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Teen Basketball



Tennis Programs
All Winter @ Snowden Bridge

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Jim Stutzman Chevrolet - Cadillac Co.

WALKING IN A WINTER WONDERLAND

November 24 - January 1 • Clearbrook Park



FREDERICK COUNTY
PARKS & RECREATION

2017 - 2018 WINTER ACTIVITY GUIDE

NEW YORK CITY
HOLIDAY TRIP
DECEMBER 9

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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!



FREDERICK COUNTY PARKS & RECREATION

Happy Holidays!

Once again the holiday season is upon us and for Parks and Recreation that means Walking in a Winter Wonderland at Clearbrook Park is not far away. This year we are very proud to have Jim Stutzman Chevrolet - Cadillac Company as our presenting sponsor! 2017 will be a special year and brings several new exciting additions to the program.

- FREE hot chocolate
- Food vendors
- Live entertainment
- A heated 40'x60' event tent
- Special nights

We look forward to seeing you, your family and friends at Clearbrook Park this holiday season for a time you'll remember forever!

Register Online Now
fcprd.net

A sample of what's inside!

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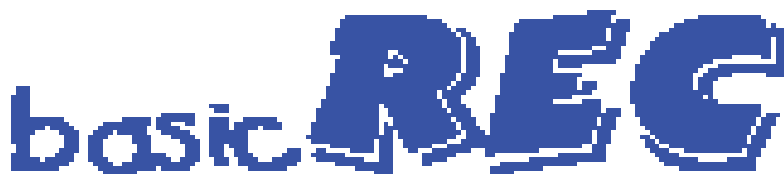
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More exciting programs and
events for everyone inside
the guide!

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

Registration for 2017-2018!!

Please utilize the activity numbers below for the 2017-2018 school year. Registration is open! 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, 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	Armell 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 #

1301-A

1301-B

1301-C

1301-D

1301-E

1301-F

1301-G

1301-H

1301-I

1301-J

1301-K

Location

Apple Pie Ridge Elementary

Armell Elementary

Bass Hoover Elementary

Evendale Elementary

Gainesboro Elementary

Greenwood Mill Elementary

Indian Hollow Elementary

Middletown Elementary

Orchard View Elementary

Redbud Run Elementary

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 #

1302-A

1302-B

1302-C

1302-D

1302-E

1302-F

1302-G

1302-H

1302-I

1302-J

1302-K

Location

Apple Pie Ridge Elementary

Armell Elementary

Bass Hoover Elementary

Evendale Elementary

Gainesboro Elementary

Greenwood Mill Elementary

Indian Hollow Elementary

Middletown Elementary

Orchard View Elementary

Redbud Run Elementary

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.

Activity: Byrd Middle School (1315-A), Frederick County Middle School (1315-B)

Time: School dismissal to 6:00 pm

Fee: \$50 per week

Not available for days that school is not in session.

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

Activity: 4001-B

Day: TH

Dates: 1/18- 2/15/2018

Time: 7-8 pm

Location: Greenwood Mill Elementary

Building Blocks of Dance

AGES 3-5

Instructor: *Myka Sidow*

This class is designed to introduce children to dance in a fun and creative environment. Little dancers will learn skills through imagination and improvisation. They also will learn listening and coordination skills, left and right, and patterns in movement. Leggings and t-shirts, dance attire and ballet shoes are all acceptable attire.

Fee: \$90

Activity: 2059-A

Day: M

Dates: 1/8-2/5

Time: 4:15-5:15 pm

Location: Evendale Elementary

Jazz and More

AGES 5-8

Instructor: *Myka Sidow*

Enjoy this creative and instructional program! Jazz and musical theater choreography is emphasized. Dancers learn skills through imagination and FUN. Attire: ballet or jazz shoes, basic leotards and tights, leggings and t-shirt.

Fee: \$90

Activity: 2060-A

Day: T

Dates: 1/9-2/6

Time: 4:15-5:15pm

Location: Evendale Elementary School

Hip Hop and Jazz Dance

AGES 8-11

Instructor: *Myka Sidow*

Learn combinations of hip hop and jazz! Enjoy the creative and fun dance essentials as offered in this class and just dance!

Fee: \$90

Activity: 2061-A

Day: W

Date: 1/10-2/7

Time: 4:15-5:15pm

Location: Evendale Elementary School

Shag Dancing

Instructors: *Sue Linton and Roger Ernst*

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

Fee: \$37

Activity: 2048-C

Days: W

Dates: 1/10-1/31

Time: 7:00 - 8:00 pm

Location: Sherando Community Center

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:	Date:
2230-C	11/1-11/29
(no class 11/22)	
2230-N	1/10-1/31
2230-O	2/7-2/28
2230-U	3/7-3/21 *Fee is \$44
2230-W	4/11-5/2
2230-P	5/9-5/30 *Evendale Elementary

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

Day: W

Time: 7-8 pm

Location: Evendale Elem. Comm. Center

Activity:	Date:
2056-C	11/1-12/13
(no class 11/22)	
2056-D	1/24-2/28
2056-E	3/14-4/18

Father/Daughter Dance 2018:

Bows and Bow Ties

You asked, we listened—back to formal wear for this family night out on the town! Don your best attire for a daddy/daughter date night you won't soon forget. DJ, finger foods, cake from Sweet Tooth Bakery, door prizes and more will be provided plus we will crown the best daddy/daughter couple so please join us for an unforgettable affair!

****Please note:** We will not be accepting walk-up couples and space is limited so register today!

Fee: \$16 per person

Activity: 4008-A

Day: Saturday

Date: 2/17

Time: 6:30- 8:30pm (doors open at 6pm sharp)

Location: The Winchester Moose and Family Center,
215 E. Cork Street, Winchester

Registration Deadline: 2/12

FREDERICK COUNTY PARKS AND RECREATION

Father • Daughter Dance

Bow's and Bow Ties!

February 17

6:30 pm - 8:30 pm

Winchester Moose Family Center



Music Together®

NEWBORN TO 5 YEARS OF AGE WITH PARENT/GUARDIAN

Instructor: *Jacqlyn Edwards,*

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, caregiver or guardian. This class meets once per week with a lot of instrument and recorded materials.

We are hosting an open house on January 10, 11 from 10 - 10:30am. Please feel free to join us to see what this class is all about. Please give us a call at 665-5678 to get registered for one of these free open houses.

2237-G	1/10	10-10:30am	Greenwood Mill
2237-H	1/11	10-10:30am	Greenwood Mill

The following are full sessions of Music Together® to be held at Greenwood Mill Elementary.

\$145 one child and parent/guardian
\$80 for first sibling up to 5 years of age

Activity	Day	Dates	Time
2237-J	W	1/17-3/7	10-10:45am
2237-K	Th	1/18-3/8	10-10:45am



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:\$40

Activity: 5220-A

Day: T

Dates: 11/21-12/12

Times: 5:45 - 6:45 pm

Location: Armel Elementary

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

Kids Sports & Agility Clinic

AGES: 8-12

Instructor: Lisa Mann, Certified Personal Trainer

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

Fee: \$60

Activity: 5207-C

Day: W

Dates: 2/28-3/21

Time: 6:00 - 7:15 pm

Location: Armel Elementary

Registration Deadline: 2/27/17



Kids Fitness Clinic

AGES: 6-10

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

Fee: \$60

Activity: 5221-B

Days: M

Dates: 2/5-3/5

(No class on 2/20/16)

Time: 6:15-7:30 pm

Location: Evendale Fitness Room

Registration Deadline: 2/3/17

Young Artists

AGES: 6-11

Instructor: Kellee Walters

Young artists will use different materials to create artwork as they explore different mediums and learn a variety of skills. Imagination along with guidance from the instructor will enhance the young artists' experience. All supplies are provided. Please bring a smock or a big t'shirt. There will be different projects at each session.

Fee: \$39

Day: T

Time: 6:30-7:30pm

Location: Greenwood Mill Elementary

Activity	Dates
2206-QQ	2/13-3/6
2206-R	3/20-4/10

Baby Yoga

(8 WEEKS TO PRE-CRAWLERS WITH PARENT)

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: \$51

Day: T

Time: 10:30-11:15am

Location: Evendale Elementary School, Exercise Room

Activity	Date
2055-D	10/24-11/28
2055-E	1/9-2/6
2055-F	2/20-3/20

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

Activity: 2041-D

Day: T

Dates: 1/16-2/20

Time: 10-11 am

Location: Evendale Elementary

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

Activity: 2042-D

Day: M

Dates: 1/15-2/19

Time: 6:15 - 7:15 pm

Location: Evendale Elementary

Little's Basketball

AGES 4-6

Don't miss out on this sports program that offers child and parent participation. Little's Basketball will prepare children for organized basketball in a fun, up-beat, non-competitive environment. This clinic provides the opportunity for children to work one-on-one with a parent to learn various basketball skills such as running, passing, dribbling, and more! Every player will receive a basketball.

Fee: \$55

Activity: 5203-AA

Days: T

Dates: 1/23-2/27

Location: Snowden Bridge

Time: 6:00 - 7:00 pm

Registration Deadline: 1/20

Fee: \$55

Activity: 5203-BB

Days: Su

Dates: 1/22-2/25

Location: Evendale Elementary

Time: 10:30 - 11:30 am

Registration Deadline: 1/18

Blue Ridge Youth Soccer Association

P.O. Box 2865

Winchester, VA 22604

(540) 662-6380 · brysa.org

The following programs are available for the Spring 2018 season:

Coed Divisions:

U5 for children born in 2013

U6 for children born in 2012

U7 for children born in 2011

U8 for children born in 2010

U10 coed for children born between 2008 and 2009

U12 coed for children born between 2006 and 2007

U15 coed for children born between 2003, 2004 and 2005

U19 coed for children born between 1999, 2000, 2001 and 2002



All Girls Division:

U10 for girls born between 2008 and 2009

U12 for girls born between 2006 and 2007

U15 for girls born between 2003, 2004 and 2005

U19 for girls born between 1999, 2000, 2001 and 2002

Early registration begins 10/31/17 - \$65.00

Standard registration begins 1/21/18 - \$80.00

Registration closes 2/24/18

To register please go to brysa.org or call 540-662-6380.

Little's Basketball

AGES 3 ONLY

Don't miss out on this sports program that offers child and parent participation. Little's Basketball will prepare children for organized basketball in a fun, up-beat, non-competitive environment. This clinic provides the opportunity for children to work one-on-one with a parent to learn various basketball skills such as running, passing, dribbling, and more! Every player will receive a basketball.

Fee: \$55

Activity: 5203-A

Days: T

Dates: 1/23-2/27

Location: Snowden Bridge

Time: 5:00 - 5:45 pm

Registration Deadline: 1/20

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



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.

Frederick County National Little League

Little League Baseball and Softball Teams now forming!! Please visit our website at FCNLL.COM for more information.

2018 Spring Season Registration Fees are listed below:

T-Ball and Coach Pitch Baseball and Softball - \$65.00, each additional child is \$55.00

Minor Baseball and Softball and Older - \$85.00, each additional child is \$75.00

Regular Season rates are in effect from November 1st, 2017 through January 31st 2018, after January 31st 2018 the rates will increase to:

T-Ball and Coach Pitch Baseball and Softball - \$85.00, each additional child is \$75.00

Minor Baseball and Softball and Older - \$100.00, each additional child is \$90.00

****Please Register Early****

We will have one in person registration day, January 28th 10:00am until 2:00pm at the Sherando High School



FCNLL has both Baseball and Softball programs, the divisions and ages are listed below:

T/Ball Baseball and Softball – 4-6 Years Old
Coach Pitch Baseball and Softball – 6-8 Years Old
Minor Baseball and Softball – 8-10 Years Old
Major Baseball and Softball – 10-12 Years Old
50-70 Baseball – 11-13 Years Old
Junior Baseball and Softball – 12-14 Years Old
Senior Baseball and Softball – 13-16 Years Old

For more information please visit our website at FCNLL.COM or email us at FCNLL.INFO@FCNLL.COM

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 January 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 1/18.

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

Frederick County American Little League

P.O. BOX 2412

WINCHESTER, VA 22604



We are now accepting registrations for our Spring 2018 Season. To register please visit our website at www.fcalittleleague.com and click on the Register Button in the top right hand corner. Registration Fees are as follows:

November 1 – November 30 - \$70

December 1 – January 31 - \$80

February 1 – Tryouts - \$100

WE WILL BE HAVING LIVE REGISTRATIONS AT CLEARBROOK PARK IN THE FIELD HOUSE ON SATURDAY, NOVEMBER 4 & SATURDAY, NOVEMBER 11 ALL DAY WHILE GAMES ARE BEING PLAYED.

We offer Baseball & Softball Programs through the Clearbrook Park Fields. For a full list of divisions and age requirements please see below:

T/Ball - 4-6 Years Old Boys & Girls

Machine Pitch Baseball - 6-8 Years Old

Coach Pitch Softball - 6-8 Years Old

Minor Baseball - 8-10 Years Old

Minor Softball - 8-10 Years Old

Sr. Softball - 13-16 Years Old

Major Baseball - 10-12 Years Old

Major Softball - 10-12 Years Old

50/70 Baseball - 12-13 Years Old

Jr. Baseball - 13-14 Years Old

Sr. Baseball - 15-16 Years Old

Adult Co-Rec Volleyball League

AGE 16+

Enjoy spending time with friends? Have a competitive edge or just like to play volleyball? This is the league for you! Combining both a social atmosphere for friendship and competitive games, it's great for both the beginner and the experienced player. Grab your friends, spouse and/or co-workers to enjoy this ever popular sport.

League info:

- 8 game minimum
- Teams must have equal number of male and female players on the court
- Provide team name at time of registration
- Team roster will be due at least one week prior to the first scheduled game
- Rules for this league will be posted at www.fcprd.net

Days: M,W

Dates: 1/29 - 4/11

Time: 6:00 - 10:00 pm

Location: Evendale Elementary

Early Bird Fee: \$270 before 1/16 at midnight

Final Fee: \$320 between 1/17 and 1/22 at midnight; no teams will be taken after 1/22 midnight

Activity: 2045-A

Horseback Riding

Conducted by: Hunter's Bay Sport Horses

Are you interested in learning basic horsemanship and English riding fundamentals on trained show horses in a relaxed atmosphere from a seasoned professional? The perfect horseback riding experience is waiting for you at Hunters Bay Sport Horses. Beginners to advanced riders are welcomed. Riders are encouraged to wear boots or sturdy shoes with tall socks (no sandals, sneakers or flip flops) and bring their own riding helmet that meets or exceeds current standards. Bike helmets will not be allowed. Helmets can be purchased at many different area locations and range in price from \$35.00 and up it is important that riders have a helmet that is specifically fit to them to ensure both comfort and safety. Space is limited so sign up today.

Fee: \$310 per session

Time: 5:30 p.m.-7:30 p.m.

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

Website: www.horselocate.com

Registration Deadline: 3/26

Adult Horseback Riding

Ages: 18+

Days: M

Activity: 7115-A

Dates: 4/2, 9, 16, 23, 30

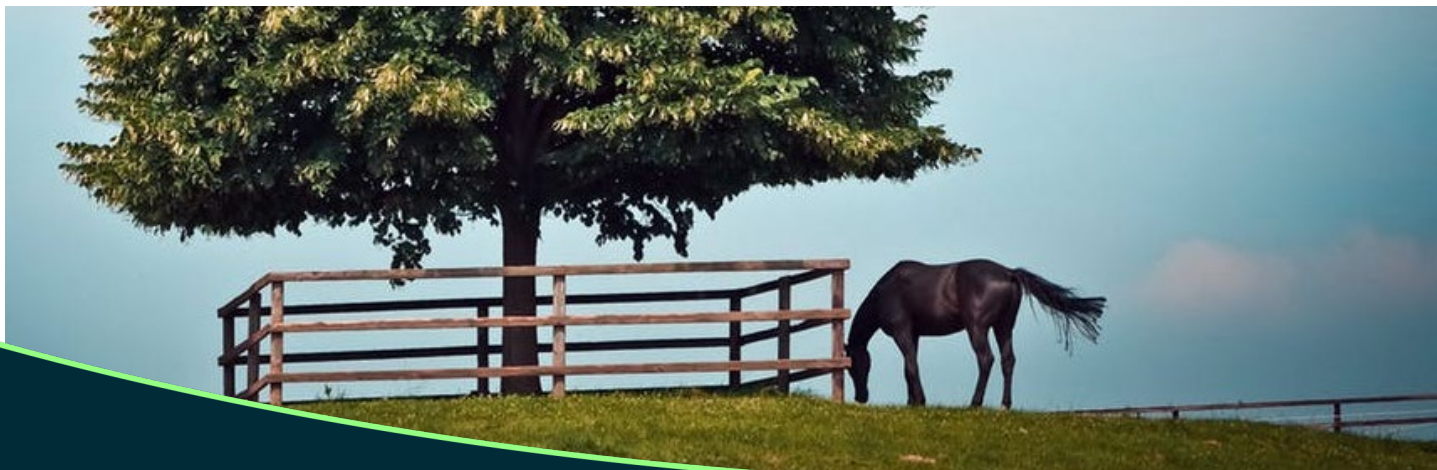
Teen Horseback Riding

Ages: 12-17

Days: Tu

Activity: 7116-A

Dates: 4/3, 10, 17, 24, 5/1



The Running Series

RUN

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

Series Presented by

PRO MOTION
PHYSICAL THERAPY
MOVEMENT FOR LIFE

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.

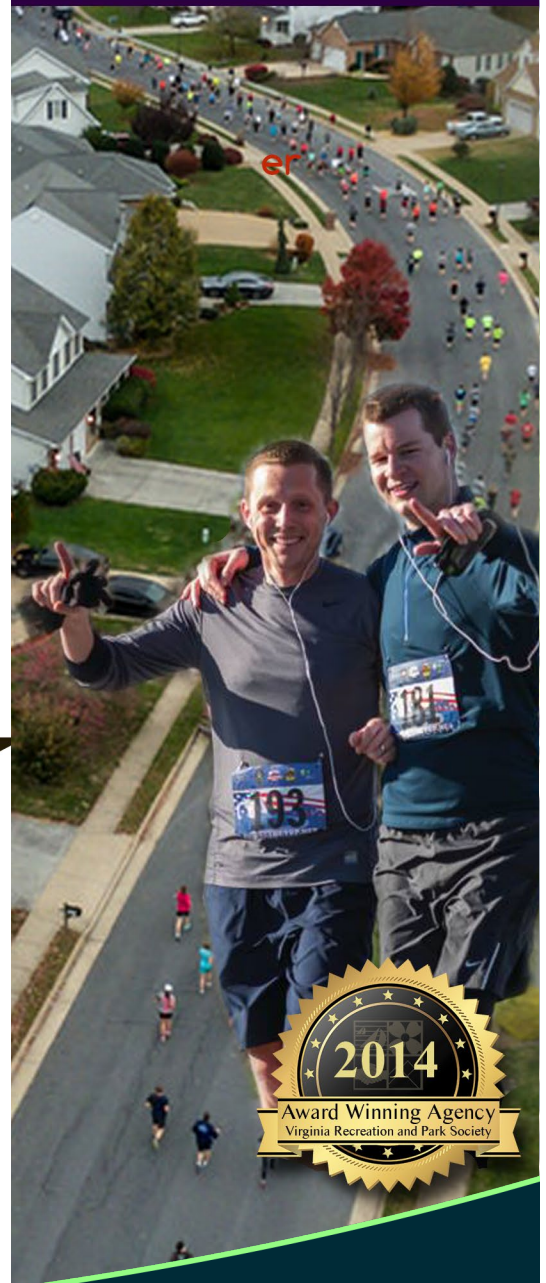
Early Bird Fee: \$25 until 11/17
Final Fee: \$30 11/19-race day
Activity: 5503-B
Day: Thanksgiving Day
Date: 11/23
Time: Check in and onsite registration from 7-8 am race begins at 8:45 am
Location: Sherando High School Stadium



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



NOVEMBER 4, 2017



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

Soup and Sandwich / Membership Meeting

Bring along a soup and/or sandwich plate to share for the monthly business meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2018 memberships!

Activity: 4039-A
Days: F
Dates: 1/19
Time: 11:00 am
Location: Sherando Community Center

Gainesboro Club

Potluck / Membership Meeting

Bring along a covered dish to share for the monthly business meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2018 memberships!

Activity: 4030-A
Day: M
Date: 1/22
Time: 11:00 am
Location: Gainesboro Elementary

Scrabble Party

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

Fee: \$28
Activity: 2222-F
Days: M
Dates: 1/15, 2/12, 3/12, 4/16
Time: 10:30 am - 2:00 pm
Location: Sherando Community Center

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 pm
Location: Gainesboro Elementary
Bring a yoga mat and water

Shag Dancing

Instructors: Sue Linton and Roger Ernst

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

Fee: \$37
Activity: 2048-C
Days: W
Dates: 1/10-1/31
Time: 7:00 - 8:00 pm
Location: Sherando Community Center



Trips and Events · Age 50+ -----○

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.

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

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: Stephens City Food Lion 10 am; Sunnyside 10:30 am.

Registration Deadline: 12/13



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: Stephens City Food Lion at 9:45 am; Sunnyside 10:15 am.

Annual Valentine Bash

Would you be our Valentine? We will play games (bring your thinking caps!), enjoy a good meal, and fellowship. We will also play a game or two of Bingo, so bring a white elephant gift!

Activity #4038-A

Day: F

Date: 2/9

Time: 12:00 pm- 2:30 pm

Location: Golden Corral, Winchester VA

Transportation: 11:00 am at Stephens City Shop n Save, 11:30 am at Sunnyside. Please specify pick-up or driving yourself when you register. If driving yourself please meet at the restaurant at 11:45 am.

Green Valley Book Fair and Dayton Farm Market

Dayton, VA

We will visit the Green Valley Book Fair and the Dayton Farm Market, followed by Dutch treat lunch out at the Wood Grill in Harrisonburg, VA.

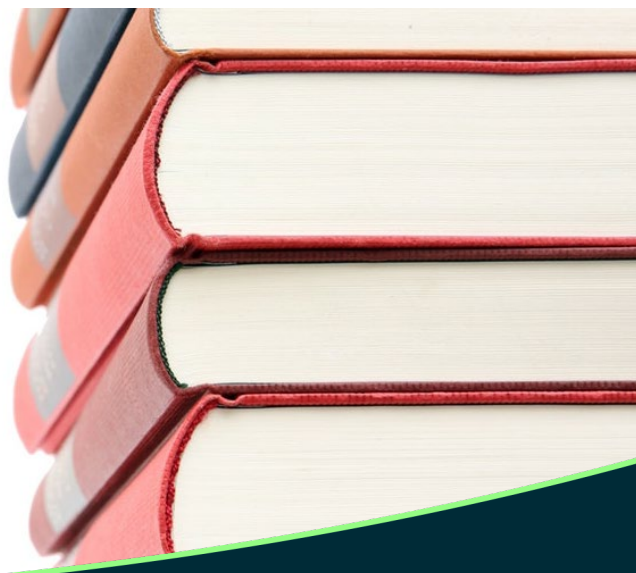
Fee: \$15

Activity #4060-B

Day: S

Date: 12/16

Time: Depart Sunnyside Plaza at 8:45 am, Stephens City Shop n Save at 9:00 am—return approx. 6:00 pm.



Trips for all ages!

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

Depart Sunnyside Plaza parking lot at 8:00 am; return approx. 7:00 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

Depart Sunnyside Plaza parking lot at 4:30 am; return approx. 1:00 am



JMU Planetarium

Harrisonburg, VA

Take a trip to Harrisonburg to explore the far reaches of our known universe at the Planetarium at James Madison University. Learn how technology has gone further than it ever has before, figuratively and literally, and see the Feature Show "To Space and Back."

Fee: \$20

Activity: 4083-A

Day: S

Date: 1/20

Depart Stephens City Shop n' Save parking lot at 12:45 pm; return approx. 5:00 pm

Reston Town Center - Ice Skating Drop Off

Reston, VA

Join us on a pre-Valentine's trip to the Reston Town Center where you can choose to do a variety of things. Catch a movie at "Bow-Tie Cinemas", go shopping in the mall, get some lunch/desserts at your choice of restaurant, and try some ice-skating.

Fee: \$20

Activity: 4655-C

Day: S

Date: 2/10

Depart Sunnyside Plaza at 9:00 am; return approx. 5:00 pm

Science Museum of Virginia

Winter Blues getting you down? Escape to a world of science, discovery and fun! The Science Museum of Virginia is just the place to spark imagination and innovation for folks of all ages! Complete with hundreds of exhibits, this unique museum offers full immersion learning in the areas of earth and space science, health, light, electricity and so much more. Join the Frederick County Parks and Recreation Department to see what there is to discover!

Fee: \$30

Activity: 5407-A

Day: S

Date: 1/6/17

Depart Sunny Side parking lot at 9 am, Return approximately 6:30 pm.

Registration deadline: 1/4

Awesome CON

AGE 12+

Washington, DC

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.

No weapons please.

Fee: \$75.00 per ticket includes transportation to and from Washington DC and entry ticket into Awesome Con event.

Activity: 5403-C

Day: S

Dates: 3/31

Depart Sunnyside Plaza parking lot 8:00 am; Return time is at 6:00 pm

Washington Auto Show

Washington DC Convention Center

Are you ready for a trip to Washington DC convention center to see the new and upcoming cars of 2017? The convention center has two full floors of cars from a variety of different brands. Lunch is on your for this trip. Don't miss your opportunity, seats are filling up fast.

Fee: \$35

Activity: 5408-A

Day: S

Date: 2/3

Depart Sunnyside Plaza parking lot at 8:00 am Return Approximately 6:00 pm.



National Aquarium Trip

Baltimore, MD

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

Fee: \$65

Activity: 5409-A

Day: S

Date: 3/3/17

Depart Sunny Side parking lot at 8:30 am, Return approximately 7:30 pm.

NBC 4 Health & Fitness Expo

Come join the Frederick County Parks and Recreation Department as we go to NBC Health & Fitness Expo in Washington, DC. They offer medical testing, fitness classes, healthy cooking lessons, educational information sessions, opportunities for consultations, opportunities to learn more about making lifestyle changes, and so much more that keeps the floor packed with excited community members from across the DMV.

Fee: \$30

Activity: 5406-A

Day: S

Date: 3/11

Depart Arnel Elementary Parking lot at 8:30 am, Return approximately 6:00 pm.



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
5216-F	1/8-2/12	M	5:15 - 6:00P	\$73	Snowden Bridge
5216-FF	1/10-2/14	W	5:15 - 6:00P	\$73	Snowden Bridge
5216-G	1/8-2/14	M, W	5:15 - 6:00P	\$123	Snowden Bridge
5216-H	2/19-3/26	M	5:15 - 6:00P	\$73	Snowden Bridge
5216-HH	2/21-3/28	W	5:15 - 6:00P	\$73	Snowden Bridge
5216-I	2/19-3/28	M, W	5:15 - 6:00P	\$123	Snowden Bridge

Youth Tennis

AGES 7-11

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
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
5215-M	1/8-2/12	7-11	M	5:15 - 6:30P	\$88	Snowden Bridge
5215-MM	1/10-2/14	7-11	W	5:15 - 6:30P	\$88	Snowden Bridge
5215-N	1/8-2/14	7-11	M, W	5:15 - 6:30P	\$138	Snowden Bridge
5215-O	2/19-3/26	7-11	M	5:15 - 6:30P	\$88	Snowden Bridge
5215-OO	2/21-3/28	7-11	W	5:15 - 6:30P	\$88	Snowden Bridge
5215-P	2/19-3/28	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 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
5217-TT	1/8-2/12	M	6:15 - 7:30P	\$88	Snowden Bridge
5217-U	1/10-2/14	W	6:15 - 7:30P	\$88	Snowden Bridge
5217-UU	1/8-2/14	M, W	6:15 - 7:30P	\$138	Snowden Bridge
5217-VV	2/19-3/26	M	6:15 - 7:30P	\$88	Snowden Bridge
5217-W	2/21-3/28	W	6:15 - 7:30P	\$88	Snowden Bridge
5217-WW	2/19-3/28	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
5228-A	11/6-12/11	M	7:30 - 9:00P	\$93	Snowden Bridge
5214-H	1/8-2/12	M	7:30 - 9:00P	\$93	Snowden Bridge
5214-II	2/19-3/26	M	7:30 - 9:00P	\$93	Snowden Bridge



Jim Stutzman Chevrolet - Cadillac Co.

WALKING IN A WINTER WONDERLAND

November 24 - January 1 • 5:30 pm - 9:30 pm • Clearbrook

Peak Night Admission

Age 12+: \$10

Age 2-11: \$5

Dec 1, 2, 8, 9, 15, 16, 22, 23

Regular Admission: Age 12+: \$5

Age 2-11: \$3 • Age 0-1: Free



NEW!

Free Hot Chocolate!

Live entertainment on select nights!

Food vendors!

Heated event tent!



Presented by

Spring Running Club - April, May, June

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 spring session includes registration in the Apple Blossom Race, Loudoun Street Mile, and Rose Hill Mile. 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-KK, 4/5-6/7 - Spring Session (April, May, June) - \$50

Activity: 5317-P, 4/5-6/7 - Spring Session with Youth Triathlon - \$72.50

Day: T, TH

Time: 6 - 7 pm

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

Activity: 5317-A, 4/5-6/7 - Spring Session (April, May, June) - \$50

Activity: 5317-O, 4/5-6/7 - Spring Session with Youth Triathlon - \$72.50

Day: T, TH

Time: 6 - 7 pm

Location: Sherando Rotary Shelter across from the pool

Activity: 5317-K 4/4-6/6 - Spring Session (April, May, June) - \$50

Activity: 5317-N 4/4-6/6 - Spring Session with Youth Triathlon - \$72.50

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!

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.

Basketball

Activity: 2014-O

Day: Tu,Th

Date: 1/16-3/1

Time: 6:30 - 8:00 pm

Location: Orchard View Elementary

For basketball there is a skills component and team component. Athletes will need to report to the first practice at the begin time for assessments. Following assessments athletes will be told specific times to report for skills or team.

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

Adult Bowling

AGES 22+

Activity: 2014-N

Day: F

Date: 2/9-3/16

Time: 4:00 pm - 5:30 pm

Location: Northside lanes

Youth Bowling

AGES 8-21

Activity: 2014-L

Day: M

Date: 2/5-3/19

Time: 3:30 pm - 5:00 pm

Location: Northside Lanes



Community Centers

Reservations must be made one (1) day in advance and are subject to availability. Facility rentals are rented by the hour with a two hour minimum.

*Rental prices are valid through December 31, 2017 and subject to change January 1, 2018.

Evendale Elementary School

220 ROSA LANE

Gainesboro Elementary School

4651 NORTH FREDERICK PIKE

Rental Equipment:

For your convenience - the following items are now available to use during your rental: Basketballs ~ Volleyballs ~ Tennis Racquets and Tennis Balls ~ Pedometers ~ Disc Golf Discs ~ Jump Ropes

Celebrate your next Birthday Party or special event at one of the FCPRD Community Centers!

Facility	R	NR	Hours	Capacity
Gymnasium	\$25	\$40	M-F, 6P-10P Sa, Su 9A-10P	-
Activity Room	\$15	\$30	M-F, 6P-10P Sa, Su 9A-10P	35
Exercise Room	\$12	\$27	M-F, 6P-10P Sa, Su 9A-10P	49

Greenwood Mill Elementary School

281 CHANNING DRIVE

Facility	R	NR	Hours	Capacity
Gymnasium	\$25	\$40	M-F, 6:00P-10P Sa, 9A-10P	-
Activity Room	\$15	\$30	M-F, 6P-10P Sa, 9A-10P	50
Fitness Room (Weights/Machines)	\$2/Daily \$10/10Pass	\$2/Daily \$10/10Pass	M-F, 6:30P-9P Sa, Su 8A-12P	-

Sherando High School

185 SOUTH WARRIOR DRIVE

Facility	R	NR	Hours	Capacity
Fitness Room (Weights/Machines)	\$2/Daily \$10/10Pass	\$2/Daily \$10/10Pass	M-F, 4P-8P Sa, 8A-12P	-
Racquetball Courts (2 Courts)	\$7	\$7	M-F, 4P-8P Sa, 8A-12P	-
Multipurpose Room	\$20	\$35	M-F 6P-10P Sa, Su 9A-10P	140

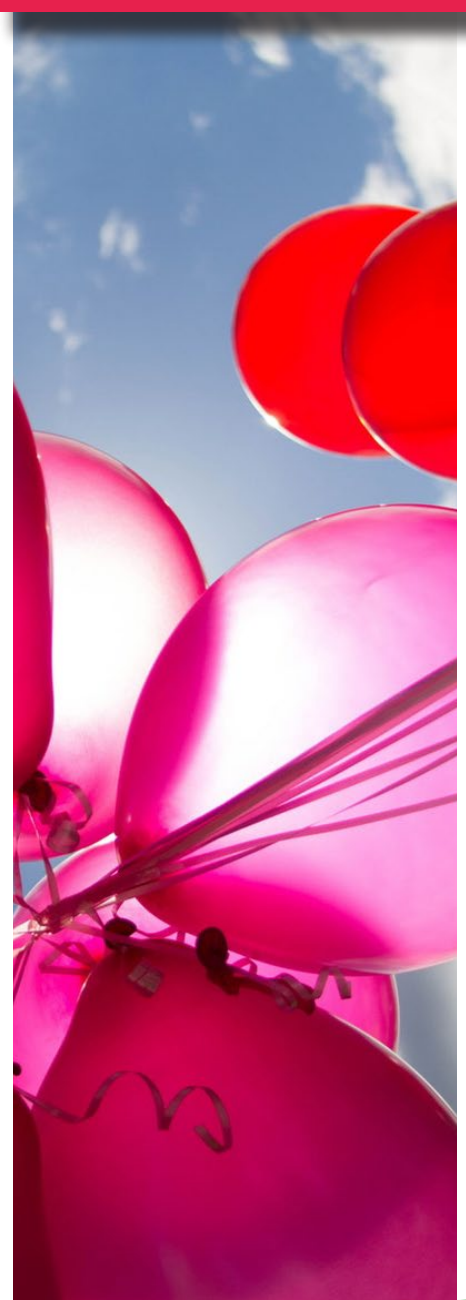
Call 609-5966 to reserve the Racquetball Courts.

Orchard View Elementary School

4275 MIDDLE ROAD

Facility	R	NR	Hours	Capacity
Gymnasium	\$25	\$40	M-F, 6P-10P Sa, Su 9A-10P	-

For more information, or to make a reservation visit www.fcprd.net or call 540-665-5678.



Parks

March 1 - October 31: 8 am - Dusk

November 1 - February 28: 8 am - 6 pm

**Rental prices are valid through December 31, 2017 and subject to change January 1, 2018.*

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.

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)

Shelter	Capacity	R	NR
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

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 just over a half 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 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

Shelter	Capacity	R	NR
Lawrence	30	\$41	\$56
JWHS Key Club	75	\$52	\$68
JWHS 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



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.



Athletic Field Rentals

Baseball and Softball Fields	R	NR	
Practice	\$10	\$15	Per hr/2 hr min
Game	\$20	\$25	Per hr/2 hr min
Tournament (9A-11P)	\$150	\$190	Per reservation
Field Lights	\$15	\$15	Per hour

For more information, or to make a reservation visit www.fcprd.net or call 540-665-5678.

Reservations must be made five(5) days in advance and are subject to availability.

**Rental prices are valid through December 31, 2017 and subject to change January 1, 2018.*

Sherando Park Soccer Fields	R	NR	
Fields #1-#4	\$25	\$40	Per hr/per field
Fields #6 and #7	\$15	\$25	Per hr/per field



Registration Guidelines

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.

Park Visitation

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 _____				



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

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