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

Parktakes

Winter 2027



Fairfax County Park Authority
Celebrating 75 years!

Holiday Events • Rec Center Memberships • Indoor Golf
Network to Freedom • How to Stay Active • Staff Highlights
Winter Class Registration begins October 27



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ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!

PARKS IN PROGRESS



CLEMYJONTRI OPEN HOUSE
August 2026



OVERLOOK RIDGE PARK GROUNDBREAKING
September 2026



NATIONAL PUBLIC LANDS DAY
September 2026
Trail and interpretive signs dedicated for the 41.5-mile Gerry Connolly Cross County Trail



ROYAL LAKE PARK TRAIL IMPROVEMENTS
October 2026
Pedestrian bridge replacement, new stream valley trail, park entrance trail, natural-surface trail connecting the asphalt trail atop the dam to the Royal Lake Loop Trail and shade structure at Lakeside Park



7 RENOVATED PLAYGROUNDS TO REOPEN
Late 2026
Alabama Drive (pictured)
Borge Street • Bren Mar
Cub Run Stream Valley
Dowden Terrace
Lincolnia • Loisdale

Cover: Two friends enjoying a workout on the indoor track at the Mount Vernon Rec Center. Photo by Melodie Stehling.

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Unlock a World of Wellness and Savings

The Fairfax County Park Authority (FCPA) is kicking off the annual Rec Center membership sale in January with options to suit everyone and every budget.

There are nine Rec Centers around Fairfax County, and when you purchase a membership you can use your benefits at any location. Members will be able to enjoy spacious indoor pools and rejuvenating spas and saunas. Free Fitness Center orientations and use of strength equipment, weights and cardio equipment is also included. For those wanting to take fitness classes, members enjoy unlimited virtual and drop-in exercise classes such as cycling, yoga, BODYPUMP™ and Pilates.

A variety of amenities spans the county giving customers the opportunity to explore different Rec Centers to see what each one offers. Check out the indoor tracks and athletic courts including racquetball, pickleball and basketball. At Mount Vernon Rec Center, reach new heights on the indoor climbing wall or glide out on the ice during public skate sessions. Cub Run, Oakmont and Mount Vernon Rec Centers offer discounted drop-in childcare for ages 6 months to 10 years.

With no initiation fees, annual dues or hidden costs, Rec Centers offer a no-hassle solution to improving your overall wellness. There are a number of different membership options. Enjoy one rate for the year for up to eight individuals with an Annual membership. For customers who wish to pay the fee every two weeks, FCPA offers a recurring billing membership. Individuals who live at the same address can take advantage of a discounted rate with a Family Membership plan.

For more flexibility, single day admission for individuals or a Discount Fast Pass for 25 general admissions to use for a group (good for up to 12 months from the date of purchase) may be of interest. Additional fees for special features apply such as the Cub Run Indoor Water Park and Mount Vernon Rec Center Public Skate Sessions.

For more information about membership options or to purchase one, go to any Rec Center or visit www.fairfaxcounty.gov/parks/passes.

Rec Centers

AUDREY MOORE REC CENTER
8100 Braddock Road, Annandale
703-321-7081

CUB RUN REC CENTER
4630 Stonecroft Blvd., Chantilly
703-817-9407

FRANCONIA REC CENTER
6601 Telegraph Road, Alexandria
703-922-9841

GEORGE WASHINGTON REC CENTER
8426 Old Mt. Vernon Road, Alexandria
703-780-8894

MOUNT VERNON REC CENTER
2017 Belle View Blvd., Alexandria
703-768-3224

OAKMONT REC CENTER
3200 Jermantown Road, Oakton
703-281-6501

PROVIDENCE REC CENTER
7525 Marc Drive, Falls Church
703-698-1351

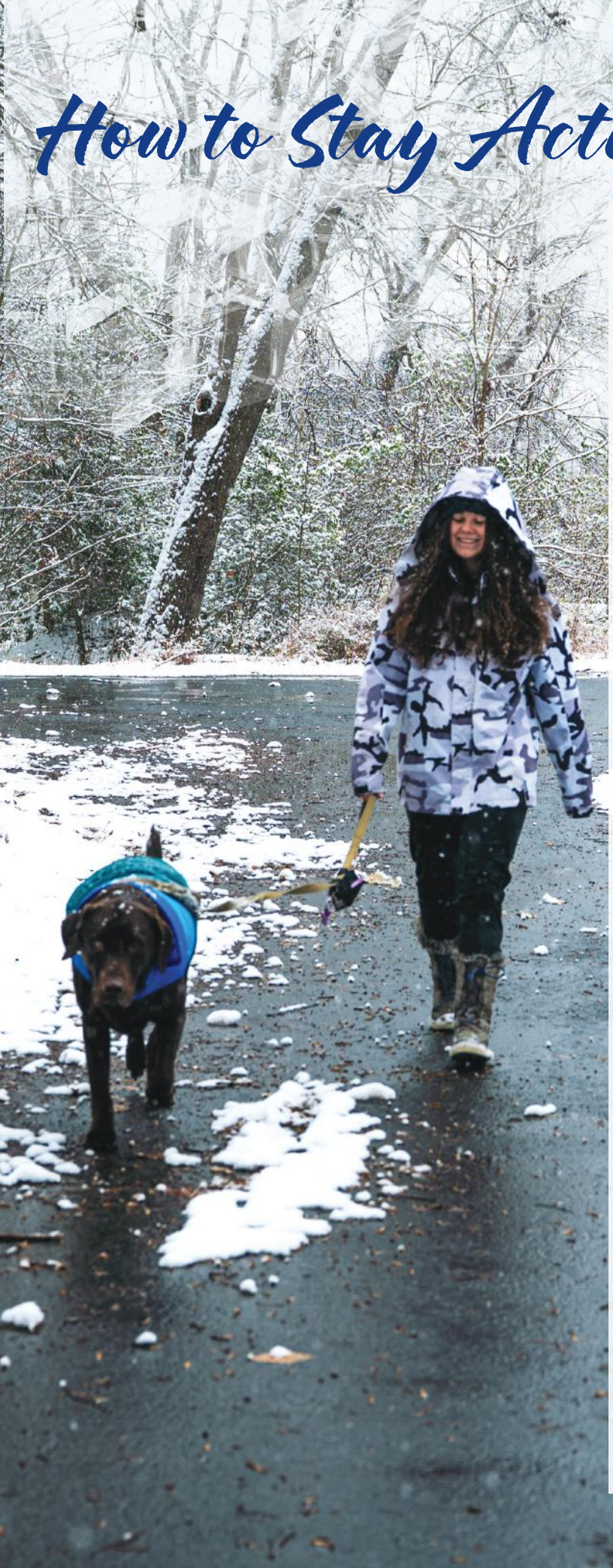
SOUTH RUN REC CENTER
7550 Reservation Drive, Springfield
703-866-0566

SPRING HILL REC CENTER
1239 Spring Hill Road, McLean
703-827-0989






How to Stay Active in the Winter



When temperatures drop and daylight disappears early, it can be tempting to put your active routine on ice until spring. Fairfax County Park Authority (FCPA) has plenty of options to keep you moving all season long.

Winter is a great time to shake things up, try something new and find a way to move that feels less like a workout and more like something you want to do. One activity to keep moving is Pilates which is a great way to build strength, balance and flexibility. FCPA's winter lineup includes Pilates Allegro Reformer, Gentle Pilates Allegro Reformer and even a Reformer Jumpboard class that adds an aerobic challenge to strength and stability work.

A very popular sport is pickleball. People of all ages can easily learn this social activity that can be played indoors or outside. Beginner classes cover basic skills and doubles play, while more advanced options build on dinks, volleys, serves and strategy. Paddles and balls are provided in beginner classes.

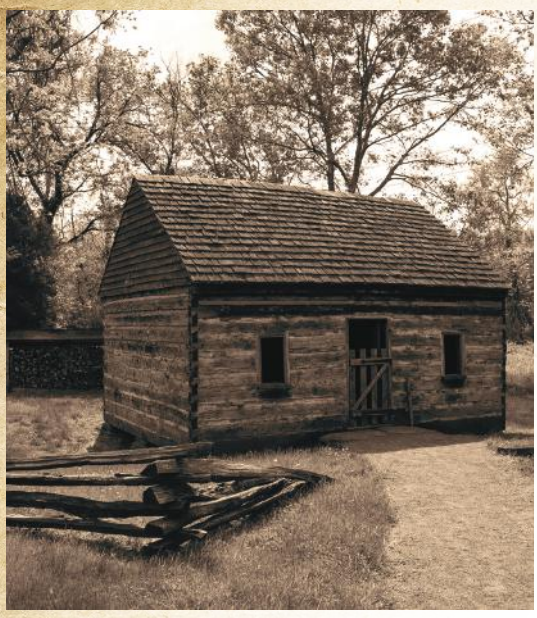
Your winter workout does not have to happen on a treadmill. Learn the fundamentals of indoor rock climbing, lace up for an ice skating class or try K-Pop Dance and learn high-energy choreography step by step. The best exercise is often the one that feels like play.

If the weight room feels intimidating, start with a class. FCPA offers beginner-friendly classes in weight training and free weight training, with instruction in proper form, equipment and safe progression. Prefer something lower impact? Tai Chi focuses on flexibility, balance and physical control, while Aerobic Water Exercise provides a cardiovascular workout in the pool.

A little fresh air can go a long way toward breaking a winter slump. Consider bundling up for a Winter Bird Walk, search for waterfowl along the shoreline or learn practical cold-weather skills in a Winter Survival Workshop. Show off your artistic skills by participating in the First Hike photo contest January 1, 2027 at a Fairfax County Park Authority site.

You do not need a dramatic resolution or a perfect fitness plan. Pick something that sparks your curiosity. Book a class, bring a friend and give it a try. Your next favorite way to move is waiting at Fairfax County Parks.

Network to Freedom



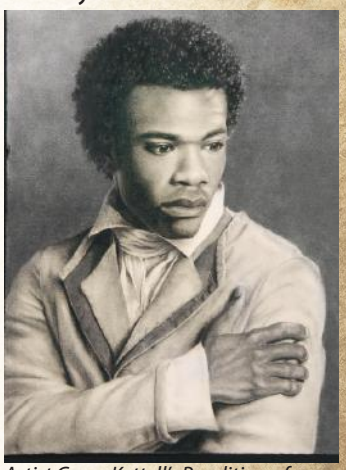
When most of us think of the Underground Railroad, we picture legendary figures like Harriet Tubman guiding freedom seekers northward toward Philadelphia and New York. While this forms a cornerstone of American historical memory, it represents only a fraction of a much larger, nationwide movement.

To capture the full scope of this history, the National Park Service established the Network to Freedom, defining the Underground Railroad broadly as resistance to enslavement through escape and flight. This inclusive perspective shifts our focus from organized northern networks to encompass all forms of self-emancipation—including the journeys of individuals who fled on their own, those whose attempts failed, and those whose ultimate fates remain lost to history.

Fairfax County Park Authority (FCPA) preserves several locations officially recognized by the National Park Service's Network to Freedom. Each site tells a distinct story of courage, risk, and the pursuit of liberty.



At Sully Historic Site you can visit a reproduction of the kind of buildings where enslaved people at Sully once lived and labored. People like Ludwell, who sought his freedom in 1804. Ludwell managed to reach free territory in Philadelphia, but the U.S. Constitution held that enslaved people could be captured and returned even in states that had abolished slavery. Ludwell was recognized by a member of the extended Lee family and forced back to Sully.



Artist Grace Kettell's Rendition of Godfrey, an enslaved man from Sully

The boat ramp at Riverbend Park was the scene of Ellick's remarkable escape. Ellick was enslaved by the Conn family who lived on the nearby hillside. He first escaped when he was working in Leesburg and was away for two months before slave catchers arrested him and brought him back to the Conn home. As the slave catchers argued with the Conns about their fee, Ellick, still in handcuffs, took the opportunity to once again take flight. The Conns never saw him again.



The experience of Sam Humphreys and Sandy at Historic Huntley is more like the familiar Underground Railroad story, but with a reminder of how dangerous the work could be. Sam and Sandy planned to masquerade as free African Americans using carefully forged documents and false identities. But a flaw in the documents led to their return to slavery and the imprisonment of the man, Joseph Farrell, who had aided them.

Ultimately, these stories at Sully, Riverbend Park, and Historic Huntley remind us that the fight for freedom was deeply rooted in local landscapes. By sharing these accounts, the Fairfax County Park Authority ensures that the struggles, resilience, and humanity of those who fought for liberty are never forgotten. To learn more, visit www.fairfaxcounty.gov/parks/history/network-to-freedom.

CELEBRATING A NEW WINTER GARDEN



Winter may be the quietest season in the garden, but it is far from lifeless. At Green Spring Gardens, winter brings some of the year's most intriguing plants into bloom. The Winter Garden gives these seasonal treasures a place to shine.

Green Spring Gardens is home to the largest witch hazel collection in the nation, featuring both native and Asiatic witch hazels. Many of the Asiatic species come into bloom from late February into March in Northern Virginia, filling the winter landscape with distinctive, often fragrant flowers when most gardens are still dormant. The collection showcases the remarkable diversity of witch hazels and demonstrates why these plants have become prized by gardeners and collectors around the world.

The new Winter Garden will build on this horticultural resource, creating a garden devoted to plants that bring beauty and interest to the landscape during winter and early spring. Witch hazels, snowdrops, cyclamen and other seasonal treasures will demonstrate that a garden can offer color, fragrance, texture and discovery throughout the year.

Green Spring will celebrate the new garden with the Winter Garden Symposium: Witch Hazels & Snowdrops on Saturday, February 20. The day begins at 8 a.m. with a specialty plant sale featuring specialty vendors offering witch hazels, snowdrops, cyclamen and other winter plant treasures, giving gardeners an opportunity to bring the beauty of the winter garden home.

At 11 a.m., three renowned witch hazel experts: Chris Lane of Witch Hazel Nursery, joining virtually from the U.K.; Tim Brotzman of Brotzman's Nursery; and plant explorer and propagator Rick Lewandowski, will share their knowledge during a special panel discussion. Following lunch, participants will tour some of Green Spring's top-performing witch hazels in bloom, seeing firsthand the remarkable flowers, forms and cultivars represented in the collection.

The afternoon continues with a snowdrop lecture by horticulturist Tim Calkins before the day concludes with the ribbon cutting for Green Spring Gardens' new Winter Garden.

By choosing plants for their winter flowers, fragrance, foliage, bark, form and early-season beauty, gardeners can create landscapes that remain engaging long after the last autumn leaves have fallen.

To find out more about classes and events at Green Spring Gardens, turn to the Gardening section.



The Fairfax County Park Authority's Wonder Wagon takes environmental education on the road, bringing hands-on nature experiences directly into neighborhoods, parks, schools and community events throughout Fairfax County.

This mobile nature center is designed to make nature exploration easier to access, especially in communities that may not be close to one of the Park Authority's nature centers. Participants might catch bugs, watch birds, investigate plants and animals or explore a watershed model to see how everyday actions can affect local waterways and the Chesapeake Bay.

The goal is to help people discover that nature isn't a far off destination, but can be found outside your front door. Nature is all around, in the trees outside your home, the insects beneath your feet, the birds overhead and the streams running through your community.

The Wonder Wagon is on the move. The program aims to provide 150 programs and reach more than 3,500 community members each year, while supporting environmental education and Virginia science Standards of Learning. The Fairfax County Park Foundation is accepting donations for a second mobile nature center to serve more residents throughout Fairfax County. See where the Wonder Wagon is headed next by visiting www.fairfaxcounty.gov/parks/wonder-wagon.

FITNESS DIRECTOR LEAVES A LASTING IMPRESSION



Laurie Strickland, fitness director at South Run Rec Center, retires after a 25-year career with Fairfax County Park Authority.

"Laurie's passion for fitness and dedication to health education will leave an enduring mark on this agency and in the community," says Julie Frederickson, Fitness and Wellness Section Manager. "Whether it was bringing fitness to golfers or joining other departments at their retreats to coach them on mind-body techniques they can use at work, she has reached people from all corners of the Park Authority."

Strickland started in 2001 as a personal trainer and fitness instructor. She brought her education in developmental psychology and background working as a physical education teacher in school to the role. "I love every age group," Strickland says.



She has most enjoyed getting to know everyone she has encountered at South Run Rec Center and sharing her knowledge with the community and staff. From devising custom wellness plans to making the Fitness Center at South Run welcoming for everyone, Strickland has dedicated her career to finding efficient wellness routines that work for each individual. "We all have something we need to work on," Strickland says. "There's no 'right way.'" A routine or workout that works for one person may not work for another, she explains.

During her career, Strickland helped launch the virtual Healthy Strides Community Class program that has had nearly 200,000 participants since its inception in 2020. In addition to leading classes at several Park Authority events and retreats, she also helped develop Learning Week, a virtual staff development program. As a familiar face at several events over the years, Strickland has played critical roles in the Healthy Strides 5K/10K and has led the annual Halloween fun run event at South Run Rec Center.

Strickland shares that improving your wellness ends up making you a happier person. She leaves the Park Authority with a farewell "thanks and peace."



New Director of the Recreation and Enterprise Division

The Fairfax County Park Authority (FCPA) has a new Director of the Recreation and Enterprise Division, Fabien Desrouleaux, who is an accomplished Parks and Recreation leader and a Certified Parks and Recreation Executive (CPRE).

Fabien grew up in West Palm Beach, Florida, where a deep appreciation for community and public spaces began. After earning his Bachelor of Science in Recreation and Sports Management from Florida International University, he has built a career across multiple agencies including the City of Coral Gables, Charlotte County, the Town of Needham, and Cheltenham Township. In these roles, he developed expertise in equity-driven programming, aquatics management and staff development. Fabien most recently served as Assistant Director of Recreation and Cultural Services for the City of Boynton Beach, providing strategic leadership serving an active and diverse community. Fluent in both English and Haitian Créole, Fabien is committed to building inclusive, accessible public spaces where all residents feel welcome.

In his new role with FCPA, Fabien will oversee Rec Centers, Access and Inclusion services, Fitness, Wellness and Recreation programs, Camps and Aquatics including the Watermine and Our Special Harbor.

A WINTER GOLF TRIP WITHOUT LEAVING PINECREST





Continue working on your golf game indoors during the cold of winter. For the third consecutive year, Pinecrest Golf Course is bringing golfers together for its Winter Trackman League at the Valis Family Golf Learning Center.

At Pinecrest, golfers can play from the comfort of the Trackman4 suite and squeeze in a round on a lunch break. The state-of-the-art venue is the perfect place to gather with friends, enjoy food and drinks, play a round of golf and catch golf or football on the 50-inch flat-screen TV.

This year, the Winter Trackman League takes golfers to a legendary destination, Bandon Dunes. Over 12 weeks, players will take on four 9-hole rounds featuring Bandon Trails, Old MacDonald, Bandon Dunes and Pacific Dunes, all from the comfort of Pinecrest's Trackman4 Simulator suite. Golfers can attempt each round up to four times, with their best score counting toward the competition. Gross and net prizes and a closest-to-the-pin competition each round will add to the excitement.

"Each year we look for a way to make the league feel like more than just playing golf indoors," said Michael Mauk, assistant general manager at Pinecrest. "This year, we thought, why not give golfers the chance to experience some of the most iconic courses at Bandon Dunes without leaving Northern Virginia?"

The Winter Trackman League runs from January 4–March 28. Registration closes December 28. Turn to the Golf section for more details.

TWO ACES AT LAUREL HILL GOLF CLUB

Every golfer dreams of making a hole-in-one. Making two in the same round? That's the round of a lifetime. For Steve Digby, that story became a reality on Saturday, August 8, during a round at Laurel Hill Golf Club.

Digby stepped onto the 200-yard eighth hole and hit a shot that would turn this casual round into an unforgettable one. It wasn't until his foursome reached the green that they discovered Digby had just hit a hole-in-one.

Three holes later, Digby did it again! On the 135-yard 11th hole, his tee shot landed approximately a foot short of the hole, then rolled straight into the cup for his second ace of the day.

The odds of making two holes-in-one during a single 18-hole round are estimated at approximately 1 in 67 million.

On the 18th hole, he came remarkably close to adding a third one to his scorecard. His 100-yard approach on the par 5 caught the edge of the cup and lipped out for eagle and came to rest just a foot from the hole.

After opening with a double bogey, par and another double bogey, Digby settled into a groove and played the final 15 holes in 3-under par to finish with an even-par 72.

"As friends, we usually — constantly — mess with each other during our rounds, but that day I think everyone was hoping I didn't blow up on the remaining holes," Digby said. "I want to thank my friends and Laurel Hill for an unforgettable day!"

For more information about Laurel Hill Golf Club and other Golf Fairfax courses, turn to the Golf section or visit www.fairfaxcounty.gov/parks/golf.



CLEMYJONTRI PARK'S NEXT CHAPTER



After 20 years as one of Fairfax County's most treasured and inclusive playgrounds, Clemyjontri Park is embarking on an exciting transformation. Much of the park's original equipment has reached the end of its service life. Rather than simply replacing aging features, the Fairfax County Park Authority is reimagining the entire playground to create a richer, more inclusive and multigenerational experience. Led by landscape architecture firm Hoerr Schaudt, the revitalization builds on Clemyjontri's founding vision: a place where every child can play.

The emerging design introduces state of the art play opportunities for children with a wide range of physical, sensory, cognitive and developmental abilities. Also included are enhanced landscaping, circulation, shade and gathering spaces to ensure families of all ages can enjoy the park together.

Community input will play a central role in shaping the next generation of Clemyjontri. Residents are invited to learn more, explore early design concepts and participate in upcoming engagement opportunities by visiting the project's Public Input page. Scan the QR code or go to engage.fairfaxcounty.gov/clemyjontripark for more information.

Community members can also contribute to the park's future through financial support. The renovations will be funded by the 2026 Bond Referendum and private donations, ensuring Clemyjontri remains an iconic destination for decades to come.

HIDDEN GEM

Eakin Community Park





Visit where the Park Authority's story began. Eakin Community Park is a sprawling 570-acre park in Annandale. The park recently celebrated its 75th anniversary marking when LeRoy Eakin, Sr. and his sons donated 14.5 acres of land to create Fairfax County's first public park in 1951. This generous act led to the creation of the Fairfax County Park Authority, enabling the county to formally accept the Eakin gift to be dedicated for a community park in their honor.

Eakin Community Park is ideal for all ages, featuring a playground, pond, picnic tables and pavilion, community garden plots, basketball courts and athletic fields. The Gerry Connolly Cross County Trail (GCCCT) runs through the park, spanning 41.5 miles from Great Falls to Lorton through stream valleys, meadows, woodlands and urban areas. Walkers, joggers, bicyclists and, in some parts of the trail, horseback riders, all enjoy the multi-terrain trail.

Over the years, the Eakin Family's contributions have continued. One key legacy is a family trust created to help expand donated parkland and add amenities such as trails, playgrounds, shelters, pavilions and ball fields. In total, the Eakin Family donated over 140 acres of land, which now forms part of the 300+ acre Accotink Stream Valley Park. The family's partnership with Fairfax County has become a model for public-private cooperation, ensuring local citizens can enjoy nature and recreation for generations to come.



To find out more about Eakin Community Park and the Gerry Connolly Cross County Trail visit www.fairfaxcounty.gov/parks/picnics/eakin-community-park.

Winter 2027 Calendar

Tuesday, October 27		
Registration begins for Winter Classes		pg. 126
November 1–30		
Aqua Flex Pass Sale	Rec Centers	pg.33
November 7		
Aqua Flex'26 Event	Rec Centers	pg.66
November 14–27		
Golf Fall Pass Sale	Golf Courses	pg. 83
Saturday, November 21		
Family Skate and Dance Night: Franconia Rodeo Rollout	Franconia Rec Center	pg. 99
Turkey Dip	Franconia Rec Center	pg. 38
Saturday, December 5		
Winter Wonderland	Burke Lake Park	pg. 61
Holiday on the Farm	Frying Pan Farm Park	pg. 60
Children's Holiday Shopping	Colvin Run Mill	pg. 43
Candy Cane Lane	Oakmont Rec Center	pg. 60
Sunday, December 6		
Winter Wonderland	Burke Lake Park	pg. 61
Children's Holiday Shopping	Colvin Run Mill	pg. 43
Friday, December 11		
Holiday on the Farm	Frying Pan Farm Park	pg. 60
Saturday, December 12		
Winter Wonderland	Burke Lake Park	pg. 61
Holiday on the Farm	Frying Pan Farm Park	pg. 60
Santa at the Mill	Colvin Run Mill	pg. 61
Swim with Santa	Spring Hill Rec Center	pg. 61
Sunday, December 13		
Winter Wonderland	Burke Lake Park	pg. 61
Santa at the Mill	Colvin Run Mill	pg. 61
Friday, December 18		
Holiday on the Farm	Frying Pan Farm Park	pg. 60
Holiday Lantern Tour	Colvin Run Mill	pg. 89
Saturday, December 19		
Winter Wonderland	Burke Lake Park	pg. 61
Holiday on the Farm	Frying Pan Farm Park	pg. 60
Holiday Ice Show	Mount Vernon Rec Center	pg. 92
Holiday Tacky Sweater: Family Skate and Dance Night	Franconia Rec Center	pg. 99
Sunday, December 20		
Winter Wonderland	Burke Lake Park	pg. 61
Friday, January 1		
First Hike	All FCPA Parks	pg. 106
January 1–31		
Rec Center Membership Sale	Rec Centers	pg. 65
Wednesday, January 20		
Rec Center Open House	Rec Centers	pg. 23
Saturday, February 6		
Black History Month at the Meeting House	Frying Pan Farm Park	pg. 88
Remembrance: Enslaved Lives at Sully	Sully Historic Site	pg. 90
Monday, February 15		
Enslaved Lives and the Legacy of Slavery	Historic Huntley	pg. 89
Saturday, February 20		
Lunar New Year Celebration	Twin Lakes Golf Course	pg. 62
African American Soldiers, Sailors and Spies	Sully Historic Site	pg. 89







Plan Your Next Gathering in the Parks



The Fairfax County Park Authority offers rental spaces for gatherings of all shapes and sizes in a variety of venues, such as picnic shelters, community rooms, gardens, nature centers, historic settings, pools, athletic spaces, golf facilities and even two ice arenas.

Imagine exchanging vows surrounded by the beautiful flowers at Green Spring Gardens, celebrating a birthday at Cub Run Rec Center or Mount Vernon Rec Center, gathering the family under a picnic shelter at a waterfront park like Riverbend, Lake Fairfax or Burke Lake Park or hosting a meeting at a state of the art meeting room next to the animals and crops at Frying Pan Farm Park.

Twin Lakes Golf Course in Clifton and Laurel Hill Golf Club in Lorton offer picturesque golf course settings, outdoor terraces and banquet rooms perfect for an elegant occasion.

An experienced event coordinator is available to help with planning and execution, from setting up the space to creating an event that brings your vision to life.

Park rental options also include athletic courts and fields, amphitheaters and other outdoor spaces. The online rental resources make it easy to explore locations based on the type of gathering, group size, amenities and activities you have in mind.

To find your perfect park space visit www.fairfaxcounty.gov/parks/facility-rentals.



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Pat Herrity.....Springfield

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

The Spring 2027 issue of Parktakes will be available in late February.

About Parktakes

A Quarterly Magazine
Winter 2027 • Vol. 42/No. 1

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

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

Fairfax County Park Authority

Elly Doyle

Park Service Awards Honorees

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

Elly Doyle Park Service Award

Ellanor C. Lawrence Park Friends Core Volunteers
Susan Voss

Elly Doyle Park Service Youth Award

Ariana Blake
Juliet Phillips

Elly Doyle Special Recognition

Lassine Doumbia Fakoli
Ed Robichaud

Harold L. Strickland Partnership and Collaboration Award

Rob Hahne (posthumous)

Sally Ormsby Environmental Stewardship Award

Margaret Fisher

The Mayo Stuntz Cultural Stewardship Award

Lauren Crum and Shelley Deutch

Justice, Equity, Diversity and Inclusion Award

Maureen Doherty

Fairfax County Park Foundation Eakin Philanthropy Awardees

Individual

Judith (Judy) Ann Bailey (posthumous)

Volunteer Team

Gilbert McCutcheon Park Volunteer Team

Organization

Giant Food

Builders/Developers

Olmi Family Foundation

Chairman's Choice Award

Harry Glasgow (posthumous)
Chris Leonard
Kiel Stone

2026 Outstanding Volunteers

Sue Albright
Nancy Bond
Michael Bufano
Deborah Burk
Bryan Campbell
Dave Eckhardt
Mary Zook
Avril Garland
Nisha Jain
Jean Johnson
Jerome Johnson
Susan Ju
Chip Leonard
Bill Masker
Patrick McCormack
Vivian Morgan-Mendez
Kim Nguyen
Jerry Nissley
Christine Reynolds (posthumously)
Carol Tretkoff
Naomi Yilma

To learn more about the Elly Doyle Park Service Awards, please visit www.fairfaxcounty.gov/parks/awards/ellydoyle.



PARKS at a Glance

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

	Phone Number	Accessible Playground	Agriculture Field/Kitchen Garden	Basketball Courts (Indoors)	Basketball Courts (Outdoors)	Birthday Parties	Boating/Boat Rentals	Campgrounds	Carousel	Catering	Drop-in Childcare Center	Demonstration Gardens	Disc Golf	Equestrian Facilities	Family Water Park	Farm	Farmers Market	Fishing	Fitness Center	Fitness Trails	Food Service/Concession	Golf-Driving Cages/Indoor Range	Golf-Driving Range	Golf Lessons	Golf-Number of Holes	Golf-Par	Golf-Adapted Power Carts	Golf-Power Carts	Golf Pro Shop
Rec Centers																													
Audrey Moore	703-321-7081			●	●	●											●		●										
Cub Run	703-817-9407					●					●								●										
George Washington	703-780-8894					●																							
Franconia	703-922-9841			●	●	●			●										●										
Mount Vernon	703-768-3224					●					●								●										
Oakmont	703-281-6501					●					●						●		●										
Providence	703-698-1351				●	●													●										
South Run	703-866-0566				●	●													●										
Spring Hill	703-827-0989			●		●													●										
Golf Courses																													
Burke Lake	703-323-1641																				●		●	●	18	54	●		●
Greendale	703-971-6170																				●			●	18	70	●	●	●
Jefferson	703-573-0443																				●				9	35	●	●	●
Laurel Hill	703-493-8849									●											●		●	●	18	71	●	●	●
Oakmont	703-255-5390																						●	●	9	27	●		●
Pinecrest	703-941-1061					●															●	●	●	●	9	35	●	●	●
Twin Lakes	703-631-9099									●											●		●	●	36	71	●	●	●
Major Parks																													
Burke Lake	703-323-6600						●	●	●				●					●		●	●								
Clemyjontri	703-388-2807	●							●																				
Jefferson District	703-573-0444				●	●															●								
Lake Accotink	703-569-3464				●	●	●		●									●			●								
Lake Fairfax	703-471-5414						●	●							●			●			●								
Laurel Hill	703-437-9101												●																
M. L. King Jr.	703-324-8732																												
Mason District	703-324-8700				●												●				●								
Nottoway	703-324-8700				●															●									
Nature and Historic Sites																													
Colvin Run Mill	703-759-2771											●																	
Ellanor C. Lawrence	703-631-0013		●			●						●						●											
Frying Pan Farm	703-437-9101		●			●						●		●		●													
Green Spring Gardens	703-642-5173		●			●						●																	
Hidden Oaks	703-941-1065					●						●																	
Hidden Pond	703-451-9588					●						●																	
Huntley Meadows	703-768-2525					●																							
Riverbend	703-759-9018					●	●											●											
Sully Historic Site	703-437-1794											●																	
Turner Farm/ Observatory	703-759-9018													●															

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

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



Key

- Rec Center
- Park
- Nature Center
- Historic Site
- Golf Course
- Gerry Connolly Cross County Trail

Rec Centers

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

Major Parks

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

Major Parks

18. **Martin Luther King, Jr. Park**
    8115 Fordson Road
    Alexandria 22306 • 703-324-8732
19. **Mason District Park**
    6621 Columbia Pike
    Annandale 22003 • 703-941-1730
20. **Turner Farm Park**
    925 Springvale Road
    Great Falls 22066 • 703-324-8702
21. **Wakefield Park**
    8100 Braddock Road
    Annandale 22003 • 703-321-7081
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. **FCPA Headquarters**
    12055 Government Center Parkway,
    Suite 927, Fairfax 22035 • 703-324-8700

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

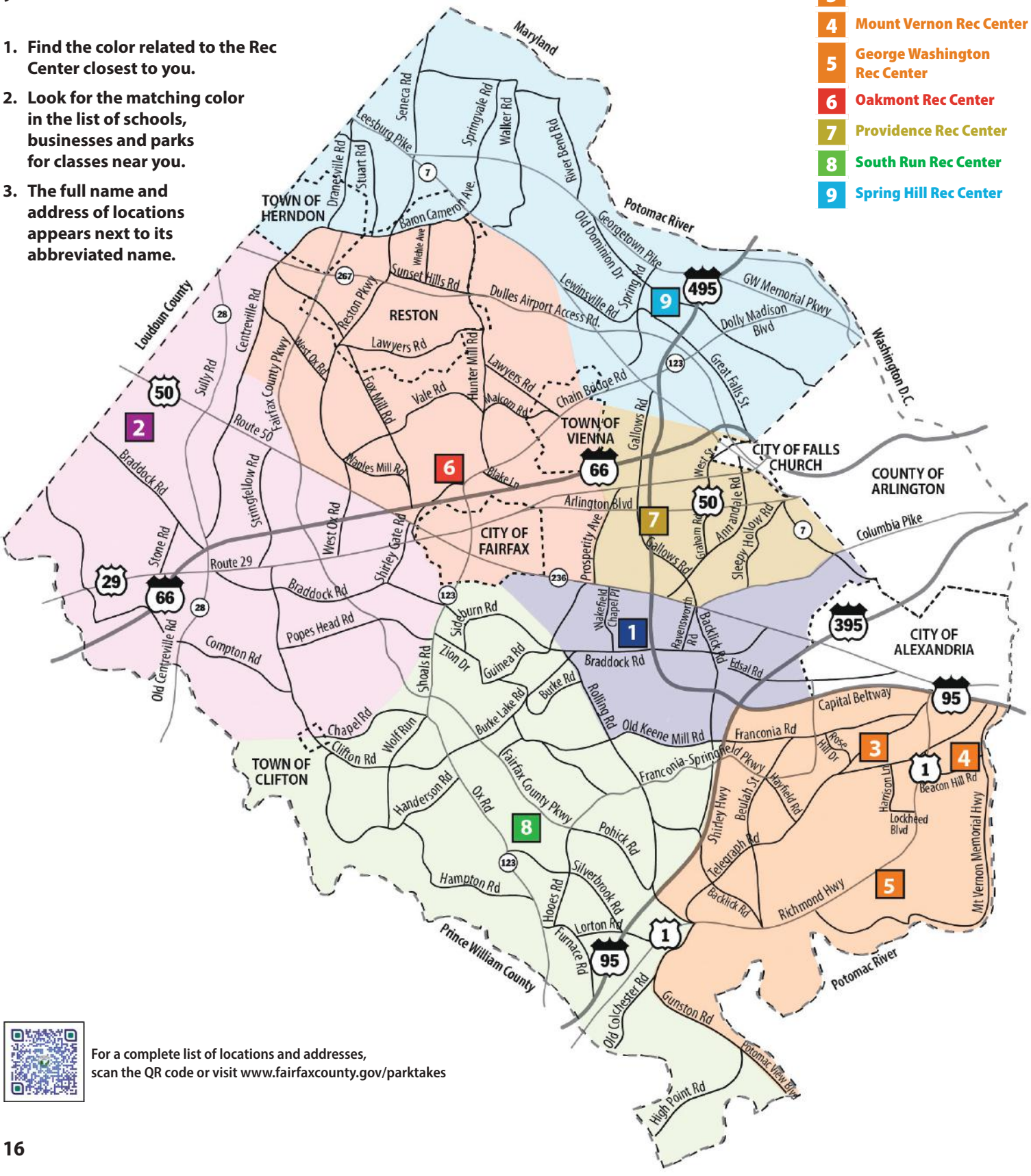


LOCATION ABBREVIATION GUIDE

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

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

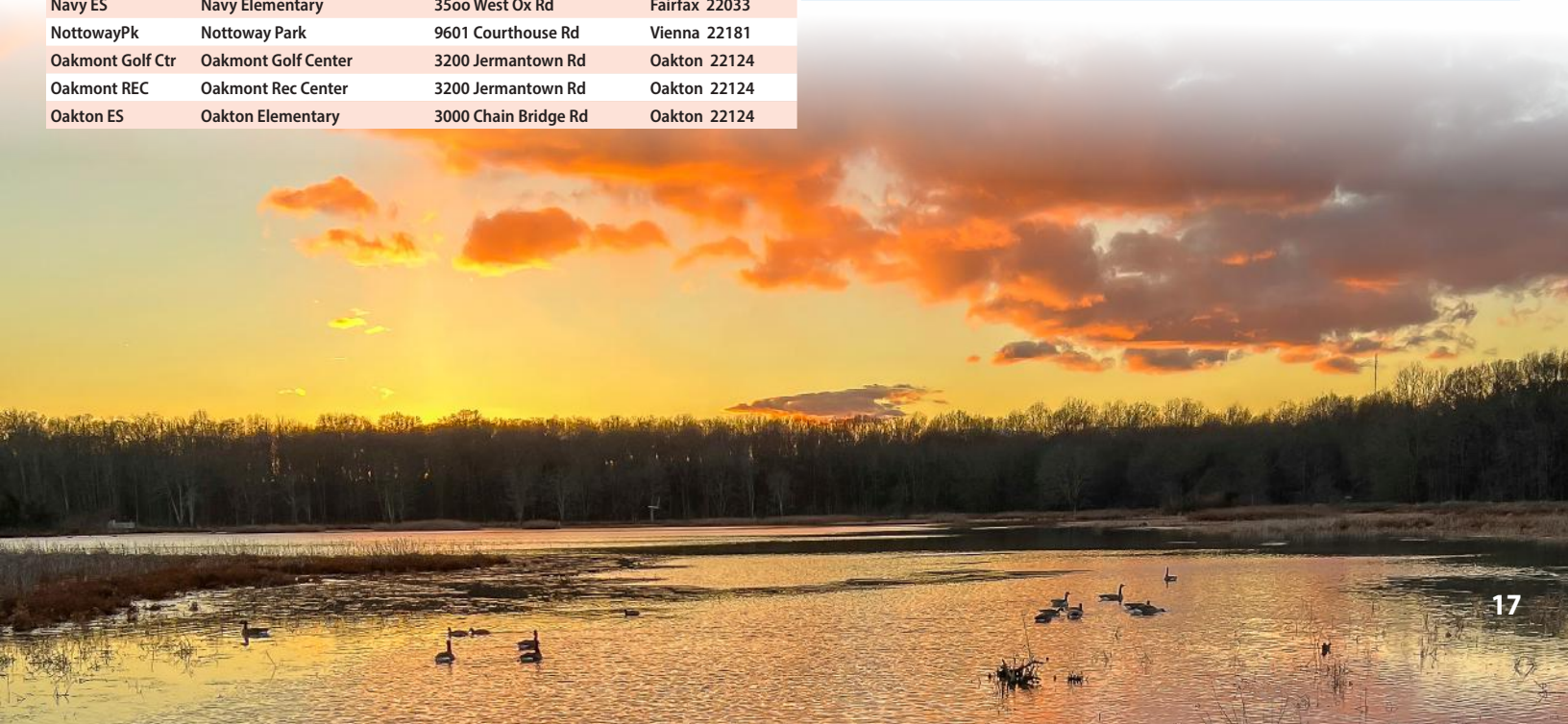
- 1 Audrey Moore Rec Center
- 2 Cub Run Rec Center
- 3 Franconia Rec Center
- 4 Mount Vernon Rec Center
- 5 George Washington Rec Center
- 6 Oakmont Rec Center
- 7 Providence Rec Center
- 8 South Run Rec Center
- 9 Spring Hill Rec Center



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
Crestwd ES	Crestwood Elementary	6010 Hanover Ave	Springfield 22150
GrnSprGardn	Green Spring Gardens Park	4603 Green Spring Rd	Alexandria 22312
Hidden Oaks NC	Hidden Oaks Nature Center	7701 Royce St	Annandale 22003
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 Tnpk	Alexandria 22312
Wkfld/Moore	Wakefield Rec Center	8100 Braddock Rd	Annandale 22003
Woodson HS	Woodson Hich School	9525 Main St	Fairfax 22031
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
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
Woodland Es Ctr	Woodlands Education Center	5301 Walney Rd	Centreville 20120
3-5: Franconia /Mt. Vernon /GW			
Belle Vw ES	Belle View Elementary	6701 Fort Hunt Rd	Alexandria 22307
FranconiaREC	Franconia Rec Center	6601 Telegraph Rd	Franconia 22310
GWREC	George Washington Rec Center	8426 Old Mount Vernon Rd	Alexandria 22309
Greendale Golf Co	Greendale Golf Course	6700 Telegraph Rd	Alexandria 22310
HistHuntley	Historic Huntley	6918 Harrison Ln	Alexandria 22306
HuntMdws	Huntley Meadows Park	3701 Lockheed Blvd	Alexandria 22306
Mt Vernon REC	Mount Vernon RECenter	2017 Belle View Blvd	Alexandria 22307
Riverside ES	Riverside Elementary	8410 Old Mount Vernon Rd	Alexandria 22309
Stone Mansion	Stone Mansion	3900 Stoneybrooke Dr	Alexandria 22306
6: Oakmont			
FfxIceArena	Fairfax Ice Arena	3779 Pickett Rd	Fairfax 22030
LkFairfax Pk	Lake Fairfax Park	1400 Lake Fairfax Dr	Reston 20190
LdbyExFrOks	Lead by Example TKD	11226 Waples Mill Rd	Fairfax 22033
Navy ES	Navy Elementary	35oo West Ox Rd	Fairfax 22033
NottowayPk	Nottoway Park	9601 Courthouse Rd	Vienna 22181
Oakmont Golf Ctr	Oakmont Golf Center	3200 Jermantown Rd	Oakton 22124
Oakmont REC	Oakmont Rec Center	3200 Jermantown Rd	Oakton 22124
Oakton ES	Oakton Elementary	3000 Chain Bridge Rd	Oakton 22124

Abbrv	Name	Address	City, Zip
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
RollVly ES	Rolling Valley Elementary	6703 Barnack Dr	Springfield 22152
Sangster ES	Sangster Elementary	7420 Reservation Dr	Springfield 22153
SoRunREC	South Run Rec Center	7550 Reservation Dr	Springfield 22153
WstSprngfld ES	West Springfield ES	6802 Deland Dr	Springfield 22152
White Oaks ES	White Oaks Elementary	6130 Shiplett Blvd	Burke 22015
WhiteOk 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
SpringHl 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.

Adapted Aquatics

Adapted Swimming-Preschoolers

(3-5 yrs.) Dive into a playful, confidence building swim class designed just for preschoolers. Kids and their parents explore the water together while learning key skills like safe entry and exit, blowing bubbles, and simple front and back propulsion. Parent participation is required.

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

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	9:20am	C0A.BEXS	1/9	4AD
OakmontREC	Sa	9:20am	C0A.MFFS	2/27	4AD
SoRunREC	Sa	11:45am	C0A.T7Y2	1/9	4AD
SoRunREC	Su	12:15pm	C0A.SYG9	1/10	4AD
SoRunREC	Sa	11:45am	C0A.RETF	2/27	4AE
SoRunREC	Su	12:15pm	C0A.84PD	2/28	4AE



Adapted Swimming 1

(6-12 yrs.) This is a learn-to-swim class designed for students with disabilities. Each swimmer builds confidence through activities that teach water safety, safe entry and exit, blowing bubbles, floating, and basic arm and leg movements with help. Parent or 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.8WX6	1/10	4AD
CubRunREC	Su	2pm	E4B.HUH7	2/28	4AE
OakmontREC	Sa	10am	E4B.AC48	1/9	4AD
OakmontREC	Sa	10am	E4B.RRVS	2/27	4AD
SoRunREC	Sa	9:05am	E4B.MEXX	1/9	4AD
SoRunREC	Su	12:55pm	E4B.QBUQ	1/10	4AD
SoRunREC	Sa	9:05am	E4B.YV7K	2/27	4AE
SoRunREC	Su	12:55pm	E4B.PE2X	2/28	4AE

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. Swimmers enrolling should already feel good about entering the water, blowing bubbles, and moving their arms and legs with help. In this class, students learn to float on the front and back, smooth gliding, and beginning swimming without help. Parent or 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.A5RG	1/10	4AD
CubRunREC	Su	2:35pm	6D7.FLFT	2/28	4AE
OakmontREC	Sa	10:40am	6D7.T3DW	1/9	4AD
OakmontREC	Sa	10:40am	6D7.XJ3U	2/27	4AE
ProvREC	Su	10:50am	6D7.Z48U	1/10	4AE
ProvREC	Su	10:50am	6D7.KKZ8	2/28	4AE
SoRunREC	Sa	9:45am	6D7.UZYW	1/9	4AD
SoRunREC	Su	1:35pm	6D7.8X2Q	1/10	4AD
SoRunREC	Sa	9:45am	6D7.F83D	2/27	4AE
SoRunREC	Su	1:35pm	6D7.8M79	2/28	4AE

Adapted Swimming 3

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

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

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	11:20am	422.HE59	1/9	4AD
OakmontREC	Sa	11:20am	422.P6UU	2/27	4AD
SoRunREC	Sa	10:25am	422.SFQ3	1/9	4AD
SoRunREC	Sa	10:25am	422.4GW5	2/27	4AE

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 get students with disabilities ready for more advanced competitive swimming strokes: front crawl, back crawl, breaststroke and butterfly.

4AD 6--30 minute lessons--$104
4AE 7--30 minute lessons--$120
4AI1 19--55 minute lessons--$322
4AN 6--45 minute lessons--$104
4AO 7--45 minute lessons--$121

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	2pm	E06.QNN5	1/9	4AN
CubRunREC	Sa	2pm	E06.57QR	2/27	4AO
OakmontREC	Sa	12:40pm	E06.VAHP	1/9	4AN
OakmontREC	Sa	12:40pm	E06.KMDW	2/27	4AN
ProvREC	Su	11:25am	E06.W6WK	1/10	4AO
ProvREC	Su	12:15pm	E06.YKPJ	1/10	4AO
ProvREC	Su	11:25am	E06.KRAH	2/28	4AO
ProvREC	Su	12:15pm	E06.MCEV	2/28	4AO
SoRunREC	Su	2:15pm	E06.YTG8	1/10	4AD
SoRunREC	Su	2:15pm	E06.8WHX	2/28	4AE
SpHillREC	Sa	12pm	E06.4GC6	1/9	4AN
SpHillREC	Sa	12pm	E06.8LKE	2/27	4AO
Wkfld/Moore	Sa	12pm	E06.3B4P	1/9	4AI1

Adapted Lap Swim and Water Walking

(13-Adult) This class is designed for individuals with intellectual and developmental disabilities. Students get personalized coaching while lap swimming or water walking to build fitness and confidence at their own pace.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Su	3:15pm	UM5.DZY5	1/10	4AN
CubRunREC	Su	3:15pm	UM5.W2NE	2/28	4AO



Aqua Fitness-Individuals w/Physical Disabilities

(13-Adult) Students with physical disabilities (cerebral palsy, spinal cord injury, MS, etc.) work at their own pace with shallow water exercises and swim activities that boost body awareness, flexibility, range of motion, and muscle tone. Wheelchair users welcome. Caretaker or family member participation may be required.

4AGC 11--45 minute lessons--$172
4AY 7--55 minute lessons--$128

Location	Day	Time	Code	Begin	$
SpHillREC	Su	3:30pm	460.URY4	1/10	4AGC
SpHillREC	Su	4:15pm	460.SL6D	1/10	4AGC
SpHillREC	Su	5pm	460.YW6N	1/10	4AGC
Wkfld/Moore	F	11am	460.MRL4	1/8	4AY
Wkfld/Moore	F	11am	460.BLAE	3/5	4AY

Learn to Swim Teens/Adults w/Disabilities

(13-Adult) Classes take place in depths of less than five feet. Students practice safe entry and exit, floating, gliding on the front and back, breathing skills, and using arms and legs to learn the front crawl and elementary backstroke. Parent or caregiver participation may be required.

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

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	12pm	03B.U8YV	1/9	4AD
OakmontREC	Sa	12pm	03B.HMY4	2/27	4AD
SoRunREC	Sa	11:05am	03B.HS2U	1/9	4AD
SoRunREC	Sa	11:05am	03B.AKAG	2/27	4AE

Swim Team Training/Intermediate Swimmers w/Disabilities

(8-Adult) Prerequisite: Swimmers must be able to swim 25 yards on their front and back. No competitive experience needed! This class helps swimmers build skills in freestyle, backstroke, breaststroke, and butterfly interested in trying out competitive swimming or preparing for Special Olympics.

3AAB 20--55 minute lessons--$339
4AI1 19--55 minute lessons--$322

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	3pm	C26.5GWW	1/9	3AAB
Franconia Rec	Sa	2pm	C26.CWKH	1/9	3AAB
OakmontREC	Su	2pm	C26.NU9E	1/10	4AI1
SpHillREC	Sa	1pm	C26.6W8X	1/9	3AAB
Wkfld/Moore	Sa	2pm	C26.6K45	1/9	4AI1

Swim Team Training/Advanced Swimmers w/Disabilities

(8-Adult) Prerequisite: Swimmers must already be able to swim 25 yards on the front and back while circle swimming with others. This class builds competitive skills with coaching in freestyle, backstroke, breaststroke, and butterfly—great for swimmers interested in Special Olympics.

3AAB 20--55 minute lessons--$339
4ABZ 8--55 minute lessons--$125
4AI1 19--55 minute lessons--$322
4AY 7--55 minute lessons--$128

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	4pm	B1D.QVVQ	1/9	3AAB
Franconia Rec	Sa	3pm	B1D.TPVG	1/9	3AAB
Franconia Rec	W	7pm	B1D.KXP8	3/3	4AY
OakmontREC	Su	1pm	B1D.L2VM	1/10	4AI1
OakmontREC	Su	3pm	B1D.7JDN	1/10	4AI1
SpHillREC	Sa	2pm	B1D.382S	1/9	3AAB
Wkfld/Moore	Sa	1pm	B1D.WEPH	1/9	4AI1



Adapted Nature Programs

Forest Forge - Teen Nature Series

(12-17 yrs.) A four-week Sunday series for neurodivergent teens who want to spend time in the woods on their own terms. This sensory friendly, small group program teaches hands on skills like fire building, tracking, tool use, and shelter making. The structure is predictable, supportive and registration covers all four sessions (January 31 and February 7, 14, 21).

3EJ 4--55 minute lessons--$58

Location	Day	Time	Code	Begin	$
LkAccontkPk	Su	1:30pm	FXH.SXL0	1/31	3EJ

Quiet Critter Hour

(5-14 yrs.) A gentle, small-group meet-and-greet with Lake Accotink's live animal ambassadors, designed for neurodivergent kids. Dim lights, hushed voices, structured turn-taking, and no crowds. Kids can observe, ask, or touch (their choice) at their own comfort level. Caregivers stay throughout.

4B4 1--1 hour program--$11

Location	Day	Time	Code	Begin	$
LkAccontkPk	Su	9am	LGG.2LVT	12/13	4B4
LkAccontkPk	Su	9am	LGG.20QU	2/14	4B4

Sensory Trail - Nature at Your Pace

(5-14 yrs.) A calm, low-stimulation nature walk designed for neurodivergent kids and their families. Small group size, quiet trails, optional sensory kits (noise-reducing headphones, fidgets, tactile objects) and a flexible pace. Led by a naturalist trained in inclusive programming. Caregivers welcome and encouraged to attend.

4B4 1--1 hour program--$11

Location	Day	Time	Code	Begin	$
LkAccontkPk	Su	1pm	7HV.IQM5	1/10	4B4
LkAccontkPk	Su	1pm	7HV.UF2V	2/7	4B4

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

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Su	1pm	SSI.XW67	1/10	DPVK

Adapted Ice Skating

This beginner class offers extra support to help students with disabilities develop basic skating skills. Lessons begin off the ice to develop skills before heading onto the rink. Helmets and gloves are required.

4IA 6--30 minute lessons--$154

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
MtVernREC	Su	11am	568.Z929	1/10	4IA
MtVernREC	Su	11:35am	568.6176	1/10	4IA
MtVernREC	Su	11am	568.DA92	3/14	4IA
MtVernREC	Su	11:35am	568.YCZE	3/14	4IA
(13-Adult)					
MtVernREC	Su	12:10pm	E31.ZL54	1/10	4IA
MtVernREC	Su	12:10pm	E31.YO0H	3/14	4IA

We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.



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, practical sports skills while building fitness and teamwork through activities like beach ball volleyball, group games, and outdoor adventures.

4EB 11--55 minute lessons--$158

Location	Day	Time	Code	Begin	$
ProvREC	T	5pm	5D9.IPMO	1/5	4EB
ProvREC	T	6:15pm	5D9.J93Q	1/5	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 as they boost 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.)					
LdbyExFrOks	Sa	3:30pm	A12.69D3	1/9	DMVA
(10-17 yrs.)					
LdbyExFrOks	Sa	4:15pm	EEC.M378	1/9	DMVB
(16-Adult)					
LdbyExFrOks	W	7:45pm	456.NNGA	1/13	DMVB

Adapted Walking Soccer

(6-12 yrs.) This slow-paced Sanowar Fitness class for individuals with intellectual disabilities boosts heart health, balance, agility and coordination through developmental soccer drills.

DTVF 8--55 minute lessons--$151

Location	Day	Time	Code	Begin	$
Lemon Rd ES	Su	9am	6C3.0Y2X	1/10	DTVF
LittleRn ES	Sa	9am	6C3.R4UU	1/9	DTVF
SpringHl ES	Sa	9am	6C3.PNVP	1/9	DTVF

Adapted Yoga

(13-Adult) This beginner yoga class for individuals with intellectual disabilities will help the body and mind relax. Students learn basic poses that build balance, flexibility, and core strength, plus simple breathing techniques. Please bring a mat. Parent or caregiver participation may be required.

4EL 11--45 minute lessons--$157

Location	Day	Time	Code	Begin	$
SoRunREC	T	6pm	D0E.W5PN	1/5	4EL
SoRunREC	Th	6pm	D0E.TAT8	1/7	4EL

Adapted Other Opportunities

Adapted Creative Dance

(3-5 yrs.) Share the joy of creative movement together! This gentle, imaginative class is designed for children with intellectual or developmental disabilities and the adults who support them. Move side by side (or with the child in the adult's arms) through activities that spark creativity, build fitness, and make shared time meaningful. Adult participation is required.

4AR 10--45 minute lessons--$175

Location	Day	Time	Code	Begin	$
Franconia Rec	M	1pm	ID4.ECUC	1/11	4AR
Franconia Rec	M	1:55pm	ID4.6TZX	1/11	4AR

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 helps build strength, improve flexibility, reduce muscle tension, and boost coordination while supporting emotional, social, and physical growth through movement.

4EL 11--45 minute lessons--$157

Location	Day	Time	Code	Begin	$
SpHillREC	W	4pm	TL8.40TQ	1/6	4EL

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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 cancelations.

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



Beginning Swim Lessons:
Start in the shallow end or beach area, where new swimmers learn the basics. Kids should be able to leave their parent, feel comfortable in the water, and follow simple directions. These lessons help build confidence, swimming skills, and overall water safety.

Intermediate Swim Lessons:
Perfect for swimmers who can float and swim short distances (about 15 feet to a full pool length). Lessons focus on improving freestyle, introducing backstroke and breaststroke, and boosting endurance—great for anyone wanting to swim laps for fitness.

One on One Lessons:
Get personal coaching to tackle challenges that need extra time and attention. (Senior discounts do not apply.)
Visit www.fairfaxcounty.gov/parks/reccenter/one-on-one-lessons for details and times.



Swim Classes for Children

Baby & Me Swim
(6 mos.-18 mos.) This class helps babies feel comfortable in the pool while learning simple water skills with a parent or favorite adult. Practice safe ways to get in and out, explore gentle submersion (just to the mouth, nose, and eyes), try floating on front and back, and learn basic water safety. Up to two adults can join each baby. All swimmers must wear a tight-fitting swim diaper with plastic pants under their 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	Sa	9am	665.JL82	1/2	4AF
CubRunREC	Sa	10:10am	665.FKW3	1/2	4AF
CubRunREC	Su	9am	665.9CTP	1/3	4AF
CubRunREC	Su	10:10am	665.RZPB	1/3	4AF
CubRunREC	T	10am	665.2STZ	1/5	4AF
CubRunREC	Sa	9am	665.WTGT	2/27	4AE
CubRunREC	Sa	10:10am	665.CYVX	2/27	4AE
CubRunREC	Su	9am	665.SPCY	2/28	4AE
CubRunREC	Su	10:10am	665.C8QG	2/28	4AE
CubRunREC	T	10am	665.QXYZ	3/2	4AE
Franconia Rec	Sa	9am	665.HCBC	1/2	4AF
Franconia Rec	Su	9:35am	665.409X	1/3	4AF
Franconia Rec	Sa	9:35am	665.J4GS	2/27	4AE
Franconia Rec	Su	9:35am	665.CS56	2/28	4AE
Franconia Rec	Su	12:05pm	665.NUW7	2/28	4AE
GWREC	Sa	10:15am	665.PQ4S	1/9	4AE
GWREC	Sa	10:15am	665.SVZ5	2/27	4AE
MtVernREC	Sa	9am	665.QFVC	1/2	4AF
MtVernREC	Sa	10:45am	665.BUOR	1/2	4AF
MtVernREC	Su	9am	665.PN7V	1/3	4AF
MtVernREC	Su	10:45am	665.W05X	1/3	4AF
MtVernREC	Sa	9am	665.M3WB	2/27	4AE
MtVernREC	Sa	10:45am	665.VQ0X	2/27	4AE
MtVernREC	Su	9am	665.ANC2	2/28	4AE
MtVernREC	Su	10:45am	665.BIS4	2/28	4AE
OakmontREC	Sa	9am	665.C8QE	1/2	4AD
OakmontREC	Sa	10:45am	665.CKH6	1/2	4AD
OakmontREC	Su	10:05am	665.ME3N	1/3	4AF
OakmontREC	F	11am	665.8L76	1/8	4AD
OakmontREC	Sa	9am	665.BCXA	2/27	4AD
OakmontREC	Sa	10:45am	665.HOX5	2/27	4AD
OakmontREC	Su	10:05am	665.8Q6S	2/28	4AD
OakmontREC	W	5:10pm	665.00VT	3/3	4AE
ProvREC	Sa	8:15am	665.F9T9	1/2	4AF
ProvREC	Sa	10:05am	665.JT42	1/2	4AF
ProvREC	Su	9am	665.GB28	1/3	4AE
ProvREC	Sa	8:15am	665.KXV3	2/27	4AE
ProvREC	Sa	10:05am	665.1RTM	2/27	4AE
ProvREC	Su	9am	665.AZEG	2/28	4AE
SoRunREC	Sa	11:40am	665.TSZJ	1/2	4AF
SoRunREC	Su	10:15am	665.3U9C	1/3	4AF
SoRunREC	Sa	11:40am	665.BZJH	2/27	4AE
SoRunREC	Su	10:15am	665.U3HH	2/28	4AE
SpHillREC	Sa	9am	665.J0CD	1/2	4AE
SpHillREC	Su	9:35am	665.D1W3	1/3	4AE
SpHillREC	F	10am	665.WCOM	1/8	4AF
SpHillREC	Sa	9am	665.JPEJ	2/27	4AE
SpHillREC	Su	9:35am	665.IWBD	2/28	4AE
SpHillREC	F	10am	665.U2HN	3/5	4AE
Wkfld/Moore	Sa	10:10am	665.7WX1	1/2	4AE
Wkfld/Moore	Su	10:10am	665.WB7A	1/3	4AE
Wkfld/Moore	Su	11:20am	665.72N4	1/3	4AE
Wkfld/Moore	Sa	10:10am	665.5HWY	2/27	4AE
Wkfld/Moore	Su	10:10am	665.FEM5	2/28	4AE
Wkfld/Moore	Su	11:20am	665.BTPO	2/28	4AE

Toddler & Me Swim
(19 mos.-2 yrs.) Together with a parent or favorite adult (up to two per child), little swimmers learn water adjustment, basic swimming moves, and simple safety tips. Toddlers who aren't toilet trained must wear a tight-fitting swim diaper with plastic pants under their 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	Sa	9:35am	FAB.95YW	1/2	4AF
CubRunREC	Sa	11:20am	FAB.DCDT	1/2	4AF
CubRunREC	Su	9:35am	FAB.24NU	1/3	4AF
CubRunREC	Su	11:20am	FAB.SFTC	1/3	4AF
CubRunREC	T	10am	FAB.TBQD	1/5	4AF
CubRunREC	Sa	9:35am	FAB.9RDD	2/27	4AE
CubRunREC	Sa	11:20am	FAB.T2XW	2/27	4AE
CubRunREC	Su	9:35am	FAB.E9GK	2/28	4AE
CubRunREC	Su	11:20am	FAB.DVCZ	2/28	4AE
CubRunREC	T	10am	FAB.PUWW	3/2	4AE
Franconia Rec	Sa	9:35am	FAB.3PZN	1/2	4AF
Franconia Rec	Sa	10:45am	FAB.N7T9	1/2	4AF
Franconia Rec	Su	9am	FAB.VUI3	1/3	4AF
Franconia Rec	Su	10:50am	FAB.KFEU	1/3	4AF
Franconia Rec	Sa	10:10am	FAB.XAFU	2/27	4AE
Franconia Rec	Sa	11:30am	FAB.C52I	2/27	4AE
Franconia Rec	Su	9am	FAB.4EC0	2/28	4AE
Franconia Rec	Su	10:45am	FAB.4A8P	2/28	4AE
GWREC	Sa	11am	FAB.8S3T	1/9	4AE
GWREC	Sa	11am	FAB.5H4V	2/27	4AE
MtVernREC	Sa	9:35am	FAB.2AH4	1/2	4AF
MtVernREC	Sa	11:20am	FAB.1ICF	1/2	4AF
MtVernREC	Su	9:35am	FAB.UNYZ	1/3	4AF
MtVernREC	Su	11:20am	FAB.J8BX	1/3	4AF
MtVernREC	F	5:35pm	FAB.CF5P	1/29	4AD
MtVernREC	Sa	9:35am	FAB.L6T6	2/27	4AE
MtVernREC	Sa	11:20am	FAB.8C2L	2/27	4AE
MtVernREC	Su	9:35am	FAB.SWQD	2/28	4AF

MtVernREC	Su	11:20am	FAB.L1M3	2/28	4AF
MtVernREC	F	5:35pm	FAB.GD3N	3/12	4AD
OakmontREC	Sa	9:35am	FAB.H5CE	1/2	4AD
OakmontREC	Sa	11:20am	FAB.IQNM	1/2	4AD
OakmontREC	Su	9:30am	FAB.A6DE	1/3	4AF
OakmontREC	Su	10:40am	FAB.5V41	1/3	4AF
OakmontREC	M	11:05am	FAB.2RLJ	1/4	4AF
OakmontREC	Sa	9:35am	FAB.0CBA	2/27	4AD
OakmontREC	Sa	11:20am	FAB.1TN1	2/27	4AD
OakmontREC	Su	9:30am	FAB.YN24	2/28	4AD
OakmontREC	Su	10:40am	FAB.A4P8	2/28	4AD
OakmontREC	M	11:05am	FAB.9FKW	3/1	4AE
OakmontREC	W	5:45pm	FAB.A3QK	3/3	4AE
ProvREC	Sa	8:50am	FAB.5ZTY	1/2	4AF
ProvREC	Sa	10:40am	FAB.D59E	1/2	4AF
ProvREC	Su	9:35am	FAB.WI4H	1/3	4AE
ProvREC	W	6:10pm	FAB.LJN7	1/6	4AF
ProvREC	Sa	8:50am	FAB.LHGI	2/27	4AE
ProvREC	Sa	10:40am	FAB.BLUL	2/27	4AE
ProvREC	Su	9:35am	FAB.IIAQ	2/28	4AE
SoRunREC	Sa	10:10am	FAB.XYEF	1/2	4AF
SoRunREC	Su	9:40am	FAB.4I2U	1/3	4AF
SoRunREC	M	11:15am	FAB.8Z61	1/4	4AF
SoRunREC	W	11:15am	FAB.C5X2	1/6	4AF
SoRunREC	F	11:15am	FAB.N77O	1/8	4AF
SoRunREC	Sa	10:10am	FAB.FOUO	2/27	4AE
SoRunREC	Su	9:40am	FAB.L835	2/28	4AE
SoRunREC	M	11:15am	FAB.QA1S	3/1	4AE
SoRunREC	W	11:15am	FAB.VBGO	3/3	4AE
SoRunREC	F	11:15am	FAB.PK49	3/5	4AE
SpHillREC	Sa	9:35am	FAB.5RDZ	1/2	4AE
SpHillREC	Su	10:10am	FAB.2UY3	1/3	4AE
SpHillREC	Su	11:25am	FAB.XYWJ	1/3	4AE
SpHillREC	F	4:40pm	FAB.X5NU	1/8	4AF
SpHillREC	F	10:35am	FAB.9KLR	1/8	4AF
SpHillREC	Sa	9:35am	FAB.EGXX	2/27	4AE
SpHillREC	Su	10:10am	FAB.Y9TL	2/28	4AE
SpHillREC	Su	11:25am	FAB.UJ80	2/28	4AE
SpHillREC	F	5:40pm	FAB.0KWU	3/5	4AE
SpHillREC	F	10:35am	FAB.65RD	3/5	4AE
Wkfld/Moore	Sa	9:35am	FAB.YMFH	1/2	4AE
Wkfld/Moore	Sa	10:45am	FAB.1UYR	1/2	4AE
Wkfld/Moore	Su	9:35am	FAB.WF26	1/3	4AE
Wkfld/Moore	Su	10:45am	FAB.BHZD	1/3	4AE
Wkfld/Moore	Sa	9:35am	FAB.4NFT	2/27	4AE
Wkfld/Moore	Sa	10:45am	FAB.Q5XE	2/27	4AE
Wkfld/Moore	Su	9:35am	FAB.XCFQ	2/28	4AE
Wkfld/Moore	Su	10:45am	FAB.4V5Z	2/28	4AE

Preschooler & Me Swim

(3-5 yrs.) Register your young swimmer who wants to learn basic water skills but aren't quite ready to be on their own. Kids will learn through a parent or favorite adult (up to two adults per child) water adjustment, simple swimming skills, and safety basics while getting used to group activities. Kids who aren't toilet trained must wear a snug swim diaper with plastic pants. Skills match 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.9ZGP	1/2	4AF
CubRunREC	Su	10:45am	D6F.GA7T	1/3	4AF
CubRunREC	Sa	10:45am	D6F.UPU6	2/27	4AE
CubRunREC	Su	10:45am	D6F.FZVH	2/28	4AE
Franconia Rec	Sa	11:20am	D6F.N5WY	1/2	4AF
Franconia Rec	Su	11:25am	D6F.ELCP	1/3	4AF
Franconia Rec	Sa	10:55am	D6F.D3YJ	2/27	4AE
Franconia Rec	Su	11:30am	D6F.2IKV	2/28	4AE
MtVernREC	Sa	10:10am	D6F.4F48	1/2	4AF
MtVernREC	Sa	11:55am	D6F.QHKL	1/2	4AF
MtVernREC	Su	10:10am	D6F.194U	1/3	4AF
MtVernREC	Su	11:55am	D6F.U043	1/3	4AF
MtVernREC	F	6:10pm	D6F.W73N	1/29	4AD
MtVernREC	Sa	10:10am	D6F.EYL4	2/27	4AE
MtVernREC	Sa	11:55am	D6F.9ULE	2/27	4AE
MtVernREC	Su	10:10am	D6F.GNEQ	2/28	4AE
MtVernREC	Su	11:55am	D6F.TKBT	2/28	4AE
MtVernREC	F	6:10pm	D6F.2RXD	3/12	4AD
OakmontREC	Sa	10:10am	D6F.BBAW	1/2	4AD
OakmontREC	Sa	10:10am	D6F.8WQI	2/27	4AD
OakmontREC	Su	11:15am	D6F.2DLN	2/28	4AD
OakmontREC	F	11am	D6F.4ZG6	3/5	4AD
ProvREC	Sa	9:25am	D6F.HYHP	1/2	4AF
ProvREC	Su	10:10am	D6F.5TJA	1/3	4AE
ProvREC	F	5:40pm	D6F.D6SK	2/19	4AG
ProvREC	F	5:40pm	D6F.ZUWG	2/19	4AG
ProvREC	Sa	9:25am	D6F.NDA4	2/27	4AE
ProvREC	Su	10:10am	D6F.7IMB	2/28	4AE
SpHillREC	Sa	10:10am	D6F.Q0Z9	1/2	4AE
SpHillREC	Su	10:50am	D6F.SWOY	1/3	4AE
SpHillREC	F	10:35am	D6F.3PA2	1/8	4AF
SpHillREC	Sa	10:10am	D6F.BNJN	2/27	4AE
SpHillREC	Su	10:50am	D6F.05NE	2/28	4AE
SpHillREC	F	10:35am	D6F.3H8Q	3/5	4AE
Wkfld/Moore	Su	9am	D6F.AQEH	1/3	4AE
Wkfld/Moore	Su	9am	D6F.JHP8	2/28	4AE

Intro to Pee Wee Paddler

(2.5-3.5 yrs.) This class helps toddlers get ready for Pee Wee Paddler I. Little swimmers learn floating, kicking, paddling, submerging, and basic water safety in a small, friendly group limited to no more than four kids per instructor. Children must be able to join the class without a parent. Anyone not potty trained must wear a tight-fitting swim diaper with plastic pants under their suit (no disposable or cloth diapers 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.X7Q3	1/2	2IP3
CubRunREC	Sa	9:35am	AQI.Z73U	1/2	2IP3
CubRunREC	Sa	10:10am	AQI.AWHT	1/2	2IP3
CubRunREC	Sa	10:45am	AQI.FBGJ	1/2	2IP3
CubRunREC	Sa	11:15am	AQI.E9Q3	1/2	2IP3
CubRunREC	Su	9am	AQI.MYXG	1/3	2IP3
CubRunREC	Su	9:35am	AQI.JZ6X	1/3	2IP3
CubRunREC	Su	10:10am	AQI.KSWA	1/3	2IP3
CubRunREC	Su	10:45am	AQI.DQZP	1/3	2IP3
CubRunREC	Su	11:15am	AQI.T7DW	1/3	2IP3
CubRunREC	Sa	9am	AQI.RAHC	2/27	2IP2
CubRunREC	Sa	9:35am	AQI.T3TW	2/27	2IP2
CubRunREC	Sa	10:10am	AQI.PFM3	2/27	2IP2
CubRunREC	Sa	10:45am	AQI.9HWL	2/27	2IP2
CubRunREC	Sa	11:15am	AQI.WK52	2/27	2IP2
CubRunREC	Su	9am	AQI.BRGK	2/28	2IP2
CubRunREC	Su	9:35am	AQI.LTSM	2/28	2IP2
CubRunREC	Su	10:10am	AQI.J5XS	2/28	2IP2
CubRunREC	Su	10:45am	AQI.KKDK	2/28	2IP2
CubRunREC	Su	11:15am	AQI.8ZYP	2/28	2IP2
MtVernREC	Sa	9am	AQI.SUT4	1/2	2IP3
MtVernREC	Su	9am	AQI.5XPF	1/3	2IP3
MtVernREC	Su	12:30pm	AQI.59N5	1/3	2IP3
MtVernREC	M/W	6:10pm	AQI.ZAT0	1/4	2IP3
MtVernREC	M/W	7:20pm	AQI.9F5U	1/4	2IP3
MtVernREC	T/Th	5pm	AQI.RLGG	1/5	2IP3
MtVernREC	T/Th	7:20pm	AQI.0V5L	1/5	2IP3
MtVernREC	M/W	6:10pm	AQI.RRQ1	2/1	2IP3
MtVernREC	M/W	7:20pm	AQI.HJT4	2/1	2IP3
MtVernREC	T/Th	5pm	AQI.2HEF	2/2	2IP3
MtVernREC	T/Th	7:20pm	AQI.WTT0	2/2	2IP3
MtVernREC	Sa	9am	AQI.FG7S	2/27	2IP2
MtVernREC	Su	9am	AQI.60BB	2/28	2IP2
MtVernREC	Su	12:30pm	AQI.7H1L	2/28	2IP2
MtVernREC	M/W	6:10pm	AQI.7LT6	3/1	2IP1
MtVernREC	M/W	7:20pm	AQI.PDSH	3/1	2IP1
MtVernREC	T/Th	5pm	AQI.15YN	3/2	2IP1
MtVernREC	T/Th	7:20pm	AQI.SWXX	3/2	2IP1
OakmontREC	Sa	9am	AQI.A8UC	1/2	2IP1
OakmontREC	Sa	10:05am	AQI.9UA5	1/2	2IP1
OakmontREC	Su	9am	AQI.850G	1/3	2IP3
OakmontREC	Su	11:50am	AQI.5OC4	1/3	2IP3
OakmontREC	M	10am	AQI.045U	1/4	2IP3
OakmontREC	Th	5:15pm	AQI.E501	1/7	2IP3
OakmontREC	F	10:30am	AQI.VN84	1/8	2IP1
OakmontREC	Sa	9am	AQI.IPWF	2/27	2IP1
OakmontREC	Sa	10:05am	AQI.JUYA	2/27	2IP1
OakmontREC	Su	9am	AQI.0C8H	2/28	2IP1
OakmontREC	Su	11:50am	AQI.VXPJ	2/28	2IP1
OakmontREC	M	10:35am	AQI.DA3P	3/1	2IP2
OakmontREC	W	5:15pm	AQI.2ERK	3/3	2IP2
OakmontREC	Th	5:15pm	AQI.7DYF	3/4	2IP2
OakmontREC	F	10:30am	AQI.H2RV	3/5	2IP1
ProvREC	Sa	8:15am	AQI.KSCF	1/2	2IP3
ProvREC	Sa	8:50am	AQI.ZAUM	1/2	2IP3
ProvREC	Sa	10:40am	AQI.TONJ	1/2	2IP3
ProvREC	Su	9am	AQI.6THC	1/3	2IP2
ProvREC	F	4:30pm	AQI.SMU8	2/19	2IP4
ProvREC	F	4:30pm	AQI.UZ9K	2/19	2IP4
ProvREC	Sa	8:15am	AQI.3LE1	2/27	2IP2
ProvREC	Sa	8:50am	AQI.3Y8M	2/27	2IP2
ProvREC	Sa	10:40am	AQI.8I5V	2/27	2IP2
ProvREC	Su	9am	AQI.UJWR	2/28	2IP2
SpHillREC	Sa	9:05am	AQI.YJRJ	1/2	2IP2
SpHillREC	Sa	9:35am	AQI.FJ12	1/2	2IP2
SpHillREC	Su	9:05am	AQI.3Z7Q	1/3	2IP2
SpHillREC	Su	10:50am	AQI.0F50	1/3	2IP2
SpHillREC	M/W	4:05pm	AQI.M2B1	1/4	2IP3
SpHillREC	T/Th	4pm	AQI.X6LI	1/5	2IP3
SpHillREC	F	3:30pm	AQI.22MM	1/8	2IP3
SpHillREC	M/W	4:05pm	AQI.JLPQ	2/1	2IP3
SpHillREC	T/Th	4pm	AQI.MH63	2/2	2IP3
SpHillREC	Sa	9:05am	AQI.7KGN	2/27	2IP2
SpHillREC	Sa	9:35am	AQI.X9U6	2/27	2IP2
SpHillREC	Su	9:05am	AQI.GH4C	2/28	2IP2
SpHillREC	Su	10:50am	AQI.KB8D	2/28	2IP2
SpHillREC	M/W	4:05pm	AQI.YJUR	3/1	2IP1
SpHillREC	T/Th	4pm	AQI.ESGQ	3/2	2IP1
SpHillREC	F	4:30pm	AQI.SVB1	3/5	2IP2
SpHillREC	M/W	4:05pm	AQI.BZ5O	3/29	2IP3
SpHillREC	T/Th	4pm	AQI.ERSN	3/30	2IP3
Wkfld/Moore	Sa	11:55am	AQI.97VY	1/2	2IP2
Wkfld/Moore	Su	11:55am	AQI.BK5C	1/3	2IP2
Wkfld/Moore	M/W	5:30pm	AQI.1W31	1/4	2IP3
Wkfld/Moore	T/Th	5:30pm	AQI.HYFS	1/5	2IP3
Wkfld/Moore	M/W	5:30pm	AQI.ET4Q	2/1	2IP3
Wkfld/Moore	T/Th	5:30pm	AQI.WG5V	2/2	2IP3
Wkfld/Moore	F	5:25pm	AQI.JUGL	2/12	2IP5
Wkfld/Moore	Sa	11:55am	AQI.ZRBB	2/27	2IP2
Wkfld/Moore	Su	11:55am	AQI.AT76	2/28	2IP2
Wkfld/Moore	M/W	5:30pm	AQI.LW96	3/1	2IP1
Wkfld/Moore	T/Th	5:30pm	AQI.QU9X	3/2	2IP1

Pee Wee Paddler 1

(3-5 yrs.) Prerequisite: Children should be able to leave their parent, feel comfortable in the water, follow directions, and work well in a group. This class focuses on building basic water skills like safe entry and exit, blowing bubbles with mouth and nose in the water, and simple submersion. With assistance, kids practice floating and gliding on their front and

back, rolling from front to back, and swimming at least two body lengths using both arms and legs. When possible, swimmers are grouped by ability. For safety, flotation devices may be used. These devices are used in all Pee Wee 1 classes at Audrey Moore and Franconia Rec 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**
4AH	**10--30 minute lessons--$171**

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	4EC.XJL5	1/2	4AF
CubRunREC	Sa	9:35am	4EC.PHBF	1/2	4AF
CubRunREC	Sa	10:10am	4EC.K66F	1/2	4AF
CubRunREC	Sa	10:40am	4EC.DK7G	1/2	4AF
CubRunREC	Sa	11:15am	4EC.A4CF	1/2	4AF
CubRunREC	Su	9am	4EC.EL74	1/3	4AF
CubRunREC	Su	9:35am	4EC.J7AB	1/3	4AF
CubRunREC	Su	10:10am	4EC.2TMN	1/3	4AF
CubRunREC	Su	10:40am	4EC.4WS5	1/3	4AF
CubRunREC	Su	11:15am	4EC.N8FP	1/3	4AF
CubRunREC	T	5pm	4EC.4QHN	1/5	4AF
CubRunREC	T	10:35am	4EC.MD6S	1/5	4AF
CubRunREC	Sa	9am	4EC.5RJJ	2/27	4AE
CubRunREC	Sa	9:35am	4EC.2UHB	2/27	4AE
CubRunREC	Sa	10:10am	4EC.KBN6	2/27	4AE
CubRunREC	Sa	10:40am	4EC.4H55	2/27	4AE
CubRunREC	Sa	11:15am	4EC.3WHC	2/27	4AE
CubRunREC	Su	9am	4EC.HN64	2/28	4AE
CubRunREC	Su	9:35am	4EC.TSBW	2/28	4AE
CubRunREC	Su	10:10am	4EC.DY6V	2/28	4AE
CubRunREC	Su	10:40am	4EC.6JAP	2/28	4AE
CubRunREC	Su	11:15am	4EC.KMXD	2/28	4AE
CubRunREC	T	5pm	4EC.9SWN	3/2	4AE
CubRunREC	T	10:35am	4EC.RKSY	3/2	4AE
Franconia Rec	Sa	9:35am	4EC.AK5F	1/2	4AF
Franconia Rec	Sa	10:10am	4EC.67ZJ	1/2	4AF
Franconia Rec	Sa	11:55am	4EC.23W2	1/2	4AF
Franconia Rec	Su	9am	4EC.N4BW	1/3	4AF
Franconia Rec	Su	10:10am	4EC.FIM5	1/3	4AF
Franconia Rec	Su	12pm	4EC.W3W8	1/3	4AF
Franconia Rec	M/W	6pm	4EC.83CV	1/4	4AF
Franconia Rec	T	6pm	4EC.LQ2P	1/5	4AF
Franconia Rec	Th	6pm	4EC.7EN7	1/7	4AF
Franconia Rec	Th	10:50am	4EC.QSZ4	1/7	4AF
Franconia Rec	M/W	6pm	4EC.6IKM	2/1	4AF
Franconia Rec	Sa	9am	4EC.3LRQ	2/27	4AE
Franconia Rec	Sa	9:35am	4EC.326A	2/27	4AE
Franconia Rec	Sa	12:05pm	4EC.VJZ3	2/27	4AE
Franconia Rec	Su	9am	4EC.2REV	2/28	4AE
Franconia Rec	Su	10:10am	4EC.RPH4	2/28	4AE
Franconia Rec	Su	11:30am	4EC.909E	2/28	4AE
Franconia Rec	Su	12:40pm	4EC.R1M3	2/28	4AE
Franconia Rec	M/W	5:30pm	4EC.LGI2	3/1	4AD
Franconia Rec	T	5:30pm	4EC.Y26Q	3/2	4AE
Franconia Rec	Th	5:30pm	4EC.56M4	3/4	4AE
Franconia Rec	F	5pm	4EC.YJSP	3/5	4AE
Franconia Rec	M/W	5:30pm	4EC.WWEK	3/29	4AF
GWREC	M	5:35pm	4EC.CV6H	1/4	4AD
GWREC	W	5:45pm	4EC.U2QU	1/6	4AF
GWREC	Sa	9:05am	4EC.83HD	1/9	4AE
GWREC	Sa	10:15am	4EC.TNUY	1/9	4AE
GWREC	Su	1pm	4EC.BWDE	1/10	4AE
GWREC	Sa	9:05am	4EC.P4H8	2/27	4AE
GWREC	Sa	10:15am	4EC.DCRG	2/27	4AE
GWREC	W	5:45pm	4EC.NXYC	3/3	4AE
MtVernREC	Sa	9am	4EC.OFY4	1/2	4AF
MtVernREC	Sa	9:35am	4EC.8Z46	1/2	4AF
MtVernREC	Sa	10:45am	4EC.WF89	1/2	4AF
MtVernREC	Sa	11:55am	4EC.13FU	1/2	4AF
MtVernREC	Su	9am	4EC.ZJON	1/3	4AF
MtVernREC	Su	9:35am	4EC.0736	1/3	4AF
MtVernREC	Su	10:45am	4EC.CCTW	1/3	4AF
MtVernREC	Su	11:55am	4EC.AHV2	1/3	4AF
MtVernREC	M/W	5pm	4EC.KJC0	1/4	4AF
MtVernREC	M/W	6:45pm	4EC.64D0	1/4	4AF
MtVernREC	T/Th	5pm	4EC.UJ45	1/5	4AF
MtVernREC	T/Th	5:35pm	4EC.ZRUI	1/5	4AF
MtVernREC	T/Th	6:45pm	4EC.QTD9	1/5	4AF
MtVernREC	F	5pm	4EC.XV5D	1/29	4AD
MtVernREC	F	6:45pm	4EC.S2BV	1/29	4AD
MtVernREC	M/W	5pm	4EC.WV1W	2/1	4AF
MtVernREC	M/W	6:45pm	4EC.5A6B	2/1	4AF
MtVernREC	T/Th	5pm	4EC.ZXST	2/2	4AF
MtVernREC	T/Th	5:35pm	4EC.YSXI	2/2	4AF
MtVernREC	T/Th	6:45pm	4EC.2KWC	2/2	4AF
MtVernREC	Sa	9am	4EC.XT9U	2/27	4AE
MtVernREC	Sa	9:35am	4EC.V51C	2/27	4AE
MtVernREC	Sa	10:45am	4EC.YXS2	2/27	4AE
MtVernREC	Sa	11:55am	4EC.8Y43	2/27	4AE
MtVernREC	Su	9am	4EC.LKWT	2/28	4AE
MtVernREC	Su	9:35am	4EC.571X	2/28	4AE
MtVernREC	Su	10:45am	4EC.2U8L	2/28	4AE
MtVernREC	Su	11:55am	4EC.YW9X	2/28	4AE
MtVernREC	M/W	5pm	4EC.K65L	3/1	4AD
MtVernREC	M/W	6:45pm	4EC.CKME	3/1	4AD
MtVernREC	T/Th	5pm	4EC.XFQP	3/2	4AD
MtVernREC	T/Th	5:35pm	4EC.PM0W	3/2	4AD
MtVernREC	T/Th	6:45pm	4EC.S9B6	3/2	4AD
MtVernREC	F	5pm	4EC.GBN2	3/12	4AD
MtVernREC	F	6:45pm	4EC.JXW0	3/12	4AD
OakmontREC	Sa	9am	4EC.QG4Y	1/2	4AD
OakmontREC	Sa	10:45am	4EC.ZY33	1/2	4AD
OakmontREC	Sa	11:55am	4EC.7K0O	1/2	4AD
OakmontREC	Sa	12:30pm	4EC.277Q	1/2	4AD
OakmontREC	Su	9am	4EC.18ZB	1/3	4AF
OakmontREC	Su	9:35am	4EC.76TY	1/3	4AF
OakmontREC	Su	10:45am	4EC.JM4A	1/3	4AF
OakmontREC	Su	12:25pm	4EC.Z8V2	1/3	4AF
OakmontREC	M	5:45pm	4EC.8M2T	1/4	4AF
OakmontREC	M	10:30am	4EC.A93U	1/4	4AF
OakmontREC	T	5:40pm	4EC.6Q7R	1/5	4AF
OakmontREC	W	5:40pm	4EC.OPCF	1/6	4AF
OakmontREC	Th	5:05pm	4EC.73VT	1/7	4AF
OakmontREC	F	11:35am	4EC.XHOU	1/8	4AD
OakmontREC	Sa	9am	4EC.XGPM	2/27	4AD
OakmontREC	Sa	10:45am	4EC.33D8	2/27	4AD
OakmontREC	Sa	11:55am	4EC.Y8N2	2/27	4AD
OakmontREC	Sa	12:30pm	4EC.ENRP	2/27	4AD
OakmontREC	Su	9am	4EC.GFER	2/28	4AD
OakmontREC	Su	9:35am	4EC.8BK4	2/28	4AD
OakmontREC	Su	10:45am	4EC.KZC6	2/28	4AD
OakmontREC	M	5:10pm	4EC.MBE2	3/1	4AE
OakmontREC	T	5:10pm	4EC.VI72	3/2	4AE
OakmontREC	W	5:45pm	4EC.7QZC	3/3	4AE
OakmontREC	Th	5:45pm	4EC.N92Q	3/4	4AE
OakmontREC	F	11:35am	4EC.BJAU	3/5	4AD
ProvREC	Sa	8:15am	4EC.TOUP	1/2	4AF
ProvREC	Sa	8:50am	4EC.DCPW	1/2	4AF
ProvREC	Sa	11:20am	4EC.4S16	1/2	4AF
ProvREC	Su	9am	4EC.ZHV0	1/3	4AE
ProvREC	Su	10:50am	4EC.FE1C	1/3	4AE
ProvREC	M/W	5:30pm	4EC.VVHV	1/4	4AF
ProvREC	W	5:35pm	4EC.FVIQ	1/6	4AF
ProvREC	M/W	5:30pm	4EC.QHZG	2/1	4AF
ProvREC	Sa	8:15am	4EC.2GKV	2/27	4AE
ProvREC	Sa	8:50am	4EC.U7ZV	2/27	4AE
ProvREC	Sa	11:20am	4EC.2X6G	2/27	4AE
ProvREC	Su	9am	4EC.7DSG	2/28	4AE
ProvREC	Su	10:50am	4EC.0RD9	2/28	4AE
ProvREC	M/W	5:30pm	4EC.U6WN	3/1	4AD
ProvREC	M/W	5:30pm	4EC.C27H	3/29	4AF
SoRunREC	Sa	9am	4EC.KOVF	1/2	4AF
SoRunREC	Sa	9:35am	4EC.2VXD	1/2	4AF
SoRunREC	Sa	11:15am	4EC.NIMR	1/2	4AF
SoRunREC	Su	8:30am	4EC.WNP1	1/3	4AF
SoRunREC	Su	9:05am	4EC.WV84	1/3	4AF
SoRunREC	Su	11:05am	4EC.Q99V	1/3	4AF
SoRunREC	M/W	6pm	4EC.5M3Z	1/4	4AF



SoRunREC	M	10:40am	4EC.EBBA	1/4	4AF
SoRunREC	T/Th	6:05pm	4EC.FK61	1/5	4AF
SoRunREC	W	10:40am	4EC.THF5	1/6	4AF
SoRunREC	F	10:40am	4EC.PJ7E	1/8	4AF
SoRunREC	F	5:30pm	4EC.3Q7O	1/29	4AC
SoRunREC	M/W	6pm	4EC.GO4Z	2/1	4AF
SoRunREC	T/Th	6:05pm	4EC.0YBH	2/2	4AF
SoRunREC	Sa	9am	4EC.YIB3	2/27	4AE
SoRunREC	Sa	9:35am	4EC.UA26	2/27	4AE
SoRunREC	Sa	11:15am	4EC.P4KM	2/27	4AE
SoRunREC	Su	8:30am	4EC.GHCC	2/28	4AE
SoRunREC	Su	9:05am	4EC.DODX	2/28	4AE
SoRunREC	Su	11:05am	4EC.AOKT	2/28	4AE
SoRunREC	M/W	6pm	4EC.Z254	3/1	4AD
SoRunREC	M	10:40am	4EC.MOC5	3/1	4AE
SoRunREC	T/Th	6:05pm	4EC.UW0W	3/2	4AD
SoRunREC	W	10:40am	4EC.J5TU	3/3	4AE
SoRunREC	F	5:30pm	4EC.5Q5R	3/5	4AE
SoRunREC	F	10:40am	4EC.PMIL	3/5	4AE
SpHillREC	Sa	10:10am	4EC.SV3C	1/2	4AE
SpHillREC	Sa	11:25am	4EC.2437	1/2	4AE
SpHillREC	Sa	12:35pm	4EC.JMH6	1/2	4AE
SpHillREC	Su	9:35am	4EC.I0V4	1/3	4AE
SpHillREC	Su	12pm	4EC.ZLFJ	1/3	4AE
SpHillREC	M/W	4:35pm	4EC.BZNA	1/4	4AF
SpHillREC	T/Th	4:30pm	4EC.NVOS	1/5	4AF
SpHillREC	Th	12:45pm	4EC.KSH0	1/7	4AF
SpHillREC	F	4:05pm	4EC.ZSX2	1/8	4AF
SpHillREC	F	11:10am	4EC.988S	1/8	4AF
SpHillREC	M/W	4:35pm	4EC.ZF7D	2/1	4AF
SpHillREC	T/Th	4:35pm	4EC.29FE	2/2	4AF
SpHillREC	Sa	10:10am	4EC.PQXM	2/27	4AE
SpHillREC	Sa	11:25am	4EC.ETI8	2/27	4AE
SpHillREC	Sa	12:35pm	4EC.HA9J	2/27	4AE
SpHillREC	Su	9:35am	4EC.M3TA	2/28	4AE
SpHillREC	Su	12pm	4EC.RUHK	2/28	4AE
SpHillREC	M/W	4:35pm	4EC.UWA3	3/1	4AD
SpHillREC	T/Th	4:35pm	4EC.QLI6	3/2	4AD
SpHillREC	Th	12:45pm	4EC.HXDV	3/4	4AE
SpHillREC	F	5:05pm	4EC.MSYM	3/5	4AE
SpHillREC	F	11:10am	4EC.6ERK	3/5	4AE
SpHillREC	M/W	4:35pm	4EC.TONU	3/29	4AF
SpHillREC	T/Th	4:35pm	4EC.OBHJ	3/30	4AF
Wkfld/Moore	Sa	9am	4EC.BFM5	1/2	4AE
Wkfld/Moore	Sa	9:35am	4EC.8L4B	1/2	4AE
Wkfld/Moore	Sa	10:45am	4EC.K753	1/2	4AE
Wkfld/Moore	Su	9:35am	4EC.RXNP	1/3	4AE
Wkfld/Moore	Su	10:25am	4EC.NARH	1/3	4AE
Wkfld/Moore	Su	11:20am	4EC.E8U2	1/3	4AE
Wkfld/Moore	M/W	5:30pm	4EC.7G1X	1/4	4AF
Wkfld/Moore	T/Th	5:25pm	4EC.YFRH	1/5	4AF
Wkfld/Moore	T/Th	6:35pm	4EC.NA7M	1/5	4AF
Wkfld/Moore	M/W	5:30pm	4EC.MCNL	2/1	4AF
Wkfld/Moore	T/Th	5:25pm	4EC.6N4D	2/2	4AF
Wkfld/Moore	T/Th	6:35pm	4EC.JERU	2/2	4AF
Wkfld/Moore	F	5:30pm	4EC.3R6B	2/12	4AH
Wkfld/Moore	Sa	9am	4EC.9TKH	2/27	4AE
Wkfld/Moore	Sa	9:35am	4EC.8L8D	2/27	4AE
Wkfld/Moore	Sa	10:45am	4EC.6H57	2/27	4AE
Wkfld/Moore	Su	9:35am	4EC.6ZV4	2/28	4AE
Wkfld/Moore	Su	10:25am	4EC.DQBE	2/28	4AE
Wkfld/Moore	Su	11:20am	4EC.C39F	2/28	4AE
Wkfld/Moore	M/W	5:30pm	4EC.C6GB	3/1	4AD

Weather Procedure

For weather-related Park Authority closings or cancelations, visit **www.fairfaxcounty.gov/parks** or call the FCPA inclement weather hotline:

703-324-8661

Pee Wee Paddler 2

(3-5 yrs.) Prerequisites: Pee Wee Paddler 1 or equivalent skill proficiency. This class helps kids build confidence to start doing skills on their own. Swimmers practice bobbing, floating, and gliding on their front and back with and without help. They work on swimming at least three body lengths using both arms and legs. Flotation devices may be used for safety.

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	Sa	9am	7D6.QMST	1/2	4AF
CubRunREC	Sa	9:35am	7D6.RL76	1/2	4AF
CubRunREC	Sa	10:05am	7D6.DP8H	1/2	4AF
CubRunREC	Sa	10:40am	7D6.58FS	1/2	4AF
CubRunREC	Sa	11:15am	7D6.MF4L	1/2	4AF
CubRunREC	Su	9am	7D6.28HY	1/3	4AF
CubRunREC	Su	9:35am	7D6.UZK3	1/3	4AF
CubRunREC	Su	10:05am	7D6.QFHE	1/3	4AF
CubRunREC	Su	10:40am	7D6.HWGL	1/3	4AF
CubRunREC	Su	11:15am	7D6.RWMG	1/3	4AF
CubRunREC	M	6:10pm	7D6.8HMA	1/4	4AF
CubRunREC	T	5:35pm	7D6.YN3N	1/5	4AF
CubRunREC	T	11:10am	7D6.X6QQ	1/5	4AF
CubRunREC	W	6pm	7D6.MD5B	1/6	4AF
CubRunREC	Sa	9am	7D6.AG86	2/27	4AE
CubRunREC	Sa	9:35am	7D6.PURR	2/27	4AE
CubRunREC	Sa	10:05am	7D6.WBF3	2/27	4AE
CubRunREC	Sa	10:40am	7D6.VLX2	2/27	4AE
CubRunREC	Sa	11:15am	7D6.A2N3	2/27	4AE
CubRunREC	Su	9am	7D6.D8QP	2/28	4AE
CubRunREC	Su	9:35am	7D6.QS6M	2/28	4AE
CubRunREC	Su	10:05am	7D6.W2DB	2/28	4AE
CubRunREC	Su	10:40am	7D6.QM57	2/28	4AE
CubRunREC	Su	11:15am	7D6.MZPE	2/28	4AE
CubRunREC	M	6:10pm	7D6.BFLH	3/1	4AE
CubRunREC	T	5:35pm	7D6.4QQZ	3/2	4AE
CubRunREC	T	11:10am	7D6.BFK3	3/2	4AE
CubRunREC	W	6pm	7D6.ASCT	3/3	4AE
Franconia Rec	Sa	9am	7D6.O4LT	1/2	4AF
Franconia Rec	Sa	9:35am	7D6.YIWQ	1/2	4AF
Franconia Rec	Sa	12:30pm	7D6.7452	1/2	4AF
Franconia Rec	Su	9am	7D6.TCJJ	1/3	4AF
Franconia Rec	Su	10:10am	7D6.BBYU	1/3	4AF
Franconia Rec	Su	12:35pm	7D6.CW7C	1/3	4AF
Franconia Rec	M/W	6pm	7D6.AYRE	1/4	4AF
Franconia Rec	T	6pm	7D6.L5X5	1/5	4AF
Franconia Rec	Th	6pm	7D6.OE8N	1/7	4AF
Franconia Rec	Th	11:15am	7D6.4B17	1/7	4AF
Franconia Rec	M/W	6pm	7D6.OX5E	2/1	4AF
Franconia Rec	Sa	9am	7D6.7TZX	2/27	4AE
Franconia Rec	Sa	10:10am	7D6.5I12	2/27	4AE
Franconia Rec	Sa	12:40pm	7D6.OES7	2/27	4AE
Franconia Rec	Su	9:35am	7D6.CR3A	2/28	4AE
Franconia Rec	Su	12:05pm	7D6.NLXJ	2/28	4AE
Franconia Rec	M/W	5:30pm	7D6.WXKP	3/1	4AD
Franconia Rec	M/W	6:05pm	7D6.H227	3/1	4AD
Franconia Rec	T	5:30pm	7D6.6YH3	3/2	4AE
Franconia Rec	Th	6:05pm	7D6.SJKI	3/4	4AE
Franconia Rec	Th	10:40am	7D6.2T5K	3/4	4AF
Franconia Rec	F	5pm	7D6.ZWB5	3/5	4AE
Franconia Rec	M/W	5:30pm	7D6.HNBL	3/29	4AF
GWREC	M	6:10pm	7D6.CSM8	1/4	4AD
GWREC	W	6:20pm	7D6.45Q6	1/6	4AF
GWREC	Sa	9:40am	7D6.BC5V	1/9	4AE
GWREC	Su	1:35pm	7D6.U8DL	1/10	4AE
GWREC	Sa	9:40am	7D6.CPBV	2/27	4AE
GWREC	Sa	9:40am	7D6.SDB5	2/27	4AE
GWREC	Su	1pm	7D6.QE4V	2/28	4AE
GWREC	M	5:35pm	7D6.59ZW	3/1	4AE
GWREC	W	6:20pm	7D6.WKXD	3/3	4AE
MtVernREC	Sa	10:10am	7D6.5RUL	1/2	4AF
MtVernREC	Sa	11:20am	7D6.DXTH	1/2	4AF
MtVernREC	Su	10:10am	7D6.2PB9	1/3	4AF
MtVernREC	Su	11:20am	7D6.IA6W	1/3	4AF
MtVernREC	M/W	5:35pm	7D6.WWAG	1/4	4AF
MtVernREC	M/W	6:45pm	7D6.AT95	1/4	4AF
MtVernREC	T/Th	6:10pm	7D6.U8SP	1/5	4AF
MtVernREC	F	5pm	7D6.PF0P	1/29	4AD
MtVernREC	F	7:20pm	7D6.1OCI	1/29	4AD
MtVernREC	M/W	5:35pm	7D6.J3B8	2/1	4AF
MtVernREC	M/W	6:45pm	7D6.YXKR	2/1	4AF
MtVernREC	T/Th	6:10pm	7D6.Q1RH	2/2	4AF
MtVernREC	Sa	10:10am	7D6.THNZ	2/27	4AE
MtVernREC	Sa	11:20am	7D6.R1UD	2/27	4AE
MtVernREC	Su	10:10am	7D6.2XG2	2/28	4AE
MtVernREC	Su	11:20am	7D6.0L4Z	2/28	4AE
MtVernREC	M/W	5:35pm	7D6.CSWM	3/1	4AD
MtVernREC	M/W	6:45pm	7D6.1MF4	3/1	4AD
MtVernREC	T/Th	6:10pm	7D6.MXC4	3/2	4AD
MtVernREC	F	5pm	7D6.977E	3/12	4AD
MtVernREC	F	7:20pm	7D6.NY0I	3/12	4AD
OakmontREC	Sa	9:35am	7D6.6TQK	1/2	4AD
OakmontREC	Sa	11:20am	7D6.V236	1/2	4AD
OakmontREC	Sa	12:30pm	7D6.OEQU	1/2	4AD
OakmontREC	Su	9am	7D6.VB1O	1/3	4AF
OakmontREC	Su	9:35am	7D6.YO67	1/3	4AF
OakmontREC	Su	11:20am	7D6.VYPN	1/3	4AF
OakmontREC	Su	11:55am	7D6.S174	1/3	4AF
OakmontREC	M	6:20pm	7D6.PYF0	1/4	4AF
OakmontREC	T	5:40pm	7D6.GWOG	1/5	4AF
OakmontREC	W	5:40pm	7D6.0AUS	1/6	4AF
OakmontREC	Th	5:40pm	7D6.7P1Y	1/7	4AF
OakmontREC	Sa	9:35am	7D6.FQDA	2/27	4AD
OakmontREC	Sa	11:20am	7D6.MEH6	2/27	4AD
OakmontREC	Sa	12:30pm	7D6.RJJI	2/27	4AD
OakmontREC	Su	9am	7D6.EC14	2/28	4AD
OakmontREC	Su	9:35am	7D6.49RZ	2/28	4AD
OakmontREC	Su	11:20am	7D6.900C	2/28	4AD
OakmontREC	Su	12:25pm	7D6.9ZGV	2/28	4AD
OakmontREC	M	5:10pm	7D6.70IC	3/1	4AE
OakmontREC	M	10am	7D6.QIQF	3/1	4AE
OakmontREC	T	5:10pm	7D6.X7SK	3/2	4AE
OakmontREC	T	5:45pm	7D6.QII6	3/2	4AE
OakmontREC	W	6:20pm	7D6.MFCX	3/3	4AE
OakmontREC	Th	5:10pm	7D6.I0X8	3/4	4AE
ProvREC	Sa	8:50am	7D6.VYTL	1/2	4AF
ProvREC	Sa	9:25am	7D6.KUQM	1/2	4AF
ProvREC	Su	9:35am	7D6.U545	1/3	4AE
ProvREC	Su	11:30am	7D6.9I23	1/3	4AE
ProvREC	M/W	5:30pm	7D6.942N	1/4	4AF
ProvREC	M/W	5:30pm	7D6.IV7U	2/1	4AF
ProvREC	F	4:30pm	7D6.6ZVQ	2/19	4AG
ProvREC	Sa	8:50am	7D6.57VT	2/27	4AE
ProvREC	Sa	9:25am	7D6.FEU8	2/27	4AE
ProvREC	Su	9:35am	7D6.Z4BK	2/28	4AE
ProvREC	Su	11:30am	7D6.G9R8	2/28	4AE
ProvREC	M/W	5:30pm	7D6.E5VR	3/1	4AD
ProvREC	M/W	5:30pm	7D6.6V49	3/29	4AF
SoRunREC	Sa	9am	7D6.JFKS	1/2	4AF
SoRunREC	Sa	9:50am	7D6.ZV5B	1/2	4AF
SoRunREC	Su	9:05am	7D6.971H	1/3	4AF
SoRunREC	Su	9:40am	7D6.N002	1/3	4AF
SoRunREC	Su	10:10am	7D6.LSB2	1/3	4AF
SoRunREC	Su	10:50am	7D6.F01N	1/3	4AF
SoRunREC	M/W	6:35pm	7D6.IOFP	1/4	4AF
SoRunREC	M	10:05am	7D6.OSWE	1/4	4AF
SoRunREC	T/Th	6:35pm	7D6.D4F8	1/5	4AF
SoRunREC	W	10:05am	7D6.9ESK	1/6	4AF
SoRunREC	F	10:05am	7D6.RBN4	1/8	4AF
SoRunREC	F	5:30pm	7D6.SXX0	1/29	4AC
SoRunREC	F	6:55pm	7D6.QC4J	1/29	4AC
SoRunREC	M/W	6:35pm	7D6.AIQ2	2/1	4AF

SoRunREC	T/Th	6:35pm	7D6.S799	2/2	4AF
SoRunREC	Sa	9am	7D6.6JHK	2/27	4AE
SoRunREC	Sa	9:50am	7D6.G1V8	2/27	4AE
SoRunREC	Su	9:05am	7D6.RHO4	2/28	4AE
SoRunREC	Su	9:40am	7D6.RHPW	2/28	4AE
SoRunREC	Su	10:10am	7D6.49PG	2/28	4AE
SoRunREC	Su	10:50am	7D6.XGI4	2/28	4AE
SoRunREC	M/W	6:35pm	7D6.S70F	3/1	4AD
SoRunREC	M	10:05am	7D6.D5ZN	3/1	4AE
SoRunREC	T/Th	6:35pm	7D6.UJ0V	3/2	4AD
SoRunREC	W	10:05am	7D6.KPEM	3/3	4AE
SoRunREC	F	5:30pm	7D6.9M4X	3/5	4AE
SoRunREC	F	6:55pm	7D6.0NKN	3/5	4AE
SoRunREC	F	10:05am	7D6.P4BW	3/5	4AE
SpHilREC	Sa	9am	7D6.VQEL	1/2	4AE
SpHilREC	Sa	10:50am	7D6.QTBC	1/2	4AE
SpHilREC	Sa	12pm	7D6.2VYH	1/2	4AE
SpHilREC	Su	9am	7D6.QKW1	1/3	4AE
SpHilREC	Su	11:25am	7D6.ER7J	1/3	4AE
SpHilREC	Su	12:35pm	7D6.1DFH	1/3	4AE
SpHilREC	M/W	5:10pm	7D6.YMGX	1/4	4AF
SpHilREC	T/Th	4pm	7D6.07O6	1/5	4AF
SpHilREC	Th	1:20pm	7D6.RDHL	1/7	4AF
SpHilREC	F	3:30pm	7D6.65ZD	1/8	4AF
SpHilREC	F	11:45am	7D6.5AJP	1/8	4AF
SpHilREC	M/W	5:10pm	7D6.LJ5Z	2/1	4AF
SpHilREC	T/Th	4pm	7D6.B6M2	2/2	4AF
SpHilREC	Sa	9am	7D6.87X3	2/27	4AE
SpHilREC	Sa	10:50am	7D6.X70N	2/27	4AE
SpHilREC	Sa	12pm	7D6.6ZEV	2/27	4AE
SpHilREC	Su	9am	7D6.R5UJ	2/28	4AE
SpHilREC	Su	11:25am	7D6.NE1T	2/28	4AE
SpHilREC	Su	12:35pm	7D6.7ONH	2/28	4AE
SpHilREC	M/W	5:10pm	7D6.VQID	3/1	4AD
SpHilREC	T/Th	4pm	7D6.I7LU	3/2	4AD
SpHilREC	Th	1:20pm	7D6.REQ5	3/4	4AE
SpHilREC	F	4:30pm	7D6.TRDA	3/5	4AE
SpHilREC	F	11:45am	7D6.J2IS	3/5	4AE
SpHilREC	M/W	5:10pm	7D6.V1K7	3/29	4AF
SpHilREC	T/Th	4pm	7D6.TG7B	3/30	4AF
Wkfld/Moore	Sa	9am	7D6.835C	1/2	4AE
Wkfld/Moore	Sa	10:10am	7D6.ZPAL	1/2	4AE
Wkfld/Moore	Sa	11:20am	7D6.TZPJ	1/2	4AE
Wkfld/Moore	Su	9am	7D6.MDET	1/3	4AE
Wkfld/Moore	Su	10:10am	7D6.5GE9	1/3	4AE
Wkfld/Moore	Su	11:55am	7D6.3UDP	1/3	4AE
Wkfld/Moore	M/W	5:30pm	7D6.PD85	1/4	4AF
Wkfld/Moore	T/Th	6pm	7D6.BYR8	1/5	4AF
Wkfld/Moore	M/W	5:30pm	7D6.YK9F	2/1	4AF
Wkfld/Moore	T/Th	6pm	7D6.VQ2E	2/2	4AF
Wkfld/Moore	F	5:30pm	7D6.OWJN	2/12	4AH
Wkfld/Moore	Sa	9am	7D6.AZ5H	2/27	4AE
Wkfld/Moore	Sa	10:10am	7D6.ZFJR	2/27	4AE
Wkfld/Moore	Sa	11:20am	7D6.MJGS	2/27	4AE
Wkfld/Moore	Su	9am	7D6.3G4G	2/28	4AE
Wkfld/Moore	Su	10:10am	7D6.HY8A	2/28	4AE
Wkfld/Moore	Su	11:55am	7D6.W9RZ	2/28	4AE
Wkfld/Moore	M/W	5:30pm	7D6.GJE5	3/1	4AD
Wkfld/Moore	T/Th	6pm	7D6.HA9A	3/2	4AD

SGL Pee Wee Paddler 2

(3-5 yrs.) Prerequisite: Pee Wee Paddler 1 or equivalent skill proficiency. Help your child build independence and feel more comfortable in the water. Swimmers practice bobbing, floating, and gliding on their front and back both with help and on their own. They also work on swimming at least three body lengths using arms and legs. Flotation devices may be used for safety.

4ANF 8--30 minute lessons--$212

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W	6pm	591.BC0C	2/1	4ANF

Pee Wee Paddler 3

(4-6 yrs.) Prerequisites: Pee Wee 2 or equivalent skill proficiency. Kids will build stronger swimming skills and boost endurance without assistance or flotation devices. Skills include jumping into chest deep water, submerging and holding breath for five seconds, bobbing, treading water, front crawl for 10 yards, and back travel for 5 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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	E4E.MVEV	1/2	4AF
CubRunREC	Sa	9:30am	E4E.CUBF	1/2	4AF
CubRunREC	Sa	10:05am	E4E.CG9K	1/2	4AF
CubRunREC	Sa	10:40am	E4E.GL9E	1/2	4AF
CubRunREC	Sa	11:15am	E4E.445E	1/2	4AF
CubRunREC	Su	9am	E4E.5DXF	1/3	4AF
CubRunREC	Su	9:30am	E4E.TUDY	1/3	4AF
CubRunREC	Su	10:05am	E4E.PD6W	1/3	4AF
CubRunREC	Su	10:40am	E4E.GLD9	1/3	4AF
CubRunREC	Su	11:15am	E4E.Z7K8	1/3	4AF
CubRunREC	M	5:35pm	E4E.T442	1/4	4AF
CubRunREC	M	6:45pm	E4E.36AX	1/4	4AF
CubRunREC	T	6:10pm	E4E.AXVA	1/5	4AF
CubRunREC	T	12:25pm	E4E.8J8T	1/5	4AF
CubRunREC	W	5:25pm	E4E.D67K	1/6	4AF
CubRunREC	Sa	9am	E4E.KFEU	2/27	4AE
CubRunREC	Sa	9:30am	E4E.J3KL	2/27	4AE
CubRunREC	Sa	10:05am	E4E.PGJQ	2/27	4AE
CubRunREC	Sa	10:40am	E4E.J4Z7	2/27	4AE
CubRunREC	Sa	11:15am	E4E.8ZBM	2/27	4AE
CubRunREC	Su	9am	E4E.5TLC	2/28	4AE
CubRunREC	Su	9:30am	E4E.HDR4	2/28	4AE
CubRunREC	Su	10:05am	E4E.E2WS	2/28	4AE
CubRunREC	Su	10:40am	E4E.RHEL	2/28	4AE
CubRunREC	Su	11:15am	E4E.YPAK	2/28	4AE
CubRunREC	M	5:35pm	E4E.TNQE	3/1	4AE
CubRunREC	M	6:45pm	E4E.EPLM	3/1	4AE
CubRunREC	T	6:10pm	E4E.2M93	3/2	4AE
CubRunREC	T	12:25pm	E4E.2DQT	3/2	4AE
CubRunREC	W	5:25pm	E4E.2GK9	3/3	4AE
Franconia Rec	Sa	9am	E4E.SDRN	1/2	4AF
Franconia Rec	Sa	10:10am	E4E.SY9P	1/2	4AF
Franconia Rec	Sa	12:30pm	E4E.7YY8	1/2	4AF
Franconia Rec	Su	9:35am	E4E.X4RU	1/3	4AF
Franconia Rec	Su	10:50am	E4E.0VM1	1/3	4AF
Franconia Rec	M/W	6pm	E4E.RT4M	1/4	4AF
Franconia Rec	T	6pm	E4E.KCTT	1/5	4AF
Franconia Rec	Th	6pm	E4E.CHFL	1/7	4AF
Franconia Rec	M/W	6pm	E4E.QVMA	2/1	4AF
Franconia Rec	Sa	9am	E4E.M3XN	2/27	4AE
Franconia Rec	Sa	10:10am	E4E.CRB0	2/27	4AE
Franconia Rec	Su	10:10am	E4E.2PYT	2/28	4AE
Franconia Rec	T	6:05pm	E4E.VPUA	3/2	4AE
Franconia Rec	Th	5:30pm	E4E.7R2V	3/4	4AE
Franconia Rec	F	5:35pm	E4E.QH10	3/5	4AE
GWREC	M	6:45pm	E4E.Y83Q	1/4	4AD
GWREC	T	5:35pm	E4E.DRPD	1/5	4AF
GWREC	W	6:55pm	E4E.27V8	1/6	4AF
GWREC	Th	5:35pm	E4E.S3XR	1/7	4AF
GWREC	Sa	9:05am	E4E.9LWA	1/9	4AE
GWREC	Sa	9:05am	E4E.J9SE	2/27	4AE
GWREC	Su	1:35pm	E4E.YKLY	2/28	4AE
GWREC	M	6:10pm	E4E.RH9R	3/1	4AE
GWREC	T	5:35pm	E4E.H8US	3/2	4AE
GWREC	W	6:55pm	E4E.E87F	3/3	4AE
GWREC	Th	5:35pm	E4E.EUTQ	3/4	4AE
MtVernREC	Sa	9:35am	E4E.3AQW	1/2	4AF
MtVernREC	Sa	11:20am	E4E.1YWZ	1/2	4AF
MtVernREC	Su	9:35am	E4E.C423	1/3	4AF
MtVernREC	Su	11:20am	E4E.W2IB	1/3	4AF
MtVernREC	M/W	5pm	E4E.AQ9G	1/4	4AF
MtVernREC	T/Th	5:35pm	E4E.NZC1	1/5	4AF
MtVernREC	F	5:35pm	E4E.2O53	1/29	4AD
MtVernREC	M/W	5pm	E4E.7SZ4	2/1	4AF
MtVernREC	T/Th	5:35pm	E4E.0TBW	2/2	4AF
MtVernREC	Sa	9:35am	E4E.51TE	2/27	4AE
MtVernREC	Sa	11:20am	E4E.KB1D	2/27	4AE
MtVernREC	Su	9:35am	E4E.18MJ	2/28	4AE
MtVernREC	Su	11:20am	E4E.L0EU	2/28	4AE
MtVernREC	M/W	5pm	E4E.YMY5	3/1	4AD
MtVernREC	T/Th	5:35pm	E4E.H51B	3/2	4AD
MtVernREC	F	5:35pm	E4E.MMNE	3/12	4AD
OakmontREC	Sa	10:10am	E4E.Y0TI	1/2	4AD
OakmontREC	Sa	11:55am	E4E.UBBG	1/2	4AD
OakmontREC	Su	10:10am	E4E.D3RE	1/3	4AF
OakmontREC	Su	12:25pm	E4E.LZ2I	1/3	4AF
OakmontREC	M	5:45pm	E4E.KKWI	1/4	4AF
OakmontREC	T	6:15pm	E4E.PXSI	1/5	4AF
OakmontREC	Th	6:15pm	E4E.NGPU	1/7	4AF
OakmontREC	Sa	10:10am	E4E.7V7Y	2/27	4AD
OakmontREC	Sa	11:55am	E4E.ORUU	2/27	4AD
OakmontREC	Su	10:10am	E4E.RSIW	2/28	4AD
OakmontREC	Su	11:55am	E4E.W8LF	2/28	4AD
OakmontREC	M	5:45pm	E4E.CEZY	3/1	4AE
OakmontREC	T	6:20pm	E4E.Q3WN	3/2	4AE
OakmontREC	W	6:20pm	E4E.DL27	3/3	4AE
OakmontREC	Th	6:20pm	E4E.S226	3/4	4AE
ProvREC	Sa	8:15am	E4E.PXUL	1/2	4AF
ProvREC	Sa	9:25am	E4E.MGZ8	1/2	4AF
ProvREC	Sa	10:55am	E4E.8K0D	1/2	4AF
ProvREC	Su	10:10am	E4E.BPRT	1/3	4AE
ProvREC	Su	12:05pm	E4E.9QB8	1/3	4AE
ProvREC	T/Th	5:50pm	E4E.1YJR	1/5	4AF
ProvREC	T/Th	5:50pm	E4E.L0ZV	2/2	4AF
ProvREC	F	4:30pm	E4E.I2M8	2/19	4AG
ProvREC	Sa	8:15am	E4E.XK6E	2/27	4AE
ProvREC	Sa	9:25am	E4E.9BUZ	2/27	4AE
ProvREC	Sa	10:55am	E4E.NJH7	2/27	4AE
ProvREC	Su	10:10am	E4E.0ZBJ	2/28	4AE
ProvREC	Su	12:05pm	E4E.ATXT	2/28	4AE
ProvREC	T/Th	5:50pm	E4E.VPSG	3/2	4AD
ProvREC	T/Th	5:50pm	E4E.2RQQ	3/30	4AF
SoRunREC	Sa	10:25am	E4E.OLPH	1/2	4AF
SoRunREC	Sa	11:40am	E4E.F44L	1/2	4AF
SoRunREC	Su	8:30am	E4E.NLP7	1/3	4AF
SoRunREC	Su	10:45am	E4E.QQM2	1/3	4AF
SoRunREC	Su	11am	E4E.POGD	1/3	4AF
SoRunREC	M/W	6pm	E4E.SC63	1/4	4AF
SoRunREC	M	9:30am	E4E.ZP3Z	1/4	4AF
SoRunREC	T/Th	7:10pm	E4E.M9CA	1/5	4AF
SoRunREC	W	9:30am	E4E.V2XN	1/6	4AF
SoRunREC	F	9:30am	E4E.VIDG	1/8	4AF
SoRunREC	F	7:30pm	E4E.SW2M	1/29	4AC
SoRunREC	M/W	6pm	E4E.SXQ8	2/1	4AF
SoRunREC	T/Th	7:10pm	E4E.F0H8	2/2	4AF
SoRunREC	Sa	10:25am	E4E.8FWA	2/27	4AE
SoRunREC	Sa	11:40am	E4E.8ZMN	2/27	4AE
SoRunREC	Su	8:30am	E4E.69CI	2/28	4AE
SoRunREC	Su	10:45am	E4E.GODT	2/28	4AE
SoRunREC	Su	11am	E4E.Z9W8	2/28	4AE
SoRunREC	M/W	6pm	E4E.DO3U	3/1	4AD
SoRunREC	M	9:30am	E4E.KNDM	3/1	4AE
SoRunREC	T/Th	7:10pm	E4E.ENAW	3/2	4AD
SoRunREC	W	9:30am	E4E.YRXC	3/3	4AE
SoRunREC	F	7:30pm	E4E.1BK5	3/5	4AE
SoRunREC	F	9:30am	E4E.000M	3/5	4AE
SpHilREC	Sa	1:10pm	E4E.3PTE	1/2	4AE
SpHilREC	Sa	9:35am	E4E.1HLE	1/2	4AE
SpHilREC	Sa	10:50am	E4E.S4TG	1/2	4AE
SpHilREC	Su	10:10am	E4E.NOM4	1/3	4AE

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SpHillREC	Su	12pm	E4E.FDG2	1/3	4AE
SpHillREC	M/W	5:50pm	E4E.HRN6	1/4	4AF
SpHillREC	T/Th	5:10pm	E4E.NBNH	1/5	4AF
SpHillREC	F	3:30pm	E4E.WKOW	1/7	4AF
SpHillREC	M/W	5:40pm	E4E.DLWI	2/1	4AF
SpHillREC	T/Th	5:10pm	E4E.HU7F	2/2	4AF
SpHillREC	Sa	1:10pm	E4E.44XE	2/27	4AE
SpHillREC	Sa	9:35am	E4E.1VYE	2/27	4AE
SpHillREC	Sa	10:50am	E4E.64UA	2/27	4AE
SpHillREC	Su	10:10am	E4E.8RWC	2/28	4AE
SpHillREC	Su	12pm	E4E.KA08	2/28	4AE
SpHillREC	M/W	5:50pm	E4E.KJ6W	3/1	4AD
SpHillREC	T/Th	5:10pm	E4E.MLAC	3/2	4AD
SpHillREC	F	4:30pm	E4E.PJQB	3/5	4AE
SpHillREC	M/W	5:50pm	E4E.KJVX	3/29	4AF
SpHillREC	T/Th	5:10pm	E4E.UGIE	3/30	4AF
Wkfld/Moore	Sa	9am	E4E.NNXP	1/2	4AE
Wkfld/Moore	Sa	10:25am	E4E.WE47	1/2	4AE
Wkfld/Moore	Sa	11:20am	E4E.FZA9	1/2	4AE
Wkfld/Moore	Su	9am	E4E.928R	1/3	4AE
Wkfld/Moore	Su	10:45am	E4E.857H	1/3	4AE
Wkfld/Moore	M/W	6:05pm	E4E.ZG2H	1/4	4AF
Wkfld/Moore	T/Th	6pm	E4E.2M6L	1/5	4AF
Wkfld/Moore	M/W	6:05pm	E4E.MPT6	2/1	4AF
Wkfld/Moore	T/Th	6pm	E4E.ETL4	2/2	4AF
Wkfld/Moore	F	6:05pm	E4E.6QH4	2/12	4AH
Wkfld/Moore	Sa	9am	E4E.QVCJ	2/27	4AE
Wkfld/Moore	Sa	10:25am	E4E.58QP	2/27	4AE
Wkfld/Moore	Sa	11:20am	E4E.GCLN	2/27	4AE
Wkfld/Moore	Su	9am	E4E.GWHS	2/28	4AE
Wkfld/Moore	Su	10:45am	E4E.AHE2	2/28	4AE
Wkfld/Moore	M/W	6:05pm	E4E.43NW	3/1	4AD
Wkfld/Moore	T/Th	6pm	E4E.VF6P	3/2	4AD

SGL Pee Wee Paddler 3

(4-6 yrs.) Prerequisites: Pee Wee 2 or equivalent skill proficiency. In this class, kids build strong swimming skills and go farther without help or flotation devices. They practice jumping into chest deep water, submerging and holding their breath for five seconds, bobbing, treading water, front crawl for 10 yards, and traveling on their back for 5 yards.

4AND 6--30 minute lessons--$160
4ANF 8--30 minute lessons--$212

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W	6:35pm	667.5WN4	2/1	4ANF
Franconia Rec	M/W	6:05pm	667.0EQY	3/1	4AND
Franconia Rec	M/W	6:05pm	667.NL0Q	3/29	4ANF
OakmontREC	W	6:15pm	667.DSZ0	1/6	4ANF



Pee Wee Paddler 4

(4-6 yrs.) Prerequisite: Pee Wee Paddler 3 or equivalent skill proficiency. Students will continue to improve their endurance and sharpen their treading skills, front crawl, and back strokes in this class. They'll work on front crawl for 15 yards, elementary backstroke and back crawl for 5 yards, diving from a sitting or kneeling position into deep water, and treading 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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11am	198.VZ2J	1/2	4AF
CubRunREC	Su	11am	198.ABLT	1/3	4AF
CubRunREC	M	5:50pm	198.W9RU	1/4	4AF
CubRunREC	T	12:25pm	198.DD9B	1/5	4AF
CubRunREC	W	5:35pm	198.RTET	1/6	4AF
CubRunREC	Sa	9:35am	198.WWQ7	2/27	4AE
CubRunREC	Sa	11am	198.NXT6	2/27	4AE
CubRunREC	Su	9:35am	198.8HVR	2/28	4AE
CubRunREC	Su	11am	198.XF7M	2/28	4AE
CubRunREC	M	5:50pm	198.AYVS	3/1	4AE
CubRunREC	T	12:25pm	198.7WFH	3/2	4AE
CubRunREC	W	5:35pm	198.QH46	3/3	4AE
Franconia Rec	Sa	10:10am	198.HCJA	1/2	4AF
Franconia Rec	Su	11:25am	198.B87W	1/3	4AF
Franconia Rec	M/W	6:35pm	198.4YYU	1/4	4AF
Franconia Rec	M/W	6:35pm	198.8WHB	2/1	4AF
Franconia Rec	Sa	9:35am	198.IL1F	2/27	4AE
Franconia Rec	Su	10:45am	198.QJTV	2/28	4AE
Franconia Rec	T	6:05pm	198.NYE5	3/2	4AE
Franconia Rec	Th	6:05pm	198.0946	3/4	4AE
Franconia Rec	F	5:35pm	198.3T3A	3/5	4AE
GWREC	T	6:10pm	198.DVKU	1/5	4AF
GWREC	Th	6:10pm	198.8E3D	1/7	4AF
GWREC	Sa	9:40am	198.4832	1/9	4AE
GWREC	Sa	9:40am	198.HW6T	2/27	4AE
GWREC	M	6:45pm	198.JEMK	3/1	4AE
GWREC	T	6:10pm	198.BM9E	3/2	4AE
GWREC	Th	6:10pm	198.JZWG	3/4	4AE
MtVernREC	Sa	10:10am	198.4R4Y	1/2	4AF
MtVernREC	Sa	11:55am	198.DCNR	1/2	4AF
MtVernREC	Su	10:10am	198.6PXM	1/3	4AF
MtVernREC	Su	11:55am	198.RJPV	1/3	4AF
MtVernREC	M/W	5:35pm	198.BBRI	1/4	4AF
MtVernREC	T/Th	6:10pm	198.6UY4	1/5	4AF
MtVernREC	F	6:10pm	198.0VWE	1/29	4AD
MtVernREC	M/W	5:35pm	198.8AUX	2/1	4AF
MtVernREC	T/Th	6:10pm	198.Q315	2/2	4AF
MtVernREC	Sa	10:10am	198.40WG	2/27	4AE
MtVernREC	Sa	11:55am	198.G7ZQ	2/27	4AE
MtVernREC	Su	10:10am	198.WXR6	2/28	4AE
MtVernREC	Su	11:55am	198.ZL0F	2/28	4AE
MtVernREC	M/W	5:35pm	198.HQKV	3/1	4AD
MtVernREC	T/Th	6:10pm	198.DEXU	3/2	4AD
MtVernREC	F	6:10pm	198.RVCE	3/12	4AD
OakmontREC	Sa	9:50am	198.QF4U	1/2	4AD
OakmontREC	Sa	11am	198.NZZJ	1/2	4AD
OakmontREC	Su	9am	198.RZHE	1/3	4AF
OakmontREC	Su	12:30pm	198.RTHT	1/3	4AF
OakmontREC	M	12:30pm	198.VVFY	1/4	4AF
OakmontREC	W	6:15pm	198.KUFW	1/6	4AF
OakmontREC	Th	5:45pm	198.0ZSW	1/7	4AF
OakmontREC	Sa	9:50am	198.SJN7	2/27	4AD
OakmontREC	Sa	12:40pm	198.UNP5	2/27	4AD
OakmontREC	Su	9am	198.ICXS	2/28	4AD
OakmontREC	M	5:45pm	198.YOOI	3/1	4AE
OakmontREC	T	5:45pm	198.I1A4	3/2	4AE
OakmontREC	W	6:55pm	198.SC80	3/3	4AE
OakmontREC	Th	5:45pm	198.5CJ6	3/4	4AE
ProvREC	Sa	11:35am	198.0B8Y	1/2	4AF
ProvREC	Su	10:50am	198.050S	1/3	4AE
ProvREC	T/Th	5:50pm	198.G53N	1/5	4AF
ProvREC	T/Th	5:50pm	198.I04V	2/2	4AF
ProvREC	F	5:05pm	198.0ACU	2/19	4AG
ProvREC	Sa	11:35am	198.AZVK	2/27	4AE
ProvREC	Su	10:50am	198.AUNK	2/28	4AE
ProvREC	T/Th	5:50pm	198.Z1IT	3/2	4AD
ProvREC	T/Th	5:50pm	198.N1MF	3/30	4AF
SoRunREC	Sa	11am	198.M0VA	1/2	4AF
SoRunREC	Su	11:20am	198.N8SH	1/3	4AF
SoRunREC	Sa	11am	198.QFLN	2/27	4AE
SoRunREC	Su	11:20am	198.ODZE	2/28	4AE
SpHillREC	Sa	9:35am	198.RFCR	1/2	4AE
SpHillREC	Sa	10:50am	198.T47B	1/2	4AE
SpHillREC	Su	10:25am	198.080Q	1/3	4AE
SpHillREC	Su	11:55am	198.LH7A	1/3	4AE
SpHillREC	T/Th	5:50pm	198.RW31	1/5	4AF
SpHillREC	F	4:05pm	198.BLDA	1/7	4AF
SpHillREC	T/Th	5:50pm	198.1QG0	2/2	4AF
SpHillREC	Sa	9:35am	198.DZMR	2/27	4AE
SpHillREC	Sa	10:50am	198.9DYW	2/27	4AE
SpHillREC	Su	10:25am	198.6ZR1	2/28	4AE
SpHillREC	Su	11:55am	198.P57X	2/28	4AE
SpHillREC	T/Th	5:50pm	198.AXL2	3/2	4AD
SpHillREC	F	5:05pm	198.TIC0	3/5	4AE
SpHillREC	T/Th	5:50pm	198.DPAH	3/30	4AF
Wkfld/Moore	Sa	9:50am	198.RYV5	1/2	4AE
Wkfld/Moore	Sa	11am	198.4DNQ	1/2	4AE
Wkfld/Moore	Su	9am	198.5J6M	1/3	4AE
Wkfld/Moore	Su	10:25am	198.RFRN	1/3	4AE
Wkfld/Moore	T/Th	6:35pm	198.U8CX	1/5	4AF
Wkfld/Moore	M/W	6:40pm	198.219T	2/1	4AF
Wkfld/Moore	T/Th	6:35pm	198.AA6H	2/2	4AF
Wkfld/Moore	F	6:05pm	198.M5YA	2/12	4AH
Wkfld/Moore	Sa	9:50am	198.GAXJ	2/27	4AE
Wkfld/Moore	Sa	11am	198.QKMQ	2/27	4AE
Wkfld/Moore	Su	9am	198.BML3	2/28	4AE
Wkfld/Moore	Su	10:25am	198.3S32	2/28	4AE
Wkfld/Moore	M/W	6:40pm	198.Y6HC	3/1	4AD
Wkfld/Moore	T/Th	6:35pm	198.WQX7	3/2	4AD

SGL Pee Wee Paddler 4

(4-6 yrs.) Prerequisite: Pee Wee Paddler 3 or equivalent skill proficiency. This small class helps students build endurance and sharpen treading, front crawl, and back stroke skills. They'll practice front crawl for 15 yards, elementary backstroke and back crawl for 5 yards, diving from a sitting or kneeling position into deep water, and treading for 20 seconds.

4AND 6--30 minute lessons--$160
4ANF 8--30 minute lessons--$212

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W	6:05pm	9DB.MMJT	3/29	4ANF
OakmontREC	Sa	9am	9DB.EA6T	1/2	4AND
OakmontREC	Sa	9am	9DB.W543	2/27	4AND
OakmontREC	Su	12:25pm	9DB.J07X	2/28	4AND

Pee Wee Paddler 5

(4-6 yrs.) Prerequisite: Pee Wee Paddler 4 or equivalent skill proficiency. Students will sharpen stroke technique and boost endurance. Kids will practice front crawl and elementary backstroke for 25 yards, back crawl for 15 yards, breaststroke for 10 yards, standing dives in deep water, and treading 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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	631.LU9K	1/2	4AF
CubRunREC	Sa	11:35am	631.E7P2	1/2	4AF
CubRunREC	Su	9am	631.88M5	1/3	4AF



CubRunREC	Su	11:35am	631.7E3M	1/3	4AF
CubRunREC	T	6:10pm	631.WMJS	1/5	4AF
CubRunREC	W	6pm	631.FRC2	1/6	4AF
CubRunREC	Sa	9am	631.N76E	2/27	4AE
CubRunREC	Sa	11:35am	631.UK8U	2/27	4AE
CubRunREC	Su	9am	631.B2L9	2/28	4AE
CubRunREC	Su	11:35am	631.KK95	2/28	4AE
CubRunREC	T	6:10pm	631.5TDS	3/2	4AE
CubRunREC	W	6pm	631.D32R	3/3	4AE
Franconia Rec	Sa	12:30pm	631.42AS	1/2	4AF
Franconia Rec	Su	12pm	631.OTM0	1/3	4AF
Franconia Rec	Sa	12:45pm	631.PMSG	2/27	4AE
Franconia Rec	Su	12:40pm	631.RHB6	2/28	4AE
GWREC	T	6:45pm	631.YNH9	1/5	4AF
GWREC	Th	6:45pm	631.2NAZ	1/7	4AF
GWREC	T	6:45pm	631.Z7UD	3/2	4AE
GWREC	Th	6:45pm	631.QFHF	3/4	4AE
MtVernREC	Sa	10:45am	631.M98Z	1/2	4AF
MtVernREC	Su	10:45am	631.BT73	1/3	4AF
MtVernREC	M/W	6:10pm	631.2AT6	1/4	4AF
MtVernREC	T/Th	6:45pm	631.58EC	1/5	4AF
MtVernREC	T/Th	6:45pm	631.01GD	2/2	4AF
MtVernREC	Sa	10:45am	631.HTPW	2/27	4AE
MtVernREC	Su	10:45am	631.VDA1	2/28	4AE
MtVernREC	M/W	6:10pm	631.63KE	3/1	4AD
MtVernREC	T/Th	6:45pm	631.GI9L	3/2	4AD
OakmontREC	Sa	10:25am	631.1CR0	1/2	4AD
OakmontREC	Su	9:35am	631.UN5B	1/3	4AF
OakmontREC	Th	6:20pm	631.7YY1	1/7	4AF
OakmontREC	Sa	10:25am	631.0PWB	2/27	4AD
OakmontREC	Su	9:35am	631.Q3VT	2/28	4AD
OakmontREC	Su	12:25pm	631.8BBR	2/28	4AD
OakmontREC	T	6:20pm	631.ZDP1	3/2	4AE
OakmontREC	Th	6:20pm	631.F19S	3/4	4AE
ProvREC	Sa	11:50am	631.B9G3	1/2	4AF
ProvREC	Su	11:30am	631.OB1N	1/3	4AE
ProvREC	F	5:05pm	631.GN9J	2/19	4AG
ProvREC	Sa	11:50am	631.PQRY	2/27	4AE
ProvREC	Su	11:30am	631.30HY	2/28	4AE
SpHillREC	Sa	10:10am	631.ND3C	1/2	4AE
SpHillREC	Su	9:50am	631.3QWB	1/3	4AE
SpHillREC	T/Th	5:30pm	631.P5MT	1/5	4AF
SpHillREC	F	3:30pm	631.EMRB	1/7	4AF
SpHillREC	T/Th	5:30pm	631.PS0U	2/2	4AF
SpHillREC	Sa	10:10am	631.4XH2	2/27	4AE
SpHillREC	Su	9:50am	631.GNBY	2/28	4AE
SpHillREC	T/Th	5:30pm	631.TV17	3/2	4AD
SpHillREC	F	4:30pm	631.UPPS	3/5	4AE
SpHillREC	T/Th	5:30pm	631.7IKM	3/30	4AF
Wkfld/Moore	Sa	10:25am	631.VWQ7	1/2	4AE
Wkfld/Moore	Su	11am	631.C84L	1/3	4AE
Wkfld/Moore	Sa	10:25am	631.QMSX	2/27	4AE
Wkfld/Moore	Su	11am	631.ZP6Q	2/28	4AE

SGL Pee Wee Paddler 5

(4-6 yrs.) Prerequisite: Pee Wee Paddler 4 or equivalent skill proficiency. Sharpen stroke mechanics and boost endurance in this small class. Children will practice front crawl and elementary backstroke for 25 yards, back crawl for 15 yards, breaststroke for 10 yards, plus standing dives in deep water and treading for 20 seconds.

4AND	**6--30 minute lessons--$160**
4ANF	**8--30 minute lessons--$212**

Location	Day	Time	Code	Begin	$
OakmontREC	Su	12:25pm	166.S9PT	1/3	4ANF
OakmontREC	Sa	9:35am	166.SKKZ	2/27	4AND
OakmontREC	Su	12:30pm	166.DUA5	2/28	4AND

Pee Wee Paddler 6

(4-7 yrs.) Prerequisite: Pee Wee Paddler 5 or equivalent skill proficiency. This class helps students sharpen stroke skills and build lasting endurance. Children will practice front crawl, back crawl, elementary backstroke, and breaststroke for 25 yards, butterfly for 10 yards, and treading for 30 seconds.

4AD	**6--30 minute lessons--$104**
4AE	**7--30 minute lessons--$120**
4AF	**8--30 minute lessons--$138**

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	10am	FC3.6GFW	1/2	4AF
CubRunREC	Su	10am	FC3.Y3RL	1/3	4AF
CubRunREC	W	6:35pm	FC3.4AMD	1/6	4AF
CubRunREC	Sa	10am	FC3.YYPX	2/27	4AE
CubRunREC	Su	10am	FC3.3F42	2/28	4AE
CubRunREC	W	6:35pm	FC3.M8K5	3/3	4AE
Franconia Rec	Su	12:35pm	FC3.23V7	1/3	4AF
Franconia Rec	Sa	12:55pm	FC3.WJ7K	2/27	4AE
Franconia Rec	Su	12:35pm	FC3.KKZ9	2/28	4AE
OakmontREC	Sa	9:35am	FC3.A40I	1/2	4AD
OakmontREC	Su	10:10am	FC3.9SKI	1/3	4AF
OakmontREC	Sa	11am	FC3.RXQA	2/27	4AD
OakmontREC	Su	10:10am	FC3.WYT5	2/28	4AD
OakmontREC	M	6:20pm	FC3.03WY	3/1	4AE
OakmontREC	Th	6:55pm	FC3.EANK	3/4	4AE
ProvREC	Sa	12:25pm	FC3.TVE9	1/2	4AF
ProvREC	Su	12:05pm	FC3.ZDLJ	1/3	4AE
ProvREC	Sa	12:25pm	FC3.S23M	2/27	4AE
ProvREC	Su	12:05pm	FC3.TAFI	2/28	4AE
SpHillREC	Sa	9am	FC3.6188	1/2	4AE
SpHillREC	Su	12:30pm	FC3.L7F1	1/3	4AE
SpHillREC	T/Th	7:05pm	FC3.8GWB	1/5	4AF
SpHillREC	T/Th	7:05pm	FC3.UECN	2/2	4AF
SpHillREC	Sa	9am	FC3.8I0L	2/27	4AE
SpHillREC	Su	12:30pm	FC3.EMA3	2/28	4AE
SpHillREC	T/Th	7:05pm	FC3.8ES6	3/2	4AD
SpHillREC	T/Th	7:05pm	FC3.K27E	3/30	4AF
Wkfld/Moore	Sa	11:50am	FC3.R5C8	1/2	4AE
Wkfld/Moore	Su	11:35am	FC3.4WPO	1/3	4AE
Wkfld/Moore	Sa	11:50am	FC3.JMA4	2/27	4AE
Wkfld/Moore	Su	11:35am	FC3.CNQL	2/28	4AE

Intro to Swimming for Children

(5-8 yrs.) Prerequisite: Children must be able to participate in a group. This class helps swimmers build simple water skills and feel more confident. They'll practice safe entry and exit and blowing bubbles through mouth and nose. With help, they will also practice floating, gliding, rolling from front to back and back to front, and moving 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**
4AH	**10--30 minute lessons--$171**

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	DYK.CFM3	1/2	4AF
CubRunREC	Sa	9:35am	DYK.L97N	1/2	4AF
CubRunREC	Sa	10:25am	DYK.B6CS	1/2	4AF
CubRunREC	Su	9am	DYK.4HYR	1/3	4AF
CubRunREC	Su	9:35am	DYK.NPRZ	1/3	4AF
CubRunREC	Su	11:15am	DYK.J65W	1/3	4AF
CubRunREC	W	6:35pm	DYK.5TDG	1/6	4AF
CubRunREC	Sa	9am	DYK.D49S	2/27	4AE
CubRunREC	Sa	10:25am	DYK.PM82	2/27	4AE
CubRunREC	Sa	11:45am	DYK.UJJ7	2/27	4AE
CubRunREC	Su	9am	DYK.YP94	2/28	4AE
CubRunREC	Su	10:25am	DYK.Q8JN	2/28	4AE
CubRunREC	Su	11:45am	DYK.2T4T	2/28	4AE
CubRunREC	W	6:35pm	DYK.AD47	3/3	4AE
OakmontREC	Sa	9:30am	DYK.DZ63	1/2	4AD
OakmontREC	Sa	10:35am	DYK.OJHQ	1/2	4AD
OakmontREC	Su	10:10am	DYK.GUXV	1/3	4AF
OakmontREC	T	6:15pm	DYK.9WAN	1/5	4AF
OakmontREC	W	6:50pm	DYK.Z6F8	1/6	4AF
OakmontREC	Sa	9:30am	DYK.KQP8	2/27	4AD
OakmontREC	Sa	10:35am	DYK.RJZK	2/27	4AD
OakmontREC	Su	10:10am	DYK.JZZG	2/28	4AD
OakmontREC	M	6:20pm	DYK.R31R	3/1	4AE
OakmontREC	W	6:55pm	DYK.AP48	3/3	4AE
ProvREC	Sa	9:25am	DYK.ZJ72	1/2	4AF
ProvREC	Sa	11:20am	DYK.94KL	1/2	4AF
ProvREC	Su	9:30am	DYK.MZS5	1/3	4AE
ProvREC	F	5:05pm	DYK.NJ4R	2/19	4AG
ProvREC	Sa	9:25am	DYK.SLUQ	2/27	4AE

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ProvREC	Sa	11:20am	DYK.TIKK	2/27	4AE
ProvREC	Su	9:30am	DYK.5QP0	2/28	4AE
SpHillREC	Sa	10:10am	DYK.9185	1/2	4AE
SpHillREC	Sa	11:25am	DYK.WS3Y	1/2	4AE
SpHillREC	Su	1:10pm	DYK.H5VE	1/3	4AE
SpHillREC	Su	10:50am	DYK.9Q58	1/3	4AE
SpHillREC	M/W	4:35pm	DYK.W64K	1/4	4AF
SpHillREC	T/Th	4:35pm	DYK.6TKT	1/5	4AF
SpHillREC	F	4:05pm	DYK.4CGW	1/8	4AF
SpHillREC	M/W	4:35pm	DYK.IJ4I	2/1	4AF
SpHillREC	T/Th	4:35pm	DYK.862S	2/2	4AF
SpHillREC	Sa	10:10am	DYK.3O7A	2/27	4AE
SpHillREC	Sa	10:50am	DYK.GEDM	2/27	4AE
SpHillREC	Sa	11:25am	DYK.QAW6	2/27	4AE
SpHillREC	Su	1:10pm	DYK.CR4D	2/28	4AE
SpHillREC	Su	10:50am	DYK.UGMY	2/28	4AE
SpHillREC	M/W	4:35pm	DYK.N9WQ	3/1	4AD
SpHillREC	T/Th	4:35pm	DYK.CYJL	3/2	4AD
SpHillREC	F	5:05pm	DYK.SPF2	3/5	4AE
SpHillREC	M/W	4:35pm	DYK.X6U2	3/29	4AF
SpHillREC	T/Th	4:35pm	DYK.FXV1	3/30	4AF
Wkfld/Moore	Sa	11:35am	DYK.XGPC	1/2	4AE
Wkfld/Moore	Su	2:25pm	DYK.43UJ	1/3	4AE
Wkfld/Moore	Su	11:50am	DYK.1HBO	1/3	4AE
Wkfld/Moore	M/W	6:40pm	DYK.FCHL	1/4	4AF
Wkfld/Moore	F	5:55pm	DYK.YDBE	2/12	4AH
Wkfld/Moore	Sa	11:35am	DYK.4GDL	2/27	4AE
Wkfld/Moore	Su	2:25pm	DYK.B96D	2/28	4AE
Wkfld/Moore	Su	11:50am	DYK.M3K9	2/28	4AE

Swimming 1 for Children

(6-12 yrs.) Prerequisite: Children must be able to participate in a group. Swimmers will build simple water skills and feel more comfortable in the pool. They'll practice safe entry and exit and blowing bubbles through mouth and nose. With help kids will practice floating, gliding, rolling from front to back and back to front, and traveling at least two body lengths on front and back using arms and legs.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9:35am	48D.4ZDT	1/2	4AP
CubRunREC	Sa	11am	48D.ZBL2	1/2	4AP
CubRunREC	Su	11:45am	48D.KR73	1/2	4AP
CubRunREC	Su	9am	48D.3QTA	1/3	4AP
CubRunREC	Su	10:25am	48D.GVF3	1/3	4AP
CubRunREC	Su	11:45am	48D.2HFY	1/3	4AP
CubRunREC	T	6:45pm	48D.3LQX	1/5	4AP
CubRunREC	W	7:10pm	48D.TTB8	1/6	4AP
CubRunREC	Sa	9:35am	48D.47QE	2/27	4AO
CubRunREC	Sa	11am	48D.8U58	2/27	4AO
CubRunREC	Sa	11:55am	48D.TBJ3	2/27	4AO
CubRunREC	Su	9:50am	48D.XKRF	2/28	4AO
CubRunREC	Su	11am	48D.TMDF	2/28	4AO
CubRunREC	Su	11:50am	48D.RDK9	2/28	4AO
CubRunREC	T	6:45pm	48D.GV3R	3/2	4AO
CubRunREC	W	7:10pm	48D.9PVR	3/3	4AO
Franconia Rec	Sa	10:45am	48D.FL0J	1/2	4AP
Franconia Rec	Sa	11:40am	48D.KIVR	1/2	4AP
Franconia Rec	Su	9:35am	48D.IJ3V	1/3	4AP
Franconia Rec	Su	11:25am	48D.7SBT	1/3	4AP
Franconia Rec	M/W	6:35pm	48D.M45W	1/4	4AP
Franconia Rec	T	6:35pm	48D.CW5Y	1/5	4AP
Franconia Rec	Th	6:35pm	48D.RFDI	1/7	4AP
Franconia Rec	M/W	6:35pm	48D.IEX0	2/1	4AP
Franconia Rec	Sa	10:55am	48D.RUCJ	2/27	4AO
Franconia Rec	Sa	12:35pm	48D.SQQI	2/27	4AO
Franconia Rec	Su	9:50am	48D.723C	2/28	4AO
Franconia Rec	Su	11:35am	48D.ZSCX	2/28	4AO
Franconia Rec	T	6:40pm	48D.V8XU	3/2	4AO
Franconia Rec	Th	6:40pm	48D.OFDZ	3/4	4AO
Franconia Rec	F	6:10pm	48D.1XJI	3/5	4AO
GWREC	M	5:35pm	48D.REV3	1/4	4AN
GWREC	Sa	11am	48D.C9RD	1/9	4AO
GWREC	Su	2:10pm	48D.4E92	1/10	4AO
GWREC	Sa	11am	48D.CNUQ	2/27	4AO
MtVernREC	Sa	9am	48D.ZK5T	1/2	4AP
MtVernREC	Su	9am	48D.G6YO	1/3	4AP
MtVernREC	M/W	5pm	48D.BQ6O	1/4	4AP
MtVernREC	T/Th	5pm	48D.PXJH	1/5	4AP
MtVernREC	F	5pm	48D.KDI3	1/29	4AN
MtVernREC	Sa	9am	48D.YQFV	2/27	4AO
MtVernREC	Su	9am	48D.JL9N	2/28	4AO
MtVernREC	T/Th	5pm	48D.74DH	3/2	4AN
MtVernREC	F	5pm	48D.ULOS	3/12	4AN
OakmontREC	Sa	9am	48D.C6WV	1/2	4AN
OakmontREC	Sa	10:10am	48D.6VBE	1/2	4AN
OakmontREC	Su	10:45am	48D.0HVX	1/3	4AP
OakmontREC	M	6:55pm	48D.3UH6	1/4	4AP
OakmontREC	Th	6:50pm	48D.QZRZ	1/7	4AP
OakmontREC	Sa	10:10am	48D.PCE8	2/27	4AN
OakmontREC	Su	10:45am	48D.I32B	2/28	4AN
OakmontREC	T	6:55pm	48D.YSUG	3/2	4AO
OakmontREC	W	7:30pm	48D.YW0Y	3/3	4AO
ProvREC	Sa	10:05am	48D.QDXI	1/2	4AP
ProvREC	Su	11:50am	48D.401M	1/3	4AO
ProvREC	M/W	6:05pm	48D.HX05	1/4	4AP
ProvREC	T/Th	6:25pm	48D.Q8NT	1/5	4AP
ProvREC	M/W	6:05pm	48D.HR89	2/1	4AP
ProvREC	T/Th	6:25pm	48D.R4MT	2/2	4AP
ProvREC	F	5:40pm	48D.RXDG	2/19	4AQ
ProvREC	Sa	10:05am	48D.JYQK	2/27	4AP
ProvREC	Su	11:50am	48D.5FT5	2/28	4AO
ProvREC	M/W	6:05pm	48D.UEE5	3/1	4AN
ProvREC	T/Th	6:25pm	48D.I1QL	3/2	4AN
ProvREC	M/W	6:05pm	48D.7XHZ	3/29	4AP
ProvREC	T/Th	6:25pm	48D.YMER	3/30	4AP
SoRunREC	Sa	9am	48D.VRE3	1/2	4AP
SoRunREC	Sa	10:45am	48D.D3PX	1/2	4AP
SoRunREC	Su	9:20am	48D.UHMS	1/3	4AP
SoRunREC	M/W	6:35pm	48D.G4QI	1/4	4AP
SoRunREC	T/Th	6:05pm	48D.UNEJ	1/5	4AP
SoRunREC	M/W	6:35pm	48D.B9GH	2/1	4AP
SoRunREC	T/Th	6:05pm	48D.25PN	2/2	4AP
SoRunREC	Sa	9am	48D.6FJL	2/27	4AO
SoRunREC	Sa	10:45am	48D.OPWU	2/27	4AO
SoRunREC	Su	9:20am	48D.A5IB	2/28	4AO
SoRunREC	M/W	6:35pm	48D.EXO7	3/1	4AN
SoRunREC	T/Th	6:05pm	48D.HCIT	3/2	4AN
SpHillREC	Sa	12:05pm	48D.3SI2	1/2	4AO
SpHillREC	Su	11:25am	48D.38C3	1/3	4AO
SpHillREC	M/W	5:10pm	48D.QKBX	1/4	4AP
SpHillREC	F	4:40pm	48D.EJNL	1/8	4AP
SpHillREC	M/W	5:10pm	48D.MH3B	2/1	4AP
SpHillREC	Sa	12:05pm	48D.T326	2/27	4AO
SpHillREC	Su	11:25am	48D.K4OE	2/28	4AO
SpHillREC	M/W	5:10pm	48D.M5NP	3/1	4AN
SpHillREC	F	5:40pm	48D.5389	3/5	4AO
SpHillREC	M/W	5:10pm	48D.C4WE	3/29	4AP
Wkfld/Moore	Sa	9:35am	48D.7U2R	1/2	4AO
Wkfld/Moore	Sa	11am	48D.JZHD	1/2	4AO
Wkfld/Moore	Su	3pm	48D.M4BM	1/3	4AO
Wkfld/Moore	Su	9:35am	48D.AWZ4	1/3	4AO
Wkfld/Moore	M/W	6pm	48D.X7S5	1/4	4AP
Wkfld/Moore	M/W	7:40pm	48D.9S4R	1/4	4AP
Wkfld/Moore	T/Th	7:10pm	48D.YCRF	1/5	4AP
Wkfld/Moore	M/W	6pm	48D.X4EE	2/1	4AP
Wkfld/Moore	M/W	7:40pm	48D.U8KY	2/1	4AP
Wkfld/Moore	T/Th	7:10pm	48D.BR2S	2/2	4AP
Wkfld/Moore	F	6:40pm	48D.CJBT	2/12	4AR
Wkfld/Moore	Sa	9:35am	48D.3312	2/27	4AO
Wkfld/Moore	Su	3pm	48D.7GEP	2/28	4AO
Wkfld/Moore	Su	9:35am	48D.LPR9	2/28	4AO
Wkfld/Moore	M/W	6pm	48D.JD73	3/1	4AN
Wkfld/Moore	M/W	7:40pm	48D.NP33	3/1	4AN
Wkfld/Moore	T/Th	7:10pm	48D.8MV4	3/2	4AN

SGL Swimming 1 for Children

(6-12 yrs.) Prerequisite: Children must be able to participate in a group. In a small class, swimmers will build simple water skills and feel more comfortable. They'll practice safe entry and exit and blowing bubbles through mouth and nose. With help, students will practice floating, gliding, rolling from front to back and back to front, and moving at least two body lengths on front and back using arms and legs.

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

Location	Day	Time	Code	Begin	$
CubRunREC	M	7:20pm	E21.849B	1/4	4APF
CubRunREC	M	7:20pm	E21.FFPA	3/1	4APE
Franconia Rec	M/W	6:40pm	E21.MKRE	3/1	4APD
Franconia Rec	M/W	6:40pm	E21.5OY9	3/29	4APF

Swimming 2 for Children

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. Children will feel confident in the water while practicing key skills with and without help or flotation devices. They'll work on jumping into chest deep water, blowing bubbles with their face submerged, floating and gliding on front and back for at least two body lengths, rolling from front to back and back to front, moving three body lengths on front and back 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	Sa	9am	F13.AWY5	1/2	4AP
CubRunREC	Sa	10:40am	F13.XZKR	1/2	4AP
CubRunREC	Su	9:35am	F13.GWRL	1/3	4AP
CubRunREC	Su	10:40am	F13.NGWT	1/3	4AP
CubRunREC	Su	11:50am	F13.P56E	1/3	4AP
CubRunREC	T	7:35pm	F13.9DNA	1/5	4AP
CubRunREC	Th	5:10pm	F13.ZBVQ	1/7	4AP
CubRunREC	Sa	9am	F13.D7SJ	2/27	4AO
CubRunREC	Sa	10:40am	F13.QTKH	2/27	4AO
CubRunREC	Sa	11:50am	F13.G5NH	2/27	4AO
CubRunREC	Su	9am	F13.ZXB3	2/28	4AO
CubRunREC	Su	10:40am	F13.KJWD	2/28	4AO
CubRunREC	Su	11:50am	F13.AA8F	2/28	4AO
CubRunREC	T	7:35pm	F13.7EQW	3/2	4AO
CubRunREC	Th	5:10pm	F13.63L6	3/4	4AO
Franconia Rec	Sa	10:45am	F13.GHIY	1/2	4AP
Franconia Rec	Su	9am	F13.NA8Y	1/3	4AP
Franconia Rec	Su	12:15pm	F13.GBO9	1/3	4AP
Franconia Rec	M/W	6:35pm	F13.N7K7	1/4	4AP
Franconia Rec	T	6:35pm	F13.9JTX	1/5	4AP
Franconia Rec	Th	6:35pm	F13.NXT3	1/7	4AP
Franconia Rec	M/W	6:35pm	F13.IZOX	2/1	4AP
Franconia Rec	Sa	10:55am	F13.XKEN	2/27	4AO
Franconia Rec	Sa	11:45am	F13.Z2H9	2/27	4AO
Franconia Rec	Su	9:50am	F13.8I7W	2/28	4AO
Franconia Rec	Su	12:25pm	F13.SLQ1	2/28	4AO
Franconia Rec	T	6:40pm	F13.V3JZ	3/2	4AO
Franconia Rec	Th	6:40pm	F13.MMJF	3/4	4AO
Franconia Rec	F	6:10pm	F13.E22K	3/5	4AO
GWREC	M	6:25pm	F13.M8WL	1/4	4AN

GWREC	Sa	11:35am	F13.JQVF	1/9	4AO
GWREC	Su	3pm	F13.M4BU	1/10	4AO
GWREC	Sa	11:35am	F13.QURH	2/27	4AO
GWREC	Su	2:10pm	F13.Q7AW	2/28	4AO
GWREC	M	5:35pm	F13.27ZV	3/1	4AO
MtVernREC	Sa	9:50am	F13.F00H	1/2	4AP
MtVernREC	Su	9:50am	F13.5XWN	1/3	4AP
MtVernREC	M/W	5:55pm	F13.V616	1/4	4AP
MtVernREC	T/Th	5:50pm	F13.UG8U	1/5	4AP
MtVernREC	F	5:50pm	F13.YEIK	1/29	4AN
MtVernREC	T/Th	5pm	F13.0A6C	2/2	4AP
MtVernREC	Sa	9:50am	F13.8K80	2/27	4AO
MtVernREC	Su	9:50am	F13.HI4N	2/28	4AO
MtVernREC	M/W	5pm	F13.W9Q4	3/1	4AN
MtVernREC	T/Th	5:50pm	F13.HH6P	3/2	4AN
MtVernREC	F	5:50pm	F13.HYU6	3/12	4AN
OakmontREC	Sa	11:35am	F13.44HO	1/2	4AN
OakmontREC	Su	11:35am	F13.FO2E	1/3	4AP
OakmontREC	M	6:55pm	F13.A38D	1/4	4AP
OakmontREC	T	6:50pm	F13.8O2W	1/5	4AP
OakmontREC	W	6:50pm	F13.74DV	1/6	4AP
OakmontREC	Sa	9am	F13.2U4U	2/27	4AN
OakmontREC	Sa	11:35am	F13.PY7D	2/27	4AN
OakmontREC	Su	10:45am	F13.ANFQ	2/28	4AN
OakmontREC	Su	11:35am	F13.3L9S	2/28	4AN
OakmontREC	M	6:55pm	F13.HCWM	3/1	4AO
OakmontREC	Th	6:55pm	F13.839H	3/4	4AO
ProvREC	Sa	10:55am	F13.1HC3	1/2	4AP
ProvREC	Su	10:05am	F13.0DE7	1/3	4AO
ProvREC	M/W	7pm	F13.LGWP	1/4	4AP
ProvREC	T/Th	7:15pm	F13.1TX0	1/5	4AP
ProvREC	M/W	7pm	F13.AWKH	2/1	4AP
ProvREC	M/W	7pm	F13.AWNK	2/1	4AP
ProvREC	T/Th	7:15pm	F13.VPVV	2/2	4AP
ProvREC	F	5:40pm	F13.J06F	2/19	4AQ
ProvREC	Sa	10:55am	F13.5SGB	2/27	4AO
ProvREC	Su	10:05am	F13.29NN	2/28	4AO
ProvREC	M/W	7pm	F13.UBZV	3/1	4AN
ProvREC	T/Th	7:15pm	F13.IGZS	3/2	4AN
ProvREC	M/W	7pm	F13.2P2K	3/29	4AP
ProvREC	T/Th	7:15pm	F13.K053	3/30	4AP
SoRunREC	Sa	9:35am	F13.R4OX	1/2	4AP
SoRunREC	Sa	10:25am	F13.DR7K	1/2	4AP
SoRunREC	Su	8:30am	F13.JN66	1/3	4AP
SoRunREC	Su	10:15am	F13.2J2Z	1/3	4AP
SoRunREC	M/W	7:25pm	F13.Q754	1/4	4AP
SoRunREC	T/Th	6:50pm	F13.EZ01	1/5	4AP
SoRunREC	F	7:05pm	F13.AJ63	1/29	4AM
SoRunREC	M/W	7:25pm	F13.TMJ0	2/1	4AP
SoRunREC	T/Th	6:50pm	F13.8ZK5	2/2	4AP
SoRunREC	Sa	9:35am	F13.P724	2/27	4AO
SoRunREC	Sa	10:25am	F13.Y3SL	2/27	4AO
SoRunREC	Su	8:30am	F13.ZP1J	2/28	4AO
SoRunREC	Su	10:15am	F13.YEN1	2/28	4AO
SoRunREC	M/W	7:25pm	F13.527C	3/1	4AN
SoRunREC	T/Th	6:50pm	F13.DGB9	3/2	4AN
SoRunREC	F	7:05pm	F13.K93Y	3/5	4AO
SpHillREC	Sa	11:25am	F13.ICKJ	1/2	4AO
SpHillREC	Su	12:15pm	F13.HA2Y	1/3	4AO
SpHillREC	M/W	7:20pm	F13.5FOI	1/4	4AP
SpHillREC	F	4:40pm	F13.B3IE	1/8	4AP
SpHillREC	M/W	7:20pm	F13.FB8W	2/1	4AP
SpHillREC	Sa	11:25am	F13.2BI8	2/27	4AO
SpHillREC	Su	12:15pm	F13.DEPV	2/28	4AO
SpHillREC	M/W	7:20pm	F13.H6YC	3/1	4AN
SpHillREC	F	5:40pm	F13.LBOK	3/5	4AO
SpHillREC	M/W	7:20pm	F13.I4FT	3/29	4AP
Wkfld/Moore	Sa	9am	F13.N9HF	1/2	4AO
Wkfld/Moore	Su	3:50pm	F13.3US3	1/3	4AO
Wkfld/Moore	Su	11am	F13.LMNQ	1/3	4AO
Wkfld/Moore	M/W	6:50pm	F13.TCPX	1/4	4AP
Wkfld/Moore	T/Th	7:10pm	F13.5788	1/5	4AP
Wkfld/Moore	M/W	6:50pm	F13.8YUQ	2/1	4AP



Wkfld/Moore	T/Th	7:10pm	F13.GS7P	2/2	4AP
Wkfld/Moore	F	6:40pm	F13.3NJ9	2/12	4AR
Wkfld/Moore	Sa	11am	F13.SJ66	2/27	4AO
Wkfld/Moore	Su	3:50pm	F13.YNSE	2/28	4AO
Wkfld/Moore	Su	11am	F13.42KQ	2/28	4AO
Wkfld/Moore	M/W	6:50pm	F13.L94D	3/1	4AN
Wkfld/Moore	T/Th	7:10pm	F13.XSJ4	3/2	4AN

SGL Swimming 2 for Children

(6-12 yrs.) Prerequisite: Swimming 1 or equivalent skill proficiency. In this small class children will feel more comfortable in the water while practicing key skills with and without help or flotation devices. They'll work on jumping into chest deep water, blowing bubbles with their face underwater, floating and gliding on front and back for at least two body lengths, rolling from front to back and back to front, and traveling three body lengths on front and back 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

Location	Day	Time	Code	Begin	$
CubRunREC	M	6:25pm	B5F.MH4X	1/4	4APF
CubRunREC	W	7:10pm	B5F.PCY7	1/6	4APF
CubRunREC	M	6:25pm	B5F.7FSD	3/1	4APE
CubRunREC	W	7:10pm	B5F.7B6B	3/3	4APE
Franconia Rec	M/W	7:10pm	B5F.8GQJ	2/1	4APF
Franconia Rec	M/W	6:40pm	B5F.91HS	3/1	4APD
Franconia Rec	M/W	6:40pm	B5F.N5DG	3/29	4APF
OakmontREC	Th	7:45pm	B5F.LEFL	1/7	4APF

Swimming 3 for Children

(6-12 yrs.) Prerequisite: Swimming 2 or equivalent skill proficiency. Swimmers will build endurance and perform key skills on their own. With no help or flotation devices, students will practice safely enter, exit, swim, and tread in deep water. They'll tread water for 15 seconds, pushing off in a streamlined position on front and back, flutter kicking at least four body lengths, plus rotary breathing, front crawl, elementary backstroke, and back crawl for at least 15 yards.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9:50am	7E0.VF4Y	1/2	4AP
CubRunREC	Sa	10:10am	7E0.QGGG	1/2	4AP
CubRunREC	Sa	11:30am	7E0.6HKU	1/2	4AP
CubRunREC	Su	9:50am	7E0.QXS4	1/3	4AP
CubRunREC	Su	10:10am	7E0.45U2	1/3	4AP
CubRunREC	Su	11:30am	7E0.4ZF4	1/3	4AP
CubRunREC	T	6:45pm	7E0.B7LA	1/5	4AP
CubRunREC	Th	6pm	7E0.XRLP	1/7	4AP
CubRunREC	Sa	9:50am	7E0.8K74	2/27	4AO
CubRunREC	Sa	10:10am	7E0.JENY	2/27	4AO
CubRunREC	Sa	11:30am	7E0.PA8H	2/27	4AO
CubRunREC	Sa	12:15pm	7E0.GTNF	2/27	4AO
CubRunREC	Su	9:35am	7E0.S76D	2/28	4AO
CubRunREC	Su	10:10am	7E0.2BNW	2/28	4AO
CubRunREC	Su	11:30am	7E0.QH4N	2/28	4AO
CubRunREC	Su	12:10pm	7E0.PPXU	2/28	4AO
CubRunREC	T	6:45pm	7E0.TGK8	3/2	4AO
CubRunREC	Th	6pm	7E0.L86A	3/4	4AO
Franconia Rec	Sa	11:40am	7E0.YH4Q	1/2	4AP
Franconia Rec	Su	10:30am	7E0.4SGM	1/3	4AP
Franconia Rec	M/W	7:25pm	7E0.Q4YB	1/4	4AP
Franconia Rec	T	7:25pm	7E0.RFDV	1/5	4AP
Franconia Rec	Th	7:25pm	7E0.AGI9	1/7	4AP
Franconia Rec	M/W	7:25pm	7E0.3EMX	2/1	4AP
Franconia Rec	Sa	11:45am	7E0.75OV	2/27	4AO
Franconia Rec	Sa	12:35pm	7E0.E1XN	2/27	4AO
Franconia Rec	Su	9am	7E0.LYO6	2/28	4AO
Franconia Rec	Su	10:45am	7E0.IHSY	2/28	4AO
Franconia Rec	T	7:30pm	7E0.K1FQ	3/2	4AO
Franconia Rec	Th	7:30pm	7E0.AIRS	3/4	4AO
Franconia Rec	F	7pm	7E0.ONU3	3/5	4AO
GWREC	T	5:35pm	7E0.HZ63	1/5	4AP
GWREC	Th	5:35pm	7E0.MK9K	1/7	4AP
GWREC	Sa	10am	7E0.GVLS	1/9	4AO
GWREC	Sa	10am	7E0.RKYP	2/27	4AO
GWREC	Su	3pm	7E0.KPBY	2/28	4AO
GWREC	M	6:25pm	7E0.EQQR	3/1	4AO
GWREC	T	5:35pm	7E0.3XHK	3/2	4AO
GWREC	Th	5:35pm	7E0.GBN8	3/4	4AO
MtVernREC	Sa	10:45am	7E0.EOGQ	1/2	4AP
MtVernREC	Su	10:45am	7E0.IXIO	1/3	4AP
MtVernREC	T/Th	6:45pm	7E0.HAPK	1/5	4AP
MtVernREC	F	6:45pm	7E0.N817	1/29	4AN
MtVernREC	M/W	5pm	7E0.QUYE	2/1	4AP
MtVernREC	T/Th	5:50pm	7E0.3JS3	2/2	4AP
MtVernREC	Sa	10:45am	7E0.2U90	2/27	4AO
MtVernREC	Su	10:45am	7E0.13W3	2/28	4AO
MtVernREC	M/W	5:55pm	7E0.AYEB	3/1	4AN
MtVernREC	T/Th	6:45pm	7E0.S59M	3/2	4AN
MtVernREC	F	6:45pm	7E0.1LLD	3/12	4AN
OakmontREC	Sa	12:25pm	7E0.GD0H	1/2	4AN
OakmontREC	Su	8:10am	7E0.ELLT	1/3	4AP
OakmontREC	Su	11:35am	7E0.MKTE	1/3	4AP
OakmontREC	M	7:45pm	7E0.7X96	1/4	4AP
OakmontREC	T	6:50pm	7E0.G6NW	1/5	4AP

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OakmontREC	W	7:40pm	7E0.WMX4	1/6	4AP
OakmontREC	Th	6:55pm	7E0.0RBG	1/7	4AP
OakmontREC	Sa	12:25pm	7E0.ZTJM	2/27	4AN
OakmontREC	Su	8:10am	7E0.LLM1	2/28	4AN
OakmontREC	Su	11:35am	7E0.0P86	2/28	4AN
OakmontREC	M	6:55pm	7E0.QCSM	3/1	4AO
OakmontREC	T	6:55pm	7E0.12WD	3/2	4AO
OakmontREC	W	7:30pm	7E0.FK4U	3/3	4AO
ProvREC	Sa	8:15am	7E0.NTFM	1/2	4AP
ProvREC	Sa	10:05am	7E0.HDV1	1/2	4AP
ProvREC	Su	10:05am	7E0.74A4	1/3	4AO
ProvREC	M/W	6:05pm	7E0.TWN7	1/4	4AP
ProvREC	T/Th	6:25pm	7E0.EDKM	1/5	4AP
ProvREC	M/W	6:05pm	7E0.00VZ	2/1	4AP
ProvREC	T/Th	6:25pm	7E0.6KEI	2/2	4AP
ProvREC	F	6:35pm	7E0.HC2U	2/19	4AQ
ProvREC	Sa	8:15am	7E0.T63V	2/27	4AO
ProvREC	Sa	10:05am	7E0.AY94	2/27	4AO
ProvREC	Su	11am	7E0.F5MC	2/28	4AO
ProvREC	M/W	6:05pm	7E0.86HY	3/1	4AN
ProvREC	T/Th	6:25pm	7E0.58LK	3/2	4AN
ProvREC	M/W	6:05pm	7E0.BMLG	3/29	4AP
ProvREC	T/Th	6:25pm	7E0.5WTS	3/30	4AP
SoRunREC	Sa	9am	7E0.0M0Y	1/2	4AP
SoRunREC	Sa	10:50am	7E0.PI00	1/2	4AP
SoRunREC	Su	9:20am	7E0.I4HK	1/3	4AP
SoRunREC	Su	11:20am	7E0.Z04O	1/3	4AP
SoRunREC	M/W	7:10pm	7E0.J2RB	1/4	4AP
SoRunREC	T/Th	6:05pm	7E0.53I3	1/5	4AP
SoRunREC	M/W	7:10pm	7E0.LVLX	2/1	4AP
SoRunREC	T/Th	6:05pm	7E0.5XKW	2/2	4AP
SoRunREC	Sa	9am	7E0.GIPB	2/27	4AO
SoRunREC	Sa	10:50am	7E0.AYZ2	2/27	4AO
SoRunREC	Su	9:20am	7E0.NB36	2/28	4AO
SoRunREC	Su	11:20am	7E0.0IHA	2/28	4AO
SoRunREC	M/W	7:10pm	7E0.JL08	3/1	4AN
SoRunREC	T/Th	6:05pm	7E0.Q4VW	3/2	4AN
SpHillREC	Sa	11:25am	7E0.IEC0	1/2	4AO
SpHillREC	Sa	12:15pm	7E0.74AJ	1/2	4AO
SpHillREC	Su	9am	7E0.HW46	1/3	4AO
SpHillREC	Su	11:05am	7E0.EZI6	1/3	4AO
SpHillREC	M/W	6:25pm	7E0.CXTL	1/4	4AP
SpHillREC	T/Th	4:20pm	7E0.0EIJ	1/5	4AP
SpHillREC	M/W	6:25pm	7E0.UNRF	2/1	4AP
SpHillREC	T/Th	4:20pm	7E0.WI7K	2/2	4AP
SpHillREC	Sa	11:25am	7E0.K7W9	2/27	4AO
SpHillREC	Sa	12:15pm	7E0.JLVT	2/27	4AO
SpHillREC	Su	9am	7E0.VAXM	2/28	4AO
SpHillREC	Su	11:05am	7E0.BXK7	2/28	4AO
SpHillREC	M/W	6:25pm	7E0.SC3W	3/1	4AN
SpHillREC	T/Th	4:20pm	7E0.TWVU	3/2	4AN
SpHillREC	F	6:35pm	7E0.0R8B	3/5	4AO
SpHillREC	M/W	6:25pm	7E0.1YD1	3/29	4AP
SpHillREC	T/Th	4:20pm	7E0.SFZK	3/30	4AP
Wkfld/Moore	Su	4:40pm	7E0.SAJG	1/3	4AO
Wkfld/Moore	Su	9:35am	7E0.69DX	1/3	4AO
Wkfld/Moore	M/W	6:05pm	7E0.QDKS	1/4	4AP
Wkfld/Moore	T/Th	5:25pm	7E0.3R2F	1/5	4AP
Wkfld/Moore	M/W	6:05pm	7E0.23X8	2/1	4AP
Wkfld/Moore	T/Th	5:25pm	7E0.XQHS	2/2	4AP
Wkfld/Moore	F	7:30pm	7E0.THLF	2/12	4AR
Wkfld/Moore	Sa	9am	7E0.S68C	2/27	4AO
Wkfld/Moore	Sa	9:45am	7E0.T5D9	2/27	4AO
Wkfld/Moore	Su	4:40pm	7E0.KHMH	2/28	4AO
Wkfld/Moore	Su	9:35am	7E0.W6DQ	2/28	4AO
Wkfld/Moore	M/W	6:05pm	7E0.94TH	3/1	4AN
Wkfld/Moore	T/Th	5:25pm	7E0.6JAN	3/2	4AN

SGL Swimming 3 for Children

(6-12 yrs.) Prerequisite: Swimming 2 or equivalent skill proficiency. This small class helps students build endurance and independent swimming skills. Without help or flotation devices, they'll safely enter, exit, move, and tread in deep water, tread for 15 seconds, push off in a streamlined position on front and back, flutter kick at least four body lengths, practice rotary breathing, and complete front crawl, elementary backstroke, and back crawl for 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	M	6:10pm	C0C.AWVX	1/4	4AQF
CubRunREC	M	7:15pm	C0C.6MXT	1/4	4AQF
CubRunREC	M	6:10pm	C0C.DEX8	3/1	4AQE
CubRunREC	M	7:15pm	C0C.J26K	3/1	4AQE
CubRunREC	F	6:45pm	C0C.K3OQ	3/5	4AQE
Franconia Rec	M/W	7:30pm	C0C.7OEN	3/1	4AQD
Franconia Rec	M/W	7:30pm	C0C.N8TL	3/29	4AQF
OakmontREC	Sa	11am	C0C.EHZ0	1/2	4AQD
OakmontREC	Th	7:40pm	C0C.D6BC	1/7	4AQF
OakmontREC	Sa	11am	C0C.ETV6	2/27	4AQD
OakmontREC	Th	7:45pm	C0C.2FWY	3/4	4AQE

Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. This class helps students build confidence, strengthen skills, and go farther in the water. They'll practice a deep water diving progression, swimming underwater for three body lengths, front crawl, elementary backstroke, back crawl, and breaststroke for 25 yards, plus lap swimming techniques, safety, and treading 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
4AR 10--45 minute lessons--$175

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	A7C.EZ28	1/2	4AP
CubRunREC	Sa	10:35am	A7C.4FWY	1/2	4AP
CubRunREC	Su	9am	A7C.76CQ	1/3	4AP
CubRunREC	Su	10:35am	A7C.TWG6	1/3	4AP
CubRunREC	Su	12:20pm	A7C.N4V6	1/3	4AO
CubRunREC	T	7:35pm	A7C.HNQ5	1/5	4AP
CubRunREC	Th	6pm	A7C.Y7LJ	1/7	4AP
CubRunREC	Sa	9am	A7C.RMHJ	2/27	4AO
CubRunREC	Sa	10:35am	A7C.99UA	2/27	4AO
CubRunREC	Sa	11:50am	A7C.LMSC	2/27	4AO
CubRunREC	Su	9am	A7C.BRJU	2/28	4AO
CubRunREC	Su	10:35am	A7C.R7Y5	2/28	4AO
CubRunREC	Su	11:50am	A7C.64DP	2/28	4AO
CubRunREC	T	7:35pm	A7C.KKDJ	3/2	4AO
CubRunREC	Th	6pm	A7C.XDVG	3/4	4AO
Franconia Rec	Sa	10am	A7C.7WII	1/2	4AP
Franconia Rec	Sa	11:55am	A7C.9X5P	1/2	4AP
Franconia Rec	Su	9:50am	A7C.SC3L	1/3	4AP
Franconia Rec	M/W	7:25pm	A7C.EWXX	1/4	4AP
Franconia Rec	T	7:25pm	A7C.L3KW	1/5	4AP
Franconia Rec	Th	7:25pm	A7C.DBCT	1/7	4AP
Franconia Rec	M/W	7:25pm	A7C.GJO3	2/1	4AP
Franconia Rec	Sa	9am	A7C.B3JD	2/27	4AO
Franconia Rec	Sa	11:55am	A7C.XEBD	2/27	4AO
Franconia Rec	Su	9am	A7C.V6YB	2/28	4AO
Franconia Rec	Su	11:45am	A7C.X6RJ	2/28	4AO
Franconia Rec	Th	5:30pm	A7C.G22B	3/4	4AO
Franconia Rec	F	7pm	A7C.Y365	3/5	4AO
GWREC	T	6:25pm	A7C.2245	1/5	4AP
GWREC	Th	6:25pm	A7C.XVM5	1/7	4AP
GWREC	Sa	10:50am	A7C.GU8H	1/9	4AO
GWREC	Sa	10:50am	A7C.WA7P	2/27	4AO
GWREC	T	6:25pm	A7C.DMDA	3/2	4AO
GWREC	Th	6:25pm	A7C.KAW2	3/4	4AO
MtVernREC	Sa	11:35am	A7C.BTB3	1/2	4AP
MtVernREC	Su	11:35am	A7C.KEI1	1/3	4AP
MtVernREC	M/W	5:55pm	A7C.EP56	2/1	4AP



MtVernREC	T/Th	6:45pm	A7C.3JPR	2/2	4AP
MtVernREC	Sa	11:35am	A7C.9MIP	2/27	4AO
MtVernREC	Su	11:35am	A7C.FY69	2/28	4AO
OakmontREC	Sa	9am	A7C.JA9Q	1/2	4AN
OakmontREC	Sa	11:50am	A7C.PAYG	1/2	4AN
OakmontREC	Su	9am	A7C.JJYJ	1/3	4AP
OakmontREC	Su	11:50am	A7C.CSWE	1/3	4AP
OakmontREC	M	6pm	A7C.KOZZ	1/4	4AP
OakmontREC	T	6pm	A7C.AABQ	1/5	4AP
OakmontREC	W	6pm	A7C.7D6G	1/6	4AP
OakmontREC	Sa	9am	A7C.YFK4	2/27	4AN
OakmontREC	Su	9am	A7C.212Q	2/28	4AN
OakmontREC	Su	11:50am	A7C.3EE8	2/28	4AN
OakmontREC	M	6pm	A7C.N5HP	3/1	4AO
OakmontREC	T	7pm	A7C.PFZX	3/2	4AO
OakmontREC	W	6pm	A7C.E5HB	3/3	4AO
ProvREC	Sa	9:10am	A7C.SEB2	1/2	4AP
ProvREC	Sa	12:05pm	A7C.MZR8	1/2	4AP
ProvREC	Su	9am	A7C.F11C	1/3	4AO
ProvREC	M/W	7pm	A7C.7UBV	1/4	4AP
ProvREC	T/Th	7:15pm	A7C.MPXL	1/5	4AP
ProvREC	M/W	7pm	A7C.LK21	2/1	4AP
ProvREC	T/Th	7:15pm	A7C.2JA9	2/2	4AP
ProvREC	F	6:35pm	A7C.09ZY	2/19	4AQ
ProvREC	F	6:35pm	A7C.SSKT	2/19	4AQ
ProvREC	Sa	9:10am	A7C.T1QQ	2/27	4AO
ProvREC	Sa	12:05pm	A7C.CFB1	2/27	4AO
ProvREC	Su	9am	A7C.6R7I	2/28	4AO
ProvREC	M/W	7pm	A7C.35A1	3/1	4AN
ProvREC	T/Th	7:15pm	A7C.CCQN	3/2	4AN
ProvREC	M/W	7pm	A7C.7OUT	3/29	4AP
ProvREC	T/Th	7:15pm	A7C.HA2K	3/30	4AP
SoRunREC	Sa	9am	A7C.35BL	1/2	4AP
SoRunREC	Sa	9:50am	A7C.5ZHO	1/2	4AP
SoRunREC	Su	8:30am	A7C.S4VR	1/3	4AP
SoRunREC	Su	10:10am	A7C.AYN7	1/3	4AP
SoRunREC	M/W	6:10pm	A7C.WG1X	1/4	4AP
SoRunREC	T/Th	6:50pm	A7C.WAIC	1/5	4AP
SoRunREC	F	6:05pm	A7C.VEHO	1/29	4AM
SoRunREC	T/Th	6:50pm	A7C.D3EF	2/2	4AP
SoRunREC	Sa	9am	A7C.5WOF	2/27	4AO
SoRunREC	Sa	9:50am	A7C.YNFW	2/27	4AO
SoRunREC	Su	8:30am	A7C.HQ6P	2/28	4AO
SoRunREC	Su	10:10am	A7C.KOAA	2/28	4AO
SoRunREC	M/W	6:10pm	A7C.6SRQ	3/1	4AN
SoRunREC	T/Th	6:50pm	A7C.SEZL	3/2	4AN
SoRunREC	F	6:05pm	A7C.MFAT	3/5	4AO
SpHillREC	Sa	9:10am	A7C.63D9	1/2	4AO
SpHillREC	Sa	12:15pm	A7C.HA95	1/2	4AO
SpHillREC	Su	9:10am	A7C.AKLE	1/3	4AO
SpHillREC	Su	12:05pm	A7C.C64O	1/3	4AO
SpHillREC	M/W	6:30pm	A7C.MW0M	1/4	4AP
SpHillREC	T/Th	6:10pm	A7C.WCXB	1/5	4AP
SpHillREC	M/W	6:30pm	A7C.OVEL	2/1	4AP
SpHillREC	T/Th	6:10pm	A7C.73I4	2/2	4AP
SpHillREC	Sa	9:10am	A7C.9MJ2	2/27	4AO
SpHillREC	Sa	12:15pm	A7C.NTQM	2/27	4AO
SpHillREC	Su	9:10am	A7C.ESPI	2/28	4AO
SpHillREC	Su	12:05pm	A7C.ULZU	2/28	4AO
SpHillREC	M/W	6:30pm	A7C.6CIF	3/1	4AN
SpHillREC	T/Th	6:10pm	A7C.9GDY	3/2	4AN
SpHillREC	F	6:35pm	A7C.WTYQ	3/5	4AO
SpHillREC	M/W	6:30pm	A7C.TK4K	3/29	4AP
SpHillREC	T/Th	6:10pm	A7C.B9UY	3/30	4AP
Wkfld/Moore	Sa	9am	A7C.PT3R	1/2	4AO
Wkfld/Moore	Su	3:10pm	A7C.94X6	1/3	4AO
Wkfld/Moore	Su	9am	A7C.SSNY	1/3	4AO
Wkfld/Moore	M/W	5:30pm	A7C.JPK7	1/4	4AP
Wkfld/Moore	T/Th	6:15pm	A7C.67AQ	1/5	4AP
Wkfld/Moore	M/W	5:30pm	A7C.PUP7	2/1	4AP
Wkfld/Moore	T/Th	6:15pm	A7C.69VN	2/2	4AP
Wkfld/Moore	F	6:30pm	A7C.QL85	2/12	4AR
Wkfld/Moore	Sa	9am	A7C.Q4QM	2/27	4AO
Wkfld/Moore	Su	3:10pm	A7C.PE5E	2/28	4AO
Wkfld/Moore	Su	9am	A7C.Y5QZ	2/28	4AO
Wkfld/Moore	M/W	5:30pm	A7C.TB3J	3/1	4AN
Wkfld/Moore	T/Th	6:15pm	A7C.NC8S	3/2	4AN

SGL Swimming 4 for Children

(6-12 yrs.) Prerequisite: Swimming 3 or equivalent skill proficiency. This small class helps students boost confidence, strengthen skills, and build endurance. They'll practice a deep water diving progression, swimming underwater for three body lengths, front crawl, elementary backstroke, back crawl, and breaststroke for 25 yards, plus lap swimming techniques, safety, and treading 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	M	6:45pm	D76.NX5C	1/4	4AQF
CubRunREC	W	6:10pm	D76.MH6J	1/6	4AQF
CubRunREC	M	6:45pm	D76.MTBX	3/1	4AQE
CubRunREC	W	6:10pm	D76.5P27	3/3	4AQE
CubRunREC	F	7:35pm	D76.XR7E	3/5	4AQE
Franconia Rec	M/W	6:30pm	D76.PRZ9	3/1	4AQD
Franconia Rec	T	5:30pm	D76.JYPK	3/2	4AQE
Franconia Rec	M/W	6:30pm	D76.R0CT	3/29	4AQF
OakmontREC	Sa	11:50am	D76.IFCU	1/2	4AQD
OakmontREC	M	7:45pm	D76.CUQT	1/4	4AQF
OakmontREC	T	7:40pm	D76.QGRC	1/5	4AQF
OakmontREC	Th	6pm	D76.3LDD	1/7	4AQF
OakmontREC	Sa	11:50am	D76.99AZ	2/27	4AQD
OakmontREC	Th	6pm	D76.3C4Z	3/4	4AQE

Swimming 5 for Children

(6-12 yrs.) Prerequisite: Swimming 4 or equivalent skill proficiency. Students will become more confident, refine strokes, and build endurance. They'll practice treading for one minute, front crawl, back crawl, and breaststroke for 50 yards, elementary backstroke for 25 yards, open turns, circle swimming, bi lateral breathing, butterfly arms and legs, breaststroke pull outs, and standard sculling for 30 seconds.

4AAA 9--55 minute lessons--$165
4AAB 10--55 minute lessons--$184
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	Sa	9:50am	D55.9FTM	1/2	4AZ
CubRunREC	Sa	12:20pm	D55.CX2Y	1/2	4AY
CubRunREC	Su	9:50am	D55.5CHL	1/3	4AZ
CubRunREC	Su	12:15pm	D55.3L4F	1/3	4AY
CubRunREC	T	7pm	D55.EN6W	1/5	4AZ
CubRunREC	Sa	9:50am	D55.RPQL	2/27	4AY
CubRunREC	Sa	12:20pm	D55.YPFV	2/27	4AY
CubRunREC	Su	9:50am	D55.FRCF	2/28	4AY
CubRunREC	Su	12:20pm	D55.QD4F	2/28	4AY
CubRunREC	T	7pm	D55.EFE8	3/2	4AY
Franconia Rec	Sa	11:55am	D55.0Q2W	1/2	4AZ
Franconia Rec	Su	10:45am	D55.ZQI2	1/3	4AZ
Franconia Rec	T	6:35pm	D55.413B	1/5	4AZ
Franconia Rec	Sa	11:55am	D55.C5B1	2/27	4AY
Franconia Rec	Su	9am	D55.A3VV	2/28	4AY
Franconia Rec	T	6:20pm	D55.SSZY	3/2	4AY
Franconia Rec	Th	6:20pm	D55.UE7N	3/4	4AY
Franconia Rec	F	5pm	D55.JHNB	3/5	4AY
GWREC	W	5:50pm	D55.LXQC	1/6	4AZ
GWREC	Sa	11:50am	D55.GCYC	1/9	4AY
GWREC	Sa	11:50am	D55.RMVG	2/27	4AY
GWREC	W	5:50pm	D55.7MV4	3/3	4AY
MtVernREC	Sa	9am	D55.NB84	1/2	4AZ
MtVernREC	Sa	9am	D55.ILIK	2/27	4AY
OakmontREC	Sa	9:50am	D55.YWBZ	1/2	4AX
OakmontREC	Su	9:50am	D55.ZLIY	1/3	4AZ
OakmontREC	M	6:50pm	D55.2CBO	1/4	4AZ
OakmontREC	T	6:50pm	D55.X5TI	1/5	4AZ
OakmontREC	W	6:50pm	D55.C4LD	1/6	4AZ
OakmontREC	Sa	9:50am	D55.ZMVF	2/27	4AX
OakmontREC	Sa	11:50am	D55.WUPX	2/27	4AX
OakmontREC	Su	9:50am	D55.4BJT	2/28	4AX
OakmontREC	M	6:50pm	D55.DOFR	3/1	4AY
OakmontREC	T	7:50pm	D55.GBD1	3/2	4AY
OakmontREC	W	7:50pm	D55.07XI	3/3	4AY
ProvREC	Sa	10:05am	D55.V1PU	1/2	4AZ
ProvREC	Su	9:55am	D55.4BBS	1/3	4AY
ProvREC	F	7:25pm	D55.D61M	2/19	4AAA
ProvREC	Sa	10:05am	D55.578T	2/27	4AY
ProvREC	Su	9:55am	D55.TZBN	2/28	4AY
SoRunREC	Sa	9:50am	D55.T00W	1/2	4AZ
SoRunREC	Su	8:30am	D55.KLYF	1/3	4AZ
SoRunREC	M/W	7pm	D55.Z95J	1/4	4AZ
SoRunREC	T/Th	7:40pm	D55.6ZAD	1/5	4AZ
SoRunREC	F	6:05pm	D55.K5RR	1/29	4AW
SoRunREC	M/W	7pm	D55.V811	2/1	4AZ
SoRunREC	T/Th	7:40am	D55.DXQG	2/2	4AZ
SoRunREC	Sa	9:50am	D55.EVT4	2/27	4AY
SoRunREC	Su	8:30am	D55.7ZKF	2/28	4AY
SoRunREC	T/Th	7:40pm	D55.I4LQ	3/2	4AX
SoRunREC	F	6:05pm	D55.JQFS	3/5	4AY
SpHillREC	Sa	10am	D55.FB94	1/2	4AY
SpHillREC	Sa	12:05pm	D55.0GRR	1/2	4AY
SpHillREC	Su	10am	D55.389T	1/3	4AY
SpHillREC	M/W	6:05pm	D55.QV4B	1/4	4AZ
SpHillREC	T/Th	7:05pm	D55.6F8A	1/5	4AZ
SpHillREC	M/W	6:05pm	D55.9VDS	2/1	4AZ
SpHillREC	T/Th	7:05pm	D55.L43H	2/2	4AZ
SpHillREC	Sa	10am	D55.7LDG	2/27	4AY
SpHillREC	Sa	12:05pm	D55.EPF3	2/27	4AY
SpHillREC	Su	10am	D55.4A5V	2/28	4AY
SpHillREC	M/W	6:05pm	D55.36UC	3/1	4AX
SpHillREC	T/Th	7:05pm	D55.E4SO	3/2	4AX
SpHillREC	F	7:25pm	D55.EXS9	3/5	4AY
SpHillREC	M/W	6:05pm	D55.VCCP	3/29	4AZ
SpHillREC	T/Th	7:05pm	D55.4YXN	3/30	4AZ
Wkfld/Moore	Sa	10:40am	D55.P9YN	1/2	4AY
Wkfld/Moore	Su	10:50am	D55.YAWG	1/3	4AY
Wkfld/Moore	M/W	6:20pm	D55.EBR2	1/4	4AZ
Wkfld/Moore	T/Th	7:05pm	D55.5TR9	1/5	4AZ
Wkfld/Moore	M/W	6:20pm	D55.SSGD	2/1	4AZ
Wkfld/Moore	T/Th	7:05pm	D55.B84D	2/2	4AZ
Wkfld/Moore	F	7:20pm	D55.2J6N	2/12	4AAB
Wkfld/Moore	Sa	10:40am	D55.SH6D	2/27	4AY
Wkfld/Moore	Su	10:50am	D55.9LBE	2/28	4AY
Wkfld/Moore	M/W	6:20pm	D55.G23E	3/1	4AX
Wkfld/Moore	T/Th	7:05pm	D55.SXYN	3/2	4AX

SGL Swimming 5 for Children

(6-12 yrs.) Prerequisite: Swimming 4 or equivalent skill proficiency. Students build endurance and sharpen stroke skills. They'll work on treading for one minute, front crawl, back crawl, and breaststroke for 50 yards, elementary backstroke for 25 yards, open turns, circle lane swimming, bi lateral breathing, butterfly arms and legs, breaststroke pull outs, and 30 seconds of standard sculling.

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

Location	Day	Time	Code	Begin	$
CubRunREC	M	7pm	HQJ.MZUF	1/4	4ARF
CubRunREC	M	7:35pm	HQJ.VR6C	1/4	4ARF
CubRunREC	W	7pm	HQJ.GLPD	1/6	4ARF
CubRunREC	M	7pm	HQJ.A62X	3/1	4ARE

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CubRunREC	M	7:35pm	HQJ.CUN2	3/1	4ARE
CubRunREC	W	7pm	HQJ.FSZJ	3/3	4ARE
CubRunREC	F	5:45pm	HQJ.J8F8	3/5	4ARE
Franconia Rec	M/W	7:10pm	HQJ.VKQ9	2/1	4ARF
Franconia Rec	Su	11:35am	HQJ.6LHS	2/28	4ARE
Franconia Rec	M/W	5:30pm	HQJ.94C6	3/1	4ARD
Franconia Rec	M/W	5:30pm	HQJ.QAEE	3/29	4ARF
OakmontREC	Th	6:50pm	HQJ.13GU	1/7	4ARF
OakmontREC	T	7:40pm	HQJ.0FJ7	3/2	4ARE
OakmontREC	Th	6:50pm	HQJ.09I2	3/4	4ARE

Swimming 6 for Children

(6-12 yrs.) Prerequisite: Swimming 5 or equivalent skill proficiency. Builds endurance and fine tune key strokes including front crawl, back crawl, and breaststroke for 100 yards, sidestroke and butterfly for 25 yards. Swimmers get an introduction to the individual medley (IM), work on flip turns, and tread water for two minutes.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	DF4.28X3	1/2	4AZ
CubRunREC	Sa	10:50am	DF4.BJV3	1/2	4AZ
CubRunREC	Su	9am	DF4.Y5S5	1/3	4AZ
CubRunREC	Su	10:50am	DF4.A44E	1/3	4AZ
CubRunREC	Sa	9am	DF4.WEET	2/27	4AY
CubRunREC	Sa	10:50am	DF4.3VVH	2/27	4AY
CubRunREC	Su	9am	DF4.WJZU	2/28	4AY
CubRunREC	Su	10:50am	DF4.GS47	2/28	4AY
Franconia Rec	Sa	10:55am	DF4.3HP3	1/2	4AZ
Franconia Rec	Su	11:45am	DF4.WVDH	1/3	4AZ
Franconia Rec	Th	6:35pm	DF4.ZA6K	1/7	4AZ
Franconia Rec	Sa	10:55am	DF4.NG82	2/27	4AY
Franconia Rec	Su	10am	DF4.6UD9	2/28	4AY
Franconia Rec	T	7:20pm	DF4.NMC9	3/2	4AY
Franconia Rec	Th	7:20pm	DF4.T5I2	3/4	4AY
Franconia Rec	F	6pm	DF4.FDHK	3/5	4AY
Franconia Rec	M/W	7:20pm	DF4.6YMR	3/29	4AZ
GWREC	W	6:55pm	DF4.RR75	1/6	4AZ
GWREC	W	6:55pm	DF4.BVAA	3/3	4AY
MtVernREC	Sa	10am	DF4.091C	1/2	4AZ
MtVernREC	Sa	10am	DF4.PM8X	2/27	4AY
OakmontREC	Sa	10:50am	DF4.D6P5	1/2	4AX
OakmontREC	Su	10:50am	DF4.QK5F	1/3	4AZ
OakmontREC	M	7:50pm	DF4.3BNZ	1/4	4AZ
OakmontREC	T	7:50pm	DF4.DWXX	1/5	4AZ
OakmontREC	Sa	10:50am	DF4.DJEB	2/27	4AX
OakmontREC	Su	10:50am	DF4.F52X	2/28	4AX
OakmontREC	M	7:50pm	DF4.GYJ6	3/1	4AY
OakmontREC	T	6pm	DF4.V1C2	3/2	4AY
OakmontREC	W	6:50pm	DF4.YHX1	3/3	4AY
ProvREC	Sa	11:05am	DF4.PLHR	1/2	4AZ
ProvREC	Su	11am	DF4.N8FH	1/3	4AY
ProvREC	Sa	11:05am	DF4.1F9B	2/27	4AY
ProvREC	Su	11am	DF4.TBSK	2/28	4AY
SoRunREC	Su	9:30am	DF4.84F0	1/3	4AZ
SoRunREC	M/W	6pm	DF4.M2VA	1/4	4AZ
SoRunREC	T/Th	7pm	DF4.PU3F	1/5	4AZ
SoRunREC	M/W	6pm	DF4.QL73	2/1	4AZ
SoRunREC	T/Th	7pm	DF4.9I8F	2/2	4AZ
SoRunREC	Su	9:30am	DF4.RDYD	2/28	4AY
SoRunREC	M/W	6pm	DF4.1IQR	3/1	4AX
SoRunREC	T/Th	7pm	DF4.X0N2	3/2	4AX
SpHillREC	Sa	11:05am	DF4.ZXUL	1/2	4AY
SpHillREC	Su	11:05am	DF4.UR63	1/3	4AY
SpHillREC	M/W	7:05pm	DF4.730K	1/4	4AZ
SpHillREC	M/W	7:05pm	DF4.SM0B	2/1	4AZ
SpHillREC	Sa	11:05am	DF4.BXW3	2/27	4AY
SpHillREC	Su	11:05am	DF4.D0U5	2/28	4AY
SpHillREC	M/W	7:05pm	DF4.2EMP	3/1	4AX
SpHillREC	F	7:25pm	DF4.M16J	3/5	4AY
SpHillREC	M/W	7:05pm	DF4.CEEH	3/29	4AZ
Wkfld/Moore	Sa	9am	DF4.QUBW	1/2	4AY
Wkfld/Moore	Su	9am	DF4.5NAZ	1/3	4AY
Wkfld/Moore	M/W	7:20pm	DF4.LD47	1/4	4AZ
Wkfld/Moore	T/Th	8:05pm	DF4.LSVC	1/5	4AZ
Wkfld/Moore	M/W	7:20pm	DF4.QPC2	2/1	4AZ
Wkfld/Moore	T/Th	8:05pm	DF4.BHV6	2/2	4AZ
Wkfld/Moore	F	7:30pm	DF4.WL84	2/12	4AAB
Wkfld/Moore	Sa	9am	DF4.YBVE	2/27	4AY
Wkfld/Moore	Su	9am	DF4.75PD	2/28	4AY
Wkfld/Moore	M/W	7:20pm	DF4.WQJK	3/1	4AX
Wkfld/Moore	T/Th	8:05pm	DF4.AQGD	3/2	4AX



Homeschool Learn to Swim Level 1 & 2

(7-17 yrs.) This combined course covers Levels I and II and is designed for homeschooled children, though anyone is welcome. Kids build basic swimming skills like breathing, floating on front and back, and moving through the water on both sides.

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

Location	Day	Time	Code	Begin	$
CubRunREC	T	1pm	CAC.9LV8	1/5	4AP
CubRunREC	T	1pm	CAC.934T	3/2	4AO
Franconia Rec	Th	11:50am	CAC.YIK8	1/7	4AP
Franconia Rec	Th	11:15am	CAC.VI5M	3/4	4AP
SoRunREC	W	2:30pm	CAC.IJYX	1/6	4AP
SoRunREC	W	2:30pm	CAC.3HIK	3/3	4AO
SpHillREC	Th	1:30pm	CAC.F75W	1/7	4AP
SpHillREC	F	11:30am	CAC.HCDN	1/8	4AP
SpHillREC	Th	1:30pm	CAC.CFGH	3/4	4AO
SpHillREC	F	11:30am	CAC.CDOS	3/5	4AO

Homeschool Learn to Swim Level 3 & 4

(7-17 yrs.) This combined course covers Levels I and II and is designed for homeschooled children, though anyone is welcome. Kids build basic swimming skills like breathing, floating on front and back, and moving through the water on both sides.

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

Location	Day	Time	Code	Begin	$
CubRunREC	T	1pm	8B2.NVA7	1/5	4AP
CubRunREC	T	1pm	8B2.TA6M	3/2	4AO
Franconia Rec	Th	12:40pm	8B2.073L	1/7	4AP
Franconia Rec	Th	12:05pm	8B2.VME2	3/4	4AP
SoRunREC	W	1:40pm	8B2.759J	1/6	4AP
SoRunREC	W	1:40pm	8B2.EVU7	3/3	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. In this class, swimmers will increase endurance and skills 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.H78K	1/5	4AZ
CubRunREC	T	1:50pm	A75.AH9D	3/2	4AY
Franconia Rec	Th	1:30pm	A75.C0P5	1/7	4AZ
Franconia Rec	Th	12:55pm	A75.JKM2	3/4	4AZ
SoRunREC	W	12:30pm	A75.E6RD	1/6	4AZ
SoRunREC	W	12:30pm	A75.VKS7	3/3	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. In this class swimmers improve skills such as breathing, kicks, strokes and fitness level. Whenever possible, students are placed in groups that match their skill level.

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

Location	Day	Time	Code	Begin	$
CubRunREC	T	1:50pm	AFC.MGJR	1/5	4AZ
CubRunREC	T	1:50pm	AFC.F5W8	3/2	4AY
Franconia Rec	Th	1:55pm	AFC.03BB	3/4	4AZ
OakmontREC	T	10:30am	AFC.K8GN	1/5	4AZ
OakmontREC	Th	11:30am	AFC.Z47C	1/7	4AZ
OakmontREC	T	10:30am	AFC.0CE5	3/2	4AY
OakmontREC	Th	11:30am	AFC.7RJQ	3/4	4AY
SoRunREC	W	11:30am	AFC.AI1R	1/6	4AZ
SoRunREC	W	11:30am	AFC.WFJC	3/3	4AY
SpHillREC	Th	12:30pm	AFC.EACT	1/7	4AZ
SpHillREC	F	10:30am	AFC.KC5P	1/8	4AZ
SpHillREC	Th	12:30pm	AFC.4Z2R	3/4	4AY
SpHillREC	F	10:30am	AFC.WO6P	3/5	4AY

Swim Classes for 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	Su	8am	7D5.QHTV	1/3	4AZ
CubRunREC	W	8pm	7D5.HBGC	1/6	4AZ
CubRunREC	Th	7pm	7D5.6BNH	1/7	4AZ
CubRunREC	F	11am	7D5.33EF	1/8	4AZ
CubRunREC	Su	8am	7D5.6P5K	2/28	4AY
CubRunREC	W	8pm	7D5.79UV	3/3	4AY
CubRunREC	Th	7pm	7D5.4SF3	3/4	4AY
CubRunREC	F	11am	7D5.R2E1	3/5	4AY
Franconia Rec	Sa	9am	7D5.HM8M	1/2	4AZ
Franconia Rec	M/W	7:15pm	7D5.L74Z	1/4	4AZ
Franconia Rec	Th	7:35pm	7D5.QPT5	1/7	4AZ
Franconia Rec	Sa	9:50am	7D5.QFKQ	2/27	4AY
Franconia Rec	F	12:40pm	7D5.ZT6F	3/5	4AY
Franconia Rec	M/W	7:30pm	7D5.03C0	3/29	4AZ
MtVernREC	M/W	6:50pm	7D5.Q8W2	1/4	4AZ
MtVernREC	F	7:35pm	7D5.VBU7	1/29	4AX
MtVernREC	M/W	6:50pm	7D5.USC2	3/1	4AX
OakmontREC	Su	8am	7D5.DXQ4	1/3	4AZ
OakmontREC	M	9am	7D5.EI02	1/4	4AZ
OakmontREC	W	7:25pm	7D5.C9WQ	1/6	4AZ

OakmontREC	Su	8am	7D5.LNGI	2/28	4AX
OakmontREC	T	7:45pm	7D5.Q1DE	3/2	4AY
ProvREC	Sa	12:05pm	7D5.MMKA	1/2	4AZ
ProvREC	M/W	7:50pm	7D5.TX77	1/4	4AZ
ProvREC	M/W	7:50pm	7D5.3A7G	2/1	4AZ
ProvREC	Sa	12:05pm	7D5.RAY1	2/27	4AY
ProvREC	M/W	7:50pm	7D5.9KAC	3/1	4AX
ProvREC	M/W	7:50pm	7D5.6ZLD	3/29	4AZ
SoRunREC	M/W	8pm	7D5.WTH4	1/4	4AZ
SoRunREC	F	7:55pm	7D5.X10M	1/29	4AW
SoRunREC	M/W	8pm	7D5.LYP0	2/1	4AZ
SoRunREC	M/W	8pm	7D5.TRHN	3/1	4AX
SoRunREC	F	7:55pm	7D5.N1RA	3/5	4AY
SpHillREC	Su	1:50pm	7D5.PY8Y	1/3	4AY
SpHillREC	F	1:35pm	7D5.ERPB	1/8	4AZ
SpHillREC	Su	1:50pm	7D5.E5EJ	2/28	4AY
SpHillREC	F	1:35pm	7D5.B5NA	3/5	4AY
Wkfld/Moore	Su	3pm	7D5.1JPT	1/3	4AY
Wkfld/Moore	Su	10:50am	7D5.LQQB	1/3	4AY
Wkfld/Moore	M/W	7:15pm	7D5.AASJ	1/4	4AZ
Wkfld/Moore	T/Th	8pm	7D5.33SU	1/5	4AZ
Wkfld/Moore	M/W	7:15pm	7D5.VMKC	2/1	4AZ
Wkfld/Moore	T/Th	8pm	7D5.SR0I	2/2	4AZ
Wkfld/Moore	Su	3pm	7D5.2274	2/28	4AY
Wkfld/Moore	Su	10:50am	7D5.1J55	2/28	4AY
Wkfld/Moore	T/Th	8pm	7D5.66DT	3/2	4AX

Swimming 2 - Teens & Adults

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

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

Location	Day	Time	Code	Begin	$
CubRunREC	Su	8am	75A.7FKU	1/3	4AZ
CubRunREC	W	8pm	75A.XTLN	1/6	4AZ
CubRunREC	Th	8pm	75A.JS9M	1/7	4AZ
CubRunREC	F	12pm	75A.449E	1/8	4AZ
CubRunREC	Su	8am	75A.GUMD	2/28	4AY
CubRunREC	W	8pm	75A.LEMR	3/3	4AY
CubRunREC	Th	8pm	75A.5DXB	3/4	4AY
CubRunREC	F	12pm	75A.A4U6	3/5	4AY
Franconia Rec	Sa	10:55am	75A.RNYM	1/2	4AZ
Franconia Rec	T	7:35pm	75A.3TMO	1/5	4AZ
Franconia Rec	M/W	8pm	75A.3IMJ	2/1	4AZ
Franconia Rec	Sa	10:55am	75A.11EI	2/27	4AY
Franconia Rec	T	7:30pm	75A.ZQLN	3/2	4AY
Franconia Rec	Th	7:30pm	75A.0F0E	3/4	4AY
MtVernREC	M/W	6:50pm	75A.KAF4	2/1	4AZ
MtVernREC	F	7:35pm	75A.BF28	3/12	4AX
OakmontREC	Su	8am	75A.9KF7	1/2	4AZ
OakmontREC	T	7:40pm	75A.2VT0	1/5	4AZ
OakmontREC	Su	8am	75A.F3GZ	2/28	4AX
OakmontREC	M	9am	75A.349I	3/1	4AY
ProvREC	Sa	12:05pm	75A.U9PF	1/2	4AZ
ProvREC	M/W	7:50pm	75A.ZKU1	1/4	4AZ
ProvREC	M/W	7:50pm	75A.MWWX	2/1	4AZ
ProvREC	Sa	12:05pm	75A.YD13	2/27	4AY
ProvREC	M/W	7:50pm	75A.BG3C	3/1	4AX
ProvREC	M/W	7:50pm	75A.6MVP	3/29	4AZ
ProvREC	Sa	12:55pm	75A.6YZ0	2/27	4AP
ProvREC	M/W	7:50pm	75A.8MBK	3/1	4AX
ProvREC	M/W	7:50pm	75A.D1AZ	2/1	4AZ
ProvREC	Sa	12:55pm	75A.DD92	1/2	4AZ
ProvREC	M/W	7:50pm	75A.M6C0	1/4	4AZ
SoRunREC	T/Th	7:40pm	75A.KZCS	1/5	4AZ
SoRunREC	T/Th	7:40pm	75A.KJK3	2/2	4AZ
SoRunREC	T/Th	7:40pm	75A.IEXW	3/2	4AX
SpHillREC	Su	1:50pm	75A.IAMR	1/3	4AY
SpHillREC	F	1:35pm	75A.FPZH	1/8	4AZ
SpHillREC	Su	1:50pm	75A.ORKN	2/28	4AY
SpHillREC	F	1:35pm	75A.8Y3H	3/5	4AY
Wkfld/Moore	Su	4pm	75A.XRXZ	1/3	4AY
Wkfld/Moore	Su	9:50am	75A.MPVQ	1/3	4AY
Wkfld/Moore	M/W	6:55pm	75A.8UK1	1/4	4AZ
Wkfld/Moore	T/Th	8pm	75A.TQ1V	1/5	4AZ
Wkfld/Moore	M/W	6:55pm	75A.J1CM	2/1	4AZ
Wkfld/Moore	T/Th	8pm	75A.2V5Q	2/2	4AZ
Wkfld/Moore	Su	4pm	75A.WREZ	2/28	4AY
Wkfld/Moore	Su	9:50am	75A.7W14	2/28	4AY
Wkfld/Moore	M/W	7:15pm	75A.WW6K	3/1	4AX
Wkfld/Moore	T/Th	8pm	75A.R897	3/2	4AX

Swimming 3 - Teens & Adults

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

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

Location	Day	Time	Code	Begin	$
CubRunREC	Su	8am	346.316D	1/3	4AZ
CubRunREC	Th	8pm	346.9BND	1/7	4AZ
CubRunREC	F	12pm	346.U69F	1/8	4AZ
CubRunREC	Su	8am	346.58JU	2/28	4AY
CubRunREC	Th	8pm	346.2JE5	3/4	4AY
CubRunREC	F	12pm	346.HJA5	3/5	4AY
Franconia Rec	Sa	12:45pm	46.E6CF	1/2	4AZ
Franconia Rec	M/W	7:30pm	346.F40L	3/1	4AX
Franconia Rec	F	1:40pm	346.5VXU	3/5	4AY
OakmontREC	Su	8am	346.IPX2	1/3	4AZ
OakmontREC	Th	7:50pm	346.THBE	1/7	4AZ
OakmontREC	Su	8am	346.MX5M	2/28	4AX
OakmontREC	M	7:45pm	346.4QLC	3/1	4AY
ProvREC	W	7:25pm	346.39X2	1/6	4AZ
ProvREC	W	7:25pm	346.TTV2	3/3	4AY
Wkfld/Moore	Su	4pm	346.SGLQ	1/3	4AY
Wkfld/Moore	F	5:30pm	346.XFG0	2/12	4AAB
Wkfld/Moore	Su	4pm	346.ESOM	2/28	4AY
Wkfld/Moore	M/W	6:55pm	346.Y13G	3/1	4AX

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.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Su	8am	915.2RLH	1/3	4AZ
CubRunREC	Th	8pm	915.RL9C	1/7	4AZ



CubRunREC	F	1pm	915.7S5L	1/8	4AZ
CubRunREC	Su	8am	915.6DB3	2/28	4AY
CubRunREC	Th	8pm	915.9K4K	3/4	4AY
CubRunREC	F	1pm	915.77TV	3/5	4AY
Franconia Rec	Su	10:45am	915.Q10T	2/28	4AY
OakmontREC	Su	8am	915.H7JJ	1/3	4AZ
OakmontREC	F	9:30am	915.H0TQ	1/8	4AX
OakmontREC	Su	8am	915.X1V5	2/28	4AX
OakmontREC	F	9:30am	915.FWIT	3/5	4AX
Wkfld/Moore	Su	5:05pm	915.GYV0	1/3	4AY
Wkfld/Moore	F	6:30pm	915.ZSMP	2/12	4AAB
Wkfld/Moore	Su	5:05pm	915.0H82	2/28	4AY

Swimming 5 - Teens & Adult

(13-Adult) Prerequisite: Swimming 4 or skill proficiency to enter deep water safely, tread water 30 seconds, and swim front crawl, elementary backstroke and back crawl at least 25 yards; and breaststroke 15 yards. Class emphasizes helping students to increase endurance and skill proficiency for treading water one minute; and swimming front crawl, back crawl, elementary backstroke and breaststroke 50 yards. Butterfly and open turns are introduced.

4AAB 10--55 minute lessons--$184

Location	Day	Time	Code	Begin	$
Wkfld/Moore	F	7:30pm	7CA.ZXYT	2/12	4AAB

Advanced Swimming

Stroke Mechanics

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

4AHI 7--55 minute lessons--$130
4AHJ 8--55 minute lessons--$149

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11:25am	BEE.76X9	1/2	4AHJ
CubRunREC	Su	11:50am	BEE.WNUZ	1/3	4AHI
CubRunREC	Sa	12:15pm	BEE.D7CQ	2/27	4AHI
CubRunREC	Su	12:15pm	BEE.GR3B	2/28	4AHI
Franconia Rec	Su	11:50am	BEE.0FCM	1/3	4AHJ
Franconia Rec	T	8:15pm	BEE.96GG	1/5	4AHI
Franconia Rec	Th	8:15pm	BEE.TY4R	1/7	4AHJ
Wkfld/Moore	Su	5:05pm	BEE.Z00U	1/3	4AHI
Wkfld/Moore	Su	5:05pm	BEE.H7MN	2/28	4AHI

Stroke Mechanics 1

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

4AHB 6--45 minute lessons--$105
4AHC 7--45 minute lessons--$123
4AHD 8--45 minute lessons--$143

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	2C5.4ER3	1/2	4AHD
CubRunREC	Sa	12:25pm	2C5.E35P	1/2	4AHC



CubRunREC	Su	9am	2C5.R4MS	1/3	4AHD
CubRunREC	Su	11:25am	2C5.JXVV	1/3	4AHD
CubRunREC	Sa	9am	2C5.X56C	2/27	4AHC
CubRunREC	Sa	11:25am	2C5.STVP	2/27	4AHC
CubRunREC	Su	9am	2C5.7UWZ	2/28	4AHC
CubRunREC	Su	11:25am	2C5.6H6P	2/28	4AHC
CubRunREC	F	5pm	2C5.AH99	3/5	4AHC
Franconia Rec	Sa	10am	2C5.W6Y7	1/2	4AHD
Franconia Rec	Su	9am	2C5.3E41	1/3	4AHD
Franconia Rec	Sa	9am	2C5.0HD0	2/27	4AHC
Franconia Rec	Su	9am	2C5.XI44	2/28	4AHC
Franconia Rec	M/W	7:20pm	2C5.EPF7	3/1	4AHB
Franconia Rec	F	7pm	2C5.QGVD	3/5	4AHC
MtVernREC	Sa	11am	2C5.HG13	1/2	4AHD
MtVernREC	Sa	11am	2C5.9LJB	2/27	4AHC
OakmontREC	Sa	11am	2C5.3BX6	1/2	4AHB
OakmontREC	Su	9am	2C5.PZSE	1/3	4AHD
OakmontREC	T	6pm	2C5.RZ57	1/5	4AHD
OakmontREC	Th	6pm	2C5.P0U0	1/7	4AHD
OakmontREC	Sa	11am	2C5.711U	2/27	4AHB
OakmontREC	Su	9am	2C5.4KCV	2/28	4AHB
OakmontREC	T	6pm	2C5.47A0	3/2	4AHC
OakmontREC	Th	6pm	2C5.ZZTD	3/4	4AHC
ProvREC	Sa	9:10am	2C5.AQY6	1/2	4AHD
ProvREC	Su	9am	2C5.3X2U	1/3	4AHC
ProvREC	M/W	6pm	2C5.24O0	1/4	4AHD
ProvREC	M/W	6pm	2C5.0A9G	2/1	4AHD
ProvREC	Sa	9:10am	2C5.TNVH	2/27	4AHC
ProvREC	Su	9am	2C5.1659	2/28	4AHC
ProvREC	M/W	6pm	2C5.49EB	3/1	4AHB
ProvREC	M/W	6pm	2C5.0QAM	3/29	4AHD



SoRunREC	Su	10:30am	2C5.7NM9	1/3	4AHD
SoRunREC	M/W	8pm	2C5.X4H9	1/4	4AHD
SoRunREC	M/W	8pm	2C5.LYN3	2/1	4AHD
SoRunREC	Su	10:30am	2C5.ZLG8	2/28	4AHC
SoRunREC	M/W	8pm	2C5.08X0	3/1	4AHB
SpHillREC	Sa	10:10am	2C5.32FD	1/2	4AHC
SpHillREC	Su	9:10am	2C5.IZJB	1/3	4AHC
SpHillREC	M/W	6pm	2C5.61VN	1/4	4AHD
SpHillREC	M/W	6pm	2C5.2QZT	2/1	4AHD
SpHillREC	Sa	10:10am	2C5.JZMC	2/27	4AHC
SpHillREC	Su	9:10am	2C5.WAUY	2/28	4AHC
SpHillREC	M/W	6pm	2C5.MRGN	3/1	4AHB
SpHillREC	M/W	6pm	2C5.LHFZ	3/29	4AHD
Wkfld/Moore	Sa	10am	2C5.2ZW6	1/2	4AHC
Wkfld/Moore	Su	10am	2C5.WFLS	1/3	4AHC
Wkfld/Moore	Sa	10am	2C5.ASUZ	2/27	4AHC
Wkfld/Moore	Su	10am	2C5.HEM6	2/28	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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9:50am	6D4.QQUE	1/2	4AHJ
CubRunREC	Su	9:50am	6D4.ESLS	1/3	4AHJ
CubRunREC	Sa	9:50am	6D4.U7PV	2/27	4AHI
CubRunREC	Su	9:50am	6D4.DEGK	2/28	4AHI
CubRunREC	F	5:50pm	6D4.XFF9	3/5	4AHI
Franconia Rec	Sa	9am	6D4.UYLQ	1/2	4AHJ
Franconia Rec	Sa	9:50am	6D4.U1FY	2/27	4AHI

Franconia Rec	Su	11:35am	6D4.B2Z2	2/28	4AHI
MtVernREC	Sa	11:55am	6D4.BRHY	1/2	4AHJ
MtVernREC	Sa	11:55am	6D4.YWGC	2/27	4AHI
OakmontREC	Su	9:50am	6D4.9TTL	1/3	4AHJ
OakmontREC	M	6pm	6D4.ERRD	1/4	4AHJ
OakmontREC	W	6pm	6D4.94RL	1/6	4AHJ
OakmontREC	Sa	11:50am	6D4.0GKG	2/27	4AHH
OakmontREC	Su	9:50am	6D4.K1MF	2/28	4AHH
OakmontREC	M	6pm	6D4.3VB2	3/1	4AHI
OakmontREC	W	6pm	6D4.0JC2	3/3	4AHI
ProvREC	Sa	10:05am	6D4.WL70	1/2	4AHJ
ProvREC	Su	9:50am	6D4.FUQW	1/3	4AHI
ProvREC	M/W	6:50pm	6D4.468A	1/4	4AHJ
ProvREC	M/W	6:50pm	6D4.QRBU	2/1	4AHJ
ProvREC	Sa	10:05am	6D4.T1H0	2/27	4AHI
ProvREC	Su	9:50am	6D4.GSRR	2/28	4AHI
ProvREC	M/W	6:50pm	6D4.JU3M	3/1	4AHH
ProvREC	M/W	6:50pm	6D4.WQFI	3/29	4AHJ
SoRunREC	Sa	10:40am	6D4.FSPW	1/2	4AHJ
SoRunREC	T/Th	6:05pm	6D4.T96N	1/5	4AHJ
SoRunREC	T/Th	6:05pm	6D4.5Q1D	2/2	4AHJ
SoRunREC	Sa	10:40am	6D4.03E6	2/27	4AHI
SoRunREC	T/Th	6:05pm	6D4.04SF	3/2	4AHH
SpHillREC	Sa	11:05am	6D4.1Q40	1/2	4AHI
SpHillREC	Su	10am	6D4.VQR3	1/3	4AHI
SpHillREC	M/W	6:50pm	6D4.RYGE	1/4	4AHJ
SpHillREC	M/W	6:50pm	6D4.DW01	2/1	4AHJ
SpHillREC	Sa	11:05am	6D4.LV0T	2/27	4AHI
SpHillREC	Su	10am	6D4.LLYN	2/28	4AHI
SpHillREC	M/W	6:50pm	6D4.T60Z	3/1	4AHH
SpHillREC	M/W	6:50pm	6D4.W657	3/29	4AHJ
Wkfld/Moore	Sa	10:50am	6D4.72QK	1/2	4AHI
Wkfld/Moore	Su	9am	6D4.F6MF	1/3	4AHI
Wkfld/Moore	Sa	10:50am	6D4.PB2P	2/27	4AHI
Wkfld/Moore	Su	9am	6D4.2U7C	2/28	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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	10:50am	E57.PRQZ	1/2	4AHJ
CubRunREC	Su	10:50am	E57.EFCC	1/3	4AHJ
CubRunREC	Sa	10:50am	E57.V4UR	2/27	4AHI
CubRunREC	Su	10:50am	E57.BWCD	2/28	4AHI
CubRunREC	F	6:50pm	E57.4N5X	3/5	4AHI
Franconia Rec	Su	9:50am	E57.ZRWG	1/3	4AHJ
Franconia Rec	Su	12:35pm	E57.3O78	2/28	4AHI
OakmontREC	Sa	11am	E57.JV7L	1/2	4AHH
OakmontREC	Su	10:50am	E57.ZBEX	1/3	4AHJ
OakmontREC	T	6:50pm	E57.6X9R	1/5	4AHJ
OakmontREC	Th	6:50pm	E57.QRYV	1/7	4AHJ
OakmontREC	Sa	11am	E57.UTCD	2/27	4AHH
OakmontREC	Su	10:50am	E57.7MIF	2/28	4AHH
OakmontREC	T	6:50pm	E57.6T28	3/2	4AHI
OakmontREC	Th	6:50pm	E57.VMVP	3/4	4AHI
ProvREC	Sa	11:05am	E57.7A48	1/2	4AHJ
ProvREC	Su	10:55am	E57.TR55	1/3	4AHI
ProvREC	Sa	11:05am	E57.2JBJ	2/27	4AHI
ProvREC	Su	10:55am	E57.9TRS	2/28	4AHI
SoRunREC	M/W	7pm	E57.MUB7	1/4	4AHJ
SoRunREC	T/Th	8pm	E57.6UT4	1/5	4AHJ
SoRunREC	M/W	7pm	E57.6N77	2/1	4AHJ
SoRunREC	T/Th	8pm	E57.0KPM	2/2	4AHJ
SoRunREC	M/W	7pm	E57.WC4H	3/1	4AHH
SoRunREC	T/Th	8pm	E57.197K	3/2	4AHH
SpHillREC	Sa	12:05pm	E57.GFDL	1/2	4AHI
SpHillREC	Su	11:05am	E57.95BX	1/3	4AHI
SpHillREC	T/Th	6pm	E57.KBB0	1/5	4AHJ
SpHillREC	T/Th	6pm	E57.0C5Y	2/2	4AHJ
SpHillREC	Sa	12:05pm	E57.RWNG	2/27	4AHI
SpHillREC	Su	11:05am	E57.WL6E	2/28	4AHI
SpHillREC	T/Th	6pm	E57.02HV	3/2	4AHH
SpHillREC	T/Th	6pm	E57.3IE9	3/30	4AHJ
Wkfld/Moore	Su	10am	E57.7PET	1/3	4AHI
Wkfld/Moore	Su	10am	E57.MWMS	2/28	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

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11:50am	2F3.UW42	1/2	4AHI
CubRunREC	Su	11:50am	2F3.D9WB	1/3	4AHI
CubRunREC	Sa	11:50am	2F3.3TKR	2/27	4AHI
CubRunREC	Su	11:50am	2F3.GTA2	2/28	4AHI
CubRunREC	F	6:50pm	2F3.5NZX	3/5	4AHI
Franconia Rec	Su	10:50am	2F3.LQSI	1/3	4AHJ



OakmontREC	Sa	12pm	2F3.LKHM	1/2	4AHH
OakmontREC	Su	11:50am	2F3.25LM	1/3	4AHJ
OakmontREC	M	7pm	2F3.GHVX	1/4	4AHJ
OakmontREC	W	7pm	2F3.SU6L	1/6	4AHJ
OakmontREC	Sa	12pm	2F3.E4DE	2/27	4AHH
OakmontREC	Su	11:50am	2F3.VK9H	2/28	4AHH
OakmontREC	M	7pm	2F3.7BLD	3/1	4AHI
OakmontREC	W	7pm	2F3.IID3	3/3	4AHI
ProvREC	Sa	12:05pm	2F3.85DY	1/2	4AHJ
ProvREC	Su	11:55am	2F3.8DCZ	1/3	4AHI
ProvREC	Sa	12:05pm	2F3.OHAK	2/27	4AHI
ProvREC	Su	11:55am	2F3.Y7ND	2/28	4AHI
SoRunREC	M/W	8pm	2F3.QVIG	1/4	4AHJ
SoRunREC	M/W	8pm	2F3.YPJ3	2/1	4AHJ
SoRunREC	M/W	8pm	2F3.1HAG	3/1	4AHH
SpHillREC	Sa	1:05pm	2F3.INOI	1/2	4AHI
SpHillREC	Su	12:05pm	2F3.UDQR	1/3	4AHI
SpHillREC	T/Th	7pm	2F3.59IA	1/5	4AHJ
SpHillREC	T/Th	7pm	2F3.KOVG	2/2	4AHJ
SpHillREC	Sa	1:05pm	2F3.SZKY	2/27	4AHI
SpHillREC	Su	12:05pm	2F3.PGPD	2/28	4AHI
SpHillREC	T/Th	7pm	2F3.XQ4C	3/2	4AHH
SpHillREC	T/Th	7pm	2F3.7BQ6	3/30	4AHJ
Wkfld/Moore	Su	11am	2F3.7Z9F	1/3	4AHI
Wkfld/Moore	Su	11am	2F3.QNR2	2/28	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.

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

Location	Day	Time	Code	Begin	$
CubRunREC	Su	8am	41A.ARKV	1/3	4AZ
CubRunREC	T	8pm	41A.GH3X	1/5	4AZ
CubRunREC	Th	7pm	41A.A76E	1/7	4AZ
CubRunREC	F	1pm	41A.VA8K	1/8	4AZ
CubRunREC	Su	8am	41A.TFQY	2/28	4AY
CubRunREC	T	8pm	41A.DVMA	3/2	4AY
CubRunREC	Th	7pm	41A.SRU2	3/4	4AY
CubRunREC	F	1pm	41A.PRTC	3/5	4AY
Franconia Rec	Su	12:35pm	41A.S7P4	2/28	4AY
Franconia Rec	F	11:40am	41A.KBMZ	3/5	4AY
OakmontREC	Sa	9am	41A.T7HQ	1/2	4AX
OakmontREC	Su	8am	41A.5QEG	1/3	4AZ
OakmontREC	T	7:50pm	41A.5SNK	1/5	4AZ
OakmontREC	Th	10:30am	41A.KBS9	1/7	4AZ
OakmontREC	Sa	9am	41A.BHQH	2/27	4AX
OakmontREC	Su	8am	41A.GN4R	2/28	4AX
OakmontREC	T	7:50pm	41A.NGYN	3/2	4AY
OakmontREC	Th	10:30am	41A.LP7F	3/4	4AY
ProvREC	F	7:25pm	41A.TFQA	2/19	4AAA
SoRunREC	T/Th	9:30am	41A.GSWH	1/5	4AZ
SoRunREC	T/Th	9:30am	41A.H6GA	2/2	4AZ
SoRunREC	T/Th	9:30am	41A.QX2K	3/2	4AX
SpHillREC	Sa	9:10am	41A.VN30	1/2	4AY
SpHillREC	Th	10:40am	41A.UHDD	1/7	4AZ
SpHillREC	Sa	9:10am	41A.FJ43	2/27	4AY
SpHillREC	Th	10:40am	41A.SL0J	3/4	4AY
SpHillREC	F	8:05pm	41A.CNRD	3/5	4AY
Wkfld/Moore	Sa	10am	41A.8GFA	1/2	4AY
Wkfld/Moore	T/Th	6pm	41A.FU2K	1/5	4AZ
Wkfld/Moore	T/Th	6pm	41A.A2MG	2/2	4AZ
Wkfld/Moore	Sa	10am	41A.H3S8	2/27	4AY
Wkfld/Moore	T/Th	6pm	41A.8X6T	3/2	4AX

Lap Swim Lite

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	F	10:40am	C96.07IQ	3/5	4AY
OakmontREC	T	11:30am	C96.J4TF	1/5	4AZ
OakmontREC	Su	11:40am	C96.I8TZ	2/28	4AX
OakmontREC	T	11:30am	C96.3APR	3/2	4AY
SoRunREC	T/Th	10:30am	C96.B0TV	1/5	4AZ
SoRunREC	T/Th	10:30am	C96.W6PK	2/2	4AZ
SoRunREC	T/Th	10:30am	C96.G0ET	3/2	4AX
SpHillREC	Th	11:40am	C96.DQOH	1/7	4AZ
SpHillREC	F	9:30am	C96.2AHI	1/8	4AZ
SpHillREC	Th	11:40am	C96.Z4RM	3/4	4AY
SpHillREC	F	9:30am	C96.17H6	3/5	4AY
Wkfld/Moore	Su	2:10pm	C96.JHMT	1/3	4AY
Wkfld/Moore	Su	2:10pm	C96.2PW4	2/28	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	Sa	9am	85E.5DHC	1/2	4AX
OakmontREC	Su	8am	85E.CZ0U	1/3	4AZ
OakmontREC	M	8pm	85E.63HX	1/4	4AZ
OakmontREC	T	9:30am	85E.0Z6X	1/5	4AZ
OakmontREC	W	8pm	85E.50XD	1/6	4AZ
OakmontREC	Th	9:30am	85E.UZCM	1/7	4AZ
OakmontREC	Sa	9am	85E.RU2C	2/27	4AX
OakmontREC	Su	8am	85E.80R7	2/28	4AX
OakmontREC	M	8pm	85E.D51N	3/1	4AY
OakmontREC	T	9:30am	85E.VQ92	3/2	4AY
OakmontREC	W	8pm	85E.J3V9	3/3	4AY
OakmontREC	Th	9:30am	85E.EXQ4	3/4	4AY
SpHillREC	Th	9:40am	85E.V2R7	1/7	4AZ
SpHillREC	Th	9:40am	85E.RN09	3/4	4AY
Wkfld/Moore	Sa	9am	85E.6WEF	1/2	4AY
Wkfld/Moore	T/Th	8pm	85E.UGFS	1/5	4AZ
Wkfld/Moore	T/Th	8pm	85E.VRA7	2/2	4AZ
Wkfld/Moore	Sa	9am	85E.N8UL	2/27	4AY
Wkfld/Moore	T/Th	8pm	85E.LJT8	3/2	4AX

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
4AP 8--45 minute lessons--$141

Location	Day	Time	Code	Begin	$
OakmontREC	Su	10am	8DD.1ZMG	1/3	4AP
OakmontREC	Su	10am	8DD.KNJT	2/28	4AN

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 stokes 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	$
Franconia Rec	Su	9:50am	2D5.ZH4H	2/28	4AY
OakmontREC	Sa	11:50am	2D5.MQJD	1/2	4AX
OakmontREC	W	7:50pm	2D5.0F05	1/6	4AZ
OakmontREC	Su	9am	2D5.KE4Z	2/28	4AX
SpHillREC	Su	1:05pm	2D5.UAH6	1/3	4AY
SpHillREC	Su	1:05pm	2D5.4FKU	2/28	4AY
Wkfld/Moore	Su	2pm	2D5.BW8X	1/3	4AY
Wkfld/Moore	Su	2pm	2D5.THW9	2/28	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
4AP 8--45 minute lessons--$141

Location	Day	Time	Code	Begin	$
Franconia Rec	Th	8:15pm	9D9.YVTT	1/7	4AP
OakmontREC	Su	10:50am	9D9.8GGA	1/3	4AP
OakmontREC	Su	10:50am	9D9.LA01	2/28	4AN

Freestyle & Backstroke Clinic 2

(7-18 yrs.) Prerequisite: Ability to swim 25 yds. freestyle with side breathing and backstroke. Clinic emphasizes refining freestyle and backstroke 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	$
Franconia Rec	Su	10:40am	40A.FY2L	2/28	4AY
OakmontREC	Sa	10am	40A.D1HX	1/2	4AX
OakmontREC	Sa	10am	40A.1Y8Y	2/27	4AZ
SpHillREC	Su	12:55pm	40A.TKCN	1/3	4AY
SpHillREC	Su	12:55pm	40A.00C6	2/28	4AY
Wkfld/Moore	Su	2:50pm	40A.KUNW	1/3	4AY
Wkfld/Moore	Su	2:50pm	40A.TLYY	2/28	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

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
CubRunREC	Su	4pm	E8D.UW6K	1/3	4AZ
CubRunREC	Su	5pm	E8D.YTCV	1/3	4AZ
CubRunREC	Su	4pm	E8D.Q9B7	2/28	4AY
CubRunREC	Su	5pm	E8D.8RPS	2/28	4AY

OakmontREC	Sa	10am	E8D.S62C	1/2	4AX
OakmontREC	Th	7:50pm	E8D.CB2X	1/7	4AZ
OakmontREC	Sa	10am	E8D.6TEF	2/27	4AX
OakmontREC	Th	7:50pm	E8D.8QAI	3/4	4AY
SoRunREC	Su	4pm	E8D.BLIO	1/3	4AY
SoRunREC	Su	4pm	E8D.TCCW	2/28	4AY
(13-18 yrs.)					
CubRunREC	Su	4pm	246.UDQD	1/3	4AZ
CubRunREC	Su	5pm	246.8NED	1/3	4AZ
CubRunREC	Su	4pm	246.XPDP	2/28	4AY
CubRunREC	Su	5pm	246.YZH6	2/28	4AY
SoRunREC	Su	5pm	246.FZVW	1/3	4AY
SoRunREC	Su	5pm	246.WKFK	2/28	4AY
Wkfld/Moore	Sa	11am	246.U52S	1/2	4AY
Wkfld/Moore	Su	3:40pm	246.C7F9	1/3	4AY
Wkfld/Moore	Su	4:40pm	246.LJSY	1/3	4AY
Wkfld/Moore	T/Th	7pm	246.3WLW	1/5	4AZ
Wkfld/Moore	T/Th	7pm	246.Z54N	2/2	4AZ
Wkfld/Moore	Sa	11am	246.GTUB	2/27	4AY
Wkfld/Moore	Su	3:40pm	246.KULX	2/28	4AY
Wkfld/Moore	Su	4:40pm	246.SKQ9	2/28	4AY
Wkfld/Moore	T/Th	7pm	246.23RV	3/2	4AX

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) his shallow-water class provides cardiovascular workout and increases muscle tone, strength and endurance.

4ABA 11--55 minute lessons--$171
4ABB 12--55 minute lessons--$189
4ABG 24--55 minute lessons--$372
4ABL 36--55 minute lessons--$558

Location	Day	Time	Code	Begin	$
OakmontREC	Su	4pm	3AD.HBZI	1/3	4ABB
OakmontREC	W	9am	3AD.F6NN	1/6	4ABB
OakmontREC	Th	10am	3AD.4Q97	1/7	4ABB
ProvREC	Su	9am	3AD.C92F	1/3	4ABA
ProvREC	M/W/F	7:30am	3AD.4FJV	1/4	4ABL
ProvREC	M/W/F	10:30am	AD.NP74	1/4	4ABL
ProvREC	T/Th	8:30am	3AD.LU80	1/5	4ABG
ProvREC	T/Th	9:30am	3AD.M40C	1/5	4ABG
SoRunREC	M/W/F	9am	3AD.CL3M	1/4	4ABL
SoRunREC	T/Th	9am	3AD.ERFT	1/5	4ABG
SpHillREC	M	8:30am	3AD.SQS3	1/4	4ABB
SpHillREC	W	8:30am	3AD.WF01	1/6	4ABB
SpHillREC	F	8:30am	3AD.098W	1/8	4ABB
Wkfld/Moore	M/W	9am	3AD.GD9Y	1/4	4ABG
Wkfld/Moore	T/Th	9am	3AD.FG77	1/5	4ABG
Wkfld/Moore	F	9am	3AD.TXZ5	1/8	4ABB

Advanced Water Aerobics

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

4ABB 12--55 minute lessons--$189

Location	Day	Time	Code	Begin	$
SpHillREC	M	7:30am	40C.VHYH	1/4	4ABB
SpHillREC	T	10am	40C.JXFT	1/5	4ABB
SpHillREC	W	7:30am	40C.240W	1/6	4ABB

Aqua Bootcamp

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

4ABG 24--55 minute lessons--$372

Location	Day	Time	Code	Begin	$
Wkfld/Moore	T/Th	7am	M8R.5PNQ	1/5	4ABG

Aqua Combat

(13-Adult) Unleash your inner warrior in this energetic and high-intensity water-based fitness class designed to challenge your strength, agility and endurance in the low-impact environment of the pool. Combining elements of kickboxing, martial arts and athletic conditioning, this class includes powerful punches, dynamic kicks and fluid underwater movements to deliver a full-body workout set to motivating music. Aqua Combat is perfect for anyone looking to build cardiovascular strength, tone muscles, and improve coordination while minimizing joint strain, whether you're a fitness enthusiast or new to water-based workouts.

4ABB 12--55 minute lessons--$189

Location	Day	Time	Code	Begin	$
MtVernREC	F	10:35am	RJH.Q2SW	1/8	4ABB

Aqua Get Fit

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

4ABB 12--55 minute lessons--$189
4ABE 15--55 minute lessons--$232
4ABF 22--55 minute lessons--$341
4ABG 24--55 minute lessons--$372

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W	9:10am	2A9.1QH7	1/4	4ABG
Franconia Rec	T/Th	6:35am	2A9.BTN5	1/5	4ABG
Franconia Rec	T/Th	7:35pm	2A9.UVCE	1/5	4ABG
Franconia Rec	F	7am	2A9.G5U5	1/8	4ABB
Franconia Rec	F	9am	2A9.P5XG	1/8	4ABB
MtVernREC	M/W	8am	2A9.MRK0	1/4	4ABF
SpHillREC	T	11am	2A9.BLPW	1/5	4ABE
SpHillREC	F	12pm	2A9.VHZX	1/8	4ABE

Arthritis Water Exercise

(13-Adult) Shallow-water exercises using water's buoyancy and resistance helps improve your overall range of motion, joint mobility and muscle strength. While this class is designed for students with arthritis, it is open to those who have other physical limitations.

4ABB 12--55 minute lessons--$189
4ABG 24--55 minute lessons--$372
4ABL 36--55 minute lessons--$558

Location	Day	Time	Code	Begin	$
CubRunREC	T/Th	9am	9E8.W3CM	1/5	4ABG
Franconia Rec	T/Th	10:10am	9E8.AE50	1/5	4ABG
MtVernREC	T/Th	9:10am	9E8.MG4Q	1/5	4ABG
OakmontREC	Th	11am	9E8.LJ8R	1/7	4ABB
ProvREC	M/W/F	11:30am	9E8.U07Q	1/4	4ABL
ProvREC	T/Th	11:30am	9E8.XPSR	1/5	4ABG
SoRunREC	M/W/F	10am	9E8.WIC9	1/4	4ABL
SoRunREC	T/Th	10am	9E8.MI8P	1/5	4ABG
SoRunREC	T/Th	11am	9E8.U1P4	1/5	4ABG
SpHillREC	M	10:40am	9E8.4VS7	1/4	4ABB
SpHillREC	W	10:40am	9E8.Q34T	1/6	4ABB
SpHillREC	F	10:40am	9E8.5QJZ	1/8	4ABB

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.

4ABB 12--55 minute lessons--$189
4ABG 24--55 minute lessons--$372
4ABK 33--55 minute lessons--$512
4ABL 36--55 minute lessons--$558

Location	Day	Time	Code	Begin	$
CubRunREC	T/Th	10am	B8B.6EXS	1/5	4ABG
OakmontREC	Su	5pm	B8B.3XKA	1/3	4ABB
OakmontREC	M/W/F	9:10am	B8B.SI91	1/4	4ABK
OakmontREC	T/Th	9am	B8B.UM63	1/5	4ABG
ProvREC	M/W/F	9:30am	B8B.V7GL	1/4	4ABL
ProvREC	T/Th	5:50pm	B8B.IRD2	1/5	4ABG
ProvREC	T/Th	6:50pm	B8B.KX7K	1/5	4ABG
SoRunREC	M/W/F	8am	B8B.T3ZB	1/4	4ABL
SoRunREC	T/Th	8am	B8B.J11H	1/5	4ABG
SpHillREC	M	9:40am	B8B.5WT2	1/4	4ABB
SpHillREC	T	9am	B8B.FM6X	1/5	4ABB
SpHillREC	W	9:40am	B8B.Q9YW	1/6	4ABB
SpHillREC	F	9:40am	B8B.M0PP	1/8	4ABB

AQUA FIESTA

(13-Adult) Get all the fun and benefits of a high energy aerobic workout with a combination of rumba, samba, merengue and salsa! Burn calories, tone your whole body and have a blast. Unete a la Fiesta! Diviertete y ponte en forma bailando en el agua con una combinacion de samba, merengue y salsa que te encantara. Quema calorias, entona todo tu cuerpo y disfruta mientras ejercitas tu cuerpo al maximo.

4ABB 12--55 minute lessons--$189

Location	Day	Time	Code	Begin	$
SpHillREC	Th	12:15pm	XJN.Y7HB	1/7	4ABB

We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.

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.

4ABB 12--55 minute lessons--$189
4ABK 33--55 minute lessons--$512

Location	Day	Time	Code	Begin	$
OakmontREC	M/W/F	10:10am	4A8.GA1Y	1/4	4ABK
SpHillREC	Th	11:15am	4A8.S4JX	1/7	4ABB

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
4ABF 22--55 minute lessons--$341
4ABG 24--55 minute lessons--$372
4ABK 33--55 minute lessons--$512
4ABL 36--55 minute lessons--$558

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W/F	8am	B79.WHKP	1/4	4ABL
Franconia Rec	F	10am	B79.XL9T	1/8	4ABB
MtVernREC	M/W	9:10am	B79.PPAI	1/4	4ABF
MtVernREC	T/Th	8am	B79.18Y7	1/5	4ABG
OakmontREC	M/W/F	8:10am	B79.QD4Y	1/4	4ABK
ProvREC	M/W/F	9:30am	B79.YUVT	1/4	4ABL
Wkfld/Moore	M/W	10:50am	B79.EL2S	1/4	4ABG
Wkfld/Moore	T/Th	8am	B79.TWJL	1/5	4ABG
Wkfld/Moore	T/Th	10:05am	B79.6VKA	1/5	4ABG

Pool Party Pump

(13-Adult) This dynamic water fitness class blends dance-inspired choreography with strength conditioning for a full-body workout. Using optional aquatic equipment, participants move, groove, and build strength in a fun, low-impact environment. This class improves cardiovascular endurance, muscular strength, coordination, and mobility while being gentle on the joints.

4ABB 12--55 minute lessons--$189

Location	Day	Time	Code	Begin	$
MtVernREC	F	9:30am	0QC.REBU	1/8	4ABB

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

Location	Day	Time	Code	Begin	$
Franconia Rec	F	9am	83P.AJ06	1/8	4ABB

S'WET Deep

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

4ABN 10--55 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	M	10:15am	32R.M6XG	1/4	4ABN

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.

4ABG 24--55 minute lessons--$372

Location	Day	Time	Code	Begin	$
Franconia Rec	M/W	6:35am	NC7.J0XY	1/4	4ABG
MtVernREC	T/Th	6:15pm	NC7.6ENJ	1/5	4ABG

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.

4ABG 24--55 minute lessons--$372

Location	Day	Time	Code	Begin	$
Franconia Rec	T/Th	8am	GMN.5611	1/5	4ABG



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

Location	Day	Time	Code	Begin	$
FranconiaRec	Sa	6:30pm	CMV.TRKY	11/21	4AZE

Water Walking

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

4ABB 12--55 minute lessons--$189
4ABG 24--55 minute lessons--$372

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	8:05am	7B5.467N	1/8	4ABB
ProvREC	T/Th	10:30am	7B5.XP3U	1/5	4ABG
SpHillREC	Th	1:15pm	7B5.MSZL	1/7	4ABB
Wkfld/Moore	M/W	10am	7B5.USKL	1/4	4ABG
Wkfld/Moore	T/Th	10:05am	7B5.Y43U	1/5	4ABG
Wkfld/Moore	F	10am	7B5.XTHV	1/8	4ABB

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.

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

Location	Day	Time	Code	Begin	$
Franconia Rec	F	5:30pm	9Q0.3CE0	3/5	4AY

Kayak Rolling

(13-Adult) Looking to fine-tune your kayak rolling skills or maintain the skills you developed over the summer? Sessions focus on body and boat awareness, capsizing prevention, safety and rolling technique following the American Canoe Association model. Instructors support new and intermediate paddlers, while the 50-meter pool provides experienced boaters space to refresh skills and prepare for the upcoming season. Register for individual sessions or three-class bundles. Participants must provide their own kayak, helmet, and appropriate paddling gear. Come practice in a controlled environment, improve your technique, and connect with fellow boaters.

1AK 1--3 hour lesson--$36
4KC 3--3 hour lessons--$91

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	6:15pm	4D7.PDWU	1/9	4KC
Franconia Rec	Sa	6:15pm	4D7.09X8	1/9	1AK
Franconia Rec	Sa	6:15pm	4D7.9R56	1/16	1AK
Franconia Rec	Sa	6:15pm	4D7.XR1Z	1/23	1AK
Franconia Rec	Sa	6:15pm	4D7.YL9T	1/30	4KC
Franconia Rec	Sa	6:15pm	4D7.D8DP	1/30	1AK
Franconia Rec	Sa	6:15pm	4D7.4Q1R	2/6	1AK
Franconia Rec	Sa	6:15pm	4D7.S0Y0	2/13	1AK
Franconia Rec	Sa	6:15pm	4D7.XGVW	2/20	4KC
Franconia Rec	Sa	6:15pm	4D7.D368	2/20	1AK
Franconia Rec	Sa	6:15pm	4D7.RJ40	2/27	1AK
Franconia Rec	Sa	6:15pm	4D7.HIC9	3/6	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.

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

Location	Day	Time	Code	Begin	$
CubRunREC	F	6pm	5B5.USC9	3/5	4AY
Franconia Rec	Su	2pm	5B5.HY4G	2/28	4AY
Franconia Rec	F	6:15pm	5B5.SMNM	3/5	4AY
OakmontREC	Sa	1pm	5B5.YQ50	1/2	4AX
OakmontREC	Su	9am	5B5.XC5A	1/3	4AZ
OakmontREC	Su	11am	5B5.ZIDC	1/3	4AZ
OakmontREC	Sa	1pm	5B5.7KS2	2/27	4AX
OakmontREC	Su	9am	5B5.DPQI	2/28	4AX
OakmontREC	Su	11am	5B5.35XA	2/28	4AX
ProvREC	Sa	1:05pm	5B5.MHGT	1/2	4AZ
ProvREC	Sa	1:05pm	5B5.65A6	2/27	4AY
Wkfld/Moore	Su	11am	5B5.KMES	1/3	4AY
Wkfld/Moore	F	5:30pm	5B5.NYG3	2/12	4AAB
Wkfld/Moore	Su	11am	5B5.URPZ	2/28	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.

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

Location	Day	Time	Code	Begin	$
CubRunREC	F	7pm	8A5.4MUT	3/5	4AY
Franconia Rec	Su	3pm	8A5.9UCI	2/28	4AY
Franconia Rec	F	7:15pm	8A5.1BHS	3/5	4AY
OakmontREC	Sa	2pm	8A5.PS9D	1/2	4AX
OakmontREC	Su	10am	8A5.UTBY	1/3	4AZ
OakmontREC	Sa	2pm	8A5.J7HJ	2/27	4AX
OakmontREC	Su	10am	8A5.T8BX	2/28	4AX
ProvREC	Sa	2:05pm	8A5.QU08	1/2	4AZ
ProvREC	Sa	2:05pm	8A5.9XQU	2/27	4AY
Wkfld/Moore	Su	10am	8A5.5ACD	1/3	4AY
Wkfld/Moore	F	6:30pm	8A5.55J7	2/12	4AAB
Wkfld/Moore	Su	10am	8A5.BPCG	2/28	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.

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Su	4pm	535.PW1P	2/28	4AY
OakmontREC	Su	12pm	535.HS1V	1/3	4AZ
OakmontREC	Su	12pm	535.AKM3	2/28	4AX
Wkfld/Moore	Su	9am	535.ER43	1/3	4AY
Wkfld/Moore	F	7:30pm	535.Y2SV	2/12	4AAB
Wkfld/Moore	Su	9am	535.QP4Y	2/28	4AY






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Attractions

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

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Mount Vernon Rec Center
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703-768-3224

Visit www.fairfaxcounty.gov/parks/reccenter/mount-vernon/ice-arena for more information.

Trails

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 for walking or biking. For a map, visit www.fairfaxcounty.gov/parks/trails/cross-county-trail.

Parties



Audrey Moore Rec Center	703-321-7081
Burke Lake Golf Center	703-323-1641
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
Lake Accotink Park	703-569-3464
Laurel Hill Golf Club	703-493-8849
Mount Vernon Rec Center	703-768-3224
Oakmont Rec Center	703-281-6501
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
Twin Lakes Golf Course	703-631-9099

Picnics



Chances are the 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 FCPApicnics@fairfaxcounty.gov or call 703-324-8732.

Cub Run Indoor Waterpark



Slides, a "river" current and other features turn the indoor pool at Cub Run Rec Center into a water playground. Here the temperature is tropical for 12 months of the year. Rec Center admission includes the leisure pool.

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

Camps

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



Art & Performing Arts

3D Dynamo's Art Camp

(5 1/2-12 yrs.) Join Abrakadoodle for a dynamic journey into the world of 3D art. Play with modeling compounds and other materials to help learn the foundations of sculpture.

Location	Day	Time	Code	Begin	$
OakmontREC	F	9am-4pm	G9U.TYIZ	1/29	$89

ACTion! Acting Adventures

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

Location	Day	Time	Code	Begin	$
OakmontREC	M	9am-4pm	WXT.2SU5	1/18	$99
SoRunREC	F	9am-4pm	WXT.C7NE	1/29	$99
Wkfld/Moore	M	9am-4pm	WXT.KYBW	1/18	$99
Wkfld/Moore	M	9am-4pm	WXT.L492	2/15	$99

ACTion! Broadway Camp

(7-14 yrs.) Put on a surprise showcase with new music and scripts inspired by Broadway hits like Wicked, Matilda and Aladdin. Moonlit Wings award-winning programs are jam-packed with acting, music, improvisation games and exciting theatrical surprises every day! Bring swimsuit/towel for a pool break. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
MtVernREC	M-W	9am-4pm	R85.WYVC	12/21-12/23	$245
OakmontREC	M-W	9am-4pm	R85.D0FV	12/21-12/23	$245
ProvREC	M	9am-4pm	R85.Z39C	2/15	$99
SoRunREC	M-W	9am-4pm	R85.CQ40	12/21-12/23	$245
SpHillREC	M-W	9am-4pm	R85.64IR	12/21-12/23	$245
Wkfld/Moore	M-Th	9am-4pm	R85.IZIE	12/28-12/31	$319
Wkfld/Moore	M	9am-4pm	R85.0D4B	2/1	$99

ACTion! Pop Star Jingle Jam

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

Location	Day	Time	Code	Begin	$
FranconiaREC	M-W	9am-4pm	C0P.4R3L	12/21-12/23	$245
ProvREC	M-Th	9am-4pm	C0P.FX6Z	12/28-12/31	$319
SpHillREC	M-Th	9am-4pm	C0P.K0D3	12/28-12/31	$319
Wkfld/Moore	M-W	9am-4pm	C0P.ZM0I	12/21-12/23	$245

NEW!ACTion! Talent Showcase

(7-14 yrs.) In this Moonlit Wings camp, young performers enjoy acting games, improvisation activities, creative challenges, and a Talent Showcase while building confidence, creativity, and teamwork. Campers are invited to bring a family-friendly talent to share with the group, such as a song or dance, a portable musical instrument (smaller than they are), a magic trick, craft or artwork, collection or show-and-tell item, jokes, poetry, or another special talent. Sharing a talent is encouraged but optional, and all experience levels are welcome. Bring swimsuit/towel for afternoon pool break.

Location	Day	Time	Code	Begin	$
MtVernREC	M	9am-4pm	2RI.JF8J	2/1	$99
OakmontREC	M	9am-4pm	2RI.4K0R	2/1	$99
ProvREC	M	9am-4pm	2RI.VRUR	1/18	$99

Art Innovators

(5-9 yrs.) Introduce future artists to art and innovation with Spark Business Academy. Campers draw self-portraits, mold sculptures, and create captivating collages—cultivating essential creativity and risk-taking skills. As campers explore the world of art, from da Vinci to Kahlo, they'll show their creativity and grow their confidence by sharing their work with others.

Location	Day	Time	Code	Begin	$
FranconiaREC	F	9am-4pm	8ND.1VQI	1/29	$119

Bucket Drumming

(6-12 yrs.) Students learn rhythm through call-and-response and group drumming with Athena instructors. The camp day culminates in a group performance.

Location	Day	Time	Code	Begin	$
OakmontREC	F	9am-4pm	YV9.U43S	1/29	$139

Color Me Happy

(5-12 yrs.) This exploratory camp will build your young artist's self-esteem as they gain new skills, make new friends, and create adorable, colorful masterpieces with KidCreate. No camp January 1.

Location	Day	Time	Code	Begin	$
ECLawrence	M-Th	9am-1pm	ZT9.A543	12/28-12/31	$215

Craftspace Craft Camps

(6-13 yrs.) Spend your days getting creative with fun, themed, hands-on craft projects! Kids will explore new techniques, make new friends, and enjoy a supportive environment where their artistic talents can shine. All materials are included.

Location	Day	Time	Code	Begin	$
North Pole Magic Camp					
Craftspace	M	9am-4pm	TPC.1BXX	12/21	$89
Craftspace	Tu	9am-4pm	TPC.TDB4	12/22	$89
Craftspace	W	9am-4pm	TPC.H060	12/23	$89
Snow Much Fun! Camp					
Craftspace	M	9am-4pm	G74.C0H0	12/28	$89
Craftspace	Tu	9am-4pm	G74.0P25	12/29	$89
Craftspace	W	9am-4pm	G74.89HC	12/30	$89
Craftspace	Th	9am-4pm	G74.BBHJ	12/31	$89
Critter Creations					
Craftspace	M	9am-4pm	Y9P.BSM4	1/18	$89
Polar Party					
Craftspace	F	9am-4pm	V1K.7LRQ	1/29	$89
Love Bugs					
Craftspace	M	9am-4pm	HX2.8GE0	2/1	$89
Mythical Makers					
Craftspace	M	9am-4pm	0YL.AG40	2/15	$89

Dance Camp

(7-11 yrs.) Baroody instructors teach choreography and movement using some of the most popular songs out today. Bring swimsuit/towel for afternoon swim break. No Camp January 1.

Location	Day	Time	Code	Begin	$
FranconiaREC	F	9am-4pm	VFJ.CFVL	1/29	$55
OakmontREC	M-Th	9am-4pm	VFJ.YPRU	12/28-12/31	$255
ProvREC	M	9am-4pm	VFJ.DGB9	2/1	$55

Glee Club

(7-14 yrs.) Bach to Rock camps give young vocalists their time in the spotlight. Campers will become stronger singers, no matter their existing skill level, and perform with other vocalists. At the end of camp, enjoy an audio recording session and a public performance. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
B2R McLean	M-W	9:30am-12:30pm	EWZ.TG3C	12/21-23	$169
B2R McLean	M-Th	9:30am-12:30pm	EWZ.CDJW	12/28-31	$229
B2R McLean	M	9:30am-12:30pm	EWZ.L6BH	1/18	$69
B2R McLean	F	9:30am-12:30pm	EWZ.PXIZ	1/29	$69
B2R McLean	M	9:30am-12:30pm	EWZ.4I1F	2/1	$69
B2R McLean	M	9:30am-12:30pm	EWZ.YYS7	2/15	$69

K-Pop Demon Hunters Dance Camp

(5 1/2-12 yrs.) Learn K-Pop routines, create your own hero characters in this Metro Movement Camp. Each day brings dance, imagination, and teamwork. Bring swimsuit/towel for an afternoon swim break. A signed participation release is due on the first day. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-W	9am-4pm	VAS.VMDE	12/21-12/23	$219

Let it Snow Art Camp

(5 1/2-12 yrs.) Create whimsical winter cats, fun gingerbread houses and snowy hats with Abrakadoodle. Celebrate the season with inspirations from Charley Harper, Dale Chihuly and Vincent Van Gogh!

Location	Day	Time	Code	Begin	$
MtVernREC	M	9am-4pm	TJS.QYBJ	2/1	$99

Music Production with FL Studio Mobile

(7-12 yrs.) Using the FL Studio Mobile app, campers will dive into the world of electronic music production with Baroody instructors. Learn the fundamentals of building drumbeats, writing melodies, and structuring songs from scratch. No prior musical experience is necessary. Each camper will produce their own original track to share with family and friends.

Location	Day	Time	Code	Begin	$
Frying Pan Pk	M	9am-4pm	UY4.GMI5	2/1	$75

New Years Eve Party

(5-12 yrs.) Send your young artist to Kidcreate to make all they will need for a fabulous New Year's Eve celebration. We will create noisemakers, party poppers, and hats to ring in the New Year. No camp January 1.

Location	Day	Time	Code	Begin	$
ECLawrence	M-Th	1pm-4pm	7Y7.BZ9N	12/28-12/31	$215

Paint on Canvas: Snow Day

(5-12 yrs.) During this Kidcreate camp, kids will be guided painting a snowy day scene.

Location	Day	Time	Code	Begin	$
ECLawrence	M	9am-1pm	SMV.ALSP	2/15	$69
SoRunREC	M	9am-1pm	SMV.UVFO	2/1	$69

Pottery Winter Wonderland Camp

(6-12 yrs.) With Mudskippers instructors campers will sculpt, shape, and create using clay and various modeling compounds. Design frosty snowmen, sparkling ornaments, winter animals, and other seasonal masterpieces. Each day will feature hands-on projects that encourage creativity, imagination, and skill-building. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
MtVernREC	M-Th	9am-4pm	HGR.09FV	12/28-12/31	$365
ProvREC	M-W	9am-4pm	HGR.MJ95	12/21-12/23	$275

Rock Band Camp

(7-14 yrs.) At Bach to Rock, campers are encouraged to practice and perform as part of a rock band. By the end of the camp, each band will perform on stage and create an audio recording. No music experience is required to join our rock band! No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
B2R McLean	M-W	9am-4pm	C3S.LCJC	12/21-12/23	$269
B2R McLean	M-Th	9am-4pm	C3S.52ZC	12/28-12/31	$355
B2R McLean	M	9am-4pm	C3S.LTPX	1/18	$99
B2R McLean	F	9am-4pm	C3S.8AXN	1/29	$99
B2R McLean	M	9am-4pm	C3S.2RO6	2/1	$99
B2R McLean	M	9am-4pm	C3S.NS9O	2/15	$99



Rock City World Tour

(4-6 yrs.) At Bach to Rock, Rock City campers are introduced to a world of music through a mix of story time, musical instruments, and group play. Rock City is a blast for growing musicians and introduces kids to core musical concepts. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
B2R McLean	M-W	9:30am-12:30pm	ZTC.FVDB	12/21-23	$169
B2R McLean	M-Th	9:30am-12:30pm	ZTC.T93H	12/28-31	$229
B2R McLean	M	9:30am-12:30pm	ZTC.ZD66	1/18	$69
B2R McLean	F	9:30am-12:30pm	ZTC.C6A0	1/29	$69
B2R McLean	M	9:30am-12:30pm	ZTC.0J5H	2/1	$69
B2R McLean	M	9:30am-12:30pm	ZTC.QJIN	2/15	$69

Snowman Bobbles Camp

(5-12 yrs.) Join KidCreate to create snowman bobble heads out of Model Magic® clay.

Location	Day	Time	Code	Begin	$
LakeFairfax	M	9am-1pm	KMT.K6KC	2/1	$69

Space Art Camp

(5 1/2-12 yrs.) Join Abrakadoodle and blast off to an outer space adventure. Create art that focuses on science, technology, engineering and math concepts. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
MtVernREC	M-W	9am-4pm	D6P.P0BW	12/21-12/23	$235

Squishmallows Clay Play

(5-12 yrs.) Join KidCreate for a hands-on, creative adventure where little artists can bring their Squishmallow dreams to life while exploring their imagination and artistic skills.

Location	Day	Time	Code	Begin	$
ECLawrence	M	1pm-4pm	42Q.LQ0F	2/15	$59
SoRunREC	M	1pm-4pm	42Q.V2WQ	2/1	$59

Ultimate Music Experience MiniCamp

(5-12 yrs.) Learn Now Music Group introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. No experience necessary. Campers participate in musical games, crafts, musical listening excerpts and related projects. Instrument rentals are provided to borrow for in camp use and at-home exploration (LNMG Camp agreement must be signed). Instruments must be returned at the end of the week. All campers should bring an AM and PM Snack, a drink and a bag lunch daily. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
FranconiaREC	M	9am-4pm	E8C.G8FH	2/1	$99
MtVernREC	M-Th	9am-4pm	E8C.D11S	12/28-12/31	$345
MtVernREC	F	9am-4pm	E8C.MEOK	1/29	$99
OakmontREC	M	9am-4pm	E8C.2E9S	1/18	$99
OakmontREC	M	9am-4pm	E8C.DQ8F	2/15	$99
ProvREC	F	9am-4pm	E8C.WVZN	1/29	$99
SoRunREC	M-Th	9am-4pm	E8C.N3YT	12/28-12/31	$345
SoRunREC	M	9am-4pm	E8C.I6IQ	2/15	$99
SpHillREC	M-W	9am-4pm	E8C.2WT0	12/21-12/23	$259
SpHillREC	M-Th	9am-4pm	E8C.PC5A	12/28-12/31	$345
Wkfld/Moore	M-W	9am-4pm	E8C.4QBY	12/21-12/23	$259

Valentine's Day Craft Party

(5-12 yrs.) Join Kidcreate for a Valentine's Day story and gift-making party. Let your young artist show their favorite Valentine how much they love them with a jumbo-sized conversation heart made out of clay.

Location	Day	Time	Code	Begin	$
LakeFairfax	M	1pm-4pm	5Y1.W0RK	2/1	$59



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Wild Art Winter Camp

(6-12 yrs.) Get outside and explore the wild side of plants and animals through nature hikes and reflective art projects that involve printmaking, painting, sculpting and drawing along with written art forms like storytelling and comic making. Build a nature journal to take home with you and engage in fun experiments and games. Dress for the weather- program will have outside activities. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
ECLawrencePk	M-W	9am-4pm	ZIB.UNB9	12/21-12/23	$225

Nature & History

Cooking & Crafts Camp

Experience history as you churn your own butter, make other historic foods, gain traditional crafting skills and play games from the past.

Location	Day	Time	Code	Begin	$
(5-8 yrs.)					
SullyHistSite	F	9am-4pm	CI2.RR6N	1/29	$89
(8-12 yrs.)					
ColvinRun	M	9am-4pm	GK9.F24P	2/1	$89

Mystery Spy Camp

(6-11 yrs.) Join a top-secret mission to solve mysteries. Follow a treasure map to collect clues and decipher coded messages. Engage in experiments to extract real DNA, discover the magic of invisible ink, and create your own spy gadgets and treasure maps to challenge your fellow spies. Solve the mystery with outdoor activities, games, experiments and crafts. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
HuntMdws	M-W	9am-4pm	PHA.6D1I	12/21-12/23	$225

Spies in History Camp

(8-12 yrs.) Use 18th century tricks and tools to solve mysteries. Discover stories of famous spies, as you code and decode messages, hide clues, and protect secrets of the Revolutionary War.

Location	Day	Time	Code	Begin	$
SullyHistSIte	M	9am-4pm	83I.3LRH	2/1	$89

Winter Break on the Farm

(5-10 yrs.) Run by Katydid, Inc., campers will explore the farm and nature through hikes and farm visits (weather permitting) so dress for the weather. Indoor activities include history, science, arts and crafts, and games. Bring lunch, snack and drink. Held in the Old Floris Schoolhouse on the farm. Call with questions, 703-689-3104. Campers must currently be in Kindergarten or above. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
Frying Pan Pk	M-W	8:30am-4:30pm	1A8.8VJE	12/21-23	$295
Frying Pan Pk	M-Th	8:30am-4:30pm	1A8.MICB	12/28-31	$389

Winter Survival Camp

(6-8 yrs.) Campers will learn how humans, animals, and plants endure the cold and persevere during this wonder-filled adventure into winter wilderness. No camp January 1.

Location	Day	Time	Code	Begin	$
HiddenPndNC	M-Th	9am-4pm	ZHS.RPHM	12/28-12/31	$339

Winter Wildlife Rangers

(6-11 yrs.) Join our naturalists to learn about how animals prepare for winter by catching food, finding shelter and preparing to hibernate. Practice skills humans use to stay safe and warm when adventuring in the cold outdoors. Play games, enjoy hands-on activities and engage in cool experiments. No camp January 1.

Location	Day	Time	Code	Begin	$
RiverbendPk	M-Th	9am-4pm	R31.9PTD	12/28-12/31	$305

Specialty

Aspiring Fashionistas Camp

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

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-W	9am-4pm	R5H.NL40	12/21-12/23	$269

Cookie Explosion

(6-10 yrs.) From measuring and mixing to creaming, folding, and rolling, your Tiny Chef camper will master key techniques while making a variety of delicious cookies. They'll also learn essential baking skills like oven safety, timing, and decorating. It's the perfect way to get hands-on in the kitchen and explore the sweet art of cookie making. Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	SEH.C03C	1/18	$139

Cupcake Wars

(6-10 yrs.) Learn to bake, frost, and decorate, then go head-to-head in a sugary showdown. Small teams compete for glory and the title of 'Best Cupcake!' in a friendly competition. Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not held liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment. No camp January 1.

Location	Day	Time	Code	Begin	$
ProvREC	M-Th	9am-4pm	7ES.8JFG	12/28-12/31	$369

Cupcake Wars Winter Bake-Off

(6-10 yrs.) Tiny Chef campers will learn the basics of mixing, baking, and decorating while creating their own delicious and beautifully designed cupcake treats. Enjoy a sweet, hands-on experience full of creativity, flavor, and a little friendly competition. Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Begin	$
ProvREC	F	9am-4pm	DF2.T8U3	1/29	$139

Dungeons & Dragons Camp

(6-12 yrs.) Experience roleplay and storytelling in fantasy campaigns with Athena instructors. Campers learn creativity, teamwork, and problem-solving.

Location	Day	Time	Code	Begin	$
OakmontREC	M	9am-4pm	YYY.R3IW	2/15	$139

Flavors of the Season

(6-10 yrs.) In this Tiny Chef's camp, whip up festive treats and delicious dishes that will bring the holiday spirit to life. Enjoy a fun-filled cooking adventure as we create tasty recipes that will make every day feel like a celebration. We can't wait to cook, laugh, and enjoy the season with you. Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
MtVernREC	M-W	9am-4pm	88K.8HLE	12/21-12/23	$279

NEW! Women's Winter Wellness Workshop

(16-Adult) Take your mind off the holiday hubbub and celebrate the winter solstice in the forests and fields of Riverbend Park. Start each morning with a mindfulness activity, then take a peaceful walk in the woods to look for winter wildlife and take in the scenery. End each day cozied up in the nature center sipping hot botanicals and making naturally-crafted creations to decorate your home. Conclude the week with a bonfire ceremony to set intentions for the new year. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
RiverbendPk	M-W	10am-2pm	59Y.J2A6	12/21-12/23	$189



Holiday Apron & Oven Mitt Sewing Camp

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

Location	Day	Time	Code	Begin	$
MtVernREC	M-Th	9am-4pm	IMG.VA4D	12/28-12/31	$375
SoRun REC	M-Th	9am-4pm	IMG.XDDL	12/28-12/31	$375

Holiday Pillow or Tote Bag Making Camp

(8-12 yrs.) Campers will learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of holiday pillow and tote bag projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of $35 is payable to instructor. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
OakmontREC	M-W	9am-4pm	UXT.X18M	12/21-12/23	$285

Junior R.O.C.S. Camp

(5 yrs. 3 mos. - 7 yrs.) R.O.C.S. (Rec Centers Offer Cool Stuff) campers will enjoy swimming (where available), arts and crafts, outdoor activities, cooperative games, special events and exciting themes. Bring a lunch, drink, swimsuit/towel. No camp December 24, 25 and January 1.

Location	Days	Time	Code	Dates	$
Prov REC	M-W	9am-4pm	M4T.UNJT	12/21-12/23	$189
Prov REC	M-Th	9am-4pm	M4T.60KF	12/28-12/31	$249

Kids Baking Championship

(6-10 yrs.) Campers will explore techniques like whisking, folding, and rolling while creating delicious baked treats. With a dash of creativity and a sprinkle of friendly competition, it's the perfect recipe for a sweet and memorable experience. Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.

Location	Day	Time	Code	Begin	$
ProvREC	M	9am-4pm	TW3.G4S7	2/15	$139
SpHillREC	M	9am-4pm	TW3.65I5	2/15	$139

NEW! Kitchen Quest

(8-12 yrs.) Join Sticky Fingers Cooking for a delicious day of hands-on cooking, creativity, and culinary exploration. Young chefs will prepare exciting recipes from scratch, discover new ingredients and cooking techniques, and build confidence in the kitchen while having a blast with friends.

Location	Day	Time	Code	Begin	$
MtVernREC	F	9am-4pm	5ZZ.024N	1/29	$99

My First Hot Cocoa Stand

(5-9 yrs.) Young campers become "hot cocoa entrepreneurs" and learn how to make yummy hot cocoa and earn money selling it in this Spark Business Academy camp. From designing marketing flyers to estimating profits to experimenting with recipes, campers have fun all week while developing business savvy. No camp January 1.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-Th	9am-4pm	XXK.FSN4	12/28-12/31	$355

NEW! Spanish Explorers

(6-12 yrs.) Campers learn Spanish basics through games, crafts, songs, and cultural activities. This Athena camp helps build language and cultural appreciation.

Location	Day	Time	Code	Begin	$
ECLawrence	F	9am-4pm	KGK.U40T	1/29	$139

Sports Management Camp

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

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-Th	9am-4pm	ZRJ.RC1K	12/28-12/31	$355

NEW! Storytellers: Creative Writing Camp

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

Location	Day	Time	Code	Begin	$
LakeFairfax Pk	M	9am-4pm	TLG.NLPG	2/15	$85

NEW! Winter Wonderland Kitchen

(8-12 yrs.) Young chefs will whip up festive recipes, discover seasonal flavors from around the world, and build confidence in the kitchen through hands-on cooking adventures. Between delicious creations, campers will enjoy creative games, food discoveries, and plenty of StickyFingers fun. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
SoRunREC	M-W	9am-4pm	MB4.KMA4	12/21-12/23	$275

Sports

All Girls Basketball Camp

(7-14 yrs.) Attention Girls: One on One has over 30 years' experience developing basketball players of all ages. This girls only camp will teach you how to think two steps ahead and avoid becoming a typical reactionary player. Have fun while learning how to become a better basketball player. Bring swimsuit/towel for afternoon swim break.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	Y8M.2KYU	1/18	$69

Basketball Camp

(8-14 yrs.) Campers will learn about teamwork through playing basketball with Love the Ball. Each player will have their own ball for the majority of the camp to improve technique, co-ordination and ball familiarity. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
FranconiaREC	M-W	9am-4pm	LI7.GPGX	12/21-12/23	$149

Basketball & Sports Winter Camp

(7-12 yrs.) A combination of positive, energetic and fundamentals-based coaching through daily games. Learn and refine skills with One on One Basketball coaches. Bring a swimsuit/towel for an afternoon swim break. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
SpHillREC	M-W	9am-4pm	99A.0K7K	12/21-12/23	$225
SpHillREC	M-Th	9am-4pm	99A.SRLQ	12/28-12/31	$295
SpHillREC	M	9am-4pm	99A.7VGS	1/18	$69

Basketball & Swim Winter Camp

(6-9 yrs.) A combination of positive, energetic and fundamentals-based coaching through daily games. Learn and refine skills with One on One Basketball coaches. Bring a swimsuit/towel for an afternoon swim break.

Location	Day	Time	Code	Begin	$
SpHillREC	F	9am-4pm	S20.ZTZL	1/29	$69
SpHillREC	M	9am-4pm	S20.34VP	2/15	$69

Beginning Athletes Camp

(6-12 yrs.) This JST camp gives your young athlete a chance to try out a different sport every day: basketball, flag football, soccer, baseball and tennis. Camps includes an afternoon swim break. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-W	9am-4pm	RYT.UULH	12/21-12/23	$209
Wkfld/Moore	M-Th	9am-4pm	RYT.93KZ	12/28-12/31	$265

NEW! Champion's Challenge Camp

(6-13 yrs.) Overtime Athletics delivers all the classics (basketball, soccer, flag football, kickball) with a unique competitive twist. Campers rotate through two core sports in the morning and one in the afternoon, earning points for their "squad" in skill stations, mini-games, and scrimmages. Teams track their progress, competing for daily awards like Hustle, Sharp Shooter, or Playmaker. Bring swimsuit/towel for afternoon pool break. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
SpHillREC	M-W	9am-4pm	6LE.52N9	12/21-12/23	$225
SpHillREC	F	9am-4pm	6LE.W6QA	1/29	$69

Fun Games & Swim Camp

(6-9 yrs.) One on One instructors introduce campers to classic playground games like Freeze Tag, Kickball, Capture the Flag and Kick the can. Bring swimsuit/towel for an afternoon swim break.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	ZNJ.GVG0	2/1	$69

Gymnastics Camp

(5 ½-12 yrs.) Campers will flip head over heels in this Metro Movement gymnastics camp. Build skills and learn to master the balance beam, bars, floor and vault. Camp includes an afternoon swim break. A signed participation release is due on the first day. No camp January 1.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-Th	9am-4pm	E5H.G6X5	12/28-12/31	$289

Indoor Soccer (Futsal) - Brazilian

(8-14 yrs.) Come play indoor soccer (futsal) with Brazilian United Soccer coaches. This game is played at a fast pace with a lot of touches on the ball. Students will learn basic skills and strategies. No camp January 1.

Location	Day	Time	Code	Begin	$
Sangster ES	M-Th	9am-4pm	44T.WML2	12/28-12/30	$169

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Multi-Sport Camp
(6-12 yrs.) Athletes will learn the rules and essential skills of baseball, soccer, basketball and flag football, along with vital life lessons such as sportsmanship, inclusion and teamwork. Each camper receives an award certificate and Skyhawks t-shirt. Rec Center campers bring swimsuit/towel for afternoon pool break. No camp December 25, 25 and January 1.

Location	Day	Time	Code	Begin	$
SoRunREC	M-W	9am-4pm	LHQ.U03Y	12/21-12/23	$209
Sully CC	M-Th	9am-4pm	LHQ.577Z	12/28-12/31	$265

NEW! Pickleball & Sports Camp
(7-12 yrs.) Join One on One for a unique camp where participants will be taught basic pickleball skills and technique. Activities will include drills, contests and daily games. Participants will divide the day between Pickleball and other games and sports. The sports portion of camp will focus on developing individual skills and team concepts such as teamwork and sportsmanship in a non-competitive environment. Bring swimsuit/towel for an afternoon swim break.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	GSC.XDTD	2/1	$69

NEW! Run, Code, Play Camp
(6-13 yrs.) Blend the excitement of sports with the creativity of coding with Overtime Athletics. Campers rotate between high-energy games like relays, agility challenges, and obstacle courses, and hands-on coding projects using Scratch — where they build animations, games, and puzzles. Team-based "Mission Runs" tie the two worlds together, as campers complete physical challenges to unlock coding clues. Bring swimsuit/towel for afternoon pool break. No camp January 1.

Location	Day	Time	Code	Begin	$
SpHillREC	M-Th	9am-4pm	GK7.DE4Z	12/28-12/31	$265
SpHillREC	M	9am-4pm	GK7.ZAJQ	2/15	$69

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

Location	Day	Time	Code	Begin	$
MtVernREC	M-W	9am-4pm	SZ2.U7KY	12/21-12/23	$255
MtVernREC	M-Th	9am-4pm	SZ2.KV8Q	12/28-12/31	$335
MtVernREC	F	9am-4pm	SZ2.UVDB	1/29	$89
MtVernREC	M	9am-4pm	SZ2.U8LG	2/1	$89

NEW! Total Athlete Multi-Sport Camp
(6-13 yrs.) A high-energy rotation through basketball, soccer, flag football, and volleyball, woven together with fundamental movement, agility, and teamwork with WBG Sports & Fitness Instructors. Campers sample multiple sports through daily skill stations and friendly games in a structured, inclusive setting. Ideal for first-time campers and multi-sport athletes alike, it builds coordination, confidence, and sportsmanship. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
Riverside ES	M-W	9am-4pm	PHC.2EKD	12/21-12/23	$269
Riverside ES	M-Th	9am-4pm	PHC.91RH	12/28-12/30	$269

Total Sports MiniCamp
(6-13 yrs.) In this camp directed by Coach Sam, play a variety of sports such as basketball, flag football, soccer and track in this fast-paced, high-energy camp. Appropriate for boys and girls of all skill/experience levels. Bring swimsuit/towel for an afternoon swim break. No camp January 1.

Location	Day	Time	Code	Begin	$
FranconiaREC	M-Th	9am-4pm	3F5.91CJ	12/28-12/31	$289

Volleyball Camp
(6-11 yrs.) Dig deep with Skyhawks Volleyball. This camp combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
SullyCC	M-W	9am-4pm	GIW.ERWL	12/21-12/23	$209

STEM (Science, Technology, Engineering & Math)

3D Printing & Game Design
(6-12 yrs.) Engage young tech-enthusiasts with two cutting-edge, 3D technologies for a unique learning experience in this STEM exCEL camp. Design, create and print 3D objects. Build your own video game utilizing integrated art software while learning programming and design basics. Campers get 3D prints and digital files of their creations. No camp January 1.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-Th	9am-4pm	0PF.Z3GI	12/28-12/31	$399

NEW! AI Engineering: Intro to LLMs
(9-14 yrs.) Campers will define Artificial Intelligence, discover current free-to-use AI technologies and consider what purpose they serve. With iCODE instructors, they will learn about the history of AI and identify key moments in history when AI technology has made momentous progress. Bring swimsuit/towel for afternoon pool break. No camp January 1.

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M-Th	9am-4pm	5UL.P2DL	12/28-12/31	$319

Battle Bots
(7-12 yrs.) Step into the arena with iCODE and put your VEX robotics skills to the test in an action-packed robot showdown! Campers will build, program, and refine their robots to compete in thrilling head-to-head challenges. They'll strategize, troubleshoot, and battle for victory in a mini-tournament to crown the ultimate Bot Champion. No camp January 1. Bring swimsuit/towel for afternoon pool break.

Location	Day	Time	Code	Begin	$
SoRunREC	F	9am-4pm	CSV.88CF	1/29	$109
CubRun REC	M-Th	9am-4pm	CSV.PQXQ	12/28-12/31	$319

Build Your Own Circuit & Python/Scratch Coding
(6-13 yrs.) Explore electricity and electronics, with hands-on activities and experiments, introducing campers to the field of engineering with Stemtree. Campers will then code in either Python or Scratch based on their grade levels. Previous participants will continue learning new STEM concepts. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
ProvREC	M-W	9am-4pm	9HM.Q082	12/21-12/23	$269
SpHillREC	M	9am-4pm	9HM.00F4	1/18	$109
SpHillREC	F	9am-4pm	9HM.L4T3	1/29	$109

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

Location	Day	Time	Code	Begin	$
FranconiaREC	M-Th	9am-4pm	FTG.96YV	12/28-12/31	$359
FranconiaREC	M	9am-4pm	FTG.00B0	2/1	$89
MtVernREC	M-Th	9am-4pm	FTG.U1SG	12/28-12/31	$359
MtVernREC	F	9am-4pm	FTG.PBNB	1/29	$89
OakmontREC	M-Th	9am-4pm	FTG.7T0I	12/28-12/31	$359
OakmontREC	M	9am-4pm	FTG.RU2F	1/18	$89
OakmontREC	M	9am-4pm	FTG.W6Z7	2/1	$89
ProvREC	M-W	9am-4pm	FTG.NJ68	12/21-12/23	$269
SoRunREC	M	9am-4pm	FTG.KA7A	2/15	$89
SpHillREC	M-W	9am-4pm	FTG.D5W5	12/21-12/23	$269
SpHillREC	M-Th	9am-4pm	FTG.UH5E	12/28-12/31	$359
SpHillREC	M	9am-4pm	FTG.PL1T	2/1	$89
Wkfld/Moore	M-W	9am-4pm	FTG.HBDB	12/21-12/23	$269

Chemistry: Potions & Explosions
(5-7 yrs.) Create "magic" potions and exciting chemical reactions that will blow your mind with Baroody Camps. Erupt a volcano, make indoor snow, grow crystals and blast a rocket into the air. Learn about the states of matter and how things change with mixtures, solutions and chemical reactions. No camp January 1.

Location	Day	Time	Code	Begin	$
SoRunREC	M-Th	9am-4pm	IGH.6LGV	12/28-12/31	$319

NEW! Code Breakers: Spy Games
(6-12 yrs.) Campers learn encryption, ciphers, and decoding puzzles while hands-on activities connect logic and spy missions in this Athena camp.

Location	Day	Time	Code	Begin	$
MtVernREC	M	9am-4pm	HDG.NI47	2/1	$139

NEW! Coding, Game Design, and Animation
(6-12 yrs.) In this Athena camp, learn coding basics with Scratch, then advance into Python. Projects include animations, games, and final showcases.

Location	Day	Time	Code	Begin	$
ECLawrence	M	9am-4pm	U82.V0U6	1/18	$139

Coding with Scratch: Arcade
Transform your love of games into a start down the valuable path of learning to code. CyberTeck Academy campers learn to make their own versions of popular games, showing them how to take an idea and turn it into reality. Using Scratch's powerful visual coding interface campers will create scripts that can control art assets they create.

Location	Day	Time	Code	Begin	$
(6-9 yrs.)					
MtVernREC	F	9am-12pm	SQ8.40PW	1/29	$59
(10-14 yrs.)					
MtVernREC	F	1pm-4pm	DKW.EUCK	1/29	$59



SCAN THE QR CODE TO FIND MORE CLASSES ONLINE

NEW! Comics & Game Design

(6-12 yrs.) Create an interactive narrative that expands beyond screen and the page with STEM exCEL. Learn the fundamentals of game design, programming, art and design basics, all while crafting an engaging comic book story that students will be able to create and play. Campers leave with a digital copy of their work. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
Cub Run	M-W	9am-4pm	9ST.S1VS	12/21-12/23	$299
ECLawrence	M	9am-4pm	9ST.4FRV	2/1	$109
FryingPan	F	9am-4pm	9ST.WIJF	1/29	$109
OakmontREC	M-W	9am-4pm	9ST.1Y18	12/21-12/23	$299
SpHillREC	M	9am-4pm	9ST.DKH0	1/18	$109
Wkfld/Moore	M	9am-4pm	9ST.Y4D7	2/1	$109

Dino Design with LEGO®

(6-10 yrs.) Travel back to the Jurassic era in this hands-on STEM adventure powered by LEGO®! Guided by our enthusiastic Play-Well instructors, young builders will return to the age of dinosaurs, using LEGO® to bring the time of the dinosaurs to life. Design and engineer secure habitats for gentle herbivores, embark on daring expeditions to track down elusive species, and uncover the secrets of powerful predator dinosaurs. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
Lake Fairfax	M-W	9am-4pm	S63.N19B	12/21-12/23	$235
SoRunREC	M-W	9am-4pm	S63.88LQ	12/21-12/23	$235

Explore Science & Robo Fun

(6-12 yrs.) Robots inspire campers to learn engineering and apply their basic science, model construction, computer programming, problem-solving skills, and knowledge to explore STEM concepts. Spark curiosity and deepen appreciation for science through engaging and hands-on learning experiences. Stemtree curriculum empowers campers to become confident scientific thinkers by exploring the core principles of science. Previous participants will continue learning new STEM concepts.

Location	Day	Time	Code	Begin	$
ProvREC	F	9am-4pm	PL8.FWMW	1/29	$109
ProvREC	M	9am-4pm	PL8.4T8Q	2/15	$109

Explore the Solar System

(5-8 yrs.) Discover the solar system with The Science Seed. Campers will learn about the planets, orbiting, day and night and how shadows form. Space related crafts, games, free play, playground time, and story time completes the day.

Location	Day	Time	Code	Begin	$
LakeFairfax	M	9am-4pm	XP6.ZG0W	1/18	$109
ProvREC	M	9am-4pm	XP6.PXMC	2/1	$109

Fantastic Fossils

(5-8 yrs.) Explore the world of fossils and geology with The Science Seed. Erupt your own volcano, create and excavate a dino dig, explore real fossils, and make a cast of a real fossil. Round out the day with an outside break, a science-related story time and a daily journal entry.

Location	Day	Time	Code	Begin	$
SpHillREC	F	9am-4pm	Q93.V4UR	1/29	$109

AI Explorers, Scratch-Coding & Science

(6-13 yrs.) Campers explore the exciting world of Artificial Intelligence by designing and building AI-powered mobile apps. They learn how AI recognizes images, understands speech, and makes intelligent decisions. In coding, campers learn how to code their own games, animations, and interactive stories using Scratch. Stemtree's Science Explorer Camp sparks curiosity and deepens students' appreciation for science through engaging and hands-on learning experiences. No camp December 24, 25 and January 1.

Location	Day	Time	Code	Begin	$
ColvinRun	F	9am-4pm	4P6.66LJ	1/29	$109
OakmontREC	M-Th	9am-4pm	4P6.DN8C	12/28-12/31	$349
SpHillREC	M-Th	9am-4pm	4P6.64YJ	12/28-12/31	$349
SpHillREC	M	9am-4pm	4P6.ZYZK	2/1	$109
Wkfld/Moore	M-W	9am-4pm	4P6.EFZM	12/21-12/23	$259

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 while learning programming and design basics, campers have the freedom to create a product that is truly their own. Students will have the chance to showcase their work to their classmates and share ideas. Campers leave with a digital copy of their work. No camp January 1.

Location	Day	Time	Code	Begin	$
Frying Pan Pk	M-Th	9am-4pm	CNA.PXSA	12/28-12/31	$399
MtVernREC	M-Th	9am-4pm	CNA.L818	12/28-12/31	$399
ProvREC	M	9am-4pm	CNA.H1FQ	2/1	$109
SpHillREC	M	9am-4pm	CNA.4UJ5	2/15	$109
Wkfld/Moore	M	9am-4pm	CNA.0MP4	2/15	$109

NEW! Hungry, Hungry Science

(5-11 yrs.) Explore different scientific concepts in this Baroody camp using food as the main vehicle for experimentation. Use ingredients to explain different ideas through simple recipes and make edible experiments to learn about reactions, acids and bases, biology and nutrition. Bring swimsuit/towel for afternoon pool break.

Location	Day	Time	Code	Begin	$
MtVernREC	M	9am-4pm	W0X.BZZE	2/1	$79
SoRunREC	M	9am-4pm	W0X.A28I	1/18	$79

LEGO® SPIKE™ Robotics: Amazing Amusement Park

(5-12 yrs.) Campers will design and code amusement park thematic rides using LEGO® SPIKE™ kits with Baroody camps. Tackle projects like building Ferris wheels and carousels, while learning STEAM foundations. Each project enhances computational thinking, sequence creation, and problem-solving skills, where every creation adds to an imaginary park wonderland.

Location	Day	Time	Code	Begin	$
SpHillREC	F	9am-4pm	UV6.5MYM	1/29	$79

NEW! Minecraft Architects: Building our World

(5-12 yrs.) Unlock your camper's inner architect, where creativity, history, and design come to life. Baroody campers will explore famous architectural styles—from Roman aqueducts to futuristic cities—then bring their own designs to life in Minecraft. Bring swimsuit/towel for afternoon pool break. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
MtVernREC	M-W	9am-4pm	1IZ.APC5	12/21-12/23	$235

Minecraft & Computer Science

(6-12 yrs.) STEM exCEL Campers will use programming fundamentals to design and implement complex Minecraft in-game commands. Hands-on activities will take place at the beginning of camp that introduce vital concepts then use the easy drag-and-drop interface to create programs, solve problems and design games. Campers will learn functions, variables, and conditionals. Campers leave with a digital copy of their work. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
Frying Pan Pk	M	9am-4pm	RSD.0ML7	2/15	$109
ProvREC	M-W	9am-4pm	RSD.NPJU	12/21-12/23	$299
SpHillREC	M-W	9am-4pm	RSD.PMZU	12/21-12/23	$299
Wkfld/Moore	M	9am-4pm	RSD.PAE9	1/18	$109

Minecraft Creators: Team Design Challenge

(7-12 yrs.) Through building a city, zoo, or an amusement park in the Minecraft World, iCODE campers will practice team collaboration, engineering design processes, mathematical concepts, and project management. Bring swimsuit/towel for afternoon pool break. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
SoRunREC	M-W	9am-4pm	A3W.LQ9I	12/21-12/23	$239

Pokémon Engineering with LEGO®

(6-10 yrs.) Calling all Pokémon trainers! Join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all. No camp January 1.

Location	Day	Time	Code	Begin	$
Lake Fairfax	M-Th	9am-4pm	C5U.FG8Y	12/28-12/31	$319

Minecraft Modding

(6-9 yrs.) CyberTeck Academy campers will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Create artwork for various items and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food and biomes.

Location	Day	Time	Code	Begin	$
SoRunREC	M	9am-12pm	X6I.EZ7G	2/1	$59

Python/Scratch Coding & Robo Fun

(6-12 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. No camp December 24 and 25.

Location	Day	Time	Code	Begin	$
Frying Pan Pk	M-W	9am-4pm	73A.IWLU	12/21-12/23	$259

Roblox & Computer Science

(6-12 yrs.) Learn important problem-solving and design skills by using block coding and programming in Scratch to create your own 2D game. Using your skills you will utilize the more advanced Roblox Studio to create your own 3D game. STEM exCEL campers will learn how to build complex creations and compare the mechanics of a 2D game to a 3D game. Campers leave with a digital copy of their work.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	UCT.1R2C	2/1	$109

Robotics & Redstone

(6-12 yrs.) Design, build and program LEGO® Mindstorms EV3 robots with STEM exCEL. Apply engineering concepts and advanced sensor programming skills to perfect design and solve a variety of challenges.

Use Minecraft's Redstone material to explore the fundamentals of electronics and circuitry. Learn functions, variables and conditionals by using Redstone blocks to build constructs in your Minecraft world. No camp January 1.

Location	Day	Time	Code	Begin	$
SoRunREC	M-Th	9am-4pm	IY6.IEC6	12/28-12/31	$399

Sensational Sink or Float

(5-8 yrs.) Science Seed campers learn about sinking and floating by experimenting with different boat shapes to see which float better and will then design and make their own boat. Free play, playground time and story time complete the camp day.

Location	Day	Time	Code	Begin	$
SpHillREC	M	9am-4pm	CAT.4SVF	2/15	$109

Slime Time

(5-7 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	$
OakmontREC	M	9am-4pm	E5N.XS6U	2/1	$79

Spy Science: Crime Scene Investigators

(5-7 yrs.) Campers will discover forensic science and learn the tricks of the spy trade. Investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, and other sneaky science in this Baroody camp.

Location	Day	Time	Code	Begin	$
ProvREC	F	9am-4pm	QGV.7BXN	1/29	$79
SpHilll REC	M	9am-4pm	QGV.A78G	2/1	$79

STEM & Radical Rides with LEGO®

(6-10 yrs.) Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles. Build and design an array of exciting machines, traversing land, sea, and air, with the assistance of experienced Play-Well instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms!

Location	Day	Time	Code	Begin	$
Lake Fairfax	F	9am-4pm	NXU.88UG	1/29	$89

STEM & Wildlife Wonders with LEGO®

(6-10 yrs.) Design and build your way through the animal kingdom, from sea to safari, using tens of thousands of LEGO® parts. With the guidance of an experienced Play-Well instructor, you'll recreate diverse habitats while crafting animals in their natural surroundings.

Location	Day	Time	Code	Begin	$
GrnSprngGrdn	M	9am-4pm	00T.XX7P	2/1	$89

Winter Wondercamp

(5-12 yrs.) Celebrate all your favorite things about winter with Baroody camps! From experimenting with snowstorms in a jar to designing your own snowflakes, campers will feel like they just left the North Pole. Campers will play, design, build and experiment in a "winter"ful way in this fun program. Bring swimsuit/towel for afternoon pool break.

Location	Day	Time	Code	Begin	$
OakmontREC	M	9am-4pm	8LK.025N	2/15	$79
SpHilll REC	M	9am-4pm	8LK.R6ZK	1/18	$79





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 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 addicional para materiales van al instructor. La clase será impartida en español.

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

Location	Day	Time	Code	Begin	$
Franconia REC	T	11:30am	3ZA.ROPL	1/12	4TA

Abrakadoodle Mini Doodlers

(3-6 yrs.) Ignite your child's imagination using real artists' materials, including watercolors, tempera paints, and oil pastels, creative tools. A $30-$40 materials fee is due at first class (checks payable to Abrakadoodle).

DTVW 8--45 minute lessons--$174

Location	Day	Time	Code	Begin	$
CubRunREC	Th	10am	498.JABM	1/14	DTVW
OakmontREC	W	5pm	498.BCG4	1/13	DTVW
SoRunREC	T	11am	498.98Y6	1/12	DTVW
SoRunREC	Th	5pm	498.0RTR	1/14	DTVW
SoRunREC	Sa	11:45am	498.8F0U	1/9	DTVW
SpHillREC	Sa	2pm	498.M6UG	1/9	DTVW
Wkfld/Moore	Th	6pm	498.0QFR	1/14	DTVW

Abrakadoodle Twoosy Doodlers

(20-36 mos.) In this Abrakadoodle class toddlers and their parents experiment with painting, gluing, sticking, printing and creating while developing fine-motor, language and self-help skills. A $30-$40 materials fee is due at first class (checks payable to Abrakadoodle).

DTVW 8--45 minute lessons--$174

Location	Day	Time	Code	Begin	$
MtVernREC	M	10am	F2D.DK39	1/11	DTVW
MtVernREC	W	10am	F2D.5EHD	1/13	DTVW
OakmontREC	M	10am	F2D.VMLC	1/11	DTVW
OakmontREC	W	10am	F2D.A4FQ	1/13	DTVW
SoRunREC	T	10am	F2D.S2C3	1/12	DTVW
SpHillREC	T	10am	F2D.B016	1/5	DTVW
SpHillREC	Sa	3pm	F2D.IHY5	1/9	DTVW
Wkfld/Moore	Th	10am	F2D.IQLU	1/14	DTVW



Animal Antics

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

4TA 10--45 minute lessons--$124
4TC 8--45 minute lessons--$105

Location	Day	Time	Code	Begin	$
CubRunREC	T	10am	0F1.UGW2	1/12	4TC
CubRunREC	F	11am	0F1.43NZ	1/15	4TC
Franconia REC	M	10:15am	0F1.1VRR	1/11	4TA
Franconia REC	Th	10:15am	0F1.VZEZ	1/14	4TA

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.

Crafty Kids

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

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

Location	Day	Time	Code	Begin	$
ProvREC	M	11am	4M6.CTGP	1/11	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	Sa	1pm	6F0.H6C6	1/9	4TC
Wkfld/Moore	Sa	2pm	6F0.YJ5M	1/9	4TC

Little Artists

(3-5 yrs.) Little artists will get messy as they explore a world of color using sponges, brushes, and their imaginations. Supply fee payable to instructor at first class.

4TA 10--45 minute lessons--$124
4TC 10--45 minute lessons--$105

Location	Day	Time	Code	Begin	$
CubRunREC	W	10am	AMP.C3CS	1/13	4TC
Franconia REC	M	9:15am	AMP.NCSR	1/11	4TA
Franconia REC	Th	9:15am	AMP.7K73	1/14	4TA

Mixed Media Art Explorers

(3-5 yrs.) In open ended art experiences, kids will explore mixed media art with painting, printmaking and collage. Supply fee of $10 payable at first class.

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

Location	Day	Time	Code	Begin	$
MtVernREC	Su	2pm	Q9Y.G030	1/10	4TC
MtVernREC	W	4:30pm	Q9Y.TYZQ	1/13	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.

APP3 16--1 hour 30 minute lessons--$235

Location	Day	Time	Code	Begin	$
CubRunREC	M/W	1:15pm	09Z.MLHG	1/11	APP3

Prescholar Picassos en Español

(2–5 años) Alos 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.

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

Location	Day	Time	Code	Begin	$
Franconia REC	T	12:30pm	PZ6.XRXJ	1/12	4TA

Preschool Prep

Get ready for preschool by working on socialization and fine and gross motor skills. Concepts such as sharing, taking turns, following directions, colors and counting are introduced through a variety of music,

instruments, play equipment, dancing, singing and stories. Adult participation is required.

4TA 10--45 minute lessons--$124
4TC 8--45 minute lessons--$105

Location	Day	Time	Code	Begin	$
(2-3 yrs.)					
CubRunREC	Su	11am	2BC.UFDF	1/10	4TC
Franconia REC	M	11:15am	2BC.G5GW	1/11	4TA
Franconia REC	Th	11:15am	U4F.H6Z6	1/14	4TA
(3-4 yrs.)					
Wkfld/Moore	T	10am	U4F.Q0PD	1/12	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 while working on fine and gross motor skills. Classes are held in the Schoolhouse. Parents and children can visit the farm after class. For information call 703-689-3104.

DTVM 8--45 minute lessons--$146

Location	Day	Time	Code	Begin	$
Frying Pan Pk	Th	9:30am	55F.Q290	1/14	DTVM
Frying Pan Pk	Th	10:30am	55F.L4BL	1/14	DTVM
Frying Pan Pk	F	9:30am	55F.6SDN	1/15	DTVM
Frying Pan Pk	F	10:30am	55F.YXM4	1/15	DTVM

Cooking Classes

Magic Kitchen

(3-5 yrs.) 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	$
CubRunREC	Th	11am	53D.SX7D	1/14	4TC

Dance Classes

Baby Ballerinas

(2-4 yrs.) This class for young ballerinas stretches their minds and feet. Adult participation required.

CTVM 8--45 minute lessons--$134
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
CubRunREC	Su	12pm	YDT.4E4N	1/10	DTVR
Franconia Rec	Sa	9:30am	YDT.PT7H	1/9	DTVR
Franconia Rec	F	9:30am	YDT.JRZY	1/15	DTVR
MtVernREC	T	9:30am	YDT.A02M	1/12	CTVM
OakmontREC	Th	3:30pm	YDT.BX4E	1/7	DTVR
Oakton ES	Sa	9:30am	YDT.R4O6	1/16	DTVR
Oakton ES	Sa	10:30am	YDT.5WDS	1/16	DTVR
Oakton ES	Sa	11:30am	YDT.3IKW	1/16	DTVR
SoRunREC	Sa	10:30am	YDT.XEHY	1/9	DTVR
SoRunREC	M	9:30am	YDT.ND2C	1/11	DTVR
SoRunREC	M	11:15am	YDT.2NPT	1/11	DTVR
SoRunREC	Th	9am	YDT.IFBE	1/14	DTVR
SpHillREC	F	10am	YDT.N4OV	1/15	DTVR

Ballet & Acro

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

DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
Franconia Rec	F	10:20am	I75.QBC6	1/15	DTVR
OakmontREC	W	11:45am	I75.U0W6	1/6	DTVR
MtVernREC	W	1pm	I75.02LY	1/13	DTVR
Wkfld/Moore	F	1:45pm	I75.R69W	1/15	DTVR

Ballet & Tap

Introduction to basic ballet and tap steps and movements.

DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
(2-3 yrs.)					
OakmontREC	W	10:55am	5F8.0FWJ	1/6	DTVR
(3-5 yrs.)					
Franconia Rec	Sa	10:20am	AD3.62BC	1/9	DTVR
Franconia Rec	M	11:15am	AD3.CWNC	1/11	DTVR
OakmontREC	Su	10am	AD3.0IRO	1/10	DTVR
ProvREC	Sa	9am	AD3.GEYP	1/9	DTVR
ProvREC	Sa	9:50am	AD3.WJHJ	1/9	DTVR
SoRunREC	Sa	12:10pm	AD3.59MD	1/9	DTVR
SoRunREC	Su	9am	AD3.P7F9	1/10	DTVR
SoRunREC	Th	10am	AD3.RGQX	1/14	DTVR
SpHillREC	F	10:50am	AD3.AKZ0	1/15	DTVR
Wkfld/Moore	Sa	9am	AD3.J1NN	1/9	DTVR

Combo Ballet & Hip Hop

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

CTVM 8--45 minute lessons--$134
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
CubRunREC	Su	12:50pm	CMH.CTJ8	1/10	DTVR
Franconia Rec	F	5pm	CMH.H9XQ	1/15	DTVR
MtVernREC	T	10:30am	CMH.OKRS	1/12	CTVM
OakmontREC	W	10am	CMH.HV54	1/6	DTVR
OakmontREC	Th	10am	CMH.M2F6	1/7	DTVR
OakmontREC	Sa	9am	CMH.CFD7	1/9	DTVR
OakmontREC	Sa	10am	CMH.RRSC	1/9	DTVR
ProvREC	Sa	10:40am	CMH.A1DD	1/9	DTVR
SoRunREC	Sa	11:20am	CMH.1H1L	1/9	DTVR
SoRunREC	Su	9:55am	CMH.XO5F	1/10	DTVR
Wkfld/Moore	T	5pm	CMH.SMUS	1/12	DTVR

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.

DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
ProvREC	Su	11:30am	REO.JO6L	1/10	DTVR
MtVernREC	W	2pm	REO.01CB	1/13	DTVR
Wkfld/Moore	F	2:35pm	REO.ALFN	1/15	DTVR

Creative Dance

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

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

Location	Day	Time	Code	Begin	$
(2-3 yrs.)					
MtVernREC	Sa	9:30am	TQD.MXCT	1/9	4TA
(3-5 yrs.)					
MtVernREC	Sa	10:30am	2I1.L7X0	1/9	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.

CTVR 7--45 minute lessons--$105
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	11:10am	370.4LY6	1/9	DTVR
Franconia Rec	M	2:30pm	370.0YHH	1/11	DTVR
Franconia Rec	W	1:30pm	370.K4YP	1/13	DTVR
MtVernREC	F	10:30am	370.C9L7	1/15	DTVR
MtVernREC	F	5pm	370.F170	1/15	DTVR
OakmontREC	Su	9am	370.93I6	1/10	DTVR
OakmontREC	Su	12pm	370.0S1Y	1/10	DTVR
ProvREC	Su	9:30am	370.9YR7	1/10	DTVR
Sangster ES	M	5pm	370.N6ZB	1/11	CTVR
SpHillREC	F	5:20pm	370.LMFP	1/15	DTVR
Wkfld/Moore	Sa	1:40pm	370.XTLQ	1/9	DTVR
Wkfld/Moore	Sa	12:50pm	370.UE29	1/9	DTVR
Wkfld/Moore	T	1:30pm	370.UL8T	1/12	DTVR

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
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
(3-5 yrs.)					
Franconia Rec	Su	9:30am	PMD.K38U	1/10	DTVR
OakmontREC	Th	2:30pm	PMD.0SWA	1/7	DTVR
SoRunREC	M	10:25am	PMD.NZAU	1/11	DTVR
Wkfld/Moore	Sa	10:55am	PMD.UU59	1/9	DTVR
(4-5 yrs.)					
MtVernREC	Sa	11:30am	1B1.TJM1	1/9	4TA

Lil Tap and Tu Tu's

(4-5 yrs.) In this combination class, dancers will learn simple tap and ballet moves before 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	5:20pm	2A4.M6DL	1/12	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	4:15pm	26Z.RR1Y	1/13	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	4:30pm	1B4.PW5P	1/12	4TA

Weather Procedure

For weather-related Park Authority closings or cancelations, visit **www.fairfaxcounty.gov/parks** or call the FCPA inclement weather hotline:

703-324-8661

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.

4TC 8--45 minute lessons--$105
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.IZOK	1/0	DMVE
(3-5 yrs.)					
LdbyExFrOks	F	4:30pm	1B7.2UE3	1/15	DMVF
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.8SDL	1/10	4TC
Legacy Mart	Su	11:15am	415.MIU1	1/10	BMVE
Legacy Mart	T	5:15pm	415.5AQW	1/12	BMVE
Legacy Mart	M	6:15pm	415.IPU5	1.11	BMVE
Legacy Mart	Th	5:30pm	415.EH18	1/14	BMVE
BlkBltFFX	M	4:30pm	415.6XWC	1/11	DMVE
BlkBltFFX	T	4:30pm	415.B07G	1/12	DMVE
BlkBltFFX	W	4:30pm	415.S25A	1/13	DMVE
JRheeFlsCh	T	4:50pm	415.102Q	1/12	BMVE
JRheeFlsCh	W	4:50pm	415.ES8V	1/13	BMVE
JRheeFlsCh	Th	4:50pm	415.FT79	1/14	BMVE
LdbyExFrOks	Sa	11:30am	415.PGPU	1/9	DMVF
LdbyExFrOks	T	6pm	415.WGBB	1/12	DMVF
LdbyExFrOks	W	4:30pm	415.0K7A	1/13	DMVF
LdbyExFrOks	Th	6pm	415.SAK2	1/14	DMVF
OakmontREC	Sa	3:30pm	415.SVQW	1/16	DMVF
OakmontREC	Sa	4:30pm	415.NHEP	1/16	DMVF
SoRunREC	Sa	11:15am	415.2XK8	1/9	DMVE

Movement Classes

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.

CTVE 8--45 minute lessons--$134

Location	Day	Time	Code	Begin	$
SpHillREC	F	11:40am	C6B.MFQF	1/15	CTVE

Full Speed Ahead

(2-5 yrs.) In this Baroody Camps kids will explore obstacle courses and play games set to music. Adults participation is required. Socks are required, fun ones recommended.

DTVQ 10--45 minute lessons--$182

Location	Day	Time	Code	Begin	$
Wkfld/Moore	W	11am	01M.2FS6	1/13	DTVQ
Wkfld/Moore	F	11am	01M.IDA0	1/15	DTVQ

Funfit Tots

For children who are walking, this high-energy, adult/child class includes songs, stories, parachutes, games, balls, and music. Develop coordination, muscle tone, balance, socialization and language skills. Adult participation is required.

DTV2 8--45 minute lessons--$155

Location	Day	Time	Code	Begin	$
(11 mos-4 yrs.)					
SpHillREC	Th	9:10am	61F.KFNS	1/7	DTV2
SpHillREC	Su	9:10am	61F.83T0	1/10	DTV2
(1-2 yrs.)					
SpHillREC	Th	10:05am	D21.TZ6L	1/7	DTV2
SpHillREC	Su	10:05am	D21.0RWU	1/10	DTV2
(2-3 yrs.)					
SpHillREC	Th	11am	504.KGBD	1/7	DTV2
SpHillREC	Su	11am	504.B2CA	1/10	DTV2

Giggles and Wiggles

(2 yrs.) This class is designed to enhance gross motor skills through games and songs. Adult particpation is required.

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

Location	Day	Time	Code	Begin	$
CubRunREC	W	11am	2C9.ZYNB	1/13	4TC

The Tot Spot

(2-5 yrs.) This Baroody Camps class combines music and movement in a variety of activities. Tots will work on basic motor and social skills while playing parachute games, dancing and exploring obstacle courses.

DTVQ 10--45 minute lessons--$182

Location	Day	Time	Code	Begin	$
Wkfld/Moore	W	10am	U04.CKZH	1/13	DTVQ
Wkfld/Moore	F	10am	U04.L7B4	1/15	DTVQ

Tiny Tot Music & Movement

You and your toddler will explore music through singing, playing percussion instruments, and dancing with parachutes, ribbons, and scarves. Classes are held in the Schoolhouse.

DTVM 8--45 minute lessons--$146

Location	Day	Time	Code	Begin	$
(18-30 mos.)					
Frying Pan Pk	T	9:30am	326.XKTH	1/12	DTVM
Frying Pan Pk	W	9:30am	326.PYBA	1/13	DTVM
(24-42 mos.)					
Frying Pan Pk	T	10:30am	71E.LQB3	1/12	DTVM
Frying Pan Pk	W	10:30am	71E.RL8G	1/13	DTVM

TotZone

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

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

Location	Day	Time	Code	Begin	$
SoRunREC	W	11:30am	D66.3KM1	1/13	4TC
SoRunREC	Th	4pm	D66.IUEI	1/14	4TC





Zoom Around the Room

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

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

Location	Day	Time	Code	Begin	$
CubRunREC	Th	10am	A7B.YLC5	1/14	4TC

Music Classes

Let's Make Music

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

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

Location	Day	Time	Code	Begin	$
CubRunREC	F	10am	962.PB48	1/15	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	1/12	DTVM
Woodbrn ES	W	5:30pm	0P6.1PBP	1/13	DTVM

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	$
MtVernREC	Th	4:30pm	0AR.VCQI	1/14	DTVM
ProvREC	Sa	10:45am	0AR.CJR9	1/9	DTVM
Wkfld/Moore	Su	11am	0AR.U62W	1/17	DTVQ

Nature & Science Classes

Kinderbots

(4-6 yrs.) In this Snapology class children explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time.

DTV9 8--55 minute lessons--$201

Location	Day	Time	Code	Begin	$
MtVernREC	F	4:40pm	ZG7.5VPT	1/15	DTV9

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.

DTVF 8--45 minute lessons--$151
DTVK 8--45 minute lessons--$164
DTVQ 10--45 minute lessons--$182

Location	Day	Time	Code	Begin	$
CubRunREC	Su	10am	04B.MGJK	1/10	DTVF
OakmontREC	Sa	9am	04B.IL4Q	1/16	DTVK
OakmontREC	Sa	9:55am	04B.2EIC	1/16	DTVK
Wkfld/Moore	Su	2pm	04B.ZSR4	1/10	DTVQ

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	T	11am	661.DG0E	1/12	4TC

The Science Seed

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

DTV9 8--55 minute lessons--$201

Location	Day	Time	Code	Begin	$
ProvREC	Su	10am	YMM.29XX	1/10	DTV9
OakmontREC	M	4:30pm	YMM.CRPW	1/11	DTV9
SoRunREC	Su	10am	YMM.CT5P	1/10	DTV9
SoRunREC	Su	11am	YMM.T1U6	1/10	DTV9
Wkfld/Moore	Sa	10am	YMM.LARC	1/9	DTV9
Wkfld/Moore	Sa	11am	YMM.X0B6	1/9	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.

DTV1 10--45 minute lessons--$201
DTVA 10--45 minute lessons--$150
DTVF 8--45 minute lessons--$151

Location	Day	Time	Code	Begin	$
BelleVw ES	Sa	12pm	FC7.P986	1/9	DTVF
Franconia Rec	M	4:30pm	FC7.NALQ	1/11	DTVA
RollingVly ES	Su	12pm	FC7.RLIZ	1/10	DTVF
Sully CommCtr	Th	3:30pm	FC7.BVJT	1/14	DTVF
Wkfld/Moore	Sa	8:30am	FC7.CJ0C	1/9	DTV1
Wkfld/Moore	Sa	10:30am	FC7.9IG5	1/9	DTV1

Basketball I

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

4TB 10--55 minute lessons--$148
DTVI 10--45 minute lessons--$155
DTVQ 10--45 minute lessons--$182

Location	Day	Time	Code	Begin	$
(4-5 yrs. with Adult)					
Franconia Rec	Sa	9:30am	176.BW48	1/9	DTVI
Wkfld/Moore	Sa	9:30am	176.FO9A	1/9	DTVI
Wkfld/Moore	Su	11am	176.DBX4	1/10	DTVI
(4-6 yrs. Child only)					
SpHillREC	Th	5pm	EFA.QFQJ	1/7	4TB
SpHillREC	Su	9am	EFA.0C6D	1/10	4TB
Wkfld/Moore	M	5:30pm	EFA.DM01	1/11	DTVQ

Fencing ABCs

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

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

Location	Day	Time	Code	Begin	$
NOVA Fence	Sa	9am	ST3.N6Y6	1/23	4SM
NOVA Fence	Sa	10am	ST3.0T2K	1/23	4SM

Gym Jam w/Parent

(2-3 yrs.) Children with their parents are introduced to fitness through creative up-beat exercises and sports related 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

Location	Day	Time	Code	Begin	$
ProvREC	M	10am	CE7.3KM1	1/11	4TC
SoRunREC	Th	11:15am	CE7.SWF3	1/14	4TC
Orng Hnt ES	Su	11am	59Q.T6T0	1/10	DTVF

Soccer I

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

4SM 8--55 minute lessons--$135
DTVF 8--45 minute lessons--$151
DTVQ 10--45 minute lessons--$182
DTVZ 8--55 minute lesspons--$122

Location	Day	Time	Code	Begin	$
(3 yrs.)					
SoRunREC	Su	8:30am	SFC.5FGY	1/10	DTVF
(4-5 yrs.)					
LemonRd ES	Su	10am	39V.FYVK	1/10	DTVZ
LittleRn ES	Sa	10am	39V.4V8S	1/9	DTVZ
RollValy ES	Su	9am	39V.0YHM	1/10	DTVF
RollValy ES	Su	10am	39V.6CVY	1/10	4SM
SpringHl ES	Sa	10am	39V.RUI0	1/9	DTVZ
Sully CommCtr	T	3:30pm	39V.4XF7	1/12	DTVF
Wkfld/Moore	Sa	1:15pm	39V.KNG9	1/9	DTVQ
Wkfld/Moore	Su	12:45pm	39V.YGU7	1/10	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

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	9am	EF0.BDSS	1/9	DTVF
Franconia Rec	W	9:30am	EF0.FN49	1/13	DTVF
Orng Hnt ES	Su	9am	EF0.A0B1	1/10	DTVF
Orng Hnt ES	Su	10am	EF0.6XQU	1/10	DTVF
SoRunREC	T	11:10am	EF0.0KAY	1/12	DTVF
Wkfld/Moore	Sa	4pm	EF0.DX92	1/9	DTVF

Challenger TinyTykes Soccer-Lions

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

DTVJ 8--55 minute lessons--$169

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	10am	38C.71Y2	1/9	DTVJ
Franconia Rec	W	10:30am	38C.V0RB	1/13	DTVJ
Orng Hnt ES	Su	11am	38C.F1L1	1/10	DTVJ
SoRunREC	T	12pm	38C.VZHJ	1/12	DTVJ
Wkfld/Moore	Sa	5pm	38C.199L	1/9	DTVJ

Challenger International Soccer Academy

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

DTVJ 8--55 minute lessons--$169

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	11am	E08.V62X	1/9	DTVJ
Orng Hnt ES	Su	12pm	E08.1P6D	1/10	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

Location	Day	Time	Code	Begin	$
BelleVw ES	Su	9am	VZ0.RHH5	1/10	CTCR
WSprngfd ES	Th	5pm	VZ0.50FE	1/9	CTVR

T-Ball

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

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

Location	Day	Time	Code	Begin	$
Hunt Vly ES	Sa	9am	HFX.L0AN	1/9	DSVP
Sully CommCtr	M	3:30pm	HFX.WJCL	1/11	4SM

Little Tennis I

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

DTVD 10--55 minute lessons--$150
DTVF 8--45 minute lessons--$151

Location	Day	Time	Code	Begin	$
Franconia Rec	W	4:30pm	KUB.H2AJ	1/13	DTVD
Franconia Rec	F	4:30pm	KUB.001K	1/15	DTVD
RollValy ES	Sa	9am	KUB.2E34	1/9	DTVF

Gymnastics & Tumbling 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. Adult participation is required. Equipment varies at each site.

4TA 10--45 minute lessons--$124
4TC 8--45 minute lessons--$105
DTVF 8--45 minute lessons--$151
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	088.H1ZK	1/9	4TC
Franconia Rec	T	10am	088.PWQT	1/12	4TA
Franconia Rec	T	11am	088.C37U	1/12	4TA
Wkfld/Moore	Sa	9am	088.3R4F	1/9	4TA
Wkfld/Moore	Sa	10am	088.1CY5	1/9	4TA
Wkfld/Moore	Sa	11am	088.GY73	1/9	4TA
Wkfld/Moore	Su	3pm	088.2AH8	1/10	4TA
Wkfld/Moore	Su	9am	088.MF49	1/10	4TA
Wkfld/Moore	Su	10am	088.JZT4	1/10	4TA
Franconia Rec	Sa	9am	IBA.0V7V	1/9	DTVR
Franconia Rec	Su	9am	IBA.FTJJ	1/10	DTVR
OakmontREC	T	9am	IBA.NXU8	1/12	DTVP
OakmontREC	T	10:50am	IBA.SQGQ	1/12	DTVP
OakmontREC	Sa	9am	IBA.GKIE	1/16	DTVF
OakmontREC	Sa	9:55am	IBA.XGZB	1/16	DTVF
ProvREC	Su	9am	IBA.NJP9	1/17	DTVF
ProvREC	Su	9:50am	IBA.Z12T	1/17	DTVF
SoRunREC	Sa	2pm	IBA.23C8	1/9	DTVR
SoRunREC	Su	10am	IBA.JWRL	1/10	DTVF

Gymnastics for Preschoolers

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

4TA 10--45 minute lessons--$124
4TC 8--45 minute lessons--$105
DTVF 8--45 minute lessons--$151
DTVP 8--45 minute lessons--$173
DTVR 8--45 minute lessons--$122

Location	Day	Time	Code	Begin	$
(3-4 yrs.)					
MtVernREC	Sa	8:30am	2B8.ZKDQ	1/9	4TA
CubRunREC	Sa	9:50am	2B8.4RPU	1/9	4TC
CubRunREC	T	4:30pm	2B8.W6S3	1/12	4TC
CubRunREC	W	5:50pm	2B8.I7NH	1/13	4TC
OakmontREC	T	9:55am	BW0.VGKH	1/12	DTVP
OakmontREC	Sa	10:50am	BW0.KP5Z	1/16	DTVF
OakmontREC	Sa	12:40pm	BW0.ZR8P	1/16	DTVF
SoRunREC	Sa	1pm	BW0.2MJQ	1/9	DTVF
(3-5 yrs.)					
Franconia Rec	T	12pm	E42.0L1K	1/12	4TA
Wkfld/Moore	Su	1pm	E42.DE5Y	1/10	4TA
Wkfld/Moore	Su	11am	E42.YFK6	1/10	4TA
Franconia Rec	Sa	11am	UR8.1UB0	1/9	DTVR
Franconia Rec	Su	11am	UR8.XHGT	1/10	DTVR
Franconia Rec	M	1:30pm	UR8.FU8Z	1/11	DTVR
Franconia Rec	M	10:20am	UR8.LMI9	1/11	DTVR
SoRunREC	Su	11am	UR8.D395	1/10	DTVR
SoRunREC	Su	11:55am	UR8.7EV3	1/10	DTVR
Wkfld/Moore	Sa	1pm	UR8.30BQ	1/9	DTVP
Wkfld/Moore	T	5pm	UR8.FII9	1/12	DTVP
Wkfld/Moore	Th	11:15am	UR8.2NDY	1/14	DTVR
(4-5 yrs.)					
MtVernREC	Sa	9:30am	094.ZJMT	1/9	4TA
MtVernREC	Sa	10:30am	094.P9T1	1/9	4TA
CubRunREC	Sa	10:40am	094.WO7H	1/9	3TC
CubRunREC	T	5:20pm	094.2DUG	1/12	3TC
CubRunREC	W	5pm	094.A8DM	1/13	3TC
OakmontREC	Sa	11:45am	M3Q.7G70	1/16	DTVF
ProvREC	Su	10:40am	M3Q.MDY9	1/17	DTVF
SoRunREC	Sa	12pm	M3Q.AQCF	1/9	DTVF
Wkfld/Moore	Sa	2pm	M3Q.ZL48	1/9	DTVP
Wkfld/Moore	W	5:50pm	M3Q.XXCE	1/13	DTVP

Tumbling

(4-6 yrs.) Children are introduced to basic tumbling moves and skills. Social concepts of taking turns and following directions are reinforced with activities that enhance balance, strength and coordination.

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

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Sa	12pm	D57.5EB3	1/9	4TA
Wkfld/Moore	Su	2pm	D57.U6LP	1/10	4TA





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.LEB1	1/13	4PA

Intro to Ballet

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

CPVF 8--55 minute lessons--$131

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	12pm	408.0MCB	1/9	CPVF
Franconia Rec	Su	10:25am	408.V7Q9	1/10	CPVF
MtVernRec	F	6pm	408.FZKX	1/15	CPVF

Ballet I

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

3PA 8--55 minute lessons--$113
4PA 10--55 minute lessons--$144
CPVF 8--55 minute lessons--$131

Location	Day	Time	Code	Begin	$
(5-7 yrs.)					
MtVernREC	Sa	12:30pm	S5F.VEH3	1/9	4PA
SoRunREC	T	6:10pm	S5F.8FBM	1/12	4PA
CubRunREC	Su	1:40pm	2BE.J0LB	1/17	CPVF
Franconia Rec	W	6:30pm	2BE.3LU9	1/13	CPVF
OakmontREC	Su	9am	2BE.EIDG	1/10	CPVF
Wkfld/Moore	Sa	9:55am	2BE.Y4Q6	1/9	CPVF
(6-12 yrs.)					
Deer Pk ES	Th	5pm	5KA.29M8	1/14	3PA
(8-12 yrs.)					
Franconia Rec	Su	11:30am	VWV.P8C3	1/10	CPVF
Franconia Rec	W	7:30pm	VWV.WQML	1/13	CPVF
(10-14 yrs.)					
Deer Pk ES	Th	6pm	96S.WW5I	1/14	3PA
(13-Adult)					
MtVernREC	Th	8pm	63B.0K0Z	1/14	4PA
Wkfld/Moore	T	8pm	63B.0RK9	1/12	4PA

Ballet II

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

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

Location	Day	Time	Code	Begin	$
SoRunREC	W	5:05pm	341.R39H	1/13	4PA

Ballet & Jazz

Introduction to basic steps and movements for ballet and jazz.

BPVF 6--55 minute lessons--$110
CPVF 8--55 minute lessons--$131

Location	Day	Time	Code	Begin	$
(5-7 yrs.)					
Orng Hnt ES	W	6pm	I0E.L6T8	1/20	BPVF
Wkfld/Moore	T	6:55pm	I0E.5Y0I	1/12	CPVF
(6-12 yrs.)					
Orng Hnt ES	W	7pm	224.YPA2	1/20	BPVF
SoRunREC	Su	12:45pm	224.AG73	1/10	CPVF

Combo Ballet & Hip Hop

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

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

Location	Day	Time	Code	Begin	$
(5-8 yrs.)					
OakmontREC	Th	4:30pm	NFK.4ACB	1/7	CPVF
OakmontREC	Sa	11am	NFK.QTSS	1/9	CPVF
ProvREC	Sa	11:30am	NFK.3SO3	1/9	CPVF
ProvREC	F	6:10pm	NFK.6HGB	1/15	CPVF
(6-12 yrs.)					
MtVernREC	Th	6pm	NBE.ZCUG	1/14	4PA
(8-12 yrs.)					
SoRunREC	Sa	2pm	JEF.2IUP	1/9	CPVF

Hip Hop I

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

CPVF 8--55 minute lessons--$131
CPVH 7--55 minute lessons--$114
DPVK 10--55 minute lessons--$197
DPVN 8--55 minute lessons--$157

Location	Day	Time	Code	Begin	$
(5-7 yrs.)					
Franconia Rec	Sa	12:30pm	209.NRAP	1/9	CPVF
OakmontREC	Su	9:55am	209.4WG8	1/10	CPVF
ProvREC	Su	10:30am	209.WA10	1/10	DPVN
Sangster ES	M	6pm	209.7UA8	1/11	CPVH
SoRunREC	Su	11:45am	209.FYUG	1/10	CPVF
SpHillREC	Th	6pm	209.YBK2	1/14	DPVK
Wkfld/Moore	Sa	11:50am	209.YZPB	1/9	CPVF
(8-13 yrs.)					
MtVernREC	Th	7pm	P3P.K2BT	1/14	4PA
OakmontREC	Su	11am	085.G5OM	1/10	CPVF
SpHillREC	Th	7pm	085.VC75	1/14	DPVK
SpHillREC	F	7:30pm	085.7PN0	1/15	DPVN
Sangster ES	M	6pm	085.BQUS	1/11	CPVH
(13-Adult)					
Franconia Rec	W	2:30pm	5CF.CRC3	1/13	CPVF
MtVernREC	F	11:30am	5CF.4J52	1/15	CPVF
Sangster ES	M	8pm	5CF.49XX	1/11	CPVH
SpHillREC	Th	11:30am	5CF.BTTA	1/14	CPVF
Wkfld/Moore	T	2:30pm	5CF.Z95H	1/12	CPVF
Wkfld/Moore	Th	12:10pm	5CF.GUEI	1/14	CPVF

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.

3PA 8--55 minute lessons--$113
BPVF 6--55 minute lessons--$110
CPVF 8--55 minute lessons--$131

Location	Day	Time	Code	Begin	$
Orng Hnt ES	W	8pm	5MC.8U9Y	1/20	BPVF
ProvREC	Sa	4:30pm	VU8.PSE7	1/9	3PA
MtVernREC	F	7pm	5MC.6U3M	1/15	CPVF

Combo Dance & Tap

(5-8 yrs. Students are introduced to dance forms such as ballet, jazz and tap.

CPVF 8--55 minute lessons--$131

Location	Day	Time	Code	Begin	$
OakmontREC	Su	10:55am	3A9.B0WI	1/10	CPVF

Tap I

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

CPVM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Franconia Rec	M	12:15pm	XNE.KFN6	1/11	CPVM
OakmontREC	Th	5:30pm	XNE.LF7Y	1/7	CPVF
OakmontREC	Sa	12pm	XNE.3FXI	1/9	CPVF

Tap II

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Su	7pm	D94.P95T	1/10	4PA

Tap Techniques

(13-Adult) Learn to be light on your feet through basic steps, tap combinations and routines. This adult tap dance class provides exercise, rhythm and fun.

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Su	6pm	C3B.BKI4	1/10	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.

2PA 6--55 minute lessons--$87
3PA 8--55 minute lessons--$113
4PA 10--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Singles & Couples					
MtVernREC	M	6pm	162.1M50	1/11	3PA
OakmontREC	Su	12pm	162.964S	1/10	4PA
Wkfld/Moore	T	6:30pm	162.4OF4	1/12	4PA
Couples only					
Franconia Rec	Th	8:10pm	A6D.PWUY	1/14	4PA
Frying Pan Pk	T	7pm	A6D.NPRW	1/12	2PA
ProvREC	M	7pm	A6D.BNEE	1/11	3PA
SpHillREC	Su	3pm	A6D.G4TU	1/10	4PA

Ballroom Dancing II

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

2PA 6--55 minute lessons--$87
3PA 8--55 minute lessons--$113
4PA 10--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Singles & Couples					
MtVernREC	M	7pm	956.Q74E	1/11	3PA
OakmontREC	Su	1pm	956.M36L	1/10	4PA
SpHillREC	Su	4pm	956.460K	1/10	4PA
Wkfld/Moore	T	7:30pm	956.181S	1/12	4PA
Couples only					
Franconia Rec	Th	8:10pm	25B.M4Y9	1/14	4PA
Frying Pan Pk	T	7pm	25B.S6HM	1/12	2PA

Ballroom Dancing III

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

2PA 6--55 minute lessons--$87
3PA 8--55 minute lessons--$113
4PA 10--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Singles & Couples					
MtVernREC	W	7pm	B81.TP4O	1/13	3PA
OakmontREC	Su	2pm	B81.FQN4	1/10	4PA
Wkfld/Moore	Th	6:30pm	B81.QALI	1/14	4PA
Couples only					
Franconia Rec	M	8:10pm	F68.4EMF	1/11	4PA
Frying Pan Pk	T	8pm	F68.1XI9	1/12	4PA



Ballroom Dancing IV

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	M	8:10pm	DAD.ZYVD	1/11	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	$
OakmontREC	W	7:30pm	BI5.LA77	1/13	4PA
Wkfld/Moore	F	7:30pm	BI5.NQ9K	1/15	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	$
OakmontREC	Su	3pm	QM4.4WY4	1/10	4PA

West Coast Swing

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

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

Location	Day	Time	Code	Begin	$
OakmontREC	Su	5pm	FEF.YY4N	1/10	4PA
Wkfld/Moore	F	6:30pm	FEF.J4SQ	1/15	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	MD6.8XXA	1/10	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.T3QE	1/11	4PA
OakmontREC	F	10am	W7D.4JIL	1/15	DPVK
SpHillREC	T	11am	W7D.6I3R	1/5	DPVK

Line Dancing II

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

4PA 10--55 minute lessons--$144
DPVK 10--55 minute lessons--$197

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M	7:30pm	6L5.F4DK	1/11	4PA
OakmontREC	F	10am	9Z4.PT60	1/15	DPVK
SpHillREC	T	9:30am	9Z4.NNUC	1/5	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.MJ87	1/14	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.6M02	1/12	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.WV02	1/14	DPBC

Country & Western Dancing I

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	3pm	706.GQXC	1/9	4PA

Country & Western Line Dancing Beginning I

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	4pm	607.49KN	1/9	4PA
Frying Pan Pk	W	6:15pm	607.Q5GH	1/13	4PA
OakmontREC	Su	3pm	607.INZP	1/10	4PA

Country & Western Line Dancing Beginning II

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

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	5pm	C8C.VDNH	1/9	4PA
Frying Pan Pk	W	5pm	C8C.LICI	1/13	4PA
Frying Pan Pk	W	7:30pm	C8C.0A01	1/13	4PA
OakmontREC	Su	4pm	C8C.DM69	1/10	4PA

Country & Western Line Dancing Intermediate

(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.EMUM	1/10	4PA

Country & Western Line Dancing Intermediate

(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.6CQP	1/10	4PA

Bachata

(13-Adult) Learn this popular, Dominican Republic dance that combines movements and turn patterns with some of the most exciting Argentine tango, cha-cha and salsa elements.

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

Location	Day	Time	Code	Begin	$
OakmontREC	W	6:30pm	872.1MHM	1/13	4PA
ProvREC	M	8pm	872.WYDV	1/11	3PA

Latin Dancing I

(13-Adult) Learn the basic figures and turns from some of the most popular dances - bachata, rhumba, cha cha, salsa and merengue. Also learn how to distinguish each dance's music. 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.6NW5	1/13	3PA
SpHillREC	Su	2pm	7BF.N1UE	1/10	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	375.4769	1/9	4PA

Belly Dance I

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

3PA 8--55 minute lessons--$113
CPVF 8--55 minute lessons--$131
DPVN 8--55 minute lessons--$157

Location	Day	Time	Code	Begin	$
(13-Adult)					
MtVernREC	W	12:30pm	Y21.LF8Y	1/13	DPVN
OakmontREC	W	12:45pm	Y21.YVIT	1/6	CPVF
ProvREC	F	12:20pm	Y21.LEZN	1/8	DPVN
(Adults)					
MtVernREC	Su	1pm	C24.KCGW	1/17	3PA
MtVernREC	Su	11am	C24.RMV9	1/17	3PA

Hula Dance-Beginning

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

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

Location	Day	Time	Code	Begin	$
SpHillREC	Su	2pm	DA9.BEN7	1/10	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.ZI15	1/10	4PA

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.

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

Location	Day	Time	Code	Begin	$
ProvREC	Sa	3:30pm	OLQ.JG3K	1/9	3PA



Day Trips & Tours

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

Day Trips & Tours Information & Policies

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

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

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

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

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

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

Cancelations: 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. Cancelation/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.



Photo by Morgan Horell-@morganhorellphoto

Philadelphia Flower Show

(16-Adult) The Philadelphia Flower Show is the nation's largest and longest-running horticultural event. It features stunning displays by some of the world's premier floral and landscape designers. Immerse yourself in the spectacular and decadent floral displays and the exciting, energetic and passionate side of flowers, gardens and horticulture. Bring a lunch or enjoy the atmosphere and food at the Reading Terminal Market located across the street. Trip includes motor coach and admission. March 15 and March 16 trips depart Green Spring at 8 a.m. and return at 8 p.m. March 17 trip departs at 10 a.m. and returns at 10 p.m. Trip cancellation deadline is February 28, 2026.

Location	Day	Time	Code	Date	$
GrnSprGardn	M	8am	A19.DTB6	3/15	$179
GrnSprGardn	T	8am	A19.K9LL	3/16	$179
GrnSprGardn	W	10am	A19.UUJE	3/17	$179



We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.

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 the heavy use of the indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not offer horses 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.spirite-questrian.org) and offer a safe equestrian program for people of all ages and abilities. Classes are held outdoors and indoors depending on facility availability. All riders should arrive 15 minutes prior to class, wear long pants, shoes or boots with heels and dress for the weather. Helmets are mandatory, you may bring your own or one will be provided. 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://spiritequestrian.org/what-we-do/program-documents.html

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@fairfaxparks



English Style Riding Lessons

Class will primarily focus on riding skills. Unmounted horsemanship lessons will be offered during inclement weather. Student weight must not exceed 175 lbs.

Horseback Riding - Beginner

(8-14 yrs.) For students who have not taken riding lessons before. This class teaches the basics of riding and caring for horses.

6--45 minute lessons--$630
7--45 minute lessons--$735
8--45 minute lessons--$840

Location	Day	Time	Code	Date	$
Frying Pan Pk	M	6pm	15F.96BB	1/4	$840
Frying Pan Pk	M	7pm	15F.5BOS	1/4	$840
Frying Pan Pk	T	6pm	15F.Ø1JB	1/5	$630
Frying Pan Pk	T	7pm	15F.3XKP	1/5	$630
Frying Pan Pk	W	6pm	15F.QT9E	1/6	$840
Frying Pan Pk	W	7pm	15F.FT6R	1/6	$840
Frying Pan Pk	Th	6pm	15F.MKY2	1/7	$735
Frying Pan Pk	Th	7pm	15F.DUH1	1/7	$735

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.

6--45 minute lessons--$630
7--45 minute lessons--$735
8--45 minute lessons--$840

Location	Day	Time	Code	Date	$
Frying Pan Pk	M	6pm	1F7.EOHO	1/4	$840
Frying Pan Pk	T	6pm	1F7.RIX7	1/5	$630
Frying Pan Pk	W	6pm	1F7.B2ØM	1/6	$840
Frying Pan Pk	Th	6pm	1F7.ZLHM	1/7	$735

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.

6--45 minute lessons--$630
7--45 minute lessons--$735
8--45 minute lessons--$840

Location	Day	Time	Code	Date	$
Frying Pan Pk	M	7pm	JIJ.RAXV	1/4	$840
Frying Pan Pk	T	7pm	JIJ.0LG9	1/5	$630
Frying Pan Pk	W	7pm	JIJ.04H9	1/6	$840
Frying Pan Pk	Th	7pm	JIJ.4LM1	1/7	$735

Child and Parent Programs

Child must be accompanied by an adult for all 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	M	9:45am	58A.UIPA	2/8	$12/child
Frying Pan Pk	M	9:45am	58A.LUKS	2/22	$12/child
(3-5 yrs.)					
Frying Pan Pk	M	11am	1ØØ.ELZ8	2/8	$12/child
Frying Pan Pk	M	11am	1ØØ.PNNE	2/22	$12/child

Roundup Playtime

(1-6 yrs.) Enjoy 2 hours of unstructured themed play time to meet new friends in the Visitor Center Auditorium. Each playtime is free from 10 a.m.-12 p.m. Registration recommended.

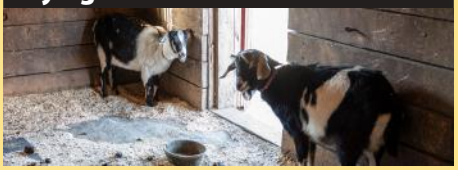
1--2 hour program

Location	Day	Time	Code	Date	$
Frying Pan Pk	T	10am	C62.SIHE	1/12	Free
Frying Pan Pk	T	10am	C62.WAG5	1/26	Free
Frying Pan Pk	T	10am	C62.M97A	2/9	Free
Frying Pan Pk	T	10am	C62.LU4Z	2/23	Free



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

The Country Store

703-435-3710

Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts. For hours visit: 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	11am	M3W.KZFM	1/23	$12/child
Frying Pan Pk	Sa	2pm	M3W.9R3X	1/23	$12/child
Frying Pan Pk	F	2pm	M3W.XVØN	1/29	$12/child
Frying Pan Pk	Sa	11am	M3W.ZXBL	1/30	$12/child
Frying Pan Pk	Sa	2pm	M3W.XNAD	1/30	$12/child

Family/All Ages

All participants, including accompanying adults, must register and pay for the program.

Holiday Glow in the Farmyard

(2-Adult) Enjoy a festive December evening at Frying Pan Farm Park. Meet farm animals as you walk through the farmyard, warm up by the campfire with hot chocolate, and take a wagon ride through sparkling holiday lights. Pre-registration is recommended, limited day-of tickets available onsite. Tickets required for ages 2 years and older. Refunds will be processed in-full if event is cancelled due to inclement weather.

1--1 hour program

Location	Day	Time	Code	Date	$
Frying Pan Pk	M	5pm	4II.MX13	12/21	$12/ea.
Frying Pan Pk	M	6pm	4II.ØJWZ	12/21	$12/ea.
Frying Pan Pk	W	5pm	4II.EV1S	12/23	$12/ea.
Frying Pan Pk	W	5pm	4II.IIDQ	12/23	$12/ea.
Frying Pan Pk	W	6pm	4II.4ZZX	12/23	$12/ea.
Frying Pan Pk	W	6pm	4II.Q3YG	12/23	$12/ea.
Frying Pan Pk	M	5pm	4II.U4UD	12/28	$12/ea.
Frying Pan Pk	M	6pm	4II.ENI3	12/28	$12/ea.
Frying Pan Pk	W	5pm	4II.MGYS	12/30	$12/ea.
Frying Pan Pk	W	6pm	4II.AT1Y	12/30	$12/ea.

MLK Service and Learning Day

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

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
Frying Pan Pk	M	1pm	F2C.030S	1/18	Free
Frying Pan Pk	M	10:30am	F2C.A3AØ	1/18	Free

Celebrate the Holidays in the Parks!

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

Holiday on the Farm

Fridays & Saturdays, December 5-19
4:30 p.m.-7 p.m.
Frying Pan Farm Park
$12 per person, Reservations recommended

(2-Adult) Celebrate the season with an evening of holiday magic at the farm. Take a wagon ride through dazzling lights, cozy up by the campfire and meet Santa before he heads to the North Pole. Holiday activities, stroll the grounds to see friendly farm animals and soak up the festive farm charm. Admission includes a wagon ride and trackless train. Tickets are $12 per person in advance or $15 at the gate. Online sales end at 11:59 p.m. the day before the event date. For safety, walking on the wagon route is not allowed. No refunds unless the event is canceled.



Sensory-Friendly Children's Holiday Shopping

(5-12 yrs.) Shop for friends and family at Colvin Run Mill's General Store in a sensory-friendly environment. Children of all abilities are accompanied by a secret shopper to assist them with purchasing holiday gifts. Assistants help wrap and tag gifts. Adults and family members may assist their shopper or tour the site and visit the Miller's House exhibit while waiting. This event will feature limited attendance, reduced background noise and additional time for transitions between activities.

1--1 hour program

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	11am	OLX.F1X3	12/5	$7/child
ColvinRunMill	Su	11am	OLX.PUKØ	12/6	$7/child



Children's Holiday Shopping at Historic Colvin Run

(5-12 yrs.) Children are accompanied by a secret shopper to assist them with purchasing holiday gifts at the Colvin Run Mill General Store. Assistants help wrap and tag gifts. Cost of gifts not included. Adults may tour the site and visit the Miller's House exhibit while waiting.

1--1 hour program

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	12pm	N3V.S87C	12/5	$7/child
ColvinRunMill	Sa	12:30pm	N3V.LAZV	12/5	$7/child
ColvinRunMill	Sa	1pm	N3V.FNØX	12/5	$7/child
ColvinRunMill	Sa	1:30pm	N3V.KWGL	12/5	$7/child
ColvinRunMill	Sa	2pm	N3V.YOY9	12/5	$7/child
ColvinRunMill	Sa	2:30pm	N3V.RTGN	12/5	$7/child
ColvinRunMill	Sa	3pm	N3V.L16S	12/5	$7/child
ColvinRunMill	Su	12pm	N3V.WAHJ	12/6	$7/child
ColvinRunMill	Su	12:30pm	N3V.4P35	12/6	$7/child
ColvinRunMill	Su	1pm	N3V.X37M	12/6	$7/child
ColvinRunMill	Su	1:30pm	N3V.1IQV	12/6	$7/child
ColvinRunMill	Su	2pm	N3V.GMM7	12/6	$7/child
ColvinRunMill	Su	2:30pm	N3V.R8J8	12/6	$7/child
ColvinRunMill	Su	3pm	N3V.L9ZB	12/6	$7/child



Saturday, December 5 • 3-7 p.m.
Tickets are $15 in advance, $18 at the door

Stroll down Candy Cane Lane for a magical game of mini golf!

- Popcorn
- S'mores
- Festive Lights and Decorations
- Fun for All Ages

Register online at:
www.fairfaxcounty.gov/parks/reccenter/oakmont

OAKMONT REC CENTER
3200 Jermantown Rd. • Oakton

Winter Wonderland Event at Burke Lake

(2-Adult) All aboard the Holiday Express! Climb on for a train ride, spin around the Carolers Carousel, play a round of Gingerbread Man Golf or cozy up by the fire to make s'mores. Celebrate the season with family fun, a visit with Santa, hot chocolate and candy canes. Passes for the event are available for $20 if purchased online by the Thursday before the event. Day-of passes will be sold for $25. Passes can be picked up at the ice cream parlor on the day of the event. refunds are only offered if the event is cancelled or requested prior to the start of the event on the day you are registered. Children under 12 must be accompanied by an adult on the train. Children under 2 are free with a paying adult. Children shorter than 42 inches must purchase a ticket to ride the carousel and must be accompanied by an adult. Adults riding with small children on the carousel do not need a ticket. A limited number of a la carte tickets will be available for purchase at the park the day of the event. Online registration closes the Thursday before the event.

1--6 hour pass

Location	Day	Time	Code	Date	$
BurkeLakePK	Su	11am	B7A.RGPJ	12/5	$20/ea.
BurkeLakePK	Su	11am	B7A.SOZY	12/6	$20/ea.
BurkeLakePK	Su	11am	B7A.8D9V	12/12	$20/ea.
BurkeLakePK	Su	11am	B7A.FD3X	12/13	$20/ea.
BurkeLakePK	Su	11am	B7A.23Y5	12/19	$20/ea.
BurkeLakePK	Su	11am	B7A.0SC3	12/20	$20/ea.



Sensory-Friendly Santa at the Mill

Saturday, December 12, 12:30 p.m.-2:15 p.m.
Sunday, December 13, 11:30 a.m.-1:15 p.m.
$40 per family (up to 5 people), 1 hour Event
Reservations required

(3-Adult) At this sensory-friendly event, children with disabilities and their families can experience an old-fashioned holiday at Colvin Run Mill in a quiet and calm environment. Families will have 15 minutes to visit Santa in the mill, and we will offer holiday crafts. Families may also visit the historic house and general store. The cost is for a whole family or friend group of up to 5 people.



Santa at the Mill

(3-Adult) Travel back in time for an old-fashioned holiday experience. Visit Santa in the Mill, tour the Miller's House decorated for the holidays, roast a marshmallow and enjoy cocoa. Festive music and children's crafts complete your visit. Most families spend about an hour at this event.

1--1 hour event

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	3pm	1ED.ØZH2	12/12	$10/ea.
ColvinRunMill	Sa	3:30pm	1ED.RX5K	12/12	$10/ea.
ColvinRunMill	Sa	4pm	1ED.Z29B	12/12	$10/ea.
ColvinRunMill	Sa	4:30pm	1ED.WSMT	12/12	$10/ea.
ColvinRunMill	Sa	5pm	1ED.ØJ24	12/12	$10/ea.
ColvinRunMill	Su	2pm	1ED.AILM	12/13	$10/ea.
ColvinRunMill	Su	2:30pm	1ED.SAGC	12/13	$10/ea.
ColvinRunMill	Su	3pm	1ED.VU1T	12/13	$10/ea.
ColvinRunMill	Su	3:30pm	1ED.DSIN	12/13	$10/ea.
ColvinRunMill	Su	4pm	1ED.IPRØ	12/13	$10/ea.



Astronomy Festival

(3-Adult) Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.

1--2 hour 30 minute event

Location	Day	Time	Code	Date	$
TurnerFarmPk	Sa	5pm	4DF.CZHS	12/12	$10/ea.
TurnerFarmPk	Sa	5pm	4DF.UPA6	1/16	$10/ea.
TurnerFarmPk	Sa	5:30pm	4DF.P4Ø3	2/13	$10/ea.
TurnerFarmPk	Sa	6pm	4DF.1Ø2P	3/13	$10/ea.



We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.

Bubbles & Bunnies

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

1--1 hour 15 minute program

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	9am	G40.JS73	3/27	$21
CubRunREC	Sa	10:30am	G40.PVDR	3/27	$21
CubRunREC	Sa	12pm	G40.E5GZ	3/27	$21



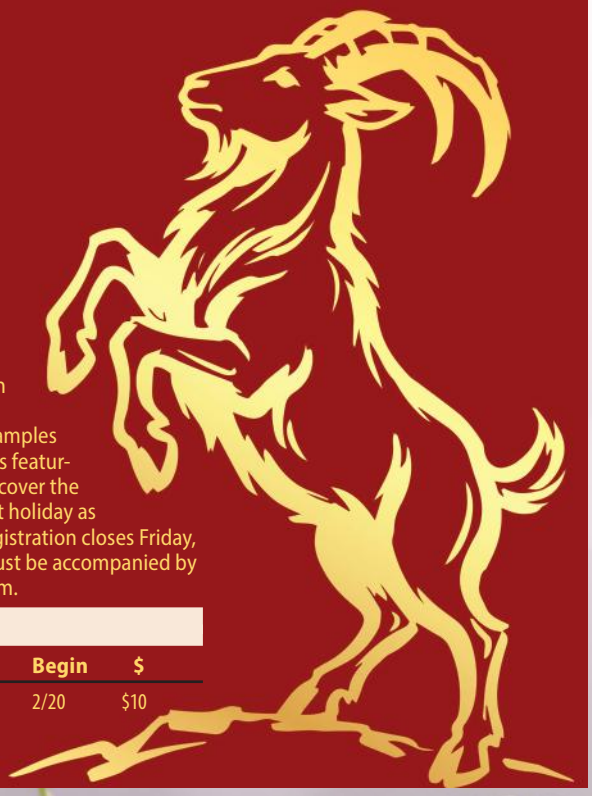
Sensory Friendly Bubbles & Bunnies

(2-18 yrs.) Join us at Cub Run Rec Center for a sensory-friendly springtime adventure in the leisure pool. Families are invited to help the Easter Bunny rescue his lost ducks in a calm and supportive environment designed for children of all abilities. After collecting the ducks, participants can stay and explore the slides, lazy river and play features at their own pace. Each child will receive a basket to join in the duck hunt. To support comfort and safety, this event will feature limited attendance, reduced background noise, and quieter spaces available for breaks. Children under the age of 3 and all non-swimmers must be accompanied by an adult age 16 or older. Participants must be 48" or taller to use the water slides. Check-in begins 30 minutes before the event to allow families time to transition, change into swim attire and prepare for the activity in a relaxed manner.

1--1 hour 15 minute program

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	1:30pm	E1P.KWA3	3/27	$21

Lunar New Year Celebration



(3-Adult) Celebrate the Lunar New Year with the Fairfax County Park Authority. Enjoy an evening filled with festive traditions, including hands-on crafts and cultural games, delicious samples of Asian cuisine and live performances featuring martial arts, dance and music. Discover the history and stories behind this vibrant holiday as we welcome a new year together. Registration closes Friday, February 19, at 11:59 p.m. Children must be accompanied by an adult also registered in the program.

1--2 hour event

Location	Day	Time	Code	Begin	$
Twin Lakes GC	Sa	6pm	ADF.U9P3	2/20	$10

Save the Date!

EARTH DAY FAIRFAX 2027

Saturday, April 24

Lake Fairfax Park
1400 Lake Fairfax Drive
Reston

Fairfax County Park Authority

FCPF Fairfax County Park Foundation

www.fairfaxcounty.gov/parks/earthday

Calendar of Events

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Registration begins for Winter Classes		pg. 126
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Aqua Flex Pass Sale	Rec Centers	pg.33
November 7		
Aqua Flex'26 Event	Rec Centers	pg.66
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Turkey Dip	Franconia Rec Center	pg. 38
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Holiday on the Farm	Frying Pan Farm Park	pg. 60
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Candy Cane Lane	Oakmont Rec Center	pg. 60
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Friday, December 11		
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Swim with Santa	Spring Hill Rec Center	pg. 61
Sunday, December 13		
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Santa at the Mill	Colvin Run Mill	pg. 61
Friday, December 18		
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Holiday Lantern Tour	Colvin Run Mill	pg. 89
Saturday, December 19		
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Holiday Ice Show	Mount Vernon Rec Center	pg. 92
Holiday Tacky Sweater: Family Skate and Dance Night	Franconia Rec Center	pg. 99
Sunday, December 20		
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First Hike	All FCPA Parks	pg. 106
January 1–31		
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Remembrance: Enslaved Lives at Sully	Sully Historic Site	pg. 90
Monday, February 15		
Enslaved Lives and the Legacy of Slavery	Historic Huntley	pg. 89
Saturday, February 20		
Lunar New Year Celebration	Twin Lakes Golf Course	pg. 62
African American Soldiers, Sailors and Spies	Sully Historic Site	pg. 89





Northern Virginia Handcrafters Guild
Art & Craft SHOW
Thanksgiving Weekend
November 27,28,29
FRI-SAT 10 am to 5 pm
SUN 11 am to 4 pm





Vienna Community Center
120 Cherry Street SE • Vienna, VA 22180
for additional information
www.nvhg.org
Admission $3 (for all three days)
Children 12 and under Free

We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.

Exercise and Physical Fitness

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

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

Rec Center Membership Pass

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

Personal Training

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

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

Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available.
For more information, visit http://go.usa.gov/5Tg or call your local Rec Center.

Group Muscular Strength & Conditioning

Athletic 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	1/6	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	$
MtVernREC	M	6pm	8B3.EDJQ	1/4	4EB
OakmontREC	Th	8am	8B3.NQVW	1/7	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.UEFF	1/4	4ECA
ProvREC	W	6pm	A90.84VF	1/6	4ECA
SoRunREC	M	7pm	A90.66HN	1/4	4ECA
SoRunREC	W	7pm	A90.55VT	1/6	4ECA
SoRunREC	Sa	7:45am	A90.10ET	1/9	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 those with limited mobility.

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

Location	Day	Time	Code	Begin	$
CubRunREC	M	9am	20J.DSCN	1/4	4EB
CubRunREC	T	11am	20J.H3RW	1/5	4EB
OakmontREC	W	2pm	20J.AN6D	1/6	4EB
OakmontREC	F	1:10pm	20J.IND0	1/8	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	1A0.9CNW	1/5	4EB
CubRunREC	T	8am	1A0.EKEW	1/5	4EB
CubRunREC	T	12pm	1A0.FXV6	1/5	4EB
OakmontREC	F	8am	1A0.DWE2	1/8	4EB
ProvREC	T/Th	8:30am	1A0.JQ0Q	1/5	4EC
SpHillREC	T	12pm	1A0.8RKF	1/5	4EB
SpHillREC	F	11am	1A0.7NS8	1/8	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.5X1L	1/5	4ED
SpHillREC	Su	5pm	41C.7DEH	1/10	4ED


SIMULATORS ARE THE NEW WAY TO GOLF!
Play and learn from the comfort of our indoor
TRACKMAN 4 SIMULATOR SUITE
at Pinecrest Golf Course
For more information visit www.fairfaxcounty.gov/parks/golf/pinecrest/practice/indoor


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.

4EW 5--55 minute lessons--$93

Location	Day	Time	Code	Begin	$
ProvREC	M	11:45am	UH8.I0RS	2/15	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.3AOG	1/5	4EB

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.NMWB	1/5	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.7QNH	1/4	4EB
OakmontREC	M	12pm	F0C.2WZJ	1/4	4EB
OakmontREC	T	9am	F0C.IH95	1/5	4EB
OakmontREC	W	12pm	F0C.07M8	1/6	4EB
OakmontREC	Th	10:30am	F0C.3P80	1/7	4EB
OakmontREC	F	1:15pm	F0C.7EHL	1/8	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
4ECC 11--45 minute lessons--$180

Location	Day	Time	Code	Begin	$
OakmontREC	M	4pm	35C.4KYG	1/4	4ECA
SoRunREC	F	6:45pm	35C.9S2V	1/8	4ECC
Wkfld/Moore	T	9am	35C.L17H	1/5	4ECA
Wkfld/Moore	W	7pm	35C.NTSB	1/6	4ECA
Wkfld/Moore	Th	11:15am	35C.6KOY	1/7	4ECA

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TRX II

(13-Adult) Want a more intense TRX class? Try TRX II with more advanced moves. Prerequisite: TRX Suspension Training. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--$180

Location	Day	Time	Code	Begin	$
OakmontRec	M	5pm	B74.03EF	1/4	4ECA

Weight Training

These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EX 11--55 minute lessons--$198

Location	Day	Time	Code	Begin	$
(16-Adult)					
SoRunREC	M	10:30am	BB2.JXXX	1/4	4EX
SoRunREC	W	6:30pm	BB2.71IX	1/6	4EX
SoRunREC	Su	10am	BB2.484X	1/10	4EX
SpHillREC	Sa	9am	BB2.4NX0	1/9	4EX
(60 yrs.+)					
CubRunREC	M	12pm	503.5FF6	1/4	4EX
SoRunREC	T	10:30am	503.AS7E	1/5	4EX
SoRunREC	Th	5:30pm	503.W6JP	1/7	4EX
SoRunREC	Sa	3pm	503.CBB6	1/9	4EX
SoRunREC	Su	10am	503.TNI8	1/10	4EX
SpHillREC	Th	12pm	503.KICR	1/7	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
3EX 8--55 minute lessons--$145

Location	Day	Time	Code	Begin	$
MtVernREC	M	4:30pm	9EA.ADHC	1/4	4EX
MtVernREC	T	5:30pm	9EA.0CBJ	1/5	4EX
MtVernREC	Th	5:30pm	9EA.JCV8	1/7	3EX
MtVernREC	Sa	11am	9EA.M2IB	1/9	3EX
SoRunREC	W	10:30am	9EA.9ZPL	1/6	4EX
SoRunREC	Sa	3pm	9EA.TRD1	1/9	4EX
SpHillREC	F	12pm	9EA.UEQ3	1/8	4EX

Weight Training for Teens

(12-15 yrs.) Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

3EW 4--55 minute lessons--$72
4EW 5--55 minute lessons--$93

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	1pm	E8B.JE73	1/9	4EW
MtVernREC	M	4pm	E8B.UZNM	1/4	4EW
ProvREC	Sa	11:45am	E8B.KPW6	1/9	4EW
SoRunREC	W	5:30pm	E8B.6JPX	1/6	4EW
SoRunREC	Th	4:30pm	E8B.JQJ3	1/7	4EW
SoRunREC	Sa	4pm	E8B.RTKB	1/9	4EW
SoRunREC	Su	9am	E8B.IJLZ	1/10	4EW
SoRunREC	W	5:30pm	E8B.0WW6	2/10	4EW
SoRunREC	Th	4:30pm	E8B.T1F7	2/11	4EW
SoRunREC	Sa	4pm	E8B.XZ2M	2/13	4EW

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SoRunREC	Su	11am	E8B.WNSJ	2/14	4EW
SpHillREC	Su	2pm	E8B.YGC7	1/10	3EW
SpHillREC	Su	2pm	E8B.XDT5	2/21	3EW

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.HCZ7	1/9	4EW
SoRunREC	Sa	10am	52C.4Y2A	2/13	4EW
SpHillREC	T	10am	52C.8324	1/5	4EW
SpHillREC	T	10am	52C.IT6T	2/16	4EW

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	$
MtVernREC	W	4:30pm	WTE.I9LM	1/6	4EX
OakmontREC	M	12:30pm	WTE.1FYF	1/4	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.92L2	1/8	4EB
SoRunREC	Th	6:30pm	EUJ.0BIU	1/7	4EB
SoRunREC	F	10:15am	EUJ.XQRL	1/8	4EB
SoRunREC	Sa	9am	EUJ.033A	1/9	4EB
SoRunREC	Su	3:45pm	EUJ.4LVG	1/10	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.J860	1/6	4EB
OakmontREC	M	7am	3BF.GB9U	1/4	4EB
SoRunREC	W	9:45am	3BF.5HY2	1/6	4EB
SoRunREC	Sa	8am	3BF.VSRG	1/9	4EB
SpHillREC	M	11am	3BF.M3IF	1/4	4EB
SpHillREC	Sa	10am	3BF.4XFG	1/9	4EB

Cardio Kickboxing

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

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

Location	Day	Time	Code	Begin	$
ProvREC	T	7pm	7C5.XR0X	1/5	4EB
ProvREC	Th	7pm	7C5.EX8Q	1/7	4EB
SoRunREC	T	6:30pm	7C5.R7LZ	1/5	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	EUJ.YRS3	1/11	4EB
SoRunREC	W	10:15am	EUJ.D7D5	1/6	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.XXTT	1/7	4EB

HIGH Fitness

(13-Adult) HIGH transforms old school aerobics by adding easy to follow modern fitness techniques like plyometrics and high impact interval training. The class alternates between cardio peaks and toning tracks to bring your heartrate up. Modifications are made for all fitness and comfort levels.

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

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	9am	CAP.94HU	1/9	4EB

Progressive H.I.I.T

(13-Adult) This class uses a progressive HIIT format that gradually builds intensity, allowing participants to start at a manageable level and safely advance throughout the workout. 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	T7P.PW2N	1/7	4EB

Step Aerobics

(13-Adult) This beginner to intermediate step aerobics 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	F	5pm	F5A.A7L7	1/8	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.WWYC	1/10	4EB
SoRunREC	M	8pm	69F.S6W1	1/4	4EB
SoRunREC	W	8pm	69F.G0IR	1/6	4EB
SoRunREC	Sa	9am	69F.AZ5K	1/9	4EB
Wkfld/Moore	F	9am	69F.7KKK	1/8	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.DNM8	1/4	4EB
ProvREC	W	10:30am	8F6.W3J9	1/6	4EB
ProvREC	F	11am	8F6.RVI6	1/8	4EB
SoRunREC	M	9am	8F6.EIV8	1/4	4EB
SpHillREC	Th	10am	8F6.T0SU	1/7	4EB
Wkfld/Moore	Th	9am	8F6.5H0S	1/7	4EB

Alternative Exercise

Awareness through Movement for Better Posture

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

4EF 10--55 minute lessons--$142

Location	Day	Time	Code	Begin	$
ProvREC	T	2pm	GP3.7JAB	1/12	4EF



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.XQT0	1/6	4EB
ProvREC	Th	1pm	FDD.W609	1/7	4EB
Wkfld/Moore	T	1:30pm	FDD.0J5D	1/5	4EB
Wkfld/Moore	Th	11am	FDD.E449	1/7	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.

4EF 10--55 minute lessons--$142

Location	Day	Time	Code	Begin	$
ProvREC	T	3:15pm	519.998R	1/12	4EF

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.ARUD	1/6	4EB
OakmontREC	M	9am	ED6.8VC2	1/4	4EB
OakmontREC	Th	1pm	ED6.U5PY	1/7	4EB
SoRunREC	T	11:15am	ED6.ZDD8	1/5	4EB
SoRunREC	Th	11:15am	ED6.6Z8C	1/7	4EB
Wkfld/Moore	M	1pm	ED6.K0BQ	1/4	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.E2K3	1/5	4EB
SpHillREC	W	2pm	WBB.0C2E	1/6	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.NN2I	1/8	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.XSJX	1/6	4EB
SoRunREC	T	10am	21C.U5I7	1/5	4EB
SoRunREC	Th	10am	21C.9ZRY	1/7	4EB
Wkfld/Moore	T	6pm	21C.2MBR	1/5	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	$
Franconia Rec	Su	11am	C21.30XG	1/3	4EB
Franconia Rec	F	10:30am	C21.XZRH	1/8	4EB
MtVernREC	M	6pm	C21.F23V	1/4	4EB
OakmontREC	Th	10:15am	C21.992K	1/7	4EE
OakmontREC	F	10:30am	C21.BQP1	1/8	4EE
OakmontREC	Su	10:30am	C21.TMTL	1/10	4EE
SoRunREC	M	5:45pm	C21.H9MN	1/4	4EB
SoRunREC	M	9:30am	C21.3NX1	1/4	4EB
SoRunREC	T	8pm	C21.Z0HZ	1/5	4EB
SoRunREC	W	7pm	C21.72AU	1/6	4EB
SoRunREC	W	10:30am	C21.7A4J	1/6	4EB
SoRunREC	Su	5pm	C21.P6X0	1/10	4EB
Wkfld/Moore	T	12pm	C21.RFCB	1/5	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

Location	Day	Time	Code	Begin	$
CubRunREC	Th	7pm	19F.TWUH	1/7	4EB
OakmontREC	Th	4:15pm	19F.W0MQ	1/7	4EB

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.B4TQ	1/11	4EE
Wkfld/Moore	T	10:30am	F3F.MI44	1/5	4EB
Wkfld/Moore	F	11am	F3F.G3EY	1/8	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.

4EJ 11--30 minute lessons--$79
4EB 11--55 minute lessons--$157

Location	Day	Time	Code	Begin	$
MtVernREC	M	8pm	7C4.YQ2F	1/4	4EB

Gentle Pilates

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

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

Location	Day	Time	Code	Begin	$
OakmontREC	W	3:30pm	F82.QYXA	1/6	4EB
OakmontREC	F	7am	F82.04DP	1/8	4EB

Pilates Intro

(13-Adult) Designed for those new to Pilates. Learn and practice basic concepts of core control, alignment

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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.GDP8	1/10	4EB
SpHillREC	M	10am	8F5.LN2R	1/4	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.PVHZ	1/6	4EB
Franconia Rec	W	5:30pm	16E.66QK	1/6	4EB
OakmontREC	W	9am	16E.9H79	1/6	3EB
OakmontREC	W	10:15am	16E.ZQU4	1/6	3EB
SoRunREC	Sa	8:50am	16E.7LZ0	1/9	4EL
SpHillREC	T	10am	16E.0XRM	1/5	4EB
SpHillREC	Th	10am	16E.H6N8	1/7	4EB
SpHillREC	F	7am	16E.IZCV	1/8	4EB

Gentle Pilates Allegro Reformer

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

4EAA 11--55 minute lessons--$256

Location	Day	Time	Code	Begin	$
CubRunREC	W	10am	78C.QJ9H	1/6	4EAA
CubRunREC	F	10am	78C.M4CM	1/8	4EAA
SpHillREC	F	11am	78C.FY3L	1/8	4EAA
SpHillREC	F	12pm	78C.ZVCC	1/8	4EAA
SpHillREC	Sa	11am	78C.8MJB	1/9	4EAA

Pilates Allegro Reformer Lessons

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

4EAA 11--55 minute lessons--$256

Location	Day	Time	Code	Begin	$
CubRunREC	M	6pm	08E.NY50	1/4	4EAA
CubRunREC	M	9:45am	08E.6MKY	1/4	4EAA
CubRunREC	M	11am	08E.PBLX	1/4	4EAA
CubRunREC	T	5:45pm	08E.DVH7	1/5	4EAA
CubRunREC	T	6:45pm	08E.LZB9	1/5	4EAA
CubRunREC	T	9am	08E.KW7M	1/5	4EAA
CubRunREC	T	10am	08E.F0SU	1/5	4EAA
CubRunREC	T	11am	08E.Q5XV	1/5	4EAA
CubRunREC	Th	5:45pm	08E.NL4N	1/7	4EAA
CubRunREC	Sa	10am	08E.ZSCJ	1/9	4EAA
CubRunREC	Sa	11am	08E.V9MU	1/9	4EAA
CubRunREC	Su	9:30am	08E.K9Z2	1/10	4EAA
CubRunREC	Su	10:45am	08E.J5SZ	1/10	4EAA
Franconia Rec	W	6:30pm	08E.1QZ6	1/6	4EAA
Franconia Rec	F	7am	08E.EJE3	1/8	4EAA
Franconia Rec	Su	5:30pm	08E.GZGJ	1/3	4EAA
Franconia Rec	Th	4pm	08E.R86B	1/7	4EAA
Franconia Rec	M	6:30pm	08E.T1YL	1/4	4EAA
Franconia Rec	W	10am	08E.U3PC	1/6	4EAA
Franconia Rec	F	6am	08E.W56E	1/7	4EAA
Franconia Rec	T	2pm	08E.WUAB	1/5	4EAA
MtVernREC	M	4pm	08E.SRBR	1/4	4EAA
MtVernREC	M	10:45am	08E.SBXA	1/4	4EAA
MtVernREC	M	12pm	08E.PIG3	1/4	4EAA
MtVernREC	T	11am	08E.0TBH	1/5	4EAA
MtVernREC	W	6pm	08E.HRYR	1/6	4EAA
MtVernREC	W	7pm	08E.4R7T	1/6	4EAA
MtVernREC	W	11am	08E.0XDN	1/6	4EAA
MtVernREC	Th	6pm	08E.LDST	1/7	4EAA
MtVernREC	Th	7pm	08E.XW28	1/7	4EAA
MtVernREC	Th	11am	08E.09MV	1/7	4EAA
MtVernREC	F	1:15pm	08E.HXEM	1/8	4EAA
MtVernREC	Sa	10:45am	08E.YLJI	1/9	4EAA
MtVernREC	Su	4pm	08E.B8O9	1/10	4EAA
ProvREC	M	10:30am	08E.DZLY	1/4	4EAA
ProvREC	M	11:30am	08E.KFBA	1/4	4EAA
ProvREC	T	6pm	08E.SQTY	1/5	4EAA
ProvREC	T	10am	08E.YUFR	1/5	4EAA
ProvREC	T	11am	08E.UD7A	1/5	4EAA
ProvREC	W	10:30am	08E.F04X	1/6	4EAA
ProvREC	W	11:30am	08E.YQXK	1/6	4EAA
ProvREC	Th	6pm	08E.LFKN	1/7	4EAA
ProvREC	Th	11:30am	08E.TCFG	1/7	4EAA
ProvREC	F	10am	08E.1SUG	1/8	4EAA
SoRunREC	T	8pm	08E.EZYA	1/5	4EAA
SoRunREC	W	10am	08E.VW01	1/6	4EAA
SoRunREC	Th	1pm	08E.DO92	1/7	4EAA
SoRunREC	Th	3pm	08E.QL8Q	1/7	4EAA
SoRunREC	F	11:30am	08E.KY53	1/8	4EAA
SpHillREC	W	7pm	08E.ZYPQ	1/6	4EAA
SpHillREC	Th	6pm	08E.9GZX	1/7	4EAA
SpHillREC	Sa	9am	08E.1W35	1/9	4EAA

Pilates Allegro Reformer Lessons II

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

4EAA 11--55 minute lessons--$256

Location	Day	Time	Code	Begin	$
Franconia Rec	W	7:30pm	5B6.RT0J	1/6	4EAA
Franconia Rec	T	5:30pm	5B6.XCZ3	1/5	4EAA
ProvREC	T	5pm	5B6.YGUH	1/5	4EAA
ProvREC	Th	10:30am	5B6.PCFY	1/7	4EAA
SpHillREC	M	6:30pm	5B6.RYIC	1/4	4EAA
SpHillREC	M	7:30pm	5B6.QG0R	1/4	4EAA
SpHillREC	T	8am	5B6.YHXH	1/5	4EAA
SpHillREC	T	9am	5B6.CBNB	1/5	4EAA
SpHillREC	W	8am	5B6.XNDT	1/6	4EAA
SpHillREC	W	9am	5B6.72MI	1/6	4EAA
SpHillREC	W	10am	5B6.7AJW	1/6	4EAA
SpHillREC	F	10am	5B6.KKC8	1/8	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.URBI	1/7	4EAA
SpHillREC	Sa	10am	A40.30LR	1/9	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	719.33VW	1/4	4EAA
SpHillREC	W	11am	719.M2X9	1/6	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	$
MtVernREC	W	7pm	34B.VQFK	1/6	4EB
SoRunREC	T	7pm	34B.41YW	1/5	4EB

Intro to Tai Chi: Find your Balance

(13-Adult) Experience the calming flow of Tai Chi in this introductory class which is perfect for anyone curious about its gentle movements and stress-reducing benefits. Learn fundamental principles, basic forms and cultivate a sense of mind-body connection in a welcoming environment. This class provides a great way to discover if Tai Chi is right for you.

4EZZ 1--55 minute lesson--$14

Location	Day	Time	Code	Begin	$
GrnSprGardn	Sa	1:30pm	Y5R.LRMY	1/16	4EZZ
GrnSprGardn	Sa	10am	Y5R.EE52	2/26	4EZZ
GrnSprGardn	Sa	10am	Y5R.QKD5	3/27	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.MSST	1/5	4EB
Franconia Rec	W	6pm	ED9.KNHH	1/6	4EB
Frying Pan Pk	Th	8pm	ED9.TWQY	1/14	4EF
GrnSprGardn	M	1:30pm	ED9.M5JV	1/4	4EF
MtVernREC	M	2pm	ED9.CI97	1/4	4EB
MtVernREC	Th	2pm	ED9.ZOGZ	1/7	4EB
MtVernREC	Su	2pm	ED9.TG2X	1/10	4EB
OakmontREC	Th	4:30pm	ED9.1G13	1/7	4EB
ProvREC	M	1:30pm	ED9.YKLT	1/4	4EB
ProvREC	W	1pm	ED9.59CI	1/6	4EB
SoRunREC	M	7pm	ED9.8G0G	1/4	4EB
SpHillREC	M	7pm	ED9.ZZ95	1/4	4EB
SpHillREC	T	9am	ED9.COJC	1/5	4EB
SpHillREC	Th	9am	ED9.G9E2	1/7	4EB
SpHillREC	Sa	9am	ED9.7YI2	1/9	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
4EF 10--55 minute lessons--$142

Location	Day	Time	Code	Begin	$
CubRunREC	T	5pm	630.8X17	1/5	4EB
Franconia Rec	Th	6pm	630.ICUC	1/7	4EB
GrnSprGardn	M	12:15pm	630.L3F0	1/4	4EF
OakmontREC	Th	5:30pm	630.Z9N3	1/7	4EB
ProvREC	M	2:30pm	630.JP62	1/4	4EB
ProvREC	W	2pm	630.HTPZ	1/6	4EE
SpHillREC	M	8pm	630.2FM5	1/4	4EB
SpHillREC	Sa	10am	630.BE0K	1/9	4EB

Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

4EB 11--55 minute lessons--$157
4EF 10--55 minute lessons--$142

Location	Day	Time	Code	Begin	$
CubRunREC	T	6pm	156.W4MC	1/5	4EB
Franconia Rec	Th	7pm	156.865H	1/7	4EB
GrnSprGardn	M	11am	156.RLXF	1/4	4EF
OakmontREC	Th	3:30pm	156.S7E5	1/7	4EB

Tai Chi Yang Style

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

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

Location	Day	Time	Code	Begin	$
Wkfld/Moore	W	7pm	LLG.R4SY	1/6	4EB
Wkfld/Moore	Su	9:30am	LLG.QENE	1/10	4EB
Wkfld/Moore	Su	10:30am	LLG.E8PQ	1/10	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	Sa	11am	ME5.GTI5	1/9	4EB



We are hiring! Visit www.fairfaxcounty.gov/parks/jobs to learn more.

Vinyasa Yoga

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

4EB 11--55 minute lessons--$157
4EE 11--1 hour 25 minute lessons--$235

Location	Day	Time	Code	Begin	$
MtVernREC	M	7pm	308.D66A	1/4	4EB
OakmontREC	M	6:30pm	308.Z3AI	1/4	4EE
OakmontREC	Th	11am	308.6APL	1/7	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.

4EB 11--55 minute lessons--$157
4EE 11--1 hour 25 minute lessons--$235

Location	Day	Time	Code	Begin	$
SpHillREC	Th	6pm	KXS.H3I9	1/7	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.

4EF 10--55 minute lessons--$142

Location	Day	Time	Code	Begin	$
GrnSprGardn	M	9:30am	6E6.IKLL	1/4	4EF

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	D01.4NEK	1/10	4EE

Outdoor Classes

Outdoor Running for Fitness

(13-Adult) Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

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

Location	Day	Time	Code	Begin	$
SoRunREC	Sa	9am	EC2.F8H7	1/9	4EB

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	$
MtVernREC	W	6pm	CTY.HQQ5	1/6	4EB
OakmontREC	T	11am	CTY.0JD6	1/5	4EB

Intro to Rock Climbing

(13-Adult) 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.805D	1/4	3EAB
MtVernREC	T	6pm	TDI.0HBF	1/5	3EAB
MtVernREC	Th	6pm	TDI.R2C9	1/7	3EAB
MtVernREC	T	6pm	TDI.83MM	2/2	3EAB
MtVernREC	M	6pm	TDI.784T	2/1	3EAB
MtVernREC	Th	6pm	TDI.7GUP	2/4	3EAB
(13-Adult)					
MtVernREC	M	7pm	Z49.Q188	1/4	3EAB
MtVernREC	T	7pm	Z49.J9TT	1/5	3EAB
MtVernREC	Th	7pm	Z49.ANH6	1/7	3EAB
MtVernREC	T	7pm	Z40.GV6H	2/2	3EAB
MtVernREC	M	7pm	Z49.JXSD	2/1	3EAB
MtVernREC	Th	7pm	Z49.JFPI	2/4	3EAB

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	11:45am	NPT.N6E2	1/4	4EA

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.HEGM	1/5	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.E51S	1/9	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	IIY.NL7F	1/7	4EB

Virtual Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams. Class registrants will be emailed a link to the class meetings prior to the start of class.

3EC 16--55 minute lessons--$228

Location	Day	Time	Code	Begin	$
Virtual FCPA	T/Th	8:30am	IS8.50YP	1/14	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.

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

Location	Day	Time	Code	Begin	$
Virtual FCPA	M	12pm	MXS.7UVN	1/4	4EB

Fine Arts and Crafts

Scan the QR code to go directly to the Parktakes Online Fine Arts page.

Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.

Mixed Media Classes

Abrakadoodle Doodlers

(6-12 yrs.) This multi-media Abrakadoodle art program helps kids stretch their creative muscles in action-oriented classes filled with colors, textures and shapes. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--$187

Location	Day	Time	Code	Begin	$
SoRunREC	Th	6pm	LBE.I0QW	1/14	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.

3FA 8--55 minute lessons--$109

Location	Day	Time	Code	Begin	$
SoRunREC	Sa	2pm	EB5.SIHQ	1/9	3FA

Colorful Art by Abrakadoodle

(6-12 yrs.) Young artists will create colorful paintings, imaginative drawings, and unique sculptures using watercolors, modeling compounds and paints. Practice "masking" while painting an abstract forest. Students will take an imaginary tour to New England and paint lighthouse scenes. Supply fee of $32 payable to instructor at first class.

DFVW 8--55 minute lessons--$187

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	10:50am	PRL.C0BV	1/16	DFVW

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	11am	5JK.ZBK0	1/10	DFVG

Drawing Classes

Cartooning

Sharpen your drawing skills, learn how to develop characters and illustrate background to create cartoons. Students must bring a sketch pad and black soft lead pencils (4B and 2H). Supply fee payable to instructor at first class or supply list distributed at the first class.

CFBC 6--55 minute lessons--$80

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
OakVw ES	T	5pm	FB3.R0ER	1/19	CFBC
(13-Adult)					
OakVw ES	W	6pm	NVN.WJOT	1/20	CFBC



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.DG4Q	1/16	DFVR
(13-Adult)					
LittleRun ES	Sa	11am	LEH.BG59	1/16	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.

3FA 8--55 minute lessons--$109
3FB 8--1 hour 25 minute lessons--$163
4FB 10--1 hour 25 minute lessons--$203

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
SoRunREC	Sa	3pm	D6A.880H	1/9	3FA
Wkfld/Moore	F	5pm	D6A.IJ21	1/15	4FB
Wkfld/Moore	F	6:45pm	D6A.GMUQ	1/15	4FB
(13-Adult)					
OakmontREC	T	10am	B34.GA8G	1/12	3FB
Woodson HS	T	7pm	B34.S7FC	1/19	3FB

Drawing with Color

(16-Adult) Class focuses on drawing fundamentals, such as lines, angles, and shading from light to dark shades as well as developing an eye for forms, shapes and details. Students learn to present the speed of action using by lines, colors and motions. Color values, saturations and temperature, warm light and cool shadow will also be covered.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	Th	11:45am	D7E.NMYD	1/14	3FB

Nature Gelli Prints and Collage Workshop

(16-Adult) Discover the creative possibilities of gelli printing and collage in this mixed-media class. Artist and instructor Marni Maree shows you how to create a collection of vibrant, one-of-a-kind prints that capture the textures and patterns of nature. Then, transform your favorite prints into a unique collage. Experiment with layers, texture, color and composition while enjoying the freedom of creating without worrying about perfection. No printmaking experience is needed. 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	S94.665Q	1/16	DFAK

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.UKXA	1/10	3FA
MtVernREC	W	5:30pm	NZ6.WE2Q	1/13	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.Q9I1	1/9	DFVG
Wkfld/Moore	Sa	2pm	D63.0URO	1/9	DFVG

Painting Classes

Abrakadoodle Kids on Canvas

(6-12 yrs.) Children will learn to paint as they imagine a fantastic world inspired by nature. Learn about shapes, how to create 3D buildings and how to explore maps, and how to mix colors. Supply fee payable to instructor at first class.

DFVW 8--55 minute lessons--$187

Location	Day	Time	Code	Begin	$
SoRunREC	Sa	12:40pm	ZBL.OWV4	1/9	DFVW
Wkfld/Moore	Th	7pm	ZBL.J0EV	1/14	DFVW

Animals in Art

(6-12 yrs.) Class focuses on capturing the beauty of animals, from pets to wildlife, using a variety of mediums including acrylic, soft pastels and watercolor. Students learn the basics of composition, balance and texture, and study how artists have depicted animals throughout history. A supply fee of $20 is payable to the instructor at the first class.

3FB 8-1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	T	4:30pm	1SL.6G34	1/12	3FB

Composition in Art

(Adults) Students learn the rules and theories of composition in art through pictures and exercises, then will apply these them to their own artwork. Topics include the rule of thirds, the golden ratio and elements of composition. Class is for all skill levels.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	Th	10am	WFJ.FJ26	1/14	3FB

Discover Painting

(13-Adult) This course provides a basic introduction painting fundamentals. Students learn basic painting skills and techniques to create simple works of art. Practical exercises include simple sketching, use of color theory and application and basic composition.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	T	11:45am	E9E.4THU	1/12	3FB

Landscape Painting

(16-Adult) Students will use design elements such as lines, shapes, values and spatial relation, to create landscape paintings. Students construct and deconstruct landscapes from realism to abstract. Bring watercolor paper and water-based medium watercolors or acrylics. Additional supply list provided before start of class.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	M	1pm	A39.6JQR	1/11	3FB

Introduction to Watercolor

(Adults) Students learn fundamental concepts needed to start painting with watercolor. Topics cover include understanding supplies dos and don'ts, essential color palette, composition, watercolor techniques, color theory, value scale, wet on wet, wet on dry, color layering and blending. By the end of the course, students gain great confidence as artists and a deeper appreciation of the technique. Supply list to be provided in the first class.

DFGD 8--1 hour 55 minute lessons--$210

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M	10am	APB.8NDB	1/11	DFGD

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

Location	Day	Time	Code	Begin	$
OakmontREC	Th	4:30pm	M0K.40YC	1/14	3FB



Watercolor Painting I

(Adults) Students are introduced to watercolor techniques and color basics. Concepts such as wet on wet, dry watercolor, color layering and blending are explored. Supply list will be emailed to registered participants prior to the first day of class.

DFBB 6--2 hour 25 minute lessons--$197

Location	Day	Time	Code	Date	$
Frying Pan Pk	W	9:30am	BC7.2I4I	1/13	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.AI8H	1/13	DFBB

Master Watercolor Studio

(Adults) Prerequisite: Intermediate Watercolor. Class provides experienced artists 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.LDFE	1/11	DFGD

Watercolor Workshop - Color with Sargent

(16-Adult) John Singer Sargent was a master of color. His blacks were textured, his whites were complex, and his side-by-side use of warm and cool colors gave his work vibrancy. Artist and instructor Dawn Flores presents a history of Sargent's life and work, then shows you how to copy Sargent's techniques and create your own compelling piece inspired by his use of color. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--$115

Location	Day	Time	Code	Begin	$
GrnSprGardn	Sa	10am	WQ7.HN1I	3/27	DFAK

Watercolor Workshop- Watercolor from the Beginning

(16-Adult) You will learn everything you need to build a strong foundation in getting started in watercolor. Learn detailed information on paper, paint and brushes explained clearly and demonstrated with helpful visual aids. Practice mixing colors, learn how to do basic washes and find out about special techniques unique to watercolor. A supply list will be emailed before class. Bring a lunch.

DFAK 1--6 hour lesson--$115

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10am	7IL.AM1N	2/27	DFAK

Winter Wonders and Watercolors

(13-Adult) Walk the winter woods with a naturalist and learn tips and techniques for sketching and painting winter landscapes. Basic sketching and watercolor supplies will be provided, but feel free to bring the medium of your choice to class.

DFAH 1--2 hour lesson--$23

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	10am	M6D.5B1Z	2/20	DFAH

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

Location	Day	Time	Code	Begin	$
SoRunREC	M	7pm	M0K.IYY4	1/11	3FB

Fun with Acrylics
(13-Adult) In this introductory class, learn acrylic painting 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

Location	Day	Time	Code	Begin	$
SoRunREC	W	7pm	4VW.C37C	1/13	3FB
Wkfld/Moore	T	7pm	4VW.16WS	1/12	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	V0F.2JZ0	1/14	3FB

Creative Art Workshop-Acrylics
(13-Adult). Explore different acrylic painting techniques designed to enhance your artistic skills. Supply fee of $10 per session payable to instructor.

DFAL 1--2 hour lesson--$53

Location	Day	Time	Code	Begin	$
OakmontREC	Su	3:30pm	2CY.JE0B	1/10	DFAL
OakmontREC	Su	3:30pm	2CY.EH2U	2/07	DFAL
OakmontREC	Su	3:30pm	2CY.QKUR	03/07	DFAL

Creative Art Workshop-Soft Pastels
(13-Adult). Explore various techniques using soft pastels to enhance your artistic skills. Supply fee of $10 per session payable to instructor.

DFAL 1--2 hour lesson--$53

Location	Day	Time	Code	Begin	$
OakmontREC	Su	3:30pm	7S9.9IKL	1/31	DFAL
OakmontREC	Su	3:30pm	7S9.59F6	2/21	DFAL

Flowers in Art
(13-Adult) Capture the beauty of flowers using a variety of mediums including acrylic, soft pastels and watercolor. Composition, balance, texture and color blending are covered. A supply fee of $25 is payable to the instructor at the first class.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	T	2pm	RXR.M9MG	1/12	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.

3FB 8--1 hour 25 minute lessons--$163

Location	Day	Time	Code	Begin	$
OakmontREC	Th	2pm	4JP.FQDD	1/14	3FB

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FCPF

Pottery Classes

Clay Makers
(6-12 yrs.) Students will use their clay craft tool kit to create 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. Materials are included in the price of the class.

DFVR 8--55 minute lessons--$148

Location	Day	Time	Code	Begin	$
LittleRun ES	Sa	12:15pm	OAQ.KGHE	1/16	DFVR
SoRunREC	W	5:30pm	OAQ.1RV3	1/13	DFVR

Pottery for Children
Introduction to clay and the pottery-making process using hand-building methods. Make pinch pots and learn coiling, slab work techniques, painting, glazing and firing.

DFP3 10--1 hour 25 minute lessons--$243

Location	Day	Time	Code	Begin	$
(6-9 yrs.)					
Wkfld/Moore	Sa	9am	Q7L.YQDB	1/9	DFP3
(9-12 yrs.)					
Wkfld/Moore	Sa	10:45am	AZ5.C5TG	1/9	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.MOKW	1/9	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.2XC0	1/10	DFP2
Wkfld/Moore	M	1pm	A6F.P48L	1/11	DFP2
Wkfld/Moore	M	6pm	A6F.6XS7	1/11	DFP2
Wkfld/Moore	T	1pm	A6F.VMOY	1/12	DFP2
Wkfld/Moore	W	9am	A6F.TNVB	1/13	DFP2
Wkfld/Moore	Th	1pm	A6F.I8SA	1/14	DFP2
Wkfld/Moore	Th	9am	A6F.PWPG	1/14	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.UA50	1/9	DFP2
Wkfld/Moore	T	6pm	54E.PLP3	1/12	DFP2
Wkfld/Moore	W	6pm	54E.9GTL	1/13	DFP2

Audrey Moore Rec Center Pottery Lab



Open pottery lab is offered for experienced potters who want extra time to work on their project.
Save by purchasing a 12-hour lab pass:
$50 for current students
$150 for non-students.
Clay is $34 for a 25-pound bag, firing fee included with purchased clay.
We only fire pieces that were made with clay issued by the Rec Center.

Open Pottery Lab Hours:

Sunday:	**10 a.m. – 1 p.m.**
Monday:	**9 a.m. - Noon**
Friday:	**9 a.m. - Noon**
Friday:	**6 p.m. – 9 p.m.**

Call Audrey Moore Rec Center at 703-321-7081 to confirm lab hours on given days. Lab closed on holidays.

Pottery - 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.QADJ	1/12	DFP2
Wkfld/Moore	W	6pm	BE7.PDM7	1/13	DFP2

Paper Crafts

Artistic Lettering for Journals & Art Projects
(16-Adult) Create your own lettering to jazz up your projects such as nature and travel journals. Topics covered include: design, and simple ways to create: brush pen calligraphy, illuminated capitals and creating your own decorative letters and titles. Experiment with markers, gel pen, colored pencil and watercolor letters.

3FL 2--2 hour lessons--$49

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	9:30am	ZS6.HG0P	1/9	3FL

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.9N9P	1/14	3FB
ProvREC	W	7pm	1NL.P1LA	1/13	3FB

Paper Quilling

Paper Quilling Cardinal Frame Workshop

(8-Adult) Bring beauty to life with the art of paper quilling. Transform colorful paper strips into a vibrant cardinal perched among delicate quilled details. This frame will be perfect to display or give as a gift. No prior experience is required. A $25 supply fee is payable to the instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	2pm	L2Q.G2EB	2/27	DFAR

Paper Quilling Cherry Blossom Frame Workshop

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate cherry blossom-themed picture frames. Supply fee of $25 payable at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	1:30pm	2KG.VK2U	3/13	DFAR

Paper Quilling Easter Bunny Frame

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate Easter Bunny themed picture frames. Supply fee of $25 payable at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	2pm	40X.0EVX	3/20	DFAR

Paper Quilling Easter Egg Ornaments

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate Easter Bunny themed picture frames. Supply fee of $20 payable at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	N2Q.P1MV	3/27	DFAR

Paper Quilling Floral Monogram Frame

(8-Adult) Transform colorful paper strips into delicate flowers, leaves and decorative designs to create a stunning floral monogram frame using essential quilling techniques, including shaping coils, creating floral elements and arranging designs to bring your initial to life. No prior experience is required. A $25 supply fee is payable to the instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	PPD.TKKF	3/6	DFAR

Paper Quilling Heart Frame

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Whether you are a beginner or have some experience, this workshop is perfect for anyone who loves crafts and want to try something new. Students learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make and decorate heart picture frames. Supply fee of $25 payable to instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	VQB.N6V9	2/6	DFAR

Paper Quilling Heart Ornament

(8-Adult) Discover how to turn simple looking paper strips into beautiful works of art. Learn how to roll, shape, and glue strips to create intricate designs, then use these techniques to make a beautiful heart-shaped ornament. No experience necessary. Supply fee of $20 payable to instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	2pm	IJE.	2/13	DFAR

Paper Quilling Rose Frame Workshop

(8-Adult) Bring beauty to life with the art of paper quilling. Transform colorful paper strips into a vibrant cardinal perched among delicate quilled details. No prior experience is required. A $25 supply fee is payable to the instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	HG0.S8C6	2/20	DFAR

Paper Quilling Snowflake Frame

(8-Adult) Bring beauty to life with the art of paper quilling. Learn how to transform colorful paper strips into delicate shapes ad layered petals to design a stunning paper quilling rose arrangement. No prior experience is required. A $25 supply fee is payable at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	8T0.GHNQ	1/23	DFAR

Paper Quilling Snowman Workshop

(8-Adult) Celebrate the winter spirit by making an adorable, quilled snowman. Transform colorful paper strips into a unique piece of art. No prior experience is required. A $20 supply fee is payable to the instructor at class.

DFAR 1--3 hour lesson--$44

Location	Day	Time	Code	Begin	$
ProvREC	Sa	2pm	9IR.EFKO	1/30	DFAR

Origami Workshop - Holiday Tree

(16-Adult) Origami can help reduce stress, improve hand-eye coordination, boost creativity and enhance patience and persistence by learning how to fold paper into beautiful art pieces. This workshop will introduce students to the basics of origami. Students will create an origami holiday tree to bring home.

DFAJ 1--2 hour lesson--$29

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	12:30pm	P1L.VOW8	12/6	DFAJ

Needle Crafts

Cozy Creations & Wellness Workshop

(14-Adult) Learn to crochet a set of coasters and discover essential self-care practices for winter. Designed for beginner 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!

DFAJ 1--2 hour lesson--$29

Location	Day	Time	Code	Date	$
GrnSprGardn	S	12pm	ØLW.D39Ø	1/23	DFAJ

Beginning Crocheting

(13-Adult) This beginner crochet class 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	6:30pm	N7I.SJ4X	1/12	3FA

Crocheting

Students receive individual attention based on skill level. Class covers basic stitches and pattern reading. Bring one crochet hook in size G (6), H (8), I (9) or J (10) and a skein of light colored four-ply worsted weight yarn. Any supply fee payable to instructor at class.

3FA 8--55 minute lessons--$109

Location	Day	Time	Code	Begin	$
(8-12 yrs.)					
Wkfld/Moore	T	5:30pm	EL6.UZ1T	1/12	3FA
(Adults)					
Wkfld/Moore	T	7:30pm	7B1.AQSC	1/12	3FA





Knitting

(13-Adult) Master knitting basics. Students learn knitting techniques and terminology and how to choose materials.

3FC 8--1 hour 55 minute lessons--$216
4FG 5--1 hour 25 minute lessons--$101

Location	Day	Time	Code	Begin	$
CubRunREC	T	11:30am	8AD.TJI4	1/12	4FG
ProvREC	W	10am	8AD.KIRF	1/13	3FC

Knitting II

(13-Adult) Prerequisite: Knitting I.

3FC 8--1 hour 55 minute lessons--$216
4FG 5--1 hour 25 minute lessons--$101

Location	Day	Time	Code	Begin	$
CubRunREC	T	10am	FD8.PNU9	1/12	4FG
ProvREC	T	10am	FD8.L0P9	1/12	3FC

Needle Felting Workshop

(12-Adult) Learn needle felting basics and make a project to take home. Supplies included. Length of workshop determines complexity of project. One registered adult must accompany each registered child in this program.

CFEB 1--4 hour lesson--$68

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	12:30pm	8EM.3R3P	1/9	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	285.5UJL	1/14	DFCC

Sewing 101

(12-Adult) In this class offered by My Last Gift Sewing Institute, students learn basic sewing skills including using the ruler, proper measuring and how to read a pattern. Course also covers sewing machine use and maintenance. Skills are put to use creating a variety of projects. No previous experience necessary. Sewing machines and a sewing primer are provided. Supply fee of $35 is payable to instructor at first class and includes kits for creating pillow and tote bags (or other projects if student has made these already).

DFVC 4--2 hour 25 minute lessons--$237

Location	Day	Time	Code	Begin	$
OakmontREC	M/W	6:30pm	3B2.ST3X	1/11	DFVC
Wkfld/Moore	Th	6:30pm	3B2.ZFQ5	1/14	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.I2SX	2/1	DFVC
Wkfld/Moore	Th	6:30pm	EEE.HNFI	2/18	DFVC

Sewing 103

(12-Adult) Prerequisite: Sewing 102 or equivalent. In this class, offered by My Last Gift Sewing Institute, students build on skills learned in Sewing 102 to make a variety of more advanced hand and machine sewing projects. Sewing machines and a sewing primer are provided. Supply fee of $35 is payable to instructor at first class and includes project kits.

DFVC 4--2 hour 25 minute lessons--$237

Location	Day	Time	Code	Begin	$
OakmontREC	M/W	6:30pm	85C.8IL0	2/22	DFVC
Wkfld/Moore	Th	6:30pm	85C.MIDG	4/8	DFVC

Sewing Workshop Hand Alterations

(9-Adult) No sewing machine needed. In this My Last Gift Sewing Institute programs students learn how to alter garments by hand. Techniques include hemming cotton or knit pants by hand, taking in a shirt and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns and fabric structure. Supply fee of $15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--$74

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Sa	1pm	MF1.JYR7	4/3	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	1pm	912.4COZ	1/16	DFVD
Wkfld/Moore	Sa	1pm	912.0WVY	2/27	DFVD

Sewing Workshop-Alterations II

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program offered by My Last Gift Sewing Institute, you will learn techniques for altering tailored garments such as hemming by hand or machine, taking in/letting out waistlines, shortening sleeves and changing buttons. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of $15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--$74

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	1pm	79E.TSYQ	2/13	DFVD

Sewing Workshop-Home Decor

(9-Adult) Prerequisite: Machine Fundamentals workshop. In this program, offered by My Last Gift Sewing Institute, learn techniques for creating decor for your room or home such as pillow shams, curtains, pillow cases and pillows. Skills include measuring using a ruler and tape measure, using commercial patterns, hand and machine sewing and fabric structure. Supply fee of $15 is payable to instructor at the workshop.

DFVD 1--3 hour lesson--$74

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	1pm	EDC.80MW	3/13	DFVD
Wkfld/Moore	Sa	1pm	EDC.QXK4	1/30	DFVD
Wkfld/Moore	Sa	9:30am	EDC.13ZP	2/27	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	9:30am	E49.FR7P	1/16	DFVD
OakmontREC	Sa	9:30am	E49.3L1Z	2/13	DFVD
OakmontREC	Sa	9:30am	E49.C2PJ	3/13	DFVD
Wkfld/Moore	Sa	9:30am	E49.K737	1/30	DFVD
Wkfld/Moore	Sa	9:30am	E49.GJD4	4/3	DFVD

Other Opportunities

Art Journaling

(Adults) Connect with your creativity through this 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	Th	7pm	08Y.VPX7	1/14	3FB

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Basketweaving Workshop - Bandana Basket

(16-Adult) Join expert Joan Betzold for this hands-on workshop. Learn all the basic principles of start and stop hand weaving, while making your own basket to take home. Finished basket is approximately 9 inches wide by 7 inches tall, with holes to secure a bandana that lines the bottom. Basketweaving materials provided. Bring a lunch.

DFAK 1--6 hour lesson--$115

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	9:30am	SB4.RLA5	2/20	DFAK

Beginning Soap Carving

(8-Adult) Northern Virginia Carvers present beginning soap carving. Enjoy an individual or family evening with wooden carving tools and bars of soap. Go home with skills and tools to continue the experience. This craft can become a gift or a home decoration. Learn history of soap. Persons under 18 require an adult present.

DFAH 1--2 hour lesson--$23

Location	Day	Time	Code	Date	$
ColvinRunMill	W	6:30pm	XØN.PE4A	1/20	DFAH

Digital Photography

(13-Adult) There's more to photography than just using the automatic setting. Topics include your camera's controls, resolution, flash, composition, stop motion and close ups. Course includes weekly assignments with reviews. Software and printing are also covered. Any supply fee is payable to instructor at first class.

4FC 10--1 hour 55 minute lessons--$270

Location	Day	Time	Code	Begin	$
Wkfld/Moore	W	7pm	F54.SGUM	1/13	4FC
Wkfld/Moore	Th	9:30am	F54.NUUG	1/14	4FC

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.E3EG	1/13	DFVY
Wkfld/Moore	W	6:30pm	4W7.M5B1	2/17	DFVY

Naturally Crafted

(5-Adult) Using found natural objects and recycled materials we will craft unique pieces of art for you and your family to take home and proudly display. Materials included in price.

RG08 1--1 hour 30 minute program--$12

Location	Day	Time	Code	Date	$
Riverbend Pk	Su	1pm	6Q5.A7J6	12/6	RG08
Riverbend Pk	Su	1pm	6Q5.CV9S	1/3	RG08
Riverbend Pk	Su	1pm	6Q5.72AN	2/7	RG08

Poetry Workshop - Love Rooted in Nature

(16-Adult) Discover how poets capture the many expressions of love through the beauty of nature. Join poet Lisa Lowry as you explore how vivid details from the natural world can deepen and enrich poetic expressions of love. Through discussion and creative prompts, you'll write poems of your own and have the opportunity to share your work if you wish.

RG08 1--1 hour program--$12

Location	Day	Time	Code	Date	$
GrnSprGardn	Th	1:30pm	DJS.QRWW	2/18	RG08

Poetry Workshop - Winter Reflections

(16-Adult) Celebrate and reflect on the quiet beauty of winter through poetry. Join poet Lisa Lowry as you explore poems inspired by dormancy and stillness, both in the natural world and as powerful metaphors for our own experiences. Through thoughtful discussion and creative prompts, you'll have time to write poems of your own and the opportunity to share your work in a welcoming and supportive environment.

RG08 1--1 hour 30 minute program--$12

Location	Day	Time	Code	Date	$
GrnSprGardn	Th	1:30pm	GTX.YZ53	1/21	RG08

Poetry Workshop - Garden Forms

(16-Adult) Explore with poet Lisa Lowry a variety of poetic forms, from formal verse to free verse, and learn how structure writing poems can shape meaning and emotion. Drawing inspiration from the garden's architectural elements and design, you'll consider how form in both landscapes and poetry can enhance expression. Then write your own poems using a form that speaks to you and share your work in if you wish.

RG08 1--1 hour 30 minute program--$12

Location	Day	Time	Code	Begin	$
GrnSprGardn	Th	1:30pm	5DA.PYMB	3/18	RG08

Writing Workshop - Frozen Stakes

(16-Adult) Conflict is the engine of every story—it's what forces characters to act, change and reveal who they really are. Explore how tension arises from opposing desires, internal struggles and external pressures. Using the stillness and resilience of the winter landscape as inspiration, we'll examine how scarcity, cold and endurance shape both natural systems and compelling narratives. Through guided prompts, writers will learn to create stakes, deepen emotional impact and build scenes that keep readers invested.

RG08 1--1 hour program--$12

Location	Day	Time	Code	Date	$
GrnSprGardn	W	1:30pm	SJ6.I84P	12/16	RG08

Writing Workshop - Mythic Gardens

(16-Adult) Explore Green Spring Gardens through the lens of world folklore. After a brief introduction to global mythic traditions, we'll take a guided sensory walk to observe the garden closely. Writers will then transform these observations into original stories—imagining spirits, guardians and hidden histories rooted in this landscape. The workshop concludes with sharing and mapping our newly created folklore, building a collective mythology unique to this place.

RG08 1--1 hour 30 minute program--$12

Location	Day	Time	Code	Date	$
GrnSprGardn	F	1:30pm	0JV.05T6	3/12	RG08





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For more information and to appy visit
www.fairfaxcounty.gov/parks/rcp
call 703-324-8700 or email
Parkmail@fairfaxcounty.gov.

Fairfax County Park Authority
Celebrating 75 years!

RESIDENT CURATOR PROGRAM
Fairfax County Park Authority

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 in the plant shop. For more information, call Green Spring Gardens at 703-642-5173.

Hours and Admission:

Horticulture Center and Gift Shop open Monday-Saturday, 9 a.m.-4:30 p.m. and Sunday, 12-4:30 p.m.

Garden Gate Plant Shop Closed November-March.

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.

Baby Blooms

(2-24 months) It's never too early to enjoy the gardens.Little ones and their caregivers will explore the garden through sensory play, songs and simple planting activities. Each session introduces garden elements to spark curiosity and connection with the natural world as well as tips on how to safely explore the gardens with your baby.

4--45 minute programs

Location	Day	Time	Code	Date	$
GrnSprGardn	W	9am	TB4.U1Z6	2/3	$32/child

Garden Sprouts Winter - Nature Playgroup

(3-5 yrs.) Your preschooler will enjoy nature-themed toys and puzzles while you meet other playgroup parents one Monday a month. Through games, songs, activities and a garden walk we explore seasonal topics. Kids must be accompanied by a parent or guardian who does not need to register for the program.

1--45 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	M	10:30am	DCØ.CDFL	1/11	$12/child
GrnSprGardn	M	10:30am	DCØ.FO9C	2/8	$12/child
GrnSprGardn	M	10:30am	DCØ.10CH	3/8	$12/child

Pequeños Jardineros

(2-5 yrs.) ¡Ven a descubrir la magia del jardín en español. A través de canciones, cuentos, juegos y actividades prácticas, los niños explorarán plantas, flores, semillas e insectos mientras desarrollan vocabulario y amor por la naturaleza. Cada clase incluye experiencias sensoriales, observación de la vida en el jardín y oportunidades para sembrar, regar y cuidar plantas. Llévate una manera para seguir divirtiéndote en casa. Los niños deben estar acompañado por un adulto.

1--45 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	8SF.KH1K	3/13	$12/child

Family/All Ages

Family Fun - All About Owls

(8-Adult) Learn about owls and take a walk to explore where they might nest at Green Spring. Then dissect an owl pellet to discover what your owl has been eating. Each child must be accompanied by an adult. Each registrant receives one owl pellet.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	1pm	1HW.99XA	3/13	$15/ea.

Family Fun - Garden Orchestra

(3-Adult) Discover how music grows in the garden! Explore natural materials such as bamboo, seed pods, gourds, sticks and stones to create their own unique musical instruments. Along the way, learn how sound is made through vibration, rhythm and pitch while experimenting with the many sounds found in nature. End the class with a garden jam session where everyone can play their handmade instruments together. No musical experience is needed, and all materials are provided. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	PMØ.DJIR	1/16	$15/ea.

Family Fun - Hamster Gardens

(7-Adult) Learn how to create a safe little garden for your hamster designed to support natural behaviors like burrowing, foraging and exploring. Then make your own small hamster garden to take home.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	3pm	ØPE.JVWA	2/21	$15/ea.

Plant Swap - Houseplants, Cuttings and Containers

(All Ages) Bring your unwanted houseplants, cuttings and containers to swap with others or simply give

Fairfax County Park Authority
Celebrating 75 years!
IMA
CELEBRATING 20 YEARS
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

SCAN ME

away. Leave with new plants, containers and expert advice. You are welcome to come and go as you please, but registration is encouraged.

1--2 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	12pm	1AT.CT96	3/13	free

Winter Storytime - Snow Day Play

(All Ages) Enjoy the wonders of winter inside while we play with "snow", build snowball launchers and read winter-themed books. All attendees, including parents, must be registered for the program.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10am	3FL.1QDD	2/13	$9/ea.

Teen/Adult Programs

Botanical Journaling

(16-Adult) Create your own botanical journal. Practice drawing exercises, take a seasonal walk for inspiration, and learn tips for layout and media options. 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 and covers a new topic.

2--2 hour lessons

Location	Day	Time	Code	Date	$
GrnSprGardn	W	1:30pm	NJV.Ø8JY	3/3	$40/ea.

Intro to Dog Sensory Gardens

(14-Adult) Explore the concept of dog sensory gardens designed to stimulate a dog's senses of smell, touch, sight and sound. Learn how sensory enrichment supports canine well-being, reduces stress and encourages natural behaviors. Discuss key design elements, plant selection, safety considerations and practical tips for creating engaging environments regardless of size.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	1:30pm	LLQ.MI81	2/27	$19/ea.

Special Garden Tour - Witch Hazels

(16-Adult) A docent showcases our nationally accredited witch hazel collection, featuring over 200 specimens. Fragrant, willowy blooms glow red, yellow, purple and copper throughout the gardens from fall through March.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	9:30am	U52.Y1Ø9	3/6	$18/ea.

Starting from Scratch with Seeds

(16-Adult) Grow flowers, vegetables and herbs from seed and expand your garden. Be inspired by Green Spring staff members as they discuss potting mixes, containers, seed treatments, lighting, fertilization, watering, seed sources and timing. Then take home a few seeds to start your own collection.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	J1V.7MDL	2/27	$23/ea.

Winter Botanical Book Club

(14-Adult) From hidden gardens to wild landscapes, members explore rich, immersive stories that features



a thoughtfully chosen novel with botanical or garden themes each season. The program begins with a pre-reading welcoming circle to meet fellow readers, enjoy refreshments, and receive your guide. Next will be a post-reading for a lively book discussion and a hands-on activity. Winter read: ***Junglekeeper: What It Takes to Change the World by Paul Rosolie.*** Activity: **Tropical Houseplant**. Class meets January 13 and February 10.

2 --1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	W	10am	SDP.XYYM	1/13	$24/ea.

Adult Garden Programs

Celebrating Winter Gardens– Witch Hazel & Snowdrops

(16-Adult) Ignite your botanical passion at the first annual Winter Gardens Symposium on Saturday, February 20, 2027, 8 a.m.–3 p.m. at Green Spring Gardens. Immerse yourself in winter flora with an elite Hamamelis panel featuring witch hazel luminaries Tim Brotzman, Rick Lewandowski and Chris Lane (appearing virtually from the U.K.). Discover seasonal gems during Tim Calkins' talk,"Snowdrops in a Virginia Garden." Shop coveted witch hazels, snowdrops and rare plants from premier vendors, see the witch hazel collection in bloom, then celebrate the landmark groundbreaking ceremony for the new GreenSpring Winter Garden. This special event is sponsored by the Friends of Green Spring.

1--7 hour symposium, includes lunch

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	8am	NRI.625I	2/20	$75/ea.

Washington Gardener Seed Exchange

(Adults) Washington Gardener Magazine is co-hosting the annual seed exchange at Green Spring Gardens with lectures and a face-to-face seed swap. Bring your extra seeds to swap and leave with a bag full of seeds, new garden friends, and expert planting advice. The fee is $15 for verified Friends of Green Spring members and Washington Gardener subscribers; and $20 for guests.

1--4 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	12:30pm	C1E.AV3C	2/6	$15/ea.
GrnSprGardn	Sa	12:30pm	C1E.WDVY	2/6	$20/ea.

Virtual - Celebrating Winter Gardens

(16-Adult) Join virtually and ignite your botanical passion at the first annual Winter Gardens Symposium on Saturday, February 20, 11 a.m.–2 p.m. Immerse yourself in winter flora with an elite Hamamelis panel featuring witch hazel luminaries Tim Brotzman, Rick Lewandowski and Chris Lane (appearing from the U.K.). Discover seasonal gems during Tim Calkins' talk, "Snowdrops in a Virginia Garden." This special event is sponsored by the Friends of Green Spring. Login instructions for the virtual program will be emailed the day before the program.

1--3 hour program

Location	Day	Time	Code	Date	$
Virtual FCPA	Sa	11am	DPQ.3ØAG	2/20	$25/ea.

Garden Talks

Garden Talk - Easy NoVA Shrubs

(16-Adult) Shrubs add shape and structure, in addition to their fragrant flowers, berries, color, foliage and colored stems. Join extension master gardeners to properly selected shrubs are easy to care for and can provide year-round interest.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	F	1:30pm	J3W.UOCT	3/26	$12/ea.

Garden Talk - Hooked on Hostas

(16-Adult) Hostas are a perfect plant for the beginning gardener because they are very easy to grow, adaptable and relatively fool-proof. Learn about the hundreds of hosta choices you have from in a variety of colors, shapes and textures and decorative foliage from extension master gardeners.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	8BN.QERL	3/6	$12/ea.

Garden Talk - Rework Your Garden

(16-Adult) Refresh and reimagine your garden with guidance from an extension Master Gardener. Whether you're renovating an existing landscape or starting from scratch, you'll learn to evaluate your space, identify your needs, and rethink your garden space to better match your style.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	EJØ.K1VØ	1/23	$12/ea.

Garden Talk - Spring Vegetable Gardening 101

(16-Adult) Learn how to plan, plant and grow your food in an environmentally friendly way. Extension Master Gardeners show you how to get the most out of your spring kitchen garden and enjoy home grown vegetables before the heat of summer.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	F	1:30pm	KK9.81EX	2/13	$12/ea.

Harry Allen
WINTER LECTURE SERIES

Winter Lecture - Green Spring in the Press

(16-Adult) Local historian Debbie Waugh examines how Green Spring's story has been told through the lens of the press. Newspaper articles, advertisements, society columns, and lifestyle features have chronicled the site's evolution from 18th century plantation to public garden. Discover how coverage of Green Spring, from formal property announcements to human interest storytelling to preservation and environmental advocacy, reveals how reportage in America has changed with the times.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	3PQ.8K25	2/7	$15/ea.

Winter Lecture - Mother Nature's Helper

(16-Adult) Join Yolima Carr for an engaging presentation on how collaborating with the natural world benefits both people and the environment.. Drawing on practical experience, she explores how gardeners, farmers and land stewards can reduce reliance on synthetic pesticides by promoting soil health, biodiversity and natural ecological processes. Learn why restoration and conservation efforts are most successful when they mimic nature's patterns and how Virginia's rich natural and diverse resources, from forests and rivers to the Chesapeake Bay and Atlantic coast, support healthier, more sustainable communities.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	ARI.Q6D1	2/28	$15/ea.

Winter Lecture - Restoring Our Wild Spaces

(16-Adult) Discover how the Fairfax County Park Authority is helping restore and protect the natural places we all enjoy. Join FCPA ecologist, Darko Veljkovic for an inspiring look at the "Helping Our Land Heal" program, exploring efforts to revive habitats, preserve natural resources and create healthier ecosystems. Through stories, lessons learned and real-world case studies, learn about the challenges and successes behind restoring our parks and how thoughtful stewardship can make a lasting difference for the environment and future generations.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	L4A.9Q1J	3/7	$15/ea.

Winter Lecture - Snowdrops and Winter Blooms

(16-Adult) Discover how snowdrops can bring beauty to the garden throughout the winter months. Learn from a Northern Virginia gardener about these remarkable bulbs that bloom from October through March. Learn which snowdrops thrive in our region, explore European and North American selections, and discover companion plants such as winter aconites, hellebores, and early daffodils that create colorful winter displays.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	KSK.F3XN	1/31	$15/ea.

Winter Lecture - The Rose Geek

(16-Adult) Join Kimberley Dean, better known as The Rose Geek, a Master Gardener, Consulting Rosarian and popular social media educator who inspires thousands of rose enthusiasts with practical, research-based advice. Learn how to select, grow and care for beautiful, healthy roses through every season, discover standout varieties and gain expert tips you can use in your own garden—whether you're just getting started or have years of experience.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	DHG.I1KC	1/24	$15/ea.

Winter Lecture Online - Edible Landscaping

(16-Adult) Join edible landscaper, author, and permaculture designer Michael Judd for an engaging exploration of some of the easiest and most rewarding fruits and berries to grow in the Mid-Atlantic region. Discover low-maintenance, naturally resilient plants that thrive with minimal effort, making them perfect for home gardens and landscapes. Learn simple food forest design techniques to help you create a thriving, productive ecosystem that supports both biodiversity and abundance. Whether you are a beginner or an experienced grower, you will gain valuable insights into growing delicious, regenerative food with ease. Lecture is held online with an option to watch at the Horticulture Center.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	RS4.1P7W	2/21	$15/ea.

Winter Lecture Online - Tiny Gardens Everywhere

(16-Adult) Explore how small-scale, everyday green spaces—from balconies and backyards to community plots and urban corners—are reshaping how we think about food, ecology, and climate resilience with Thomas M. Siebel Distinguished Professor in the History of Science at the Massachusetts Institute of Technology and author, Kate Brown as she discusses her new book Tiny Gardens Everywhere. Discover the power of "tiny gardens" to build biodiversity, strengthen local communities, and reconnect people with the land. Lecture is held online with an option to watch at the Horticulture Center. A link for the program will be emailed no later than the morning of the event.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1:30pm	FBE.K1HR	1/10	$15/ea.



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.



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 and at Laurel Hill and Twin Lakes it 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	$
Pinecrest GC	Sa	1:30pm	C5A.270I	1/9	4GB
Pinecrest GC	Su	12:30pm	C5A.0QX7	1/10	4GB
Pinecrest GC	Sa	1:30pm	C5A.B8Y0	2/13	4GB
Pinecrest GC	Su	1pm	C5A.WW4C	2/14	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	$
Pinecrest GC	Sa	3pm	D71.76TH	1/9	4GB
Pinecrest GC	Su	2pm	D71.T271	1/10	4GB
Pinecrest GC	Sa	3pm	D71.Y8NS	2/13	4GB
Pinecrest GC	Su	2:30pm	D71.4V4R	2/14	4GB

Junior Get Golf Ready I
(7-12 yrs.) In this PGA-developed class, students are introduced to golf 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	$
Pinecrest GC	Sa	10:30am	8C0.TX68	1/9	4GB
Pinecrest GC	Su	11am	8C0.LGCW	1/10	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	$
Pinecrest GC	Sa	10:30am	265.9T36	2/13	4GB
Pinecrest GC	Su	10am	265.WFWX	2/14	4GB

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)					
Pinecrest GC	Sa	12pm	AEE.7IS7	1/9	4GB
(Ladies only)					
Pinecrest GC	Su	11:30am	219.X46A	2/14	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	$
Pinecrest GC	Sa	12pm	F2A.U0QA	2/13	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	$
(Co-ed)					
Burke LakeGC	Sa	2pm	49C.KLRY	1/9	4GC
Burke LakeGC	Sa	4pm	49C.S9PK	1/9	4GC
Burke LakeGC	M	5pm	49C.XXZ9	1/11	4GC
Burke LakeGC	Sa	3pm	49C.5KGE	2/13	4GC
Burke LakeGC	W	6pm	49C.H6L2	2/17	4GC
(Ladies only)					
Burke LakeGC	Sa	2pm	AB2.LA9M	1/9	4GC
Burke LakeGC	Su	1pm	AB2.2RAF	1/10	4GC
Burke LakeGC	W	2pm	AB2.MC35	2/17	4GC
Burke LakeGC	W	5pm	AB2.2UBL	2/17	4GC
Burke LakeGC	W	6pm	AB2.FVT7	2/17	4GC





Golf-Junior Long Game Lessons

(7-12 yrs.) 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 LakeGC	Su	2pm	32C.4TB6	1/10	4GC
Burke LakeGC	M	6pm	32C.GK56	1/11	4GC
Burke LakeGC	Su	2pm	32C.W5S1	2/14	4GC
Burke LakeGC	M	6pm	32C.MOCM	2/15	4GC
Burke LakeGC	T	5pm	32C.A4ST	2/16	4GC
Burke LakeGC	T	6pm	32C.APM2	2/16	4GC



Golf-Long Game Lessons Parent/Child

(7-17 yrs.) Both the parent and the child participate. Course focuses on the clubs used in the long game such as irons, hybrids, fairway woods and drivers. Range balls are included in the class fee and loaner clubs are available.

4GF 4--55 minute lessons--$171

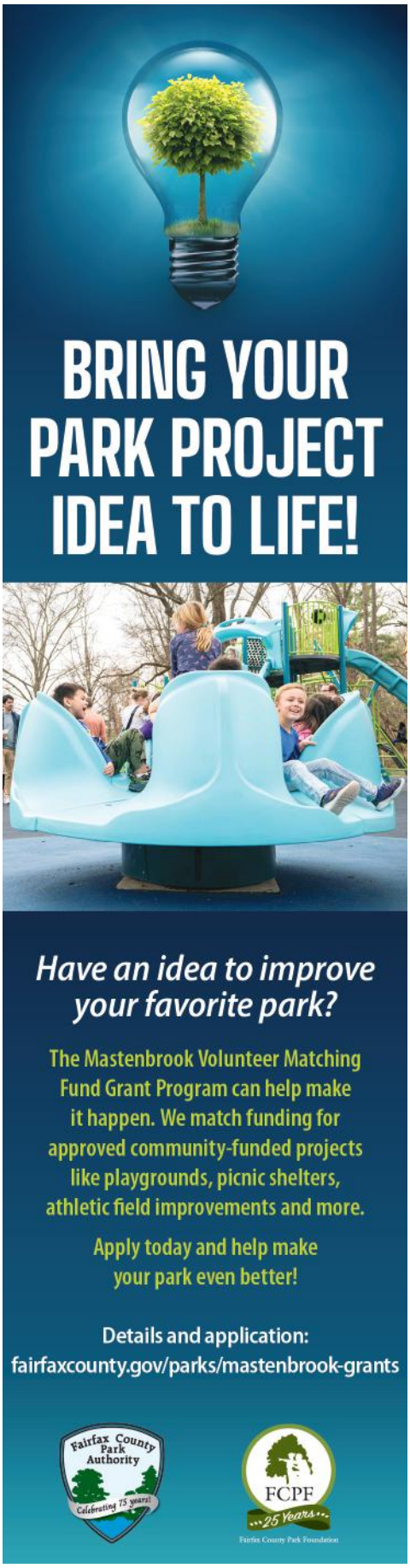
Location	Day	Time	Code	Begin	$
Burke LakeGC	Su	3pm	F86.29GM	1/10	4GF
Burke LakeGC	Su	4pm	F86.11KD	1/10	4GF
Burke LakeGC	Th	5pm	F86.N63K	1/14	4GF
Burke LakeGC	Th	6pm	F86.5S83	1/14	4GF
Burke LakeGC	Su	1pm	F86.DGRS	2/14	4GF
Burke LakeGC	Su	3pm	F86.3UMK	2/14	4GF
Burke LakeGC	Su	4pm	F86.2465	2/14	4GF
Burke LakeGC	Th	5pm	F86.NMHF	2/18	4GF
Burke LakeGC	Th	6pm	F86.9B9X	2/18	4GF

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 LakeGC	W	1pm	D23.9UXM	1/13	4GC
Burke LakeGC	Su	11am	D23.ZG75	2/14	4GC
Burke LakeGC	Su	12pm	D23.G7VW	2/14	4GC
Burke LakeGC	T	1pm	D23.VCWW	2/16	4GC



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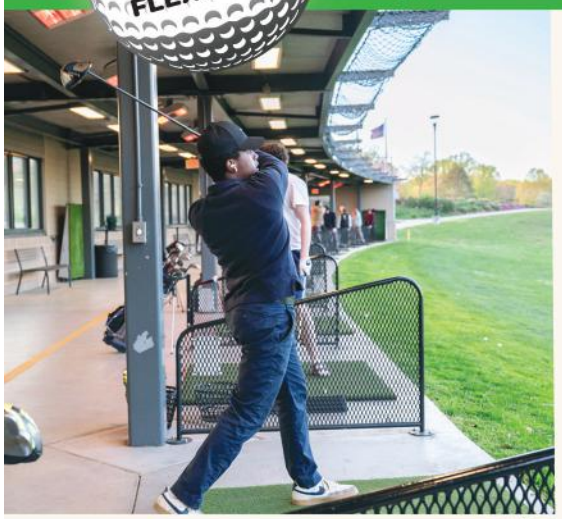
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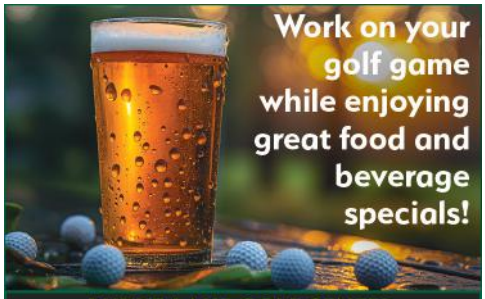
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www.fairfaxcounty.gov/parks/golf/practice

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Oakmont 2027 Winter Schedule

Beginning Golf 1 For Adults

Students learn the basic skills needed to play golf. Grip, stance, full swing, putting, chipping, and pitching are taught, as well as etiquette and rules. Six 50-minute sessions on six consecutive weeks. Fee: $150 plus range balls.

Day	Time	Start Date
Saturday	11:05 AM	February 13
Sunday	1:05 PM	February 14

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	12:05 PM	January 16
Sat- Sun	12:05 PM	February 20
Sat- Sun	12:05 PM	March 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	1:05 PM	February 13

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
Sunday	2:05PM	February 14

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	2:05 PM	February 27

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 expereience. Four- 50 minute lessons on four consecutive weeks. Fee: $135, plus range balls.

Day	Time	Start Date
Sunday	11:05am	February 28

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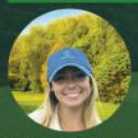


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Director



Wonsuk Rhee
Assistant Director

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History

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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 the 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.

Frying Pan Farm Park

2709 West Ox Road • Herndon
703-437-9101



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. It was built in 1794 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 the American Alliance of Museums
- On the National Register of Historic Places and the Virginia Landmark Register
- Listed on the Virginia Civil Wars Trail
- Part of the Underground Railroad Network to Freedom

Hours and Admission

Please visit the website for hours of operation.

Homeschool Programs

Colonial Life for Homeschool

(6-12 yrs.) Did you know that Huntley Meadows Park was once part of George Mason's holdings? Discover this forgotten Founding Father as you make your own candle, 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	W	10am	925.IAAN	1/6	$16/child
HistHuntley	W	10am	925.CYNP	3/10	$16/child

History for Homeschoolers - Letter Writing

(7-13 yrs.) Discover more about life in 18th century Virginia as we dive into primary sources and stories from the past at Sully Historic Site. Practice analyzing historical documents, make your own ink, and write your very own historical document.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
Sully	Th	10am	52W.SJ5L	1/21	$12/child

Mapping the Past for Homeschoolers

(7-13 yrs.) Supplement your historical studies with a day of exploring, interpreting and making maps. Try your hand at orienteering, learn about different types of maps from around the world and take home a personalized map of your life.

1--2 hour program

Location	Day	Time	Code	Date	$
HistHuntley	Th	1pm	C5B.EHAP	2/25	$16/child

Family/All Ages

Black History Month at the Meeting House

(All Ages) In honor of Black History Month, the Frying Pan Baptist Meetinghouse will be open select Saturdays in February from Noon-2 p.m. Interpretive signage will be posted throughout the site for guests to read about the Black history of the Meeting House and stories of the people from the community. Stay for just a few minutes or a couple hours. Registration is free but required to attend.

1--2 hour program

Location	Day	Time	Code	Date	$
Frying Pan Pk	Sa	12pm	RQH.7ZHV	2/6	free
Frying Pan Pk	Sa	12pm	RQH.AYP2	2/27	free

Candy Canes and Cocoa

(4-Adult) Decorate candy canes made by our Blacksmith. Explore holiday traditions and finish with hot cocoa and candy canes.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	M	10am	EG5.IZ7P	12/21	$12/ea.

Cocoa and Crafts

(6-Adult) Celebrate National Cocoa Day by learning the history of chocolate in Virginia while drinking delicious hot cocoa. Then create some winter craft ornaments to take home.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	10am	KQ4.ZF0D	12/19	$20/ea.



Family Fun - Archaeology Tea Party

(6-Adult) Learn about the artifacts that tell us about Green Spring's past. Do a hands-on artifact assembly with pottery shards using archaeology tools and tips. Decorate your own teacup based on historical styles before having tea and treats as you discuss what your cup's patterns can tell you about the past. Children must be accompanied by an adult registered in the program.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	1pm	U63.R2U1	2/6	$20/ea.
GrnSprGardn	Sa	1pm	U63.ASS8	3/6	$20/ea.

Forgotten Treasure - The American Chestnut

(6-Adult) Delve into the history of the American Chestnut and learn about efforts to revitalize what was once an iconic North American tree. Enjoy a fire while cooking and sampling chestnuts from an American Chestnut relative. Program is held at the Woodland Stewardship Education Center.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	1pm	T2M.SWAW	12/19	$9/ea.
ECLawrncePk	Sa	1pm	T2M.9ØT9	1/9	$9/ea.

Holiday Greetings

(4-Adult) Celebrate the holiday season by making your own holiday card. Explore the history of holiday greetings in the historic house and finish with hot cocoa.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	2pm	ZPV.S9YU	12/19	$12/ea.

Holiday Wrappings

(4-Adult) Explore the history of wrapping paper as you enjoy by making your own while sipping a hot beverage.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	Su	2pm	J2W.HJ89	12/20	$12/ea.

Making Ice and Ice Cream at Walney

(4-Adult) Crank ice cream and try using ice tongs as you discover how ice was harvested and stored in this 19th century farm.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	1pm	AC3.ØY2Ø	12/6	$9/ea.
ECLawrncePk	Sa	1pm	AC3.WLCL	1/23	$9/ea.

Maple Syrup Boil Down

(4-Adult) The sap is rising and the maple trees are tapped. Bundle up for the weather to watch and learn how sap is boiled down into delicious, sweet syrup over an open fire. Sample the delicious combination of maple syrup over cornbread, made from Colvin Run cornmeal. While supplies last. This is an outdoor event, please dress appropriately.

1--45 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	Su	11am	8GQ.X9VM	2/21	$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.C96E	2/21	$8/ea.
ColvinRunMill	Su	2pm	8GQ.NYGL	2/21	$8/ea.
ColvinRunMill	Su	11am	8GQ.9JJØ	2/28	$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.GXJJ	2/28	$8/ea.
ColvinRunMill	Su	2pm	8GQ.HLBR	2/28	$8/ea.
ColvinRunMill	Su	11am	8GQ.2NGP	3/7	$8/ea.
ColvinRunMill	Su	12:30pm	8GQ.L8JF	3/7	$8/ea.
ColvinRunMill	Su	2pm	8GQ.DQ0F	3/7	$8/ea.

Queen of Hearts Tea Party

(3-Adult) Bring your child to the mill and celebrate Valentine's Day with this heart-themed tea party. We'll have tea, savory and sweet treats and play 19th century parlor games. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	1pm	YRW.YBDI	2/6	$20/ea.

Snowflake Family Tea Party

(3-Adult) Bring your child to the mill and celebrate winter with this snowflake-themed tea party. You'll enjoy tea, savory and sweet treats, along with a winter craft and 19th century games. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
ColvinRunMill	Su	1pm	XS3.XO5T	1/10	$20/ea.

Warmth at Walney

(8-Adult) Cozy around the campfire with smores to learn about the history of life at Walney during the Winter. All participants, including accompanying adults, must register and pay for the program.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	3pm	JK3.3EOT	12/5	$10/ea.
ECLawrncePk	Sa	10am	KØV.5G63	12/19	$20/ea.

Colonial Tea Tasting at Cabell's Mill

(10-Adult) Taste different colonial teas at the historic Cabell's Mill and learn about the role tea played in the colonies. The program will include a tour of the Mill and the grounds weather permitting.

1--1 hour, 30 minute program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	10am	KØV.5G63	12/19	$20/ea.

Teen/Adult Programs

African American Soldiers, Sailors and Spies

(14-Adult) Learn about how African Americans contributed to the Continental Army in 1775 and how James Lafayette spied for George Washington. Learn the stories of Black Virginians, free and enslaved, who fought for freedom—theirs and the nation's.

1--1 hour program

Location	Day	Time	Code	Date	$
Sully	Sa	2pm	30I.ØCY1	2/20	$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 three 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 history.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	9:30am	YD8.ØAFY	2/20	$15/ea.

Historic Radios on the Farm

(14-Adult) Few things improved the daily life of the farm family more than the radio. Learn how radio technology advanced during both World War I and II and listen to famous moments in radio history. Join us for a tour through history by hearing and seeing the antique radios from that time.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
Frying Pan Pk	Sa	4pm	Q2S.SVGT	1/30	$12/ea.

Lecture - Faces from the Past

(14-Adult) Explore fascinating methods used by historians and scientists to reconstruct faces of known and unknown people from the past. As we mark Black History Month, consider the many faces of Green Spring that we will never know due to historical bias and inequality, and how some sources reveal meaningful details. Refreshments served.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10am	K03.KYP1	2/27	$18/ea.

Sully and Building a New Nation

(14-Adult) Explore historic buildings, items and documents to learn how the Lee family and others in Fairfax County laid the foundation for the new United States.

1--1 hour program

Location	Day	Time	Code	Date	$
Sully	Sa	2pm	BKG.5AMZ	1/16	$15/ea.

The Women of Historic Huntley

(16-Adult) A society matron, an enslaved wife and mother, a farmer's daughter, a military wife. Historic Huntley has been home to some interesting women and has seen the lives of women change dramatically since the house was built in 1825. See Huntley from a different view as we stroll the house and grounds.

1--1 hour program

Location	Day	Time	Code	Date	$
HistHuntley	Su	2pm	F12.GF47	3/7	$9/ea.

Adult Programs

Christmas Tea at the Harrisons

(Adults) December in the late 1800s might have included a Ladies Housekeeping Society tea hosted by Mrs. Harrison. The halls of Huntley will be decked and we'll share some Christmas history with you as you enjoy teas, scones, fruit and a light savory.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HistHuntley	Th	1pm	C33.HG9J	12/10	$35/ea.
HistHuntley	Th	1pm	C33.97U3	12/17	$35/ea.

Enslaved Lives and the Legacy of Slavery

(Adults) Join a historian for a tour of Huntley that examines the relationship of the Mason family to slavery and recovers insights into the lives of the Humphrey family and other enslaved people whose labor maintained Mason wealth and social status.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HistHuntley	M	10am	BF1.622Q	2/15	$12/ea.

Mason Tea

(Adults) Enjoy an afternoon tea circa 1830 much as Betsey Mason would have with the gleam of polished silver and proper tea etiquette. Sample a menu of tasty treats appropriate to the period in an historic setting as you brush up on your tea history. Includes a tour of Historic Huntley.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HistHuntley	Th	1pm	87A.LCSD	1/14	$35/ea.



Tasting - Teas for Winter Health

(Adults) A steaming cup of tea offers warmth, comfort and health benefits throughout cold and flu season. Sample a variety of the best teas and herbal infusions to boost immunity and cure the winter blues. Learn about their medicinal properties and discover new healthful brews to enjoy year round. Take home a sample.

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10am	DZJ.1GYO	1/9	$28/ea.
GrnSprGardn	Sa	10am	DZJ.GXCY	1/30	$28/ea.

Tea and Chocolates

(Adults) Indulge in all things chocolate and tea. Then enjoy a tour, including the romantic view from Historic Huntley. May be canceled in case of inclement weather.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HistHuntley	Sa	1pm	F59.H5BV	2/13	$35/ea.

HISTORIC SITE TOURS

Colvin Run Mill Tour

Saturdays and Sundays, December-February • 11 a.m., 12 p.m., 1 p.m. & 2 p.m.
$10 per person, $8 Seniors/Students/Children (5-15 yrs.)
1 hour tour, Reservations recommended

(All Ages) 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. Private tours available upon request. Please contact the site for details. Grain products ground at the Mill are available for purchase in our General Store year round. Individual tour tickets available at Parktakes online.

Holiday Lantern Tour

Friday, December 18 • 6:30 p.m.
Saturday, December 19 • 5:30 p.m.
$12 per adult, $10 Seniors/Students/Children (5-15 yrs.)
1 hour 30 minute tour, Registration recommended

(All Ages) Tour beautiful Colvin Run by candlelight. Discover how different a 200-year old mill looks at night and visit the miller's house decorated for the holidays. Learn how families of the mill spent the winter months and enjoy some holiday treats. Individual tickets are available at Parktakes online. Space is limited.



Sully Historic Site Tour

Thursday-Sunday, December-February • 11:30 a.m., 1 p.m. & 2:30 p.m.
$10 per adult, $8 Seniors/Students/Children (5-15 yrs.)
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 labored at this site from the 1700s to the 1950s. This guided tour covers the housing of enslaved people, the 1794 Sully house, the kitchen, the laundry, and other historic structures. Private tours available upon request. Please contact the site for details. Individual tickets are available at Parktakes online.



Tea service in the Historic House follows each lecture. Programs are by reservation only. Please register online. For more information, call 703-941-7987.

Tea Program - Reviving America's Past

(16-Adult) The emergence of the Colonial Revival dates to the 100th anniversary of the signing of the Declaration of Independence, which inspired a powerful national movement to connect with America's past. Discover why this collective nostalgia took hold and the different ways it was expressed. In architecture, the movement peaked from the late 1800s to the mid-20th century, when Green Spring's Historic House received an extensive Colonial Revival-style rehabilitation.

1--2 hour program (tea and lecture)--$45
1--1 hour program (lecture only)--$18

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1pm	8PH.WCP1	1/17	$45/ea.
GrnSprGardn	Su	1pm	8PH.BKT9	1/17	$18/ea.

Valentine's Day

(14-Adult) Enjoy our "Question of Romance" quiz as you celebrate St. Valentine's Day at the tea table. Test your knowledge of the origins of the lovers' holiday, romantic traditions through the ages and some love connections of Green Spring past.

1--2 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1pm	ZXF.VYOP	2/14	$45/ea.

Eccentric Women

(14-Adult) This Women's History Month, explore the many contributions of unconventional women. Often dismissed as dangerous and outspoken attention-seekers, eccentric women have been powerful forces for social change. Consider the historical importance of female non-conformists who defied labels and dared to be different, including some women of Green Spring past.

1--2 hour program (tea and lecture)--$45
1--1 hour program (lecture only)--$18

Location	Day	Time	Code	Date	$
GrnSprGardn	Su	1pm	JU8.DSSU	3/14	$45/ea.
GrnSprGardn	Su	1pm	JU8.M4VL	3/14	$18/ea.
GrnSprGardn	W	1pm	JU8.9ADK	3/24	$45/ea.
GrnSprGardn	W	1pm	JU8.D7LF	3/24	$18/ea.



250TH

This program links to the VA250 and the Fairfax250 commemoration.

Grit and Grain - African American Millers

(14-Adult) African Americans' labor, experience, and knowledge were crucial to 19th-century grist milling. Explore a historic mill as you discuss the contributions of African American millers in Fairfax County.

1--1 hour program

Location	Day	Time	Code	Date	$
ColvinRunMill	Sa	2pm	VUG.KA28	2/27	$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	Su	2pm	E9V.5OAF	2/28	$10/ea.

Remembrance - Enslaved Lives at Sully

(12-Adult) Learn about the lives and legacy of the people enslaved at Sully Historic Site from the 1700s to the Civil War. This tour includes a walk into the original outbuildings, Sully House and representative housing for the enslaved. Sully is on the National Register of Historic Places and is part of the National Park Service Underground Railroad Network to Freedom. The tour is held weather permitting.

1--1 hour program

Location	Day	Time	Code	Date	$
Sully	Sa	1pm	UNQ.7W68	2/6	$10/ea.

The Civil War at Sully

(6-Adult) Tour the historic site and learn about the different figures who experienced the war at Sully. Hear about Maria Barlow, who encountered and dealt with troops on both sides. Gain a better understanding of the effects the war had on Fairfax County and why it matters today.

1--1 hour program

Location	Day	Time	Code	Date	$
Sully	Sa	1pm	YAN.UCTU	12/12	$10/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

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:45am	EB9.5QLD	1/9	4IG
MtVernREC	Su	12:10pm	EB9.EXCP	1/10	4IG
MtVernREC	T	4:15pm	EB9.PCZ3	1/12	4IG
MtVernREC	F	10:35am	EB9.HZLS	1/15	4IG
MtVernREC	Sa	11:45am	EB9.ZFD9	3/13	4IG
MtVernREC	Su	12:10pm	EB9.KK2T	3/14	4IG
MtVernREC	T	4:15pm	EB9.62H4	3/16	4IG
MtVernREC	F	11:10am	EB9.UDJ1	3/19	4IG

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.

4IG 6--30 minute lessons--$155
DIAA 7--30 minute lessons--$170

Location	Day	Time	Code	Begin	$
(3-5 yrs.)					
MtVernREC	Sa	10am	9BB.70TS	1/9	4IG
MtVernREC	Sa	11:45am	9BB.5MJI	1/9	4IG
MtVernREC	Su	11:35am	9BB.LMJ2	1/10	4IG
MtVernREC	T	4:15pm	9BB.2FYD	1/12	4IG
MtVernREC	F	4:30pm	9BB.2FD1	1/15	4IG
MtVernREC	F	10am	9BB.1UTZ	1/15	4IG
MtVernREC	Sa	10am	9BB.BZHG	3/13	4IG
MtVernREC	Sa	11:45am	9BB.KQC9	3/13	4IG
MtVernREC	Su	11:35am	9BB.CYPX	3/14	4IG
MtVernREC	T	4:15pm	9BB.776D	3/16	4IG
MtVernREC	F	4:30pm	9BB.WNZQ	3/19	4IG
MtVernREC	F	10:30am	9BB.4YF4	3/19	4IG
(4-6 yrs.)					
FfxIceArena	Sa	8:55am	8A6.1EN1	1/9	DIAA
FfxIceArena	M	5:35pm	8A6.13NJ	1/11	DIAA
FfxIceArena	T	6:40pm	8A6.YU8W	1/12	DIAA
FfxIceArena	W	6:40pm	8A6.DQM7	1/13	DIAA
FfxIceArena	Th	6:40pm	8A6.HJLY	1/14	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.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:10am	800.2M0T	1/9	4IG
MtVernREC	Sa	11:45am	800.3SHF	1/9	4IG
MtVernREC	Su	11:35am	800.8AII	1/10	4IG
MtVernREC	T	4:15pm	800.CEGC	1/12	4IG
MtVernREC	F	4:30pm	800.BICF	1/15	4IG
MtVernREC	F	10:35am	800.16NI	1/15	4IG
MtVernREC	Sa	11:10am	800.Q3QE	3/13	4IG
MtVernREC	Sa	11:45am	800.FPM5	3/13	4IG
MtVernREC	Su	11:35am	800.V8E4	3/14	4IG
MtVernREC	T	4:15pm	800.7S67	3/16	4IG
MtVernREC	F	4:30pm	800.V1J7	3/19	4IG
MtVernREC	F	10:35am	800.0ZQ6	3/19	4IG



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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:10am	C1B.FHIU	1/9	4IG
MtVernREC	Su	12:10pm	C1B.OR00	1/10	4IG
MtVernREC	T	4:15pm	C1B.NUSO	1/12	4IG
MtVernREC	F	5:05pm	C1B.9PE2	1/15	4IG
MtVernREC	F	11:10am	C1B.P7WC	1/15	4IG
MtVernREC	Sa	11:10am	C1B.ML6W	3/13	4IG
MtVernREC	Su	12:10pm	C1B.RV5G	3/14	4IG
MtVernREC	T	4:15pm	C1B.5Q2C	3/16	4IG
MtVernREC	F	4:30pm	C1B.GW4W	3/19	4IG
MtVernREC	F	11:10am	C1B.KDNH	3/19	4IG

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.

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

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:10am	7C1.VT3V	1/9	4IG
MtVernREC	Su	12:10pm	7C1.D7MC	1/10	4IG
MtVernREC	T	4:50pm	7C1.L6K8	1/12	4IG
MtVernREC	F	11:10am	7C1.7OP4	1/15	4IG
MtVernREC	Sa	11:10am	7C1.DVRW	3/13	4IG
MtVernREC	Su	12:10pm	7C1.D4BP	3/14	4IG
MtVernREC	T	4:50pm	7C1.4Y6X	3/16	4IG
MtVernREC	F	11:10am	7C1.GIWL	3/19	4IG

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	Sa	8:35am	9B3.RCI1	1/9	DIAA
FfxIceArena	M	5:35pm	9B3.DE31	1/11	DIAA
FfxIceArena	T	6:40pm	9B3.BW6D	1/12	DIAA
FfxIceArena	W	6:40pm	9B3.PC9A	1/13	DIAA
FfxIceArena	Th	6:40pm	9B3.VIQ2	1/14	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

Location	Day	Time	Code	Begin	$
(6-13 yrs.)					
MtVernREC	Sa	10am	FBC.9IW3	1/9	4IG
MtVernREC	Sa	11:10am	FBC.EOPW	1/9	4IG
MtVernREC	Sa	11:45am	FBC.XKDU	1/9	4IG
MtVernREC	Su	11am	FBC.6BW3	1/10	4IG
MtVernREC	Su	11:35am	FBC.MA66	1/10	4IG
MtVernREC	T	4:15pm	FBC.KN5L	1/12	4IG
MtVernREC	T	5:25pm	FBC.P7KL	1/12	4IG
MtVernREC	F	4:30pm	FBC.DLXN	1/15	4IG
MtVernREC	F	5:05pm	FBC.ZSAA	1/15	4IG
MtVernREC	Sa	10am	FBC.S5A6	3/13	4IG
MtVernREC	Sa	11:10am	FBC.SNXU	3/13	4IG
MtVernREC	Sa	11:45am	FBC.UC7B	3/13	4IG
MtVernREC	Su	11am	FFBC.ZG99	3/14	4IG
MtVernREC	Su	11:35am	FBC.J4KR	3/14	4IG
MtVernREC	T	4:15pm	FBC.AEHA	3/16	4IG
MtVernREC	T	5:25pm	FBC.43FY	3/16	4IG
MtVernREC	F	4:30pm	FBC.L5WJ	3/19	4IG
MtVernREC	F	5:05pm	FBC.T36U	3/19	4IG
(7-13 yrs.)					
FfxIceArena	Sa	9:30am	7AC.25L5	1/9	DIAA
FfxIceArena	M	6:10pm	7AC.RVAJ	1/11	DIAA
FfxIceArena	T	7:15pm	7AC.J4K6	1/12	DIAA
FfxIceArena	W	7:15pm	7AC.W2FP	1/13	DIAA
FfxIceArena	Th	7:50pm	7AC.FB30	1/14	DIAA

Basic 1 Advanced

(6-13 yrs.) For students with some ice skating ability who have had no organized skating instruction or for those who wish to repeat Basic 1. Students continue to learn basic elements which provide a solid foundation for advanced skills. Class is adjusted based on participants' skill level. Skills include falling safely, sitting on ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dipping in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	B6D.4X3C	1/9	4IG
MtVernREC	Sa	10:35am	B6D.Y3AY	1/9	4IG
MtVernREC	Su	11am	B6D.WEZU	1/10	4IG
MtVernREC	T	4:15pm	B6D.U9T0	1/12	4IG
MtVernREC	F	4:30pm	B6D.5KL0	1/15	4IG
MtVernREC	Sa	10am	B6D.8DZV	3/13	4IG
MtVernREC	Sa	10:35am	B6D.1H6I	3/13	4IG
MtVernREC	Su	11am	B6D.6WKQ	3/14	4IG
MtVernREC	T	4:15pm	B6D.U5YS	3/16	4IG
MtVernREC	F	4:30pm	B6D.V11E	3/19	4IG

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	10am	44E.AQSM	1/15	4IG
MtVernREC	F	10am	44E.IGKF	1/15	4IG
MtVernREC	F	10am	44E.DOKM	3/19	4IG
MtVernREC	F	10am	44E.YYPW	3/19	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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	291.7WZG	1/9	4IG
MtVernREC	Sa	10am	291.FEHD	1/9	4IG
MtVernREC	Sa	11:10am	291.4905	1/9	4IG
MtVernREC	Sa	11:45am	291.0VID	1/9	4IG
MtVernREC	Su	11am	291.0QVM	1/10	4IG
MtVernREC	Su	11:35am	291.48AQ	1/10	4IG
MtVernREC	T	4:50pm	291.BCRR	1/12	4IG
MtVernREC	T	5:25pm	291.QU1N	1/12	4IG
MtVernREC	F	5:05pm	291.VQ2W	1/15	4IG
MtVernREC	Sa	10am	291.4WZU	3/13	4IG
MtVernREC	Sa	11:10am	291.GGST	3/13	4IG
MtVernREC	Sa	11:45am	291.8P17	3/13	4IG
MtVernREC	Su	11:30am	291.YKHZ	3/14	4IG
MtVernREC	Su	11:35am	291.GWKN	3/14	4IG
MtVernREC	T	4:50pm	291.NA5N	3/16	4IG
MtVernREC	T	5:25pm	291.I4SE	3/16	4IG
MtVernREC	F	5:05pm	291.230M	3/19	4IG

Homeschool Basic 2

(6-13 yrs.) This class targets students who are homeschooled but is open to any student. This class concentrates on elements designed to make the skater comfortable gliding on one foot, skating backward and turning from forward to backward on two feet. Skating skills include scooter pushes, forward one-foot glides, backward two-foot glide, rocking horse, backward swizzles, two-foot turns from forward to backward in place moving snowplow stop and other skills geared towards balance, movement and coordination. Prerequisite: Basic 1.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	F	10:35am	018.9UZG	1/15	4IG
MtVernREC	F	10:35am	018.FYCO	3/19	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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10:35am	63A.S20Y	1/9	4IG
MtVernREC	Sa	11:10am	63A.1G7S	1/9	4IG
MtVernREC	Su	11am	63A.OMSQ	1/10	4IG
MtVernREC	Su	11:35am	63A.H1HY	1/10	4IG
MtVernREC	T	4:50pm	63A.9FUL	1/12	4IG
MtVernREC	T	5:25pm	63A.RDZG	1/12	4IG
MtVernREC	F	5:05pm	63A.DR39	1/15	4IG
MtVernREC	Sa	10:35am	63A.IH34	3/13	4IG
MtVernREC	Sa	11:10am	63A.SZOR	3/13	4IG
MtVernREC	Su	11am	63A.4CH0	3/14	4IG
MtVernREC	Su	11:35am	63A.I0WH	3/14	4IG
MtVernREC	T	4:50pm	63A.0TKW	3/16	4IG
MtVernREC	T	5:25pm	63A.QZI0	3/16	4IG
MtVernREC	F	5:05pm	63A.0DQ0	3/19	4IG

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	10:35am	CGN.G1Y2	1/15	4IG
MtVernREC	F	10:35am	CGN.JNN3	3/19	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	Sa	9:30am	E65.SZR5	1/9	DIAA
FfxIceArena	M	6:10pm	E65.MDAS	1/11	DIAA
FfxIceArena	T	7:15pm	E65.4LZW	1/12	DIAA
FfxIceArena	W	7:15pm	E65.PS4G	1/13	DIAA
FfxIceArena	Th	7:15pm	E65.S39X	1/14	DIAA

Beginning Skating-Teens/Adults

Adult Introductory Skating

(14-Adult) This class, for students who have never skated before, develops preliminary coordination and strength necessary for ice skating. Students learn basic skills such as falling safely, sitting on the ice and standing up, marching in place, marching forward across the ice, marching then gliding on two feet, forward two-foot glide, dip in place, forward swizzles, backward wiggles and other skills geared toward balance, movement and coordination.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	C06.7YUX	1/9	4IG
MtVernREC	Su	11:35am	C06.7QUD	1/10	4IG
MtVernREC	M	7:45pm	C06.I0U3	1/11	4IG
MtVernREC	Sa	10am	C06.R051	3/13	4IG
MtVernREC	Su	11:35am	C06.KG41	3/14	4IG
MtVernREC	M	7:45pm	C06.10WY	3/15	4IG





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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	AA1.R7G8	1/9	4IG
MtVernREC	Su	11:35am	AA1.ASZE	1/10	4IG
MtVernREC	M	7:45pm	AA1.RGIW	1/11	4IG
MtVernREC	M	8:15pm	AA1.3RK0	1/11	4IG
MtVernREC	F	11:10am	AA1.FBR3	1/15	4IG
MtVernREC	Sa	10am	AA1.ZB9D	3/13	4IG
MtVernREC	Su	11:35am	AA1.VTBR	3/14	4IG
MtVernREC	M	7:45pm	AA1.0ZST	3/15	4IG
MtVernREC	M	8:15pm	AA1.QLZL	3/15	4IG
MtVernREC	F	11am	AA1.WVL0	3/19	4IG
FfxIceArena	Sa	11:15am	GCH.2JP4	1/9	DIAA
FfxIceArena	T	7:50pm	GCH.35EL	1/12	DIAA
FfxIceArena	W	7:50pm	GCH.THSQ	1/13	DIAA
FfxIceArena	Th	7:50pm	GCH.HKKG	1/14	DIAA

Adult 2

(14-Adult) Skaters concentrate on forward skating across the width of the ice, forward one-foot glides, forward slalom, backward skating, backward swizzles, two-foot turns in place and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Adult 1.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10:35am	5B4.9QIJ	1/9	4IG
MtVernREC	Su	11am	5B4.0CT6	1/10	4IG
MtVernREC	M	7:45pm	5B4.5OR1	1/11	4IG
MtVernREC	F	11:10am	5B4.YMU9	1/15	4IG
MtVernREC	Sa	10:35am	5B4.117P	3/13	4IG
MtVernREC	Su	11am	5B4.1TEW	3/14	4IG
MtVernREC	M	7:45pm	5B4.182H	3/15	4IG
MtVernREC	F	11:10am	5B4.HUAR	3/19	4IG

Adult 3

(14-Adult) Students concentrate on forward stroking using the blade properly, forward half-swizzle pumps on the circle, moving forward to backward and backward to forward two-foot turn on a circle, backward skating into a long two-foot glide, forward chasses on a circle, backward snowplow stop and other skills geared toward balance, movement and coordination. Prerequisite: Adult 2.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:10am	B42.7PYR	1/9	4IG
MtVernREC	Su	12:10pm	B42.V8PB	1/10	4IG
MtVernREC	M	8:15pm	B42.G1DP	1/11	4IG
MtVernREC	Sa	11:05am	B42.3832	3/13	4IG
MtVernREC	Su	12:10pm	B42.YJHE	3/14	4IG
MtVernREC	M	7:45pm	B42.ZKEQ	3/15	4IG
MtVernREC	F	10am	B42.YYPM	3/19	4IG

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	Sa	11:15am	C52.EJBI	1/9	DIAA
FfxIceArena	T	7:50pm	C52.4CEP	1/12	DIAA
FfxIceArena	W	7:50pm	C52.278T	1/13	DIAA
FfxIceArena	Th	7:50pm	C52.7UEK	1/14	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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10:35am	98F.1BKT	1/9	4IG
MtVernREC	Sa	11:10am	98F.9C3G	1/9	4IG
MtVernREC	Sa	11:45am	98F.WCIC	1/9	4IG
MtVernREC	Su	11am	98F.1IVY	1/10	4IG
MtVernREC	T	5:25pm	98F.4F7T	1/12	4IG
MtVernREC	F	5:05pm	98F.8MKH	1/15	4IG
MtVernREC	Sa	10:35am	98F.X1VW	3/13	4IG
MtVernREC	Sa	11:10am	98F.D144	3/13	4IG
MtVernREC	Sa	11:45am	98F.88IJ	3/13	4IG
MtVernREC	Su	11am	98F.XJNF	3/14	4IG
MtVernREC	T	5:25pm	98F.AI7M	3/16	4IG
MtVernREC	F	5:05pm	98F.CC02	3/19	4IG

Basic 5

(6-13 yrs.) Skills include skating backward on the outside edge on a circle, skating backward on the inside edge on a circle, backward crossovers, forward outside three-turn, advanced two-foot spin, hockey stops and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 4.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:10am	681.SWK0	1/9	4IG
MtVernREC	Sa	11:45am	681.2ZIG	1/9	4IG
MtVernREC	Su	12:10pm	681.XTL3	1/10	4IG
MtVernREC	T	5:25pm	681.NU2K	1/12	4IG
MtVernREC	Th	4:45pm	681.E7L9	1/14	4IG
MtVernREC	Sa	11:10am	681.CMSN	3/13	4IG
MtVernREC	Sa	11:45am	681.Z3R4	3/13	4IG
MtVernREC	Su	12:10pm	681.FIAW	3/14	4IG
MtVernREC	T	5:25pm	681.YB13	3/16	4IG
MtVernREC	Th	4:45pm	681.NIPE	3/18	4IG
MtVernREC	F	5:05pm	681.L758	3/19	4IG

Basic 6

(6-13 yrs.) Skills include forward inside three-turn, moving backward to forward two-foot turn on a circle, backward stroking, beginning one-foot spin with optional free leg position and entry, T-stops, bunny hop, forward spiral on a straight line and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Basic 5.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	4C4.143F	1/9	4IG
MtVernREC	Su	12:10pm	4C4.QZPN	1/10	4IG
MtVernREC	T	5:25pm	4C4.Q7BA	1/12	4IG
MtVernREC	Th	4:45pm	4C4.9GXD	1/14	4IG
MtVernREC	Sa	12:30pm	4C4.AH15	3/13	4IG
MtVernREC	Su	12:10pm	4C4.LMJQ	3/14	4IG
MtVernREC	T	5:25pm	4C4.X0ZM	3/16	4IG
MtVernREC	Th	4:45pm	4C4.S40D	3/18	4IG

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:45am	FU5.7PWI	1/9	4IG
MtVernREC	M	8:15pm	FU5.025E	1/11	4IG
MtVernREC	Sa	11:45am	FU5.SID9	3/13	4IG
MtVernREC	M	8:15pm	FU5.IGHT	3/15	4IG
MtVernREC	F	10am	FU5.H80X	3/19	4IG

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	11:45am	P1Q.J4NG	1/9	4IG
MtVernREC	M	8:15pm	P1Q.3FTU	1/11	4IG
MtVernREC	Sa	11:45am	P1Q.048C	3/13	4IG
MtVernREC	M	8:15pm	P1Q.U9TF	3/15	4IG

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.Z8K7	1/11	4IG
MtVernREC	M	8:15pm	DAA.TGUS	3/15	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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	381.E6Z5	1/9	4IG
MtVernREC	Sa	10:35am	381.MUY8	1/9	4IG
MtVernREC	Sa	12:30pm	381.Z2KJ	1/9	4IG
MtVernREC	T	4:50pm	381.PR34	1/12	4IG
MtVernREC	Th	4:45pm	381.6BGU	1/14	4IG
MtVernREC	Sa	10am	381.HPVE	3/13	4IG
MtVernREC	Sa	10:35am	381.0LRK	3/13	4IG
MtVernREC	Sa	12:30pm	381.812G	3/13	4IG
MtVernREC	T	4:50pm	381.01LJ	3/16	4IG
MtVernREC	Th	4:45pm	381.79NL	3/18	4IG

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10am	37E.26XK	1/9	4IG
MtVernREC	Sa	12:30pm	37E.F53Q	1/9	4IG
MtVernREC	T	4:50pm	37E.61BW	1/12	4IG
MtVernREC	Th	4:45pm	37E.900M	1/14	4IG
MtVernREC	Sa	10am	37E.LK30	3/13	4IG
MtVernREC	Sa	12:30pm	37E.LCQU	3/13	4IG
MtVernREC	T	4:50pm	37E.PRZR	3/16	4IG
MtVernREC	Th	4:45pm	37E.50PC	3/18	4IG

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	087.4QRW	1/9	4IG
MtVernREC	Th	4:45pm	087.ZYOV	1/14	4IG
MtVernREC	Sa	12:30pm	087.NQT1	3/13	4IG
MtVernREC	Th	4:45pm	087.FS61	3/18	4IG

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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	4F3.I347	1/9	4IG
MtVernREC	Th	4:45pm	4F3.29EZ	1/14	4IG
MtVernREC	Sa	12:30pm	4F3.1375	3/13	4IG
MtVernREC	Th	4:45pm	4F3.3GZX	3/18	4IG

Free Skate 4

(6-Adult) This class focuses on forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, half loop, flip and other ice skating skills geared toward balance, movement and coordination. Prerequisite: Free Skate 3.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	3E7.QSEP	1/9	4IG
MtVernREC	Sa	12:30pm	3E7.5Y77	3/13	4IG

Free Skate 5

(6-Adult) This class focuses on skating skills such as backward outside three-turn, Mohawk (clockwise and counter clockwise), Five-step Mohawk sequence, Camel spin (MIN 3 revolutions), Waltz jump-loop combination and Lutz Jump. Prerequisite: Free Skate 4.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	09F.4R3R	1/9	4IG
MtVernREC	Sa	12:30pm	09F.VLPT	3/13	4IG

Free Skate 6

(6-Adult) Free Skate 6 is the final level of the Free Skate classes. Students perform skating skills such as forward power pulls, a choreographic step sequence, camel spin, layback spin, and begin to learn the Axel jump. Pre-requisite: Free Skate 5.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	IJ8.2JDD	3/13	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

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	10:35am	5D3.KB9Q	1/9	4IG
MtVernREC	T	4:15pm	5D3.45EJ	1/12	4IG
MtVernREC	F	4:30pm	5D3.1SB3	1/15	4IG
MtVernREC	Sa	10:35am	5D3.Z217	3/13	4IG
MtVernREC	T	4:15pm	5D3.CQXY	3/16	4IG
MtVernREC	F	4:30pm	5D3.D6UW	3/19	4IG



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

Location	Day	Time	Code	Begin	$
(6-Adult)					
MtVernREC	Sa	10:35am	BBE.0ECR	1/9	4IG
MtVernREC	Su	11am	BBE.ZRDC	1/10	4IG
MtVernREC	T	4:50pm	BBE.VZ9Y	1/12	4IG
MtVernREC	F	5:05pm	BBE.4ALF	1/15	4IG
MtVernREC	Sa	10:35am	BBE.6Q1W	3/13	4IG
MtVernREC	Su	11am	BBE.BH4W	3/14	4IG
MtVernREC	T	4:50pm	BBE.5OBX	3/16	4IG
MtVernREC	F	5:05pm	BBE.FLG5	3/19	4IG
(14-Adult)					
MtVernREC	M	7:45pm	ND0.D8QX	1/11	4IG
MtVernREC	M	7:45pm	ND0.4L7Y	3/15	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.7MW7	1/12	4IG
MtVernREC	T	5:25pm	E3B.ZP5P	3/16	4IG
(14-Adult)					
MtVernREC	M	7:45pm	7WZ.SURZ	1/11	4IG
MtVernREC	M	7:45pm	7WZ.F8YV	3/15	4IG

Hockey 3

(14-Adult) 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	$
MtVernREC	M	8:15pm	5LY.0HMV	1/11	4IG
MtVernREC	M	8:15pm	5LY.XCEN	3/15	4IG

Other Opportunities

Ice Dance 1

Class introduces foundational 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	$
(6-13 yrs.)					
MtVernREC	T	4:50pm	COF.3ILB	1/12	4IG
MtVernREC	T	4:50pm	COF.2VDD	3/16	4IG
(14-Adult)					
MtVernREC	T	4:50pm	LVH.BSMX	1/12	4IG
MtVernREC	T	4:50pm	LVH.X30Y	3/16	4IG

Ice Dance 2

Course builds on foundational skills with more advanced patterns, timing and partner positions. Skaters develop progressives, chasse sequences, swing rolls and cross rolls in both directions, while improving edge control, power and coordination. The reverse Kilian position is introduced, and class culminates in skating the Canasta Tango with rhythm, precision, and expression. Prerequisite: Ice Dance 1.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
(6-13 yrs.)					
MtVernREC	T	5:25pm	29W.9UTN	1/12	4IG
MtVernREC	T	4:50pm	29W.KALX	3/16	4IG
(14-Adult)					
MtVernREC	T	4:50pm	25Q.UN0U	3/16	4IG

Ice Dance 3

(6-13 yrs.) Students continue to build the foundational ice dance skills while introducing new steps and timing. Skaters will develop inside swing rolls, lilting action, cross behind steps and promenade progressives on a circle. The class will teach the full Rhythm Blues pattern with music while emphasizing the expression of a Blues style dance. Prerequisite: Ice Dance 2.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	T	5:25pm	C8G.2GF0	1/12	4IG
MtVernREC	T	5:25pm	C8G.C4HR	3/16	4IG

Ice Dance 4

(6-13 yrs.) Students continue to build the foundations ice dance skills while introductng new steps and timing. Skaters will develop inside chasses, Cha Cha expression and 4-beat double knee bend, slalom motion and the overall edge quality. The class will teach the full Cha Cha pattern with music while emphasizing the expression of a Cha cha style dance. Prerequisite: Ice Dance 3.

4IG 6--30 minute lessons--$155

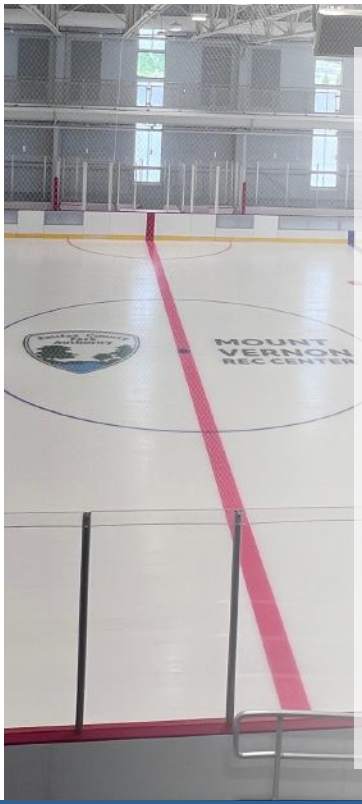
Location	Day	Time	Code	Begin	$
MtVernREC	T	5:25pm	RBQ.PPA1	3/16	4IG

Off Ice Conditioning Figure Skating

(6-Adult) Skaters build the physical foundation needed for stronger, more confident performance on the ice. 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 in a safe, controlled environment. Prerequisite: Basic 2 or Adult 2.

4IG 6--30 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	T	4:15pm	GRR.0K5Y	1/12	4IG
MtVernREC	T	4:15pm	GRR.YOAP	3/16	4IG



Mount Vernon Rec Center Skating Academy

MVRC Skating School Academy Program

(6-Adult) This class is designed for skaters currently enrolled in our Learn to Skate program and/or Private Lessons to build a bridge from Learn to Skate Levels to Advanced Figure Skating Opportunities. Skaters in Basic 5 and higher interested in pursuing a Figure Skating Pathways will experience small group instruction rotating between our instructors to learn a sampling of curriculums. This class will include 45 minutes of on-ice instruction and 20 minutes of off-ice Instruction. Included in this program will be jump/spin technique, Skating Skills and Edge Work, Artistic Development, how to skate in a group for outlets like Theater on Ice and Synchro, and more. Off-ice, skaters will learn how to warm up and cool-down properly, and they will begin to learn specific techniques that will strengthen their overall skating. Parents will also receive educational materials and information throughout the program. For questions, please reach out to our Skating Director, Laura at laura.seal@fairfaxcounty.gov.

4IV 6--55 minute lessons--$200

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	1pm	9UH.07ZF	1/9	4IV
MtVernREC	Th	5:15pm	9UH.WTYL	1/14	4IV
MtVernREC	Sa	1pm	9UH.G0AB	3/13	4IV
MtVernREC	Th	5:15pm	9UH.QDCF	3/18	4IV



Ice Skating Lessons



AT FAIRFAX ICE ARENA

BEGINNER LEVEL SKATING CLASSES

TOTS, CHILDREN, TEENS AND ADULTS

7-Week Program including:

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

*Only $185**

* Weekend classes slightly higher

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

Tot 1/2 (Ages 4–6)—Beginner Level

Skills Learned: Marching While Moving, Swizzles

Day	Time	Cost	Begins	Age
Monday	5:35pm	$185	Nov 30	4–6
Tuesday	6:40pm	$185	Dec 1	4–6
Wednesday	6:40pm	$185	Dec 2	4–6
Thursday	6:40pm	$185	Dec 3	4–6
Saturday	8:55am	$190	Dec 5	4–6
Saturday	10:05am	$190	Dec 5	4–6
Saturday	4:00pm	$190	Dec 5	4–6
Tuesday	6:40pm	$185	Jan 19	4–6
Wednesday	6:40pm	$185	Jan 20	4–6
Thursday	6:40pm	$185	Jan 21	4–6
Saturday	8:55am	$190	Jan 23	4–6
Saturday	10:05am	$190	Jan 23	4–6
Saturday	4:00pm	$190	Jan 23	4–6
Saturday	4:35pm	$190	Jan 23	4–6
Monday	5:35pm	$185	Jan 25	4–6

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

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

Day	Time	Cost	Begins	Age
Monday	6:45pm	$185	Nov 30	7–13
Tuesday	7:15pm	$185	Dec 1	7–13
Wednesday	7:15pm	$185	Dec 2	7–13
Thursday	7:15pm	$185	Dec 3	7–13
Saturday	9:30am	$190	Dec 5	7–13
Saturday	10:40am	$190	Dec 5	7–13
Saturday	4:00pm	$190	Dec 5	7–13
Tuesday	7:15pm	$185	Jan 19	7–13
Wednesday	7:15pm	$185	Jan 20	7–13
Thursday	7:15pm	$185	Jan 21	7–13
Saturday	9:30am	$190	Jan 23	7–13
Saturday	10:40am	$190	Jan 23	7–13
Saturday	4:00pm	$190	Jan 23	7–13
Saturday	4:35pm	$190	Jan 23	7–13
Monday	6:45pm	$185	Jan 25	7–13

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

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

Day	Time	Cost	Begins	Age
Tuesday	7:50pm	$185	Dec 1	14 & Up
Wednesday	7:50pm	$185	Dec 2	14 & Up
Thursday	7:50pm	$185	Dec 3	14 & Up
Saturday	11:15am	$190	Dec 5	14 & Up
Saturday	4:00pm	$190	Dec 5	14 & Up
Tuesday	7:50pm	$185	Jan 19	14 & Up
Wednesday	7:50pm	$185	Jan 20	14 & Up
Thursday	7:50pm	$185	Jan 21	14 & Up
Saturday	11:15am	$190	Jan 23	14 & Up
Saturday	4:00pm	$190	Jan 23	14 & Up
Saturday	4:35pm	$190	Jan 23	14 & Up

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

Register for Ice Skating Lessons in person or online at www.fairfaxicearena.com

PLEASE SCAN

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

ADULT ICE HOCKEY LEAGUE AND CLINIC—REGISTER NOW!

Martial Arts

Scan the QR code to go directly to the Parktakes Online Martial Arts page.

For yoga, meditation, Pilates, Qigong and Tai Chi classes, see the alternative exercise listings in the Exercise and Fitness section.

For martial arts classes:

- Testing, conducted on and off site for an additional fee, may be required to advance to the next martial arts level. Testing dates are announced at the start of class.
- Uniforms are required for classes at all locations. Uniforms may be purchased through any source and may be available from the instructor for a separate fee. Since specific uniforms may be mandatory for testing/advancement in certain classes, it is recommended that you check with the instructor before buying.
- Separate fees may be charged for tournaments, protective gear and belts, if required for advancement.

Aikido & Self-Defense Beginning

(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.8U4N	1/9	4MG

Japanese Swordsmanship

(13-Adult) Students learn the ancient samurai sword arts stances, postures and movements, including laijutsu sword-drawing and cutting techniques and paired-student kenjutsu exercises. Equipment is provided for beginning students.

4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Su	5pm	90A.7UIL	1/10	4MA
Wkfld/Moore	W	8pm	90A.RXBK	1/13	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.

3MB 8--1 hour 25 minute lessons--$164

Location	Day	Time	Code	Begin	$
CubRunREC	Su	10am	60E.5TCI	1/10	3MB

Judo

(13-Adult) Learn the most efficient use of mental and physical energy for defense including throwing, choking, holding and joint locking.

3MA 8--55 minute lessons--$110

Location	Day	Time	Code	Begin	$
ProvREC	Su	5pm	5F3.25H2	1/10	3MA



Jujitsu-All Levels

(13-Adult) Self-defense typified by grab escapes, throwing and submission holds.

3MA 8--55 minute lessons--$110

Location	Day	Time	Code	Begin	$
ProvREC	Su	3:30pm	E32.NA22	1/10	3MA

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.

3MA 8--55 minute lessons--$110
4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11am	U1X.NCYE	1/9	3MA
Wkfld/Moore	Sa	10am	U1X.EFPZ	1/9	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.6XZF	1/9	4MB
Wkfld/Moore	W	6pm	10K.CP7L	1/13	4MA

Jung Su Advanced

(8-Adult) Prerequisite: Jung Su Beginning or equivalent.

3MB 8--1 hour 25 minute lessons--$164
4MB 10--1 hour 25 minute lessons--$204

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11am	3BJ.0C9U	1/9	3MB
Wkfld/Moore	W	7pm	3BJ.P8SB	1/13	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.)					
ProvREC	M	7pm	27A.6QR1	1/11	4MA
SoRunREC	Sa	1pm	27A.69I0	1/9	4MA
(13-Adult)					
OakmontREC	Th	7pm	996.V33O	1/14	4MA
SoRunREC	Sa	1pm	996.3I0C	1/9	4MA

Karate II

(6-Adult) Prerequisite: Karate I or equivalent.

4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	11am	964.HA9S	1/9	4MA
SoRunREC	Sa	2pm	964.41DT	1/9	4MA
SoRunREC	T	7:10pm	964.0HFG	1/12	4MA

Karate III

(6-Adult) Prerequisite: Karate II or equivalent.

4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
SoRunREC	Sa	3pm	B94.NZC5	1/9	4MA
SoRunREC	T	8:05pm	B94.Q4RF	1/12	4MA

Karate for Families

(6-Adult) This class gives family members an opportunity to participate together. Students learn self-defense, gain confidence and build leadership and independence. Each student must register individually.

4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	10am	D2F.9DOQ	1/9	4MA
Franconia Rec	Sa	12:30pm	D2F.2N5B	1/9	4MA
Franconia Rec	M	7pm	D2F.DDFB	1/11	4MA
Franconia Rec	T	6:30pm	D2F.1NYW	1/12	4MA
Franconia Rec	W	7:30pm	D2F.ZDI9	1/13	4MA
Franconia Rec	F	7pm	D2F.BHLF	1/15	4MA
Frying Pan Pk	Th	7pm	D2F.IRC0	1/14	4MA
ProvREC	M	6pm	D2F.0263	1/11	4MA

Okinawan Goju Ryu Karate

(13-Adult) Class focuses on teaching proper goju ryu technique with applications rather than extensive physical training. Kihon (basics), kata (forms) and bunkai (applications) are covered. Sparring is introduced as an option for interested students.

3MA 8--55 minute lessons--$110

Location	Day	Time	Code	Begin	$
CubRunREC	Su	11am	8E5.8ENW	1/10	3MA

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	W	6pm	31A.7E2T	1/6	4MA
SpHillREC	Sa	10am	31A.7MS1	1/9	4MA

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www.instagram.com/fairfaxparks/

Shotokan Japanese Karate II

(6-Adult) Shotokan Japanese Karate I strongly recommended.

4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
SpHillREC	W	7pm	454.7SR0	1/6	4MA
SpHillREC	Sa	9am	454.J54Q	1/9	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	W	7pm	3E5.S7D0	1/6	4MA
SpHillREC	Sa	9am	3E5.LLL0	1/9	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	M	7pm	481.9DLR	1/4	4MA
SpHillREC	Sa	8am	481.75V0	1/9	4MA

Traditional Karate Uechi-Ryu

Success by complete discipline, physical defense, high personal standards, respect for others, positive attitude, confidence, leadership and control.

3MA 8--55 minute lessons--$110
3MB 8--1 hour 25 minute lessons--$164
4MA 10--55 minute lessons--$136

Location	Day	Time	Code	Begin	$
(6-Adult)					
SoRunREC	Sa	10:15am	9CF.NT2J	1/9	4MA
(13-Adult)					
CubRunREC	Th	7pm	889.V1P9	1/14	3MA
MtVernREC	M	7pm	889.AQXI	1/11	3MB
MtVernREC	W	7pm	889.GYHK	1/13	3MB

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	3F3.0HJ7	1/5	4MA
(13-Adult)					
Franconia Rec	F	7pm	48C.S3UB	1/15	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.QOZH	1/5	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	T	7pm	9DF.I7BS	1/5	4MA
SpHillREC	Th	7pm	9DF.77BJ	1/7	4MA
SpHillREC	Sa	11am	9DF.ZTCD	1/9	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	T	7pm	CA6.J8TJ	1/5	4MA
SpHillREC	Th	7pm	CA6.4CFB	1/7	4MA
SpHillREC	Sa	10am	CA6.IY66	1/9	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.3PSI	1/9	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.GTIL	1/9	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	T	8pm	8K6.1A3N	1/5	4MA
SpHillREC	Th	8pm	8K6.YYOW	1/7	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	$
Franconia Rec	Sa	11am	6B2.S2ET	1/9	4MB
SoRunREC	Th	7pm	6B2.PA7I	1/14	4MB

Tae Kwon Do I

Korean martial art that teaches traditional self-defense techniques including kicking, punching, blocking, sparring and forms through individual and partner training. These classes are taught by our private vendor partners.

3MA 8--55 minute lessons--$110
4MA 10--55 minute lessons--$136
CMVF 8--45 minute lessons--$92
DMVF 10--45 minute lessons--$121

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
SoRunREC	Sa	12pm	6MJ.7TY9	1/9	DMVF
(6-Adult)					
CubRunREC	Su	11am	31F.EPN3	1/10	3MA
Frying Pan Pk	Th	6pm	31F.XLFQ	1/14	4MA
SpHillREC	M	5:30pm	31F.BQH6	1/4	4MA
JRheeFlsCh	T	5:30pm	6MJ.WWHT	1/12	CMVF
JRheeFlsCh	W	6:15pm	6MJ.C043	1/13	CMVF
JRheeFlsCh	F	5:30pm	6MJ.TG1T	1/15	CMVF
LdbyExFrOks	Sa	11:30am	6MJ.GP7Q	1/9	DMVF
LdbyExFrOks	T	4:30pm	6MJ.3S2E	1/12	DMVF
LdbyExFrOks	W	6pm	6MJ.B584	1/13	DMVF
LdbyExFrOks	Th	4:30pm	6MJ.3CCF	1/14	DMVF
LdbyExFrOks	F	5:15pm	6MJ.OVKK	1/15	DMVF
Legacy Mart	Su	11:45m	6MJ.KSGL	1/10	CMVF
Legacy Mart	W	6:15pm	6MJ.ER0R	1/13	CMVF
Legacy Mart	Th	6pm	6MJ.AICP	1/14	CMVF
(13-Adult)					
MtVernREC	M	6pm	WT0.M8GE	1/11	4MA
LdbyExFrOks	W	6:45pm	FM7.0T50	1/13	DMVF
LdbyExFrOks	F	6:45pm	FM7.2NCL	1/15	DMVF
Legacy Mart	Su	1:15pm	FM7.VD6K	1/14	DMVF
Legacy Mart	Th	7pm	FM7.Z43X	1/15	DMVF

Tae Kwon Do II

(6-Adult) Prerequisite: Tae Kwon Do I or equivalent.

3MA 8--55 minute lessons--$110
4MC 20--55 minute lessons--$272

Location	Day	Time	Code	Begin	$
CubRunREC	Su	12pm	2B9.8U47	1/10	3MA
SpHillREC	M/W	6:30pm	2B9.SSFD	1/4	4MC

Tae Kwon Do III

(6-Adult) Prerequisite: Tae Kwon Do II or equivalent.

4MC 20--55 minute lessons--$272

Location	Day	Time	Code	Begin	$
SpHilIREC	M/W	7:30pm	B14.N58I	1/4	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

Location	Day	Time	Code	Begin	$
SpHilIREC	W	5:30pm	E9Y.2CBY	1/6	4MA

Panza Ryu

This class teaches Wing Chun, Shotokan and Aiki-Jujutsu/Aikido, integrating them in a combat and wellness system to suit the dynamics of each practitioner. Uniquely combining soft and hard striking techniques leading into takedown/submission/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.ZMY0	1/10	4MA
(13-Adult)					
MtVernREC	T	7pm	GJB.SVHF	1/12	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.

1MS 10--55 minute lessons--$50

Location	Day	Time	Code	Begin	$
(6-12 yrs.)					
MtVernREC	Th	6pm	MNZ.O6LY	1/14	1MS
SpHilREC	T	6pm	MNZ.SYT1	1/12	1MS
(13-Adult)					
MtVernREC	Th	7pm	J9Y.AHKX	1/14	1MS
SpHilREC	T	7pm	J9Y.MPFY	1/12	1MS

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	E5D.ZWHN	1/10	4MB
Wkfld/Moore	Th	6:30pm	E5D.GV8L	1/14	4MB

Self-Defense for Women

(13-Adult) Learn proper use of strategy and tactics to defend yourself against attack. Course covers physical and psychological training, environmental awareness, verbal strategies, use of weapons and empty-handed defense.

DMVD 8--55 minute lessons--$141

Location	Day	Time	Code	Begin	$
OakmontREC	M	7pm	UBC.ICYI	1/18	DMVD
SoRunREC	Sa	4pm	UBC.PTAL	1/9	DMVD
Wkfld/Moore	Th	7:30pm	UBC.KDJQ	1/14	DMVD





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
- Gardens
- Hiking and biking trails
- Volleyball court
- Disc golf course
- Reservable picnic areas, shelters and amphitheater

Cub Run Rec Center



4630 Stonecroft Blvd. • Chantilly
703-817-7081
www.fairfaxcounty.gov/parks/reccenter/cub-run

Ellanor C. Lawrence Park and Walney Visitor Center



5040 Walney Rd., Chantilly • 703-631-0013
www.fairfaxcounty.gov/parks/eclawrence

The Walney Visitor Center features live animals, natural and cultural exhibits and a hands-on area for young visitors highlighting the past farmland and present parkland. Features include:

- 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

Green Spring Gardens

4603 Green Spring Road • Alexandria
703-642-5173
www.fairfaxcounty.gov/parks/green-spring

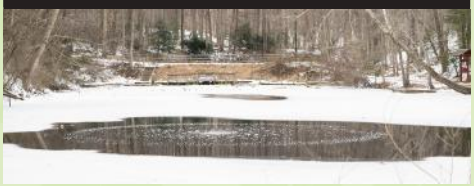
Hidden Oaks Nature Center



7701 Royce Street, Annandale • 703-941-1065
www.fairfaxcounty.gov/parks/hiddenoaks

- Woodland trails
- Creeks and frog pond
- Gardens and a 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
- Nature trail
- Pond
- Reservable picnic shelter
- Tot playground

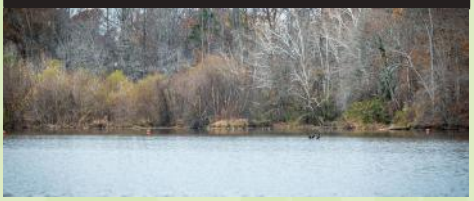
Huntley Meadows Park and Visitor Center



3701 Lockheed Blvd., Alexandria • 703-768-2525
www.fairfaxcounty.gov/parks/huntley-meadows

- 1,500 acres
- Wildlife watching
- Wetland boardwalk
- Interpretive trail
- Observation platforms
- Forests, meadows, streams and ponds
- Visitor Center
- Auditorium
- Exhibits
- Outdoor classroom

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
- Reservable picnic areas, shelters and amphitheater

Lake Fairfax Park



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

- 476 acres of parkland
- Campgrounds
- Inline skate park
- Pump track
- Hiking and biking trails
- Marina
- Athletic fields
- Reservable picnic areas, shelters and amphitheater

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 and 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.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Su	6:30pm	6CC.KP65	12/13	$12/child
HiddenOaks	Su	6:30pm	6CC.K2PY	1/10	$12/child
HiddenOaks	Su	6:30pm	6CC.ENHU	2/7	$12/child

Baby Hoppers

(2-24 months) Join us for an interactive garden adventure for babies and their caregivers. Through songs, movement, sensory exploration and playful animal games, little ones will discover how gardens provide homes for bunnies, frogs, grasshoppers and other wildlife. Together, we'll hop, explore and learn simple ways to care for the habitats that help plants and animals thrive.

1--30 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	9am	KJI.GUFX	1/30	$7/child

Caribbean Reef Puppet Show

(3-7 yrs.) Join an octopus, ray, shark, lobster and all their friends in this undersea adventure. After the show, play a game, sing songs and make a craft.

1--45 minute program

Location	Day	Time	Code	Date	$
HiddenOaks	Su	3pm	4C7.762Z	1/31	$12/child

Dino Puppet Show and Activities

(4-8 yrs.) Dinosaurs once roamed all the Earth in places far and near. Enjoy a puppet show and crafts along with amazing fossil facts.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Su	1:30pm	C97.SID9	2/7	$12/child
HiddenOaks	Su	3pm	C97.R459	2/7	$12/child

Little Acorns - Winter

(2-5 yrs.) Youngsters and their accompanying adult begin sharing nature's wonders in this interactive class. Experiences include: meeting animals, stories, games and outdoor exploration. Dress for the weather. Quiet infants welcome. Topics covered are: 12/7 Polar Animals, 12/14 Evergreens, 12/21 Nature in Winter, 1/4 Rainforest, 1/11 Twinkle Little Stars, 1/25 Rocking with Rocks, 2/1 Groundhogs, 2/8 Animal Sweethearts, 2/22 Snow.

1--45 minute program

Location	Day	Time	Code	Date	$
HiddenOaks	M	10am	392.ELM9	12/7	$12/child
HiddenOaks	M	11:15am	392.BØXD	12/7	$12/child
HiddenOaks	M	10am	392.VDXI	12/14	$12/child
HiddenOaks	M	11:15am	392.FWY4	12/14	$12/child
HiddenOaks	M	10am	392.AXK9	12/21	$12/child
HiddenOaks	M	11:15am	392.GGO4	12/21	$12/child
HiddenOaks	M	10am	392.1P6Z	1/4	$12/child
HiddenOaks	M	11:15am	392.VWBW	1/4	$12/child
HiddenOaks	M	10am	392.D5BB	1/11	$12/child



HiddenOaks	M	11:15am	392.9JMØ	1/11	$12/child
HiddenOaks	M	10am	392.EWV9	1/25	$12/child
HiddenOaks	M	11:15am	392.L35F	1/25	$12/child
HiddenOaks	M	10am	392.BUZL	2/01	$12/child
HiddenOaks	M	11:15am	392.AU48	2/01	$12/child
HiddenOaks	M	10am	392.6ROP	2/8	$12/child
HiddenOaks	M	11:15am	392.YBMØ	2/8	$12/child
HiddenOaks	M	10am	392.Ø81	2/22	$12/child
HiddenOaks	M	11:15am	392.BWI1	2/22	$12/child

Little Conservationists

(2-6 years) Search for signs of animals, learn how plants provide food and shelter, and complete missions to help protect local habitats. Through games, movement, hands-on activities and a nature-themed craft, children will learn how even small actions can make a big difference for the animals that share our world.

1--45 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	7TX.XCF7	1/30	$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.

1--45 minute program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	10:30am	ZF6.47DV	2/27	$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--45 minute program

Location	Day	Time	Code	Date	$
ECLawrncePk	W	2:30pm	Z48.D7IS	12/9	$12/child
ECLawrncePk	W	2:30pm	Z48.WB7T	1/13	$12/child
ECLawrncePk	W	2:30pm	Z48.GX9Q	2/10	$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	$
ECLawrncePk	W	10am	SYX.RJDD	12/2	$12/child
ECLawrncePk	W	10am	SYX.K4OF	1/6	$12/child
ECLawrncePk	W	10am	SYX.MTCE	2/3	$12/child

Skiing Penguins and Snowman Fun

(3-9 yrs.) Create fun crafts and activities. Build and race penguins and create a snowmen.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	1pm	B24.3AWB	1/23	$12/child

Children's Programs

Accotink Junior Naturalists

(5-8 yrs.) Each Tuesday morning in this four-week nature series for homeschool, explore a new theme: winter birds, animal tracks, tree ID and pond life under ice. Hands-on activities, outdoor exploration and take-home naturalist journals. Registration covers all four sessions (Jan. 12, 19, 26 and Feb. 2).

4--1 hour 25 minute lessons

Location	Day	Time	Code	Date	$
LkAccontkPk	T	10am	Y8X.9TQF	1/12	$49/child

Accotink Trail Scholars

(9-13 yrs.) In this four-week series for homeschool kids a field naturalist will explore a different topic each week including watershed science, wildlife tracking, forest ecology and citizen science. Students will receive field notebooks for real data collection and outdoor investigation. Registration covers materials? and all four sessions (Jan. 13, 20, 27 and Feb. 3).

4--1 hour 25 minute lessons

Location	Day	Time	Code	Date	$
LkAccontkPk	W	10am	TGT.IPSG	1/13	$49/child

Animal Olympics - How Wildlife Beats the Cold

(5-12 yrs.) Race like a fox, hibernate like a bear, hunt like an owl and store food like a squirrel in the Animal Olympics. Hands-on activity stations show kids how animals survive winter by testing their own senses and strengths against the wild. A perfect way to spend an out-of-school holiday.

1--2 hour program

Location	Day	Time	Code	Date	$
LkAccontkPk	M	10am	1Q0.QL71	1/18	$16/child
LkAccontkPk	M	10am	1Q0.XNB9	2/15	$16/child

Feeding Day

(4-13 yrs.) Join a naturalist as they demonstrate how to feed our site display animals. Activities include making a birdfeeder to take home and searching for worms and insects to assist in serving dinner. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	10am	6Ø5.UUHQ	12/6	$12/child
ECLawrncePk	Su	10am	6Ø5.5XOM	1/10	$12/child
ECLawrncePk	Su	10am	6Ø5.J2X7	2/7	$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. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	1pm	7YG.VSVV	2/7	$9/child
BurkeLakePk	W	10am	7YG.EOEF	3/10	$9/child

Garden Detectives and the Missing Wildlife

(7-12 yrs.) The garden may look asleep in winter, but nature is full of hidden clues. Become a Garden Detective as you investigate how plants and animals survive the cold season. Examine winter mysteries, discover wildlife adaptations and meet a live Eastern Box Turtle to learn how it spends the winter months. Create your own detective notebook to record observations, sketch your turtle encounter and continue your nature investigations at home. Child must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	1pm	4MY.RPK3	1/30	$12/child

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.

6--1 hour 30 minute programs

Location	Day	Time	Code	Date	$
HiddenPond	T	1pm	8A7.CYRR	1/12	$85/child

Homeschool Wilderness Skills-Winter

(7-12 yrs.) Join a Park Naturalist to learn how to survive in nature's most challenging season. Learn skills humans use to stay safe and warm like preparing a winter survival kit, avoiding getting lost, building a fire in wet conditions and keeping a healthy mindset when faced with a challenge.

4--2 hour programs

Location	Day	Time	Code	Date	$
HuntMdws	Th	1pm	2ØE.ZBRP	1/21	$72/child

Make Your Own Pinecone Birdfeeders

(6-14 yrs.) Help feed your feathered friends this winter by making and taking home your very own pinecone bird feeder. Find out what those familiar bird calls are as we discuss common birds you may see visit your feeder.

1--1 hour program

Location	Day	Time	Code	Date	$
LkFairfaxPk	Sa	2pm	942.1Ø61	2/6	$12/child

Nature Quest

(3-6 yrs.) Be a part of the long-running naturalist program designed for preschool-age explorer. From field to stream and everything in between, children learn about many of our local animal species hands-on and in the field. Program topics vary each week.

4--1 hour programs

Location	Day	Time	Code	Date	$
HiddenPond	Th	11:30am	741.S5R9	1/7	$32/child
HiddenPond	M	11am	741.DAØQ	3/01	$32/child



Penguins and Polar Bears

(3-9 yrs.) Children will build and race penguins and create a snowman as they learn about penguins, polar bears and other animals who enjoy the chilly temperatures. Children must be accompanied by an adult.

1--1 hour program

Location	Day	Time	Code	Date	$
Riverbend Pk	Su	10:30am	ECD.3RCK	12/6	$9/child
Riverbend Pk	Su	10:30am	ECD.8KØ8	2/7	$9/child

Pervasive Invasive Math Mystery

(8-12 yrs.) A mysterious organism has infiltrated the forest at Hidden Oaks. You must solve the problems and track the clues to discover the identity of the pervasive invasive so that we can stop the spread and save our native plants and animals.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	4:30pm	AVC.F1D7	2/27	$9/child

Santa's Critters and Craft

(2-12 yrs.) Bring your camera when you come to Hidden Pond to meet Santa, his elves and their animal friends.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenPond	Sa	10am	5BF.2Z2X	12/12	$9/child
HiddenPond	Sa	11:30am	5BF.N6MS	12/12	$9/child

Science and Nature Explorers

(5-7 yrs.) 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 to supplement your child's science education and meets every other week.

6--1 hour programs

Location	Day	Time	Code	Date	$
HiddenPond	W	4:30pm	555.953P	1/6	$54/child

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

Teen Field Naturalist Lab

(13-17 yrs.) A three-week field lab for homeschool teens who want serious naturalist skills in a small group setting with high expectations. Weekly focus areas include field observation and journaling, species ID and dichotomous keys, and independent field project. Registration covers all three sessions (Feb. 11, 18 and 25).

3--1 hour 30 minute lessons

Location	Day	Time	Code	Date	$
LkAccontkPk	Th	1pm	EMD.SBQU	12/11	$36/child

Wildschool Wednesdays for Homeschoolers

(6-12 yrs.) A weekly homeschool drop-in for kids. Each Wednesday afternoon features a rotating naturalist topic and open outdoor exploration. No series commitment required - participants can come one week or every week. Bring a snack. Come one week or come every week..

1--2 hour program

Location	Day	Time	Code	Date	$
LkAccontkPk	W	1pm	LYR.6DWH	12/2	$16/child
LkAccontkPk	W	1pm	LYR.MØFL	12/9	$16/child
LkAccontkPk	W	1pm	LYR.N2QJ	12/16	$16/child
LkAccontkPk	W	1pm	LYR.1YP4	1/6	$16/child
LkAccontkPk	W	1pm	LYR.PZOB	1/13	$16/child
LkAccontkPk	W	1pm	LYR.WOHM	1/20	$16/child
LkAccontkPk	W	1pm	LYR.X85T	1/27	$16/child
LkAccontkPk	W	1pm	LYR.V8FS	2/3	$16/child
LkAccontkPk	W	1pm	LYR.Q5IM	2/10	$16/child
LkAccontkPk	W	1pm	LYR.8GSY	2/17	$16/child
LkAccontkPk	W	1pm	LYR.DBJU	2/24	$16/child

Wild Winter Holiday Break

(5-12 yrs.) Bring the kids for a naturalist-led program that offers animal encounters, tracking games, and craft stations built around winter wildlife. Casual, warm and hands-on. Come and go as you please.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Tu	10:30am	ZM4.BJAX	12/22	$12/child



Family/All Ages

All participants, including accompanying adults, must register and pay for the program.

All Things Frozen Tea Party

(4-Adult) Join the naturalist as she shares stories about animals that enjoy being chilly including penguins and polar bears plus others that can get through the cold. Come dressed as your favorite frozen friend. Enjoy a sit down tea with china cups, treats and snow crafts. Contact the nature center one week prior with any dietary restrictions.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HiddenOaks	Su	1pm	8C1.M5I8	2/21	$20/ea.

Animal Feeding

(3-Adult) It's dinner time at the nature center and worms and insects are on the menu. Help our naturalist care for and feed the nature center's animals.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenPond	W	4:30pm	46D.D2PA	12/9	$9/ea.
HiddenPond	W	4:30pm	46D.IEI4	1/27	$9/ea.
HiddenPond	W	4:30pm	46D.5HG6	2/24	$9/ea.

Birding for Everyone - Celebrating Black Birders

(8-Adult) Celebrate Black History Month by exploring the history and contributions of Black birders, scientists and conservationists. Learn how birding connects people to nature through a short presentation, make a pinecone bird feeder to support backyard birds, and head outside for a guided bird walk to practice your observation skills.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HiddenPond	Sa	2pm	CRW.DX9O	2/6	$12/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	Sa	1pm	147.Y866	1/23	$14/ea.

Critter Clues

(3-Adult) Go on a short hike with a naturalist to look for clues animals have left behind. Learn how to identify common animal tracks, habitats, scat and other evidence that may suggest who lives in our forest.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	1pm	9N7.2BW8	1/24	$9/ea.
BurkeLakePk	Su	1pm	9N7.Y22A	2/28	$9/ea.

Escape the Nature Center

(6-Adult) In this adapted version of the popular Escape Room games, race against the clock to solve puzzles and unlock secret codes to complete the mission of saving the captured animals. This exciting, critical-thinking adventure is both fun and educational. Learn about common animals you might encounter at Riverbend Park, what threats they face, and what we can do to protect them. End the event with prizes and a meet and greet with one of our box turtles.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	10am	2I0.T169	1/23	$12/ea.

Family Fossil Fun

(5-Adult) Enjoy learning about the ancient Earth and start your own collection of fabulous fossils with this family friendly program. We will be handling, studying and drawing Middle Devonian marine fossils (350-400 million years old) and Miocene shells and shark teeth (20 million years old) in beach sediment. You can even keep the fossils you find.

1--2 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	1pm	VK1.DNDG	3/6	$14/ea.

Family Fun Fridays

(All Ages) Come stay and play at our Nature Center on select Fridays of every month. Spend time together as a family reading books, making crafts, playing games, exploring natural objects with a microscope, doing puzzles, digging in the sandbox and many more play opportunities. Enjoy a short presentation or read-aloud story by a naturalist every hour. Each month the space will transform into a different theme and activities will be refreshed so there will always be something new to discover. A staff member will be in the building if you have any questions or need assistance, but this event is designed as self-guided play time accompanied by a parent or guardian. Once you receive a wristband you may come and go as you please.

1--5 hour program

Location	Day	Time	Code	Date	$
Riverbend Pk	F	12pm	SON.O3OD	12/4	$5/ea.
Riverbend Pk	F	12pm	SON.EGAQ	12/18	$5/ea.
Riverbend Pk	F	12pm	SON.8KST	1/8	$5/ea.
Riverbend Pk	F	12pm	SON.G9L9	1/22	$5/ea.
Riverbend Pk	F	12pm	SON.UHSY	2/5	$5/ea.
Riverbend Pk	F	12pm	SON.Ø6VY	2/19	$5/ea.

Family Owl Outing

(6-Adult) Discover the secret world of owls. Learn what makes these raptors excellent night predators with a presentation followed by a trail hike to hopefully hear or spot one of Huntley's resident owls. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	5:45pm	A78.VHYW	1/30	$12/ea.

Family Woodcock Walk

(6-Adult) Come for an evening walk through the woods to one of the park's large meadows. Listen for the call of the male woodcock and hopefully see his amazing courtship display and flight. Bring a flashlight. Approximately 1.5 mile walk on uneven terrain. Canceled if rain. Children must be accompanied by a registered adult. Meets at the South Kings Highway entrance to the park.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	5:15pm	3C9.Q99A	2/27	$12/ea.
HuntMdws	Sa	5:30pm	3C9.C5LM	3/13	$12/ea.

First Hike of the Year

(4-Adult) Start the new year with a naturalist-led hike around the lake. All participants, including accompanying adults, must register and pay for the program.

1--1 hour program

Location	Day	Time	Code	Date	$
LkFairfaxPk	F	1pm	1JL.VI8P	1/1	$9/ea.

First Sunrise Hike of the Year

(4-Adult) Take a hike with a naturalist in the early morning to view the stunning first sunrise of the year as it crests over the lake. Rejuvenate as you walk along the park trails and signal in the new year.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	F	6:30am	NAU.VH7P	1/1	$12/ea.

First Sunset Hike of the Year

(4-Adult) Take a hike with a naturalist in the evening to view the stunning first sunset of the year as it sets over the lake. Rejuvenate as you walk along the park trails and signal in the new year.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	F	4pm	MMU.PBHT	1/1	$12/ea.

Frostbite and Fangs - Reptiles in Winter

(5-Adult) Meet Lake Accotink's live reptile ambassadors and discover how these misunderstood animals survive winter. Kids and adults will hear stories and leave with a new respect for the cold-blooded neighbors hiding in plain sight.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Sa	10:30am	NAF.S6KU	1/9	$12/ea.
LkAccontkPk	Sa	10:30am	NAF.N4VZ	2/6	$12/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

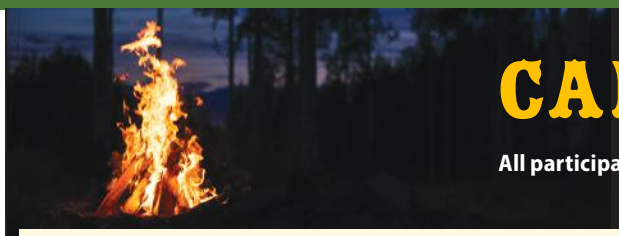
Location	Day	Time	Code	Date	$
HuntMdws	Sa	8pm	TBM.211G	12/12	$14/ea.

Hot Cocoa Wetland Night Hike

(4-Adult) Sip hot cocoa and join a naturalist for a special winter wonder wetland tour after dark. We will look for signs and listen for sounds of beavers, owls, deer and other nocturnal winter animals. Participants are encouraged to bring their own mug to help us reduce waste. Children must be accompanied by registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	F	4pm	756.8AVF	1/1	$12/ea.
HuntMdws	Sa	4pm	756.57MW	1/23	$12/ea.
HuntMdws	Su	4:30pm	756.1WD4	2/7	$12/ea.
HuntMdws	Sa	5:15pm	756.0NBG	2/20	$12/ea.



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

Location	Day	Time	Code	Date	$
CubRunREC	Sa	7pm	232.71U1	12/12	$10/ea.
HiddenOaks	Sa	6:30pm	232.BAXW	1/16	$10/ea.

Animals of the Night Campfire

(4-Adult) Join a naturalist to discover the secret lives of nocturnal animals like owls, bats, and foxes with a hands-on presentation. Roast marshmallows and enjoy s'mores by a campfire. Cancelled in case of inclement weather.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	3pm	WAM.O6N4	1/9	$12/ea.

Campfire Fridays

(5-Adult) Join us for an evening campfire the whole family can enjoy. Explore the wonders of our natural world through nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
HiddenPond	F	6pm	546.D2RD	1/15	$12/ea.
HiddenPond	F	6pm	546.FV25	2/19	$12/ea.

Campfire Saturdays

(4-Adult) Join us for an evening campfire the whole family can enjoy. During the program we will explore the wonders of our natural world. Our programs may include nature walks, interactive activities and animal presentations. Includes s'mores. Topics vary by date.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	5pm	UJU.GS3F	1/16	$12/ea.
BurkeLakePk	Sa	5:30pm	UJU.QOS7	2/27	$12/ea.

Campfire Saturdays - Stargazing

(3-Adult) Enjoy an evening in the woods and learn about the constellations, their stories and other night-sky features. Our naturalist will identify the stars and will have some telescopes to use. The program concludes with a campfire. S'mores ingredients provided. All participants, including accompanying adults, must register and pay for the program.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
LkFairfaxPk	Sa	4:15pm	395.KNE9	12/19	$12/ea.
BurkeLakePk	Sa	5pm	395.4EYW	1/2	$12/ea.
LkFairfaxPk	Sa	3:45pm	395.X2E8	1/9	$12/ea.
CubRunREC	Sa	5:45pm	395.XKJS	1/9	$12/ea.



LkFairfaxPk	Sa	4:45pm	395.RVR3	1/23	$12/ea.
LkFairfaxPk	Sa	5pm	395.RKFF	2/6	$12/ea.
BurkeLakePk	Sa	5:30pm	395.RZB4	2/13	$12/ea.
LkFairfaxPk	Sa	5:15pm	395.2113	2/20	$12/ea.
LkFairfaxPk	Sa	5:30pm	395.YABI	3/6	$12/ea.

Candle Making by Campfire

(8-Adult) Enjoy the warmth of a campfire while you create a hand-dipped candle to take home. All participants must be registered for the program.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	10am	GSQ.TRX5	1/31	$15/ea.
BurkeLakePk	Sa	6:30pm	GSQ.JUDD	3/6	$15/ea.

Caroling Wagon Ride & Campfire

(4-Adult) Join us in song and exploration on a wagon ride. Warm up with refreshments at the campfire.

1--1 hour campfire

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	2pm	6B4.D6SS	12/12	$10/ea.
ECLawrncePk	Sa	3pm	6B4.W67J	12/12	$10/ea.

Flying Squirrel Campfire

(4-Adult) Enjoy an evening around the campfire, toasting marshmallows over the embers and learn about flying squirrels that live in our area. Cancelled in case of inclement weather.

1--1 hour campfire

Location	Day	Time	Code	Date	$
HiddenOaks	Su	7pm	4F5.WEW8	12/6	$10/ea.
HiddenOaks	Su	7pm	4F5.VARL	1/3	$10/ea.
HiddenOaks	Su	7pm	4F5.5DJ8	2/21	$10/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	W	6pm	193.HØ5N	12/23	$12/ea.
Riverbend Pk	F	6pm	193.XZGZ	1/22	$12/ea.
ECLawrncePk	F	7pm	193.GGGP	1/22	$12/ea.
BurkeLakePk	Sa	6pm	193.TIXV	2/20	$12/ea.
Riverbend Pk	Sa	6pm	193.YØVZ	2/20	$12/ea.

Legends and Lore Night Hike and Campfire

(8-Adult) Spark your interest in natural history through legends, lore and stories of the supernatural on a night hike. Then gather around the campfire for s'mores.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	6pm	B96.WINK	2/6	$12/ea.

Owl Prowl and Campfire

(8-Adult) Join a naturalist for a night hike to learn about the different owls that can be found in the park. Listen for calls and learn about how owls can navigate the night. Then enjoy s'mores at a campfire.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	5:30pm	E36.B83H	2/6	$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. Children must be accompanied by a registered adult.

1--1 hour campfire

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	11am	9DC.Y5ØX	12/5	$10/ea.
Riverbend Pk	Sa	11am	9DC.QWGG	1/2	$10/ea.
Riverbend Pk	Sa	11am	9DC.340L	2/6	$10/ea.

Vernal Pool Ventures Campfire

(4-Adult) Vernal pools are one of our parks most fascinating and elusive ecosystem. Join us after hours as we hike the trails and search for signs of new amphibian life. Learn about the life cycle and early development of local amphibians. Hike the trails at night and end with roasting s'mores over a campfire.

1--1 hour 30 minute campfire

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	5:30pm	721.GWPU	2/27	$12/ea.

Winter Solstice Campfire

(6-Adult) Celebrate the winter solstice at Riverbend Park. Take a hike with a naturalist through the peaceful forest, craft an ornament with natural materials, sip on warm spiced cider and pine leaf tea, and cozy up around the campfire. Conclude the program with a fire ritual to set new intentions or let go of negative thoughts by releasing them into the flames. Program canceled in case of inclement weather.

1--2 hour campfire

Location	Day	Time	Code	Date	$
Riverbend Pk	M	6pm	AF4.WCVE	12/21	$14/ea.

Keeping Warm with the Animals

(7-Adult) Join our park naturalist to learn more about how animals stay warm in the winter and about hibernation cycles. Stay warm yourself with hot cocoa or coffee.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	10am	6BZ.4P7B	1/30	$12/ea.
BurkeLakePk	Su	1pm	6BZ.3L3Z	2/21	$12/ea.

Nature Fairy House Workshop

(All Ages) Enjoy a relaxing garden tea party while creating a whimsical fairy house from natural materials. Discover how nature inspires fairy folklore and celebrates the magic of the outdoors through creativity. Register one adult to reserve the supplies for yourself and/or your family. One fairy house per registrant. Please register another adult per additional fairy house. All ages welcome.

1--2 hour program

Location	Day	Time	Code	Date	$
HiddenPond	Sa	10am	NGM.IH6F	3/13	$25/ea.

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	$
HiddenPond	W	5pm	W1C.WY21	12/16	$9/ea.
HiddenPond	W	5pm	W1C.U2ZG	1/13	$9/ea.
HiddenPond	W	5pm	W1C.HRPE	2/10	$9/ea.





Owl Prowl

(5-Adult) Discover the amazing world of owls. Learn about their unique adaptations, investigate an owl pellet to uncover what these nighttime hunters eat, and finish the evening with a guided walk to listen and look for local owls.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HiddenPond	Su	6pm	49V.L1ML	1/24	$12/ea.

Owl Walk and Talk

(4-Adult) Enjoy a late afternoon walk to learn why winter is the best time to go owl-ing. During a story reading, learn to identify local owl calls, discover why owls are nicknamed flying tigers of the night and enjoy a woodland stroll.

1--1 hour program

Location	Day	Time	Code	Date	$
CubRunREC	Sa	5pm	7X8.QKCØ	1/16	$9/ea.

Scavenger Hunt Adventure at the Lake

(4-Adult) Join a naturalist to learn about various nature topics that relate to the lake depending on the season. Then go on a scavenger hunt adventure to find different related objects around the lake and collect a small themed prize.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	1pm	GZ6.PN94	1/10	$9/ea.
BurkeLakePk	Su	10am	GZ6.N7MF	2/28	$9/ea.

Snake and Turtle Feeding

(4-Adult) Enjoy a brief presentation and demonstration by our animal caretaker staff. At least one snake, two turtles and a toad will be fed.

1--1 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	M	2:30pm	EFC.882Y	12/28	$9/ea.
HiddenOaks	F	2:30pm	EFC.J43W	1/29	$9/ea.

Sunrise Cinema in the Garden - Hoppers

(All Ages) Explore the tropical plants in the glasshouse then step into a cozy indoor "drive-in" movie morning in the Horticulture Center at Green Spring Gardens. Watch groundbreaking technology transport a young conservationist into the secret world of animals, uncovering secrets of nature, empathy and conservation along the way. A breakfast snack is included with admission. Additional concessions will be available for purchase. Bring a blanket or cushion so you can get extra cozy while you watch. Children 2 and under are free.

1--2 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	F	10am	45V.7VØB	1/29	$10/ea.

The Despised Five - Meet Winter's Misunderstood

(6-Adult) Bats, snakes, spiders, opossums, vultures—winter's least-loved wildlife are actually its unsung heroes. Meet live animal ambassadors, hear the science of why we misunderstand them, and leave with a new appreciation for the creatures that keep our ecosystems humming even in the cold months.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Su	2pm	CFO.78SA	12/13	$12/ea.
LkAccontkPk	Su	2pm	CFO.9GZF	2/21	$12/ea.

Tracks, Scat and Mystery Hike

(6-Adult) Winter is when the forest tells its secrets. Fresh snow, soft mud and bare branches reveal who has been passing through. Join a naturalist to decode tracks, scat, chews and scrapes along the lake trail. Bring your inner detective. Boots and layers recommended. Great for curious kids and adults alike.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Su	9:30am	UV9.TA7J	1/10	$12/ea.
LkAccontkPk	Su	9:30am	UV9.LGJ6	2/7	$12/ea.
LkAccontkPk	Su	9:30am	UV9.TA7J	2/28	$12/ea.

Winter Bird Walk

(4-Adult) Take a hike through the woods with a naturalist to listen and look for the park's winter avian residents and migrants. Find out what birds do to survive the winter weather. Feel free to bring your own guides, binoculars and spotting scopes. Site will have a limited number of supplies for participants to borrow for the duration of the program.

1--1 hour program--$9

1--1 hour 30 minute program--$12

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	8am	4F9.MDOV	12/5	$9/ea.
ECLawrncePk	Sa	9am	4F9.9KWC	12/5	$9/ea.
BurkeLakePk	Sa	10am	4F9.8SXF	1/9	$12/ea.
Riverbend Pk	Sa	8am	4F9.DZSC	1/9	$9/ea.
ECLawrncePk	Sa	9am	4F9.N9OS	1/16	$9/ea.
Riverbend Pk	Sa	8am	4F9.FY9Y	2/20	$9/ea.
ECLawrncePk	Sa	9am	4F9.56X4	2/20	$9/ea.
BurkeLakePk	Su	10am	4F9.GØ8C	3/7	$12/ea.

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

Winter Lakeside Lantern Walk

(5-Adult) Create a magical evening experience with a guided lantern walk around the lake. Participants will carry battery operated lanterns or LED candles while learning about winter wildlife, nocturnal animals and seasonal changes in the ecosystem. The program will include brief educational stops, opportunities for quiet reflection by the water and a hot cocoa station.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Su	5pm	2B2.5ØSD	12/20	$12/ea.

Winter Solstice Evening Walk

(5-Adult) Celebrate the first day of winter and shortest day of the year with a Park Naturalist for an outing into the forest and wetland at sunset on this December evening. We will look and listen for signs of nocturnal wildlife.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	M	4pm	8CF.159U	12/21	$12/ea.

Winter Stream Life

(8-Adult) Explore Walney Creek with a naturalist to meet some of the small creek critters (macroinvertebrates) that call it home. Learn why so many different types of macroinvertebrates are active in winter streams. The naturalist will demonstrate winter collecting and participants can help pick, sort and learn to identify these magnificent critters.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	2pm	9A6.QSØM	12/19	$9/ea.

Winter - The Silent Season

(8-Adult) To many people, the winter season is often seen as cold and dark and foreboding. But to the earth, this is a vital time of rest, beauty and restoration. Join us for a short lecture about the joys of winter from the perspective of nature and venture out on a hike in the woods to see what the plants and animals are up to during this silent season. Conclude the event with a warm drink and meet one of our resident animals.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	10am	WJU.WVTG	2/6	$12/ea.

Winter Waterfowl Hike

(8-Adult) Hike with a naturalist to search winter waterfowl along the water's edge. Bring a mug to enjoy some hot cocoa or coffee before we embark on our journey. We have a limited number of binoculars to borrow, so please bring your own if you have them.

1--2 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	9:30am	259.V3JD	2/14	$14/ea.

Winter Woods Hike and Craft

(4-Adult) Hike through the winter woods to learn some useful tips for identifying winter trees and spotting wildlife. Afterwards, appreciate season's beauty with a winter-themed craft.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	3pm	WP2.GQWW	2/6	$12/ea.



Zoom in on Nature

(6-Adult) Take a closer look at natural items from the park using magnifying glasses and digital microscopes.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	10am	AZE.HSBW	2/13	$9/ea.

Older Family Programs

Bark, Buds and Berries - Winter Tree ID

(10-Adult) Learn to read bark texture, twig arrangement, leaf scars, buds and lingering berries to identify Lake Accotink's most common trees when the leaves are gone. A hands-on walk with pocket guides are provided. Perfect for aspiring naturalists and lifelong walkers.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	Sa	1pm	X3K.D82K	2/20	$12/ea.

Barking up the Right Tree

(9-Adult) See the forest with new eyes by taking a winter walk with a naturalist. During this beginner-level course, you will examine bark, buds, form and other clues that can help identify trees when they have no leaves.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	1pm	MKC.4EYW	1/17	$9/ea.
BurkeLakePk	Sa	9:30am	MKC.MMGB	2/13	$9/ea.

Forage Among the Trees

(10-Adult) Step into the quiet beauty of the forest and discover the trees that shape our local landscape. Join a naturalist-led hike as we search for and identify native tree species, learning how they survive and support the ecosystem around them. Explore the ways these trees provide food, shelter and seasonal beauty, and gain a deeper appreciation for their role in our community and get a taste of some local tree inspired flavor.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	1pm	ZC6.IUOB	1/16	$9/ea.

Foraging for Wild Edibles

(9-Adult) With every season there are different blooms, leaves, roots, seeds and mushrooms that you can identify and eat. Learn how to eat from the forest safely and ethically as you join a Naturalist on a walk by the Lake. Please be aware that foraging is prohibited in Fairfax County parks. This class will focus on how to safely identify various edible plants, as well as their uses. No plants will be picked during the course of the class.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	10am	8Y3.UQ46	1/16	$12/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.P7A3	2/14	$15/ea.

Triassic Park

(12-Adult) Travel back in time to the triassic period during this season's Lawrence Lecture to learn about the animals, geology, and change to the land we now know as Ellanor C. Lawrence Park. Participants will receive a lecture and examine rock types.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	10am	IC9.E5LW	1/17	$12/ea.

Winter Survival 101 - Fire, Shelter and Signals

(10-Adult) Learn to build a fire without matches, construct a debris shelter, signal for rescue and stay warm when the temperature drops. Hands-on outdoor skills with a naturalist. Dress for weather. Great for scouts, families, and outdoor lovers

1--2 hour program

Location	Day	Time	Code	Date	$
LkAccontkPk	Sa	1pm	T4U.M7S2	1/16	$14/ea.
LkAccontkPk	Sa	1pm	T4U.2EQ2	2/13	$14/ea.

Woodlands Stewardship Education Center Tour

(12-Adult) Join us for a full tour of the Woodlands Stewardship Education Center and learn about the Living Building Challenge. Explore technologies like reclaimed materials, solar energy generation, rainwater collection and reuse and wastewater treatment. This center demonstrates sustainable practices that can reshape our relationship with our environment. This tour is ADA compliant. Private tours available upon request. Please contact the site for details.

1--1 hour program

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	2pm	M1B.WJAG	12/13	$10/ea.
ECLawrncePk	Su	2pm	M1B.TDX4	1/10	$10/ea.

Teen/Adult Programs

Conservation Escape Room - Keystone Species

(13-Adult) The local ecosystem is unraveling and needs your help. Work in teams to solve puzzles, uncover a hidden keystone species and rebuild a disrupted food web before it's too late. Along the way, explore what happens when species are removed and how small changes can trigger big ecological effects. Discover how ecosystems stay balanced—and what it takes to restore them when they don't.

1--1 hour program

Location	Day	Time	Code	Date	$
GrnSprGardn	Sa	3pm	IRA.QMBD	1/30	$15/ea.

Going Green Workshop - Clean Conscience

(14-Adult) Much of our food, personal care, and cleaning products are filled with toxins that harm our bodies and the environment. With so many products and claims saturating the market, it's hard to know which ingredients to avoid and which ones we can trust. Learn how to read labels, spot "greenwashing" tricks and become a savvy sustainable shopper in this interactive workshop. We will explore common products and find healthier alternatives by using a cosmetic scanner app. Then we will end the class by crafting our own personal care products made with simple, natural ingredients.

1--3 hour program

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	1pm	TAØ.LVVK	2/6	$28/ea.

Going Green Workshop - Regenerative Agriculture

(14-Adult) Explore the 5 parameters of what makes a food system truly green and gain the skills and knowledge to be a part of the solution to food issues. Learn the truth about the pollinator plight, factory farming and food deserts and how we can support regenerative farming practices through eating locally. Take a hike through the park in search of edible plants, learn how to recycle food scraps through composting and practice basic homesteading by make your own hummus and nut milk from scratch.

1--3 hour program

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	1pm	CDG.4Q0I	1/2	$28/ea.

Going Green Workshop - Sustainable Swaps

(14-Adult) Single-use plastics and papers are pervasive in every aspect of our modern life. So much time, energy, money and resources go into creating something that is destined for the landfill-what a waste. Join us as we take a deeper look at what we throw away and learn simple ways to minimize your individual impact. Test your recycling knowledge with a sorting game, play bingo for a chance to win some eco-friendly products, and make your own all-natural cleaning spray to take home.

1--3 hour program

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	1pm	4KS.D8AT	1/23	$28/ea.

Adult Programs

Couples Evening at the Nature Center

(Adults) Enjoy a peaceful adults only visit to the nature center for Valentine's Day. Meet animals and learn about their dating and mating habits. A special treat and activity complete your nature-themed holiday celebration. Each attendee must register individually.

1--2 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	7pm	5J6.J7OF	2/13	$20/ea.

Evening Woodcock Walk

(Adults) Take an evening stroll through the forest to one of the park's largest meadows. Listen for the call of the male woodcock and hopefully see his amazing courtship dance and flight. Bring a flashlight. Approximately 1.5 mile walk on uneven terrain. Canceled if it rains. Meets at the South Kings Highway entrance to the park.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	T	5:30pm	2C7.B7NE	3/2	$12/ea.
HuntMdws	Sa	5:30pm	2C7.M2W6	3/6	$12/ea.

Naturalist's Brew - Winter Nights and Hot Cocoa

(Adults) An adults-only nature night by lantern light. Sip hot cocoa, listen for owls, watch the winter constellations, and dig into naturalist storytelling with a park ranger. No kids, no pressure, just cold air, warm drinks and good conversation about the wild world around us.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
LkAccontkPk	F	6:30pm	ØWT.4NM5	12/11	$12/ea.
LkAccontkPk	F	6:30pm	ØWT.08N5	2/5	$12/ea.

Valentine's Day Nature Walk for Singles

(Adults) Join fellow single nature lovers for a wintry walk around the lake. Learn about the mating habits of the animals who live at Lake Fairfax Park and enjoy the holiday outdoors.

1--1 hour program

Location	Day	Time	Code	Date	$
LkFairfaxPk	Su	2pm	QR0.XJLZ	2/14	$9/ea.

Winter is Coming Adult Tea Party

(Adults) Come brace the cold of the Seven Kingdoms and put your knowledge to the test. Meet a beastly dragon and indulge in a themed beverage and snacks among your fellow house members. Costumes encouraged.

1--2 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	F	7pm	AJU.268B	1/8	$25/ea.

Sketch Hikes/ Nature Drawing Programs

Drawing Rocks, Minerals and Gemstones

(16-Adult) You may want to start your own rock collection after you see and draw some beautiful semi-precious gemstones. Learn some tips for drawing rock and gem shapes. Discover connections rocks and minerals have to plants, animals and even our health.

1--2 hour program

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	9:30am	4CJØ1Y	12/5	$20/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 30 minute program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	10am	83Ø.K74S	2/6	$25/ea.

Poetry in Nature Sketch Hike

(10-Adult) Come enjoy a little creative time in the wild through poetry and drawing outdoors! Join naturalist and artist Margaret Wohler as we combine writing exercises and basic drawing skills to create a field page filled with images and words describing the Huntley wetlands and woods. Families are welcome. All drawing materials will be provided.

1--2 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	10am	MDS.PW86	1/9	$18/ea.

Signs of the Beaver Sketch Hike

(12-Adult) Join artist and naturalist Margaret Wohler to learn about Huntley's nocturnal engineers by studying and drawing the tracks and traces they leave behind. We will learn about the lives of beavers, have a little basic drawing instruction and then go hiking to find signs of beaver activity. All art materials provided.

1--2 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	10am	W7C.R1AL	12/12	$18/ea.

Winter Trees and Landscapes Sketch Hike

(12-Adult) Join park naturalist and artist Margaret Wohler on a walk through the park to learn about the techniques of drawing winter trees and landscapes. Drawing supplies included.

1--2 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	10am	FC1.7MCR	12/5	$18/ea.

World Wetlands Day Sketch Hike

(10-Adult) Celebrate World Wetlands Day by joining park naturalist and artist Margaret Wohler on a hike to learn about the vital role wetlands play while identifying plants and animals. Learn drawing techniques to enhance your wetland observation skills. Drawing supplies included.

1--2 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Sa	10am	YF6.QK2Ø	1/30	$18/ea.

Outdoor Recreation

Scan the QR code to go directly to the Parktakes Online Outdoor Rec page.



Burke Lake Park

7315 Ox Road • Fairfax Station
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. For facility hours and fees, visit the website or call the park. Park grounds are open from dawn to dusk year-round..

- Boating
- Fishing *(Va. fishing license required)*
- Trails
- Picnic areas with grills
- Kayak rentals
- Playground
- Mini Golf
- Carousel
- Visitor Center



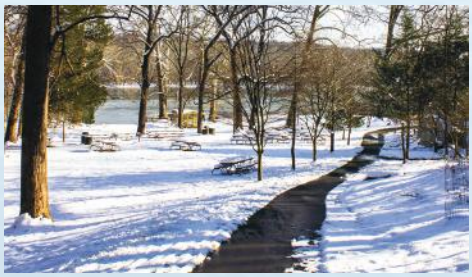
Lake Fairfax Park

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 *(Closed for the season)*

Pavilion shelters and picnic areas with grills may be reserved by calling 703-324-8732. Sailboats, gasoline motors, electric-powered boats, paddleboards, windsurfing 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.



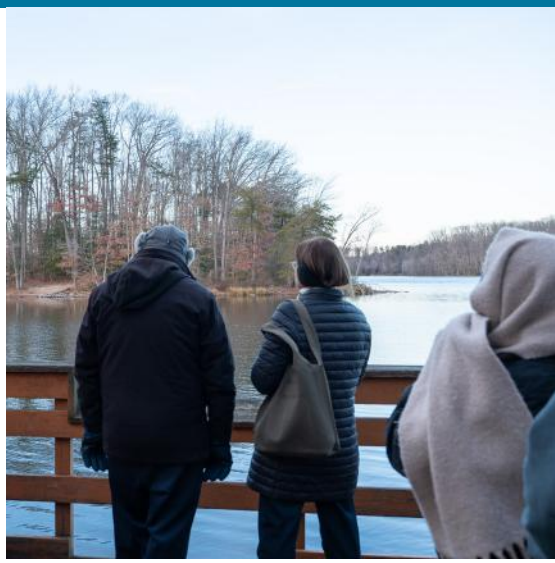
Riverbend Park

8700 Potomac Hills Street • Great Falls
703-759-9018
www.fairfaxcounty.gov/parks/riverbend

A park steeped in Native American history, Riverbend Park is a tranquil setting on the Potomac River that offers outdoor recreation and wildlife.

- Boating
- Fishing *(Va. or Md. fishing license required)*
- Trails
- Forest
- Meadows
- Kayak and canoe rentals
- Boat launch
- Riverside picnic areas with grills
- River view observation deck
- Visitor center

Fishing bait and tackle, rod rentals and snacks are available at the visitor center. Ground open from 7 a.m. to dusk. A boat launch is provided for kayaks, canoes and jon boats ($5 per boat or $40 for an annual launch pass).



Birding Programs

Children age 12 to 16 years must be accompanied by an adult also registered in the program.

Birds and Beans

(4-Adult) Enjoy a hot cup of coffee while you hike with a naturalist and look for birds. The program will begin with a short discussion of the concept of bird-friendly coffee. To reduce waste, please bring your own mug to fill. Tea and hot cocoa options will also be available.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	10am	TSF.X3XJ	1/23	$14

Birding for Beginners

(12-Adult) Learn about the park's birds and some basic identification skills. This program for beginners starts with a bird identification discussion.

1--3 hour program

Location	Day	Time	Code	Date	$
HuntMdws	Su	8am	A4F.LRUJ	12/20	$20
HuntMdws	Su	8am	A4F.5NCF	1/17	$20
HuntMdws	Su	8am	A4F.XHH4	2/14	$20

Camping Programs

Campfire Cooking

(5-Adult) Learn about the different methods that can be used to cook over a campfire, as well as what types of food are best prepared using each cooking style. Then, practice building your own cooking fire. Stay for a demonstration and a snack around the campfire.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	2:30pm	9SP.VHR9	3/13	$10

Campfire Skills

(5-Adult) Learn all about building a campfire. Practice starting a fire without matches and stay for a demonstration.

1--1 hour program

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	1pm	U4B.W3BJ	3/13	$10





Online presale: $20 *(Online presale sales end the Thursday before the selected weekend).*
At the door: $25, *limited availability*

BURKE LAKE PARK
7315 Ox Road, Fairfax Station • 703-323-6600
For registration information, visit www.fairfaxcounty.gov/parks/burke-lake

Fishing Programs

Rod and bait will be provided. Participants 16 and older must have a valid Virginia fishing license.

Family Fishing

(5-Adult) Join a naturalist to learn the basics of fishing while enjoying the beauty of the lakefront. Gain a better understanding of not only how to fish, but also how we can better connect with the natural world while participating in recreational activities, such as fishing. Children must be accompanied by a registered adult.

1--1 hour 30 minute program

Location	Day	Time	Code	Date	$
BurkeLakePk	F	5pm	UMS.9V5U	3/12	$14

Other Recreation Programs

Geocaching Adventures

(8-Adult) Join us for a tour of caches throughout Fairfax County. Hunt for hidden treasures throughout our park system using a GPS. Join one class or sign up for them all. Equipment provided.

1--2 hour lesson

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	9:30am	K98.Q3LC	2/7	$18

Winter Survival Workshop

(12-Adult) Participants will learn about different outdoor survival skills such as starting a fire and putting out a fire, how to find and build shelter, and how to keep warm in the winter weather.

1--2 hour lesson

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	1pm	MFJ.3JXP	1/23	$24
BurkeLakePk	Su	10am	MFJ.ARRL	2/21	$24



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 at first class and are non-refundable.

Drama Classes

Act Up! Pop Star Academy

(7-14 yrs.) This Moonlit Wings program is back with new music! Kids sing and dance to favorite pop hits by stars like Taylor Swift, Katy Perry, and Jonas Brothers, and take center stage in original scenes and skits. Students sharpen vocals, movement, stage presence and teamwork through theatre. Parents are invited to a mini-performance during the final class.

DPVD 7--1 hour 25 minute lessons--$149

Location	Day	Time	Code	Begin	$
MtVernREC	Th	5:30pm	K1T.LDR3	1/28	DPVD
OakmontREC	Su	11:30am	K1T.5Z1Y	1/24	DPVD
ProvREC	Sa	10:30am	K1T.1K6X	1/30	DPVD
SoRunREC	T	6:30pm	K1T.6RH8	1/26	DPVD
Wkfld/Moore	Sa	3:30pm	K1T.W142	1/30	DPVD

All Star Drama Club

(7-14 yrs.) Young performers step into Moonlit Wings' Drama Club! 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	$
Franconia Rec	M	5pm	UN4.LQFN	1/25	DPVD
MtVernREC	Th	7pm	UN4.0COP	1/28	DPVD
OakmontREC	Su	10am	UN4.B2VT	1/24	DPVD
ProvREC	T	6pm	UN4.XELQ	1/26	DPVD
SoRunREC	T	5pm	UN4.IV1P	1/26	DPVD
Wkfld/Moore	Sa	2pm	UN4.IQ1I	1/30	DPVD

Magic in Motion-Enchantment Workshop

(6-12 yrs.) In this Athena Coding class students uncover the secrets behind age-appropriate magic tricks using safe, everyday objects. Master a variety of illusions from simple card and coin tricks, to sleight-of-hand maneuvers with scarves and rope. Learn how to make small objects vanish and reappear, perform a delightful disappearing handkerchief trick, and even create the illusion of a floating pencil. Each session is packed with hands-on practice, guided demonstrations, and fun challenges in an environment where every child can become a true magician, captivating their audience with skills they can proudly showcase.

DPVB 8--55 minute lessons--$191

Location	Day	Time	Code	Begin	$
Wkfld/Moore	T	6:30pm	3SG.Y3XT	1/12	DPVB



Theatre & Acting by Vendor

(10-14 yrs.) This Athletes Global program focuses on voice, acting and stage presence, as well as singing and dancing skills. Students cultivate their improv and cold script reading skills, while learning creative dramatics. Class ends with a short play grand finale.

CPVK 8--55 minute lessons--$210

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Su	1pm	AH6.P9WE	1/10	CPVK

Music Classes

Band Together Beginning Music Ensemble

(6-12 yrs.) This ensemble music class is teamwork—with a beat. Young musicians learn to play together as a band, learning collaboration, timing, and performance skills in this Learn Now Music class. Students choose which instrument they will play in class at registration (Piano, Guitar, Violin, or Drums). A $20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: https://learnnowmusic.com/updatepayment.

CPVK 8--55 minute lessons--$210

Location	Day	Time	Code	Begin	$
MtVernREC	Th	6pm	0KS.I13M	1/14	CPVK

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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.4DYQ	1/10	3PPA
SoRunREC	Sa	9:30am	DFD.J2SL	1/9	4PPA
Wkfld/Moore	M	7pm	DFD.2ZJN	1/11	3PPA
(10-Adult)					
CubRunREC	Su	12pm	128.YQCO	1/10	3PPA
OakmontREC	M	6pm	128.ANIT	1/11	3PPA
ProvREC	T	10:30am	128.QMRY	1/12	3PPA
SoRunREC	Sa	9:30am	128.5AFB	1/9	4PPA
SoRunREC	M	5pm	128.DY7T	1/11	4PPA
(16-Adult)					
Wkfld/Moore	M	8pm	1BF.B7A6	1/11	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.)					
CubRunREC	F	5pm	641.FMPV	1/15	3PPA
SoRunREC	Sa	10:30am	641.TSAG	1/9	4PPA
Wkfld/Moore	M	6pm	641.H3Q2	1/11	3PPA
(10-Adult)					
CubRunREC	F	5pm	030.DB15	1/15	3PPA
ProvREC	T	9:30am	030.6UP8	1/12	3PPA
SoRunREC	Sa	10:30am	030.F3HN	1/9	4PPA



Rock Guitar

(10-Adult) An introduction to rock-and-roll guitar playing. Students learn rock guitar and improvisation basics. Beginners encouraged. Students should supply their own instruments. Those with electric guitars should bring a portable amplifier.

3PPA 8--55 minute lessons--$110

Location	Day	Time	Code	Begin	$
CubRunREC	F	6pm	189.PF0N	1/15	3PPA

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.UJIT	1/16	DPPA
Little Run ES	Sa	11am	60C.3WFY	1/16	DPPA
(10-15 yrs.)					
OakmontREC	M	7pm	AZ1.2BW3	1/11	3PPA
(10-Adult)					
Little Run ES	Sa	1pm	A86.T4JQ	1/16	DPPA
(16-Adult)					
ProvREC	Th	11:15am	NK6.GXJJ	1/14	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.7066	1/16	DPPA
(10-Adult)					
Little Run ES	Sa	2pm	LSN.8MJ5	1/16	DPPA
(16-Adult)					
ProvREC	Th	10:15am	91D.X9VM	1/14	3PPA
ProvREC	Th	12:15pm	91D.C96E	1/14	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	10:45am	A61.0HFG	1/11	3PPA
SpHillREC	Su	12pm	A61.JWBV	1/10	4PPA

Ukulele II

(10-Adult) Prerequisite; Ukulele I or equivalent.

4PPA 10--55 minute lessons--$137

Location	Day	Time	Code	Begin	$
ProvREC	M	9:45am	3F1.PASX	1/11	3PPA
SpHillREC	Su	1pm	3F1.PW6Z	1/10	4PPA

Strum and Smile Beginning Ukulele

(6-12 yrs.) In this Learn Now Music class kids strum their way through tunes while learning notes, chords and rhythm in this cheerful introduction to ukulele. A $20 supply fee for a rental instrument and music is required before class begins. Rental agreement must be signed, and rental instruments must be returned at the last class. Submit rental payment online at: https://learnnowmusic.com/updatepayment.

CPVK 8--55 minute lessons--$210

Location	Day	Time	Code	Begin	$
Woodbrn ES	W	6:30pm	GBS.IX8S	1/13	CPVK





Pet Place

Scan the QR code to go directly to the Parktakes Online Pet Place page.

Our dog obedience classes help build a strong relationship between pet and handler by developing understanding and communication. Flexible training methods are employed for home management, problem solving and correction. Please note:

- Dogs that display fear or aggression are not permitted in Park Authority classes.
- Bring a shot record with proof of DHLA rabies, parvovirus and distemper shorts 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.





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. Please bring shot records to first class.

DDVA 8--55 minute lessons--$161

Location	Day	Time	Code	Begin	$
ProvREC	Su	3:30pm	V89.J9HZ	1/10	DDVA



K9 Nose Work

(14-Adult) K9 Nose Work is a great way to bond with your dogs, stimulate their curious minds, hone their obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural instincts to search and problem solve. It also gives them an outlet to use their love of hunting. As a low-impact class, it is perfect for dogs of any age, size and personality.

DDVA 8--55 minute lessons--$161

Location	Day	Time	Code	Begin	$
ProvREC	Su	4:30pm	9D8.5BY4	1/10	DDVA
Wkfld/Moore	F	6:30pm	9D8.IBPQ	1/15	DDVA

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



BEST JOB EVER!

Can't imagine sitting inside behind a desk? Then come join us!

There are so many job and internship opportunities at the Park Authority.

To view available employment opportunities, scan the QR code

joinFCPA
@fairfaxparks

Fairfax County is an Equal Opportunity Employer and a proud Virginia Values Veterans (V3)-certified organization.

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	7pm	TTM.NTB4	1/9	STAC
HuntMdws	Sa	7pm	TTM.HYF9	2/13	STAC

Exploring Exoplanets - Unveiling New Worlds

(8-Adult) Explore planets orbiting distant stars and learn how scientists find them using cool techniques like watching stars flicker or wobble. Dive into what these planets are made of, whether they could host life and catch up on the latest discoveries. Perfect for anyone curious about space, this course promises an eye-opening adventure into the exploration of planets beyond our own. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	6:30pm	IRS.ZYM9	1/7	FEE T

Exploring the Inner Planets

(8-Adult) The inner planets Mercury, Venus, Earth and Mars, plus Earth's Moon, all have mostly rocky compositions compared to the outer gas giant planets. Of the inner planets, likely only Earth has the conditions to support life. Examining handheld globes of the planets, we will explore their similarities and differences and find out why life is unique to Earth. The program includes observing of planets and the night sky in telescopes, weather permitting. The program is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	6:30pm	MX6.62A6	2/11	FEE T

Introduction to Astronomy

(8-Adult) This course provides a general introduction to some fundamentals of astronomy and the universe. We will discuss the basic types of astronomical objects from the small to the large, the motions of planets and stars, and interesting phenomena in the night sky. A classroom discussion is followed by an observatory session with telescopes, weather permitting. The course is held rain or clear skies in the Roll-Top Observatory at Turner.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	6:30pm	C83.ITKM	12/3	$FEE T
TurnerFarmPk	Th	6:30pm	C83.B8XA	1/14	$FEE T



Night Sky Tour at the Roll-Top Observatory

(8-Adult) Take a tour of planets, constellations, stars, nebulas and galaxies in the night sky at Turner Farm Observatory Park using telescopes or just your eyes. In case of inclement weather, we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	6:30pm	S84.1ZTE	12/10	FEE T
TurnerFarmPk	Th	6:30pm	S84.8UL2	1/21	FEE T
TurnerFarmPk	Th	6:30pm	S84.M75X	2/18	FEE T

Planet Adventure Night

(6-Adult) This program is a tour of the planets and moons of our Solar System which are viewable in the current night sky. The classroom discussion is followed by an observatory session of planets and the stars beyond in telescopes, weather permitting. No knowledge of astronomy is needed, just an interest in learning about the universe. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	6:30pm	8PM.0M91	12/17	FEE T
TurnerFarmPk	Th	6:30pm	8PM.TZDW	2/4	FEE T
TurnerFarmPk	Th	6:30pm	8PM.D32X	2/25	FEE T

Science Classes

Codebreakers-Spy Games

(6-12 yrs.) Enter the world of espionage where students become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and even create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a thrilling journey into the science of secrecy.

DXV1 8--55 minute lessons--$250

Location	Day	Time	Code	Begin	$
Wkfld/Moore	T	5:30pm	54I.PDC4	1/12	DXV1

Future Scientists

(5-8 yrs.) In this class offered by Athletes Global, students will explore chemistry, astronomy, earth science and health through fun, interactive hands-on science experiments while improving their critical, creative thinking and problem-solving skills.

DXVI 8--55 minute lessons--$197

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Su	12pm	I5S.ENP6	1/10	DXVI

Holiday Engineering Challenge

(6-10 yrs.) Celebrate the season with an engineering challenge with a holiday twist. Think like an engineer to solve this fun holiday themed challenge.

FEE Y 1--1 hour program--$10

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	2pm	ØY7.PNVS	12/12	FEE Y

Homeschool Science - Intro to Planetary Astronomy

(6-12 yrs.) Join a park naturalist to learn about this branch of astronomy that studies planets, moons, asteroids and comets in our solar system. Discover what they are made of and why earth is so special. Make a model solar system to take home.

STAA 1--2 hour program--$16

Location	Day	Time	Code	Date	$
HuntMdws	T	1pm	329.X3CY	12/15	STAA

Homeschool Science - Introduction to Mammalogy

(6-12 yrs.) Join park naturalists to study the branch of biology that studies and observes mammals. Learn how mammals interact with their habitats, other wildlife, and their contributions to the ecosystem. We will also discuss anatomy and physiology. Use scientific instruments to enhance your observation skills. Examine preserved specimens followed by outdoor exploration into their natural habitat.

STAA 1--2 hour program--$16

Location	Day	Time	Code	Date	$
HuntMdws	T	1pm	BM2.ZQ9L	1/12	STAA

Homeschool Science - Introduction to Ornithology

(6-12 yrs.) Explore how bird adaptations allow birds to live in their chosen ecosystem. Study the parks collection of preserved specimens. Afterwards, make observations and explorations using field tools to learn identification and classification.

STAA 1--2 hour program--$16

Location	Day	Time	Code	Date	$
HuntMdws	T	1pm	F32.CYØ2	2/16	STAA

Mysterious Space

(7-Adult) Chase away Winter boredom by going on an interactive space adventure that includes an activity, puzzles, and a craft.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Date	$
HiddenOaks	Su	6:30pm	LRH.I7YA	1/24	FEE T

Night Sky Tour at the Roll-Top Observatory

(8-Adult) Take a tour of planets, constellations, stars, nebulas and galaxies in the night sky at Turner Farm Observatory Park using telescopes or just your eyes. In case of inclement weather, we will discuss and show images of objects that could be observed in clear skies. No knowledge of astronomy is needed. The course is held rain or clear skies in the Roll-Top Observatory at Turner Farm Park.

FEE T 1--1 hour 30 minute program--$13

Location	Day	Time	Code	Begin	$
TurnerFarmPk	Th	6:30pm	S84.1ZTE	12/10	FEE T
TurnerFarmPk	Th	6:30pm	S84.8UL2	1/21	FEE T
TurnerFarmPk	Th	6:30pm	S84.M75X	2/18	FEE T

Science Potions & Explosions

(6-9 yrs.) In this Baroody Camps class, students create potions and exciting chemical reactions. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal or blast a rocket into the air while learning about the states of matter and how things change with mixtures, solutions, and chemical reactions.

DXVE 8--55 minute lessons--$155
DXVL 10--55 minute lessons--$194

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	11am	ED0.WSAF	1/9	DXVE
Wkfld/Moore	Su	4pm	ED0.TFZX	1/10	DXVL

Valentines Day Science

(5-Adult) Does Valentine's Day make you think of electricity, chemistry, magnetism, candy? This year share the love with your family while we explore those topics and more with hands-on Valentine's Day science.

FEE AJ 1--1 hour program--$10

Location	Day	Time	Code	Date	$
HiddenOaks	Su	2pm	GYM.PBCS	2/14	FEE AJ

Winter Engineering Challenge

(6-10 yrs.) Celebrate the cold with an engineering challenge with a seasonal twist. Think like an engineer to solve this fun winter themed challenge.

FEE Y 1--1 hour program--$10

Location	Day	Time	Code	Date	$
HiddenOaks	Su	2pm	5L5.CTTU	1/24	FEE Y

Technology Classes

3D Bobblehead Workshop with Parent

(6-12 yrs.) In this bobblehead workshop students use photogrammetry software on their phones to scan their heads and create custom bobbleheads using TinkerCAD. The scans can be used to add the likeness to many other projects. This workshop is for those that have taken 3D printing basics or have a working knowledge of TinkerCAD. This course covers the steps needed to create bobblehead designs. There will be two sessions of two hours on consecutive weekends. We will print one design per person which will be available for pick up at the rec center one week after the second class. Bring a laptop and a mouse. $15 materials fee. Adult participation is required.

STAA 1--2 hour program--$16

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	SCR.EAHJ	1/23	STAA
ProvREC	Su	12pm	SCR.BB0F	1/10	STAA

3D Modeling & Printing

(8-14 yrs.) Experience the wonders and excitement of computer aided design, 2D and 3D modeling processes, design thinking and 3D printing to produce a digital object. This class is perfect for students with limited or no 3D design and printing experience. All materials and equipment provided.

DXV9 4--2 hour lessons--$275

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Sa	12pm	RDS.T4CU	1/23	DXV9

3D Printing Basics with Parent

(6-12 yrs.) Designed especially for young curious minds, this course introduces children and their parent to 3D printing. Through fun and age-appropriate activities, students the basics of 3D design and witness their creations come to life as tangible objects. From custom toys to personalized backpack tags, this class is an exciting adventure of creativity and technology. No prior experience needed. A laptop or tablet, Fairfax County library card and an email address are required. There will be a $15 materials fee.

4ND 5--55 minute lessons--$70

Location	Day	Time	Code	Begin	$
MtVernREC	W	6pm	Z2W.7QYH	1/13	4ND
MtVernREC	W	6pm	Z2W.4MUC	2/17	4ND
OakmontREC	Th	5:30pm	Z2W.4LPJ	1/14	4ND
OakmontREC	Th	5:30pm	Z2W.NND0	2/18	4ND
ProvREC	Sa	2pm	Z2W.U7FT	1/9	4ND
ProvREC	Su	2pm	Z2W.6903	1/10	4ND
SpHillREC	M	6pm	Z2W.RP27	1/4	4ND
SpHillREC	M	6pm	Z2W.GNKL	2/15	4ND

3D Printing Basics

(13-Adult) Whether you're a curious beginner or an enthusiast eager to explore the latest technology, this hands-on course will take you on a captivating journey. Expert instructors will guide you through understanding the basics of 3D printing to creating and printing your own designs. Unleash your creativity and be amazed at the endless possibilities of this innovative and transformative technology. No prior experience required. A laptop or tablet with mouse and an email address are required. A Fairfax County library card number is recommended. There will be a $15 materials fee.

4XH 8--1 hour 25 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	W	7pm	IIS.MLYG	1/13	4XH
OakmontREC	T	6pm	IIS.GSI7	1/12	4XH
ProvREC	Sa	3pm	IIS.VGDI	1/9	4XH
ProvREC	Su	3pm	IIS.W91T	1/10	4XH
SpHillREC	M	7pm	IIS.FT2J	1/4	4XH

3D Printing Intermediate

(9-Adult) For those who have completed the basic 3D printing class. Explore new TinkerCAD tools and learn how to slice your previous designs into printable files. Covers starting prints, troubleshooting, and printer maintenance. Requires a laptop or tablet with mouse and an email address. $15 materials/printing fee.

4XF 5--1 hour 25 minute lessons--$97

Location	Day	Time	Code	Begin	$
ProvREC	Sa	1:30pm	HXX.DG00	2/13	4XF
ProvREC	Su	1:30pm	HXX.OHUV	2/14	4XF

3D Printing Workshop-Dragons with Parent

(6-12 yrs.) This workshop is for those that have taken 3D printing basics or have a working knowledge of how to use TinkerCAD. Learn the steps needed to create your own articulated Dragon from design to print. There will be two classes of two hours on consecutive weekends. We will print one design per person which will be available for pick up one week after the second class. Bring a laptop and a mouse. There is a $15 materials fee. Adult participation is required,

STAA 1--2 hour program--$16

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	12:30pm	L9S.D26N	2/20	STAA
ProvREC	Su	12pm	L9S.I2HZ	2/7	STAA

Battle Robots

(7-12 yrs.) Learn engineering strategies for building sturdy structures using unique RoboThink bricks. Students will then build multiple robots for a variety of friendly competitions such as robot soccer and robot relay races.

DXVG 6--55 minute lessons--$191

Location	Day	Time	Code	Begin	$
MtVernREC	W	5:30pm	R8R.UGHD	1/20	DXVG
MtVernREC	Sa	10:30am	R8R.AVDU	1/24	DXVG
Oakton ES	F	5:30pm	R8R.C8XC	1/22	DXVG
SpringHl ES	Sa	11:30am	R8R.RORB	1/23	DXVG

Codebreakers-Spy Games

(6-12 yrs.) Enter the world of espionage where students become code-breaking detectives, using critical thinking, pattern recognition and basic programming to crack secret messages. Through hands-on exploration of classic ciphers like substitution and transposition, they'll learn encryption and decryption, uncover spy secrets, and even create their own codes. This engaging, spy-themed program offered by Athena Coding builds analytical skills, curiosity, and teamwork through a thrilling journey into the science of secrecy.

DXVI 8--55 minute lessons--$197

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	11:15am	54I.RV7R	1/16	DXVI

eSports Class

(11-17 yrs.) In this interactive gaming class gamers are in a classroom setting where they can learn and gain tips from others plus receive coaching on strategic game play. This session features the Nintendo Switch platform with various games.

4XH 8--1 hour 25 minute lessons--$155

Location	Day	Time	Code	Begin	$
Wkfld/Moore	F	6pm	3AK.HQ0Y	1/15	4XH

Future Scientists

(5-8 yrs.) In this class offered by Athletes Global, students will explore chemistry, astronomy, earth sci-

ence and health through interactive hands-on science experiments that improve critical creative thinking and problem-solving skills.

DXVI 8--55 minute lessons--$197

Location	Day	Time	Code	Begin	$
OakmontREC	W	5:15pm	I5S.UZGK	1/13	DXVI

Game Development & Python

(9-12 yrs.) In this iCode program students learn foundational concepts in computer skills, programming, game development and robotics with extra exposure to patterns, sequencing and logical thinking that results in an improved ability to solve problems. Students work through coding basics, basic digital design using Roblox Studio, program design, game theory and design, electronics programming and drone operations and handling.

DXVZ 8--55 minute lessons--$234

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Sa	12pm	7M9.CRNU	1/9	DXVZ

GameBots

(7-12 yrs.) Learn coding to build robotic games such as robotic hockey, pinball machine or a ring toss. in In this Snapology class explore sequencing commands, value and sensor inputs and loops.

DXVR 8--55 minute lessons--$201

Location	Day	Time	Code	Begin	$
MtVernREC	F	5:30pm	13L.A9V8	1/15	DXVR

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.

DXVG 6--55 minute lessons--$191

Location	Day	Time	Code	Begin	$
CubRunREC	Sa	12:30pm	766.SJKT	1/23	DXVG
LittleRun ES	Sa	12pm	766.4HOS	1/23	DXVG

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	3pm	XZ7.69Y4	1/10	DXVL

LEGO Spike Essential Robotics

(6-11 yrs.) In this Baroody Camps program students have the opportunity to build and code their very own robots using LEGO® SPIKE™ kits. By integrating LEGO® blocks with codeable hubs, cameras, sensors, and using Scratch-based programming, students create robots that dance, sense objects, follow routes and even drive themselves. Projects throughout this course provide a little taste of how robotics can be applied, such as amusement parks, automotives and outdoor exploration.

DXVE 8--55 minute lessons--$155

Location	Day	Time	Code	Begin	$
MtVernREC	T	5:30pm	SR2.7J8K	1/12	DXVE

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. Both beginners and advanced builders will be challenged and inspired.

DXV1 8--55 minute lessons--$250
DXVI 8--55 minute lessons--$197

Location	Day	Time	Code	Begin	$
OakmontREC	F	5:15pm	Z6X.ITUP	1/15	DXVI
Wkfld/Moore	T	7:30pm	Z6X.GOS6	1/12	DXV1

Minecraft Modding by Cyberteck Game Design

In this Cybertek Academy class, students learn to create their own custom gameplay items and elements using MCreator and Minecraft. Students also learn to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, and biomes.

DXVF 6--55 minute lessons--$160

Location	Day	Time	Code	Begin	$
(6-9 yrs.)					
Oakton ES	F	5pm	0KC.8ZHG	1/15	DXVF
(10-14 yrs.)					
Oakton ES	F	6:15pm	ZBD.0L1I	1/15	DXVF

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	1:30pm	TRE.1MCH	1/16	DXVF
Oakton ES	Sa	11am	TRE.WD5F	1/23	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	EU6.3X8L	1/9	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 a fun 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—all while learning in a fun, engaging way.

DXVF 6--55 minute lessons--$160

Location	Day	Time	Code	Begin	$
(6-9 yrs.)					
SpHill ES	Sa	9:30am	CCV.ZDFT	1/16	DXVF
(10-14 yrs.)					
SpHill ES	Sa	10:45am	7A0.G4GD	1/16	DXVF

RoboThink Clash of the Robots-Rumbe 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.LNVE	1/13	DXVG
LittleRn ES	Sa	10am	GND.CTCF	1/16	DXVG

Science-Make It or Break It

(6-8 yrs.) Engineers are dreamers, planners, problem solvers and tinkerers. 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 and 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

Location	Day	Time	Code	Begin	$
MtVernREC	Su	12pm	PM4.G9TE	1/10	DXVE

STEM exCEL 3DPrinting

(6-12 yrs.) STEM exCEL 3D Printing is a premiere class that teaches students 3D modeling and the basics of how 3D Printers work. Students learn how to create 3D models both from an artistic and engineering standpoint, learning essential techniques for producing the best-quality prints. The course ends with students taking home their own accounts so they may continue modeling at home, along with a couple of model prints they designed during class time.

CXVA 3--2 hour lessons--$155

Location	Day	Time	Code	Begin	$
OakmontREC	Sa	12pm	E8P.IUZS	1/23	CXVA

WeDo Robotics

(5-8 yrs.) In this Baroody Camps class, students use a curriculum powered by LEGO Educational group which includes robotics projects using LEGO bricks to build robots. Projects help students improve their math, physics and engineering skills.

DXVE 8--55 minute lessons--$155
DXVL 10--55 minute lessons--$194

Location	Day	Time	Code	Begin	$
CubRunREC	Su	11am	GW9.UAA0	1/10	DXVE
OakmontREC	W	6:30pm	GW9.9DF9	1/13	DXVL
SoRunREC	M	5:30pm	GW9.QFXA	1/11	DXVE

FOLLOW US ON Instagram

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.

Scouting America 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. Prework and program details are available at www.fairfaxcounty.gov/parks/scouts. Scouts unable to complete all requirements may receive only partial credit from their merit badge counselor.

For all prework and by request programs scan the QR code..

Girl Scout Programs

Daisy Girl Scouts (5-7 yrs.)

Buddy Camper

1--1 hour lesson

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	10am	83J.F1H4	2/27	$9

Outdoor Art Maker

1--1 hour lesson

Location	Day	Time	Code	Date	$
LkFairfaxPk	Sa	3pm	437.7LHB	2/20	$9

Space Science Explorer

1--1 hour lesson

Location	Day	Time	Code	Date	$
TurnerFarmPk	Sa	5:30pm	A15.W6XT	12/5	$9
TurnerFarmPk	Sa	6pm	A15.U9TY	1/30	$9

Using Resources Wisely

1--1 hour lesson

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	10am	Ø57.39W8	1/31	$9
ECLawrncePk	Su	10am	Ø57.9CVT	2/28	$9





Brownie Girl Scouts (7-9 yrs.)

Bugs Naturalist

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	10:30am	315.FEFK	12/5	$14

Letterboxer

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	10:30am	A4C.3SD1	12/5	$14
CubRunREC	Sa	10:30am	A4C.8RE4	1/23	$14
CubRunREC	M	10am	A4C.XOH2	2/15	$14

Outdoor Adventurer

1--2 hour lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	10:30am	4E6.XCYØ	2/13	$18

Space Science Adventurer

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
TurnerFarmPk	Sa	6:30pm	6Ø8.ZJCP	12/19	$14
TurnerFarmPk	Sa	6:30pm	6Ø8.8XJP	2/6	$14

Trail Adventure

1--1 hour lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	1pm	UDU.ZFGG	1/23	$9

Junior Girl Scouts (9-11 yrs.)

Animal Habitats

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
CubRunREC	T	10am	4C3.2M5U	12/22	$14
BurkeLakePk	Sa	1pm	4C3.J032	1/9	$14
CubRunREC	Sa	1pm	4C3.G47T	1/30	$14

Geocacher

1--2 hour lesson

Location	Day	Time	Code	Date	$
BurkeLakePk	Sa	3pm	1E4.YTPT	3/6	$18

Playing the Past

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
HistHuntley	Sa	1pm	87E.6MJ6	2/6	$14

Space Science Investigator

1--2 hour lesson

Location	Day	Time	Code	Date	$
TurnerFarmPk	Sa	6pm	WVX.5SYQ	1/2	$18
TurnerFarmPk	Sa	6pm	WVJX.MH5	2/20	$18

Trail Adventure

1--1 hour lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	11am	R41.WS1L	12/12	$9

Cadette Girl Scouts (11-14 yrs.)

Babysitter

1--3 hour lesson

Location	Day	Time	Code	Date	$
CubRunREC	Sa	10am	684.XZU8	12/19	$27
CubRunREC	M	3pm	684.ETL2	1/18	$27

Book Artist

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
HistHuntley	Sa	10am	155.2GR6	2/6	$14

Night Owl

1--2 hour lesson

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	6pm	F93.KU7J	1/23	$18
HuntMdws	Sa	6:30pm	F93.H5KC	2/27	$18

Trees Naturalist

1--2 hour lesson

Location	Day	Time	Code	Date	$
ECLawrncePk	Sa	1pm	BB6.ENYR	1/30	$18

Specialty Scout Programs

Campfire Safety for Girl Scouts

(5-Adult) Learn how to safely build and enjoy a campfire, learn fire safety skills and receive the Smokey Bear Pledge certificate. Enjoy a brief woodland walk and toast marshmallows. Children must be accompanied by adult.

1--1 hour campfire

Location	Day	Time	Code	Date	$
LkFairfaxPk	Sa	2pm	AC7.HV9Q	1/30	$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	$
ECLawrncePk	F	6:30pm	5ZY.Ø4ØJ	12/4	$14
TurnerFarmPk	Sa	6pm	5ZY.SW3F	1/9	$14
TurnerFarmPk	Sa	6pm	5ZY.CLWT	2/27	$14
HuntMdws	Sa	6:30pm	5ZY.S2A5	3/13	$14

Dark Sky Patch - Junior and Cadettes

(8-13 yrs.) This patch will help you understand the importance of dark skies and how you can protect this resource. You will learn about light pollution, see the effect of light pollution yourself, learn how you can make changes to reduce light pollution, and share what you have learned with others. This program was made possible by support from the Fairfax County Park Foundation. Patch included.

1--2 hour lesson

Location	Day	Time	Code	Date	$
ECLawrncePk	F	7pm	94G.8SB8	2/26	$18

Scouting America Programs

Cub Scout Bear (8-9 yrs.)

A Bear Goes Fishing

1--1 hour 30 minute lesson

Location	Day	Time	Code	Date	$
BurkeLakePk	Su	2pm	MO6.G1AR	3/14	$14

Merit Badges (11-17 yrs.)

American Heritage

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Sully	Su	11am	FE4.CSLY	2/7	$48

American Indian Culture

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Riverbend Pk	Su	10am	ØCD.1FL8	1/10	$48

Animal Science

1--2 hour Merit Badge

Location	Day	Time	Code	Date	$
Frying Pan Pk	Sa	2:30pm	647.2HEV	2/27	$24

Art

1--3 hour Merit Badge

Location	Day	Time	Code	Date	$
HuntMdws	M	2pm	3DD.5AM9	1/18	$36
Riverbend Pk	F	9am	3DD.UWCC	1/29	$36
HiddenOaks	F	2pm	3DD.GLIK	1/29	$36

Astronomy

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
TurnerFarmPk	Th	4:30pm	2FE.3LDQ	1/28	$48
TurnerFarmPk	M	4:30pm	2FE.2A96	2/15	$48

Bird Study

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	12pm	BCB.JRGL	2/20	$48

Camping

1--5 hour Merit Badge

Location	Day	Time	Code	Date	$
CubRunREC	Su	9am	642.VV1I	12/6	$60
CubRunREC	Su	9am	642.FT9X	1/17	$60
CubRunREC	M	9am	642.GZWG	2/1	$60
LkFairfaxPk	W	9am	642.WMØ3	1/6	$60
LkFairfaxPk	Sa	9am	642.IQN4	2/27	$60

Chemistry

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	1pm	A71.57BJ	1/16	$48
HuntMdws	M	10am	A71.CHUR	2/15	$48

Chess

1--5 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	Su	12pm	C78.ØVYS	12/20	$60

Citizenship in the Community

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	Su	8:30am	FEØ.ZR8R	1/17	$48
Sully	Su	11am	FEØ.X2HK	2/21	$48
Riverbend Pk	Su	10am	FEØ.52ZX	2/28	$48

Citizenship in the Nation

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Sully	Su	11am	38A.2PR3	1/10	$48
HiddenOaks	Su	1pm	38A.XW5M	1/17	$48
Riverbend Pk	M	10am	38A.F9AN	1/18	$48
HistHuntley	Sa	10am	38A.WAGC	2/20	$48

Citizenship in the World

1--5 hour Merit Badge

Location	Day	Time	Code	Date	$
Riverbend Pk	Su	10am	DDB.GMGØ	12/20	$60
HiddenOaks	M	12pm	DDB.PAG3	1/18	$60

Coin Collecting

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Sully	Su	11am	8OW.PMZ6	12/13	$48

Communication

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	Sa	1pm	5BE.CJR2	12/5	$48
Riverbend Pk	Su	12pm	5BE.69SN	1/24	$48
HiddenOaks	M	8:30am	5BE.DQØ8	2/15	$48
Riverbend Pk	Su	12pm	5BE.CRC4	2/21	$48

Disabilities Awareness

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
ECLawrncePk	Su	12pm	9F8.A15F	1/24	$48

Emergency Preparedness

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	F	8:30am	Ø64.2EPT	1/29	$48

Environmental Science

1--5 hour Merit Badge

Location	Day	Time	Code	Date	$
LkFairfaxPk	Th	9am	FFA.YZ34	1/7	$60
CubRunREC	M	9am	FFA.W2RB	1/18	$60
HiddenPond	M	12pm	FFA.9IM1	2/15	$60
CubRunREC	Sa	9am	FFA.2WO3	2/27	$60

First Aid

1--5 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	Su	12pm	869.KIZ9	12/6	$60
HuntMdws	Sa	10am	869.TYFG	1/9	$60
HiddenOaks	M	9am	869.BJ6N	2/1	$60
HuntMdws	Sa	10am	869.ZFQB	3/6	$60

Mammal Study

1--2 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	M	9am	16Ø.1RGT	1/18	$24
Riverbend Pk	Sa	3pm	16Ø.LGZY	1/30	$24

Mining in Society

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
Riverbend Pk	Sa	9am	ØC6.MAØH	1/30	$48

Oceanography

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
CubRunREC	F	9am	A5E.NLDG	1/29	$48
CubRunREC	Su	9am	A5E.QPPJ	2/7	$48

Soil and Water Conservation

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
HiddenOaks	M	1pm	ØA1.W5AA	2/15	$48

Space Exploration

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
TurnerFarmPk	Sa	1pm	92C.QPFG	1/9	$48

Sustainability

1--4 hour Merit Badge

Location	Day	Time	Code	Date	$
LkFairfaxPk	Sa	9am	435.BZIJ	12/12	$48
HiddenPond	M	9am	435.XMM6	1/18	$48
HuntMdws	M	9am	435.AR1D	1/18	$48
Riverbend Pk	F	1pm	435.QØFN	1/29	$48
LkFairfaxPk	M	9am	435.UAJ2	2/1	$48
ECLawrncePk	Su	10am	435.E3NG	2/21	$48
Riverbend Pk	Sa	1pm	435.R662	2/27	$48

Sports and Leagues

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

Golf facilities, classes and tournaments are listed in the Golf section.

Agility & Strength by Vendor

(10-14 yrs.) In this program young athletes improve strength training using resistance and body weight while learning nutrition basics.

4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
MtVernREC	Sa	4pm	BZA.F001	1/9	4SM

Beginning Athletes

(6-8 yrs.) In this high-energy class, kids are introduced to a variety of sports and activities each week including soccer, basketball and flag football.

DSVK 10--55 minute lessons--$176

Location	Day	Time	Code	Begin	$
Franconia Rec	M	5:30pm	FOZ.M14K	1/11	DSVK

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.

DSVP 8--55 minute lessons--$137

Location	Day	Time	Code	Begin	$
Hunt Vly ES	Sa	11am	DDF.Q15N	1/9	DSVP

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

Location	Day	Time	Code	Begin	$
Franconia Rec	Su	2pm	9ML.2T0F	1/10	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.)					
Franconia Rec	Su	3pm	AL1.0V5P	1/10	4SM
BelleVw ES	Sa	10am	0F7.SFZ9	1/9	DSV1
Franconia Rec	Sa	10:30am	0F7.726H	1/9	DSVK
Franconia Rec	Su	9:30am	0F7.CB88	1/10	DSVK
Navy ES	Su	9:50am	0F7.SHRB	1/17	DSVF
Orng Hnt ES	Sa	9am	0F7.F11I	1/9	DSV1



Orng Hnt ES	Sa	10am	0F7.HP8V	1/9	DSV1
SpHillREC	Th	6pm	0F7.FI9X	1/7	4SA
SpHillREC	Sa	11am	0F7.WUC4	1/9	4SA
Sully CommCtr	Su	11am	0F7.5BTY	1/10	DSV1
Sully CommCtr	M	4:30pm	0F7.VJ5H	1/11	DSV1
Wkfld/Moore	Sa	11:30am	0F7.VFJB	1/9	4SA
Wkfld/Moore	M	6:30pm	0F7.DVZA	1/11	DSVR
Wkfld/Moore	Th	5:30pm	0F7.Q70J	1/14	DSVR
(8-10 yrs.)					
BelleVw ES	Sa	11am	134.GVSO	1/9	DSV1
Crestwd ES	T	7pm	MB2.J0BP	1/12	4SM
Navy ES	Su	10:50am	134.3B27	1/17	DSVF
Orng Hnt ES	Sa	11am	134.RQJQ	1/9	DSV1
SpHillREC	Th	7pm	134.68Z9	1/7	4SA
SpHillREC	Sa	12pm	134.DY1Z	1/9	4SA
Sully CommCtr	Su	3pm	134.LGNN	1/10	DSV1
Wkfld/Moore	Su	12pm	134.W50U	1/10	4SA
Wkfld/Moore	M	7:30pm	134.ZW3A	1/11	DSVR
Wkfld/Moore	Th	6:30pm	134.RDQ4	1/14	DSVR
(11-13 yrs.)					
SpHillREC	Sa	1pm	188.5MIC	1/9	4SA
Wkfld/Moore	Th	7:30pm	188.CQ9G	1/14	DSVR

Basketball II

Learn a variety of offensive and defensive strategies in this intermediate class.

4SA 10--55 minute lessons--$181
4SM 8--55 minute lessons--$144
DSVF 8--55 minute lessons--$160
DSVA 8--55 minute lessons--$165

Location	Day	Time	Code	Begin	$
(6-8 yrs.)					
Oakton ES	Sa	9am	Z8E.ALB7	1/16	4SM
Orng Hnt ES	Sa	12pm	Z8E.M8RZ	1/9	DSVA
SpHillREC	Su	12pm	Z8E.HTQX	1/10	4SA
(8-10 yrs.)					
Navy ES	Su	11:50am	919.QKUG	1/17	DSVF
Oakton ES	Sa	10am	919.7ZF4	1/16	4SM
SpHillREC	T	5pm	919.L9HG	1/5	4SA
SpHillREC	Su	1pm	919.40WX	1/10	4SA
(10-12 yrs.)					
Oakton ES	Sa	11am	680.8G6K	1/16	4SM

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
4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Oakton ES	Sa	12pm	998.M1IN	1/16	4SM
SpHillREC	T	7pm	988.3M8H	1/5	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

Location	Day	Time	Code	Begin	$
(5-6 yrs.)					
Crestwd ES	Th	6pm	RRM.TS47	1/14	4SM
(6-8 yrs.)					
Crestwd ES	T	6pm	NUT.R2R0	1/12	4SM

Basketball Shooting Clinic

(10-16 yrs.) Shooting is the most essential skill in basketball. With modern offenses geared towards five perimeter players, shooting has become paramount on all teams at all levels. Focus will on reworking shooting mechanics for maximum accuracy, developing a lightning-quick release and discovering the mindset and training required to become a better shooter.

DSVU 4--1 hour 25 minute lessons--$121

Location	Day	Time	Code	Begin	$
SpHillREC	Su	2pm	3LV.VKSY	1/10	DSVU
SpHillREC	Su	2pm	3LV.KUHF	2/14	DSVU

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.

4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Crestwd ES	Th	7pm	S3J.QLC5	1/14	4SM

Basketball Shooting Fundamentals II

(10-12 yrs.) Class focus is on refining basketball shooting techniques and consistency through drills and game situation shots.

4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Crestwd ES	Th	8pm	WVE.XVPP	1/14	4SM

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.LS4B	1/10	4SA

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	T	6pm	SX4.024S	1/5	4SA
SpHillREC	Su	10am	SX4.INJW	1/10	4SA

Game Time Basketball

(5-6 yrs.) This U6 league introduces 5- and 6-year-olds to basketball and teaches them the rules and basic game fundamentals.

DSVK 10--55 minute lessons--$176

Location	Day	Time	Code	Begin	$
Franconia Rec	F	5:30pm	A55.JG2K	1/15	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.)					
Franconia Rec	F	6:30pm	097.2U9G	1/15	DSVK
(10-13 yrs.)					
Franconia Rec	F	7:30pm	45C.00NJ	1/15	DSVK

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	$
Franconia Rec	Sa	12pm	CD5.S56F	1/9	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.SI1B	1/9	DSV2
(6-7 yrs.)					
SpHillREC	Sa	10am	403.WYTS	1/9	DSV2

Intro to Cheer & Dance I

(6-12 yrs.) Students learn basic skills, including motions, dance movements, routines and cheers while improving flexibility and team spirit. Wear comfortable clothing and athletic shoes.

4SA 10--55 minute lessons--$181

Location	Day	Time	Code	Begin	$
OakmontREC	Su	12:50pm	EE4.7CAC	1/10	4SA

Intro to Cheerleading

Skills taught include motions, jumps, chants and fun cheers. Class culminates in a performance on the last day. Wear comfortable clothing and athletic shoes.

4SA 10--55 minute lessons--$181
4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
(6-9 yrs.)					
MtVernREC	Th	5:30pm	TGV.RG74	1/14	4SM
OakmontREC	Su	11:45am	TGV.COG4	1/10	4SA
(9-15 yrs.					
MtVernREC	Th	6:30pm	16D.0HZP	1/14	4SM

Intro to Olympic Sport Fencing

Introduction to Olympic Sport Fencing through drills, games and exercises done in pairs. Learn basic foot movements such as advances, retreats and lunges, as well as basic hand movements including thrusts and blocks. A $29 equipment fee is payable at first class.

DSV1 8--55 minute lessons--$165

Location	Day	Time	Code	Begin	$
(7-13 yrs.)					
NOVA Fence	M/W	5pm	30E.IOJ4	1/11	DSV1
NOVA Fence	M/W	6pm	30E.5YCC	1/11	DSV1
NOVA Fence	T/Th	5pm	30E.E3B0	1/12	DSV1
NOVA Fence	T/Th	6pm	30E.6U71	1/12	DSV1
NOVA Fence	M/W	5pm	30E.14W8	2/22	DSV1
NOVA Fence	M/W	6pm	30E.WBQF	2/22	DSV1



NOVA Fence	T/Th	5pm	30E.BAGN	2/23	DSV1
NOVA Fence	T/Th	6pm	30E.88GW	2/23	DSV1
(13-Adult)					
NOVA Fence	M/W	7pm	9C1.KPNN	1/11	DSV1
NOVA Fence	T/Th	7pm	9C1.3MVF	1/12	DSV1
NOVA Fence	M/W	7pm	9C1.TKYU	2/22	DSV1
NOVA Fence	T/Th	7pm	9C1.Kf9P	2/23	DSV1

Intro to Sport Fencing

This class introduces students to the sport of Olympic fencing. Students learn how to fence and referee all three disciplines of sport fencing: foil, sabre and epee. No previous experience needed. Equipment can be rented from the instructor for $49 or purchased for $199 with payment due after first class.

CPVH 7--55 minute lessons--$111

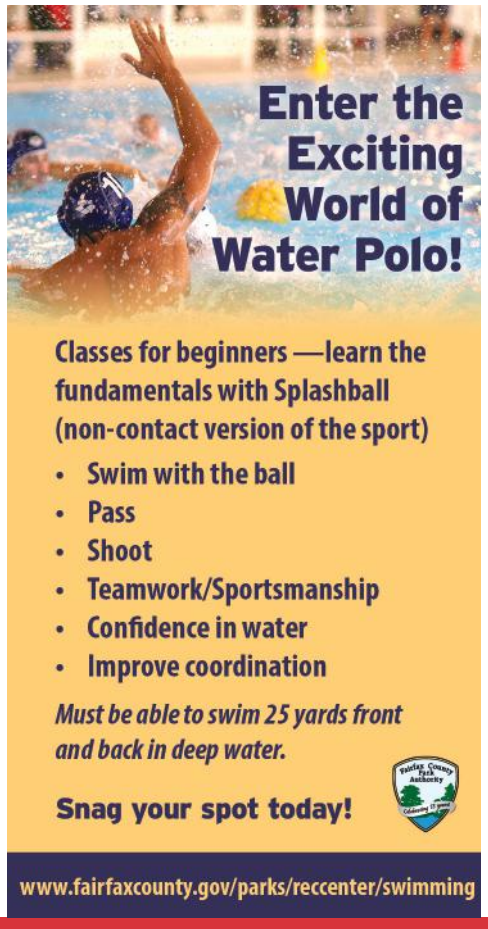
Location	Day	Time	Code	Begin	$
(8-14 yrs.)					
Wkfld/Moore	Sa	2pm	TSB.DTQ4	1/9	CPVH
Wkfld/Moore	W	8pm	TSB.VAFO	1/13	CPVH
(14-Adult)					
Wkfld/Moore	W	7pm	IAB.6BOM	1/13	CPVH

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 bouting 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	3pm	PZQ.2ZEX	1/9	CPVH



Flag Football

Students learn the fundamentals of football in an upbeat and engaging environment. Focus is on throwing, catching, and route running, as well as offensive and defensive positional techniques. Learn to compete in a positive sports environment while developing teamwork and sportsmanship.

4SA 10--55 minute lessons--$181
DSV1 8--55 minute lessons--$165
DSVR 10--55 minute lessons--$208

Location	Day	Time	Code	Begin	$
(6-8 yrs.)					
Wkfld/Moore	W	5:30pm	2N0.508A	1/13	DSVR
(8-11 yrs.)					
BelleVw ES	Sa	9am	N49.BLHG	1/9	DSV1
Wkfld/Moore	Su	10am	N49.Y83I	1/10	4SA
Wkfld/Moore	W	6:30pm	N49.G0N3	1/13	DSVR
(12-14 yrs.)					
Wkfld/Moore	W	7:30pm	LED.OTBS	1/13	DSVR

Gymnastics

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
DSV1 8--55 minute lessons--$165
DSVL 8--55 minute lessons--$187

Location	Day	Time	Code	Begin	$
(5-7 yrs.)					
Franconia Rec	Sa	10am	C0F.SU47	1/9	DSV1
Franconia Rec	Su	10am	C0F.TEP9	1/10	DSV1
MtVernREC	Sa	2:30pm	C0F.4QN8	1/9	DSVL
ProvREC	Th	5:45pm	C0F.6XDP	1/14	DSVL
ProvREC	Su	11:35am	C0F.QJ09	1/17	DSVL
SoRunREC	Sa	11am	C0F.J0ZU	1/9	4SM
SoRunREC	Su	12:45pm	C0F.KK0A	1/10	DSV1
Wkfld/Moore	Sa	3pm	C0F.YNAB	1/9	DSVL
Wkfld/Moore	T	6pm	C0F.J0QV	1/12	DSVL
Wkfld/Moore	W	6:40pm	C0F.NYB7	1/13	DSVL
(6-9 yrs.)					
MtVernREC	Sa	1:30pm	8D7.U2DB	1/9	DSVL
ProvREC	Th	6:45pm	8D7.MZGY	1/14	DSVL
ProvREC	Su	12:35pm	8D7.T7CA	1/17	DSVL
SoRunREC	Sa	10am	8D7.GV8H	1/9	4SM
SoRunREC	Su	1:50pm	8D7.NMRH	1/10	DSV1
Wkfld/Moore	Sa	4pm	8D7.M8SX	1/9	DSVL
Wkfld/Moore	T	7pm	8D7.4OD2	1/12	DSVL
(6-12 yrs.)					
CubRunREC	Sa	11:30am	JBN.U45X	1/9	4SM
CubRunREC	T	6:15pm	JBN.DT7L	1/12	4SM
CubRunREC	W	6:50pm	JBN.YN5X	1/13	4SM
Franconia Rec	Sa	12pm	JBN.YH2Q	1/9	DSV1
Franconia Rec	Su	12pm	JBN.VQ23	1/10	DSV1
SoRunREC	Su	3pm	JBN.MWQY	1/10	DSV1
(10-12 yrs.)					
MtVernREC	Sa	12:30pm	FZS.SK1J	1/9	DSVL
ProvREC	Th	7:45pm	FZS.KDPN	1/14	DSVL

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.FF08	1/13	DSVL

Indoor Pickleball 1

(Adults) 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.

DPV1 10--55 minute lessons--$212
DSP1 8--55 minute lessons--$153
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
Franconia Rec	T	9am	TTX.8D31	1/12	DSP1
Franconia Rec	Th	9am	TTX.S3N6	1/14	DSP1
ProvREC	W	10am	TTX.XL0F	1/13	DSP1
Wkfld/Moore	T	11am	TTX.14TT	1/12	DSP1
Wkfld/Moore	W	8am	TTX.NRCB	1/13	DSP1
Wkfld/Moore	Th	8:30am	TTX.EBE0	1/14	DSP1
Wkfld/Moore	Th	11:40am	TTX.MD11	1/14	DSP1
Franconia Rec	Sa	9am	B60.2PTB	1/9	DPV1
Franconia Rec	Su	1pm	B60.9X94	1/10	DPV1
Franconia Rec	Th	4pm	B60.810T	1/14	DPV1
SpHillREC	M	9am	B60.SKL9	1/4	DVP2
SpHillREC	Th	11am	B60.3VSQ	1/7	DPV1
Sully CommCtr	Su	4pm	B60.NZ0F	1/10	DVP2
Sully CommCtr	W	10am	B60.UGMD	1/13	DVP2
Sully CommCtr	Th	10am	B60.12MZ	1/14	DVP2
Wkfld/Moore	M	12:45pm	B60.NZJF	1/11	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.

DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
SpHillREC	M	11am	GD0.9028	1/4	DVP2

Indoor 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.

DSP1 8--55 minute lessons--$153
DPV1 10--55 minute lessons--$212
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
Franconia Rec	T	10am	REP.Z3ZE	1/12	DSP1
Franconia Rec	Th	10am	REP.Z92A	1/14	DSP1
ProvREC	W	11am	REP.QCXQ	1/13	DSP1
Wkfld/Moore	T	12:15pm	REP.YI2C	1/12	DSP1
Wkfld/Moore	W	9am	REP.CRUQ	1/13	DSP1
Wkfld/Moore	Th	9:30am	REP.9D1H	1/14	DSP1
Wkfld/Moore	Th	12:40pm	REP.RD65	1/14	DSP1
Franconia Rec	Sa	10am	QJ3.3A6V	1/9	DPV1
Franconia Rec	Su	2pm	QJ3.5O6G	1/10	DPV1
Franconia Rec	T	4pm	QJ3.YZNM	1/12	DPV1
Franconia Rec	Th	5pm	QJ3.A4O9	1/14	DPV1
SpHillREC	W	10am	QJ3.CQZM	1/6	DPV1
SpHillREC	W	11am	QJ3.KBJ2	1/6	DPV1
SpHillREC	Th	10am	QJ3.ENIM	1/7	DPV1
SpHillREC	F	11am	QJ3.YMNT	1/8	DPV1
Sully CommCtr	Su	5pm	QJ3.N3U4	1/10	DVP2
Sully CommCtr	T	10am	QJ3.64HI	1/12	DVP2
Sully CommCtr	W	11am	QJ3.06AG	1/13	DVP2
Sully CommCtr	F	10am	QJ3.ESXG	1/15	DVP2
Wkfld/Moore	M	1:45pm	QJ3.LYDE	1/11	DVP2

Indoor Pickleball 2 Coached Play

(Adults) Prerequisite: Pickleball 2. Participants rally with other players alongside a certified coach in this indoor program. Students should know the basic strokes. Individuals benefit from varied play and



timely coaching for boosting their pickleball game with the focus on developing consistency.

DPV1 10--55 minute lessons--$212
DSP1 8--55 minute lessons--$153
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
ProvREC	W	12pm	UP5.645Q	1/13	DSP1
ProvREC	W	1pm	UP5.0XQE	1/13	DSP1
Franconia Rec	Su	4pm	JAE.TJAB	1/10	DPV1
Franconia Rec	T	5pm	JAE.5CEO	1/12	DPV1
SpHillREC	M	12pm	JAE.V6BH	1/4	DVP2
Wkfld/Moore	F	2:30pm	JAE.TBU7	1/15	DVP2

Indoor Pickleball 3

(Adults) Prerequisite: Pickleball II. This indoor class focuses on Doubles strategy and execution.

DPV1 10--55 minute lessons--$212
DSP1 8--55 minute lessons--$153
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
Franconia Rec	T	11am	NMX.2HH3	1/12	DSP1
Franconia Rec	Th	11am	NMX.62TK	1/14	DSP1
Wkfld/Moore	T	1:15pm	NMX.976H	1/12	DSP1
Wkfld/Moore	W	10am	NMX.QRFW	1/13	DSP1
Wkfld/Moore	Th	1:40pm	NMX.FQET	1/14	DSP1
Wkfld/Moore	Th	10:30am	NMX.Q0UZ	1/14	DSP1
Franconia Rec	Sa	11am	UQP.Z4PV	1/9	DPV1
Franconia Rec	Su	3pm	UQP.JATZ	1/10	DPV1
Franconia Rec	Su	3pm	UQP.210X	1/14	DPV1
SpHillREC	W	12pm	UQP.726N	1/6	DPV1
SpHillREC	Th	12pm	UQP.5GG4	1/7	DPV1
SpHillREC	F	10am	UQP.P3EW	1/8	DPV1
SpHillREC	F	12pm	UQP.Q1LF	1/8	DPV1
Sully CommCtr	Su	6pm	UQP.6DTL	1/10	DVP2
Sully CommCtr	T	11am	UQP.BQFA	1/12	DVP2
Sully CommCtr	Th	11am	UQP.U8N1	1/14	DVP2
Wkfld/Moore	M	2:45pm	UQP.H5NN	1/11	DVP2
Wkfld/Moore	Th	1:30pm	UQP.BTRA	1/14	DVP2

Indoor Pickleball 3 Coached Play

(Adults) Prerequisite: Pickleball 3. Participants rally with other players alongside a certified coach in this indoor program. Individuals benefit from varied play and timely coaching for boosting their pickleball game. Focus is on executing strokes with increasing consistency.

DPV1 10--55 minute lessons--$212
DSP1 8--55 minute lessons--$153
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M	11:30am	S8A.J364	1/11	DSP1
Wkfld/Moore	T	9am	S8A.X7GR	1/12	DSP1
SpHillREC	M	1pm	20X.FQNZ	1/4	DVP2
Wkfld/Moore	F	1:30pm	20X.NM6X	1/15	DVP2

Indoor Pickleball 4

(Adults) This advanced program is designed for players who have successfully completed Pickleball 3 and are confident with foundational skills. Key areas of focus include the third shot drop, maintaining control in the transition zone, mastering the dink shot, including its variations and both defensive and offensive styles. Enhance your ability to sustain medium-length dink rallies, hit effective lobs and overheads, and move quickly to the non-volley zone when the opportunity arises. If you meet the 8 out of 10 skill proficiency required, this indoor class is the perfect opportunity to push your game to new heights.

DPV1 10--55 minute lessons--$212
DVP2 8--55 minute lessons--$166

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	8am	1FL.9A3B	1/9	DPV1
Franconia Rec	Su	5pm	1FL.MYS5	1/10	DPV1
SpHillREC	M	10am	1FL.CDP2	1/4	DVP2
SpHillREC	W	9am	1FL.T06R	1/6	DPV1
SpHillREC	Th	9am	1FL.6WLN	1/7	DPV1
SpHillREC	F	9am	1FL.KG5Y	1/8	DPV1
Sully CommCtr	Su	7pm	1FL.53DS	1/10	DVP2
Sully CommCtr	T	12pm	1FL.SR0Y	1/12	DVP2
Sully CommCtr	F	11am	1FL.GF8I	1/15	DVP2
Wkfld/Moore	Th	2:30pm	1FL.SREC	1/14	DVP2
Wkfld/Moore	F	12:30pm	1FL.6SFS	1/15	DVP2

Indoor Pickleball Round Robin

(Adults) Prerequisite: Pickleball 3. Players participate in ladder play with various partners in this indoor class. Focus in on making play fun and competitive.

DSP1 8--55 minute lessons--$153

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Su	8am	LYW.P26R	1/10	DSP1
Wkfld/Moore	M	9:30am	LYW.AIK6	1/11	DSP1
Wkfld/Moore	W	1pm	LYW.GCH6	1/13	DSP1
Wkfld/Moore	W	2pm	LYW.1DTU	1/13	DSP1

Indoor Pickleball Skills & Drills

(Adults) In this indoor class students focus on one skill per class, then play to reinforce that particular technique. Students should have some pickleball experience.

DSP1 8--55 minute lessons--$153

Location	Day	Time	Code	Begin	$
Wkfld/Moore	M	10:30am	TOX.VIX6	1/11	DSP1
Wkfld/Moore	T	2:15pm	TOX.CWM2	1/12	DSP1
Wkfld/Moore	T	10am	TOX.9SQZ	1/12	DSP1

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

Location	Day	Time	Code	Begin	$
(8-12 yrs.)					
Wkfld/Moore	F	5:30pm	EB2.N4ZX	1/15	DSVT
(13-Adult)					
Wkfld/Moore	F	6:30pm	UH9.N8OK	1/15	DSVT

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

Location	Day	Time	Code	Begin	$
(6-8 yrs.)					
LittleRnES	Sa	11am	29D.L1TC	1/9	4SM
SpHillES	Sa	11am	29D.83OM	1/9	4SM
LemonRd ES	Su	2pm	29D.6S0O	1/10	4SM
Wkfld/Moore	Sa	2:15pm	29D.QY60	1/9	4SA
Wkfld/Moore	Su	1:45pm	29D.U10S	1/10	4SA
(8-12 yrs.)					
LittleRunES	Sa	12pm	F64.7O0D	1/9	4SM
SpHillES	Sa	12pm	F64.CLFK	1/9	4SM
LemonRd ES	Su	1pm	F64.LM0U	1/10	4SM
Wkfld/Moore	Sa	3:15pm	F64.BM7V	1/9	4SA
Wkfld/Moore	Su	2:45pm	F64.PL7Z	1/10	4SA

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.YSVA	1/9	4SM
SpHillES	Sa	1pm	580.ZW1E	1/9	4SM
LemonRd ES	Su	11am	580.U830	1/10	4SM
(8-12 yrs.)					
LittleRunES	Sa	2pm	DA0.6NUR	1/9	4SM
SpHillES	Sa	12m	DA0.2XLA	1/9	4SM
LemonRd ES	Su	12pm	DA0.AUG7	1/10	4SM

Brazilian Soccer Skills Clinic

Experience authentic indoor soccer training led by an experienced international Brazilian United coach. Enhance skills, including footwork, soccer techniques, tactics, physical abilities and mental sharpness. Methodology goes beyond soccer, promoting overall well-being, improving soft skills and developing core abilities

CPVH 7--55 minute lessons--$111

Location	Day	Time	Code	Begin	$
(6-10 yrs.)					
BelleVw ES	Su	10am	P60.VM26	1/10	CPVH
BelleVw ES	Su	12pm	P60.ZZ4K	1/10	CPVH
WSprngfd ES	Sa	10am	P60.XVEG	1/9	CPVH
WSprngfd ES	Sa	12pm	P60.YSTV	1/9	CPVH
(11-14 yrs.)					
BelleVw ES	Su	11am	XE8.TKFG	1/10	CPVH
WSprngfd ES	Sa	11am	XE8.NLVA	1/9	CPVH

Challenger International Soccer Academy

(6-9 yrs.) Players get to train with our coaches and work on core skills such as shooting, dribbling and passing while working on offensive and defensive 1v1 scenarios and receiving the ball. With no emphasis on winning, practices only have one goal-to develop and improve each player both on and off the field at their own pace. Practices are taken from our age-specific developmental curriculum designed by experts from around the world.

DSVJ 8--1 hour 15 minute lessons--$199

Location	Day	Time	Code	Begin	$
Franconia Rec	Sa	12pm	D59.MXVW	1/9	DSVJ





Speed, Agility & Quickness

Elevate your game to the next level with workouts geared to make you a better athlete in any sport. A combination of drills and competitions increases strength, endurance, agility, acceleration, speed, lateral and vertical movement. Focus is on cross-sport movements.

4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
(9-12 yrs.)					
MtVernREC	Sa	2pm	9X5.8K72	1/9	4SM
(13-18 yrs.)					
MtVernREC	Sa	3pm	WRK.PYVX	1/9	4SM

Sport Boxing

Students learn boxing fundamentals including punches, footwork and defensive techniques while increasing strength and stamina.

CSVW 6--55 minute lessons--$233

Location	Day	Time	Code	Begin	$
(8-12 yrs.)					
MtVernREC	W	5:30pm	SN2.1XH0	1/13	CSVW
MtVernREC	F	5:30pm	SN2.AVB0	2/26	CSVW
(13-Adult)					
MtVernREC	F	6:30pm	M6J.BAQ0	1/15	CSVW
MtVernREC	W	6:30pm	M6J.INDI	2/24	CSVW

T-Ball

(5-7 yrs.) Get a head start on the spring T-ball season. Skill development includes base running, hitting off tee, throwing and catching. Bring a baseball glove.

4SM 8--55 minute lessons--$144
DSVP 8--55 minute lessons--$137

Location	Day	Time	Code	Begin	$
Hunt Vly ES	Sa	10am	3E1.Q7ES	1/9	DSVP
Sully CommCtr	Su	10am	3E1.EKG0	1/10	4SM
Sully CommCtr	M	3:30pm	3E1.BQ40	1/11	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
DSVK 10--55 minute lessons--$176

Location	Day	Time	Code	Begin	$
(5-8 yrs.)					
Franconia Rec	W	5:30pm	MKL.VJB2	1/13	DSVK
Franconia Rec	F	5:30pm	MKL.L5MY	1/15	DSVK
RollValy ES	Sa	10am	MKL.0632	1/9	DSV1
RollValy ES	Sa	11am	MKL.76HY	1/9	DSV1
RollValy ES	Sa	12pm	MKL.CD26	1/9	DSV1
SpHillREC	Sa	3pm	MKL.N4M2	1/9	4SM
SpHillREC	Sa	5pm	MKL.ESFS	1/9	4SM
SpHillREC	Su	2pm	MKL.JFC6	1/10	4SM
SpHillREC	Su	3pm	MKL.BVEB	1/10	4SM
SpHillREC	Sa	1pm	MKL.4UQ2	1/23	DSV1
SpHillREC	Sa	2pm	MKL.GIRW	1/23	DSV1
(9-12 yrs.)					
SpHillREC	Sa	3pm	N0B.CWPU	1/9	DSV1
SpHillREC	Sa	4pm	N0B.RD83	1/9	4SM
SpHillREC	Su	4pm	N0B.H20I	1/10	4SM
(10-17 yrs.)					
SpHillREC	Sa	2pm	A49.E60Q	1/9	4SM

Tennis Fundamentals-Indoors

(Adults) Keep up with your tennis skills during cold winter months. Class includes skill development, stroke improvement, video and tennis drills. Students need a tennis racquet and 2 cans of balls.

4SM 8--55 minute lessons--$144

Location	Day	Time	Code	Begin	$
Wkfld/Moore	T	9am	CC6.0JWD	1/12	4SM
Wkfld/Moore	T	10am	CC6.75H1	1/12	4SM
Wkfld/Moore	T	11am	CC6.CIVF	1/12	4SM
Wkfld/Moore	W	9am	CC6.PWAS	1/13	4SM
Wkfld/Moore	W	10am	CC6.R1IX	1/13	4SM
Wkfld/Moore	Th	9am	CC6.DE5C	1/14	4SM
Wkfld/Moore	Th	10am	CC6.BPIN	1/14	4SM
Wkfld/Moore	Th	11am	CC6.DZCV	1/14	4SM

Volleyball

Learn basic volleyball skills through drills and games. Class covers scoring, serving, bumping, spiking and team play. All classes are co-ed.

4SM 8--55 minute lessons--$144
DSVR 10--55 minute lessons--$208
DSVT 10--55 minute lessons--$192

Location	Day	Time	Code	Begin	$
(8-12 yrs.)					
Sully CommCtr	Su	10am	8D1.0X27	1/10	4SM
Sully CommCtr	T	4:30pm	8D1.YT72	1/12	4SM
Wkfld/Moore	M	5:30pm	8D1.SXUG	1/11	DSVT
Wkfld/Moore	T	5:30pm	8D1.B5GU	1/12	DSVR
Wkfld/Moore	T	6:30pm	8D1.ED3B	1/12	DSVR
Wkfld/Moore	Th	5:30pm	8D1.0GMI	1/14	DSVR
Wkfld/Moore	F	5:30pm	8D1.E506	1/15	DSVT
(12-17 yrs.)					
Sully CommCtr	Su	11am	BA8.SJ3Y	1/10	DSVS
Wkfld/Moore	M	6:30pm	BA8.S798	1/11	DSVT
Wkfld/Moore	F	6:30pm	BA8.73L3	1/15	DSVT
(16-Adult)					
Wkfld/Moore	M	7:30pm	CR8.W2O6	1/11	DSVT
Wkfld/Moore	F	7:30pm	CR8.2TAN	1/15	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.

DSVR 10--55 minute lessons--$208

Location	Day	Time	Code	Begin	$
Wkfld/Moore	Th	6:30pm	0X0.TNKJ	1/14	DSVR

Xtras

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

Game Classes

Bridge I

(13-Adult) Designed for beginning players or a brush-up for players returning to the game. Stresses bidding and basic defense.

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	DF7.0WH3	1/11	4XL
SoRunREC	M	7pm	DF7.WWGT	1/11	4XC

Bridge II

(13-Adult) Further develop your defensive bridge skills. Designed for students with bridge knowledge. Learn to be offensive on defense. Sessions include a review of basic Standard American Bidding System.

4XL 8--1 hour 55 minute lessons--$226

Location	Day	Time	Code	Begin	$
ProvREC	M	1pm	70C.7QAT	1/11	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	3pm	348.04UB	1/10	4XC

Bridge IV

(13-Adult) This course is the back of the Standard Yellow Card, with particular emphasis on bidding hands with two suits in competition.

4XC 10--1 hour 55 minute lessons--$281

Location	Day	Time	Code	Begin	$
SoRunREC	Su	1pm	DFE.5VRF	1/10	4XC



Submit your photos and win prizes!
www.fairfaxcounty.gov/parks/first-hike



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	M	1pm	615.U2IL	1/11	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	$
Frying Pan Pk	Th	6pm	2PM.US7S	1/14	DXVE
MtVernREC	Th	5:30pm	2PM.D4C9	1/14	DXVE
OakmontREC	Th	6:30pm	2PM.945X	1/14	DXVK
ProvREC	M	6pm	2PM.YQQU	1/18	DXVE
SpHillREC	M	6pm	2PM.STP8	1/11	DXVE
Wkfld/Moore	W	6pm	2PM.8428	1/13	DXVK

Other Opportunities

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	$
(7-9 yrs.)					
OakmontREC	Th	5:30pm	E7M.E18D	1/14	DXVH
Wkfld/Moore	F	6:30pm	E7M.Q5MM	1/15	DXVH
(10-12 yrs.)					
OakmontREC	Th	5:30pm	E7M.E18D	1/14	DXVH
Wkfld/Moore	F	7:30pm	4RG.5YYD	1/15	DXVH

Bakers & Makers by Vendor

(6-8 yrs.) This is a class for kids who like to create, each session will focus on basics sewing, baking and creating crafts. Students will taste or take home their own creations. Any supply fee payable to instructor.

DXVE 8--55 minute lessons--$162

Location	Day	Time	Code	Begin	$
MtVernREC	Su	3pm	XBS.J6DC	1/10	DXVE

Cooking Sweet & Savory

(6-12 yrs.) Just like the name suggests, each meeting of this Baroody Camps class features a sweet treat that will go perfectly with dinner and one savory dish. 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.76J8	1/15	DXVE

Etiquette for Kids/Tweens

(6-13 yrs.) In this class students learn the power and importance of good manners, the basics of poise, dressing to impress and more. Classes include topics on manners at home and in public, introductions, friendships and table settings. Classes are interactive, and there are opportunities for skills practice. Class includes a snack. Supply fee of $10 payable to instructor at first class.

DXVH 8--55 minute lessons--$176

Location	Day	Time	Code	Begin	$
OakmontREC	Th	6:45pm	4RG.MQ94	1/14	DXVH
Wkfld/Moore	F	5:30pm	4C0.0VBE	1/15	DXVH

Breakfast for Dinner

(6-12 yrs.) Turn your favorite breakfast dishes into the main event as dinner options in this Tiny Chefs class. We will sample dishes from brunch pasta with bacon and eggs to French toast with bananas and blueberries. Your little chef will love tucking into these comforting breakfast choices. Any supply fee payable to instructor at first class.

DXVV 8--55 minute lessons--$299

Location	Day	Time	Code	Begin	$
ProvREC	Su	1pm	984.4RRG	1/10	DXVV

REGISTRATION INFORMATION

REGISTER BY NOVEMBER 6 AND SAVE $8*

CLASS REGISTRATION STARTS TUESDAY, OCTOBER 27 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 October 27 for classes for faxed forms. Forms received prior to that date will be processed starting October 27. 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 October 27 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 November 9.** 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 cancelations, visit www.fairfaxcounty.gov/parks or call the Park Authority inclement weather information line: 703-324-8661.
- Cancelation information is also communicated via local TV and radio stations and Fairfax County government cable channels 16 and 21.
- Cancelations for classes held at vendor locations are made independently. Please call the location where the class is being held.

HOLIDAY CLOSINGS

Any exceptions to the class schedule will be announced at the first class.

WAITLISTS

Waitlists for classes open the day after registration begins at 10 a.m.

CLASS TRANSFERS

Call for transfer options before the second class meets.

CONFIRMATION

Confirmations are sent by email to customers who register online. To check your registration status, click on Your Account then Your Signups at Parktakes online or call 703-222-4664. Refunds are not given for a missing/lost/not received confirmation.

REFUNDS

- FCPA will automatically post a full credit to your account when a class or program is canceled in its entirety. If the FCPA cancels individual meetings due to inclement weather or other circumstances, your account will be credited at the end of the program session for any classes not made up.
- A full refund will be issued when a class or program is changed by FCPA, and it impossible for the customer to continue with the class.
- **Refunds or class credits are not issued for missed individual meetings for classes, camps, workshops, programs, or trips due to personal schedule conflicts or illness.**

When a customer cancels a registration, the following fees apply per registration:

Classes

- Request received 14 or more days prior to the start date - full refund.
- Request received 13 or fewer days prior to the start date - $15 processing fee applied.
- Request received on class start date - refund minus cost of one class and $15 processing fee.
- Request received after start date - prorated refund based on number of classes and $15 processing fee.
- Requests for refunds must be submitted prior to the end of the session.

Camps/Workshops

- Transfer and refund requests must be received 14 days prior to the camp start date. A $25 processing fee per session will be deducted.
- Request received 13 or fewer days prior to the start date - no refund.

Day Trips and Tours

- Request received 14 or more days prior to the trip date - full refund.
- Requests received 13 or fewer days prior to the trip date - no refund.

SENIOR DISCOUNTS

Fairfax County and Fairfax city residents age 65 or older get a 35% discount. This applies to CODED activities only. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof, per family fees and programs priced $50 or less.

*Early registration discount

Does not apply to activities without catalog ID's, events, re-advertised tours, scout programs, camps, camp extended care, per family fees or classes priced $50 or less.

PHOTOS/VIDEOS

The FCPA reserves the right to photograph and videotape all its activities, events, classes, programs and facilities for promotional purposes.

SCHOLARSHIPS/PUBLIC ASSISTANCE

Scholarships for one coded class per quarter are available for dependent children of Fairfax County residents who receive public assistance. **A $15 processing fee applies for each scholarship class** and is refundable only if Fairfax County cancels the program. Students must pay any supply fees.

Note: No scholarships are offered for camps, workshops, day trips/tours, vendor-provided programs, FallProof, TRX or Pilates Allegro lessons.

Required documentation: A verification letter from the assisting agency must accompany the scholarship request form and include eligibility dates and the name of the family member who will receive the scholarship. Eligible forms of public assistance are:

- **Medicaid**
- **Free lunch verification from Fairfax County Public Schools**
- **SNAP (food stamps)**
- **TANF**
- **WIC**
- **Head Start**
- **FAMIS**

REGISTER FOR SCHOLARSHIPS:

Complete a scholarship eligibility form at www.fairfaxcounty.gov/parks/scholarships 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
- $22,500/family of 2
- $28,300/family of 3
- $34,100/family of 4
- $39,900/family of 5
- $45,700/family of 6

For each additional person, add $5,800 to determine maximum annual income for eligibility.

REGISTRATION FORM

REGISTER BY NOVEMBER 6 AND SAVE $8*

WINTER 2027 CLASS REGISTRATION
STARTS TUESDAY, OCTOBER 27 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	Gender	1ST CHOICE Activity Code	Activity Name	Start Date	Start Time	Listed Fee	2ND CHOICE Activity Code
SAMPLE, JOEY	3/15/13	M	33C.D5A7	PEE WEE PADDLER 1	6/23	2 PM	$91	33C.9CE4
	/ /							
	/ /							
	/ /							
	/ /							

SUBSCRIBE TO PARKTAKES! IT'S FREE! ❑ Mail Parktakes to street address above. ❑ I want to consider the environment. Send Parktakes to my e-mail address.

PAYMENT INSTRUCTIONS

1	**Total Listed Fee(s):** For all 1st choice programs		
2	**Fairfax County Senior Discount (classes with activity code):** Multiply line 1 by 0.35 to calculate 35% senior discount. Do NOT round off cents. Write result in line 3. Only residents of Fairfax County and Fairfax City age 65 or older are eligible. Not included: Day Trips and Tours, Pilates Allegro lessons, FallProof or classes priced $50 or less. See senior discount section on next page.	Line 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 in 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

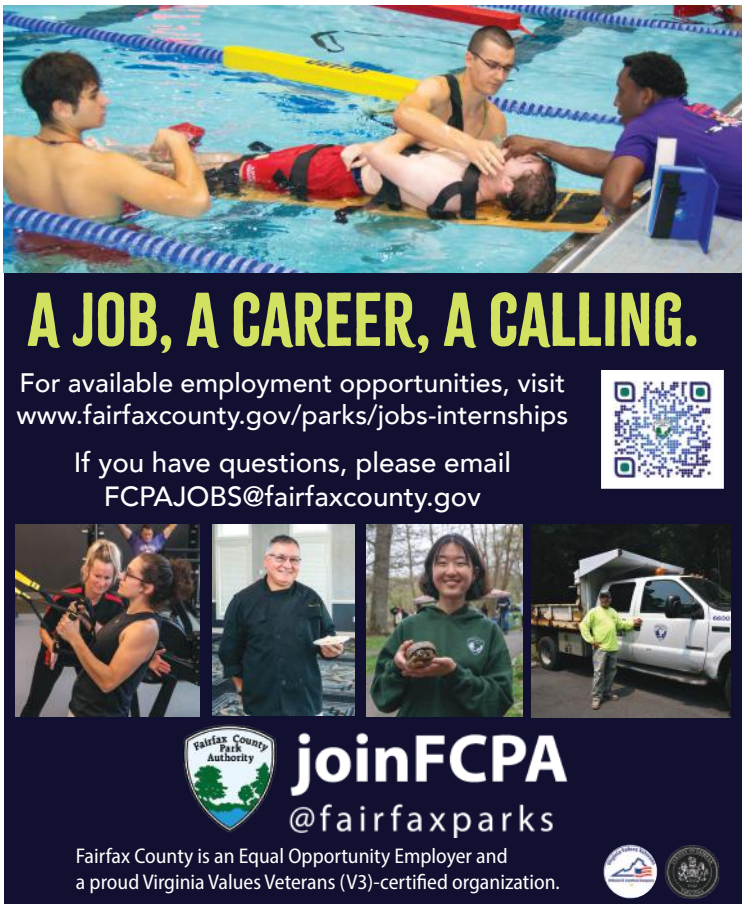
❑ Public Assistance Recipient (attach verification)

See scholarship information on previous page. Signature is required.

Signature

CN-Staff use only#





Parktakes Statement of Ownership, Management, and Circulation Postal Permit

UNITED STATES POSTAL SERVICE® **Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)**

1. Publication Title	2. Publication Number	3. Filing Date
Parktakes	0010296	01/14/2026
4. Issue Frequency	5. Number of Issues Published Annually	6. Annual Subscription Price
Quarterly	4	Free

7. Complete Mailing Address of Known Office of Publication *(Not printer)* *(Street, city, county, state, and ZIP+4®)*
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500
Contact Person: Cindy Fortuno
Telephone *(Include area code)*: (703) 324-8601

8. Complete Mailing Address of Headquarters or General Business Office of Publisher *(Not printer)*
12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor *(Do not leave blank)*

Publisher *(Name and complete mailing address)*
Fairfax County Park Authority 12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500

Editor *(Name and complete mailing address)*
Cindy Fortuno 12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500

Managing Editor *(Name and complete mailing address)*
Cindy Fortuno 12055 Government Center Parkway, Suite 927
Fairfax, VA 22035-5500

10. Owner *(Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)*

Full Name	Complete Mailing Address
Fairfax County Park Authority	12055 Government Center Parkway, Suite 927 Fairfax, VA 22035-5

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box → ☐ None

Full Name	Complete Mailing Address

15. Extent and Nature of Circulation			Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies *(Net press run)*				
b. Paid Circulation *(By Mail and Outside the Mail)*	(1)	Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	10906	11338
	(2)	Mailed In-County Paid Subscriptions Stated on PS Form 3541 *(Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)*	71643	72938
	(3)	Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4)	Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
c. Total Paid Distribution *[Sum of 15b (1), (2), (3), and (4)]* ▶			82549	84276
d. Free or Nominal Rate Distribution *(By Mail and Outside the Mail)*	(1)	Free or Nominal Rate Outside-County Copies included on PS Form 3541		
	(2)	Free or Nominal Rate In-County Copies Included on PS Form 3541		
	(3)	Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)		
	(4)	Free or Nominal Rate Distribution Outside the Mail *(Carriers or other means)*	18949	19025
e. Total Free or Nominal Rate Distribution *(Sum of 15d (1), (2), (3) and (4))*			18949	19025
f. Total Distribution *(Sum of 15c and 15e)* ▶			101498	103301
g. Copies not Distributed *(See Instructions to Publishers #4 (page #3))* ▶			1600	300
h. Total *(Sum of 15f and g)*			103098	103601
i. Percent Paid *(15c divided by 15f times 100)* ▶			81.33	81.58

* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

UNITED STATES POSTAL SERVICE® **Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)**

16. Electronic Copy Circulation	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies ▶	384282	116,693
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a) ▶	466831	200,969
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a) ▶	485780	103417.693
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c × 100) ▶	96	91.35

☐ **I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.**

17. Publication of Statement of Ownership

☐ If the publication is a general publication, publication of this statement is required. Will be printed in the 10/22/26 issue of this publication. ☐ Publication not required.

About the Statement of Ownership, Management, and Circulation Postal Permit

Parktakes Magazine is required to submit and publish a Statement of Ownership, Management, and Circulation form annually by the USPS to show proof of eligibility for mailing under a Periodical Permit.

THE FAIRFAX COUNTY PARK FOUNDATION





FCPF 25 Years

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 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.

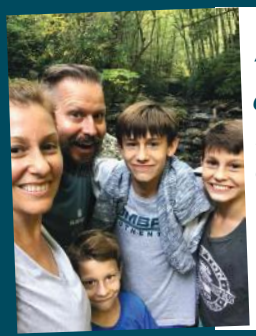
Workplace Giving

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

Help support the mission of the Fairfax County Park Foundation.

Donating is fast and easy! Vehicle pick-up is free.

For more information and to schedule free pick-up service, call toll-free 855-500-7433 or visit www.FairfaxParkFoundation.org.



"Parks set the scene for our adventures and are the backdrop for so many of our favorite family pictures. When the time came to donate our car, we found the Park Foundation's service to be easy and professional. It was our pleasure to support an organization whose mission provides a means to contribute toward the care of Fairfax County's natural spaces, historic properties, trails, playgrounds, and ballfields for the joy of all who visit."
– The Grape Family

Donations Accepted:

- Cars
- Trucks
- Boats
- Motorcycles
- Motor Homes

(Vehicles do not need to be working).

Parktakes

Fairfax County Park Authority
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Fairfax, VA 22035-5500

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