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Softball
Leagues



**BATTLEFIELD
HALF MARATHON**

November 4 • Kernstown Battlefield

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So much to do!

FALL GUIDE

Youth Basketball • Trips • Golf • Tennis



FLAG FOOTBALL
BEGINNING IN
SEPTEMBER

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FREDERICK COUNTY
PARKS & RECREATION

2017 FALL 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 PARKS & RECREATION

Parks and Recreation may not be the first thing you think of in the fall, but after reading our 2017 Fall Activity Guide it will definitely be a close second! There are many fun activities and programs planned for the fall including our running activities (Battlefield Half Marathon, Thanksgiving 5k, and Running Clubs), walking clubs, music classes, dance classes, football, softball, and basicREC. Fall is also a great time to enjoy one of our beautiful parks by taking a walk, riding a bike, or just enjoying the fresh air.

We would also like to thank the sponsors and participants of our 14th Annual Youth Sports Scramble Golf Tournament (pg. 10) held on August 25. The Youth Sports Scramble raises money to support youth sports and the Special Olympics program.

We look forward to seeing you at our one of our programs or parks this fall!

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!



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	Armel Elementary
1303-C	Bass Hoover Elementary
1303-D	Evendale Elementary
1303-E	Gainesboro Elementary
1303-F	Greenwood Mill Elementary
1303-G	Indian Hollow Elementary
1303-H	Middletown Elementary
1303-I	Orchard View Elementary
1303-J	Redbud Run Elementary
1303-K	Stonewall Elementary

basicREC Mornings Only

Fee: \$46 per week; includes delayed openings; \$19 per day for teacher workshop days, snow day camp, winter break, and spring break.

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

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

basicREC Afternoons Only

Fee: \$50 per week; includes a daily snack, all early release days; \$19 per day for teacher workshop days, snow day camp, winter break, and spring break.

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

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

Don't need basicREC every day?

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

Fees for part-time:

Fee for morning only: \$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!

Introduction to Piano

AGES 8+

Instructor: *Melanie Nesselrodt, Tree House Music*

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

Fee: \$68

Day: TH

Time: 7-8 pm

Location: Greenwood Mill Elementary

Activity: 4001-A

Date: 9/28- 10/26

Activity: 4001-B

Dates: 1/18- 2/15/2018

Baby Yoga

BABIES 8 WEEKS —PRE CRAWLERS

Instructed by: *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 a baby blanket.

Fee: \$49

Day: T

Time: 10:30 - 11:15 am

Location: Evendale Exercise Room

Activity: 2055-C Date: 9/19-10/17

Activity: 2055-D Date: 10/24-11/28

(no class 10/31)



Baby Signing Time

AGES: 2-5

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

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

Fee: \$135

Day: T

Time: 10 -11 am

Location: Evendale Elementary

Activity: 2041-C Date: 9/19-10/24

Activity: 2041-D Date: 1/16-2/20

Signing Tme

AGES 6+

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

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

Fee: \$135

Day: M

Time: 6:15 - 7:15 pm

Location: Evendale Elementary

Activity: 2042-C Date: 9/18-10/23

Activity: 2042-D Date: 1/15-2/19

Young Artist

AGES 6-11

Instructor: *Kellee Walters*

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

Fee: \$37

Day: T

Time: 6:30 - 7:30 pm

Location: Greenwood Mill Elementary

Activity: 2206-D Date: 9/5-26

Activity: 2206-E Date: 10/3-24

Ballet

AGES 2-5

Instructor: *Jennifer Turman Bayliss, Sunshine Studio*

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

Fee: \$52

Day: W

Time: 1-2 pm

Location: Sherando Community Center Multipurpose Room

Activity: 2230-A Date: 9/6-9/27

Activity: 2230-B Date: 10/4-10/25

Activity: 2230-C Date: 11/1-11/29
(no class 11/22)

Line Dancing

AGES 8+

Families encouraged to do this program together. Dive into the popular world of modern line dancing. Learn the classic favorites, the newest pop dance and many styles in between. Please wear tennis shoes and bring water.

Fee: \$10

Location: Evendale Elem. Comm. Center

Activity: 2056-B

Day: W

Date: 9/13-10/18

Time: 7 - 8 pm

Activity: 2056-C

Day: W

Date: 11/1-12/13 (no class 11/22)

Time: 7 - 8 pm

Music Together®

NEWBORN TO 5 YEARS OF AGE WITH PARENT/GUARDIAN

Instructor: Jacqlyn Zito, *The Contemporary Voice Studio of Northern Virginia*

Music Together® is an innovative approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together® is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their parent, care giver or guardian. This class will meet once per week with a lot of instrument play and movement. Fee includes printed and recorded materials. Three sessions to choose from.

We are hosting an open house on the following dates: September 13, September 14, September 15 from 10-10:30am at Greenwood Mill. Please feel free to join us to see what this class is all about. Please give us a call to get registered for the free demo(s).

2237-D: 9/13 10-10:30 am Greenwood Mill
2237-E: 9/14 10-10:30 am Greenwood Mill
2237-F: 9/15 10-10:30 am Greenwood Mill

Activity: 2237-A
\$145 for one child and parent/guardian
\$80 for 1st sibling
\$60 for 2nd sibling
Day: W
Date: 9/20-11/8
Time: 10 - 10:45 am
Location: Greenwood Mill

Activity: 2237-B
\$145 for one child and parent/guardian
\$80 for 1st sibling
\$60 for 2nd sibling
Day: Th
Date: 9/21—11/9
Time: 10 - 10:45 am
Location: Greenwood Mill

Activity: 2237-C
\$145 for one child and parent/guardian
\$80 for 1st sibling
\$60 for 2nd sibling
Day: F
Date: 9/22-11/17 (no class 10/20)
Time: 10 - 10:45 am
Location: Greenwood Mill

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: M-F
Activity: 7225-B
Date: 8/28-9/1
Time: 6 - 7:20 pm
Registration Deadline: 8/17
Location: SH Park- Ruritan Shelter

Youth Archery Stage 2

AGES: 9-17

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-D
Date: 8/28-9/1
Time: 7:30 - 8:50 pm
Registration Deadline: 8/17
Location: SH Park- Ruritan Shelter



Little's Soccer

AGES 3

Don't miss out on these unique sports programs that offer child and parent participation. FCPRD has created a series of Little's Sports programs which will prepare children for organized sports in a fun, up-beat, non-competitive environment. Clinics provide the opportunity for children to work on-one-one with a parent to learn various skills associated with the sport. Every player will receive a soccer ball.

Fee: \$48 (3 year old class)
Activity: 5201-E
Day: M
Date: 9/11-10/16
Time: 5-5:45 pm
Location: Evendale Elementary

Fee: \$48 (4& 5 year old class)
Activity: 5201-EE
Day: M
Date: 9/11-10/16
Time: 6-7 pm
Location: Evendale Elementary

Fee: \$48 (3 year old class)
Activity: 5201-F
Day: W
Date: 9/13-10/18
Time: 5-5:45 pm
Location: Evendale Elementary

Fee: \$48 (4& 5 year old class)
Activity: 5201-FF
Day: W
Date: 9/13-10/18
Time: 6-7 pm
Location: Evendale Elementary

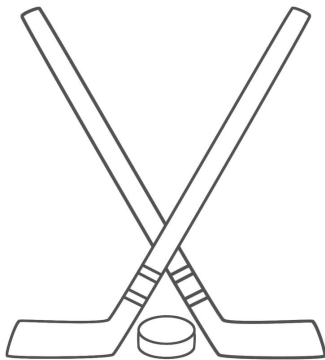


Kids Floor Hockey

AGES: 6-9

Kids will work on fundamental skills of floor hockey such as, passing, shooting, offense/defense drills, & learning the game.

Fee: \$45
Activity: 5220-A
Day: T
Dates: Nov 7th - Nov. 28th
Times: 6-7 pm
Location: Snowden Bridge



Flag Football Cheerleading

AGES: 5-12

Go, Fight, Win! Are you energetic, enthusiastic, and love to dance? FCPRD is looking for you to help cheer on our 9-10 Boys' flag football teams this fall. All cheerleaders will receive pom poms, a cheer t-shirt, and a skort. Participants must attend either elementary or middle school. Games will be played on Saturdays starting in mid-September. Please provide your child's shirt and pants size when registering.

Fee: \$45
Date: 9/3- 10/31
Time: 6-7 pm
Registration Deadline: 8/27

Activity: 4110-B
Day: T
Location: Evendale Elem.
First Practice: 9/5

Activity: 4110-C
Day: TH
Location: Apple Pie Ridge Elementary
First Practice: 9/7
Registration Deadline: 8/27



Youth Basketball Clinic

AGES: 6-8

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

Fee: \$35 per child (includes Certificate)
Activity: 5207-A
Date: 11/26 and 12/3
Time: 10:30 am – 11:50 am
Days: Su
Location: Evendale Elementary School Gym
Registration Deadline: 11/27/17

Kids Obstacle Course/Agility Course Clinic:

AGES: 6-9

Don't miss this exciting clinic to feel like a Ninja Warrior while participating in agility drills, rope swinging, running/ jumping, balance and coordination exercises, speed ladder and strength/ body weight challenges.

Fee: \$25
Activity: 5221-A
Day: Su
Dates: 11/26, 12/3
Times: 9:45 -10:30am
Location: Evendale Gymnasium

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: M-S
Date: 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: M-S
Date: 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
Date: 8/20 and 8/27
Times: 4:00 pm – 5:30 pm
Day: S
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: M-S
Date: 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Elementary Schools
Registration Deadline: 8/7/17

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: M-S
Date: 8/28-10/28
Time: 5:30-6:30 weekdays, TBD S
Location: Local Middle Schools
Registration Deadline: 8/7/17

Little's Football

Don't miss out on these unique sports programs that offer child and parent participation. FCPRD has created a series of Little's Sports programs which will prepare children for organized sports in a fun, up-beat, non-competitive environment. Clinics provide the opportunity for children to work on-one-one with a parent to learn various skills associated with the sport. Every player will receive a football ball.

Fee: \$48 (3 year old class)
Activity: 5201-G
Day: M
Date: 10/23-11/27
Time: 5-5:45 pm
Location: Evendale Elementary

Fee: \$48 (4& 5 year old class)
Activity: 5201-GG
Day: M
Date: 10/23-11/27
Time: 6-7 pm
Location: Evendale Elementary

Fee: \$48 (3 year old class)
Activity: 5201-H
Day: W
Date: 10/25-11/29
Time: 5-5:45 pm
Location: Greenwood Mill Elementary

Fee: \$48 (4& 5 year old class)
Activity: 5201-HH
Day: W
Date: 10/25-11/29
Time: 6-7 pm
Location: Greenwood Mill Elementary



Pee Wee Hoops

Get your little all-star's career started early! This co-ed league will focus on the fundamentals of the sport, importance of team work, and sportsmanship of the game of basketball. Practices will begin in early December and will be twice a week. One practice per week will be on Saturday and games will replace Saturday practices once games begin. A coach will call participants with pertinent practice information once your child has been placed on a team. All participants must be the appropriate age on or before January 1, 2017 and be registered in the correct age group. During registration it is required to indicate the school your child attends or lives near. This isn't a guarantee your child will be practicing at that selected location. It will be used as a guide for team placement. Please provide your child's shirt size.

Fee: Early Bird \$30, Final Fee \$40 for age 5; Early Bird \$35, Final Fee \$45 for ages 6-7

Activity: 7208-A, age 5

Activity: 7208-B ages 6-7

Day: Weekday evening practices; Saturday games

Date: 12/2-2/17

Times: 1 hour game slots S- 9 am - 6 pm; 1 hour practices M-F from 6 pm - 8 pm

Location: area elementary schools

Registration deadline: 10/22; no registration accepted after 10/29



Youth Basketball League

AGES 8-11

Youth Basketball League registration is underway! This league is designed to introduce new skills and enhance already learned skills for both experienced and beginner players. All participants must be the appropriate age on or before January 1, and be registered in the correct age group. During registration it is required to indicate the school your child attends or lives near. This isn't a guarantee your child will be practicing at that selected location. It will be used as a guide for team placement. All players will be placed on teams which will begin practice in early December. A coach will call participants with pertinent practice information once your child has been placed on a team. Game play will begin in early January. All teams will have two scheduled practices per week M-F. Practice location and time subject to change based on facility availability. Please provide your child's shirt size.

Early Bird Fee \$40 on or before 10/22 at midnight

Final Fee \$50 between 10/23-10/29 at midnight

Activity #7315-A, Boys Ages 8-9

Activity #7315-B, Boys Ages 10-11

Activity #7315-C, Girls Ages 8-9

Activity #7315-D, Girls Ages 10-11

Day: M-F, S

Date: TBA

Time: M-F from 6 - 9 pm and Saturday from 9 am - 7 pm

Location: When available Frederick County Public School Gyms

Teen Basketball

AGES 12-17

Come join FCPRD for the areas premiere teen basketball league! Divisions, as listed below, will consist of age's 12-13 boys, High School 9th-12 grade, and ages 12-14 girls. Boys that are 14 years old and are in Middle School need to register for the 12-13 boys division. Practices will be determined in the month of December. Beginning the second week of January, teams will practice week nights with a game on Sunday; games start on January 7, 2018 at an area school. Don't miss out on this exciting and growing league. Players cannot turn 18 before October 1 to be eligible to play in the teen league.

Early Bird Fee: \$55 per player until 11/6

Final Fee: \$65 11/7-11/21

No onsite registration.

Please include player's shirt size at time of registration.

12-13 Boys League

All participants must be at least 12 years of on or before 1/1/18. 14 year olds and in Middle School will play in this league.

Activity #	Location
5229-A	Admiral Byrd Middle School (ABMS)
5229-B	Aylor Middle School (AYMS)
5229-C	Frederick County Middle School (FCMS)
5229-D	James Wood Middle School (JWMS)

12-14 Girls League

All participants must be at least 12 years of age on or before 10/1.

Activity #	Location
5229-E	Admiral Byrd MS
5229-F	Aylor MS
5229-G	Frederick Co. MS
53229-H	James Wood MS

High School League

Activity #	Location
5229-I	ABMS
5229-J	AYMS
5229-K	FCMS
5229-L	JWMS

Youth Volleyball League

This league is designed to teach participants the fundamental skills of volleyball and play in games and end of the season tournament. Youth will have the opportunity to work on skills and learn the game of volleyball. Teams will practice twice per week (M-F) and games will be on Sunday afternoons at any of four FCPRD facilities. Practice locations, times and days of the week are subject to change based on facility availability. Practices will begin week of 9/10 with games beginning week of 10/1. Please indicate what shirt size upon registration.

Participants will be randomly assigned to a team based on the activity number signed up for. If there are not enough for any location, FCPRD will move participants to another location. Please note: During registration it is required to indicate the school your child attends or lives near. Also include a secondary school choice. This isn't a guarantee your child will be practicing at that selected location. It will be used as a guide for team placement. Requests also may not be fully guaranteed.

Coaches meeting: September 6th, Evendale Elementary School 6:30-9:00 pm.

ASEP Training: After Coaches meeting, roughly 7:00-9:00 pm for all coaches who have not yet taken this.

To make this league a success, we are looking for volunteer coaches and assistant coaches. Volunteers must attend an American Sport Education (provided by FCPRD) and pass a national criminal background check, submit a FCPRD volunteer form and take online concussion training. Please contact 540-665-5678 if you are interested in becoming a volunteer.

9-10 Year Old League

2029-A: Greenwood Mill Elem.
2029-B: Orchard View Elem.
2029-C: Evendale Elem.
2029-D: Gainesboro Elem.

11-12 Year Old League

2029-E: Greenwood Mill Elem.
2029-F: Orchard View Elem.
2029-G: Evendale Elem.
2029-H: Gainesboro Elem.

13-15 Year Old League

2029-I: Greenwood Mill Elem.
2029-J: Orchard View Elem.
2029-K: Evendale Elem.
2029-L: Gainesboro Elem.

Early Bird Registration Fee: \$35 by 8/27

Final Registration Fee: \$45 from 8/28-9/4

No participants will be taken after final registration.

Days: Two weekday evening practices (M-F) and Sunday afternoon game(s).

Fall Wood Bat Baseball League

AGE GRADES 9TH-12TH

This league is designed for high school age players. The wooden bat league will offer a new playing experience while continuing to work on baseball skills in an organized setting. Players will sign up according to the school they attend for the 2017-2018 school year. The maximum number of players per team is 15. Some schools may form two teams depending on the number of participants. The league schedule will be produced and submitted to coaches by the Thursday prior to the first games of the season. You can also find game schedules at our website- www.fcprd.net Please include player's shirt size at time of registration. After the regular season, a single elimination tournament will conclude the season. The baseball schedule will be provided to each team's coach no later than the Thursday before the start date.

Fee: Sunday \$65

Activity: 7300-A

Day: SU

Date: 9/10 – 10/29

Time: 2 hour games slots between 12-8 pm

Location: JWHS, MHS, SHS

Registration deadline: 8/27



Youth Sports Volunteer Coaches

To help make all youth sports leagues successful; we are asking for parent/volunteer coaches and assistant coaches for our Youth Cheerleading, Pee Wee, Youth and Teen basketball leagues. Coaches and assistant coaches must be certified by the American Sport Education Program and successfully pass a national criminal background check administered by FCPRD in order to coach. Program Supervisors will notify coaches about individual coaches meetings per division. Please contact the FCPRD hotline at 665-5678, if you're interested in becoming a volunteer coach.

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: F

Date: 8/25

Time: 1 pm Shotgun start

Location: Rock Harbor Golf Course

Registration Deadline: August 20



Baltimore Comic CON

Baltimore Comic Con is at Baltimore Convention Center. It is a place for fans of popular culture. At its heart, Baltimore 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. No weapons please.

Fee: \$65.00 per ticket includes transportation to and from Baltimore Maryland and entry ticket into Baltimore Con event.

Activity: 5403-B

Day: S

Date: 9/23

Travel: Depart Armel Elementary School parking lot 8 am; Return time is at 6:00 pm

Washington Redskins Training Camp

Are you ready to come out and see the new Redskins and Kirk Cousins gear up for the upcoming season? This trip will include transportation to see the Washington Redskins players in action at their training camp facility in Richmond, VA. Register today; tickets are limited-- Times are subject to change based on the practice schedule for the day and the availability to the open public.

Fee\$ 45

Activity: 5402-A

Day: T

Date: 8/12/17

Time: 9:00 am - 6:00 pm

Location: Richmond VA

Registration deadline: 8/9/17

Depart Sunnyside at 9am



The Running Series



AT THE TOP
BATTLEFIELD HALF 13.1 • YOUTH TRIATHLON
THANKSGIVING 5K • ZOMBIE 5K

Series Presented by



19th Annual Thanksgiving Day 5K

PROCEEDS BENEFIT FCPRD PLAY FUND

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. The certified 5k course travels, track, pavement, and the woodland trails of Sherando Park. This 5k run is an electronic chip time's event; don't forget to pick-up your chip the morning of the race! Prizes will be awarded to the top 3 male and top 3 female finishers, top master male and female, and to the top 3 male and top 3 female finishers in each age group! Pre- registered participants are encouraged to pick-up their bib number and T-shirt at the Sherando Community Center Tuesday (11/21) or Wednesday (11/22) from 4-9p.m. Onsite registrations will receive shirts while supplies last. For more information call 540-665-5678.

Early Bird Fee: \$25 until 11/17

Final Fee: \$30 11/19-race day

Activity # 5503-B

Day: Thanksgiving Day

Date: 11/23

Time: Check in and onsite registration from 7-8 am
race begins at 8:45 am

Location: Sherando High School Stadium



The Battlefield Half Marathon

PROCEEDS BENEFIT THE WATTS PROGRAM

Experience all the beauty of fall in the Shenandoah Valley running in the area's premier half marathon. At 13.1 miles the race is welcoming for casual runners but still provides a challenge for more seasoned participants. The starting line is located in historic Kernstown Battlefield with the majority of the course following scenic Middle Road and country roads through Frederick County. The race concludes with an exciting finish in Creekside Station.

Not yet up for doing all of the 13.1 miles on your own? Grab a group of friends or co-workers and put together a two or four person relay team and come join the fun. This event is truly for everyone!

Day: Saturday, November 4

Please visit www.RunAtTheTop.net for more info!

Visit www.RunAtTheTop.net for more race information or to Register!



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

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: F

Date: 8/18

Time: 11 am

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

Brown Bag Business Meeting

Bring a lunch along while we discuss what's coming up next in Club business!

Activity: 4075-A

Day: F

Date: 9/15

Time: 11 am

Location: MPRSH

Home pick-ups will be an additional \$6 charge to be paid at time of pick up

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: ongoing

Day: W

Time: 5:30-6:30 p.m.

Location: Gainesboro Elementary

Bring a yoga mat and water

Gainesboro Club

in the community. Please bring money with you for pizza (approx. \$5 per person would be fine)

Activity: 4066-A

Day: M

Date: 8/28

Time: 11 am

Location: Gainesboro activity room
\$6 charge for home pick-ups to be paid in the van

VA Safari Park and Pink Cadillac Diner

Walk on the wild side with us as we head south to the Virginia Safari Park , then perhaps do some shopping. Lunch will be Dutch Treat at the Pink Cadillac Diner. Price includes transportation and Safari Park entry fee.

Fee: \$34

Activity: 4074-A

Day: M

Date: 9/25

Time: Depart Sunnyside Plaza parking lot at 8 am; return approx. 5 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-E

Date: 9/11, 10/9, 11/6, 12/11

Time: 10:30 am - 2:00 pm

Sherando Comm. Center Multipurpose Room



Parks and Pets Extravaganza!

A fun day in the park for fur babies and owners alike! Activities will include a silent auction (with all proceeds benefitting the Frederick County Esther Boyd Animal Shelter), agility course, demos by area agencies such as Frederick County Fire and Rescue, an adoption parade, contests, car show, food for purchase from local food vendors and much more. A can't-miss day out for you and your furry family members!

PLEASE NOTE: All dogs must be leashed.

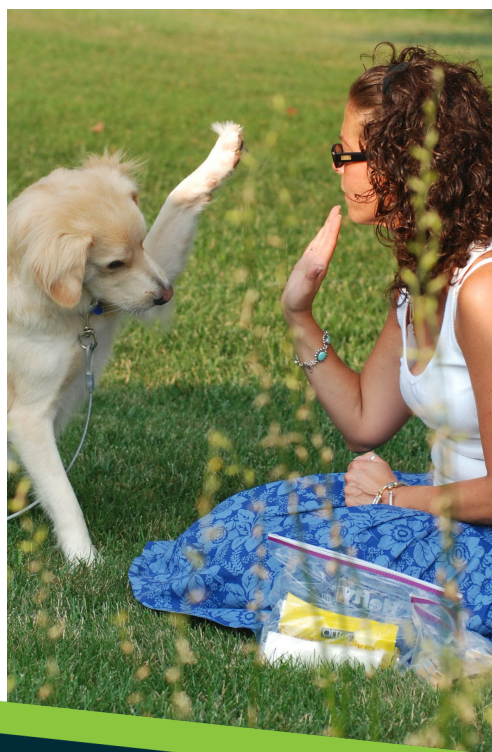
Fee: FREE!

Day: S

Date: 9/30

Time: 10 am - 2 pm

Location: Sherando Park



Trips and Events · Age 50+ -----○

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-B

Day: S

Date: 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 -----○

Hagerstown Suns Baseball Game

We're here to take you out to the ballgame! Enjoy the day with this local team plus your ticket will include All-You-Can-Eat hotdogs, hamburgers, chips, and popcorn! Price includes transportation and game ticket.

Fee: \$33

Activity: 4080-A

Day: M

Date: 9/4

Time: Depart Stephens City Shop n Save at 12 pm, Sunnyside Plaza at 12:30 pm; game time is 2:05. Return approx. 7 pm -----○

Wilson's Pet Farm

Furry creatures and beautiful fall weather go hand-in-hand! Come along to walk on the wild side, then enjoy a Dutch treat lunch out at Hibachi Grill. Price includes Wilson's entrance ticket and transportation.

Activity: 4081-A

Fee: \$22

Day: F

Date: 10/13

Time: Depart Stephens City Shop n Save at 10 am, Sunnyside Plaza at 10:30 am; return approx. 4 pm.

Mt. Vernon Tour

Washington, D.C.

George Washington's Mt. Vernon is a can't-miss destination, and we want to go with you! Price includes Mt. Vernon house tour with a self-guided grounds tour option. Lunch will be on your own on the grounds at the Food Court.

Activity: 4082-A

Fee: \$33

Day: T

Date: 11/7

Time: Depart Sunnyside Plaza at 8 am, Stephens City Shop n Save at 8:30 am; return approx. 5 pm. -----○

U.S. Capitol Tour

Washington D.C.

Take a tour of the Capitol and enjoy Dutch treat lunch on the lower level dining facility. Price includes transportation and tour ticket.

Fee: \$25

Activity: 4029-A

Day: S

Date: 9/21

Time: Depart Sunnyside Plaza at 8 am, Stephens City Shop n Save at 8:30 am; return approx. 4:30 pm. -----○

Annual Holiday Luncheon

Come one, come all to celebrate the joy of the holidays with some games, good food, and good friends—plus, special appearance by Santa to help us play some BINGO and hand out gifts for the gift exchange! Lunch will be Dutch treat off the menu. If you would like to participate in the gift exchange please keep gift at a \$10 maximum.

Activity: 4037-A

Fee: \$10

Day: F

Date: 12/15

Time: 11 am - 2 pm

Location: Perkins, Winchester VA

Transportation provided for an additional \$6 fee from the following locations: home pickups beginning at 9 am; Stephens City Food Lion 10 am; Sunnyside 10:30 am.

Registration Deadline: 12/13

Pumpkin Painting and Pizza Party

A pizza lunch, candy, and pumpkin painting make this a spook-tacular time to be had by all!

Fee: \$10

Activity: 4024-A

Day: F

Date: 10/27

Time: 11 am

Location: MPRSH

Transportation: \$6 additional fee for home pick-ups. Sunnyside 10:15 am. -----○

The Moose Family Center Annual Senior Thanksgiving Banquet

The Winchester Moose Family Center #1283 and The Women of the Moose Chapter #1367 invite you to share in a delicious traditional Thanksgiving meal and an afternoon of fellowship and music by the popular local duo Annie and Mac! Caregivers and/or chaperones under the age of 65 are welcome and must also register with Frederick County Parks and Recreation. A \$5 charge for caregivers/chaperones is payable at the door to the Moose. Reservations required by 11/ 6 by calling Frederick County Parks and Recreation at 665-5678.

Fee: a can of non-perishable food which the Moose Family Center will use in their holiday baskets for local families

Activity: 4025-A

Day: S

Date: 11/11

Time: doors open at 10:30 am

Location: The Winchester Moose Family Center

Frederick County Parks and Recreation will provide limited transportation as follows: for home pick-ups \$5 charge; Stephens City Food Lion at 9:45 am; Sunnyside 10:15 am.

Trips for all ages!

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.

Activity: 5400-D

Day: SU

Date: 9/3

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

National Zoo Drop-Off

Washington, D.C.

A day out at the zoo is fun for the whole family—especially when you don't have to drive! We will drop off and pick up at the main entrance to the National Zoo. Price includes transportation only—lunch and any other additional purchases will be on your own.

Fee: \$20

Activity: 4078-A

Day: S

Date: 9/16

Time: Depart Sunnyside Plaza parking lot at 9 am; return approx. 6 pm.

Ham and Oyster Supper

Fort Valley, VA, Volunteer Fire Dept.

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

Fee: \$15

Activity: 4650-B

Day: S

Date: 10/7

Time: Depart Stephens City Shop n Save parking lot at 2 pm; return approx. 6 pm.

Smithsonian Museum Drop-Off

Washington, D.C.

Take in the wonders of the Smithsonian Institution Museums – but let us do the driving! Price includes transportation only—lunch and any additional purchase will be on your own. We will drop off and pick up participants off in front of the Natural History Museum.

Fee: \$20

Activity: 4077-A

Day: S

Date: 10/21

Time: Depart Sunnyside Plaza parking lot at 9 am; return approx. 8 pm.

Presidential Splendor: Monticello and Highland Plantation

Charlottesville, VA

Take in the majesty of Thomas Jefferson's Monticello, then come along with us to James Monroe's Highland Plantation. Both tours will include a house and self-guided grounds tour, weather permitting. Price includes tickets for both tours and transportation—lunch and any other additional purchases will be on your own at a location TBD along the trip route.

Fee: \$55

Activity: 4079-A

Day: S

Date: 11/18

Time: Depart Sunnyside Plaza parking lot at 8 am; return approx. 7 pm.

New York City: Holiday Trip

New York, New York—it's a heck of a town....especially at Christmastime! Guests will be dropped off near Macy's. Note: we typically arrive in NYC around 11a.m. and depart at 7 p.m. Transportation provided by Schrock Tour and Charter, and there will not be a guaranteed food stop on the way up so pack a snack!

Fee: \$78

Activity: 4032-A

Day: S

Date: 12/9

Time: Depart Sunnyside Plaza parking lot at 4:30 am; return approx. 1 am



Men's Fall Softball

Our Countywide League offers three divisions: Competitive, Upper Recreational & Lower Recreational. You simply pick the league that best fits your team. Teams will get a 14-game guarantee utilizing both Sherando and Clearbrook Parks for game locations. Games that are rained out can be made up when and where space is available. Players must be 18 years of age in order to participate. Rosters are due by the team's third game. Please include your team name at time of registration. Team roster form and league rules can be found at our website- www.fcprd.net

Countywide Competitive-

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

Countywide Upper Recreation -

Teams/Players that play minimal to no weekend tournaments.

Countywide Lower Recreation-

This league is designed for the true recreational teams that play for the love of the game.

NO WEEKEND TOURNAMENT PLAYERS

Early Bird Registration Fee: Special rate of \$175 on or before 8/1 (Normally \$400)

Final Registration Fee: Special rate of \$275 between 8/2 & 8/6 (Teams will NOT be taken after 8/6) (Normally \$450)

Day(s): M (makeup day), T, TH

Date(s): 8/22-Playoffs

Location: Clearbrook and Sherando Park Softball Fields

Time: 6:30, 7:30, 8:30 p.m.

Activity # 7313-A Countywide Competitive Division

Activity # 7313-B Countywide Upper Recreational Division

Activity # 7313-C Countywide Lower Recreational Division

Notes: Divisions may be combined if the minimum number of teams are not met.

League Schedule and Rules will be emailed to each team representative.

This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.



Adult Fall Co-Rec Softball

Register now for the hottest co-rec softball league in the area! Teams get a 12-game guarantee plus a double elimination tournament utilizing both Sherando and Clearbrook Parks for game locations. Your team must have at least 4 males and 4 females playing at all times, but have an additional male or female to have a playable game. Players must be 18 years of age in order to participate. Rosters are due by the team's third game. Games that are rained out can be made up when and where space is available. The tournament format will be determined based on the total number of teams registered. Please include your team name at time of registration & signify if your team is considered to be Competitive or Recreation. The league will split into 2 divisions if there are enough teams. Team roster forms and league rules can be found online at www.fcprd.net

Activity # 7314-A

Early Bird Registration Fee: Special rate of \$135 on or before 8/1 (Normally \$360)

Final Registration Fee: Special rate \$235 between 8/2 & 8/6 (Teams will not be taken after 8/6) (Normally \$410)

Days: W, F

Date: 8/23-Playoffs

Location: Clearbrook and Sherando Park Softball Fields

Times: 6:30, 7:30 & 8:30 p.m.

Notes: Divisions may be combined if the minimum number of teams are not met.

League Schedule and Rules will be emailed to each team representative.

This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.

FCPRD is looking for self-motivated, sports-oriented adults and young adults to serve as softball umpires for the upcoming fall season. Interested candidates should contact FCPRD at 540-665-5678.

Tennis

Kids Tennis

AGES 4 - 7

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Class#	Date	Day	Time	Fee	Location
5224-A	11/6-12/11	M	5:15 - 6:00P	\$73	Snowden Bridge
5224-B	11/8-12/13	W	5:15 - 6:00P	\$73	Snowden Bridge
5224-C	11/6-12/13	M, W	5:15 - 6:00P	\$123	Snowden Bridge



○ 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 4-10

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

It's a whole new ballgame for kid's tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the Quick Start Tennis format makes it easier for kids to 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-B	9/9-9/30	S	9:45 - 11:00A	\$57	Greenwood Mill Elementary Gym
5218-BB	10/7-10/28	S	9:45 - 11:00A	\$57	Greenwood Mill Elementary Gym

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

Youth Tennis

AGES 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Class#	Date	Age	Day	Time	Fee	Location
5215-H	9/5-9/28	4-11	T, TH	5:00 - 6:00P	\$82	Sherando High School
5215-HH	9/5-9/28	11-17	T, TH	6:00 - 7:00P	\$82	Sherando High School
5225-D	9/5-9/28	4-11	T or TH	5:00 - 6:00P	\$57	Sherando High School
5225-E	9/5-9/28	11-17	T or TH	6:00 - 7:00P	\$57	Sherando High School
5215-I	10/3-10/26	4-11	T, TH	5:00 - 6:00P	\$82	Sherando High School
5215-II	10/3-10/26	11-17	T, TH	6:00 - 7:00P	\$82	Sherando High School
5225-F	10/3-10/26	4-11	T or TH	5:00 - 6:00P	\$57	Sherando High School
5225-G	10/3-10/26	11-17	T or TH	6:00 - 7:00P	\$57	Sherando High School
5225-A	11/6-12/11	7-11	M	5:15 - 6:30P	\$88	Snowden Bridge
5225-B	11/8-12/13	7-11	W	5:15 - 6:30P	\$88	Snowden Bridge
5225-C	11/6-12/13	7-11	M, W	5:15 - 6:30P	\$138	Snowden Bridge

Middle School and High School Tennis

AGES 11-18

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Activity#	Date	Day	Time	Fee	Location
5227-A	11/6-12/11	M	6:15 - 7:30P	\$88	Snowden Bridge
5227-B	11/8-12/13	W	6:15 - 7:30P	\$88	Snowden Bridge
5227-C	11/6-12/13	M, W	6:15 - 7:30P	\$138	Snowden Bridge

Adult Tennis Program

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Class#	Date	Day	Time	Fee	Location
5214-EE	9/5-9/28	T, TH	7:30 - 9:00P	\$99	Sherando High School
5214-RR	10/3-10/26	T, TH	7:30 - 9:00P	\$99	Sherando High School
5228-A	11/6-12/11	M	7:30 - 9:00P	\$93	Snowden Bridge



Walking in a Winter Wonderland

CLEARBROOK PARK • NOV. 24 - JAN. 1

5:30 pm - 9:30 pm

A Holiday Tradition!

Fall Running Club - August, September, October

AGE 7-14

FCPRD offers three different location options for the running club program. We offer one session at Sherando High School, one session at Millbrook High School, and Apple Pie Ridge Elementary School. The fall session includes registration in the Apple Harvest Race, Rose Hill Mile, and FCPRD Thanksgiving Day 5K. Each session will practice twice a week. Any level of running experience is welcome. Each child will receive a t-shirt and entry into the aforementioned running events.

Activity: 5317-MM 8/22-10/26 - Fall Session (August, September, October)

Day(s): T,TH

Time: 6 - 7 pm

Location: At front of school at Apple Pie Ridge Elementary School

Activity: 5317-LL 8/22-10/26 - Fall Session (August, September, October)

Day: T,TH

Time: 6 - 7 pm

Location: Sherando Rotary Shelter across from the pool

Activity: 5317- 8/21-10/25 - Fall Session (August, September, October)

Day: M,W

Time: 6 - 7 pm

Location: Parking lot next to Tennis Courts at Millbrook High School



RunAtTheTop.net

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

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: T

Date: 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 Elementary School



Special Olympics

AGES: 8+

The following programs are designed to foster involvement in organized sports. New athletes must fill out required Special Olympic paperwork as well as FCPRD registration information. Returning athletes must register with FCPRD and are responsible for updating Special Olympic paperwork as needed.

Each sport will have a skills component and a competition component.

Volleyball

Activity: 2014-C

Day: Tu,TH

Date: 9/19-11/2

Time: 6:30 - 8pm

Location: Evendale Elementary

Bocce

Activity: 2014-A

Day: Sa

Date: 9/16-10/28

Time: 9:30 am - 11:00 am

Location: Bocce courts at Sherando High School

Golf:

Activity: 2014-K

Day: F

Date: 9/1, 15, 29, 10/13: Practice is held at the Winchester Country Club golf course

Time: 5:30 pm - 6:30 pm

Day: F

Date: 9/8, 9/22, 10/6: Practice is held at Sherando Park open area(main entrance to the right)

Rollerskating

Activity: 2014-D

Day: M

Date: 9/18-10/30

Time: 6:30 - 8:00 pm

Location: Winchester Family Skate Center

Soccer

Activity: 2014-B

Day: Su

Date: 9/17-10/29

Time 2:30 - 4 pm

Location: Sherando Park, Field 7

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

Power Pump

As we age the need for adding weight training to workouts greatly increases. The benefits of weight training include keeping you stronger and fitter, disease prevention, and improved mood. In this class we will tone all major muscle groups with the use of hand weights and resistance bands. Please bring a mat and water. If you have 2 or 3 pound hand weights, bring those. Instructor: Ann Webber

Fee: \$43

Activity: 2054-A

Day: T

Date: 9/5-10/24

Time: 9 am -10 am

Location: Evendale Exercise 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: _____			<input type="checkbox"/> 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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