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Softball  
Leagues

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# KITE FEST

MAY 12 • SHERANDO PARK



YOUTH TRIATHLON  
JUNE 10, 2018  
SWIM. BIKE. RUN.

pg. 19



FREDERICK COUNTY  
PARKS & RECREATION

2018 SPRING ACTIVITY GUIDE

## The Frederick County Parks and Recreation Commission

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  
Gainesboro District - Natalie Gerometta  
Opequon District - Ron Madagan  
Red Bud District - Chris Fordney  
Shawnee District - Guss Morrison  
Stonewall District - Randy Carter - Chair  
Member at Large - Charles "Rusty" Sandy, Jr. - Vice-Chair  
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](http://fcprd.net)



## FREDERICK COUNTY PARKS & RECREATION

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

### A sample of what's inside!

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



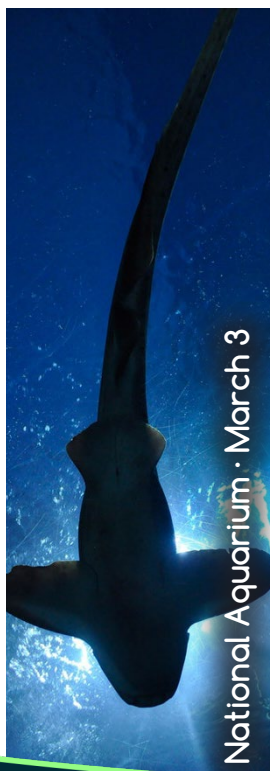
YOUTH TRIATHLON  
JUNE 10, 2018  
SWIM. BIKE. RUN.

pg. 19

More exciting programs and  
events for everyone inside  
the guide!



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



National Aquarium · March 3



Awesome CON · March 31



Horseback Riding · April



## 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](http://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; \$14 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; \$14 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.*

[Daily: Register Here](#)

[Full-Time: Register Here](#)



## 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](http://www.fcprd.net)!

## 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

[Register](#)

Activity: 2061-A

Day: W

Date: 1/10-2/7

Time: 4:15-5:15pm

Location: Evendale Elementary

Fee: \$90

Activity: 2061-B

Day: F

Dates: 4/13-5/11

Time: 4:15-5:15pm

Location: Evendale Elementary

## Building Blocks of Dance

AGES 5-7

**Instructor:** Myka Sidow

This class is designed to introduce children to dance in a fun and creative environment. Dancers will learn skills through imagination and improvisation. They will also 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

[Register](#)

Activity: 2059-B

Day: Th

Dates: 4/12-5/10

Time: 4:15-5:15pm

Location: Evendale Elementary

## Ballet

AGES 2-5

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

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

Fee: \$52

[Register](#)

Day: W

Time: 1-2 pm

Location: Sherando Community Center

Activity:

2230-O

2230-U

2230-W

2230-P

Elementary

Date:

2/7-2/28

3/7-3/21 \*Fee is \$44

4/11-5/2

5/9-5/30 \*Evendale

## KiteFest 2018

May 12th

10 AM - 2 PM

SHERANDO PARK, STEPHENS CITY

A one-of-a-kind family event for all to enjoy! Bring the family to Sherando Park to take in the bright colors and fun that comes along with kite flying. Enjoy vendors, food, door prizes and kite making for kids on site! Fun for all to have a fantastic family day at the park!

## Line Dancing

AGES 8+

Families are 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

[Register](#)

Day: W

Time: 7-8 pm

Location: Evendale Elementary

Activity:

2056-E

2056-F

No Class 7/4

Date:

3/14-4/18

6/6-7/18



## 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

[Register](#)

FREDERICK COUNTY PARKS AND RECREATION

**Father • Daughter Dance**

***Bows 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,*

*Music Together® of Winchester*

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 April 4 and 5 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-O	4/4	10-10:30am	Greenwood Mill
2237-P	4/5	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

[Register](#)

Activity	Day	Dates	Time
2237-M	W	4/11-5/30	10-10:45am
2237-N	Th	4/12-5/31	10-10:45am





## 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

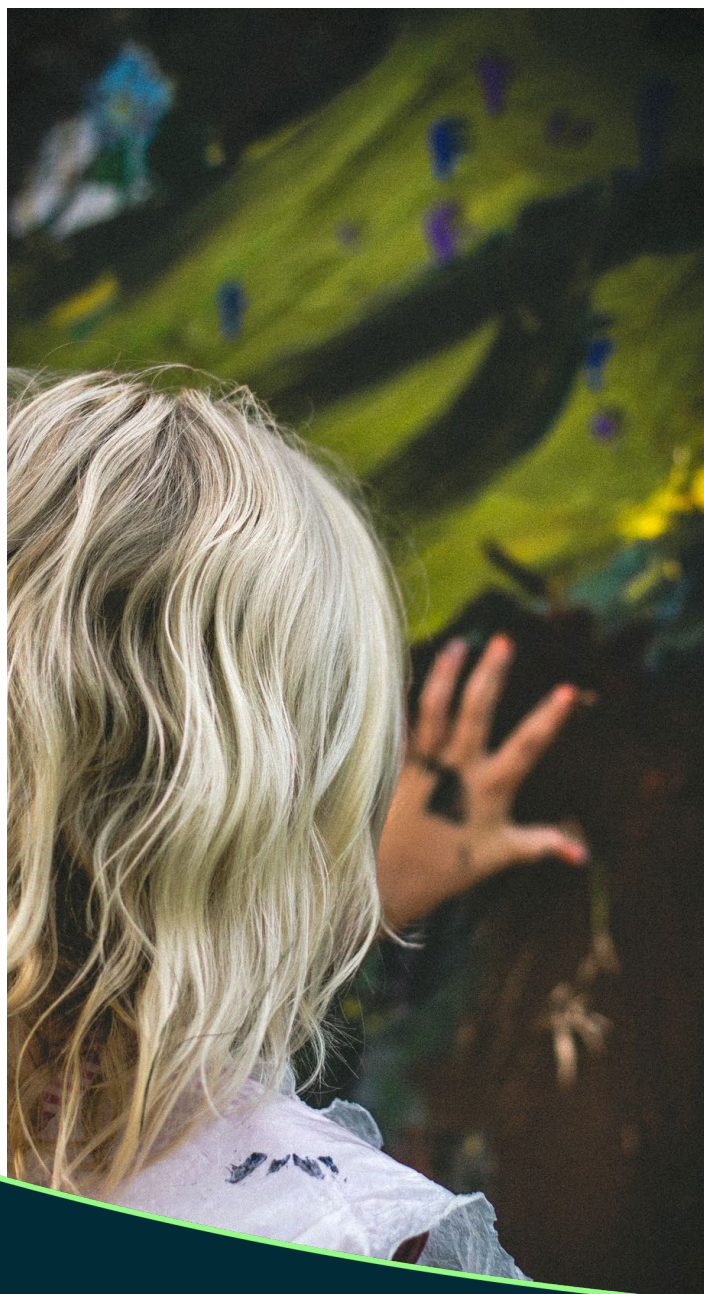
Time: 6:30-7:30pm

Location: Greenwood Mill Elementary

[Register](#)

Activity  
2206-QQ  
2206-R

Dates  
2/13-3/6  
3/20-4/10



## Floor Hockey Clinic

AGES 5-8

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

Fee: \$40

Activity: 5220-B

Day: W

Dates: 2/28-3/21

Time: 5:30 - 6:30 pm

Location: Armel Elementary

Registration Deadline: 2/26

[Register](#)

## 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

[Register](#)

Activity

2055-F

Date

2/20-3/20

## Mom and Me: Valentine Heart Painting

CHILDREN AGES 6-12 WITH MOM (GUARDIAN/CAREGIVER)

**Instructor:** Melanie Lupien of Creative Sips

You won't want to miss this sweet Mom and Me Valentine painting event. Painting is done on two 11" x 14" canvases that fit together to make one fantastic display piece. Mom and child will sit side by side and will each paint half of a Valentine heart and when the canvases are combined, the painting will create one beautiful heart. Artist Melanie Lupien will guide you and your child through this fun and easy step by step class so you can create your own masterpiece. All art supplies and art aprons are supplied, but feel free to bring a smock),

Fee: \$40

Activity: 2066-A

Day: Sa

Date: 2/10

Time: 1:00-3:00 pm

Location: Greenwood Mill Elementary

[Register](#)

## Mom and Me: I Love you to the Moon and Back Owl Painting

CHILDREN AGES 6-12 WITH MOM (GUARDIAN/CAREGIVER)

**Instructor:** *Melanie Lupien of Creative Sips*

WHoooo will be joining us for an afternoon of creative fun? For this event, painting is done on two 11" x 14" canvases that will fit together to make a great display piece. Mom and child will sit side by side and will each paint an owl on a tree branch and half a moon, so that when the canvases are combined the masterpiece will be two owls and one moon. The final step will be for the pair to paint "I Love you to the Moon and Back" on their canvas. Artist Melanie will guide you through the entire painting and pairing process for a masterpiece you and your child will enjoy for years to come. All art supplies and art aprons are provided, but feel free to bring your own smock.

Fee: \$40

Activity: 2067-A

Day: Sa

Date: 3/10

Time: 1:00-3:00 pm

Location: Greenwood Mill Elementary

[Register](#)

## Mom and Me: You are My Sunshine Sunflower Painting

CHILDREN AGES 6-12 WITH MOM (GUARDIAN/CAREGIVER)

**Instructor:** *Melanie Lupien of Creative Sips*

Spring is in the air and flowers are blooming. For this event, painting is done on two 11" x 14" canvases that fit together to make one fantastic display piece. Mom and child will sit side by side and paint half a sunflower and when the canvases are combined the painting will create one sunflower. The final step is to paint "You Are My Sunshine" on their canvas to add that special finishing touch. Artist Melanie will guide you step by step in this class that will teach you how to create your very own masterpiece. All art supplies and art aprons are provided, feel free to bring your own smock.

Fee: \$40

Activity: 2057-A

Day: Sa

Date: 4/14

Time: 1:00-3:00 pm

Location: Greenwood Mill Elementary

[Register](#)

## Mom and Me Mother's Day "Leggy Birds" Heart Painting

CHILDREN AGES 6-12 WITH MOM (GUARDIAN/CAREGIVER)

**Instructor:** *Melanie Lupien, Creative Sips*

What are Leggy Birds? Leggy birds are adorable and colorful little birds with long skinny legs. For this painting event, the painting is done on two 11" x 14" that fit together to make one extraordinary display piece. Mom and child will sit side by side and each will paint their own leggy bird and half a heart and when the canvases are combined the painting will be two birds with one heart. Artist Melanie will lead you step by step and teach you how to create your own one of a kind masterpiece.

Fee: \$40

Activity: 2062-A

Day: Sa

Date: 5/12

Time: 1:00-3:00 pm

Location: Greenwood Mill Elementary

[Register](#)

## Doctor Who "All of Space and Time" Painting

AGES 12-18

**Instructor:** *Melanie Lupien, Creative Sips*

Our theme for the evening is Doctor Who!. Join Artist Melanie for an evening of painting and discover our inner artist in a fun, casual environment and let your creative juices flow!. For this painting event, the painting will be done on a 16X20 canvas. You will learn step by step how to create your own one of a kind masterpiece. Supplies provided, however please bring your own smock.

Fee: \$40

Activity: 2070-A

Day: Sa

Date: 3/24

Time: 6:30-8:30 pm

Location: Greenwood Mill Elementary

[Register](#)





## Spring Break Young Riders Camp

AGES 7-15

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

If you are interested in horseback riding, then the perfect experience is waiting for you at Hunters Bay Sport Horses. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses will provide campers with three days filled with horse activities and time in the saddle. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals, 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: \$215

Day: F, M & Tu

Time: 9:00 am - 3:00 pm

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

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

Activity: 7114-E

Dates: 3/30, 4/2, 4/3

Registration Deadline: 3/18

[Register](#)

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## 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

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](http://www.horselocate.com)

Registration Deadline: 3/26

### Adult Horseback Riding

Ages: 18+

Days: M

Activity: 7115-A

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

[Register](#)

### Teen Horseback Riding

Ages: 12-17

Days: Tu

Activity: 7116-A

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

[Register](#)





## STEM Fundamentals

AGES 7-12

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts. Apply real world concepts in physics, engineering, and architecture through engineer-designed projects such as: gear cars, castles, airplanes, and scissor lifts. Design and build as never before, and explore your ideas in a supportive environment. Program is during FCPS spring break. Bring a reusable water bottle and light snack.

Fee: \$32

Activity: 2063-A

Day: Tu

Date: 4/3

Time: 9:00 am-noon

Location: Sherando Community Center

[Register](#)

## Jedi Engineering

AGES 7-12

The force awakens in this introductory engineering course that use a lot of LEGO® materials. Explore engineering principles by designing and building projects such as x-wings, R2 units, energy catapults, defense turrets and more from a far away galaxy. Bring a reusable water bottle and light snack.

Fee: \$32

Activity: 2064-A

Day: Tu

Date: 4/3

Time: 1:00-4:00 pm

Location: Sherando Community Center

[Register](#)

## STEM and Jedi Engineering Combination

AGES 7-12

This is for those who want to do both sessions as described above and at the times as listed above. Lunch will be from 12-1 and will be supervised. Please pack a nonperishable lunch, water and snacks.

Fee: \$58

Activity: 2065-A

Day: Tu

Date: 4/3

Time: 9:00 am-4:00 pm

Location: Sherando Community Center

[Register](#)

## 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: 6:30 - 7:45 pm

Location: Armel Elementary

Registration Deadline: 2/27

[Register](#)

## 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, running, jumping, balance and coordination exercises, speed ladder and strength/body weight challenges.

Fee: \$25

Activity: 5221-C

Day: Su

Dates: 2/25, 3/4

Times: 10:00 am - 11:00 am

Location: Evendale Elementary

[Register](#)



## Youth Wrestling

AGES 5-12

**Instructor:** John Campbell, Aylor Middle School Wrestling Coach

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

Fee: \$45

Activity #	Time	Age
7117-D	1:00 - 2:30 pm	5 - 6
7117-E	2:30 - 4:00 pm	7 - 8
7117-F	4:00 - 5:30 pm	9 - 12

Day: Su

Date: 3/18-4/29

Location: Sherando HS Wrestling Room

Registration Deadline: 3/11

[Register](#)

## Little's Baseball

AGE 3-5

Don't miss out on introductory baseball program for ages 3-5. Players will learn the fundamentals of Hitting, throwing and catching in a fun, non-competitive setting. Every player will receive a ball and glove. Please indicate if player is right or left handed.

Fee: \$48 per program

**Location:** Evendale Elem. Gym - Mondays

Activity	Age	Dates	Time
5115-A	3	4/16-5/21	5:00 - 5:45 pm
5115-AA	4-5	4/16-5/21	6:00 - 7:00 pm
Registration Deadline: April 13, 2018			

**Location:** Greenwood Mill Elem. Gym - Wednesdays

Activity	Age	Dates	Time
5115-B	3	4/25-5/30	5:00 - 5:45 pm
5115-BB	4-5	4/25-5/30	6:00 - 7:00 pm

Registration Deadline: 4/23

[Register](#)

## Frederick County National Little League

Little League Baseball and Softball Teams now forming!! Please visit 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\*\***

There will be one in person registration day, January 28th 10:00 am until 2:00 pm 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 FCNLL.COM or email FCNLL.INFO@FCNLL.COM



## 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](http://brysa.org) or call 540-662-6380.



## Frederick County American Little League

P.O. BOX 2412  
WINCHESTER, VA 22604



FCALL is now accepting registrations for our Spring 2018 Season. To register please visit the website at [www.fcalittleleague.com](http://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

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

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

## 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

Club Treat Lunch Out: Golden Corral  
WINCHESTER VA

Club members please join for a Club Treat lunch and quick business meeting.

Activity: 4086-A      [Register](#)  
Day: F  
Date: 3/16  
Time: 11:00 am  
Stephens City Shop and Save pick up available at 10:30 am.

Woodrow Wilson Museum Tour and Lunch Out  
STAUNTON, VA  
Tour the Woodrow Wilson Library and Museum, followed by a look around the town and Dutch treat lunch out at Mrs. Rowe's Family Restaurant

Fee: \$25  
Activity: 4087-A      [Register](#)  
Day: F  
Date: 4/20  
Depart Stephens City Shop n Save parking lot at 9:30 am; return approx. 5:00 pm.

Skyline Drive: Here's Hoping We See Some Baby Bears!  
View the beauty of the Shenandoah Valley in the early spring with a scenic ride down Skyline Drive, with a Dutch treat lunch at Big Meadows Restaurant.

Fee: \$18      [Register](#)  
Activity: 4088-A  
Day: F  
Date: 5/18  
Depart Stephens City Shop n Save at 9:00 am; return approx. 4:30 pm.

### Gainesboro Club

Membership Meeting and Lunch Out  
A membership meeting and officer elections followed by Dutch treat lunch, all to be done at Hayfield Restaurant.

Activity: 4053-A      [Register](#)  
Day: M  
Date: 3/26  
Time: 11:00 am  
Pick up available at Sunnyside at 10:30 am.

Local Field Trip: Harvest Moon Natural Foods and Lunch at Firefly Café  
WINCHESTER, VA  
Join us for an education tour and discussion at Harvest Moon Natural Foods followed by a Dutch Treat lunch and short business meeting at Firefly Café.  
Activity: 4085-A      [Register](#)  
Day: M  
Date: 4/23  
Time: 11:00 am  
Pick up available at Sunnyside at 10:30 am.

Mothers' Day Luncheon and Business Meeting  
We will have a short business meeting to be followed by lunch and an activity to celebrate Mothers' Day!  
Activity: 4054-A  
Day: M  
Date: 5/21  
Time: 11:00 am      [Register](#)





## Trips and Events · Age 50+ -----○

### 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

[Register](#)

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.

### 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-G

[Register](#)

Days: M

Dates: 4/30, 6/11, 8/13, 9/10

Time: 10:30 am - 2:00 pm

Location: Sherando Community Center



### Frontier Culture Museum

Staunton, VA

Take a tour of this one-of-a-kind museum—with exhibits like a 1700s Irish forge, American farms ranging from the 1740s to the 1850s, and an early American schoolhouse this will likely be a step back in time you won't forget! After the museum tour we will have a Dutch treat lunch at Mrs. Rowe's Family Restaurant—price includes museum ticket and transportation. \*\*Please note: while there is a shuttle that will take us from exhibit to exhibit, there may be some slight walking/stairs involved in this trip\*\*

Fee: \$25

Activity: 4089-A

[Register](#)

Day: T

Date: 4/3

Time: Depart Sunnyside Plaza parking lot at 7:30 am; return approx. 4:00 pm.

### Ham and Oyster Supper

Fort Valley, VA, Volunteer Fire Dept.

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-A

[Register](#)

Day: S

Date: 4/21

Time: Depart Sunnyside Plaza parking lot at 1:00 pm, Stephens City Food Lion at 1:30 pm; return approx. 6:00 pm.



## Trips for all ages!

### 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: Sa

Date: 2/10

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

[Register](#)

### 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: Sa

Date: 3/3

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

[Register](#)

### The Murder at the Museum of American History Scavenger Hunt

The National Museum of American History, Washington D.C.

AGES 16+

The hunt is played on teams of two to six people. Total running time is approximately 2.5 hours.

Someone, or something, has been bumping off National Museum of American History staffers involved in the recent discovery of a long-lost invention by Benjamin Franklin. This "infernal machine" has a murky past: Freemasons supposedly used it as part of a secret ritual. Are the deaths caused by the invention, or part of the fabled "Curse of the Freemasons"? Or is a serial killer on the loose? Your team of sleuths will have to crack a secret code and uncover the museum's secrets to solve the mystery and stop the killings.

This hunt is for adults only. Those that are under 18 will have to be accompanied by an adult. For murder hunts, we strongly recommend hunting with a team of three or more. If you sign up with fewer than three people, we suggest pairing up with others at the start of the hunt to form a larger team. You can have a max of six on a team.

Fee: \$45

Activity: 4021-A

Day: Sa

Date: 3/10

Time: 2:00pm - 4:30pm; Depart Stephens City Shop n' Save parking lot at 11:45 am; return approx. 6:30 pm

[Register](#)

### 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: Su

Date: 3/11

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

[Register](#)





## Harlem Globetrotters

EagleBank Arena, Fairfax, VA

AGES 8+

You've heard the stories and seen them on television, now come witness the experience live! Come check out the Harlem Globetrotters showcase their talents and entertain the crowd on the campus of George Mason University. This is a "once-in-a-lifetime" experience for everyone to enjoy! Price includes ticket and transportation cost.

Fee: \$55

Activity: 4017-A

Day: Su

Date: 3/18

Time: 2:00; Depart Stephens City Shop n' Save parking lot at 12:15 pm; return approx. 5:30 pm

[Register](#)

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## 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: Sa

Dates: 3/31

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

[Register](#)



## Virginia Wine & Craft Festival

Front Royal, VA

AGES 8+

Come and enjoy wine tastings from 20+ of the best of Virginia wineries. Over 100 artisans and crafters from all over the east coast display fine handmade jewelry, candles, pottery, art, wood and iron works. If you are hungry, there will be a variety of regional foods, including the best BBQ in the Shenandoah Valley, or you may wish to step inside to one of our many restaurants located at the event site. Children can enjoy rides, games, and face painting. Live entertainment to please everyone's taste. General admission is free, but for those who wish to sample the wine, it'll be \$30 at the gate.

Fee: \$20

Activity: 4016-A

Day: S

Date: 5/19

Time: 9am – 6pm; Depart Stephens City Shop n' Save parking lot at 9:30 am; return approx. 2:30 pm

[Register](#)



## Quick Start Tennis

AGES 4-11

[Register](#)

**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
5218-AA	4/7-4/28	Sa	9:45 - 11:00A	\$57	Greenwood Mill Elem. Gym
5218-A	5/5-6/2 (No Tennis 5/26)	Sa	9:45 - 11:00A	\$57	Greenwood Mill Elem. Gym

## Youth Tennis

AGES 4-18

[Register](#)

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

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!

The Youth Tennis Program is designed to engage the youth into the game of tennis right away creating a family fun, youth group environment that will help to increase the learning curve developing the skills necessary to become enthusiast and confident about continuing to play and improve

Class#	Date	Age	Day	Time	Fee	Location
5215-A	4/10-5/3	4-10	Tu, Th	6:00 - 7:00P	\$82	Sherando High School
5215-AA	4/10-5/3	11-17	Tu, Th	7:00 - 8:00P	\$82	Sherando High School
5215-B	5/8-5/31	4-10	Tu, Th	6:00 - 7:00P	\$82	Sherando High School
5215-BB	5/8-5/31	11-17	Tu, Th	7:00 - 8:00P	\$82	Sherando High School

**Location:** Sherando High School Tennis Courts (Please note the April Tennis Program may be moved on a few dates to Millbrook HS or James Wood HS if there becomes a scheduling conflict with the Sherando High School Tennis Team's spring match schedule)

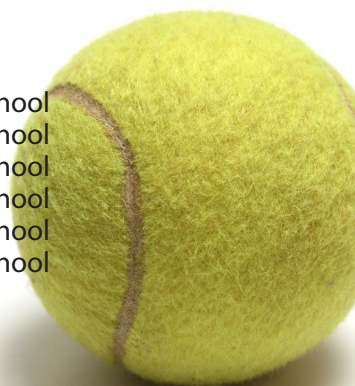
## Adult Tennis Program

[Register](#)

**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-A	4/10-5/3	Tu, Th	8:00 - 9:30P	\$99	Sherando High School
5214-CC	5/8-5/31	Tu, Th	8:00 - 9:30P	\$99	Sherando High School
5214-AA	4/10-5/1	Tu	8:00 - 9:30P	\$60	Sherando High School
5214-E	4/12-5/3	Th	8:00 - 9:30P	\$60	Sherando High School
5214-L	5/8-5/29	Tu	8:00 - 9:30P	\$60	Sherando High School
5214-LL	5/10-5/31	Th	8:00 - 9:30P	\$60	Sherando High School





## Adult Softball Spring Training-Double Header League

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

Registration Fee: \$225 per team on or before 2/25

Late Registration Fee: \$275 per team on or before 3/4 (teams will not be taken after 3/4)

[Register](#)

Activity: 7302-B

Dates: 3/15 – 4/27

Days: TBA late February

Time: 6-10pm

Location: Sherando

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## Adult Summer Softball

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

Countywide Competitive- 5 Homeruns, then outs

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 – 3 Homeruns, then outs

Teams/Players that play minimal to no weekend tournaments.

Countywide Lower Recreation-3 Homeruns, then inning enders

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: \$325 per team on or before 4/1 by midnight

Final Registration Fee: \$375 per team on or before 4/8 by midnight (Teams will not be taken after 4/8)

Days: T, TH (M, F If needed)

Dates: 5/7-playoffs

Location: Clearbrook and Sherando Parks

Time: 6:30, 7:30, 8:30 pm

Activity #7306-B, Countywide Competitive Division

[Register - Competitive](#)

Activity #7307-C, Countywide Upper Recreational Division

[Register - Rec Leagues](#)

Activity #7307-D, Countywide Lower Recreational Division

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

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

All softball leagues will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.

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## Adult Summer Co-Rec Softball

The hottest co-rec softball league in the area is right around the corner! Teams will get a 14 game guarantee plus a double elimination tournament utilizing both Sherando and Clearbrook Parks for game locations. The tournament format will be determined based on the total number of teams registered. 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 before your team's third game. Games that are rained out can be made up when and where space is available. 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](http://www.fcprd.net)

Activity: 7304-B

[Register](#)

Early Bird Registration Fee: \$275 on or before 4/1

Final Registration Fee: \$325 per team on or before 4/8 (No teams will be taken after 4/8)

Days: Su, W (M, F If needed)

Dates: 5/9-playoffs

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

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

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

## Adult Basketball Leagues

Enjoy spending time with friends? Have a competitive edge or just like to play basketball? If you enjoy open gym but want it to be a little more competitive, this is the league for you. Grab your friends, family and/or co-workers to enjoy this ever-popular sport. Games will be played on Monday's and Wednesday's for the 18-29 group and Tuesday's and Thursday's for the 30+ group at any of the four centers; Gainesboro, Greenwood Mill, Orchard View, and Evendale Elementary Schools. Sign up as a team or individual. All individuals will be a free agent for currently formed teams or if enough participants sign-up another team will be formed. All participants must be of age by March 19-20 in order to play in the league. ID's will be required before the first game!

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

[Register](#)

### Age 18-29

Days: M, W

Dates: 3/19-5/16

Time: 6-9 pm

Location: Evendale Elementary, Gainesboro Elementary, Greenwood Mill Elementary, Orchard View Elementary

Early Bird Fee: \$480 (team) before 2/26 at midnight; \$50 (Individual)

Final Fee: \$530 (team) between 2/27 and 3/5 at midnight; no teams will be taken after 3/5 midnight. \$60 (Individual)

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

### Age 30+

Day: Tu, Th

Date: 3/20-5/17

Time: 6-9 pm

Location: Evendale Elementary, Gainesboro Elementary, Greenwood Mill Elementary, Orchard View Elementary

Early Bird Fee: \$480 (team) before 2/26 at midnight; \$50 (Individual)

Final Fee: \$530 (team) between 2/27 and 3/5 at midnight; no teams will be taken after 3/5 midnight. \$60 (Individual)

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

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

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

[Register](#)



## 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.

## Swimming

Activity: 2014-HH

Day: Sa

Date: 3/24-5/19 (No Practice 3/31, Apple Blossom)

Time: 9:30 - 11:00 am

Location: Indoor Pool, Jim Barnett Park

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## Youth Triathlon

AGES 7-15

Come join us for a fun-filled day of swimming, biking and running in the 5th annual FCPRD Youth Triathlon! Sherando Park in Stephens City, VA will be transformed into a one day challenging obstacle that includes a different distance per age group in the events of swimming, biking and running to make-up the FCPRD Youth Triathlon. All skill levels are welcome.

ALL Racers are encouraged to pick-up and have their bikes inspected on Saturday, June 9th at the Sherando Park pool between the hours of 5-7 p.m.

Age is based on your child's age on race day.

- 7-8 (25 meter swim, 1 mile bike, .5 mile run)
- 9-10 (75 meter swim, 3 mile bike, 1 mile run)
- 11-12 (125 meter swim, 3 mile bike, 1 mile run)
- 13-15 (125 meter swim, 3 mile bike, 1 mile run)

Awards:

Top three boys and girls in the following age divisions:  
7-8, 9-10, 11-12 and 13-15

Day: Su

Date: 6/10

Time: 8:00 am

Location: Sherando Park Pool

Fee: \$35 before 5/27 at midnight

Fee: \$45 before 6/9 at 7 am



[Register](#)

## Track and Field

Activity: 2014-JJ

Day: Su

Date: 3/25-6/3 (No Practice 4/1, Apple Blossom, Memorial Day Weekend)

Time: 2:30 pm - 4:00 pm

Location: Sherando High School Track

## Softball

Activity: 2014-GG

Day: Sa

Date: 3/24-6/2 (No Practice Apple Blossom)

Time: 1:15 pm - 4:00 pm

Location: Sherando Park Field #5

## Tennis

Activity: 2014-II

Day: Su

Date: 3/25-4/29 (No Practice 4/1)

Time: 6:00 pm - 7:00 pm

Location: Winchester Country Club Tennis Courts

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## 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

[Register](#)



# 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, 2018 and subject to change January 1, 2019.

## 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 Parks or Community Centers!

Facility	R	NR	Hours	Capacity
Gymnasium	\$27	\$43	M-F, 6P-10P Sa, Su 9A-10P	-
Activity Room	\$16	\$32	M-F, 6P-10P Sa, Su 9A-10P	35
Exercise Room	\$13	\$29	M-F, 6P-10P Sa, Su 9A-10P	49

## Greenwood Mill Elementary School

281 CHANNING DRIVE

Facility	R	NR	Hours	Capacity
Gymnasium	\$27	\$43	M-F, 6:00P-10P Sa, 9A-10P	-
Activity Room	\$16	\$32	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	\$22	\$38	M-F 6P-10P Sa, Su 9A-10P	140

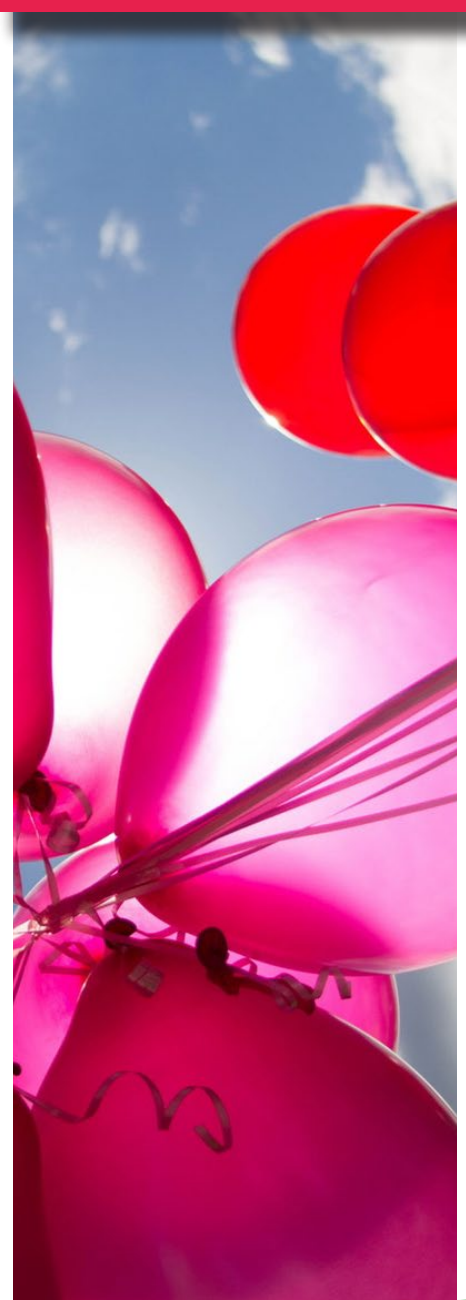
Call 505-5900 to reserve the Racquetball Courts.

## Orchard View Elementary School

4275 MIDDLE ROAD

Facility	R	NR	Hours	Capacity
Gymnasium	\$27	\$43	M-F, 6P-10P Sa, Su 9A-10P	-

For more information, or to make a reservation visit [www.fcprd.net](http://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, 2018 and subject to change January 1, 2019.*

For current shelter fees and to make shelter reservations, visit our web site at [www.fcprd.net](http://www.fcprd.net) or call the main office 540-665-5678.

## 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	\$43	\$58
Abex	75	\$54	\$70
James Wood FFA	75	\$54	\$70
Shawquon Ruritan	150	\$66	\$82
Sandy Family	150	\$66	\$82
Stephens City Lions	200	\$77	\$94

## 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	\$43	\$55
JWHS Key Club	75	\$54	\$70
JWHS Colonels	75	\$54	\$70
Rubbermaid	75	\$54	\$70
Antique Car Club	75	\$54	\$70
Brill Family	75	\$54	\$70
Shawnee Lions	150	\$66	\$82
Kiwanis II	150	\$66	\$82
Kiwanis I	250	\$77	\$94

## 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	\$11	\$16	Per hr/2 hr min
Game	\$22	\$27	Per hr/2 hr min
Tournament (9A-11P)	\$155	\$195	Per reservation
Field Lights	\$16	\$16	Per hour

For more information, or to make a reservation visit [www.fcprd.net](http://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	\$27	\$43	Per hr/per field
Fields #6 and #7	\$17	\$27	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](http://www.fcprd.net) and click on the cancellations button.
6. Refunds will be given until a program begins to the registering household; however, a 20% administrative charge will be deducted. In the case where goods and/or services have been purchased (i.e. tickets, transportation costs,

deposits, reservation charges) participants may not be given a refund. In most cases, gift certificates will be issued in lieu of a cash refund. No refunds or gift certificates will be approved after the start of a program. Separate fees apply for withdrawal from basicREC and CAMP basicREC. Refer to the parent handbook available online at [www.fcprd.net](http://www.fcprd.net) or call the main office for full details.

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

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

## 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](http://www.fcprd.net).

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

### Registration Form

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

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

Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Address:			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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