and gain tips from others plus receive coaching on strategic game play. This session features the Nintendo Switch platform with various games.

4XH 8--1 hour 25 minute lessons--\$155

Location	Day	Time	Code	Begin	\$
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Wkfld/Moore	F	6pm	3AK.7KAV	9/18	4XH
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GameBots

(7-12 yrs.) Have a blast learning how to code while building robotic games to test your code in this Snapology class. Students learn about sequencing commands, value and sensor inputs and loops while creating a robotic hockey player, pinball machine or a ring toss.

DXVR 8--55 minute lessons--\$201

Location	Day	Time	Code	Begin	\$
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MtVernREC	F	5:30pm	13L.NLKW	9/25	DXVR
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Game Development & Python

(9-12 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra



FREE ACTIVITY!

The Discovery Map is a FREE program for all ages that runs until September 7, 2026. Maps are available at FCPA Rec Centers, Nature Sites, Golf Courses, Historic Sites and online.



Uncover the Stories that Shaped Fairfax. Enjoy a self-guided adventure with the family. Answer questions for at least 8 parks, historic sites, nature centers and Rec Centers and golf courses. Turn maps into select locations to collect prizes packets and be entered in grand prize drawing.

www.fairfaxcounty.gov/parks/discovery-trail-map






exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

DXVZ 8--55 minute lessons--\$234						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	12pm	7M9.BGFI	9/12	DXVZ	

Intro to Game Design

(6-12 yrs.) In this STEM exCEL class, students learn the fundamentals and concepts of game design with a real game engine. Students will design and build their game from the ground up while learning 2D game art and programming logic.

DXVF 6--55 minute lessons--\$160						
DXVG 6--55 minute lessons--\$191						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	1pm	766.BCTN	9/26	DXVG	
Wkfld/Moore	Sa	1pm	766.U8OE	9/26	DXVF	

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.

DXVL 10--55 minute lessons--\$194						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Su	10am	XZ7.ANXW	9/13	DXVL	

Lego® Design Architects

(8-13 yrs.) Take your child's love of Lego® to new heights in this Athena Coding program that blends architectural design, science, and engineering. Students build moving models that demonstrate key STEM concepts, while integrated storytelling boosts creativity, problem-solving, and literacy. Whether beginner or advanced, every builder will be challenged and inspired.

DXVI 8--55 minute lessons--\$197						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	6:15pm	Z6X.9R80	9/18	DXVI	

LEGO Spike Essential Robotics

(6-11 yrs.) In this Baroody Camps program students have the opportunity to build and code their very own robots using LEGO® SPIKE™ kits. By integrating LEGO® blocks with codeable hubs, cameras, sensors, and using Scratch-based programming, students create robots that dance, sense objects, follow routes and even drive themselves. Projects throughout this course provide a little taste of how robotics can be applied, such as amusement parks, automobiles and outdoor exploration.

DXVE 8--55 minute lessons--\$155						
Location	Day	Time	Code	Begin	\$	
MtVernREC	T	5:30pm	SR2.KVFQ	9/22	DXVE	

Minecraft Engineering with LEGO

Venture into the world of Minecraft in this unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources

and battle to stop the Ender Dragon from ending the world. Explore the endless possibilities of LEGO® with a trained Play-Well instructor.

DXVK 8--1 hour 25 minute lessons--\$194					
Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
MtVernREC	T	5:30pm	V2Z.MUVX	9/22	DXVK
(8-12 yrs.)					
MtVernREC	T	6:30pm	E15.BHCO	9/22	DXVK

Minecraft Programming

(6-12 yrs.) In this Stem exCEL Minecraft Programming class students learn important problem-solving and design skills with Command Block and Redstone. Coding concepts are instructed for all kinds of amazing projects that include flying machines, large-scale rollercoasters, and water elevators.

DXVF 6--55 minute lessons--\$160						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	1pm	TRE.TWYP	9/26	DXVF	
ProvREC	Sa	1pm	TRE.WXHX	9/26	DXVF	

Python Programming & Digital Arts

(6-8 yrs.) In this iCode program students learn foundational computer skills, programming, game development and robotics. Extra exposure to patterns, sequencing and logical thinking will result in an improved ability to solve problems. Students develop keyboarding skills, learn programming concepts such as loops, conditional statements and logic gates while working with Go Mouse Robots. Electronics programming using snap circuits is explored along with the basics of programming in Python.

DXVZ 8--55 minute lessons--\$234						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	11am	EU6.HUD9	9/12	DXVZ	

Roblox Imaginative Game Design

In this CyberTeck course, students build their coding and game design skills using Roblox Studio and the Lua programming language. They learn key coding basics while creating an obstacle course-style game. This class helps prepare students for future math and computer science courses and is perfect for kids interested in becoming game developers, computer engineers, or tech entrepreneurs.

DXVG 6--55 minute lessons--\$201					
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
SpringHI ES	Sa	9:30am	CCV.G7XB	9/19	DXVG
(10-14 yrs.)					
SpringHI ES	Sa	10:45am	Z5F.L7RP	9/19	DXVG

Missing School Field Trips?



FCPA nature and history sites are making field trips offered to schools available for all.

Visit parktakes online for more information.

RoboThink Clash of the Robots-Rumble Arena

(7-12 yrs.)

This RoboThink program is action packed and every build is designed for competition. Students use DC motors, mainboards, gears, and axles to construct their own battle robots, which they then test in exciting games and challenges against their peers. Through hands-on building and competitive play, students learn key concepts in robotics and mechanical engineering while refining their designs for better performance. No experience is necessary—just bring your competitive spirit and get ready to build your way to becoming a RoboThink Master Engineer.

DXVG 6--55 minute lessons--\$182						
Location	Day	Time	Code	Begin	\$	
Navy ES	W	5pm	GND.8ZST	9/23	DXVG	
LittleRn ES	Sa	10am	GND.Q1FV	9/26	DXVG	

WeDo Robotics

(5-8 yrs.) In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills.

DXVL 10--55 minute lessons--\$194						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	6:30pm	GW9.P96Z	9/16	DXVL	

Virtual Classes

Virtual You Tube Content Creator

(8-14 yrs.) Find your voice and leave your mark on the world in this Black Rocket class. Explore the variety of content and personalities that exist on YouTube and how to find your own niche. Learn the Dos and Don'ts of the platform and how to practice good digital citizenship. Develop your on-camera presence, your own channel branding, and professional editing skills. Develop a plan for launching your own channel with the content created in class! Student projects will be available on a password protected Black Rocket website to share with friends and family. *Compatible with MAC and Windows OS only.

AV2 Virtual Fee 6--2 hour lessons--\$205						
Location	Day	Time	Code	Begin	\$	
MtVernREC	Sa	5:30pm	13L.NLKW	9/25	AV2	

Virtual Young Investors & Entrepreneurs

(8-14 yrs.) Teach your kids the secrets of building financial wealth and security! Whether you want to build the next great American company, become a Wall Street tycoon, or be the millionaire next door by investing wisely - this camp is for you! In this course, you will learn the basics of investing in the stock market, the difference between assets and liabilities, the importance of diversification, and how to evaluate companies. You will also develop your own business plan and present your ideas to your peers to compete for their investments in a mock Shark Tank-style activity. Students will work in pairs or teams for most of the program. This course requires access to computers with internet to complete market research.

AV3 Virtual Fee 8--1 hour 30 minute lessons--\$194						
Location	Day	Time	Code	Begin	\$	
MtVernREC	M/W	5pm	ENU.RIOJ	10/5	AV3	

Scouts

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



Complete most or all requirements to earn your scout badges with Fairfax County Parks. Programs are offered at Rec Centers, nature centers and historic sites. Some sites offer flexible scheduling for programs by request. To inquire please contact the site directly or complete a program request form on our scouting main page. Early registration discount and out-of-county fees do not apply.



Scouts are required by Scouting America 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.)

Space Science Explorer					
1--1 hour lesson					
Location	Day	Time	Code	Date	\$
TurnerFarm	Sa	6pm	A15.9ØJX	11/7	\$9

Brownie Girl Scouts (7-9 yrs.)

Brownie Scout Badge Workshop (6-10 yrs.)					
Join us for this all-day Brownie Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered are Hiker, Senses, Outdoor Adventurer, Outdoor Art Creator and Eco Friend. Please bring water and pack a lunch. Badges are included in the price.					
1--6 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	FET.H66Z	10/4	\$80

Bugs Naturalist					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	10am	315.SØBC	9/20	\$14

Home Scientist					
1--2 hour lesson					
Location	Day	Time	Code	Date	\$
HiddenOaksNCSa		2pm	D35.GH9Ø	11/14	\$18

Outdoor Adventurer					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10am	4E6.5NFA	9/12	\$14



Space Science Adventurer					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	F	5pm	6Ø8.44ØG	11/13	\$14
TurnerFarm	Sa	5:30pm	6Ø8.BUI8	11/21	\$14

Junior Girl Scouts (9-11 yrs.)					
Animal Habitats					
1--1 hour lesson					
Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	10:30am	4C3.P1VR	10/3	\$9

Detective					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
Sully	Sa	11am	DB7.2B12	10/24	\$14

JGS - Eco-Camper					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	8C8.57U6	11/15	\$14

Junior Scout Badge Workshop (6-12 yrs.)					
Join us for this all-day Junior Girl Scout badge workshop. Hike along our trails, make crafts, play games, meet our resident animals and earn up to 5 different badges in one day. Badges covered in program are Animal Habitats, Design with Nature, Shapes in Nature, Eco Camper and Flowers. Please bring water and pack a lunch. Badges are included in the price.					
1--6 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	10am	ØCC.RF2D	10/11	\$80

Playing the Past					
1--1 hour 30 minute lesson					
Location	Day	Time	Code	Date	\$
HuntMdws	Sa	2pm	87E.SJFK	9/5	\$14
ColvinRunMill	Sa	2pm	87E.SQDG	10/3	\$14

Space Science Investigator					
1--2 hour lesson					
Location	Day	Time	Code	Date	\$
BurkeLakePk	F	7pm	WVX.8KSH	9/18	\$18

Cadette Girl Scouts (11-14 yrs.)					
Night Owl					
1--2 hour lesson					
Location	Day	Time	Code	Date	\$
HiddenOaksNCF		6:30pm	F93.W96A	10/16	\$18

Trees Naturalist					
1--2 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	BB6.BWVH	10/24	\$18

Woodworker					
1--1 hour 30 minute lesson includes supplies					
Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	10am	7D9.5I29	11/15	\$16

Senior Girl Scouts (14-18 yrs.)					
Start Your Journey-Sow What?					
1--3 hour lesson					
Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	1pm	6A3.T930	9/13	\$27

Speciality Scout Programs

Campfire Safety for Girl Scouts

(5-Adult) Learn how to safely build and enjoy a campfire, learn fire safety skills and receive the Smokey Bear Pledge certificate. Enjoy a brief woodland walk and toast marshmallows. Children must be accompanied by adult.

1--1 hour campfire

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	1pm	AC7.X11T	9/26	\$10

Dark Sky Patch - Daisy and Brownie

(5-9 yrs.) This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
ECLawrencePk	M	8pm	5ZY.AICU	10/12	\$14
HuntMdw	F	6pm	5ZY.CDCU	11/6	\$14
ECLawrencePk	W	8pm	5ZY.QC67	11/11	\$14
TurnerFarm	Sa	6:30pm	5ZY.ISPK	11/28	\$14

Fishing Fun Patch

(8-14 yrs.) Go on an adventure and learn about fishing at Riverbend Park. Girl scouts will learn about fishing equipment, techniques, regulations and spend an hour fishing on the Potomac River.

1--2 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	3pm	XCB.6407	9/13	\$18
Riverbend Pk	M	2pm	XCB.XMYX	9/21	\$18

Girl Scout STEM Outdoors Charm Patch

(7-12 yrs.) Experience STEM in the outdoors at your local park! Explore different habitats and learn about the wildlife that call Riverbend park its home. Learn how everything is connected and how to be stewards of the natural world. Earn up to six charms that will attach to a fun patch for the back of your vest. Charms and patch included in the price. Please bring a water bottle and pack a lunch.

1--6 hour lesson

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	2ST.G9QR	10/17	\$80

Lafayette's Legacy - A Spy Game for Scouts

(8-Adult) Can Scouts save history before the clock runs out? Imagine a local landmark is slated for demolition, and only your Scout team can prove its link to the legendary double agent James Armistead Lafayette.

1--1 hour program

Location	Day	Time	Code	Date	\$
Sully	Su	2pm	8PK.Z5FK	9/20	\$9

Scouts Love the Stars -

Astronomy Badge Workshop

Calling all girl scouts and cub scouts to the Observa-

tory Park at Turner Farm for a night under the stars! At this event, scouts will visit stations where they will complete crafts and activities to fulfill requirements for astronomy-related badges. Most requirements will be fulfilled during this workshop and should only take about 1.5 hours to complete but scouts may stay for the full duration of the event. Badges covered include: Space Science Badges from Daisies to Juniors, Daisy/Brownie Dark Sky Patch, and Tiger Scouts: Sky is the Limit.

1--2 hour 30 minute badge workshop

Location	Day	Time	Code	Date	\$
TurnerFarm	F	5:30pm	2AD.2E96	11/6	\$15

Sun Safety Patch - Daisy and Brownie

(5-9 yrs.) This patch will help you understand the importance of protecting your skin from the sun's UV rays. Through different games and activities, you will learn how you can protect yourself from the sun's harmful rays and how you can be a sun safety advocate. This class meets all the requirements to earn the Sun Safety Patch, but does not include a physical patch.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
LkAcontkPk	Sa	1pm	93A.OT69	10/24	\$14

BSA Scout Programs

Cub Scout Wolf (7-8 yrs.)

Digging in the Past - Wolf Elective

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
HiddenOaksNCF		6pm	7BA.8NOL	9/25	\$14

Cub Scout Bear (8-9 yrs.)

CSB - A Bear Goes Fishing

1--1 hour 30 minute lesson inc supplies

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	3pm	MO6.RIJH	10/10	\$16
BurkeLakePk	Su	1pm	MO6.16C2	10/4	\$16

Cub Scout Webelos (9-10 yrs.)

Build It-Webelos Elective

1--1 hour 30 minute lesson includes supplies

Location	Day	Time	Code	Date	\$
ColvinRunMill	Su	1pm	7CF.LPSE	9/27	\$16

Champions for Nature - Webelos

(8-10 yrs.) In this scouting elective, you'll discover more about the wildlife we share our planet with and how to protect them. Research and explore wildlife habitats and find out why some animals are threatened and endangered and what Scouts can do to help them. Use the knowledge and experiences you gain to complete a conservation project at a later date. Discover the amazing world you share with wildlife at your local park today.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	\$
BurkeLakePk	Su	1pm	207.FLA2	11/8	\$14

Merit Badges (11-17 yrs.)

American Indian Culture

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNCM		1pm	0CD.H5KS	10/12	\$48

Animal Science

1--2 hour Merit Badge

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	3:45pm	647.HK7J	10/12	\$24

Archery

1--6 hour Merit Badge

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	A9F.RQ35	9/26	\$96
BurkeLakePk	Su	10am	A9F.FEYZ	10/18	\$96
BurkeLakePk	Sa	10am	A9F.883V	11/14	\$96

Art

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
Riverbend Pk	T	9am	3DD.M65V	11/3	\$36

Astronomy

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
TurnerFarm	Su	4:30pm	2FE.F4MJ	11/1	\$48

Bird Study

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
ECLawrencePk	Su	10am	BCB.T80B	9/13	\$48
HiddenOaksNCSu		8:30am	BCB.EFMO	10/4	\$48
HiddenPondNCM		10am	BCB.OR23	10/12	\$48
Riverbend Pk	W	10am	BCB.HX34	11/11	\$48

Camping

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	642.088	9/13	\$60
Riverbend Pk	M	9am	642.VJ3V	11/2	\$60
LkFairfaxPk	Sa	9am	642.L17D	11/7	\$60

Citizenship in the Community

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	8:30am	FE0.0LHU	9/6	\$48
HistHuntley	Su	10am	FE0.DVUW	10/11	\$48
HiddenOaksNCM	M	8:30am	FE0.K8IH	11/2	\$48
ColvinRunMill	M	9am	FE0.54FW	11/2	\$48
HiddenPondNC	M	10am	FE0.83Y9	12/21	\$48

Citizenship in the Nation

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	1pm	38A.19N5	9/6	\$48
ColvinRunMill	M	9am	38A.EJMA	10/12	\$48
HiddenOaksNC	M	1pm	38A.OTZC	11/2	\$48
HistHuntley	Su	10am	38A.KLL6	11/15	\$48
HiddenPondNC	T	10am	38A.8YFX	12/22	\$48

Citizenship in the World

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	M	12pm	DDB.KX67	9/7	\$60
ColvinRunMill	M	9am	DDB.J3PF	9/21	\$60
HiddenOaksNC	T	9am	DDB.XDH9	11/3	\$60
HuntMdws	Su	10am	DDB.BP7P	11/29	\$60

Communication

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Sa	1pm	5BE.MTG9	9/5	\$48
HiddenOaksNC	W	8:30am	5BE.AQUW	9/21	\$48
HuntMdws	Su	10am	5BE.LIJ8	9/27	\$48
Riverbend Pk	Su	9am	5BE.J38C	11/1	\$48

Disabilities Awareness

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	1:30pm	9F8.966R	10/4	\$48

Environmental Science

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenPondNC	M	12pm	FFA.662C	9/21	\$60
ECLawrencePk	Su	10am	FFA.T8V4	9/27	\$60
Riverbend Pk	M	9am	FFA.WCHD	10/12	\$60
LkFairfaxPk	M	9am	FFA.RDPP	11/2	\$60
HuntMdws	Su	10am	FFA.CADX	11/22	\$60

Fingerprinting and Crime Prevention

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	M	1pm	WYM.WPR4	9/21	\$48

First Aid

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	869.7FGJ	9/13	\$60
HiddenOaksNC	Su	12pm	869.7MML	9/20	\$60
HuntMdws	M	10am	869.IWTR	11/2	\$60

Fishing

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
Riverbend Pk	M	9am	CEE.GPYQ	9/21	\$45

Forestry

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	1pm	BDE.A4QX	10/24	\$48

Genealogy

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
Sully	Su	11am	183.1L41	9/27	\$48

Mammal Study

1--2 hour Merit Badge

Location	Day	Time	Code	Date	\$
Riverbend Pk	Su	2pm	160.IKFM	11/1	\$24
ECLawrencePk	T	10am	160.EKPI	11/3	\$24

Oceanography

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Su	9am	A5E.DFS4	9/27	\$48
HiddenOaksNC	M	8:30am	A5E.KYFN	10/12	\$48

Reptile and Amphibian

1--3 hour Merit Badge

Location	Day	Time	Code	Date	\$
ECLawrencePk	M	10am	EAC.WGOP	9/21	\$36
HiddenPondNC	M	10am	EAC.RQ94	11/2	\$36

Soil and Water Conservation

1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
HuntMdws	Su	10am	0A1.J11E	10/4	\$48

Sustainability

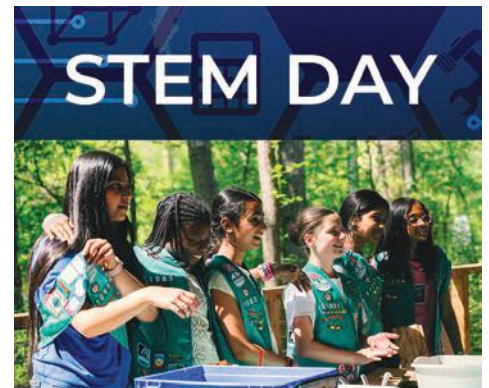
1--4 hour Merit Badge

Location	Day	Time	Code	Date	\$
LkFairfaxPk	Sa	9am	435.BZIJ	10/17	\$48
HuntMdws	Su	10am	435.LK8V	11/8	\$48

Wilderness Survival

1--5 hour Merit Badge

Location	Day	Time	Code	Date	\$
HiddenOaksNC	Su	12pm	CCC.QTYT	10/11	\$60



Sunday, November 8
11 a.m.-3 p.m.

Free! No Registration Required
Ellanor C. Lawrence Park

Come celebrate and discover STEM careers by talking to professionals in diverse fields by participating in activities and lectures at the Woodlands Stewardship Education Center. This event is free and satisfies Girl Scout requirements for the STEM Career Exploration badge as well as partial requirements for other merit badges.



**BE A
PRESERVATION
HERO**

**HISTORY ★ PRESERVATION
PARTNERSHIPS**

Help Fairfax County preserve our tangible past by partnering with us to care for our historic resources.

The Resident Curator Program is designed to preserve historic properties by offering long-term leases to qualified tenants who agree to rehabilitate and maintain these historic resources. In return, curators pay no rent as long as they continue to meet the terms of their contract.



For more information and to apply visit
www.fairfaxcounty.gov/parks/rcp
call 703-324-8700 or email
Parkmail@fairfaxcounty.gov.



Sports and Leagues

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



Golf facilities, classes and tournaments are listed in the Golf section.

Beginning Athletes

In this high-energy class, kids are introduced to a variety of sports and activities each week including soccer, basketball and flag football.

4SA	10--55 minute lessons--\$181
4SM	8--55 minute lessons--\$144
CSVR	7--55 minute lessons--\$139
DSV1	8--55 minute lessons--\$165
DSVR	10--55 minute lessons--\$208

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SoRunREC	W	6pm	FOZ.6P7E	9/16	CSVR
SullyCommCtr	Su	10:30am	FOZ.0D43	9/13	4SM
Wkfld/Moore	Sa	11am	FOZ.649S	9/12	4SA
Wkfld/Moore	W	6:30pm	FOZ.FWOF	9/16	DSV1

(6-12 yrs.)

SpHillREC	F	7:30pm	JEE.TOTC	9/18	DSVR
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Archery I

Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow.

4SD	5--55 minute lessons--\$89
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Location	Day	Time	Code	Begin	\$
(9-15 yrs.)					
Burke Lake Pk	W	4:30pm	E27.0I6L	9/9	4SD
(13-Adult)					
Burke Lake Pk	F	5:30pm	F74.UTML	9/11	4SD
Burke Lake Pk	Th	4:30 pm	F74.06W4	9/10	4SD

Archery II

(9-Adult) Prerequisite: Archery I or equivalent.

4SD	5--55 minute lessons--\$89
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Location	Day	Time	Code	Begin	\$
Burke Lake Pk	Th	5:30pm	80A.20I5	9/10	4SD

Family Archery

(9-Adult) Learn archery basics following the 11 Steps of Success taught in the USA Archery National Training System. Determine your dominate eye, develop your technique using a string bow, and practice international style target shooting using a recurve bow and a compound bow. This class is designed for parents to learn archery alongside their children, and each person needs to register.

4SD	5--55 minute lessons--\$89
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Location	Day	Time	Code	Begin	\$
Burke Lake Pk	W	5:30pm	CN8.5080	9/9	4SD
Burke Lake Pk	F	4:30pm	CN8.G1N4	9/11	4SD



Baseball I

(6-12 yrs.) This class teaches basic skills and game rules. Scrimmages give you experience preparing for league teams. Participants need to bring their own glove.

4SM	8--55 minute lessons--\$144
DSV1	8--55 minute lessons--\$165
DSVP	8--55 minute lessons--\$137

Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	3pm	DDF.WMVT	9/12	DSV1
SoRunREC	Sa	11am	DDF.02JV	9/19	DSVP
Wkfld/Moore	Sa	2pm	DDF.5SGJ	9/12	DSV1
Wkfld/Moore	Sa	11am	DDF.CISV	9/12	4SM
Wkfld/Moore	Su	11am	DDF.NGYP	9/13	4SM

Intro to Basketball

(5-6 yrs.) This beginner program for those new to the sport or with limited experience focuses on building a strong foundation in essential basketball skills to include basic right hand and left-hand dribbling (stationary and with movement), basic passing, triple threat position, basic shooting form and follow through, rules of basketball, and basic basketball terminology.

4SM	8--55 minute lessons--\$144
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Location	Day	Time	Code	Begin	\$
FranconiaRec	Su	2pm	9ML.CMR2	9/27	4SM

Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals.

4SA	10--55 minute lessons--\$181
4SM	8--55 minute lessons--\$144
DSV1	8--55 minute lessons--\$165
DSVF	8--55 minute lessons--\$160
DSVK	10--55 minute lessons--\$176
DSVR	10--55 minute lessons--\$208

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
BelleVw ES	Sa	10:30am	0F7.BRR1	9/19	DSV1
Oakton ES	Sa	9am	0F7.IT1H	9/19	4SM
FranconiaRec	Su	3pm	AL1.D25S	9/27	4SM
FranconiaRec	Sa	10:30am	0F7.263V	9/12	DSVK
FranconiaRec	Su	9:30am	0F7.EW3N	9/13	DSVK

Navy ES	Su	9:50am	0F7.AOV8	9/20	DSVF
Orng Hnt ES	Sa	9am	0F7.1HJ1	9/12	DSV1
SpHillREC	Sa	11am	0F7.EBF8	9/12	4SA
SpHillREC	Th	6pm	0F7.G950	9/17	4SA
SpHillREC	F	6:30pm	0F7.XCJQ	9/18	DSVR
SullyCommCtr	W	6pm	0F7.II97	9/9	DSV1
SullyCommCtr	Su	2pm	0F7.P27E	9/13	DSV1
Wkfld/Moore	Sa	12pm	0F7.B0Q0	9/12	4SA
Wkfld/Moore	M	6:30pm	0F7.TH1R	9/14	DSV1
Wkfld/Moore	M	7:30pm	0F7.M56P	9/14	4SA
Wkfld/Moore	Th	5:30pm	0F7.JUW8	9/17	DSVR

(8-10 yrs.)

BelleVw ES	Sa	11:30am	134.2JTS	9/19	DSV1
Oakton ES	Sa	10am	134.HULC	9/19	4SM
FranconiaRec	M	5:30pm	134.WQUQ	9/14	DSVK
Navy ES	Su	10:50am	134.601P	9/20	DSVF
Orng Hnt ES	Sa	10am	134.W23H	9/12	DSV1
SpHillREC	Sa	12pm	134.1FVG	9/12	4SA
SpHillREC	Th	7pm	134.YKXM	9/17	4SA
SullyCommCtr	W	7pm	134.KBU2	9/9	DSV1
SullyCommCtr	Su	3pm	134.YVUN	9/13	DSV1
Wkfld/Moore	Su	1pm	134.YQ7B	9/13	4SA
Wkfld/Moore	M	7:30pm	134.VYZM	9/14	DSV1
Wkfld/Moore	Th	6:30pm	134.6NPX	9/17	DSVR

(11-13 yrs.)

Oakton ES	Sa	11am	188.6URR	9/19	4SM
Orng Hnt ES	Sa	11am	188.00YL	9/12	DSV1
SpHillREC	Sa	1pm	188.T4Y2	9/12	4SA
Wkfld/Moore	Th	7:30pm	188.COQ2	9/17	DSVR

Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

4SA	10--55 minute lessons--\$181
DSVF	8--55 minute lessons--\$160
4SM	8--55 minute lessons--\$144

Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
SpHillREC	Su	12pm	Z8E.8ZT9	9/13	4SA
Wkfld/Moore	W	6:30pm	Z8E.722C	9/16	4SA
(8-10 yrs.)					
Navy ES	Su	11:50am	919.C4N1	9/20	DSVF
Oakton ES	Sa	12pm	58D.2008	9/19	4SM
SpHillREC	Su	1pm	919.PPQL	9/13	4SA
SpHillREC	T	6pm	919.DFL8	9/15	4SA
Wkfld/Moore	Sa	1pm	919.IMPE	9/12	4SA
Wkfld/Moore	W	7:30pm	919.G8XT	9/16	4SA

Sports and Leagues

Basketball III

(8-12 yrs.) Learn to move without the basketball on offense. Practice different defensive and offensive sets in this advanced class.

4SA	10--55 minute lessons--\$181				
Location	Day	Time	Code	Begin	\$
SpHillREC	T	7pm	988.MNGD	9/15	4SA

Basketball Handling Skills

This class introduces and focuses on foundational dribbling and ball handling skills which are reinforced through drills.

4SM	8--55 minute lessons--\$144				
DSVT	10--55 minute lessons--\$192				
Location	Day	Time	Code	Begin	\$

(5-6 yrs.)	FranconiaRec	T	6pm	RRM.7NHX	9/22	4SM
(6-8 yrs.)	FranconiaRec	Th	6pm	NUT.ZYNI	9/24	4SM
(10-12 yrs.)	Wkfld/Moore	F	6:30pm	47W.S6KW	9/18	DSVT

Basketball Training/Girls

(8-12 yrs.) Students learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals.

4SA	10--55 minute lessons--\$181				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	11am	924.MKLS	9/13	4SA



Work on your golf game while enjoying great food and beverage specials!

BURKE LAKE GOLF CENTER
BUCKETS AND BEER
 Small Bucket + 16 oz. Draft Beer = \$13

OAKMONT GOLF CENTER
BUCKETS AND BEER
 Small Bucket + 16 oz. Beer/Cider = \$13

TWIN LAKES GOLF COURSE
BUCKETS AND BEER
 Small bucket + One Beer/Wine/Seltzer = \$13
 Large bucket + One Beer/Wine/Seltzer = \$18

*Range specials may not be used with current range passes or combined with any other offers. Purchase in Pro Shop.

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









Basketball Training/Girls II

(11-14 yrs.) Prerequisite: Level I or equivalent. Students learn advanced skills as well as offensive and defensive strategies.

4SA	10--55 minute lessons--\$181				
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	9am	SX4.LCON	9/13	4SA
SpHillREC	T	6pm	SX4.JUDM	9/15	4SA

Basketball Shooting Fundamentals I

(8-10 yrs.) Focus of this class is on proper shooting form and body mechanics. Drills will refine shooting techniques and consistency.

4SA	10--55 minute lessons--\$181				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	7pm	S3J.B4WM	9/24	4SA

Basketball Shooting Fundamentals II

(10-12 yrs.) Class focus is on refining basketball shooting techniques and consistency through drills and game situation shots.

4SA	10--55 minute lessons--\$181				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	8pm	WVE.JV4L	9/24	4SA

Beginning Basketball for Adults

(Adults) It's never too late to learn something new! This program is for adults with minimal basketball experience who want to learn the basics but may feel intimidated joining organized games. Players will improve ball handling, shooting, spacing, defense and decision-making, while playing in game situations each week, all in a supportive environment where everyone is empowered to grow by making mistakes. All equipment provided. This is a skills-based program, not open play.

DSVT	10--55 minute lessons--\$192				
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	JYZ.A00D	9/18	DSVT

Coach Rich's Co-ed 3-on-3

Basketball League

(7-13 yrs. Co-ed) Games will be played on Saturdays for the fall. The number of players registered will determine the schedule, approximately 40 minutes

of game play each week. 3-on-3 basketball is a great format for incorporating multiple skills and ensuring players are involved in every phase of the game. Upon registration, you will be contacted with further information regarding schedules and important dates. There is no need for parent volunteers and no weekly practices. The fee includes one evaluation session and nine games.

DSV9	10--2 hour 15 minute lessons--\$213				
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	12pm	CD5.6UMP	9/12	DSV9

Co-ed Basketball League

These U6 and U7 leagues introduce students to basketball and teaches them the rules and basic game fundamentals. Fee includes uniform shirt.

DSV2		8--55 minute lessons--\$213			
Location	Day	Time	Code	Begin	\$
(5-6 yrs.)					
SpHillREC	Sa	9am	086.7YV1	9/12	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.XFSI	9/12	DSV2

Game Time Basketball

(5-6 yrs.) This U6 league introduces 5- and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

DSVK	10--55 minute lessons--\$176				
Location	Day	Time	Code	Begin	\$
FranconiaRec	F	5:30pm	A55.6MV5	9/18	DSVK

Game Time Basketball

This co-ed class is a perfect complement to skill-building basketball classes and camps and focuses on core team concepts, game strategies, and basketball fundamentals. Class incorporates full-court game play.

DSVK 10--55 minute lessons--\$176					
Location	Day	Time	Code	Begin	\$
(7-9 yrs.) FranconiaRec	F	6:30pm	097.PX0J	9/18	DSVK
(10-13 yrs.) FranconiaRec	F	7:30pm	45C.6TTU	9/18	DSVK

Intro to Cheer & Dance I

(6-12 yrs.) Students learn basic skills, including motions, dance movements, routines and fun cheers while improving flexibility and team spirit. Wear comfortable clothing and athletic shoes.

4SA	10--55 minute lessons--\$181				
4SM	8--55 minute lessons--\$144				
Location	Day	Time	Code	Begin	\$
OakmontREC	Su	12:50pm	EE4.MHV3	9/13	4SA
Wkfld/Moore	Th	6pm	EE4.K0EI	9/17	4SM

Intro to Cheerleading

Skills taught include motions, jumps, chants and fun cheers. Class culminates in a performance on the last day. Wear comfortable clothing and athletic shoes.

4SA		10--55 minute lessons--\$181			
4SM		8--55 minute lessons--\$144			
Location	Day	Time	Code	Begin	\$
(6-9 yrs.)					
OakmontREC	Su	11:45am	TGV.5PRX	9/13	4SA
SullyCommCtr	Sa	1:30pm	TGV.BZQ8	9/12	4SM
(9-15 yrs.)					
Wkfld/Moore	Th	7pm	16D.LWRO	9/17	4SM

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 bout using electronic equipment. An equipment fee of \$49 is payable at first class.

CPVH 7--55 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	11am	PZQ.KX9U	9/12	CPVH	
Wkfld/Moore	W	7pm	PZQ.741P	9/16	CPVH	

Intro to Sport Fencing

(8-14 yrs.) This class introduces students to the sport of Olympic fencing. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for \$49 or purchased for \$199 with payment due after first class.

CPVH 7--55 minute lessons--\$111						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	Sa	10am	TSB.4UPX	9/12	CPVH	
Wkfld/Moore	W	6pm	TSB.CLR2	9/16	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.

DSV1 8--55 minute lessons--\$165						
Location	Day	Time	Code	Begin	\$	
(7-13 yrs.)						
NOVA Fence	M/W	5pm	30E.UM01	9/14	DSV1	
NOVA Fence	M/W	6pm	30E.CX7K	9/14	DSV1	
NOVA Fence	T/Th	5pm	30E.1IL1	9/15	DSV1	
NOVA Fence	T/Th	6pm	30E.BQ53	9/15	DSV1	
NOVA Fence	M/W	5pm	30E.VA97	10/12	DSV1	
NOVA Fence	M/W	6pm	30E.2GPP	10/12	DSV1	
NOVA Fence	T/Th	5pm	30E.98ZZ	10/13	DSV1	
NOVA Fence	T/Th	6pm	30E.2N0P	10/13	DSV1	
NOVA Fence	M/W	5pm	30E.6XJA	11/9	DSV1	
NOVA Fence	M/W	6pm	30E.QVMC	11/9	DSV1	
NOVA Fence	T/Th	5pm	30E.P78T	11/10	DSV1	
NOVA Fence	T/Th	6pm	30E.0F6V	11/10	DSV1	

Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus is on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

DSV1		8--55 minute lessons--\$165			
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Wkfld/Moore	Su	5pm	2N0.8SXF	9/13	DSV1
(8-11 yrs.)					
BelleVw ES	Sa	9:30am	N49.8Q65	9/19	DSV1

Gymnastics I

Introduction to gymnastics through floor exercise, balance beam, uneven bars, vaulting and springboard jumping. Low student-to-teacher ratio enhances the learning process.

4SM 8--55 minute lessons--\$144						
DSVK 10--55 minute lessons--\$176						
DSVL 8--55 minute lessons--\$187						
DSVT 10--55 minute lessons--\$192						

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
FranconiaRec	Sa	10am	COF.9EG5	9/19	DSVK
FranconiaRec	Su	10am	COF.BY4C	9/20	DSVK
ProvREC	Su	11:35am	COF.7988	9/27	DSVL
SoRunREC	Su	1pm	COF.ZPED	9/20	DSVT
SoRunREC	Sa	11am	COF.OI59	9/26	DSVL
Wkfld/Moore	Sa	3pm	COF.9ST0	9/12	DSVL
Wkfld/Moore	T	6pm	COF.LPCC	9/15	DSVL
Wkfld/Moore	W	6:40pm	COF.AX6W	9/16	DSVL

(6-9 yrs.)						
OakmontREC	F	7:10pm	8D7.ICVS	9/25	DSVL	
ProvREC	Su	12:35pm	D7.AYUR	9/27	DSVL	
SoRunREC	Su	2pm	8D7.9VIR	9/20	DSVT	
SoRunREC	Sa	10am	8D7.OVMT	9/26	DSVL	
Wkfld/Moore	Sa	4pm	8D7.6UDX	9/12	DSVL	
Wkfld/Moore	T	7pm	8D7.DTKK	9/15	DSVL	

(6-12 yrs.)						
CubRunREC	M	6:15pm	0D9.J7EX	9/14	4SM	
CubRunREC	T	6:45pm	0D9.BM15	9/15	4SM	
CubRunREC	W	6:25pm	0D9.YFKW	9/16	4SM	
SullyCommCtr	Sa	12pm	0D9.XWQ3	9/12	4SM	
FranconiaRec	Sa	12pm	JBN.SA1E	9/19	DSVT	
FranconiaRec	Su	12pm	JBN.NRYM	9/20	DSVT	
SoRunREC	Su	3pm	JBN.NDTI	9/20	DSVT	

Gymnastics II

(6-12 yrs.) Prerequisite: Gymnastics I.

DSVL 8--55 minute lessons--\$187						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	W	7:40pm	ZA4.NM5B	9/16	DSVL	

Floor Hockey

(5-7 yrs.) Floor hockey is an action packed game where players move constantly. Students learn hockey basics and how to compete as a team with high effort and sportsmanship in this Baroody Camps class. Each class begins with lead-up games and skill building and ends with a game.

DSVF 8--55 minute lessons--\$160						
Location	Day	Time	Code	Begin	\$	
ProvREC	Sa	10:45am	ME2.5U2M	9/26	DSVF	

Lacrosse

Students develop lacrosse fundamentals including passing, catching, shooting and defensive positions. Students must bring their own lacrosse stick, mouth-guard and water bottle.

DSVF 8--55 minute lessons--\$160					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
Wkfld/Moore	Sa	1:15pm	D48.ON5Y	9/12	DSVF
(8-12 yrs.)					
Wkfld/Moore	Sa	2:15pm	72D.KYT3	9/12	DSVF

Pickleball 1

Pickleball is an easy-to-learn, mini tennis-like game that combines elements of tennis, badminton, table tennis and racquetball. In this indoor class students

learn basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

BPV1 5--55 minute lessons--\$107	
DSP1 8--55 minute lessons--\$153	
DPV1 10--55 minute lessons--\$212	
DVP2 8--55 minute lessons--\$166	

Location	Day	Time	Code	Begin	\$
Indoor Classes (Adults)					
FranconiaRec	T	9am	TTX.ZRDX	9/15	DSP1
FranconiaRec	Su	1pm	B60.5A15	9/13	DPV1
SpHillIREC	M	9am	B60.WLXG	9/14	DPV1
SpHillIREC	Th	9am	B60.J8G2	9/17	DPV1
SullyCommCtr	T	5pm	B60.S0QF	9/8	DVP2
SullyCommCtr	T	10:30am	B60.TLQ3	9/8	DVP2
SullyCommCtr	Sa	6pm	B60.7E4C	9/12	DVP2
SullyCommCtr	Su	4:15pm	B60.150J	9/13	DVP2
SullyCommCtr	M	5:30pm	B60.P5A8	9/14	DVP2
SullyCommCtr	Th	10am	B60.11Y5	11/5	BPV1

Outdoor Classes (6-12 yrs.)						
Cunn Pk ES	Th	5:30pm	UT4.HV8D	9/17	DVP2	
Cunn Pk ES	Sa	9:30am	UT4.8C1S	9/19	DVP2	
RndtreePk	Su	10am	UT4.EPR2	9/13	DVP2	
StrattnWds Pk	M	5:30pm	UT4.TQVI	9/14	DVP2	
Wkfld/Moore	Sa	1:30pm	UT4.16HQ	9/12	DPV1	
Wkfld/Moore	Th	5:30pm	UT4.RWCZ	9/17	DPV1	

Outdoor Classes (Adults)						
SoRunREC	Sa	7am	J11.DJ5D	9/19	DSP1	
SoRunREC	W	3:30pm	J11.5LC8	9/23	DSP1	
Wkfld/Moore	T	10am	J11.NGZ6	9/15	DSP1	
Wkfld/Moore	W	10am	J11.KFT1	9/16	DSP1	
Wkfld/Moore	Th	1:45pm	J11.DZJ1	9/17	DSP1	
Wkfld/Moore	Th	9am	J11.ZA2C	9/17	DSP1	
FranconiaRec	Sa	11am	DZV.J7NV	9/12	DPV1	
FranconiaRec	Th	4:30pm	DZV.Y6EK	9/17	DPV1	
Greenbriar Pk	Su	9am	DZV.1A31	9/13	DVP2	
RndtreePk	Su	9am	DZV.1YF8	9/13	DVP2	
SoRunREC	M	9am	DZV.LXCW	9/21	DVP2	
StrattnWds Pk	M	6:30pm	DZV.QQHH	9/14	DVP2	
Wkfld/Moore	Sa	10am	DZV.FOCG	9/12	DVP2	
Wkfld/Moore	Sa	12pm	DZV.AFPW	9/12	DVP2	
Wkfld/Moore	M	5:30pm	DZV.2H36	9/14	DVP2	
Wkfld/Moore	M	7:30pm	DZV.9T1M	9/14	DVP2	

Indoor Pickleball 1 Coached Play

(Adults) Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Beginners focus on learning basic strokes and rules.

DPV1 10--55 minute lessons--\$212						
Location	Day	Time	Code	Begin	\$	
SpHillIREC	M	11am	GDO.CDEQ	9/14	DPV1	

Pickleball 2

(Adults) Prerequisite: Pickleball I. This indoor class focuses on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

BPV1 5--55 minute lessons--\$107	
DPV1 10--55 minute lessons--\$212	
DSP1 8--55 minute lessons--\$153	
DVP2 8--55 minute lessons--\$166	

Location	Day	Time	Code	Begin	\$
Indoor Classes					
FranconiaRec	T	10am	REP.A1R3	9/15	DSP1
FranconiaRec	Th	10am	REP.CHC4	9/17	DSP1
FranconiaRec	Su	2pm	QJ3.ZJGW	9/13	DPV1
SpHillREC	M	10am	QJ3.UR23	9/14	DPV1

Sports and Leagues

SpHillREC	W	10am	QJ3.M7DF	9/16	DPV1
SpHillREC	W	12pm	QJ3.350N	9/16	DPV1
SpHillREC	Th	10am	QJ3.7Y14	9/17	DPV1
SpHillREC	F	9am	QJ3.FBA3	9/18	DPV1
SpHillREC	F	11am	QJ3.Z660	9/18	DPV1
SullyCommCtr	T	6pm	QJ3.U9RJ	9/8	DVP2
SullyCommCtr	T	11:30am	QJ3.MG9B	9/8	DVP2
SullyCommCtr	F	11am	QJ3.F2H1	9/11	DVP2
SullyCommCtr	Sa	5pm	QJ3.MMKT	9/12	DVP2
SullyCommCtr	Su	3:15pm	QJ3.HPG9	9/13	DVP2
SullyCommCtr	M	6:30pm	QJ3.1N8S	9/14	DVP2
SullyCommCtr	Th	12pm	QJ3.KMEN	9/17	DVP2
SullyCommCtr	T	10am	QJ3.37XL	11/3	BPV1
SullyCommCtr	F	10am	QJ3.5TOT	11/6	BPV1

Outdoor Classes

Greenbriar Pk	Su	10am	YB0.8VQC	9/13	DVP2
RndtreePk	W	10am	YB0.DT2G	9/16	DSP1
RndtreePk	W	12pm	YB0.M9BQ	9/16	DSP1
SoRunREC	Sa	8am	YB0.Y3AH	9/19	DSP1
SoRunREC	W	4:30pm	YB0.QFGY	9/23	DSP1
Wkfld/Moore	T	11am	YB0.M5WQ	9/15	DSP1
Wkfld/Moore	T	12pm	YB0.650H	9/15	DSP1
Wkfld/Moore	W	9am	YB0.BDRC	9/16	DSP1
Wkfld/Moore	Th	10am	YB0.4WA6	9/17	DSP1
Cunn Pk ES	T	5:30pm	8RX.IJL7	9/15	DVP2
Cunn Pk ES	Th	6:30pm	8RX.3T43	9/17	DVP2
Cunn Pk ES	Sa	10:30am	8RX.DQWN	9/19	DVP2
FranconiaRec	Sa	10am	8RX.YH2A	9/12	DPV1
FranconiaRec	Th	5:30pm	8RX.1G9E	9/17	DPV1
SoRunREC	M	10am	8RX.R8RE	9/21	DVP2
StrattnWdsPk	M	7:30pm	8RX.MR14	9/14	DVP2
StrattnWdsPk	W	7:30pm	8RX.WIWO	9/16	DVP2
Wkfld/Moore	Sa	11am	8RX.S2SM	9/12	DVP2
Wkfld/Moore	M	6:30pm	8RX.OBLG	9/14	DVP2
Wkfld/Moore	T	5:30pm	8RX.YYWD	9/15	DPV1

Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this indoor program. Students should know the basic strokes. Individuals benefit from varied play and timely coaching for boosting their pickleball game and fun with the focus on developing consistency.

DPV1	10--55 minute lessons--\$212
DVP2	8--55 minute lessons--\$166

Location	Day	Time	Code	Begin	\$
Indoor Classes					
SpHillREC	M	12pm	JAE.R1PA	9/14	DPV1
Outdoor Classes					
RndtreePk	Th	6pm	ON5.FHY2	9/17	DVP2

Pickleball 3

(Adults) Prerequisite: Pickleball II. This indoor class focuses on Doubles strategy and execution.

BPV1	5--55 minute lessons--\$107
DPV1	10--55 minute lessons--\$212
DSP1	8--55 minute lessons--\$153
DVP2	8--55 minute lessons--\$166

Location	Day	Time	Code	Begin	\$
Indoor Classes					
FranconiaRec	Th	11am	NMX.S3TJ	9/17	DSP1
FranconiaRec	Su	3pm	UQP.1GU0	9/13	DPV1
SpHillREC	W	12pm	UQP.X699	9/16	DPV1
SpHillREC	Th	12pm	UQP.Q6DS	9/17	DPV1
SpHillREC	F	10am	UQP.3F08	9/18	DPV1
SpHillREC	F	12pm	UQP.DKN7	9/18	DPV1
SullyCommCtr	F	12pm	UQP.ZW1S	9/11	DVP2
SullyCommCtr	Sa	4pm	UQP.UNVA	9/12	DVP2
SullyCommCtr	Su	5:15pm	UQP.XPLS	9/13	DVP2

SullyCommCtr	M	7:30pm	UQP.3W4X	9/14	DVP2
SullyCommCtr	Th	11am	UQP.L1HY	9/17	DVP2
SullyCommCtr	Th	11am	UQP.W1KZ	11/5	BPV1
SullyCommCtr	F	11am	UQP.R5LH	11/6	BPV1
SullyCommCtr	Su	6:15pm	UQP.T4QK	11/8	BPV1

Outdoor Classes

Greenbriar Pk	Su	11am	BON.LY8H	9/13	DVP2
Wkfld/Moore	W	8am	BON.WJ9Q	9/16	DSP1
Wkfld/Moore	Th	11am	BON.U2Q0	9/17	DSP1
Cunn Pk ES	T	6:30pm	NUB.ZN6A	9/15	DVP2
Cunn Pk ES	Th	7:30pm	NUB.UCMP	9/17	DVP2
FranconiaRec	Sa	9am	NUB.STUT	9/12	DPV1
FranconiaRec	Th	6:30pm	NUB.ASR1	9/17	DPV1
StrattnWdsPk	W	6:30pm	NUB.PXRW	9/16	DVP2
Wkfld/Moore	T	6:30pm	NUB.HUEM	9/15	DPV1
Wkfld/Moore	Th	6:30pm	NUB.07GM	9/17	DPV1

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.

DPV1	10--55 minute lessons--\$212
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DSP1 8--55 minute lessons--\$153					
Location	Day	Time	Code	Begin	\$
SpHillREC	M	1pm	20X.J794	9/14	DPV1
FranconiaRec	T	11am	S8A.9BSU	9/15	DSP1
FranconiaRec	Th	9am	S8A.PJLY	9/17	DSP1

Pickleball 4

(Adults) This advanced program is designed for players who have successfully completed Pickleball 3 and are confident with foundational skills. Key areas of fo-



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cus include the third shot drop, maintaining control in the transition zone, mastering the dink shot, including its variations and both defensive and offensive styles. Enhance your ability to sustain medium-length dink rallies, hit effective lobs and overheads, and move quickly to the non-volley zone when the opportunity arises. If you meet the 8 out of 10 skill proficiency required, this indoor class is the perfect opportunity to push your game to new heights.

BPV1	5--55 minute lessons--\$107
DPV1	10--55 minute lessons--\$212
DSP1	8--55 minute lessons--\$153
DVP2	8--55 minute lessons--\$166

Location	Day	Time	Code	Begin	\$
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Indoor Classes

FranconiaRec	Su	4pm	1FL.QM7S	9/13	DPV1
SpHillREC	W	9am	1FL.OOKI	9/16	DPV1
SpHillREC	Th	11am	1FL.FOYL	9/17	DPV1
SullyCommCtr	Su	6:15pm	1FL.8L7E	9/13	DVP2
SullyCommCtr	Th	10am	1FL.X2B9	9/17	DVP2
SullyCommCtr	Th	12pm	1FL.U3KE	11/5	BPV1
SullyCommCtr	Su	5:15pm	1FL.WPNB	11/8	BPV1

Outdoor Classes

Wkfld/Moore	M	10am	W0F.98CB	9/14	DSP1
Cunn Pk ES	T	7:30pm	8R2.ZWX8	9/15	DVP2
Cunn Pk ES	Sa	11:30am	8R2.16KT	9/19	DVP2
FranconiaRec	Sa	8am	8R2.KCAI	9/12	DPV1
StrattnWdsPk	W	5:30pm	8R2.EYBQ	9/16	DVP2
Wkfld/Moore	T	7:30pm	8R2.F2MH	9/15	DPV1
Wkfld/Moore	Th	7:30pm	8R2.RTTZ	9/17	DPV1

Outdoor Pickleball Round-Robin

(Adults) Prerequisite: Pickleball 3. Players participate in ladder play with various partners in this outdoor class. Focus in on making play fun and competitive.

DSP1	8--55 minute lessons--\$153
DSVM	8--1 hour 25 minute lessons--\$186

Location	Day	Time	Code	Begin	\$
RndtreePk	Sa	8am	ZTM.H6NB	9/12	DSVM
RndtreePk	W	4pm	ZTM.XMLG	9/16	DSVM
Wkfld/Moore	M	11am	ZTM.TC17	9/14	DSP1
Wkfld/Moore	T	2:15pm	ZTM.HU25	9/15	DSP1
Wkfld/Moore	Th	2:45pm	ZTM.U4N1	9/17	DSP1
Wkfld/Moore	Th	12:15pm	ZTM.ONTF	9/17	DSVM
Wkfld/Moore	F	10am	ZTM.FFGV	9/18	DSVM

Outdoor Pickleball Skills & Drills

(Adults) In this outdoor class students focus on one skill per class, then play to reinforce that particular technique. Students should have some pickleball experience.

DSP1	8--55 minute lessons--\$153
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Location	Day	Time	Code	Begin	\$
RndtreePk	W	5:30pm	VYE.4QQF	9/16	DSP1
Wkfld/Moore	T	1:15pm	VYE.492G	9/15	DSP1

Outdoor Senior Pickleball

(65 yrs.+) This outdoor, slower paced class focuses on basic pickleball skills and how to play doubles while being active and improving fitness. Paddles and balls provided.

DPV1	10--55 minute lessons--\$212
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Location	Day	Time	Code	Begin	\$
SoRunREC	T	10am	W14.P2BE	9/15	DPV1
Wkfld/Moore	Sa	2:30pm	W14.0I7X	9/12	DPV1
Wkfld/Moore	W	12pm	W14.VF48	9/16	DPV1

Outdoor Senior Pickleball II

(65 yrs.+) Prerequisite: previous pickleball class or experience. This outdoor, slower paced class focuses

on improving essential skills including dinks, volleys, forehands, backhands and the serve. Doubles strategy is introduced. Paddles and balls provided.

DPV1	10--55 minute lessons--\$212
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Location	Day	Time	Code	Begin	\$
SoRunREC	T	11am	NGG.L6IL	9/15	DPV1
Wkfld/Moore	W	1pm	NGG.25BU	9/16	DPV1

Indoor Small Group Pickleball I

(15-Adult) Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 1 players learn the fundamentals, scoring and develop a lifelong love of the game. Student-Instructor ratio 5:1.

CSV1	6--55 minute lessons--\$161
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	9am	BHK.7ZPJ	9/15	CSV1
SpHillREC	T	9am	BHK.IN80	10/27	CSV1

Indoor Small Group Pickleball II

(15-Adult) Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 2 players learn important match-play skills that will improve results in open play and tournaments. Student-Instructor ratio 5:1.

CSV1	6--55 minute lessons--\$161
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	10am	B31.161W	9/15	CSV1
SpHillREC	T	10am	B31.2135	10/27	CSV1

Indoor Small Group Pickleball III

(15-Adult) Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency and help you learn quicker. Level 3 players will increase power and accuracy while learning advanced match-play techniques and tactics. Student-Instructor ratio 5:1.

CSV1	6--55 minute lessons--\$161
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	11am	3NO.BX84	9/15	CSV1
SpHillREC	T	11am	3NO.QDB0	10/27	CSV1

Ping Pong

Students are introduced to ping pong grips, positions and basic strokes. Students practice exercises and games to improve hand-eye coordination. Students may bring their own paddles, or an official supply set is available for purchase from instructor for \$25.

DSVT	10--55 minute lessons--\$192
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Location	Day	Time	Code	Begin	\$
SpHillREC	T	11am	3NO.BX84	9/15	CSV1
SpHillREC	T	11am	3NO.QDB0	10/27	CSV1

(8-12 yrs.)

Wkfld/Moore	F	5:30pm	EB2.7R6D	9/18	DSVT
Wkfld/Moore	F	6:30pm	UH9.HK92	9/18	DSVT

Running Club

(6-8 yrs.) In this co-ed class students run in groups with their peers while running activities, such as

sharks and minnows, relay races and team racing competitions. Students run laps and track their distance or number of laps by picking up a popsicle stick at the completion of each lap and work towards running longer distances throughout the session.

DSV1	8--55 minute lessons--\$165
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Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	4pm	YA7.ZTSY	9/13	DSV1

Soccer I

Basic instruction geared for beginning players. Emphasis is on soccer skill development including kicking, dribbling and goal-keeping. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SA	10--55 minute lessons--\$181
4SM	8--55 minute lessons--\$144
DSV1	8--55 minute lessons--\$165
DSVJ	8--1 hour 15 minute lessons--\$199

Location	Day	Time	Code	Begin	\$
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(6-8 yrs.)

FranconiaRec	Sa	1pm	29D.W9K3	9/12	DSVJ
FranconiaRec	Su	10am	29D.QTTP	9/13	4SA
LemonRd ES	Su	2pm	29D.1ZU0	9/20	4SM
LittleRnES	Sa	11am	29D.9VJ1	9/19	4SM
SoRunREC	Sa	11am	29D.NAMH	9/12	DSV1
SoRunREC	M	5pm	29D.IZR4	9/14	DSV1
SoRunREC	T	5:45pm	29D.0FV1	9/15	DSV1
SoRunREC	Su	11am	29D.3TOB	9/20	DSV1
SpHillES	Sa	11am	29D.012Y	9/19	4SM
SullyCommCtr	Th	7pm	29D.IGSY	9/10	DSV1
SullyCommCtr	Su	12:50pm	29D.F8JF	9/13	DSV1
Wkfld/Moore	Sa	10am	29D.N8VX	9/12	4SM
Wkfld/Moore	Su	1:15pm	29D.LBMY	9/13	4SM

(8-12 yrs.)

FranconiaRec	Su	11am	F64.46VX	9/13	4SA
LemonRd ES	Su	1pm	F64.HQ04	9/20	4SM
LittleRunES	Sa	12pm	F64.PIDA	9/19	4SM
SoRunREC	M	5:45pm	F64.RDFL	9/14	DSV1
SoRunREC	T	5:45pm	F64.9BZP	9/15	DSV1
SoRunREC	Su	12pm	F64.WTXJ	9/20	DSV1
SpHillES	Sa	12pm	F64.TLQ4	9/19	4SM
Wkfld/Moore	Sa	12pm	F64.0Z8X	9/12	4SM
Wkfld/Moore	Su	2:15pm	F64.R5N8	9/13	4SM



Sports and Leagues

Soccer II

Prerequisite: Soccer I. Bring shin guards and a soccer ball. Classes held at schools are indoors using soft soccer balls.

4SM 8--55 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
(6-8 yrs.)					
LittleRunES	Sa	1pm	580.FRFL	9/19	4SM
SphillIES	Sa	1pm	580.TZ9V	9/19	4SM
LemonRd ES	Su	11am	580.R1Q6	9/20	4SM
(8-12 yrs.)					
LittleRunES	Sa	1pm	DA0.SJHD	9/19	4SM
SphillIES	Sa	1pm	DA0.L7QY	9/19	4SM
LemonRd ES	Su	12pm	DA0.Q0EX	9/20	4SM

Brazilian Soccer Skills Clinic

(6-10 yrs.) Experience authentic indoor soccer training led by an experienced international Brazilian United coach. Enhance skills, including footwork, soccer techniques, tactics, physical abilities and mental sharpness. Methodology goes beyond soccer, promoting overall well-being, improving soft skills and developing core abilities

CPVH 7--55 minute lessons--\$111					
Location	Day	Time	Code	Begin	\$
(6-10 yrs.)					
BelleVw ES	Su	10am	P60.4SS4	9/20	CPVH
BelleVw ES	Su	12pm	P60.MD7M	9/20	CPVH
WSpngfd ES	Th	6pm	P60.9VM8	9/17	CPVH
(11-14 yrs.)					
BelleVw ES	Su	11am	XE8.480G	9/20	CPVH
WSpngfd ES	Th	7pm	XE8.M5MP	9/17	CPVH

T-Ball

(5-7 yrs.) Get a head start on the spring T-ball season. Skill development includes base running, hitting off tee, throwing and catching. Bring a baseball glove.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
DSVP 8--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
FranconiaRec	Sa	2pm	3E1.25JB	9/12	DSV1
SoRunREC	Sa	10am	3E1.1IXH	9/19	DSVP
SullyCommCtr	Su	10:30am	3E1.A3VZ	9/13	4SM
Wkfld/Moore	Sa	1pm	3E1.AUOL	9/12	DSV1
Wkfld/Moore	Sa	10am	3E1.PT8R	9/12	4SM
Wkfld/Moore	Su	10am	3E1.2HAE	9/13	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.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
DSVR 10--55 minute lessons--\$208					
Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
FranconiaRec	Sa	9am	MKL.SNTX	9/12	DSV1
FranconiaRec	M	5:30pm	MKL.UGE4	9/12	DSV1
NottowayPk	Sa	9am	MKL.XTZC	9/19	DSV1
NottowayPk	M	5pm	MKL.WDEW	9/14	DSV1
SoRunREC	Sa	9am	MKL.DZ8R	9/12	DSV1
SoRunREC	Su	9am	MKL.NVW0	9/13	DSV1
SoRunREC	M	5pm	MKL.T4GU	9/14	DSV1
SphillREC	Sa	2:30pm	MKL.N41H	9/12	DSVR
SphillREC	Sa	3pm	MKL.W7QQ	9/12	4SM
SphillREC	Sa	3:30pm	MKL.OB36	9/12	DSVR
SphillREC	Sa	5pm	MKL.WH08	9/12	4SM
SphillREC	Su	2pm	MKL.O23V	9/13	4SM
SphillREC	Su	3pm	MKL.A03B	9/13	4SM

(9-12 yrs.)

FranconiaRec	Sa	10am	N0B.8XJM	9/12	DSV1
FranconiaRec	M	6:30pm	0B.ML26	9/14	DSV1
NottowayPk	Sa	10am	N0B.YTXT	9/19	DSV1
NottowayPk	M	6pm	N0B.P705	9/14	DSV1
SoRunREC	Sa	10am	N0B.007V	9/12	DSV1
SoRunREC	Su	10am	N0B.1DLT	9/13	DSV1
SoRunREC	M	6pm	N0B.G93B	9/14	DSV1
SphillREC	Sa	4pm	N0B.855R	9/12	4SM
SphillREC	Su	4pm	N0B.7EPV	9/13	4SM
Wkfld/Moore	Th	5:30pm	N0B.8FY3	9/17	DSV1

(10-17 yrs.)

FranconiaRec	Sa	12pm	A49.VUYO	9/12	DSV1
NottowayPk	Sa	11am	A49.V4BP	9/19	DSV1
NottowayPk	M	7pm	A49.51J9	9/14	DSV1
SoRunREC	Sa	11am	A49.UQSY	9/12	DSV1
SoRunREC	Su	11am	A49.K0JF	9/20	DSV1
SoRunREC	M	7pm	A49.2BDN	9/14	DSV1
SphillREC	Sa	2pm	A49.P7CY	9/12	4SM
Wkfld/Moore	Sa	2pm	A49.SZ2B	9/12	DSV1
Wkfld/Moore	Th	6:30pm	A49.T86F	9/17	DSV1

(Adults)

FranconiaRec	Sa	11am	PL0.TEZN	9/12	DSV1
FranconiaRec	M	7:30pm	PL0.M5GD	9/14	DSV1
NottowayPk	Sa	12pm	PL0.YV07	9/19	DSV1
SoRunREC	Su	12pm	PL0.HSOT	9/13	DSV1
Wkfld/Moore	W	6:30pm	PL0.MZ42	9/16	DSV1
Wkfld/Moore	Th	7:30pm	PL0.E8SL	9/17	DSV1

Tennis Beginning II

Students should be able to rally with the forehand and know the basic strokes. Stroke production, including ball trajectory over the net and basic game strategy, is refined. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
FranconiaRec	T	5:30pm	Q98.9WH5	9/15	DSV1
NottowayPk	T	5pm	Q98.2L7M	9/15	DSV1
SoRunREC	T	5pm	Q98.0Z4M	9/15	DSV1
(9-12 yrs.)					
FranconiaRec	T	6:30pm	IWH.KEX3	9/15	DSV1
NottowayPk	T	6pm	IWH.NHOJ	9/15	DSV1
SoRunREC	T	6pm	IWH.TXSU	9/15	DSV1
SoRunREC	Th	5pm	IWH.AQ4S	9/17	DSV1
(10-17 yrs.)					
NottowayPk	T	7pm	TZD.35QC	9/15	DSV1
SoRunREC	Th	6pm	TZD.WWBZ	9/17	DSV1
(13-17 yrs.)					
Wkfld/Moore	W	5:30pm	2PX.QSBN	9/16	DSV1

(Adults)

Wkfld/Moore	T	9am	457.08YW	9/15	4SM
Wkfld/Moore	Th	9am	457.WKNV	9/17	4SM
FranconiaRec	T	7:30pm	2P8.QIKT	9/15	DSV1
SoRunREC	Th	7pm	2P8.BEHJ	9/17	DSV1
Wkfld/Moore	Sa	3pm	2P8.RZKY	9/12	DSV1
Wkfld/Moore	W	7:30pm	2P8.6TDX	9/16	DSV1

Tennis Intermediate I

Student should know basic strokes, scoring, rules and court etiquette. Emphasis is on stroke production, shot placement and consistency. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
(9-12 yrs.)					
SoRunREC	W	5:30pm	041.6QVF	9/16	DSV1
(10-17 yrs.)					
SoRunREC	W	6:30pm	W8K.V055	9/16	DSV1
(13-17 yrs.)					
Wkfld/Moore	F	5:30pm	6CX.TNX6	9/18	DSV1

(Adults)

Wkfld/Moore	T	10am	572.RUFA	9/15	4SM
Wkfld/Moore	Th	10am	572.SOPB	9/17	4SM
NottowayPk	W	5:30pm	HNK.037F	9/16	DSV1
SoRunREC	W	7:30pm	HNK.Q14T	9/16	DSV1
Wkfld/Moore	Sa	4pm	HNK.531N	9/12	DSV1
Wkfld/Moore	F	7:30pm	HNK.JR7J	9/18	DSV1

Tennis Intermediate II

Stroke consistency and control are key factors at this level. Emphasis is on shot variety and pace under pressure. Percentage is stressed and mastery of intermediate skills is required. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
DSVM 8--1 hour 25 minute lessons--\$186					
Location	Day	Time	Code	Begin	\$
(13-17 yrs.)					
Wkfld/Moore	F	6:30pm	K3G.4M18	9/18	DSV1
(Adults)					
Wkfld/Moore	T	11am	013.AUJC	9/15	4SM
Wkfld/Moore	W	9:30am	013.0VJJ	9/16	DSVM
NottowayPk	W	6:30pm	QHM.UXGR	9/16	DSV1

Tennis Advanced

(Adults) Students should be able to execute all basic strokes and have at least informal competitive playing experience. Stroke reliability and aggressive shots with pace and depth are expected. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	W	11am	B86.X4FQ	9/16	4SM
Wkfld/Moore	Th	11am	B86.FUYX	9/17	4SM
NottowayPk	W	7:30pm	QN1.FLDG	9/16	DSV1

Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play. All classes are co-ed.

4SA 10--55 minute lessons--\$181					
4SM 8--55 minute lessons--\$144					
DSV1 8--55 minute lessons--\$165					
DSVF 8--55 minute lessons--\$160					
DSVT 10--55 minute lessons--\$192					
Location	Day	Time	Code	Begin	\$
(8-12 yrs.)					
SullyCommCtr	Su	11am	8D1.WXRO	9/13	4SM
Wkfld/Moore	M	5:30pm	8D1.S9RV	9/14	DSVT
Wkfld/Moore	T	5:30pm	8D1.ZS40	9/15	DSV1
Wkfld/Moore	T	6:30pm	8D1.M61F	9/15	DSV1
Wkfld/Moore	Th	5:30pm	8D1.M96H	9/17	DSV1
Wkfld/Moore	F	6:30pm	8D1.864R	9/18	4SA
(12-17 yrs.)					
Wkfld/Moore	M	6:30pm	BA8.5U1G	9/14	DSVT
Wkfld/Moore	F	7:30pm	BA8.EKK4	9/18	4SA
(16-Adult)					
ProvREC	T	5:30pm	CR8.100K	9/22	DSVF
ProvREC	T	6:35pm	CR8.H9P7	9/22	DSVF
Wkfld/Moore	M	7:30pm	CR8.NIRS	9/14	DSVT

Volleyball II

(8-12 yrs.) Prerequisite: Volleyball I. This challenging and more intense class is for experienced players and focuses on more advanced skills. All classes are co-ed.

DSV1 8--55 minute lessons--\$165					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	6:30pm	0X0.DPSR	9/17	DSV1

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



Cooking Classes

Bakers & Makers

(6-8 yrs.) This is a class for kids who like to create! Each session focuses on the basics of sewing, baking and creating home crafts. Students will taste or take home their own creations, building or baking, drawing or making as their imagination soars. Any supply fee payable to instructor.

DXVE 8--55 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
MtVernREC	Su	3pm	XBS.M1NZ	9/20	DXVE

Cooking Sweet & Savory

(6-12 yrs.) Just like the name suggests, each meeting of this Baroodly Camps class features a sweet treat that will go perfectly with dinner and one savory dish that is sure to become a family favorite! Students learn new baking skills such as creaming, whisking and melting as well as cooking skills such as stewing, stir-frying, and sautéing.

DXVE 8--55 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
MtVernREC	F	5:30pm	NFM.PBKT	9/25	DXVE

Game Classes

Bridge I

(13-Adult) Designed for beginning players and for students who would like to improve. Stresses bidding and basic defense. This course provides an excellent brush-up for players returning to the game.

4XC 10--1 hour 55 minute lessons--\$281

4XL 8--1 hour 55 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
ProvREC	M	10:30am	DF7.KR1W	9/14	4XL
SoRunREC	M	7pm	DF7.BCSU	9/21	4XC

Bridge II

(13-Adult) Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL 8--1 hour 55 minute lessons--\$226

Location	Day	Time	Code	Begin	\$
ProvREC	M	12:45pm	70C.778D	9/14	4XL

Bridge III

(13-Adult) Further develop your defensive bridge skills. Learn how to communicate with your partner with the card you play on each trick and to set your opponent. Sessions include a review of the play of the hand and Standard American Bidding System.

4XC 10--1 hour 55 minute lessons--\$281

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	348.4096	9/20	4XC



Brush-Up Bridge

(13-Adult) Not for beginners. Must be playing bridge and want to update your skills. Modern Standard American opening bids and responses are emphasized. After demonstration hands, class shuffles and deals.

4XC 10--1 hour 55 minute lessons--\$281

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	3pm	615.LSQS	9/20	4XC
SoRunREC	M	1pm	615.GSDA	9/21	4XC

Chess by Silver Knights

(6-12 yrs.) Learn chess with Silver Knights (formerly Magnus Chess Academy)! They've taught 100,000 children to play, including state and national champions, but most students are beginners looking to learn a new skill. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

DXVE 8--55 minute lessons--\$162

DXVK 10--55 minute lessons--\$205

Location	Day	Time	Code	Begin	\$
FranconiaRec	Th	6pm	2PM.BY36	9/17	DXVE
MtVernREC	Th	5pm	2PM.YGU9	9/24	DXVE
OakmontREC	Th	6:30pm	2PM.VNJS	9/17	DXVK
SpHillREC	M	6pm	2PM.T42L	9/14	DXVE
Wkfld/Moore	M	6pm	2PM.6EKC	9/14	DXVK

D&D Create an Adventure

(9-12 yrs.) Welcome to the world of tabletop games. In this class students create Dungeons & Dragons inspired adventures focusing on social, emotional, creative and storytelling skills. While dabbling in different areas of playing and/or running a campaign to introduce the concepts of story building in a tabletop game setting, students develop characters, face conflicts and adapt, write stories, and use math concepts such as probability to determine outcomes. Players collaborate to create a world and get a chance to lead their own adventures. Materials are provided so only imagination is needed on this magical journey.

DXVE 8--55 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
MtVernREC	F	5:30pm	907.7PZY	9/25	DXVE
MtVernREC	Sa	2pm	907.RVFP	9/19	DXVE
ProvREC	T	6:30pm	907.K7MX	9/22	DXVE

D&D DM School

(9-12 yrs.) In this class, each Dungeon Master (DM) will design a complete Dungeons & Dragons campaign and leave with the skills and confidence to run their own game. Along the way, we'll build social, emotional, creative, and storytelling abilities while expanding our toolbox of game mechanics, improvisation, and preparation techniques. DMs will craft NPCs, design challenges, write stories, map locations, and use basic probability to guide outcomes. All materials are provided—just bring your imagination. By the end, you won't be a "Forever DM" out of obligation, but because your players won't want anyone else telling the story.

DXVE 8--55 minute lessons--\$162

Location	Day	Time	Code	Begin	\$
MtVernREC	F	6:30pm	2SJ.KPNE	9/25	DXVE
MtVernREC	Sa	3pm	2SJ.AMBC	9/19	DXVE

Pokemon Trading Card Game

(6-12 yrs.) Students learn Pokemon Trading Card Game basics from what is a trading card game and how do I start playing to basic mechanics of the game including deck building, battle strategies and energy management. At the end of the class sessions a tournament will be held. Bring your own cards, or decks are available for purchase at an additional fee.

3XB 8--55 minute lessons--\$109

Location	Day	Time	Code	Begin	\$
MtVernREC	Sa	3pm	GHZ.3CFM	9/19	3XB
MtVernREC	Su	3pm	GHZ.PUGZ	9/20	3XB

Other Opportunities

Snack Attack

(6-12 yrs.) Students push the limits on the snack concept and prepare a variety of wholesome, delicious and unique nibbles, such as chicken salad cups, homemade granola bars, veggie nachos, roasted red pepper hummus with homemade pita chips and more. Any supply fee payable to instructor at first class.

DXVV 8--55 minute lessons--\$299

Location	Day	Time	Code	Begin	\$
ProvREC	Su	1pm	F65.TS4S	9/20	DXVV
SoRunREC	Sa	3pm	F65.C2QV	9/19	DXVV

American Sign Language for Kids

This class teaches students American Sign Language (ASL) basics and more. Learn the alphabets, numbers and communication skills, both receptive (listening) and expressive (speaking), as well as vocabulary and grammar. This ASL implements daily practice using vocabulary in conversation, while introducing the American Deaf culture and history.

DXVH 8--55 minute lessons--\$176

Location	Day	Time	Code	Begin	\$
OakmontREC	Th	5:30pm	E7M.HOSS	9/24	DXVH
Wkfld/Moore	T	6pm	E7M.FHYB	9/15	DXVH
OakmontREC	Th	6:45pm	4RG.Y6WI	9/24	DXVH
Wkfld/Moore	T	7:15pm	4RG.Q07B	9/15	DXVH



SCAN THE QR CODE
TO FIND MORE
CLASSES ONLINE

REGISTRATION INFORMATION

REGISTER BY AUGUST 21 AND SAVE \$8*

CLASS REGISTRATION STARTS
TUESDAY, AUGUST 11 AT 9 A.M.

FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
				
www.fairfaxcounty.gov/parks/parktakes Browse online listings, check class enrollment and register.	703-222-4664 Monday – Friday, 9 a.m. – 4 p.m. Please have class activity codes handy when you call.	703-631-2004 Registration processing begins August 11 for classes for faxed forms. Forms received prior to that date will be processed starting August 11. Due to volume, we cannot confirm fax receipt. Allow 3-5 days for processing.	Send completed forms to FCPA/Parktakes P.O. Box 4606 Fairfax, Va. 22038 Mailed registration processing begins August 11 for Classes. Forms received prior are held until that date. Allow 3-5 days for processing.	Monday - Friday, 9 a.m. - 4 p.m. Walk-in registration begins August 24. Visit our Walk-in Registration Office in the Herrity Building, 12055 Government Center Parkway Suite 105.

CAN'T FIND YOUR ACCOUNT?

How do I Create an Account?

- Go to the Parktakes Online website, and click the Create Account button in the upper right corner.
- Fill in the New Customer form.
- After completing the form, click on Create Account.

How do I Recover my Account?

- Go to the Parktakes Online website, and click the Login button on the top right of the screen. Follow the on-screen link to Recover Your Account. Then, simply enter your email address in the field. Check your inbox for a message with a temporary password. You can then use your email address and temporary password to log in, create a new password and update your information.
- If your email address is not on file, you will receive a message stating the email address you entered in the system is not found or is invalid. If you are unable to reset your password, you may need to add an email address to your account. For assistance, email PTOnline@fairfaxcounty.gov.

IN THE EVENT OF BAD WEATHER

FCPA follows Fairfax County Government closures.

- Classes held at school locations may be canceled, even when classes at Rec Centers and other Park Authority and Government locations are running. To check for weather related cancellations, visit www.fairfaxcounty.gov/parks or call the Park Authority inclement weather information line: 703-324-8661.
- Cancellation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancellations for classes held at vendor locations are made independently. Please call the location where the class is being held.

HOLIDAY CLOSINGS

Any exceptions to the class schedule will be announced at the first class.

WAITLISTS

Waitlists for classes open the day after registration begins at 10 a.m.

CLASS TRANSFERS

Call for transfer options before the second class meets.

CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- A full refund will be issued when a class or program is changed by FCPA, and it is impossible for the customer to continue with the class.
- **Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.**

When a customer cancels a registration, the following fees apply per registration:

Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - \$15 processing fee applied.
- Request received on class start date - refund minus cost of one class and \$15 processing fee.
- Request received after start date - prorated refund based on number of classes and \$15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A \$25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof, per family fees and programs priced \$50 or less.

*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camps, camp extended care, per family fees or classes priced \$50 or less.

PHOTOS/VIDEOS

The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes.

SCHOLARSHIPS/PUBLIC ASSISTANCE

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. **A \$15 processing fee applies for each scholarship class** and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

Note: No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

Required documentation: A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- Medicaid
- TANF
- Free lunch verification from Fairfax County Public Schools
- WIC
- Head Start
- SNAP (food stamps)
- FAMIS

REGISTER FOR SCHOLARSHIPS:

Complete a scholarship eligibility form at www.fairfaxcounty.gov/parks/scholarships and submit it online, by fax or by mail. Once you receive a scholarship confirmation receipt to your account, you may register for classes via phone, fax, mail, in person or online at www.fairfaxcounty.gov/parks/parktakes.

Seniors and Adults with Disabilities

Senior adults and adults with disabilities who meet the following income guidelines are eligible to receive a scholarship for one class per quarter:

- \$16,700/one person
- \$34,100/family of 4
- \$22,500/family of 2
- \$39,900/family of 5
- \$28,300/family of 3
- \$45,700/family of 6

For each additional person, add \$5,800 to determine maximum annual income for eligibility.



REGISTRATION FORM

REGISTER BY AUGUST 21 AND SAVE \$8*

FALL 2026 CLASS REGISTRATION
STARTS TUESDAY, AUGUST 11 AT 9 A.M.

CN-Staff use only #

FILL OUT THE FORM COMPLETELY AND LEGIBLY, INCLUDING A VALID HOUSEHOLD EMAIL ADDRESS.

FIVE EASY WAYS TO REGISTER

ONLINE	PHONE	FAX	MAIL	IN PERSON
				
www.fairfaxcounty.gov/parks/parktakes	703-222-4664 Monday-Friday, 9 a.m. 4 p.m.	703-631-2004	FCPA/Parktakes P.O. Box 4606 • Fairfax, Va. 22038	12055 Government Center Parkway Suite 105, Fairfax

PLEASE PRINT

☐ Check if change of address

Primary Account Holder		Date of Birth						
Address	Street				Apt.			
	City			State		Zip		
Phone #s	Cell			Work			Home	
	Email							

Participant's Name (Last, first)	Date of Birth Month/Day/Year	Gen- der	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	\$91	33C.9CE4
	/ /							
	/ /							
	/ /							
	/ /							

SUBSCRIBE TO PARKTAKES! IT'S FREE! ☐ Mail Parktakes to street address above. ☐ I want to consider the environment. Send Parktakes to my e-mail address.

PAYMENT INSTRUCTIONS

1	Total Listed Fee(s): For all 1st choice programs		
2	Fairfax County Senior Discount (classes with activity code): Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof or classes priced \$50 or less. See senior discount section on next page.	Line 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 \$50 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 \$51 and up; add \$2 for programs priced \$50 or less.	+	
8	Class Scholarship Donation: Add any amount you wish to donate. Fairfax County Park Foundation will send written confirmation of a tax deductible donation of \$10 or more.	+	
9	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.	=	



Fairfax County is committed to giving all residents equal access to recreation and leisure opportunities. Reasonable accommodations and inclusion opportunities are provided in accordance with the Americans with Disabilities Act in all Park Authority programs, classes and camps. ADA accommodations include sign interpreters, assistive listening devices, program modifications and inclusion support. Call 703-324-8563 or TTY: Va. Relay 711 at least 10 working days in advance of the date services are needed.

PAYMENT METHOD

Credit Card (Check one:)	☐ VISA	☐ Mastercard	☐ DISCOVER
#:			
Exp. Date:	Zip:		
Signature			
☐ Check enclosed	\$	#:	
☐ Cash (walk-in only)	☐ Use House Account Credits (if credits don't cover full cost of registration, use any payment method listed above for balance due)		
One household per registration form, please. Additional registration forms may be photocopied or downloaded from the Park Authority web page, www.fairfaxcounty.gov/parks and search "registration form"			

SCHOLARSHIP REQUEST

Requires \$15 processing fee per class • **Check one:**

- ☐ Income-Eligible Senior or Income-Eligible Disabled Adult
☐ Public Assistance Recipient (attach verification)

See scholarship information on previous page. Signature is required.

Signature

CN-Staff use only #



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For available employment opportunities, visit www.fairfaxcounty.gov/parks/jobs-internships

If you have questions, please email FCPAJOBS@fairfaxcounty.gov



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Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.



GHOST TOWN

Saturday, October 24 and Sunday, October 25
11 a.m.-5 p.m.





PUT ON YOUR COSTUME AND ENJOY A NOT-SO-SPOOKY HALLOWEEN CELEBRATION AT BURKE LAKE PARK.

- Ride the train and carousel
- Play mini golf
- Make crafts
- Visit trick-or-treat house
- Enjoy family activities throughout the park

TICKET INFORMATION:
Online Presale: \$20 (Online presale sales close at 11:59 p.m., two days before each event date.) At the Door: \$25
Children younger than two are free with a paying adult.

www.fairfaxcounty.gov/parks/burke-lake
Burke Lake Park • 7315 Ox Road, Fairfax Station




HALLOWEEN ON THE FARM!

at Frying Pan Farm Park

All ages • \$12 per person






Visit with farm animals • Trick or Treat

Friday, October 23
Choose your one-hour time slot between 5 - 7 p.m.

Saturday, October 24
Choose your one-hour time slot between 4:30 - 6:30 p.m.




Don't let it float, donate the boat.



Donate your vehicle and help support the mission of the Fairfax County Park Foundation.

Not only will you get rid of an unwanted vehicle without the hassle and expense of trying to sell it, you'll get a tax deduction and the pleasure of supporting your beautiful parks.

Donating is fast and easy and vehicle pick-up is free. We accept cars, trucks, boats and motor homes — even if not in operating condition.



"We are always looking for ways to contribute to Fairfax County parks and this was a great opportunity for us to do that. The process was straight forward and easy, and they picked the boat up within days. I am happy that the Park Foundation will benefit from our contribution." - Bill and Regina Bouie



For more information and to schedule free pick-up service, call toll-free **855-500-7433** or visit **www.FairfaxParkFoundation.org**



The Fairfax County Park Foundation is a nonprofit tax exempt organization under Section 501(c)(3) of the Internal Revenue Code. We support the Fairfax County Park Authority by raising private funds, obtaining grants and creating partnerships that supplement tax dollars to meet community needs for park land, facilities and services. Gifts to the Park Foundation are tax deductible to the fullest extent allowed by the law.





Parktakes

Fairfax County Park Authority
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500



A Fairfax County,
Virginia, publication



SMALL
STAGE.
BIG
TALENT.



McLean
Community
Center
The Center of It All

SEE OUR
COMPLETE
SEASON
ONLINE!



TICKETS ON SALE SEPT. 8!

Ballet Hispánico New York *Mujeres*

Friday, Oct. 2, 7 p.m.

Treasure Island Reimagined: *Jane Hawkins and the Pirate's Gold*

Tuesday, Oct 13, 7 p.m. 

Robert Townsend's *Living the Shuffle*

Saturday, Oct. 24, 7 p.m.

World Premiere!

The Joyfully Jolly Jamboree

Saturday, Dec. 12, 11 a.m.

Saturday, Dec. 12, 4 p.m. 

aldentheatre.org

The Alden at the
McLean Community Center
703-790-0123, TTY: 711

FREE
PARKING

