

## SKI, SNOWBOARD, SNOW TUBING

February 18 & March 18 @ Bryce Resort

pg. 8

Join us for

# WALKING CLUB

at great places like Rose Hill Park!

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FIELD HOCKEY  
BEGINNING  
MARCH 31

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FREDERICK COUNTY  
**PARKS & RECREATION**

**SPRING 2017 ACTIVITIES GUIDE**

The Parks and Recreation Commission meets every second Tuesday at 7 p.m. at various locations. Call 665-5678 for additional information or if you wish to address the Commission.

Back Creek District - Gary Longerbeam, Chair  
Gainesboro District - Natalie Gerometta  
Opequon District - Ron Madagan  
Red Bud District - Chris Fordney  
Shawnee District - Guss Morrison  
Stonewall District - Randy Carter, Vice Chair  
Member at Large - Charles "Rusty" Sandy  
Member at Large - Amy Strosnider

Board of Supervisor Liaison - Blaine Dunn

The Frederick County Parks and Recreation Department Activities Guide is published five times per year with a special summer camps issue in early spring. To receive your free copy, call 540-665-5678. Information in this publication is also available on our web site: [fcprd.net](http://fcprd.net)

## Frederick County Walks!

Join Frederick County Parks and Recreation as we launch Frederick County Walks! We want to get the community up and moving with a series of walks in our parks and other interesting trails we find in the community-- It's FREE and all interested are welcome!

Join the Frederick County Walks group on [www.meetup.com](http://www.meetup.com) to stay up-to-date with our upcoming group walks!



FCPRD reserves the right to photograph and videotape all activities, events, classes, programs, and facilities for promotional purposes.

## Frederick County Parks and Recreation Secures VDOT Recreation Access Funds for Sherando Park

Frederick County Parks and Recreation has secured \$340,000 to provide an entrance and access road into Sherando Park from Warrior Drive in Stephens City. The grant dollars come from Recreation Access Program funds from the Virginia Department of Transportation (VDOT) and will go towards developing the northwestern portion of Sherando Park along Warrior Drive.

The grant is a significant boost for FCPRD, having managed the property since the County acquired it in 1974. Currently, this area of Sherando Park is accessed via shared use paths and neighborhoods across Warrior Drive. With the entrance and access road paid for using VDOT funds, FCPRD will install a parking lot allowing visitors to park at this part of Sherando Park. FCPRD will also install an outdoor fitness gym as a compliment to the shared use path.

"This project represents the priorities of our residents in providing increased access to shared use trails, and then providing for adult fitness," said Jon Turkel, Park and Stewardship Planner for Frederick County. A 2012 community survey conducted by the department shows multi-use trails as the most desired facility and adult fitness as the most desired recreational activity. "This project directly responds to citizen input as we focus on meeting top needs."

The \$348,500 county contribution to the project will come from the Parks and Recreation development impact proffer account, an account funded by new residential development to help maintain county services facing an increasing population. "Funding for this project will affect nobody's tax rate," according to Jason Robertson, Parks and Recreation Director, "the use of proffered impact funds for this project keeps the local cost out of the general fund. Even better, by leveraging the state grant we are effectively doubling the value of the dollars we have available."

No completion date has been announced yet for the project which should begin in early 2017.

Register Online Now  
[fcprd.net](http://fcprd.net)

### A sample of what's inside!

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Youth Triathlon  
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More exciting programs and events  
for everyone inside the guide!



## Registration is ongoing!!

Please utilize the activity numbers below for the 2016-2017 school year. And now, you can register on-line at [www.fcprd.net](http://www.fcprd.net)!

# basicREC

## basicREC during the school year

Open to all Frederick County Elementary students, the basicREC program will provide your child with "out of this world" recreational opportunities before and after school! Children will engage in active games and also have the opportunity to participate in art projects, crafts, sports, and fitness programs, along with many other activities. Weather permitting, most activities will take place outside.

### basicREC Morning & Afternoon

**Fee: \$92 per week; includes a daily snack, all early release days, delayed openings, teacher workshop days, snow day camp, winter break, spring break and enrichment programs. You must register through our main office for these days, other than early release and delayed openings.**

Activity #	Location
1303-A	Apple Pie Ridge Elementary
1303-B	Armel Elementary
1303-C	Bass Hoover Elementary
1303-D	Evendale Elementary
1303-E	Gainesboro Elementary
1303-F	Greenwood Mill Elementary
1303-G	Indian Hollow Elementary
1303-H	Middletown Elementary
1303-I	Orchard View Elementary
1303-J	Redbud Run Elementary
1303-K	Stonewall Elementary

### basicREC Mornings Only

**Fee: \$45 per week; includes delayed openings; \$18 per day for teacher workshop days, snow day camp, winter break, and spring break.**

**Program hours: 6:30 a.m. until the beginning of classes**

Activity #	Location
1301-A	Apple Pie Ridge Elementary
1301-B	Armel Elementary
1301-C	Bass Hoover Elementary
1301-D	Evendale Elementary
1301-E	Gainesboro Elementary
1301-F	Greenwood Mill Elementary
1301-G	Indian Hollow Elementary
1301-H	Middletown Elementary
1301-I	Orchard View Elementary
1301-J	Redbud Run Elementary
1301-K	Stonewall Elementary

### basicREC Afternoons Only

**Fee: \$49 per week; includes a daily snack, all early release days; \$18 per day for teacher workshop days, snow day camp, winter break, and spring break.**

**Program hours: from the afternoon release bell until 6 p.m.**

Activity #	Location
1302-A	Apple Pie Ridge Elementary
1302-B	Armel Elementary
1302-C	Bass Hoover Elementary
1302-D	Evendale Elementary
1302-E	Gainesboro Elementary
1302-F	Greenwood Mill Elementary
1302-G	Indian Hollow Elementary
1302-H	Middletown Elementary
1302-I	Orchard View Elementary
1302-J	Redbud Run Elementary
1302-K	Stonewall Elementary

## Don't need basicREC every day?

Register only for the times you need - with no minimum number of days required! You pick it: morning, afternoon, morning and afternoon, spring break camp, winter break camp, teacher workshop days, snow days. The possibilities are endless! Register online, while space is available, for one day or multiple days.

### Fees for part-time:

**Fee for morning only: \$11 per day**

**Fee for afternoon only: \$13 per day including early dismissal days**

**Fee for morning and afternoon: \$23/day including teacher workshop days and other FCPS holidays for which basicREC is open**



## A.S.E. Middle School Program

Looking for some great after school fun for your middle schooler? Does your child like sports, socializing with other kids, art projects, and game time? Then the A.S.E. program is for you! FCPRD is offering the A.S.E. program during the 2016-17 school year offered at Evendale and available to students that attend Admiral Byrd Middle School. The program is also be offered to Frederick County Middle School students who travel to Gainesboro Elementary for the program.

For questions or to register please contact Frederick County Parks and Recreation at 540-665-5678 or visit [www.fcprd.net](http://www.fcprd.net)!

## Get Vocal! Voice Lessons

AGE: 7-12

**Instructor:** Chris Rooney

A four week introduction to voice for beginners. Learn how to use your body as an instrument and GET VOCAL! Begin your journey to becoming a competent vocalist with other beginners in a fun, judgement free environment. Classes include instruction on basic singing and breathing techniques, as well as motivating vocal exercises and in class group performance. No materials or experience required. Register according to age group.

Class#	Age	Date	Day	Time	Fee	Location
2039-A	7+	2/13-3/6	M	7:30-8:30P	\$50	Greenwood Mill Elementary
2039-B	7+	4/17-5/8	M	7:30-8:30P	\$50	Greenwood Mill Elementary

## Baby Signing Time

AGES: 2-5

**Instructor:** Shawna Gallagher, Little Hearts to Little Hands, LLC

Ages 2-5 with parent/guardian. Sign and play through hands on learning and hands on fun! We will use interactive games, crafts, stories and more to teach the signs. You will also get weekly handouts so you can review the materials at home with your child.

Class#	Date	Day	Time	Fee	Location
2041-B	3/14-5/2	Tu	10-11A	\$160	Greenwood Mill Elementary

## Signing Time

AGES 6+

**Instructor:** Shawna Gallagher, Little Hearts to Little Hands, LLC

Take advantage of this hands on class which will teach American Sign Language through hands on activities, games, stories, and so much more.

Class#	Date	Day	Time	Fee	Location
2042-B	3/16-5/4	Th	6-7P	\$160	Greenwood Mill Elementary

## Ballet

AGES 2-5

**Instructor:** Jennifer Turman Bayliss, Sunshine Studio

Preschoolers will love the creativity and fun of this dance class! Young ballerinas will learn ballet basics, including names of positions and ballet positions as well as meet new friends. Ballet experience is not required, but ballet slippers are. If your preschooler is not potty trained, you will be asked to stay on site. Parents ( and other family members) are welcome to stay and a viewing area will be provided. Please call for directions to the location.

**For each session**

**Fee:** \$52

**Time:** 1-2pm

Activity #	Dates	Day(s)
2230-K	2/7-2/28	T
2230-L	3/8-3/29	W
<b>Location:</b> Sherando Comm. Center Multipurpose Room		

Activity #	Dates	Day(s)
2230-M	4/26-5/17	W
<b>Location:</b> Evendale Elem.		

## Intro to Piano

AGES: 8+

**Introduction to Piano Instructor:** Melanie Nesselrodt,

This 5-week session will introduce the participant to reading music and playing the keyboard or piano. Focus will be on learning to play melodies on the keyboard while learning the basic rudiments of rhythm and note reading. No equipment required, keyboards will be provided for each participant in the class!

Class#	4001-Q	Date	3/16-4/13
Day	Th	Time	7:00P-8:00P
Fee	\$68	Location:	Greenwood Mill Elem.

## Guitar Lessons

AGES: 8+

**Instructor:** Chris Rooney

This introductory course is for beginning guitar students who are either new to learning guitar, or who are looking for an overview of guitar fundamentals. This course will cover how to properly tune and pluck the strings of the guitar, open chords and basic strum patterns, major and minor scales, how to read a chord chart, how to count basic rhythms, and an introduction to reading music and tablature. Students will need to provide their own guitar, a few picks, and electronic tuner. Learning materials will be provided by the instructor. Any questions can be directed to the instructor at crooneymusic@gmail.com.

Class#	4002-D	Date	3/13-4/10
Day	M, Tu	Time	7:30P-8:30P
Fee	\$70	Location:	Greenwood Mill Elem.



## Young Artist

AGE: 6-11

**Instructor:** Kelle Walters

Young artists will use different materials to create artwork as they explore different mediums and learn various skills. Imagination along with guidance from the instructor will enhance the young artists' experience. All supplies are provided. Please bring smock or over size t-shirt -- we may get a little messy. There will be different projects at each session.

Programs are \$37 and held on Tuesdays from 6:30 - 730 PM.

Class#	Description	Date	Location
2037-E	Still Life	2/14-3/7	Greenwood Mill
2037-F	Variety	3/14-4/4	Greenwood Mill



## Crochet for Beginners

AGES 10-17

**Instructor:** Malvia Earle, MALVIA's CRAFT AND SERVICES, INC

What a wonderful opportunity to learn about this traditional skill and make fun projects. Basic technique will be taught and practiced. The instructor will guide you every step of the way. Your child will delight in creating and completing crochet pieces. Please bring one skein of 100% acrylic yarn, a size 5.5mm crochet hook and a crochet needle threader.

All sessions will to be held at the Sherando Community Center

For ages 10-13

Fee: \$85

Activity #:2204-F

Day(s): M

Date(s): 2/20-3/27

Time: 5-6P

Deadline: 2/16

For ages 14-17

Fee: \$85

Activity #:2204-H

Day(s): M

Date(s): 2/20-3/27

Time: 6:30-7:30P

Deadline: 2/16

## Intermediate Crochet

AGES 10-17

**Instructor:** Malvia Earle, MALVIA's CRAFT AND SERVICES, INC

This course is designed for those who have had crochet experience and want to improve skills and work on advanced, creative projects. The instructor will guide you each step of the way. Please register according to age group. Please see the supply list. Please bring the following supplies for both beginning and intermediate crochet class. Pen and notebook, one skein of 100% acrylic yarn, crochet hook size 5.50mm, crochet needle and a needle threader.

Class#	Ages	Date	Day	Time	Fee	Location
2231-C	10-13	2/21-3/28	Tu	5:00P- 6:00P	\$95	Sherando Comm Center
2231-D	14-17	2/21-3/28	Tu	6:30P-7:30P	\$95	Sherando Comm Center

## Father Daughter Dance

### Kickin' It Country Style!

Attention all cowboys and cowgirls! Dress in your western best for this night on the town for daddies and daughters, all cowboy hats and boots are welcome! DJ, finger foods, door prizes and more will be provided plus we will crown the best daddy/daughter couple so please join us for an evening you won't soon forget! \*\*Please note: We will not be accepting walk-up couples and space is limited so register today! Doors open at 6:00 pm sharp.

Class#	4008-A
Date	2/18
Day	Sa
Time	6:30P-8:30P
Fee	\$16 per person
Location	Winchester Moose Lodge





## Clubs

These Clubs are active! We encourage non-club members to check into joining any of the clubs and participating in the many activities planned. Pickup information will vary from club to club, so please read the description and let us know when you register what your pick up location will be. Home pick up information, as available will be in the program description. You must register for each program/activity even if it is just a meeting. Club members are welcome and encouraged to join in any of the Club programs! For monthly meetings, home pick ups available upon request for \$5 fee.

### Greenwood Club

Dutch treat lunch out and business meeting at Cracker Barrel in Front Royal, VA.

*Home Pick-Ups are available for a \$5 fee paid at the time of pick-up.*

**Class#** 4055-A  
**Date** 3/20  
**Day** M  
**Time** 11A-4P

### Mystery Trip

Bring money for lunch out on your own and board the bus for a Mystery Trip to a surprise location--monthly business meeting to be held on the way.

**Class#** 4056-A  
**Fee:** \$15  
**Date** 4/17  
**Day** M  
**Time** 10A-4P  
**Location** Greenwood Mill Elementary

### Gainesboro Club

A membership meeting and officer elections at Gainesboro Elementary followed by Dutch treat lunch at Hayfield Restaurant.

*Home Pick-Ups are available for a \$5 fee paid at the time of pick-up.*

**Class#** 4053-A  
**Date** 3/27  
**Day** M  
**Time** 11A-4P  
**Location** Gainesboro Elementary

### Mystery Trip

Bring money for lunch out on your own and board the bus for a Mystery Trip to a surprise location--monthly business meeting to be held on the way.

**Class#** 4052-A  
**Fee:** \$15  
**Date** 4/24  
**Day** M  
**Time** 10A-4P

### Mother's Day Luncheon

We will have a short business meeting followed by lunch and an activity to celebrate Mother's Day!

**Class#** 4054-A  
**Date** 5/22  
**Day** M  
**Time** 11A-4P  
**Location** Gainesboro Elementary

## Gad Abouts

### Mystery Trip

Bring money for lunch out on your own and board the bus for a Mystery Trip to a surprise location--monthly business meeting to be held on the way.

*Home Pick-Ups are available for a \$5 fee paid at the time of pick-up.*

**Class#** 4052-A  
**Date** 4/24  
**Day** M  
**Time** 10A-4P  
**Location:** Sunnyside Plaza

### Shag Dancing Lessons

Step it up and get into this class! This is a beginning Shag class-perfect for those wanting to learn Shag and also for those who just want to dance. Shag is danced to a slower tempo and is a low impact dance. You will learn and practice the basic step, female and male turns, pivot, belly roll, and stutter step. Other steps will be introduced. Instructors: Sue Linton and Roger Ernst.

Class#	Date	Day	Time	Fee	Location
2048-A	3/7-3/28	Tu	7- 8:30P	\$37	Sherando Comm Center
2048-B	4/5-4/26	W	7- 8:30P	\$37	Sherando Comm Center

### Intermediate Shag Dancing

This class is the next step after basic Shag dancing lessons. If you have taken the basic class and can do the basic step, female turn, male turn, start and pivot then this is the class for you. Instructors: Sue Linton and Roger Ernst.

Class#	Date	Day	Time	Fee	Location
2049-A	5/3-5/24	W	7- 8:30P	\$37	Evendale Elementary

### Scrabble Party

How do you spell fun? Find out by joining us for Scrabble once per month. All players from novice to really, really good are welcome. Pizza lunch included. If you have a favorite board, bring it with you.

**Fee:** \$28  
**Day(s):** Mondays

**Activity #2222-C**  
**Date(s):** 12/5, 1/9, 2/13 & 3/13

**Activity #2222-D**  
**Date(s):** 4/10, 5/15, 6/5, 8/7

**Time:** 10:30 am - 2:00 pm  
**Sherando Comm. Center Multipurpose Room**

## Trips and Events · Age 50+ -----○

### Embassy Row Historic

#### Landmark: Anderson House

Take in the splendor of this National Historic Landmark, which since 1939 has been open to the public as a historic house museum! We will tour the house museum, and then grab a Dutch treat lunch along the way home at a location TBD by participants.

*Departs Sunnyside Plaza at 9 am; Stephens City Food Lion at 9:15 am; and return approx. 5 pm.*

**Class#** 4046-A  
**Date** 2/17  
**Day** F  
**Time** 9:00A-5:00P  
**Fee** \$25

### Woodlawn Plantation & Frank Lloyd Wright's Pope-Leighey House

Both of these unique structures are sites of the National Trust for Historic Preservation, located on the same grounds in historic Alexandria, Virginia. Visitors are encouraged to explore the contrasting architectural and historical backgrounds of these two unique homes. Our site is also home to the Arcadia Center for Sustainable Food & Agriculture. We will tour both homes then head out and stop for lunch on the way back. PLEASE NOTE: there are many stairs between floors at Woodland Plantation, and there may be a short walk between houses. Fee includes transportation and entry fee.

**Class#** 4058-A  
**Date** 3/17  
**Day** F  
**Time** 8:30A-5:00P  
**Fee** \$45

*Departs Sunnyside Plaza at 8:30 am; Stephens City Shop n Save at 9:00 am; returns approximately 5:00 pm*

### Crayola Crayon Experience Factory Tour

This will be a unique look into the wonder and magic that goes into creating the famous Crayola Crayons! We will tour the factory (this take about an hour) and participate in activities, then grab a Dutch Treat lunch on the way home. Price includes transportation and Factory entrance fee

**Class#** 4062-A  
**Date** 3/20  
**Day** M  
**Time** 6:30A-6:30P  
**Fee** \$40

*Departs Stephens City Shop n Save at 6:30 am; Sunnyside Plaza at 7:00 am; returns approximately 6:30 pm*

*\*\* No home pick-ups available for this trip.*

### PA Maple Festival

The Pennsylvania Maple Festival is a sweet celebration of all that is maple in beautiful Somerset County, PA! Walk through the Festival Park, see sugar demos and re-enactments, visit the Cobbler Shop and Antique Doctor's Office, the Quilt Show, and more! Browse and shop many of the arts and crafts vendors and enjoy musical entertainment on the Festival Park Stage. A lunch of pancakes, country cured sausage, and 100% pure maple syrup will be for purchase on your own. Fee includes transportation and entry fee.

**Class#** 4061-A  
**Date** 3/25  
**Day** Sa  
**Time** 8:00A-5:00P  
**Fee** \$25

*Departs Sunnyside Plaza at 8:00 am; returns approximately 5:00 pm*

### Train Ride to Washington D.C.

Hop aboard for a train trip departing from Harpers Ferry, WV, and heading to Union Station in Washington, D.C. We will board the train at 11:30a.m. and arrive at Union Station approx. 1p.m. After lunch out on our own and some exploring in the Station, we will be boarding a return train at 4p.m. to come back to Harpers Ferry. Fee includes transportation on bus and the train ticket. Lunch and other purchases must be on your own.

**Class#** 4059-A  
**Date** 4/21  
**Day** F  
**Time** 10:00A-6:30P  
**Fee** \$40

*Departs Stephens City Shop n Save at 10:00 am; returns approximately 6:30 pm*

### Green Valley Book Fair/Lunch out at Thomas House

Back by popular demand! We will tour the Book Fair, then head over to the Thomas House for lunch. And on the way home, a stop at the Dayton Market! Fee includes transportation, lunch and all purchases will be on your own.

**Class#** 4060-A  
**Date** 5/19  
**Day** F  
**Time** 9:00A-5:00P  
**Fee** \$20

*Departs Stephens City Shop n Save at 9:00 am; returns approximately 5:00 pm*

*\*\* Home pick-ups are available for an additional \$5 fee at the time of pick-up.*



## Trips 50+ Continued

### Cumberland Church Visit/Fruit Bowl Fruit Market

We will be spending the day admiring the architecture and history of the St. Peter and Paul's Shrine, the Centre Street United Methodist Church, and the Emmanuel Episcopal Church, all located in Cumberland, MD. We will follow up with a Dutch treat lunch and a stop at the famous Fruit Bowl Market for some treats! Fee includes transportation.

Class#	Date	Day	Time	Fee	Location
4063-A	4/18	Tu	9A- 5P	\$15	Sunnyside Plaza

Departs Sunnyside Plaza at 9:00 am; returns approximately 5:00 pm

## Trips for all ages!

### Ski, Snowboard, Snow Tubing

Do you enjoy skiing, snowboarding, and snow tubing? Frederick County Parks and Recreation will provide the transportation to and from Bryce Resort. You decide which activity you would like to do once you get to Bryce Resort. You can pre order your tickets prior to going.

Class#	5406-B	Departs the Sherando Park Rotary Shelter at 9:00 am
Date	2/18	
Day	Sa	
Time	9A-4P	
Fee	\$15	

Class#	5406-C
Date	3/18
Day	Sa
Time	9A-4P
Fee	\$15

### National Aquarium

Join the Frederick County Parks & Recreation Department as we go Under the Sea to the National Aquarium in Baltimore, MD. Take a peek at nearly 20,000 animals with displays, interactive habitats, live shows and more! Home of exhibits like the Blacktip Reef, Amazon River Forest, and Jelly Invasion, the National Aquarium is the perfect day-cation jam packed with everything wet and wild!

Class#	5409-A	Departs the Sunnyside Plaza at 8:30 am
Date	3/4	
Day	Sa	
Time	8:30A-7:30P	
Fee	\$65	



### Ham and Oyster Supper

AGE 8+

This is a yearly favorite for all ages! Enjoy a scenic drive and a day out through the mountains into Fort Valley, VA, for their annual Ham and Oyster Supper. Meals to be purchased on site-- meal price not included in trip fee. Meal prices are as follows: \$15 (adults) or \$5 (children under 10).

Class#	Date	Day	Time	Fee	Location
4650-A	4/15-4/15	Sa	1- 6P	\$15	Sunnyside Plaza



# The Running Series



Series Presented by



## Youth Triathlon

AGE 7 - 15

Come join us for a fun-filled day of swimming, biking and running in the 4th annual FCPRD Youth Triathlon! Sherando Park in Stephens City, VA will be transformed into a one day challenging obstacle that includes a different distance per age group in the events of swimming, biking and running to make-up the FCPRD Youth Triathlon. All skill levels are welcome. Bicycle Outfitters will be onsite the day before the race to inspect your bike, offer additional info and to help with your bike accessory needs.

Age is based on your age on race day.

Fee: \$45

ALL Racers are encouraged to pick-up race packets and have their bikes inspected on Saturday, June 10th at the Sherando Park pool between the hours of 9-11 am. You may also print a bicycle inspection form from [www.RunAtTheTop.net](http://www.RunAtTheTop.net) and take it to any bicycle shop for inspection prior to raceday.

Activity #	Ages	Events
3505-A	7-8	25 meter swim, 1 mile bike, .5 mile run
3505-B	9-10	75 meter swim, 3 mile bike, 1 mile run
3505-C	11-12	125 meter swim, 3 mile bike, 1 mile run
3505-D	13-15	125 meter swim, 3 mile bike, 1 mile run

Register at [www.RunAtTheTop.net](http://www.RunAtTheTop.net)

Date(s): 6/11

Time: 8:00 am

Location: Sherando Pool

Registration deadline: 6/6



Visit [www.RunAtTheTop.net](http://www.RunAtTheTop.net) for race series information!



## Adult Basketball Leagues

Enjoy spending time with friends? Have a competitive edge or just like to play basketball? If you enjoy open gym but want it to be a little more competitive, this is the league for you. Grab your friends, family and/or co-workers to enjoy this ever popular sport. Brand new to the 2017 calendar is the basketball league for ages 18-29. Games will be played on Monday's and Wednesday's for the 18-29 group and Tuesday's and Thursday's for the 30+ group at any of the four centers; Gainesboro, Greenwood Mill, Orchard View, and Evendale Elementary Schools. Sign up as a team or individual. All individuals will be placed on currently formed teams or if enough participants sign-up another team will be formed. All participants must be of age by March 21st in order to play in the league. ID's will be required before the first game!

- Provide team name at time of registration
- Team roster will be due at least one week prior to the first scheduled game
- Schedules, rules, and other info will be sent to team captain

### Age 18+

**Day(s):** M/W

**Date(s):** 3/20-5/17

**Time:** 6-9 p.m.

**Location:** EVES, GBES, GWMES, OVES

**Early Bird Fee:** \$480 before 2/26 at midnight

**Final Fee:** \$530 between 2/27 and 3/5 at midnight; no teams will be taken after 3/5 midnight

**Activity #3309-C (team); #3309-D (individual)**

### Age 30+

**Day(s):** Tu/Th

**Date(s):** 3/21-5/18

**Time:** 6-9 p.m.

**Location:** EVES, GBES, GWMES, OVES

**Early Bird Fee:** \$480 before 2/26 at midnight

**Final Fee:** \$530 between 2/27 and 3/5 at midnight; no teams will be taken after 3/5 midnight

**Activity #3309-A (team); #3309-B (individual)**



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## Men's Softball Spring Training-Double Header League

Get your softball team in tune for this summer. League play will consist of 8 regular season games guaranteed and will NOT have a post season tournament. Teams will play two games per night. All doubleheaders that are rained out during the regular season can be made up when and where space is available. Players must be 18 years of age in order to participate. Rosters are due before your team's third game. Schedules and Rules will be emailed to coaches. This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.

**Registration Fee:** \$225 per team on or before 2/26

**Late Registration Fee:** \$275 per team on or before 3/5 (teams will not be taken after 3/5)

**Activity # 7302-A**

**Date(s):** 3/16 – 4/27

**Day(s):** TBA late February

**Time:** 6-10pm

**Location:** SH





## Adult Summer Softball

Our Countywide Men's League offers three divisions: Competitive, Upper Recreation & Lower Recreation. You simply pick the league that best fits your team. All leagues will have a 16 game guarantee with a post season tournament. Games that are rained out can be made up when and where space is available. Players must be 18 years of age in order to participate. Rosters are due before your team's third game. Games will alternate between Sherando and Clearbrook Park.

### Countywide Competitive-

Teams/Players that have won 80% of the Recreational league or won FCPRD's Upper Recreational Championship last season. Teams/Players that play in occasional-regularly weekend tournaments.

### Countywide Upper Recreation -

Teams/Players that play minimal to no weekend tournaments.

### Countywide Lower Recreation-

This league is designed for the true recreational teams that play for the love of the game.  
NO WEEKEND TOURNAMENT PLAYERS

**Early Bird Registration Fee: \$450 per team on or before 4/1 by midnight**

**Final Registration Fee: \$500 per team on or before 4/9 by midnight (Teams will not be taken after 4/9)**

**Activity #7306-A, Countywide Competitive Division**

**Activity #7307-A, Countywide Upper Recreational Division**

**Activity #7307-B, Countywide Lower Recreational Division**

**Day(s): T, TH (M, F If needed)**

**Date(s): 5/2-playoffs**

**Location: CB & SH**

**This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules. League Schedule and Rules will be emailed to each team representative.**

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## Adult Summer Co-Rec Softball

The hottest co-rec softball league in the area is right around the corner! Teams will get a 14 game guarantee plus a double elimination tournament. The tournament format will be determined based on the total number of teams registered. Players must be 18 years of age in order to participate. Rosters are due before your team's third game. Rules can be found online at [www.fcprd.net](http://www.fcprd.net). Games will alternate between Sherando and Clearbrook Park. Please signify if your team is considered to be Competitive or Recreation. The league will split into 2 divisions if there are enough teams.

**Early Bird Registration Fee: \$400 on or before 4/1**

**Final Registration Fee: \$450 per team on or before 4/9 (No teams will be taken after 4/9)**

**Activity #: 7304-A**

**Days: Su, W (M after Mother's & Father's Day)**

**Dates: 5/3-playoffs**

**Time: Sundays 1-6 p.m., Wednesdays 6:30-9:30 p.m.**

**This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules. League Schedule and Rules will be emailed to each team representative.**



# Tennis

## Kids Tennis

AGES 4-7

**Instructor:** Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to introduce the sport of tennis to young kids using upbeat, positive, encouraging coaching; initiating and demonstrating proper essential basic skills and stroke development to the participant then actively hitting the ball. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Kids will develop and improve overall eye-hand coordination, learn the fundamentals of forehand, backhand, and volleys, gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

Class#	Date	Day	Time	Fee	Location
5216-H	2/20-3/27	M	5:15- 6P	\$73	Snowden Bridge
5216-HH	2/22-3/29	W	5:15- 6P	\$73	Snowden Bridge
5216-I	2/20-3/29	M,W	5:15- 6P	\$123	Snowden Bridge

## Quick Start Tennis

AGES 4-11

**Instructor:** Matt Rosner, USPTA and FCPRD Tennis Staff

It's a whole new ballgame for kid's tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the Quick Start Tennis format makes it easier for kids to rally back and forth over the net, enjoy the game right from the start. You'd never send your 8-year-old out with adult-sized equipment to a full-sized baseball field or basketball court, so why do that on a tennis court? Quick Start Tennis is played using a slower-moving and lower-bouncing ball, on smaller courts and utilizing shorter, lighter racquets. This program is designed to introduce the sport of tennis to kids using upbeat, positive, and encouraging coaching.

Class#	Date	Day	Time	Fee	Location
5218-A	4/1-4/29	S	9:45-11A	\$57	Greenwood Mill Gym
5215-AA	5/6-6/3	S	9:45-11A	\$57	Greenwood Mill Gym

No class on April 15 and May 27, 2017

## Youth Tennis

AGES 4-18

**Instructor:** Matt Rosner, USPTA and FCPRD Tennis Staff

The FCPRD Tennis Program engages the Youth into the game of tennis right away creating a family fun, youth group environment which helps increase the learning curve in development. This program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN!

Class#	Date	Age	Day	Time	Fee	Location
5215-O	2/20-3/27	8-12	M	5:30- 6:30P	\$83	Snowden Bridge
5215-OO	2/22-3/29	8-12	W	5:30- 6:30P	\$83	Snowden Bridge
5215-P	2/20-3/29	8-12	M,W	5:30- 6:30P	\$128	Snowden Bridge
5215-D	4/4-4/27	4-11	Tu, Th	6-7P	\$79	Sherando High School
5215-DD	4/4-4/27	11-18	Tu, Th	7-8P	\$79	Sherando High School
5215-E	5/2-5/25	4-11	Tu,Th	6-7P	\$79	Sherando High School
5215-EE	5/2-5/25	11-18	Tu, Th	7-8P	\$79	Sherando High School

Don't have a racquet? Sign up and the Shenandoah Valley Tennis Association (SVTA) will provide your child a free racquet while supplies last!





## Middle/High School Tennis

AGES 12-18

**Instructor:** Matt Rosner, USPTA and FCPRD Tennis Staff

The Middle/High School Teen Tennis Program is designed to take participants from mastering essential skills to actively playing tennis; all structured in a team tennis practice, work-out format. This unique program combines going over the proper fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills. Each session will consist of expert instruction to each player through a variety of coaching techniques, then incorporating the fundamentals of the sport into a winning formula. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain self-confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN! This program is also an excellent opportunity for current and aspiring high school tennis players to prepare for their upcoming high school tennis season.

Class#	Date	Day	Time	Fee	Location
5217-VV	2/20-3/27	M	6:15- 7:30P	\$88	Snowden Bridge
5217-W	2/22-3/29	W	6:15- 7:30P	\$88	Snowden Bridge
5217-WW	2/20-3/29	M,W	6:15- 7:30P	\$138	Snowden Bridge

## Adult Tennis Program

**Instructor:** Matt Rosner, USPTA and FCPRD Tennis Staff

The Adult Program is designed to take participants from mastering essential skills to actively playing tennis; all structured in a tennis practice, work-out format. This unique program combines going over the proper fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills. In addition, the Tennis Director will conduct stroke breakdown and analysis, and prepare a monthly program helping the Adult Tennis player achieve their individual goals of gaining confidence in their game, improving conditioning, agility, footwork, athleticism, and overall tennis skills. This program is excellent for all Adults looking to get back into the game of tennis, active players, as well as beginners who are looking to learn the sport and at the same time get in shape with a great physical work-out.

Class#	Date	Day	Time	Fee	Location
5214-II	2/20-3/27	M	7:30- 8:30P	\$93	Snowden Bridge
5214-J	2/22-3/29	W	7:30- 8:30P	\$93	Snowden Bridge
5214-A	4/4-4/27	Tu,Th	8- 9:30P	\$96	Sherando High School
5214-AA	4/4-4/25	Tu	8- 9:30P	\$60	Sherando High School
5214-E	4/6-4/27	Th	8- 9:30P	\$60	Sherando High School
5214-CC	5/2-5/25	Tu,Th	8- 9:30P	\$96	Sherando High School
5214-L	5/2-5/23	Tu	8:00- 9:30P	\$60	Sherando High School
5214-LL	5/4-5/25	Th	8- 9:30P	\$60	Sherando High School



## Youth Wrestling

AGES 5-12

Instructor: John Campbell, Aylor Middle School Wrestling Coach

This 6 week wrestling program is designed for any level of wrestler that wants to improve their skills or just learn how to wrestle. In this instructional setting, area high school wrestlers and area wrestling coaches will teach your child how to do basic moves associated with wrestling. Once skills are learned, all age groups will have a chance to wrestle in matches. This program allows for both boys and girls to learn wrestling skills. Please include wrestler's shirt size at time of registration. There will not be Youth Wrestling Easter Sunday.

**Fee: \$45**

Activity #	Time	Age
7117-A	1-2:30 p.m.	5-6
7117-B	2:30-4 p.m.	7-8
7117-C	4-5:30 p.m.	9-12

**Day(s): SU**

**Date(s): 3/19-4/30**

**Location: Sherando HS Wrestling Room**

**Registration Deadline: 3/12**



## Spring Break Young Riders Camp

AGES: 7-15

**Conducted by: Hunter's Bay Sport Horses LLC**

If you are interested in horseback riding, then the perfect experience is waiting for you at Hunters Bay Sport Horses LLC. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses LLC will provide campers with three days filled with horse activities and time in the saddle. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals or flip flops) and bring their own riding helmet that meets or exceeds current standards. Bike helmets will not be allowed. Helmets can be purchased at many different area locations and range in price from \$35.00 and up it is important that riders have a helmet that is specifically fit to them to ensure both comfort and safety. Space is limited so sign up today.

**Fee: \$215 per session**

**Day(s): F, M & Tu**

**Time: 9 a.m.-3:00 p.m.**

**Location: Hunter's Bay Sport Horses LLC, 439 Reliance Rd. Middletown, VA 22645**

**Website: [www.horselocate.com](http://www.horselocate.com)**

**Activity #7114-E**

**Date(s): 4/14, 17, 18**

**Registration Deadline: 3/30**







## Frederick County American Little League

CLEARBROOK PARK FIELDS

P.O. Box 2412  
Winchester, VA 22604  
[www.eteamz.com/fcall](http://www.eteamz.com/fcall)

We are now accepting registrations for our Spring 2017 season. To register please visit our website at [www.eteamz.com/fcall](http://www.eteamz.com/fcall) and click on the Jevin link.

Registration fees are as follows:  
November 1-December 31 - \$70  
January 1-January 31 - \$80  
February 1 - \$100

We offer baseball and softball programs through the Clearbrook Park fields. For a full list of divisions and age requirements please see below:

TBall – 4-6 year old boys and girls  
Jr. Baseball – 13-14 years old  
Coach Pitch Baseball – 6-8 years old  
Sr. Baseball – 15-16 years old  
Coach Pitch Softball – 6-8 years old  
Sr. Softball – 13-16 years old  
Minor Baseball – 8-10 years old  
Minor Softball – 8-10 years old  
Major Baseball – 10-12 years old  
Major Softball – 10-12 years old  
50/70 Baseball – 12-13 years old



## Frederick County National Little League

SHERANDO PARK AND PASSAGE ROAD FIELDS

We are now accepting registrations for our Spring 2017 season. To register please visit our Website at [www.fcnnl.com](http://www.fcnnl.com).

Registration fees are as follows:  
January 1- February 15 - \$85 and \$75 for each additional child in that family  
February 16 and later - \$95 and \$85 for each additional child in that family

We offer baseball and softball programs through the Sherando Park and Passage Road fields. For a full list of divisions and age requirements please see below:

Baseball T-Ball – 4-6 year old boys and girls  
Softball T-Ball - 4-6 year old girls  
Coach Pitch Baseball – 6-8 years old  
Coach Pitch Softball – 6-8 years old  
Minor Baseball – 8-10 years old  
Minor Softball – 8-10 years old  
Major Baseball – 10-12 years old  
Major Softball – 10-12 years old  
50/70 Baseball – 12-13 years old  
Jr. Baseball – 13-14 years old  
Jr. Softball - 13-14 years old  
Sr. Baseball – 15-16 years old  
Sr. Softball – 15-16 years old

## Little's Baseball

Don't miss out on this introductory baseball program for ages 3-5. Players will learn the fundamentals of hitting, throwing and catching in a fun, non-competitive setting. Every player will receive a ball, and glove

Class#	Date	Day	Time	Fee	Location
5115-A	4/24-5/29	M	5- 5:45P	\$48	Evendale Elementary
5115-AA	4/24-5/29	M	6- 7P	\$48	Evendale Elementary
5115-B	4/19-5/31	W	5- 5:45P	\$48	Greenwood Mill Elementary
5115-BB	4/19-5/31	W	6- 7P	\$48	Greenwood Mill Elementary

## Field Hockey

### AGES 7-13

Join in the fun of this great sport! Learn new skills and work on existing skills. Players will learn the game, practice skills and play. Field hockey sticks are available for use on site. Please bring mouth guard, shin guards, water.

Instructed by: Mary Dorsey.

**Class#** 2210-D  
**Date** 3/31-5/19  
**Day** F  
**Time** 5:30P-7:00P  
**Fee** \$10  
**Location** Sherando Park, Field 6

## Floor Hockey Clinic

### AGES 5-7

Learn the fundamentals of floor hockey while participating in drills, contest, and games. Safety, Sportsmanship, and teamwork are stressed each week.

**Class#** 5220-A  
**Date** 3/1-3/22  
**Day** M  
**Time** 5:30P-6:30P  
**Fee** \$40  
**Location** Gainesboro Elementary



## Spring Running Club - April, May and June

### AGE 7-14

This year we are offering three different location options for the running club program. We are offering one session at Sherando High School, one session at Millbrook High School, and Apple pie Ridge Elementary School. The spring session includes registration in the Bloomin' Mile, Loudoun Street Mile and other races to TBA. Each session will practice twice a week. Any level or running experience welcome. Each child will receive a t-shirt and entry into the aforementioned running events. Please state your child's size when registering.

**Activity # 5317-K - 4/4-6/1/17 - Spring Session (April, May and June) - \$50**  
**Activity # 5317-N - 4/4-6/1/17- Spring Session and includes the Youth Triathlon - \$72.50**  
**Day(s):** M, W  
**Time:** 6-7p.m.  
**Location** Parking lot next to Tennis Courts at Millbrook High School

**Activity # 5317-M - 4/5-6/2/16 - Spring Session (April, May and June) - \$50**  
**Activity # 5317-O - 4/5-6/2/17- Spring Session and includes the Youth Triathlon - \$72.50**  
**Day(s):** T, TH  
**Time:** 6-7p.m.  
**Location:** T and TH at front of school at Apple Pie Ridge Elementary School

**Activity # 5317-KK - 4/5-6/2/17 - Spring Session (April, May and June) - \$50**  
**Activity # 5317-P - 4/5-6/2/17- Spring Session and includes the Youth Triathlon - \$72.50**  
**Day(s):** T, TH  
**Time:** 6-7p.m.  
**Location:** T and TH at SH Rotary Shelter across from the pool



[RunAtTheTop.net](http://RunAtTheTop.net)

Your one-stop resource for all running events and programs offered through Frederick County Parks and Recreation!



## Intro to STEM

AGE:5-6

Tap into your imagination with tens of thousands of LEGO® bricks. Build engineer designed projects such as motorized cars, jousting monorails and more. Use special pieces to create your own unique design! Join in the fun of LEGO® building with the guidance of a Play-Well TEKologies instructor.

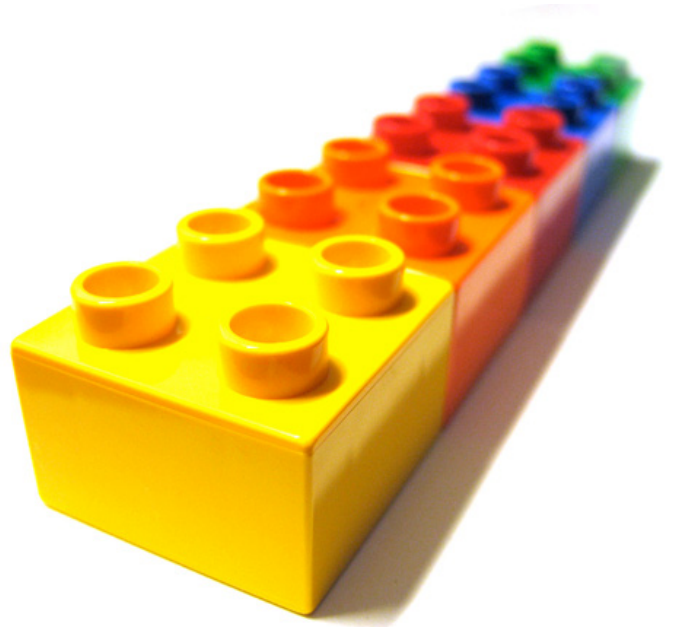
Class#	Date	Day	Time	Fee	Location
2043-A	4/18	Tu	9A-12P	\$35	Sherando Comm Center

## STEM Challenge

AGE:7-12

Power on your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® bricks. Apply real world concepts in physics, engineering, and architecture through engineer designed projects. Design and build like never before and explore your ideas in a supportive environment. An experienced Play-Well TEKologies instructor will challenge and encourage you every step of the way.

Class#	Date	Day	Time	Fee	Location
2046-A	4/18	Tu	1- 4P	\$35	Sherando Comm Center



# SUMMER CAMPS

**Coming Soon!**

**SWIM LESSONS BEGINNING IN JUNE**

**FREDERICK COUNTY PARKS & RECREATION**

## FATHER-DAUGHTER DANCE

**SATURDAY, FEBRUARY 18**

## Kickin' It Country Style!

Pg. 5



## Bocce

Try something new! Bocce is a fun game that is easy to learn and is great for playing with friends. Join an experienced instructor to learn and play.

Class#	Date	Day	Time	Fee	Location
2044-A	5/20-6/10	Sa	9:30-10:45A	\$22	Sherando High School Bocce Courts



## Fitness

### Kids Fitness Clinic

AGES: 6-10

Don't miss out on the kids fitness clinic. This program will work on agility drills, hurdles, mini trampoline, bands, ball and balance activities, hand/eye coordination drills, and more!!

**Fee:** \$45  
**Date(s):** 2/6-3/6  
**Time:** 6:30-7:45P  
**Activity #**5221-A  
**Day(s):** M  
**Location:** Evendale Elementary

### FitLife

**Instructor:** Amanda Oleson

Join instructor Amanda for this excellent class for ages 50+. This class is also great for anyone who wants to improve flexibility, muscle tone, and joint range of motion. Be prepared to get energized! The convenience of a punch pass puts you in control of your fitness schedule.

**Fee:** \$28 for 8 class flex pass  
**Activity #**2209-J  
**Day(s):** M, W  
**Date(s):** ongoing  
**Time:** 9:30 am - 10:30 am  
**Location:** Sherando Community Center Multipurpose Room

### Kids Sports & Agility Clinic

AGES 8-12

*Get ready for Spring Sports. Improve your overall performance before the season. Clinic taught by a certified personal trainer and will focus on: agility drills, jumping skills, speed ladder drills, quickness, ball & balance training, footwork & change of direction drills.*

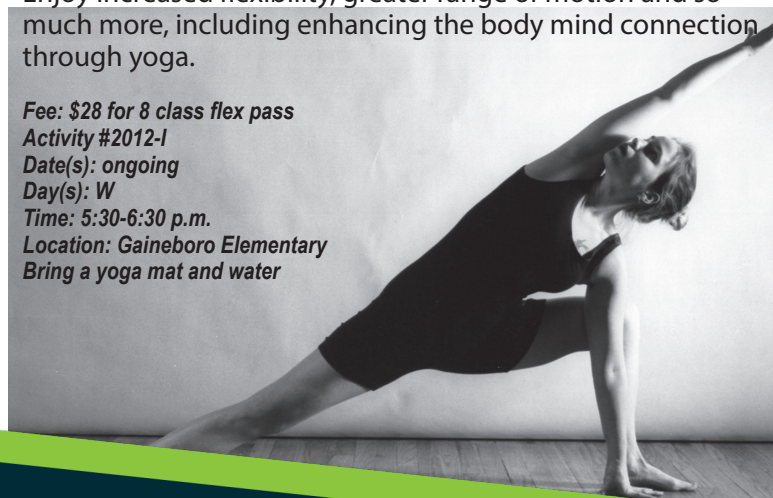
**Fee:** \$60 per session  
**Activity#** 5201-K  
**Days:** W  
**Dates:** 3/1-3/22  
**Time:** 6:30-7:45P  
**Location:** Gainesboro Fitness Room

### Yoga

**Instructor:** Jayne Lewinski

Enjoy increased flexibility, greater range of motion and so much more, including enhancing the body mind connection through yoga.

**Fee:** \$28 for 8 class flex pass  
**Activity #**2012-I  
**Date(s):** ongoing  
**Day(s):** W  
**Time:** 5:30-6:30 p.m.  
**Location:** Gainesboro Elementary  
**Bring a yoga mat and water**





## Special Olympics - - - - -

The following programs are designed to encourage involvement in organized sports. Each sport will have a competitive component as well as a skills component. Registered athletes will have an opportunity to take part in the sport. Athletes are to report to the first practice for assessment, coaches will advise the athlete on the specific practice times to report for the sport. New athletes must complete the Special Olympics paperwork ( call 665-5678 for this paperwork) in order to register with Frederick County Parks and Recreation. A FCPRD registration form is also required. Returning athletes: must register with FCPRD and are responsible for updating their Special Olympics paperwork. Coaches and assistant coaches are needed for these programs. If you are interested in volunteering please contact Diana at 665-5678

### Youth Bowling · Ages 8-21

Activity #:2014-L  
Day(s): M  
Date(s): 2/6 - 3/13  
Time: 4:00 pm - 5:30 pm  
Location: Northside Lanes

### Swimming

Activity #:2014-H  
Day(s): Sa  
Date(s): 4/8 - 5/20  
Time: 9:30 am - 11:00 am  
Location: Jim Barnett Park

### Tennis

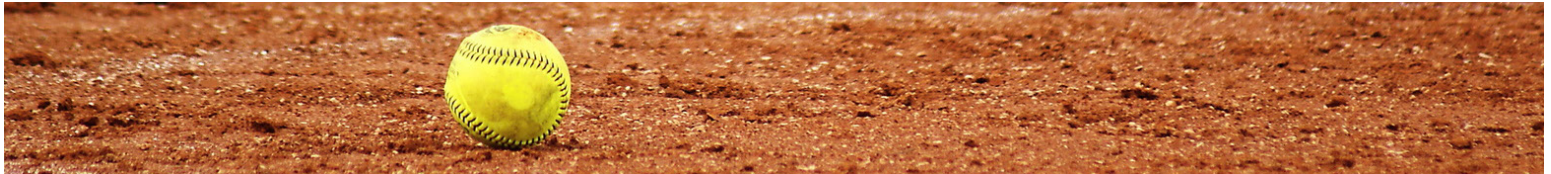
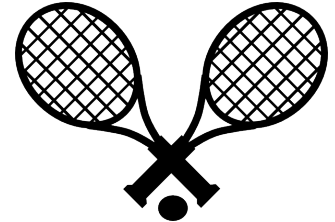
Activity #:2014-I  
Day(s): Su  
Date(s): 4/2 - 5/14  
Time: 6:00 pm - 7:00 pm  
Location: Winchester Country Club

### Softball

Activity #: 2014-G  
Day(s): Sa  
Date(s): 3/25 - 6/3  
Time: 1:15 pm - 4:00 pm  
Location: Sherando Park Field 5

### Track

Activity #:2014-J  
Day(s): Su  
Date(s): 4/2 - 6/4  
Time: 2:30 pm - 4:00 pm  
Location: Sherando High School



## Open Gym Information - - - - -

### 30 & over - Orchard View Elementary

Fee: \$2 per person  
Activity # 3504-C  
Day: TH  
Dates: 11/3-3/9/2017  
Time: 8-10 p.m.  
Location: Orchard View Elementary  
Proof of age required

### 18 & over - Greenwood Mill Elementary

Fee: \$2 per person  
Activity # 3504-E  
Day: ongoing TH  
Time: 8-10 p.m.  
Location: Greenwood Mill Elementary  
Proof of age required

### 30 & over - Gainesboro Elementary

Fee: \$2 per person  
Activity # 3504-D  
Day: W  
Dates: 11/2-3/8/2017  
Time: 8-10 p.m.  
Location: Gainesboro Elementary

### Adult Open Gym Volleyball

16 & Over  
Fee: \$2 per person  
Activity # 3504-F  
Day: M  
Dates: 12/5-1/30/2017  
Time: 8-10 p.m.  
Location: Evendale Elementary



## Dog "Barkour"

Do not miss the chance to join the newest human/dog training program! Dog Parkour ( known as urban agility) includes jumping, climbing, building confidence and creatively challenging your abilities and your dog's abilities using obstacles found in nature. It is a fun physical activity in which the dogs learn to interact with the environment while building confidence. Safety is a priority and you will work at your level and the level of your dog. Instructor Lisa Marino, Head of the Class Dog Training, LLC will be with you every step of the way. REQUIRED: a leash ( no retractables), body harness with clip, treats, water, portable water bowl and clean up bags.

Class#	Date	Day	Time	Fee	Location
2047-A	4/8-4/29	Sa	10:30-11:30A	\$53	Rose Hill Park



Held at the new  
Rose Hill Park!



IT IS THE GOAL OF FREDERICK COUNTY PARKS AND RECREATION TO SERVE AS MANY FAMILIES AS POSSIBLE SO THE YOUTH OF FREDERICK COUNTY CAN BE ACTIVELY INVOLVED IN RECREATIONAL PROGRAMS.

-CHRIS KONYAR, SUPERINTENDENT OF RECREATION

### HOW DO I APPLY FOR ASSISTANCE THROUGH THE PLAY FUND?

The application process is user-friendly. The primary qualifications are:

- Participant must be a Frederick County resident
- Participant must be under the age of 18
- Participant must meet the Family Income Guidelines as determined either by the free or reduced lunch program through Frederick County Public Schools or proof of annual household income.

Contact staff at 540-665-5678 for further assistance. Assistance for families depends on available funds coupled with a household maximum for a calendar year. In most instances a family that qualifies for funding through the PLAY Fund may be required to pay a percentage of the cost of the program.





## Registration Guidelines fcprd.net

1. No registration will be accepted without payment. If participant has allergies or needs other accommodations, please indicate at registration.
2. If you are registering someone from a different address, you must use a separate form. Feel free to copy this form as needed or download a form from our web site.
3. Participants must register prior to the start of all programs or by the registration deadline if one is specified in the program information.
4. Registration deadlines: There is no guarantee of acceptance into a program after a registration deadline passes. Registration wait lists may or may not be available. If there is no registration

deadline, registration will close the Friday before the program start.

5. We will make every effort to notify participants if we must cancel a program. FCPRD shares facilities with Frederick County Schools and must cancel programs when these facilities are not available. For updates, listen to local radio stations, call 540-665-5678 and select "3" for cancellations, or visit the web site at [www.fcprd.net](http://www.fcprd.net) and click on the cancellations button.

6. Refunds will be given until a program begins to the registering household; however, a 20% administrative charge will be deducted. In the case where goods and/or services have been purchased (i.e. tickets, transportation costs, deposits, reservation charges) participants may not be given a refund. In most cases, gift certificates will be issued in lieu of a cash refund. No refunds or gift certificates will

be approved after the start of a program. Separate fees apply for withdrawal from basicREC and CAMP basicREC. Refer to the parent handbook available online at [www.fcprd.net](http://www.fcprd.net) or call the main office for full details.

7. Participants must be picked up by the program ending time. Late pick up fees apply: \$15 for the first 15 minutes or any portion thereof; \$2 per minute over 15 minutes.

8. Returned checks are assessed a \$35 NSF fee. Your account may be forwarded to the County Treasurer's Office for collection if your account is not paid in full.

9. If your child will need to self-administer medication during any FCPRD program please call the main office at (540) 665-5678 prior to registering.

## Park Visitation fcprd.net

1. Accidents/Injuries: Any person witnessing or involved in an accident in a park should report it to the Park Ranger, Park Manager, or the Parks and Recreation Department, 665-5678.
2. Alcoholic Beverages: The possession of alcoholic beverages is prohibited on

park property. No intoxicated person shall enter or remain in the parks.

3. Animals and Pets: Animals must be kept under control at all times. Pets must be on leash no longer than six feet. Owners are responsible for cleaning up after their pets. Pets are prohibited on or within 50 feet of an athletic complex or field, or playground.

4. Camping: Persons shall not camp or lodge within any park.

5. For the enjoyment of everyone visiting the parks, please refer to full park guidelines posted in the park kiosks and on the web site at [www.fcprd.net](http://www.fcprd.net).

**Register Online Now**  
[fcprd.net](http://fcprd.net)

### Registration Form

Mail or bring to: FCPRD, 107 North Kent Street, Winchester, VA 22601

To register by phone with a credit card, call 540-665-5678 \* Print this form at [fcprd.net](http://fcprd.net)

Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Address:			<b>Total Fees: \$</b> Telephone Numbers Home:                      Work: Cell:	
Print Name of Parent/Guardian: _____			<input type="checkbox"/> <b>Please Call Me - I want to Volunteer as a Youth Coach!</b>	
To receive periodic e-mail updates from FCPRD, please provide us with your e-mail address: _____				
Special accommodations needed				
Allergies or intolerance to food, medication, etc., and action to take in an emergency				

# Parks

## Park Hours

March 1 - October 31: 8 am - Dusk

November 1 - February 28: 8 am - 6 pm

For current shelter fees and to make shelter reservations, visit our web site at [www.fcprd.net](http://www.fcprd.net) or call the main office 540-665-5678. For further information on the parks, email the parks division at: [kdehaven@fcva.us](mailto:kdehaven@fcva.us)

## Sherando Park

252 Lakeview Circle, Stephens City

Situated on 330 scenic acres, Sherando Park offers a variety of activities and facilities for the enjoyment of the entire family. The park is located 1.8 miles east of I-81 on Route 277 at Stephens City and includes:

- 4.55-acre fishing lake
- lighted ball fields
- picnic shelters & tables
- hiking trails
- 25M outdoor pool
- 18-hole disc golf
- soccer fields
- volleyball court
- playgrounds
- bocce, tennis and basketball courts (at SHHS)

Voted  
**Best picnic area**  
by the readers of the Northern  
Virginia Daily!



## Biking & Walking

At Sherando Park, there are 3 miles of bike/pedestrian path connecting the park and Sherando High School with adjoining neighborhoods, commercial centers, Warrior Drive, and the Tasker Road bike path. The pathways provide a great surface for both walking and biking.

At Clearbrook Park, there are paved paths providing an excellent walking surface. Measuring approximately 3,000 feet (there are 5,280 feet in a mile!), the paths circle the lake and take walkers through the park.

## Neighborhood Parks

Frederick County Parks and Recreation provides playground equipment throughout the County. Currently there are three neighborhood parks.

Frederick Heights, Milam Drive & Potomac Place  
11 acres featuring a playground & basketball court

Reynolds Store, 9291 N. Frederick Pike, Cross Junction  
1/2 acre with a playground

## Clearbrook Park

3300 Martinsburg Pike, Clear Brook

Traveling just five miles of north of Winchester allows you to experience the 55 acres of Clearbrook Park which include:

- 3-acre lake
- lighted ball fields
- picnic shelters & tables
- 3,000 feet of paved walking paths
- paddleboats
- playground
- 25M outdoor pool
- volleyball court
- vintage red caboose

## Sherando Park Shelter Rentals

Shelter(Capacity)	Resident Fee	Non-Resident Fee
Lock Gazebo (35)	\$41	\$56
Abex (75)	\$52	\$68
James Wood FFA (75)	\$52	\$68
Shawquon Ruritan (150)	\$63	\$79
Sandy Family (150)	\$63	\$79
Stephens City Lions (200)	\$74	\$91

## Clearbrook Park Shelter Rentals

Shelter(Capacity)	Resident Fee	Non-Resident Fee
Lawrence (30)	\$41	\$56
James Wood Key Club (75)	\$52	\$68
James Wood Colonels (75)	\$52	\$68
Rubbermaid (75)	\$52	\$68
Antique Car Club (75)	\$52	\$68
Brill Family (75)	\$52	\$68
Shawnee Lions (150)	\$63	\$79
Kiwanis II (150)	\$63	\$79
Kiwanis I (250)	\$74	\$91

## Rose Hill Park

1873 Jones Road, Winchester

Located 1/3 mile south of the intersection of Cedar Creek Grade and Jones Road, Rose Hill Park offers visitors the opportunity to enjoy the historic and scenic features of the Museum of the Shenandoah Valley's Rose Hill Farm.

- 1.2 mile interpreted walking trail of the 1862 1st Battle of Kernstown
- Picnic Shelter and tables
- Restrooms



# Community Centers

## Community Center at Evendale Elementary School

220 ROSA LANE  
FEES & EQUIPMENT

*Reservations must be made one day in advance and are subject to availability.*  
Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.  
**Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU\***

Activity Room with kitchen accommodates up to 35 people.  
**Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available 6-10 p.m. M-F and 8 a.m.-10 p.m. S, SU\***

Exercise Room accommodates up to 49 people.  
**Rental fee: \$12/hour residents; \$27/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU\***

## Community Center at Greenwood Mill Elementary School

281 CHANNING DRIVE  
FEES & EQUIPMENT

*Reservations must be made one day in advance and are subject to availability.*  
Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.  
**Fee: \$25/hour residents; \$40/hour non-residents; full court; 2 hour minimum rental; no food or drink allowed; available M-F, 6:30-9 p.m.; S 8 a.m.-noon; SU closed. Additional hours will be posted on site.**

Activity Room with microwave and refrigerator accommodates up to 50 people.  
**Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; S and SU 8 a.m.-10 p.m.\***

Fitness Room: For your healthy lifestyle, the following equipment is available: 3 ellipticals, 5 treadmills, 2 recumbent Lifecycles, 2 upright Lifecycles, a Summitt Trainer, 5 multi-use weight stations, a flat bench and dumbbells, jump ropes, and stability balls.  
**Fee: \$2; discount passes are available for purchase.**  
**Hours of Operation: M-F, 6:30 a.m.-9 p.m., S 8 a.m.-noon Additional weekend hours will be posted on the web and on site.**

## Community Center at Orchard View Elementary School,

4275 MIDDLE ROAD  
FEES & EQUIPMENT

*Reservations must be made one day in advance and are subject to availability.*  
The gymnasium: Full size gym with one (1) full court with six (6) backboards; Standard size volleyball court with net; Basketballs and Volleyballs are available.  
**Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU\***

## Community Center at Gainesboro Elementary School

4651 NORTH FREDERICK PIKE  
FEES & EQUIPMENT

*Reservations must be made one day in advance and are subject to availability.*  
Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.  
**Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU\***

Activity Room with kitchen accommodates up to 35 people.  
**Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU\***

## Community Center at Sherando High School

869-5988  
185 SOUTH WARRIOR DRIVE  
FEES & EQUIPMENT

*Reservations must be made one day in advance and are subject to availability.*  
Fitness Room: For your healthy lifestyle, the following equipment is available: Life fitness Pro 2 Series: Chest press, leg curl, leg extension, seated leg press, shoulder press; Landice Treadmill; Pro Elite Chin & Dip; Quantum Bicep/Tricep and Lat Pulldown/Mid Row, pec fly, Nordic Track Treadmill, two Ellipticals, and two recumbent bikes.  
**Center Staff is trained in the proper use of this equipment and will assist when necessary.**  
**Fee: \$2; discount passes are available for purchase.**  
**Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon**

Racquetball Courts: two regulation size courts for racquetball and wallyball are available. Call 869-5988 to reserve.  
**Fee: \$7 for adults; \$1 additional per person for wallyball; discount passes are available for purchase.**  
**Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon**

Multipurpose Room, complete with kitchen, ballet barre and mirrors, and room divider accommodates up to 140 people.  
**Fee: \$20/hour residents; \$35/hour non-residents; 2 hour minimum rental; available daily 8 a.m.-10 p.m.\***

**Rental Equipment: For your convenience - the following items are now available for rent: Basketballs ~ Volleyballs ~ Tennis Racquets and Tennis Balls ~ Pedometers ~ Disc Golf Discs ~ Jump Ropes**  
**All items may be rented on a first come, first served basis for \$1 for a two hour block of time during the Community Center's regular operating hours. A photo ID is required at the time of checkout and will be held until the rental equipment is returned. Bocce balls are available to use on the courts for \$2 and jump ropes are for use inside the Center - free of charge!**





Frederick County Parks and Recreation Department  
107 N. Kent Street  
Winchester, VA 22601

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