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Swim
Lessons



JULY 4TH AT SHERANDO PARK!

Fireworks • DJ • Pool open until 8 pm
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Let the Adventure Begin!

SUMMER GUIDE

Caverns • Water Parks • Zip Lines • More!



VIRGINIA
STORM JUNIOR

BASKETBALL
CAMP
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FREDERICK COUNTY
PARKS & RECREATION

2017 SUMMER CAMP AND ACTIVITY 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 - Robert Wells

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

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 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 & RECREATION

The Capital Improvement Plan

An indoor pool, neighborhood parks, a trail beside a creek, spraygrounds at the outdoor pools among other recreation amenities have two things in common; a) they are all items residents have told us they would like to see in Frederick County, and b) they are all on the county's Capital Improvement Plan (CIP). The CIP is a document which provides a schedule for major capital expenditures for the County for the ensuing five years. It is adopted annually and is intended to assist the Board of Supervisors in preparation of the County budget. Funding is typically the largest hurdle to overcome for CIP projects to become reality. Some, like an indoor pool, have been on the CIP for over twenty years without making it over the funding hurdle. Fortunately others, like new trails and development at Sherando Park, and Rose Hill Park have found funding. Check the CIP to see what new recreation amenities we are looking to get over the funding hurdle in order to make Frederick County a better place for you.

Jon Turkel
Park and Stewardship Planner

To view the Capital Improvement Plan, please visit www.fcva.us and navigate to the Planning and Development Department page and click on Planning Documents/Plans.

Register Online Now
fcprd.net

A sample of what's inside!

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More exciting programs and events
for everyone inside the guide!

Registration for 2017-2018!!

Please utilize the activity numbers below for the 2017-2018 school year. Registration will open July 1, 2017! To register please visit fcprd.net or call 540-665-5678.



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: \$94 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	Armstrong 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: \$46 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	Armstrong 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: \$50 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	Armstrong 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: \$12 per day

Fee for afternoon only: \$14 per day including early dismissal days

Fee for morning and afternoon: \$25/day including teacher workshop days and other FCPS holidays for which basicREC is open

Daily registrations do not receive refunds or credits unless the program is canceled.

Days may be switched if it is confirmed that your child did not attend.



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 2017-18 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!

Baby Yoga

AGE: BABIES 8 WEEKS AND OLDER WITH PARENT/GUARDIAN

Instructor: Dawn Ventress

Babies are often described as natural yogis because they are so “naturally in the moment.” Age and developmentally appropriate gentle postures, slow movements and songs can benefit language development, body awareness and so much more. Strengthen the bond with your baby as you explore this fun class. Please bring a yoga mat and baby blanket.

Fee: \$45

Activity #2055-A

Day: T

Dates: 6/20-7/25 (no class July 4)

Time: 10:30 - 11:15 am

Location: Evendale Exercise Room

Fee: \$45

Activity #2055-B

Day: T

Dates: 8/8-9/5

Time: 10:30 - 11:15 am

Location: Evendale Exercise Room

Young Artist

AGES 7-11

Instructor: Kellee Walters.

Young artists will learn how to use and apply different materials to create artwork. Please bring a smock or oversized t-shirt-we will probably get messy!

Fee: \$37

Activity #2206-C

Day: T

Dates: 7/18-8/8

Time: 6:30-7:30 pm

Location: Greenwood Mill Activity Room

Astronomy

AGES 8-12

Instructor: Dottie Edwards

A fantastic opportunity to explore and discover! Campers will participate in creative activities as we observe and learn about solar systems and more. We will assemble systems using creative (and tasty) materials. Bring a refillable water bottle, sunscreen, hat and sunglasses. We will be spending time outdoors.

Fee: \$60

Activity #2036-G

Days: T,W,Th

Dates: 6/27, 28, 29

Time: 9 am - noon

Location: Evendale Exercise Room



Ballet

AGES 3-5

Instructor: Jennifer Turman Bayliss, Sunshine Studio

Join us in this week long ballet class that emphasizes fun while learning. Dance, dance and more dancing for our young ballerinas! Ballet basics including names of positions and positions will be practiced. The dancers will use imagination and creativity and make new friends. Ballet slippers are required. Please also bring a simple snack and water. Please note that if your child is not potty trained a parent will have to remain on site.

Fee: \$87

Activity # 2230-T

Days: M-F

Dates: 7/10-7/14

Time: 10 am - noon

Location: Evendale Exercise Room

Pound, Paint, Create

AGES 7-13

Instructor: Emily Rhodes and staff of Polka Dot Pot

Get ready to get creative and have fun! Each of the following sessions will work with new projects that will include lots of clay, painting techniques, how to handle cutting glass by making a fuse glass project. Take a turn and throw a pot on the wheel. Along with the creativity and learning you will have fun and meet new people. Wear clothes that can get messy or bring a smock or over size t'shirt-we probably will get a little messy. Bring water and a simple snack.

For each session:

Fee: \$135

Days: M-F

Time: 9 am - noon

Location: Polka Dot Pot

7 N. Loudoun Street

Winchester, VA

Activity #

2232-A

2232-B

2232-C

Dates

6/26-6/30

7/17-7/21

7/31-8/4



Adventure Weeks

AGES 9-14

Outdoor Adventure Camp's "Wild and Wonderful Adventure Week" offers unforgettable outdoor experiences for adventure seeking kids ages 9-14 in Wild and Wonderful, West Virginia. Your child's weekly adventures will include: white water rafting, kayaking tubing, climbing our aerial adventure park and flying through our zip line canopy tour! All of our activities provide beginner to intermediate excitement for any child in need of a change of pace and are facilitated by River Riders highly trained guides who make it their goal to share their experience and passion for adventure and the outdoors with your child. Campers will also come away from camp having learned the basics of river safety and guiding through different experiences on the Shenandoah and Potomac river. Each week will end with an all day fieldtrip to either Adventure Park USA, or Boonsboro Family Recreation, week dependent. Throughout the summer our adventure camps will provide your child with increased confidence, lifelong memories and plenty of fun.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration.)

Fee: \$310

Activity#	Dates	Days	Registration deadline
5100-A	6/19-6/23	M-F	6/12/17
5100-B	7/17-7/21	M-F	7/10/17
5100-C	7/31-8/4	M-F	7/24/17

Time: 7:45 am – 5:00 pm

Location: Red Bud Run Elementary School

**Participants need to pack a lunch daily.*



Sailing Camp

AGES 8-14

Sailing camp provides a great opportunity to gain confidence around the water by learning safe sailing skills with the Mariner Sailing School located on the Potomac River. Wearing lifejackets in 14' Sunfish sailboats, participants learn to sail and have an all-around great time. The student-to-instructor ratio is 6:1 allowing instructors to not only teach sailing skills but also insure the safety of participants. Instructors sail alongside their group or sail together on the Flying Scots when the winds are strong. The course, 3 hours a day, covers; rigging a Sunfish, knots used in rigging, the points of sail, navigational rules, right-of-way rules, man-overboard drills, capsizing & recovery and plenty of docking practice. On very light air days students are taught how to safely paddle a canoe or kayak through the beautiful Dyke Marsh surrounding the marina.

Mariner Sailing School offers participants free afternoon Sunfish rentals the week after the sailing course, and 50% off rentals through the rest of the season! Don't delay – sailing school fills up quickly!

Fee	Activity#	Dates	Days	Reg. Deadline
\$275	5412-A	6/12-6/16	M-F	6/5/17
\$275	5412-B	8/7-8/11	M-F	7/31/17

Time: 8:00 am – 3:00 pm

Location: Rotary Shelter Parking Lot across from Sherando pool.

**Participants need to pack a lunch daily.*

Zip Line Adventures Day!

Chairlift - Zip Line - Mountain Tubing

AGES 8-14

A day of nonstop fun! New at Bryce is the Mountain Zip Line, a series of interconnected lines that takes adventurers from the top of the chairlift to the bottom of the mountain, flying through the air harnessed to cables. The mountain also continues its popular snow tubing excitement in the summer with Mountain Tubing, providing excitement as participants fly down synthetic snow atop summer tubes. Participants will be divided into age/ability appropriate groups to rotate through activities.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Check list will be provided upon registration.

Fee: \$55

Day(s): Wednesday

Activity #	Date(s)	Registration deadline
5106-G	6/28	6/21
5106-H	7/12	7/5

Time: 9:30 am - 3:45 pm

Pickup/Drop-off: Sherando Parking lot across from the Sherando Park Pool

**Participants need to pack a lunch daily.*

Camp basicREC

AGES: RISING 1ST GRADERS THROUGH RISING 6TH GRADERS

Instructors: FCPRD Recreation Technicians and Program Assistants

Camp basicREC is the top choice for those 9 weeks of “not-so-lazy” days of summer! Campers will enjoy fun-filled adventures which have a home base in area schools/playgrounds. Camp basicREC is designed to keep your child involved in activities that go on throughout the day!! Summer will be filled with special activities, events, group games, playing outside, water play, organized sports and games, arts and crafts, swimming, field trips, and time to just relax! Camp basicREC is based outside and, weather permitting, twice per week we will venture out to the park to play and spend the afternoon swimming at the pools. All campers will have their swimming skills assessed prior to being permitted to swim and color coded wrist bands will be worn which designates their skill level. Parents will drop off and pick up their campers at their school site daily, even on park/pool days. There will not be any make up days for pool days/field trips that may be rained out. Parks and pools are subject to change. Morning and afternoon snacks will be provided, but you are welcome to bring these from home. Make sure that your camper is lathered in sun block daily before coming to camp and that they bring their water bottle, a non perishable lunch which does not need preparation, towel, sneakers, swimsuit, spray sun block, water shoes, and t-shirt. Detailed information is available in the Parent Handbook.

9 week session

Fee: \$1053, weekly payment options listed below

Day(s): M-F

Date(s): 6/12/17 - 8/11/17

Closed: 7/3, 7/4

Time: 6:30 am - 6:00 pm

basicREC

Locations/Park/Pool

Apple Pie Ridge Elementary School/Clearbrook Park and Pool

Activity # 1127-01 Pool Days: T, TH

Community Center at Evendale Elementary School/Sherando Park and Pool

Activity # 1127-03 Pool Days: T, TH

Community Center at Greenwood Mill Elementary School/Clearbrook Park and Pool

Activity # 1127-04 Pool Days: M, W

Redbud Run Elementary School/Clearbrook Park and Pool

Activity # 1127-05 Pool Days: T, TH

Orchard View Elementary School/Sherando Park and Pool

Activity # 1127-12 Pool Days: T, TH

If you take advantage of all 9 weeks of CAMP basicREC, payments can be made by choosing option 1 or 2 below. If withdraw from the full-time enrollment in the program becomes necessary, you will be responsible to pay the following weeks regularly scheduled payment.

Option 1: \$1053 is due when enrolling in all 9 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$117 will be due for the first week with the following deductions being withdrawn from your checking account or an approved credit card on each of the following Mondays whether your child attends or not 6/12, 6/19, 6/26, 7/5, 7/10, 7/17, 7/24, and 7/31.

To register, you must obtain and fill out the CAMP basicREC registration form. You may register online at www.fcprd.net, or in person at the FCPRD office (8 a.m.-4:30 p.m.). Registrations will not be processed unless all forms are completed and submitted along with payment. Forms may also be obtained by visiting our website. Please do not mail the forms to us. Incomplete forms will be returned to you which could result in your information not being processed.

Pick-A-Week!

If you do not need all 9 weeks of CAMP basicREC, you can pick and pay as you go. Themes for each week are listed below. Payment is due at time of registration. Space available until filled.

Pick-A-Week!

If you do not need all 9 weeks of CAMP basicREC, you can pick and pay as you go. Themes for each week are listed below. Payment is due at time of registration. Space available until filled.

THEME: WELCOME TO THE JUNGLE

Fee: \$165

Date(s): 6/12-6/16

Field Trip: Wilson's Pet Farm

Activity #	Camp Location	Trip Date
1201-A	Evendale Elementary	6/14
1201-B	Greenwood Mill Elementary	6/13
1201-C	Apple Pie Ridge Elementary	6/15
1201-D	Redbud Run Elementary	6/15
1201-E	Orchard View Elementary	6/14

THEME: ULTIMATE WARRIOR

Fee: \$165

Date(s): 6/19-6/23

Field Trip: Skyline Laser Tag

Activity #	Camp Location	Trip Date
1202-A	Evendale Elementary	6/20
1202-B	Greenwood Mill Elementary	6/23
1202-C	Apple Pie Ridge Elementary	6/21
1202-D	Redbud Run Elementary	6/19
1202-E	Orchard View Elementary	6/22

THEME: SPLISH SPLASH

Fee: \$165

Date(s): 6/26-6/30

Field Trip: Atlantis Water Park

Activity #	Camp Location	Trip Date
1203-A	Evendale Elementary	6/29
1203-B	Greenwood Mill Elementary	6/28
1203-C	Apple Pie Ridge Elementary	6/27
1203-D	Redbud Run Elementary	6/27
1203-E	Orchard View Elementary	6/29

THEME: SUMMER CINEMA

Fee: \$99

Date(s): 7/5-7/7

Field Trip: Alamom Drafthouse Cinema

Activity #	Camp Location	Trip Date
1204-A	Evendale Elementary	7/5
1204-B	Greenwood Mill Elementary	7/5
1204-C	Apple Pie Ridge Elementary	7/5
1204-D	Redbud Run Elementary	7/5
1204-E	Orchard View Elementary	7/5

THEME: UNDERGROUND ADVENTURES

Fee: \$165

Date(s): 7/10-7/14

Field Trip: Luray Caverns

Activity #	Camp Location	Trip Date
1205-A	Evendale Elementary	7/12
1205-B	Stonewall Elementary	7/13
1205-C	Apple Pie Ridge Elementary	7/12
1205-D	Redbud Run Elementary	7/12
1205-E	Orchard View Elementary	7/12

THEME: BUST A MOVE

Fee: \$165

Date(s): 7/17-7/21

7/21 - ALL PARENTS PICK UP AT EVENDALE

Field Trip: Dance at Evendale Elementary

Activity #	Camp Location	Trip Date
1206-A	Evendale Elementary	7/21
1206-B	Greenwood Mill Elementary	7/21
1206-C	Apple Pie Ridge Elementary	7/21
1206-D	Redbud Run Elementary	7/21
1206-E	Orchard View Elementary	7/21

THEME: CRAVING THE WAVE

Fee: \$165

Date(s): 7/24-7/28

Field Trip: Massanutten Water Park

Activity #	Camp Location	Trip Date
1207-A	Evendale Elementary	7/25
1207-B	Greenwood Mill Elementary	7/26
1207-C	Apple Pie Ridge Elementary	7/27
1207-D	Redbud Run Elementary	7/27
1207-E	Orchard View Elementary	7/25

THEME: BASIC BOWL-A-RAMA

Fee: \$165

Date(s): 7/31-8/3

Field Trip: Northside Lanes

Activity #	Camp Location	Trip Date
1208-A	Armel Elementary	8/4
1208-B	Greenwood Mill Elementary	7/31
1208-C	Apple Pie Ridge Elementary	8/3
1208-D	Redbud Run Elementary	8/1
1208-E	Orchard View Elementary	8/2

THEME: END OF SUMMER BASH

Fee: \$132

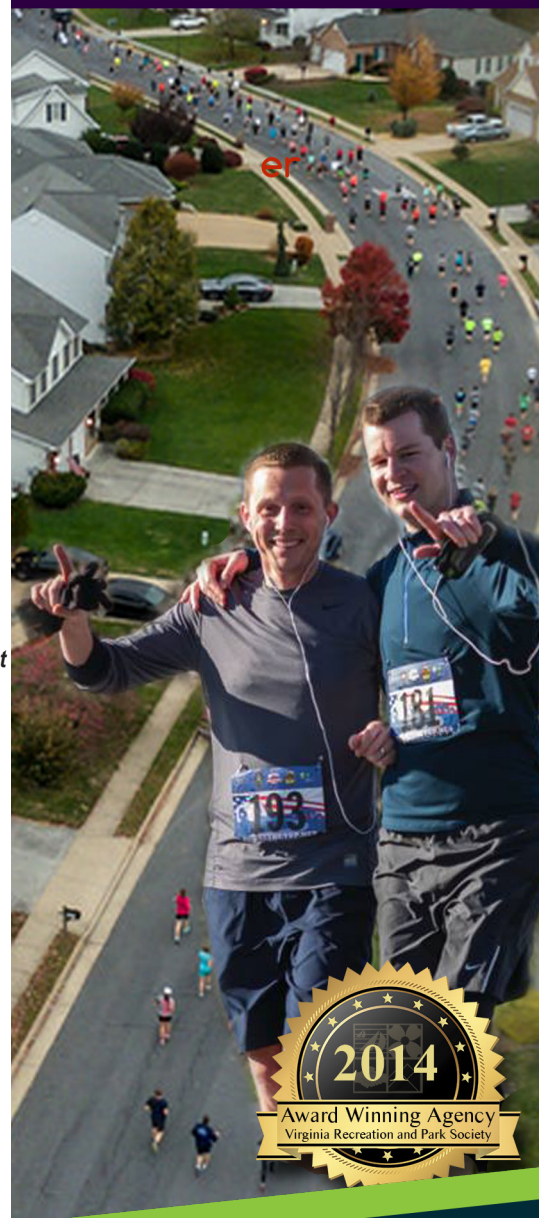
Date(s): 8/7-8/11

Field Trip: Clearbrook Park - Drop off and pick up at CB park on 8/9.

Activity #	Camp Location	Trip Date
1209-A	Evendale Elementary	8/9
1209-B	Greenwood Mill Elementary	8/9
1209-C	Apple Pie Ridge Elementary	8/9
1209-D	Redbud Run Elementary	8/9
1209-E	Orchard View Elementary	8/9



NOVEMBER 4, 2017



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. This camp is geared for the young horse enthusiast. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses LLC will provide campers with four days filled with horse activities and time in the saddle finished with a fun horse show and a camp memorabilia item. 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 (ASTM F1163-04a/SEI). Bike helmets will not be allowed. Helmets can be purchased at many different area locations at 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. Drop off time is- 8:50-9 a.m. & Pick-up time is 3-3:10 p.m.

Fee: \$285 per session

Day(s): M-TH

Time: 9 am-3:00 pm

Location: Hunter's Bay Sport Horses LLC, 439 Reliance Rd.

Middletown, VA 22645

Website: www.horselocate.com

Activity #7114-A

Date(s): 6/19-6/22

Registration Deadline: 6/12

Activity #7114-B

Date(s): 6/26-6/29

Registration Deadline: 6/19

Activity #7114-C

Date(s): 7/10-7/13

Registration Deadline: 7/3

Activity #7114-D

Date(s): 7/17-7/20

Registration Deadline: 7/10

Activity #7114-F

Date(s): 7/24-7/27

Registration Deadline: 7/17



Youth Archery

AGES: 9-17

Instructor: Robert "Bob" Clark, National Archery in the Schools & USA Archery Level 2 Instructor Certification

This Monday through Friday Archery Program will teach the basics of shooting a compound bow safely and effectively. Scoring games will be used to test form and accuracy. Participants will learn proper handling, bow and arrow usage, and discuss the importance of range safety. The program is also intended to provide the necessary guidance for the recreation archer who is interested in archery for the enjoyment of shooting a bow and arrow. There is no need to bring your own bow, because all equipment is provided. A great time will be had by all!

The instructor, Bob Clark is a long time archer. He is the 2011 IBO World Champion, a 10 time IBO National Champion, 2 time IBO shooter of the year, several NFAA Indoor State Championships, WV Master Hunter, and WV Bow Hunter of the Year.

Fee: \$79

Day(s): M-F

Location: Sherando Park

Ruritan Shelter

Activity #7225-A

Date(s): 6/19-6/23

Time: 9-10:20 am

Registration Deadline: 6/8

Activity #7225-B

Date(s): 8/28-9/1

Time: 6-7:20 pm

Registration Deadline: 8/17



Youth Archery Stage 2

Instructor: Robert "Bob" Clark, National Archery in the Schools & USA Archery Level 2 Instructor Certification

This session is an extension of the original "Youth Archery". Participants will learn proper handling, bow and arrow usage, basic archery fundamentals and discuss the importance of range safety. Archers are expected to be able to pick-up from one of the previous "Youth Archery" sessions. Archers will be shooting from a further distance during this session.

Activity #7225-C

Date(s): 6/19-6/23

Time: 10:30-11:50 a.m.

Registration Deadline: 6/8

Activity #7225-D

Date(s): 8/28-9/1

Time: 7:30-8:50 p.m.

Registration Deadline: 8/17

Engineering with Play-Well TEKnologies

AGES 5-6

The force awakens in this introductory engineering course for young explorers. We will have fun with engineering principles by designing and building projects using a lot of LEGO® bricks. Create motorized and architectural projects with imagination and engineering. Youth will have hands on experience and work in small groups and independently. Instructors will be there every step of the way. Please bring water and a simple snack.

Fee: \$140

Activity #2052-A

Days: M-F

Dates: 6/19-6/23

Time: 9 am - noon

Location: Evendale Elementary Community Center

REGISTRATION DEADLINE: 6/13

Master Engineering with Play-Well TEKnologies

AGES: 7-12

Awaken the force in this advanced engineering course for 7-12 year olds. Discover key engineering concepts such as gear trains, worm drives, pneumatics and more using a lot of LEGO® bricks. Young explorers will work on instructor led projects, in small groups and independently. Bring water and a light snack.

Fee: \$140

Activity #2050-B

Days: M-F

Dates: 6/19-6/23

Time: 1 pm - 4 pm

Location: Evendale Elem.

Community Center

REGISTRATION DEADLINE: 6/13



Intro to STEM with Play-Well TEKnologies

AGES 5-6

Tap into your imagination with LEGO® bricks and build engineer designed projects! We will work on building boats, snowmobile, catapults and merry go rounds. You also will use special pieces to create your own unique design. New and returning students can explore the endless creative possibilities with the guidance of an experienced Play-Well Instructor. Bring water and a light snack.

Fee: \$140

Activity #2053-A

Days: M-F

Dates: 7/24-7/28

Time: 9 am - 12 noon

Location: Evendale Elem.

Community Center

REGISTRATION DEADLINE: 7/18



STEM Challenge with Play-Well TEKnologies

AGES 7-12

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® bricks. Apply real world concepts in physics, engineering and architecture through engineer designed projects such as catapults, pneumatic cranes, arch bridges and more. Design and build as never before and explore your creative ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. Bring water and a light snack.

Fee: \$140

Activity #2051-A

Days: M-F

Dates: 7/24-7/28

Time: 1 pm - 4 pm

Location: Evendale Elementary Community Center

REGISTRATION DEADLINE: 7/18

Art in the Park: Exploration with Paint

AGES : 7-11

Instructor: Carol Erickson, Starfish Stained Glass

Explore, create and use your imagination. Explore the transparency of watercolors and the opaqueness of acrylic paints. Students will take home a framed 8x10" watercolor and a small canvas painting by the end of camp. Please bring smock or over size t-shirt, refillable water bottle, simple snack, hat, sunglasses, sunscreen and a small backpack for your items.

Fee: \$60

Activity #2058-A

Days: M-F

Dates: 7/17-7/21

Time: 9:00 am - 11:30 am

Location: Clearbrook Park Ranger Station

Art in the Park: Glass Explored/Mosaic

AGES : 11+

Instructor: Carol Erickson, Starfish Stained Glass

Students will experience a variety of artistic techniques working with glass. Mosaics, Stained Glass, Sea Glass and Glass Paints will be used to create a variety of projects ranging from picture frames to sun catchers. Please bring a smock, refillable water bottle, simple snack, hat, sunglasses, sunscreen and a small backpack for your items.

Fee: \$60

Activity #2100-A

Days: M-F

Dates: 8/7-8/11

Time: 9 am - 11:30 am

Location: Clearbrook Park Ranger Station

Kids on Golf

AGES: 7-13

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

Get into this hands-on introduction to golf! Skills needed to learn the game of golf will be explained and demonstrated and participants will practice these skills. On the final day, participants will use all of these skills learned as they play the par 3 course. If you do not have your own clubs to use, FCPRD will have clubs available to use at an additional cost. Please indicate player's height and if they are right or left handed.

For each session:

Fee: \$85 with clubs; \$95 with use of FCPRD clubs

Day(s): M-F

Time: 9-11:30 a.m.

Location: Appleland Sports Center

Session I:

Activity #7000-A with your own clubs

Activity #7000-B with use of FCPRD clubs

Date(s): 6/19-6/23

Registration Deadline: 6/15

Session II:

Activity #7000-C with your own clubs

Activity #7000-D with use of FCPRD clubs

Date(s): 7/10-7/14

Registration Deadline: 7/6

Continue a Kid on Golf

AGES: 8-14

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

This program takes Kids on Golf to the next level and is for those who have completed an introductory golf class. This program mixes excitement with lots of skill building and challenges participants to improve their game. Instruction includes fundamentals review, bunker play, course management, rules and etiquette, and course play. Golfers must provide their own clubs.

For each session:

Fee: \$75

Day(s): M-F

Time: 9-11 a.m.

Location: Appleland Sports Center

Session I:

Activity #7001-A

Date(s): 6/26-6/30

Registration Deadline: 6/22

Session II:

Activity #7001-B

Date(s): 7/17-7/21

Registration Deadline: 7/13



Evening Golf for Kids

AGES: 7-13

Days full with other camps? How about filling some nights, too! Each evening will blend fun aspects with learning and on the final day participants will have an opportunity to play some holes on the regulation course. Golfers must provide their own clubs. Proper golf attire and etiquette required.

Fee: \$68

Day(s): M-F

Time: 5-7 p.m.

Location: Rock Harbor Golf Course

Activity #: 7003-A

Date(s): 7/24-7/28

Registration Deadline: 7/20

Wrestling Camp

AGES: 6-12

Instructed by: John Campbell, Aylor Middle School Wrestling Coach

Wrestling camp is a great way to get your summer dose of wrestling. This program is designed to teach and develop wrestling skills with an emphasis on the fundamentals.

Wrestlers of all levels will benefit from this camp. Once skills are learned, wrestlers will have an opportunity to compete in matches. All participants should dress in comfortable clothes and wrestling shoes are recommended, but not required. Each camper should bring a water bottle and small snack daily. Each participant will also receive a camp T-shirt, so please signify the child's shirt size at registration.

For each session:

Fee: \$65

Activity # 7111-A, ages 6-8

Activity # 7111-B, ages 9-12

Day(s): M-F

Date(s): 7/24-7/28

Time: 8:30 p.m.-11 a.m.

Location: Aylor Middle School

Registration Deadline: 7/13

Baseball Camp

AGES 8-15

The Boys of Summer are back! Come learn the basic fundamentals of baseball and show off your skills at our summer Baseball Camp. There will be individual and group drills involving the mechanics of throwing, fielding, hitting, and baserunning. Friday will include mini games that will incorporate the combination of skills learned throughout the week. Make sure you child is lathered in sunblock, has their own glove and bat, and has a water bottle available daily. Please provide your shirt size when registering.

Fee: \$50

Activity #8301-A

Day(s): M-F

Date(s): 7/24-28

Time: 9 am - noon

Location: SH Park – Field 1

Registration Deadline: 7/20

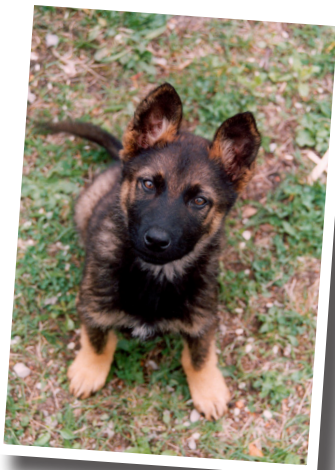
Fit With Fido

HUMANS 16+, OR YOUNGER WITH PARENT

Instructed by *Lisa Marino, Head of the Class Dog Training, LLC*

Bring your dog along for some fun and exercise! Enjoy simple yoga, walking, toning and more. Both you and your dog will enjoy the bonding time and reap the benefits of exercise. We will also work on basic obedience. Bring leash (non retractable); water and small treats. Dogs must be current on all shots and id on collar. Humans should wear sneakers and bring water. Meet at Sherando Park Pool parking lot.

Fee: \$38
Activity # 2220-C
Day: Sa
Dates: 5/13 - 5/27
Time: 9-9:45 am
Location: Sherando Park



Line Dancing

Ages 10+

Instructor: *Paul Richardson*

Dive in to the ever popular world of modern line dancing. Learn the classic country favorites, the newest pop dances and many styles in between. Please wear tennis shoes and bring water. Bring along a sibling or a parent to join in the fun. Two sessions available

Fee: \$10
Activity # 2056-A
Day: W
Dates: 6/7-7/12
Time: 7 - 8 pm
Location: Evendale Elementary Community Center

Fee: \$10
Activity # 2056-B
Day: W
Dates: 9/13-10/18
Time: 7 - 8 pm
Location: Evendale Elementary Community Center

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

Cheer Camp

RIISING 1ST - RISING 6TH GRADERS

Go Team!! The Sherando High School Varsity Cheerleaders are pumped up and excited to introduce camp participants to dance, basic stunting, techniques, and other fundamentals of cheerleading in an upbeat, enjoyable atmosphere full of surprises! This camp is designed for any level of cheerleader, from those new to the sport to those looking to improve their cheering foundation. All campers please wear tennis shoes and bring a water bottle and snack daily. Please provide your child's shirt size when registering.

Fee: \$55
Activity #4110-A
Day(s): M-F
Date(s): 7/17-21
Time: 9 am - 12 pm
Location: Armel Elementary School Gymnasium
Registration Deadline: 7/13



Volleyball Camps

Instructors include: Sherando High School Coach James Minney, current and past high school volleyball players.

Serve! Pass! Spike! Enjoy an enthusiastic learning environment with one of the area's best volleyball coaching staffs, guest coaches, current players and college level players from the area. This fun and upbeat experience will excel and develop new skills for all campers. Our main focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance.

Fundamentals Camp

AGES 9-14

This one week camp will improve participants overall game through intensive drills, competition, and expert training in competitive volleyball fundamentals and tactics. Spots are limited. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes. Please provide your child's shirt size when registering.

Fee: \$60
Activity #2022-A
Day(s): M-F
Date(s): 6/19-23
Time: 8:30-10:30 a.m.
Location: Body Renew - Sportsplex
Registration deadline: 6/15



Specialized Sessions

AGES 12-16

Designed for the experienced player to better prep them for high school volleyball!

Specialized sessions are designed for any player who desires to move onto the next level. These sessions focus on individual drills, lectures and demonstrations. Sessions include the following: Serving/Passing and Hitting/Defense. Friday will include mini games that will incorporate the combination of skills learned throughout the week. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes. Please provide your child's shirt size when registering.

Fee: \$60
Activity #2022-B
Day(s): M-F
Date(s): 6/19-23
Time: 11:00 a.m.-1:00 p.m.
Location: Body Renew - Sportsplex
Registration deadline: 6/15



Summer Basketball League

This league is designed to introduce the game of basketball to boys and girls ages 9- 18.

Participants must be appropriate age on or before the registration deadline of May 22, 2017.

To help make these leagues a successful, we are asking for parent/volunteer coaches and assistant coaches. Coaches and assistant coaches must be certified by the American Sport Education Program and successfully pass a criminal background check in order to coach. Please contact us at 665-5678 if you're interested in becoming a volunteer coach.

The following applies to all sections:

Dates: June 12 – July 26

Days: Monday, Wednesday and select Saturday's

Time: 6:00-9:00 p.m.

Location: Greenwood Mill, Orchard View, Gainesboro and Evendale

Early Bird Registration Fee: \$48 on or before 5/15/17
Final Registration Fee: \$58 between. 5/16/17-5/22/17
ALL REGISTRATIONS RECEIVED AFTER 5/22 WILL BE PLACED ON A WAITING LIST

There is no guarantee of acceptance into a program after a registration deadline passes.

5315- C	9-11 Co-ed Division
5315- A	12-14 Girls Division
5315- B	12-14 Boys Division
5315-D	15-18 High School Division

14th Annual Youth Sports Scramble Golf Tournament

This tournament raises funds for the Frederick County Parks and Recreation youth sports and Special Olympic programs. All of these grow at a very fast rate so our demand for sponsorship dollars grow as well. Everyone will receive a light lunch and complimentary range balls before the tournament. Awards will be given for the closest to the pins on par 3's and a longest drive award. Door prizes and dinner provided by Rock Harbor Golf Course will conclude the day of play. There will also be a chance for two golfers to take a shot at a \$1,000,000 hole in one! Don't miss out on this opportunity to support your local Parks and Recreation Department while having a great day out with friends and co-workers.

Fee: \$300 per foursome; \$75 per individual
Activity # 7005-A, Foursomes
Activity # 7005-B, Individuals
Day(s): F
Date(s): 8/25
Time: 1 pm Shotgun start
Location: Rock Harbor Golf Course
Registration Deadline: August 20





Outdoor Summer Movie Series

Family fun flicks in the park—for FREE! Bring a chair and something to drink (and a blanket in case you get chilly at night) and join us for a family-friendly movie selection under the stars. Popcorn available for \$1 per bag!

Day(s): S

Time: Movies begin at dusk

Date(s): 6/17

Movie Selection: Minions

Location: Clearbrook Park, Kiwanis shelter (ballfield side entrance)

Date(s): 8/19

Movie Selection: Space Jam

Location: Sherando Park, Rotary shelter (by the soccer fields, across from the pool)

NEW this summer!!

Film and Float

Movie: Finding Dory

Join us for an evening in the pool with one of your favorite films! Please bring a float to float on and wear proper swimming attire. PLEASE NOTE: we will be watching the movie from the pool so traditional open swim behavior will not be appropriate. Be prepared to keep splashing and noise to a minimum while we float! All children 12 or under must be accompanied by an adult

Fee: \$5 per person

Day(s): S

Date(s): 7/15

Time: Pool area opens at 8 pm—film begins at dusk

Location: Clearbrook Park Pool



Pool Events – Summer 2017

Water Safety Fair - FREE!

Come one, come all to this festival of fun for the whole family—bring your swimming gear and take in the vendors, inflatable bounce house, prizes, food trucks, and water safety stations to insure your youngster is safe at the pool this summer!

Brought to you by FCPRD and Super Splasher Aquatics

Date: Sunday, May 21

Where: Sherando Park Pool

What time: 12 - 3 pm



May 27 - Opening Day

· \$1 admission rate for all age 4+

June 21 - Finally Summer! (Summer solstice)

- Door Prizes
- Italian ice cart
- DJ

June 24 - National Swim-a-Lap Day

· \$1 admission rate for all ages 4+

July 15 - Finding Dory (outdoor movie) at Sherando Pool

July 30 - International Day of Friendship

· Bring a friend for free (with all paying patrons)

Friday Night Floats:

Bring your own float!

7- 9 pm

\$3 per person

Clearbrook - 6/23 and 7/28

Sherando - 7/7 and 8/4

Kings Dominion Tickets

Parks and Rec Day Tickets: (June 23 - July 31) - \$37

Good Any Day Tickets: \$41

Call 540-665-5678 for more info!



Pool Schedule

Sherando and Clearbrook Pools

May 27, 28, 29
June 6* - August 13

11 am - 7 pm
noon - 5:45 pm (M-TH)
11 am - 7 pm (F, S, SU)

August 19 - September 4, weekends only

11 am - 7 pm

*The pool will be open seven days a week beginning with the first day of summer vacation for the Frederick County Public School system and will be open weekends only once the 2017-2018 FCPS year has begun.

Admission Fees:

Age		Last Hour
Infant - 2 years	Free	Free
3 and Over	\$4	\$1

Pool Rentals:

Friday, Saturday, Sunday, 7:15-9:15 p.m. Rentals by reservation only and with at least one week notice. Reservations are accepted beginning in January of the same calendar year. Reservation fee must be PAID IN FULL at time reservation is made. Fee: \$200 for residents, \$250 for non-County residents.

Refund Policy:

Refunds will be given until a program begins, however, a 20% administrative charge will be deducted. No refunds will be given after the start of a program unless special circumstances warrant. All requests for refunds must be in writing. In some cases, household accounts will be credited for future use in lieu of cash refunds. Credit card refunds will be applied to credit card accounts; no cash refunds will be issued on credit card charges.

Passes:

Save 20% off of the regular admission price by purchasing multiple visit passes. Pass fees will be at a rate of \$3.20/visit for ages 3+. Punch passes are valid at either Sherando or Clearbrook pools. A minimum of 10 visits must be purchased.

Swim Team

Youth ages 5-18 are encouraged to participate in the Shenandoah Valley Swim League. FCPRD will have teams at both Clearbrook and Sherando Pools which will compete with other swim teams in the Shenandoah Valley Swim League. Meet schedules will be available the first week of practice. Meets will be on Saturday mornings. Swimmers must provide their own transportation to and from meets. The Shenandoah Valley Swim League is made up of the following 6 teams: Winchester Country Club, Stonebrook, Winchester Swim Team, Clarke County Parks and Recreation, Sherando, and Clearbrook of the Frederick County Parks and Recreation Department.

Participants must meet the following guidelines when considering swim team: Youth ages 5-8 years: ability to swim 25 yards on the surface without stopping. Youth ages 9-18 years: ability to swim 50 yards on the surface without stopping. Swim team will not take the place of swim lessons. If you are unsure about your child's ability, register for the program and our coaches will evaluate your child. If he or she does not meet the minimum qualifications, you will receive a full refund.

*Coaches have the right to evaluate your child and deem that they are not ready for swim team. The first two nights of practice will be for first time member evaluations. A full refund will be issued in these instances.

Parents willing to assist with volunteering at swim meets are greatly needed. Please notify your team's coach at the start of the season or call 665-5678 if you are interested.

Fee: \$95 (includes swim cap and t-shirt)

Activity # 6019-A Clearbrook Dolphins

Activity # 6019-B Sherando Sharks

Practices for both teams will adhere to the following schedule:

Wed/Thurs: 5/31 and 6/1

Mon-Thurs: 6/5-7/27

Mon-Thurs: 6/5-7/27

Tues/Thurs: 6/6-7/27

6-7:30 pm

7:00-8:00 pm

8:00-9:00 pm

8:30 a.m.-9:30 am

The first two practices are for first time swimmers only!

(Ages 5-11 years)

(Ages 12-18 years)

(Ages 5-18 years)



ALCOVA MORTGAGE



VIRASEC
IT Support Services

Youth Development Swim Team

Not sure if you are ready for swim team? Don't want to commit to the entire summer? FCPRD is pleased to offer a development program for the swimmer that is not quite ready to compete with the Sharks or the Dolphins but would like to see what it is all about. Refined stroke, breathing, flip turns, and proper diving will be introduced and practiced. This program does not take the place of swim lessons.

For each session:

Fee: \$45

Day(s): M-TH

Activity#	Pool	Time	Dates
6018-A	CB	10:00 - 10:45 am	6/12-6/22
6018-B	SH	10:00 - 10:45 am	6/12-6/22
6018-C	CB	6:00 - 6:45 pm	6/12-6/22
6018-D	SH	6:00 - 6:45 pm	6/12-6/22
6018-E	CB	10:00 - 10:45 am	7/10-7/20
6018-F	SH	10:00 - 10:45 am	7/10-7/20
6018-G	CB	6:00 - 6:45 pm	7/10-7/20
6018-H	SH	6:00 - 6:45 pm	7/10-7/20

Junior Lifeguarding Camp

AGES 12-15

This program is designed to introduce participants to the world of lifeguarding. Participants will build a foundation of knowledge, attitude, and skills in preparation for the American Red Cross Lifeguard Training Course. This camp will not certify participants as lifeguards. First Aid, CPR, simulated rescue situations, and assisting with swim lessons will be some of the topics covered in this camp. Campers are welcome to stay and swim once class has been dismissed. Participants should bring a non-perishable lunch, sunscreen, and bottled water with them.

For each session:

Fee: \$50

Day(s): M-TH

Time: 10:00 am - 2:00 pm

Activity #	Date(s)	Location
6017-A	6/26-6/29	SH
6017-B	6/26-6/29	CB
6017-C	7/24-7/27	SH
6017-D	7/24-7/27	CB

Morning Lap Swim

Lap lanes will be available for swimmers ages 15 and up. This self directed activity is a great way to jump start your day!

For each session:

Fee: \$1 per day

Activity #6013-A, SH pool

Activity #6013-B, CB pool

Day(s): T, TH

Date(s): 6/6 - 8/3

Time: 8:30 am - 9:30 am

High School/USA Swimmer Lap Swim

This is a great training and condition program for competitive swimmers who want to maintain their edge and perfect their strokes. This program is open to all current high school and USA swimming members. Upcoming 9th graders who wish to swim for their school team may participate as well.

For each session:

Fee: \$1 per day

Day(s): M-TH

Activity #	Date(s)	Time	Location
6023-A	7/31-8/3	8:30 - 9:30 am	SH
6023-B	7/31-8/3	6:00 - 7:00 pm	CB

Lifeguarding Training Course

This course designed by the American Red Cross teaches the necessary skills to become a swimming pool lifeguard. Participants will learn surveillance skills, rescue techniques, first aid training, and professional rescuer CPR. To be eligible students must be 15 years of age by the last day of the class. Attendance and participation in all sessions is MANDATORY. Students must pass both a written and physical skills test to receive certification. Material and class fees are non-refundable after the second day of class.

Pre-test: Successful candidates must complete the following skills in order to participate in the Lifeguard Training Course:

Endurance Test: 300 meter continuous swim demonstrating 150 meters freestyle and 150 meters of breaststroke. Proper rhythmic breathing and correct arm stroke and kick must be demonstrated. Strength Test: Swim 20 yards either freestyle or breaststroke, feet first dive to depth of 9-10 feet, retrieve a 10 lb. diving brick and return to surface. Swim 20 yards back to the starting point with the brick at chest.

Tread water for two minutes without using your hands.

The pre-test will be given on the first day of class, instruction will begin immediately after for successful candidates.

Fee: \$250

Activity #6012-A

Day(s): M-F

Date(s): 6/19-6/30

Time: 8:00 am - noon

Location: Clearbrook Pool

Deep Interval Training

AGES 13+

Take the plunge for a workout that is no impact! This class will use a variety of deep and shallow water exercises to offer you a great cardiovascular workout that will help increase muscle strength and endurance. What a great way to end your day!

Fee: \$3 per day

Activity #6027-A

Day(s): M

Date(s): 6/5 - 8/7

Time: 6:00 - 7:00 pm

Location: Clearbrook Pool

Water Aerobic Workout

Instructor: Tracy Clontz

This class will offer you a great cardiovascular workout that will help increase muscle strength and endurance—without the damage to your joints! What a great way to end your day! Ages 13 and up.

Activity # 6028-A

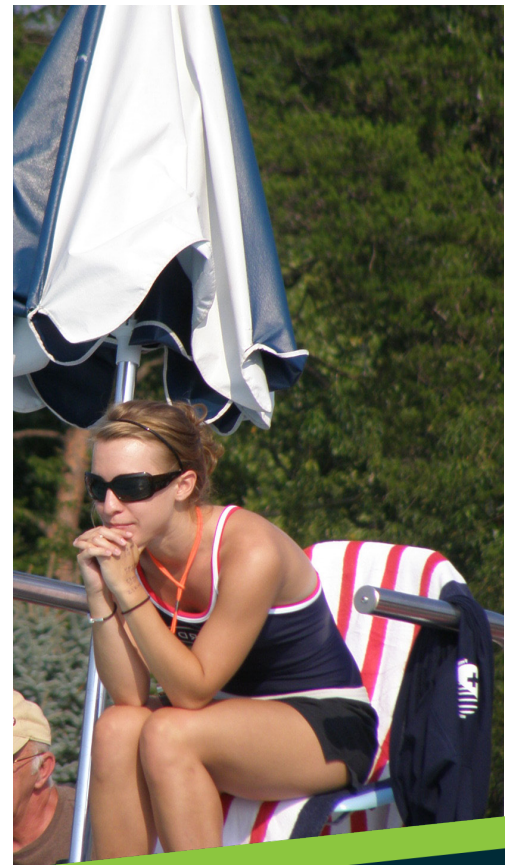
Fee: \$3

Location: Sherando Pool

Dates: 6/6-8/10

Days: T, TH

Times: 6:00 - 7:00 pm



Swim Lessons

The following courses are all \$35 for a one week session:

Swim lessons are offered at both Clearbrook Park (Activity #6600) and Sherando Park (Activity #6700).

Lesson Times: 10:00 - 10:45 am, 11:00 - 11:45 am, 5:00 - 5:45 pm and 6:00 - 6:45 pm

Sessions: (Monday-Thursday)

June 12 - June 16

June 19 - June 22

June 26 - June 29

July 3 - July 7 (No Class on July 4)

July 10 - July 13

July 17 - July 20

July 24 - July 27

July 31 - August 3

August 7 - August 10

The registration deadline is Saturday at 5 pm for the following week's session of lessons.

Register online at fcprd.net or call 540-665-5678.

Lessons: Levels

TADPOLES

This course is designed for 3-5 year olds. Interactive games and activities will be featured and are intended to encourage your child to enjoy the water. This class will help participants become more familiar and independent in the water. The focus of this class will include but is not limited too; water entry and exit, underwater skills, floating and gliding with assistance, arm and leg action, and water safety.

LEVEL ONE (INTRODUCTION TO WATER SKILLS)

Recommended that children are 4-6 years old to participate in this class. OBJECTIVE: to learn basic personal water safety information and skills. Students will learn elementary aquatic skills.

LEVEL TWO (FUNDAMENTAL AQUATIC SKILLS)

Students must feel comfortable in the water and be able to completely submerge as well as sustain a back float. OBJECTIVE: to give participants success with fundamental skills. Students will learn to float without support and to recover to a vertical position.

LEVEL THREE (STROKE DEVELOPMENT)

Prerequisite: Completion of Level Two. OBJECTIVE: to learn the survival float, the elementary backstroke, and to coordinate the front crawl. Students will learn rules for headfirst entries and begin to enter the water headfirst from the side of the pool. The scissors and dolphin kicks will be introduced.

LEVEL FOUR (STROKE IMPROVEMENT)

Prerequisite: Completion of Level Three. OBJECTIVE: To develop confidence in strokes and to improve other aquatic skills. Students will improve their skills and increase their endurance by swimming familiar strokes for greater distance. The back crawl, breaststroke, and turns will be introduced.

FCPRD follows the guidelines of the American Red Cross Learn to Swim program. Please read the description of each class to register for the appropriate skill level. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level.

During swim lessons, guardians may watch their children from the grass areas. Please no parents or siblings on the pool deck during swim lessons.

Following morning lessons, patrons staying to swim for the day must leave and re-enter the pool area when it opens for the day.

The registration deadline is Saturday at 5 p.m. for the following week's session of lessons. We do not encourage you to sign up for more than one week of lessons at a time, we cannot adjust for situations where advancement was not met in the previous session.

For all swim lesson levels: classes canceled due to inclement weather will be scheduled for make-ups on Friday, Saturday or Sunday during the regular time of your scheduled lesson. Please check with your instructor for exact make-up information. Classes will only be cancelled during an electrical storm, if it is only raining, the class will be held as scheduled.

Private Swim Lessons

One on one private instruction will be offered with a Certified Water Safety Instructor. All private lessons must be scheduled through the main office. Please do not bring more than one child per lesson, each child must be registered individually. Instructor requests cannot be guaranteed.

For each session:

Fee: \$15 per session

Time: 9:15 - 9:45 am

Activity #	Day(s)	Date(s)	Location
6020-A	M	6/12	SH
6020-B	M	6/12	CB
6020-C	W	6/14	SH
6020-D	W	6/14	CB
6020-E	M	6/19	SH
6020-F	M	6/19	CB
6020-G	W	6/21	SH
6020-H	W	6/21	CB
6020-I	M	6/26	SH
6020-J	M	6/26	CB
6020-K	W	6/28	SH
6020-L	W	6/28	CB
6020-M	M	7/3	SH
6020-N	M	7/3	CB
6020-O	W	7/5	SH
6020-P	W	7/5	CB
6020-Q	M	7/10	SH
6020-R	M	7/10	CB
6020-S	W	7/12	SH
6020-T	W	7/12	CB
6020-U	M	7/17	SH
6020-V	M	7/17	CB
6020-W	W	7/19	SH
6020-X	W	7/19	CB
6020-Y	M	7/24	SH
6020-Z	M	7/24	CB
6020-AA	W	7/26	SH
6020-BB	W	7/26	CB
6020-CC	M	7/31	SH
6020-DD	M	7/31	CB
6020-EE	W	8/2	SH
6020-FF	W	8/2	CB
6020-GG	M	8/7	SH
6020-HH	M	8/7	CB
6020-II	W	8/9	SH
6020-JJ	W	8/9	CB

Registration deadline is Saturday at 5 p.m for the following week's session of lessons.



Explorers Club Fire & Rescue Camp

Have you ever wondered what it would be like to be a Firefighter? Now is your chance to find out. Come be a part of the Explorers Club Fire & Rescue Camp! During this exciting week our Explorers will have the opportunity to use fire extinguishers, learn ropes & repelling, get certified in CPR and watch demonstrations and enjoy team competitions. Lunch and tee shirts will be provided. On Friday there will be a demonstration for the Parents and BBQ to celebrate the success of our young firefighters.

Fee: None

Dates: 7/24- 7/28

Time: 8:00 – 4:00 M, Tu, Wed, Th

8:00 – 2:00 Friday

Location: Round Hill Community Fire Department

Participants: Rising 6th & 7th Graders

Registration: 540-665-5618

American Red Cross Babysitting Training

AGES 11+

This class is a must for those who plan to babysit and for those already babysitting. Participants will engage in hands on activities, watch videos, and participate in instructor led discussions. Topics covered will include: safety, basic care, responsibility and play. Basic elements of first aid will be covered. Please bring a non- perishable lunch, beverage and snack and note taking materials. Everyone will receive a handbook.

For each session:

Fee: \$90

Time: 8:30 am - 4:00 pm

Location: Red Cross Building, 561 Fortress Drive

Activity #	Day	Date
2212-A	W	6/14
2212-B	T	6/20

Presented by



Tri-State
Nissan

4TH OF JULY



Food for purchase provided by
The Mac Shack Express

SHERANDO PARK · STEPHENS CITY, VA

TUESDAY, JULY 4 · FREE!

- ★ Park open all day! • Fireworks at Dusk
- ★ Amusements and food for purchase from 5 pm
- ★ DJ playing your favorite tunes from 6 pm
- ★ Pool open until 8:00 pm - bring your float!
- ★ Main park gate closes at 5:30 pm
- ★ Enter at Sherando High School



Miller's ACE Hardware



No alcohol or personal fireworks • Please leave pets at home • Rain Date July 5

The Running Series

RUN AT THE TOP

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 and take it to any bicycle shop for inspection prior to raceday.

Ages Events

25 meter swim, 1 mile bike, .5 mile run

75 meter swim, 3 mile bike, 1 mile run

125 meter swim, 3 mile bike, 1 mile run

125 meter swim, 3 mile bike, 1 mile run

Register at www.RunAtTheTop.net

Date(s): 6/11

Time: 8:00 am

Location: Sherando Pool

Registration deadline: 6/6



Visit www.RunAtTheTop.net for
race series information!



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.

Gad Abouts

Scenic Drive and Picnic at Dolly Sods

The 17,371 acre Dolly Sods Wilderness in the Monongahela National Forest are some of the most interesting terrain in our region! We will take our bus on a scenic tour through the Dolly Sods and stop along the way at a scenic overlook for a picnic. Please bring your lunch with you (there is cargo space for coolers if needed) and a drink.

Fee: \$15

Activity #4067-A

Day(s): F

Date(s): 7/21

Time: Depart Stephens City Shop and Save parking lot at 9a.m.; Sunnyside Plaza at 9:15a.m.; return approx. 5p.m. \$6 charge for home pick-ups to be paid in the van

Annual Gad Abouts Club Picnic

Come enjoy a day in the park of fellowship, friends, food, and summer fun--please bring a dish to share!

Activity #4068-A

Day(s): F

Date(s): 8/18

Time: 11a.m.

Location: Sherando Park Lions Shelter
\$6 charge for home pick-ups to be paid in the van

Gainesboro Club

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

Business Meeting at Apple Blossom

Diner

Dutch Treat lunch—bring any business items that need tending.

Activity # 4065-A

Day(s): M

Date(s): 7/24

Time: 11 am

Location: Apple Blossom Diner

\$6 charge for home pick-ups to be paid in the van

Business Meeting and Pizza Party

GUEST SPEAKER: Sheriff Les Taylor, to discuss home protection and other security issues seniors may be facing in the community. Please bring money with you for pizza (approx. \$5 per person would be fine)

Activity #4066-A

Day(s): M

Date(s): 8/28

Time: 11 am

Location: Gainesboro activity room

\$6 charge for home pick-ups to be paid in the van

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

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.

Fee \$22

Class# 2044-A

Date 5/20-6/10

Day Sa

Time 9:30-10:45 am

Location Sherando High School Bocce Courts

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



Trips and Events · Age 50+ -----○

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.

Frederick Festival of the Arts -----○

FREDERICK, MD

Celebrating 24 years, the Frederick Festival of the Arts, presented by the Frederick Arts Council, is held along Carroll Creek Linear Park in the heart of Historic downtown Frederick, Maryland. This juried fine arts venue invites discerning art-lovers from across the country. The festival is committed to presenting the finest national artists bringing the best of quality fine art, exceptional musical talents, and plenty of food and beverages for all to enjoy!

Fee: \$20
Activity #4073-A
Day(s): S
Date(s): 6/3
Time: Depart Stephens City Shop and Save parking lot at 10 am, Sunnyside Plaza parking lot at 10:15 am; return approx. 6 pm

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-D
Date(s): 4/10, 5/15, 6/5, 8/7
Time: 10:30 am - 2:00 pm
Sherando Comm. Center Multipurpose Room

B&O Railroad Museum, Train Ride, and Mount Clare House Tour

BALTIMORE, MD

Our tour begins at the B&O Railroad Museum in Baltimore where 19th century industrial power is illustrated through America's most important railroad collection, capped off with a train ride! Then we travel to Mount Clare Museum House for your group to experience a guided tour of this 18th century pre-industrial plantation where some of America's finest furniture and decorative arts are on exhibit. Price includes transportation and all admission fees to all sites—lunch will be a Dutch Treat on the way home at a location TBD along the way.

Fee: \$35
Activity #4072-A
Day: Th
Date(s): 7/20
Time: Depart Stephens City Shop and Save parking lot at 8 am, Sunnyside Plaza parking lot at 8:15 am; return approx. 5 pm
Registration Deadline: 7/10

Annual Senior Picnic in the Park -----○

Join us for a day under the shade trees in the park (Club Members and non-club members welcome) and enjoy all nature has to offer...and picnic food, of course! Clearbrook Park offers a lovely paved walking trail around the park, a pit to throw some horseshoes, fishing, or just a chance to take a breather and relax in the shade. Traditional picnic fare will be provided, so bring your appetite and be ready to make some new friends!

Fee: \$6; includes lunch
Activity #4064-A
Day(s): T
Date(s): 6/13
Time: 11a.m- 3p.m.
Location: CB Park, Lions Shelter
Transportation: Home pick-ups, Stephens City Shop and Save pick up @ 10:15 am; Sunnyside pick up @ 10:45 am (additional \$6 fee for all pick up locations)

The Amish Experience

BIRD-IN-HAND, PA

This one-of-a-kind experience will take you inside an authentic Amish homestead, take in an Amish theatre production of, 'Jacob's Choice,' and enjoy a family style authentic Amish meal courtesy of the Good and Plenty Restaurant. Fee includes transportation, tour tickets, and meal.

Fee: \$70 per person
Activity #4043-A
Day(s): S
Date(s): 8/12
Time: Tour begins with the meal at 12noon, followed by the tour and theatre; depart Stephens City Shop and Save parking lot at 8:15 am, Sunnyside Plaza parking lot at 8:30 am, return approx. 8:30 pm
Registration deadline: 8/8

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.

Activity: #4063-A Date: 4/18
Time: 9A - 5P Fee: \$15
Location: Departs Sunnyside Plaza at 9:00 am; returns approximately 5:00 pm



Trips for all ages! -----○

Awesome Con

WASHINGTON, D.C.

Awesome Con is Washington, DC's Comic Con. It is a place for fans of popular culture. At its heart, Awesome Con is a comic-con that embraces all aspects of geekdom and pop culture, with a wide assortment of comic books, collectibles, toys, games, original art, cosplay, and more. Special events include discussion panels, costume contests, trivia contests, gaming tournaments, and tons of activities for kids. Depart Sunnyside Plaza parking lot 8 am; Return time is at 7:00 pm. Price includes transportation and admission price.

Fee: \$60

Date: 6/17

Time: 8 am

Location: Depart Sunnyside Plaza

Beer, Bourbon, and BBQ Festival

NATIONAL HARBOR, MD

Let us do the driving while you enjoy a fun day of Beer, Bourbon and BBQ at this premier festival! Live music and tons of vendors make this a can't-miss day out! Price includes transportation, admission into the event, a souvenir tasting glass, unlimited sampling, and all live entertainment.

Fee: \$55

Activity #4069-A

Day(s): S

Date(s): 6/17

Time: Depart Sunnyside Plaza at 11:30 am; return approx. 8 pm

Day Trip Drop-Off: Inner Harbor

BALTIMORE, MD

We will provide transportation to and from your destination so you can enjoy a fun day out of town without the hassle! Drop-off at Baltimore's Inner Harbor where you can enjoy the Maryland Science Center, the National Aquarium, boat tours, and MORE! We will depart at 9a.m. from the Sunnyside Plaza parking lot and return at approximately 8p.m. Lunch will be on your own.

Fee: \$25

Activity #4071-A

Date(s): Saturday, 8/26

Time: Depart at 9 am from the Sunnyside Plaza parking lot and return at approximately 8 pm

Baltimore Baseball Day Out: Babe Ruth Museum and Camden Yards Stadium Tour

BALTIMORE, MD

Let us take you out to the ballgame for the day—we will first tour the Babe Ruth Museum, then venture over to Camden Yards Stadium for a tour! We will stop along the way home for a late lunch at a location TBD along the way—price includes transportation and admission to both the Museum and the Stadium (lunch will be on your own).

Fee: \$37

Activity #4070-A

Day(s): S

Date(s): 7/15

Time: Depart Sunnyside Plaza at 8:30 am; return approx. 5 pm

Registration Deadline: 7/5

Washington Nationals vs. Baltimore Orioles

That's right! The Washington Nationals battle it out against the Baltimore Orioles! Join us for this prime time game and enjoy seating located in section 286. That's right; you will be in the All-You-Can-Eat LF club section!! Tickets are limited.

Fee: \$72 per ticket includes transportation to and from the game and food.

Activity #5400-B

Date(s): Monday, 5/8

Travel: Depart Sunnyside Plaza parking lot 3 pm; game time is at 7:05 pm

Toronto Blue Jays vs. Baltimore Orioles

Are you ready to come out and see the Toronto Blue Jays battle it out against the Orioles. The Blue Jays are team that eliminated the Orioles from the playoffs last year. See if the Orioles can contain the Blue Jays as they seek to make another playoff run. Join us for this prime time game and enjoy seating located in section 286. That's right; you will be in the All-You-Can-Eat LF club section! Tickets are limited! Fee: \$72 per ticket includes transportation to and from the game and food.

Fee: \$72 per ticket includes transportation to and from the game and food.

Activity #5400-D

Date(s): Sunday, 9/3

Travel: Depart Sunnyside Plaza parking lot 10 am; game time is at 1:35 pm



Pee Wee Flag Football

Fun and fundamentals will be the focus of these divisions. The program will meet twice a weekly starting in September. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 8/28/17.

AGE 5 - 6

Fee: \$35
Activity # 5302- A
Day(s): M-S
Date(s): 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Elementary Schools
Registration Deadline: 8/7/17

AGE 7 - 8

Fee: \$35
Activity # 5302- B
Day(s): M-S
Date(s): 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Elementary Schools
Registration Deadline: 8/7/17

Pee Wee Flag Football Clinic

AGES: 5-7

Are you unsure if your child is ready to play flag football for this upcoming season? Then this clinic is perfect for them to learn the basic skills of flag football. The clinic will provide the opportunity for children to work on throwing, catching, agility, offense/defense, change of directions with & without a ball, & game skills.

Fee: \$35 per child (includes Certificate)
Activity #5204-H
Dates: 8/20 and 8/27
Times: 4:00pm – 5:30pm
Days: Sundays
Location: Evendale Elementary school
Registration Deadline: 8/17

9 - 10 Flag Football

Don't miss the excitement of FCPRD flag football! This league provides participants with plenty of action while learning new flag football skills. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 8/28/17.

Fee: \$40
Activity # 5313- A
Day(s): M-S
Date(s): 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Elementary Schools
Registration Deadline: 8/7/17

Kickin Kids Soccer Camp

AGES: 4 & 5

This camp is designed to develop the basic skills of soccer. Participants will work on dribbling, passing, goal shooting, footwork, offense/defense drills, teamwork, and small sided games.

Fee: \$60 (includes soccer medal)
Activity #5208-A
Days: Monday – Thursday
Dates: 8/7-8/10
Times: 9:30am – 11:30am (bring water bottle & small snack)
Location: Evendale Elementary School
Registration Deadline: 8/3/17



11 - 13 Flag Football

Sharpen your skills in this fast paced flag football league. Focus will be on improving the skills of football and having fun. All players will learn what it takes to be more successful on the football field. Skills learned can help improve your ability to play middle school football. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 8/28/17.

Fee: \$45
Activity # 5314- A
Day(s): M-S
Date(s): 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Middle Schools
Registration Deadline: 8/7/17

Youth Basketball Camp

AGES: 5 – 7

This camp is designed to develop your skills and learn the fundamentals of basketball. Participants will work on dribbling, passing, shooting, footwork and agility, offense/defense drills, & teamwork.

Fee: \$60 (includes basketball medal)
Activity #5202-A
Days: Monday – Thursday
Dates: July 7/17-7/20
Times: 9:30am -11:30am (bring water bottle & small snack)
Location: Greenwood Mill GYM
Registration Deadline: 7/13/17

Tennis

Kids Tennis

AGES 3 - 6

Instructor: Matt Rosner, USPTA

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-A	6/6-6/29	T, TH	5:15 - 6:00 pm	\$76	Sherando High School
5216-B	7/11-8/3	T, TH	5:15 - 6:00 pm	\$76	Sherando High School
5216-C	8/8-8/31	T, TH	5:15 - 6:00 pm	\$76	Sherando High School



Instructor: FCPRD Tennis Staff Only

5216-AA	6/6-6/29	T, TH	5:15 - 6:00 pm	\$76	James Wood High School
5216-BB	7/11-8/3	T, TH	5:15 - 6:00 pm	\$76	James Wood High School
5216-CC	8/8-8/31	T, TH	5:15 - 6:00 pm	\$76	James Wood 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!

Quick Start Tennis

AGES 4-11

Instructor: Matt Rosner, USPTA

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 hit the ball over the net, enjoying 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-AA	5/6-6/3	S	9:45-11A	\$57	Greenwood Mill Gym

No class on May 27, 2017

For more information on youth and adult leagues please visit www.svtatennis.org

Youth Tennis

AGES 4-18

Instructor: Matt Rosner, USPTA

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-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
5215-R	6/6-6/29	4-11	Tu,Th	5:30 - 6:30P	\$79	Sherando High School
5215-RR	6/6-6/29	11-18	Tu, Th	6:30 - 7:30P	\$79	Sherando High School
5215-C	7/11-8/3	4-11	Tu,Th	5:30 - 6:30P	\$82	Sherando High School
5215-CC	7/11-8/3	11-18	Tu, Th	6:30 - 7:30P	\$82	Sherando High School
5215-F	8/8-8/31	4-11	Tu,Th	5:30 - 6:30P	\$82	Sherando High School
5215-FF	8/8-8/31	11-18	Tu, Th	6:30 - 7:30P	\$82	Sherando High School

Instructor: FCPRD Tennis Staff Only

5215-S	6/6-6/29	4-11	Tu,Th	5:30 - 6:30P	\$79	Millbrook High School
5215-SS	6/6-6/29	11-18	Tu, Th	6:30 - 7:30P	\$79	Millbrook High School
5215-V	7/11-8/3	4-11	Tu,Th	5:30 - 6:30P	\$82	Millbrook High School
5215-VV	7/11-8/3	11-18	Tu, Th	6:30 - 7:30P	\$82	Millbrook High School
5215-G	8/8-8/31	4-11	Tu,Th	5:30 - 6:30P	\$82	Millbrook High School
5215-GG	8/8-8/31	11-18	Tu, Th	6:30 - 7:30P	\$82	Millbrook High School

Tennis Camp

AGES 4-17

Instructor: Matt Rosner, USPTA

Join us for a week of fun and tennis. Learn the basics of tennis with our week long tennis camp. The camp will be designed to help the participant learn the game of tennis and improve skills. The camp will cover grip, backhand forehand, volley, footwork, and playing games and lots more. Sign up today to get your spot in camp!

Activity#	Age	Days	Dates	Time	Fee	Location
5102-U	4-17	M-F	6/19-6/23	9:30-11:00A	\$82	James Wood High School
5102-UU	4-17	M-F	7/17-7/21	9:30-11:00am	\$82	Sherando High School

Summer Tennis Academy: Team Competitions and Match Play Middle School/ High School

This program is designed to take aspiring participants from mastering essential skills to actively playing tennis; all structured in a tennis academy, practice format. 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. 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 summer program helping the aspiring player achieve their individual goals of gaining confidence in their game, improving conditioning, agility, footwork, athleticism, and overall tennis skills. This program will meet Tuesdays and Thursdays, and every other Saturday throughout the summer. For the Saturday sessions the Tennis Director will arrange the players and coordinate team tennis competitions and match play. The player will get the most out of this first year program being able experience academy style tennis practice and then incorporate the skills they are learning and working on applying them during the team tennis competitions and matches. This comprehensive tennis program is excellent for both current High School tennis players as well as Middle School aged players looking to take their games to the next level.

Fee: \$225

Activity# 5103-A

Time/Day: 3:45-5:15pm Tuesday/Thursday and Select Saturdays TBA

Dates: 6/20-8/10

Location: Sherando High School Tennis Courts

Ages: 12-18



Adult Tennis Program

Instructor: Matt Rosner, USPTA

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-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
5214-C	6/6-6/29	T, TH	7:30 - 9:00P	\$96	Sherando High School
5214-D	7/11-8/3	T, TH	7:30 - 9:00P	\$99	Sherando High School
5214-OO	8/8-8/31	T, TH	7:30 - 9:00P	\$99	Sherando High School

Youth Sports Sampler

AGES: 5 – 7

This camp is designed to develop your skills and learn the fundamentals of sports. Participants will do various sports throughout the week such as: soccer, basketball, floor hockey, flag football, kickball, and ultimate Frisbee.

Fee: \$60

Activity#5250-A

Days: Monday – Thursday

Dates: June 19-22

Times: 9:30am - 11:30am (bring water bottle & small snack)

Location: Evendale Elementary

Registration Deadline: 6/15/17

Kids Running Club Clinic

AGES 7+

Instructors: FCPRD Running Club Coaches

Have you ever thought about trying out the FCPRD running club? Here is your chance this four day program will give you a glimpse of what the running entails during the spring and fall season.

Fee: \$25

Activity # 5601-H

Day(s): M-TH

Date(s): 7/10-7/13

Time: 6:00-7:00 pm

Registration Deadline: 7/5/17

Location: Sherando Park (Rotary Shelter across from the pool)

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 - 4/3-6/1/17 - 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-KK - 4/4-6/2/17 - Spring Session (April, May and June) - \$50

Activity # 5317-P - 4/4-6/2/17- 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-M - 4/4-6/2/17 - Spring Session (April, May and June) - \$50

Activity # 5317-O - 4/4-6/2/17- 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



The graphic features three circular icons at the top: a swimmer in a yellow circle, a cyclist in a green circle, and a runner in a blue circle. Below these icons, the text "SWIM. BIKE. RUN. YOUTH TRIATHLON" is displayed. The main image shows a young boy running on a paved path, wearing a blue tank top with "RUNNERS' RETREAT" and "MIDDLEVILLE" printed on it, and a race bib with the number "118". In the background, there are orange traffic cones and spectators sitting on bleachers. Overlaid on the image are two text boxes: a green one on the left that says "Registration is open for the Youth Triathlon!" and a green one on the right that says "SUNDAY 11 JUNE 2017". At the bottom, a dark blue banner reads "8 am · Sherando Park · Stephens City, Virginia".



RunAtTheTop.net

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

Clearbrook All-Nighter Softball Tournaments

The "Clearbrook All-Nighters" are here! Frederick County Parks and Recreation will bring you 3 Friday night Slow-pitch Softball Tournaments June, July & August. Teams will get 3 games guaranteed using the wrap around format. Homerun rule: Option A- 1 per inning then the rest are outs or Homerun rule Option B- Pay additional \$50 with entry fee before tournament and get- 10 homeruns per game (use them how you want). Excessive homeruns are outs. Champion of the tournament will receive a mailed check. Please include your team name at time of registration. Tournament rules are posted on our website; please see- <http://www.fcva.us/departments/o-z/parks-recreation/sports-schedules-league-rules> Teams will need to be entered by Wednesday @ 5 p.m. prior to the tournament. You can do this by calling 540-665-5678 or emailing rigglen@co.frederick.va.us

For each Tournament

Fee: \$200

Day: F-S

Time: 9 p.m.

Location: Clearbrook Park

Activity #7305-A

Date: 6/2-6/3 (Men's)

Registration Deadline: 5/31

Activity #7305-B

Date: 7/21-7/22 (Men's)

Registration Deadline: 7/19

Activity #7305-C

Date: 8/4-8/5 (Men's)

Registration Deadline: 8/2

Adult Open Ultimate Frisbee

AGES 16 & OVER

Have you ever wanted to try Ultimate Frisbee or enjoy playing the sport with your buddies? Well here is your chance we are offering a drop- in Ultimate Frisbee sessions this summer.

Fee: \$2 per person

Activity #5505-B

Day(s): T

Date(s): 6/20-8/15/17

No drop-in on 7/4/17

Time: 6:00 pm – 8:00 pm

Location: Grass Field Area in Front Greenwood Mill



Special guest appearances by current NBA players Jerami Grant of the Oklahoma City Thunder and Jerian Grant of the Chicago Bulls along with their father, NBA Veteran Harvey Grant.

FCPRD and Virginia Storm Basketball Camp

AGES 8 TO 15

FCPRD and the Virginia Storm are excited to present the FCPRD/Virginia Storm Youth Basketball Camp for area youth. This weeklong camp will run June 26-30, 2017 (co-ed). We are excited to have area coaches and elite players from the Virginia Storm returning again in 2017 to bring you the area's premier basketball experience. Camp will focus on fundamentals, skill development and learning to play the right way. We look forward to seeing you this summer! There will be everything from surprise guests, awesome giveaways for each camper, and superb instruction along with evaluations for each player.

Highlights:

- Superior instruction from accomplished players and coaches
- Daily emphasis on fundamentals, position training, drills and scrimmages
- In-depth discussions of basketball principles, style of play and player development
- Basketball Swag – Camp shirts, etc.
- Player Evaluation Report



Fee: \$195

Activity # - 8102-A

Days: M-F

Dates

June 26-30

Time: 9 am – 3 pm, M-TH and 9 am – 12 pm, F.

Location: Admiral Byrd Middle School

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.



Fitness

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: Gaineboro Elementary

Bring a yoga mat and water

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



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 or call the main office 540-665-5678. For further information on the parks, email the parks division at: 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

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 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 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.

Register Online Now
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

Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Address:			Total Fees: \$ Telephone Numbers Home: Work: Cell:	
Print Name of Parent/Guardian: _____			☐ Please Call Me - I want to Volunteer as a Youth Coach!	
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				

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.; 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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