



JULY 4TH AT SHERANDO PARK!

Fireworks • FREE Concert • More!
pg. 26

SO MUCH TO DO!

SUMMER GUIDE

CAMPS • SWIM LESSONS • TRIPS • POOL EVENTS • FUN FOR ALL!



FREDERICK COUNTY
PARKS & RECREATION

2018 SUMMER 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



FREDERICK COUNTY PARKS & RECREATION

Register Online Now
fcprd.net

A sample of what's inside!

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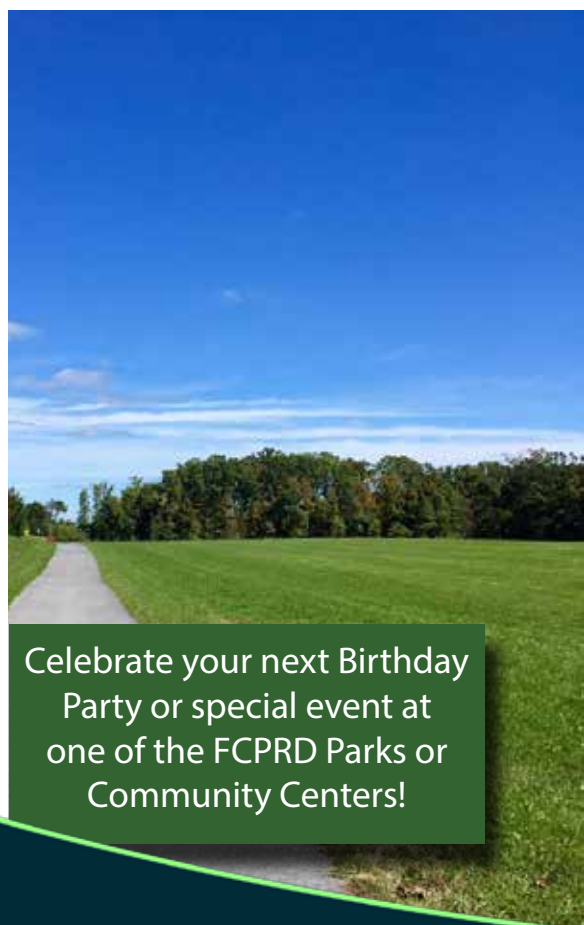


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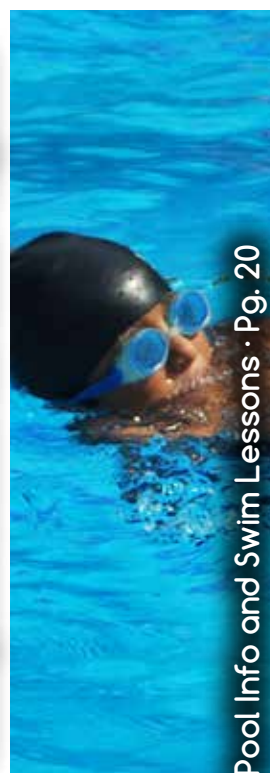
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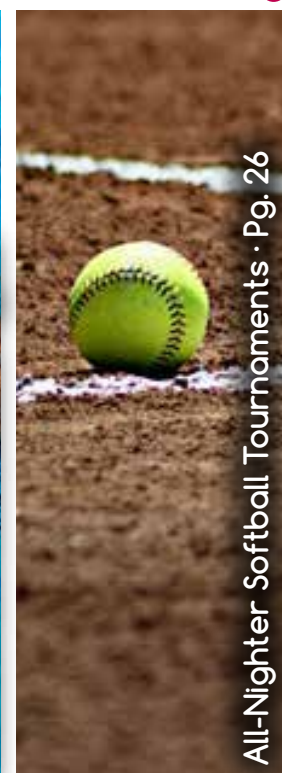
Celebrate your next Birthday
Party or special event at
one of the FCPRD Parks or
Community Centers!



Youth Sports Scramble Golf Tourn. • August 24



Pool Info and Swim Lessons • Pg. 20



All-Nighter Softball Tournaments • Pg. 26

Registration for 2018-2019!!

Registration for the 2018-2019 will open July 1!

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: \$96 per week; includes a daily snack, all early release days, delayed openings, teacher workshop days, snow day camp, winter break, spring break and enrichment programs. You must register through our main office for these days, other than early release and delayed openings.

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

basicREC Mornings Only

Fee: \$47 per week; includes delayed openings; \$15 per day for teacher workshop days, snow day camp, winter break, and spring break. Program hours: 6:30 a.m. until the beginning of classes

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

basicREC Afternoons Only

Fee: \$51 per week; includes a daily snack, all early release days; \$15 per day for teacher workshop days, snow day camp, winter break, and spring break. Program hours: from the afternoon release bell until 6 p.m.

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

Don't need basicREC every day?

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

Fees for part-time:

Fee for morning only: \$13 per day

Fee for afternoon only: \$15 per day including early dismissal days

Fee for morning and afternoon: \$26/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.



Camp basicREC

Ages: Rising 1st graders through Rising 6th graders

Instructors: FCPRD Recreation Technicians and Program Assistants

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

9 week session

Fee: \$1,053 - weekly payment options listed below

Days: M-F **Dates:** 6/11/18 - 8/09/18, **Closed:** 7/4, 8/10

Time: 6:30 am - 6:00 pm



Community Center at Gainesboro Elementary School/Clearbrook Park and Pool

Activity # 1127-10 Pool Days: T, TH

Community Center at Orchard View Elementary School/Sherando Park and Pool

Activity # 1127-12 Pool Days: T, TH

[Register Here](#)

Community Center at Evendale Elementary School/Sherando Park and Pool

Activity # 1127-03 Pool Days: M, W

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

Activity # 1127-04 Pool Days: M, W

Redbud Run Elementary School/Sherando Park and Pool

Activity # 1127-05 Pool Days: T, TH

Stonewall Elementary School/Clearbrook Park and Pool

Activity # 1127-13 Pool Days: T, TH

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

Option 1: \$1,053 is due when enrolling in all 9 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$117 will be due for the first week with the following deductions being withdrawn from your checking account or an approved credit card on 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, and 7/30.

To register, you must obtain and fill out the CAMP basicREC registration form. You may register online at www.fcprd.net, or in person at the FCPRD office (8:00 am - 4:30 pm). Registrations will not be processed unless all forms are completed and submitted along with payment. Forms may also be obtained by visiting our website. Please do not email the forms to us. Incomplete forms will be returned to you which could result in your information not being processed.

Pick-A-Week!

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

Themes for each week are listed below. Payment is due at time of registration. Space available until filled.

THEME: HIDE AND SEEK

[Register Here](#)

Fee: \$165

Date(s): 6/11-6/15

Field Trip: Skyline Laser Tag

Activity #	Camp Location	Trip Date
1201-A	Evendale Elementary	6/14
1201-B	Greenwood Mill Elementary	6/12
1201-D	Redbud Run Elementary	6/15
1201-E	Orchard View Elementary	6/13
1201-F	Gainesboro Elementary	6/15
1201-G	Stonewall Elementary	6/13

THEME: OUTER SPACE IS THE PLACE

[Register Here](#)

Fee: \$165

Date(s): 6/18-6/22

Field Trip: Dulles Air and Space Museum

Activity #	Camp Location	Trip Date
1202-A	Evendale Elementary	6/20
1202-B	Greenwood Mill Elementary	6/20
1202-D	Redbud Run Elementary	6/20
1202-E	Orchard View Elementary	6/20
1202-F	Gainesboro Elementary	6/20
1202-G	Stonewall Elementary	6/20

THEME: WIPE OUT

[Register Here](#)

Fee: \$165

Date(s): 6/25-6/29

Field Trip: Atlantis Water Park

Activity #	Camp Location	Trip Date
1203-A	Evendale Elementary	6/27
1203-B	Greenwood Mill Elementary	6/25
1203-D	Redbud Run Elementary	6/26
1203-E	Orchard View Elementary	6/28
1203-F	Gainesboro Elementary	6/26
1203-G	Stonewall Elementary	6/28

THEME: OLYMPICS

[Register Here](#)

Fee: \$132

Date(s): 7/2-7/6 (No camp on July 4)

Field Trip: (Evendale Elem.) Olympic Week

Activity #	Camp Location	Trip Date
1204-A	Evendale Elementary	7/5
1204-B	Stonewall Elementary (GWM)	7/5
1204-D	Redbud Run Elementary	7/5
1204-E	Orchard View Elementary	7/5
1204-F	Gainesboro Elementary	7/5
1204-G	Stonewall Elementary	7/5

July 5 - All parents pick up at Evendale Elementary

THEME: LIGHTS, CAMERA, ACTION

[Register Here](#)

Fee: \$165

Date(s): 7/9-7/13

Field Trip: Alamo Drafthouse Cinemas

Activity #	Camp Location	Trip Date
1205-A	Evendale Elementary	7/11
1205-B	Greenwood Mill Elementary	7/11
1205-D	Redbud Run Elementary	7/11
1205-E	Orchard View Elementary	7/11
1205-F	Gainesboro Elementary	7/11
1205-G	Stonewall Elementary	7/11

THEME: A STAR IS BORN

[Register Here](#)

Fee: \$165

Date(s): 7/16-7/20

Field Trip: Talent Show at Greenwood Mill

Activity #	Camp Location	Trip Date
1206-A	Evendale Elementary	7/20
1206-B	Greenwood Elementary	7/20
1206-D	Redbud Run Elementary	7/20
1206-E	Orchard View Elementary	7/20
1206-F	Gainesboro Elementary	7/20
1206-G	Stonewall Elementary	7/20

7/20 - All parents pick up at Greenwood Mill

THEME: RIDIN' THE WAVES

[Register Here](#)

Fee: \$165

Date(s): 7/23-7/27

Field Trip: Massanutten Water Park

Activity #	Camp Location	Trip Date
1207-A	Evendale Elementary	7/23
1207-B	Greenwood Mill Elementary	7/25
1207-D	Redbud Run Elementary	7/26
1207-E	Orchard View Elementary	7/24
1207-F	Gainesboro Elementary	7/26
1207-G	Stonewall Elementary	7/24

THEME: KNOCK'EM DOWN

[Register Here](#)

Fee: \$165

Date(s): 7/30-8/3

Field Trip: Northside Lanes

Activity #	Camp Location	Trip Date
1208-A	Evendale Elementary	8/2
1208-B	Greenwood Elementary	7/31
1208-D	Redbud Run Elementary	7/30
1208-E	Orchard View Elementary	8/1
1208-F	Gainesboro Elementary	8/3
1208-G	Stonewall Elementary	8/1

THEME: END OF SUMMER BASH

[Register Here](#)

Fee: \$132

Date(s): 8/6-8/9

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

Activity #	Camp Location	Trip Date
1209-A	Armel Elementary (EV)	8/8
1209-B	Greenwood Mill Elementary	8/8
1209-D	Redbud Run Elementary	8/8
1209-E	Orchard View Elementary	8/8
1209-F	Apple Pie Ridge Elementary (GB)	8/8
1209-G	Stonewall Elementary	8/8

Pound, Paint and Create

AGES 7-13

Instructor: Emily Rhodes and staff of Polka Dot Pot

Join us for a week of messy and creative fun. We will be learning about clay and how to create cool projects out of clay. Each participant will get a pottery wheel lesson. We will also make projects using glass fusing, pottery painting, and canvas painting. Please bring an oversize t-shirt or a smock, a simple snack and water. All art supplies included. Three sessions to choose from with different projects each week.

For each session:

Fee: \$140

Days: M-F

Time: 9:00 am - noon

Location: Polka Dot Pot, 157 N. Loudoun St.

[Register Here](#)

Activity #	Dates	Registration Deadline
2232-A	6/18-6/22	6/13
2232-B	7/16-7/20	7/11
2232-C	8/6-8/10	8/1

Ballet

AGES 3-5

Instructor: Jennifer Turman Bayliss, The Sunshine Studio

Join us in a week long ballet class that emphasizes fun while learning. Dance, dance, and more dance for your young ballerina! Ballet basics, including names of positions, and positions will be practiced. The dancers will use their imagination and creativity along with the instructor. Ballet slippers are required. Please bring a simple snack and water. Please note that if your child is not potty trained a parent/guardian must remain on site.

Fee: \$90

Activity #: 2230-T

Days: M-F

Dates: 7/16-7/20

Time: 9:30 am - 11:30 am

Sherando Community Center

Registration Deadline: 7/12

[Register Here](#)

Young Artist

AGES 7-11

Instructor: Kellee Walters

Young artists will learn how to use and apply different materials to create artwork. Please bring a smock or oversized t-shirt, we might get messy! All art supplies are included.

Fee: \$39

Activity #: 2037-A

Day: T

Dates: 6/26-7/24 (No Class 7/10)

Time: 6:30 - 7:30 pm

Greenwood Mill Elementary

[Register Here](#)

Art in the Park: Glass Explored/Mosaic

AGES 11+

Instructor: Carol Erickson, Starfish Stained Glass

Students will experience a variety of artistic techniques working with glass. Mosaics, stained glass, sea glass and glass paints will be used to create a variety of projects. We will work on picture frames, planters and sun catchers. All supplies are included. Please bring a smock, refillable water bottle, simple snack, sunscreen, hat and a small backpack for your items. Wear tennis shoes, NO FLIP FLOPS

Fee: \$60

Activity #: 2100-A

Days: M-F

Dates: 7/16-7/20

Time: 9:00 - 11:30 am

Location: Clearbrook Park, Ranger Station

Registration deadline: 7/12

[Register Here](#)

Art in the Park: Exploration with Paint

AGES 7-11

Instructor: Carol Erickson, Starfish Stained Glass

Exploring the transparency of watercolors and the opaqueness of acrylic paints, students will create a variety of master pieces. The take home projects will include a framed 8 x10" watercolor and a small canvas painting. Please bring a smock, refillable water bottle, simple snack, sunscreen and a small backpack for your items. Wear tennis shoes, NO FLIP FLOPS.

Fee: \$60

Activity #: 2058-A

Days: M-F

Dates: 8/6-8/10

Time: 9:00 am - 11:30 am

Location: Clearbrook Park, Ranger Station

Registration deadline: 8/2

[Register Here](#)

Outdoor Adventures Park Day!

River Riders

AGES 8-14

The Adventure Park is a challenge activity designed to entice any thrill seeker! Challenge yourself over 9 courses featuring ziplines, rope bridges, rockwalls and other obstacles. A great way to enjoy nature, build self confidence, and just have a great time! Available to children of all ages and monitored by River Riders guides.

In the afternoon the group will do team building activities. The group will be faced with challenging activities and problem-solving scenarios to test their communication skills.

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

Fee: \$60

Activity #	Date	Registration deadline
5106-A	6/26	6/21
5106-B	7/24	7/19
5106-G	8/7	8/2

Day: S

Time: 9:30 am - 4:00 pm

Pickup/Drop-off: Red Bud Run Elementary School

Participants need to pack a lunch.

[Register Here](#)

Adventure Weeks

AGES 9-14

Nothing builds character, confidence, and friendship like River Riders Outdoor Adventure Camps action-packed, fun and unique summer camp program for adventure-seeking kids ages 9-14 in Wild and Wonderful, West Virginia. If your camper is tired of the same ol' same ol', rejuvenate them with an unforgettable outdoor experience! Whitewater rafting, kayaking, tubing, zip line and aerial adventure park activities will provide excitement for any camper in need of an invigorating change of pace! All of our activities provide beginner to intermediate excitement for any child in need of a change of pace and are facilitated by River Riders highly trained guides who make it their goal to share their experience and passion for adventure, exploration and the outdoors with your child. Campers will also come away from camp having learned the basics of river safety and guiding through different experiences on the Shenandoah and Potomac river. Outdoor Adventure Camp will provide your child with lifelong memories.

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

[Register Here](#)

Fee: \$300

Activity#	Dates	Days	Reg. Deadline
5100-A	6/18-6/22	M-F	6/14
5100-B	7/16-7/20	M-F	7/12
5100-C	7/30-8/3	M-F	7/26

Time: 7:45 am – 5:00 pm

Location: Red Bud Run Elementary School

Participants need to pack a lunch daily.

Zipline Canopy Tour at River Riders

AGES 8-ADULT

This 2 1/2 to 3-hour spectacular zip line adventure offers nature lovers and thrill seekers the unique opportunity to zip through the treetops on a network of cables and adventure sky bridges suspended high above the forest floor! The guided tour overlooks the Harpers Ferry Water Gap and the Potomac River. Your personal guides will expound on the rock cliffs, wildlife, trees, and plants and help guests become comfortable with the natural environment.

Adventure elements on the Zipline Canopy Tour include 8 zips from 200 to 800 feet in length, 5 belayed tandem ladder climbs, 2 bridges, and a 25-foot rappel from the final platform. The seven 65-foot towers feature 13 tree houses.

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

Fee: \$80

Activity #	Day	Date	Registration deadline
5109-A	T	7/21	7/19

[Register Here](#)

Time: 9:30 am - 2:00 pm

Pickup/Drop-off: Red Bud Run Elementary

Participants can pack a lunch or purchase food at one of the River Riders Facilities.

Kids on Golf

AGES: 7-13

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

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

For each session:

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

Day: M-F

Time: 9:00 - 11:30 am

Location: Appleland Sports Center

[Register Here](#)

Session I:

Activity #: 7000-A with your own clubs

Activity #: 7000-B with use of FCPRD clubs

Date: 6/18-6/22

Registration Deadline: 6/14

Session II:

Activity #: 7000-C with your own clubs

Activity #: 7000-D with use of FCPRD clubs

Date: 7/9-7/13

Registration Deadline: 7/5

Evening Golf for Kids

AGES: 7-13

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

[Register Here](#)

For each session:

Fee: \$68

Day: M-F

Time: 5:00 - 7:00 pm

Location: Rock Harbor Golf Course

Session I:

Activity #: 7003-A

Date: 7/23-7/27

Registration Deadline: 7/19

Continue a Kid on Golf

AGES: 8-14

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

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

For each session:

Fee: \$75

Day: M-F

Time: 9:00 - 11:00 am

Location: Appleland Sports Center

[Register Here](#)

Session I:

Activity #: 7001-A

Date: 6/25-6/29

Registration Deadline: 6/21

Session II:

Activity #: 7001-B

Date: 7/16-7/20

Registration Deadline: 7/12

Cheer Camp

RIISING 1ST - RISING 6TH GRADERS

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

Please provide your child's shirt size when registering.

Fee: \$55

Activity #: 3200-A

Days: M-F

Dates: 7/16-7/20

Time: 9:00 am - 12:00 pm

Location: Sherando High School

Registration Deadline: 7/8

[Register Here](#)

Youth Sports Sampler

AGES 5-9

Instructor: Lisa Mann, has worked with kids sports & fitness programs for the last 18 years.

This camp is designed to develop your skills and learn the fundamentals of sports. Participants will take part in various activities throughout the week such as, soccer, basketball, floor hockey, ultimate frisbee, kickball, & flag football. Please bring a water bottle and snack daily.

Fee: \$60

Ages 5-7

Activity#: 5250-A

Days: M-Th

Dates: 6/25-6/28

Times: 9:30 am - 11:30 am

Location: Evendale Elementary

Registration Deadline: 6/22

Ages 7-9

Activity#: 5250-B

Days: M-Th

Dates: 6/25-6/28

Times: 12:30 pm - 2:30 pm

Location: Evendale Elementary

Registration Deadline: 6/22

[Register Here](#)

Pee Wee Flag Football Clinic

AGES 5-7

Instructor: Lisa Mann, has worked with kids sports & fitness programs for the last 18 years.

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

Fee: \$35

Activity#: 5204-H

Dates: 8/19 and 8/26

Times: 4:00 pm – 5:30 pm

Days: Su

Location: Evendale Elementary

Registration Deadline: 8/17

[Register Here](#)

Pee Wee Flag Football

This program is geared for children ages 5-6 and 7-8 who are interested in trying football. Fun and fundamentals will be the focus of these divisions. The program will meet twice a weekly starting in September. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 8/27/18.

Age 5-6

Fee: \$35

Activity #: 5302-A

Day: M-S

Date: 8/27-10/27

Time: 5:30-6:30 pm weekdays, TBD S

Location: Local Elementary Schools

Registration Deadline: 8/13

[Register Here](#)

Age 7-8

Fee: \$35

Activity #: 5302-B

Day: M-S

Date: 8/27-10/27

Time: 5:30 - 6:30 pm weekdays, TBD S

Location: Local Elementary Schools

Registration Deadline: 8/13

Age 9 - 10 Flag Football

Don't miss the excitement of FCPRD flag football! This league provides participants with plenty of action while learning new flag football skills. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 8/27/18.

Fee: \$40

Activity # 5313-A

Day: M-S

Date: 8/27-10/27

Time: 5:30 - 6:30 pm weekdays, TBD S

Location: Local Elementary Schools

Registration Deadline: 8/13

[Register Here](#)

Age 11 - 13 Flag Football

Sharpen your skills in this fast paced flag football league. Focus will be on improving the skills of football and having fun. All players will learn what it takes to be more successful on the football field. Skills learned can help improve your ability to play middle school football. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 8/27/18.

Fee: \$45

Activity #: 5314-A

Day: M-S

Date: 8/27-10/27

Time: 5:30 - 6:30 pm weekdays, TBD S

Location: Local Middle Schools

Registration Deadline: 8/13

[Register Here](#)

Volleyball Camps

Instructors include: James Minney, current and past volleyball players.

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

Fundamentals Camp

AGES 9-14

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

Fee: \$60

Activity #: 3102-A

Day: M-F

Date: 6/11-6/15

Time: 5:00 - 7:00 pm

Location: Sherando High School

Registration deadline: 5/31

[Register Here](#)

Specialized Sessions

AGES 12-16

DESIGNED FOR THE EXPERIENCED PLAYER TO BETTER PREP THEM FOR HIGH SCHOOL VOLLEYBALL!

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

Fee: \$60

Activity #: 3102-B

Days: M-F

Dates: 6/11-6/15

Time: 7:00 - 9:00 pm

Location: Sherando High School

Registration deadline: 5/31

High School Volleyball League

Get ready for the upcoming high school season by playing in our High School Volleyball League. Games will be held on Tuesday and Thursday evenings starting June 12th. There will be a Varsity and Junior Varsity division designed for rising Freshmen through rising Seniors. Players should sign up according to the school they will attend for the 2018-2019 school year. This league provides a great opportunity to gear up for the fall volleyball season. Interested players should talk with their coach about what team to register for. Please provide your shirt size when registering.

Fee: \$50

Activity #: 3103 AA-Z – Varsity

3104 AA-Z – Junior Varsity

Day: Tu/Th

Date: 6/12 – 7/19

Time: 6:00 - 9:00 pm

Location: Evendale, Gainesboro, Greenwood Mill and Orchard View Centers

Registration Deadline: 5/21 at midnight

[Register Here](#)

Lacrosse Camp

AGES 7-14

Instructor: Shenandoah Valley Youth Lacrosse Coaches

Players of all levels are welcome to join Shenandoah Valley Youth Lacrosse coaches for a week of skill development, team concepts and more. You will work on the fundamentals that a lacrosse athlete needs to master. The campers will be organized into age and skill based groups to learn fundamentals of lacrosse and game play. All players will receive a lacrosse stick and ball.

Fee: \$75.00

Activity #: 5107-A

Day: M-Th

Date: 7/9-7/12

Time: 6:00 pm - 8:00 pm

Registration Deadline: 7/5

Location: Soccer Fields at Sherando Park

[Register Here](#)



3 vs 3 Basketball Tournament

Come put your competitive skills to the test in our brand new 3 vs 3 Basketball Tournament. Grab some friends and put a team in. We will start with a round-robin pool play followed by a single-elimination tournament. We will have three divisions: 9-11, 12-14 and 15-18. Schedules, times, etc. are subject to change depending on number of teams per division.

- All 9-11 and 12-14 teams must have an adult as "coach."
- Schedules, rules, and other info will be sent to team captain/coach.
- Please specify team name/captain or coach/players also on team at time of registration.
- All players must be of age by July 21st.
- All teams need a minimum of 3 players, maximum of 5 players.

[Register Here](#)

Fee: \$20 per person

Activity #: 3310 A – Age 9 - 11
3310 B – Age 12 - 14
3310 C – Age 15 - 18

Location: Evendale Elementary and Admiral Byrd Middle School (Outdoor Courts)

Day: S (Su rain date)

Dates: 7/21 (7/22 rain date)

Times: Times will vary based on Round Robin Format

Registration Deadline: 7/16 (No on-site registration will be taken)

Basketball Skills & Conditioning Camp

AGES 7-9

Instructor: Lisa Mann, has worked with kids sports & fitness programs for the last 18 years.

Improve your ball handling, dribbling, footwork & agility, and shooting skills. Please bring a water bottle and snack daily.

[Register Here](#)

Fee: \$48

Activity #: 5202-B

Days: M, T, W

Dates: 7/9-7/11

Times: 10:00 am -12:00 pm

Location: Evendale Elementary

Registration Deadline: 7/6

Summer Basketball League

This league is designed to introduce the game of basketball to boys and girls ages 9-18. Teams will practice: Monday, June 11; Wednesday, June 13; Saturday, June 16; Monday, June 18 and Wednesday, June 20. Practice and game times will be at 6:00, 7:00 and 8:00 pm at any of the four FCPRD Centers (Gainesboro, Evendale, Orchard View, and Greenwood Mill Elementary Schools).

All coaches should attend the mandatory coaches meeting on June 6, 2018, 6:00 pm at Evendale Elementary School. Participants must be appropriate age on or before the registration deadline of May 22, 2018.

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

The following applies to all sections:

Dates: June 11 – July 25

Days: Monday, Wednesday and Saturday

Time: 6:00-9:00 pm.

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

Early Bird Registration Fee: \$48 on or before 5/14/18

Final Registration Fee: \$58 between 5/15/18-5/22/18

ALL REGISTRATIONS RECEIVED AFTER 5/22 WILL BE PLACED ON A WAITING LIST

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

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

[Register Here](#)

Baseball and Softball Camp

AGES 5-15

Instructor: Patrick Wingfield - Handley HS Varsity Baseball Head Coach

The Boys and Girls of Summer are back! Come learn the basic fundamentals of baseball/softball and show off your skills at our summer Baseball/Softball Camp. There will be individual and group drills involving the mechanics of throwing, fielding, hitting, and baserunning. Make sure your child is lathered in sunblock, has their own glove and bat, and has a water bottle available daily.

This year, our head baseball instructor will be Patrick Wingfield, head Varsity Coach at Handley High School. Patrick was a former standout at Handley, being named the Winchester Star Player of the Year in 2004, while also being selected as the 2004 Virginia Player of the Year and a member of the 2004 state championship team. Patrick then went on to the University of Virginia, batting a career .356 with 16 rbi in 56 games. He also played with the Winchester Royals, batting .331 with a team high 52 rbi.

We will be taking an "Opening Day" field trip on Monday, July 23rd to the Frederick Keys game versus the Wilmington Blue Rocks. Game time will be 2:00 pm. We will have a camp workout Monday morning and then take a bus up to the Keys game. Per the Frederick Keys, all kids 12&under will receive a voucher for a hot dog, soda, and chips. Parents wishing to attend the game as well are welcome to follow the bus and purchase a ticket at the stadium.

Please provide your shirt size when registering.

Fee: \$50 – Camp only

\$75 – Camp with Keys Game Option

Activity #:

#3601-A – Baseball Camp Only

#3601-B – Baseball Camp with Keys Game Option

#3601-C – Softball Camp Only

#3601-D – Softball Camp with Keys Game Option

Day: M-Th (F Rain Date)

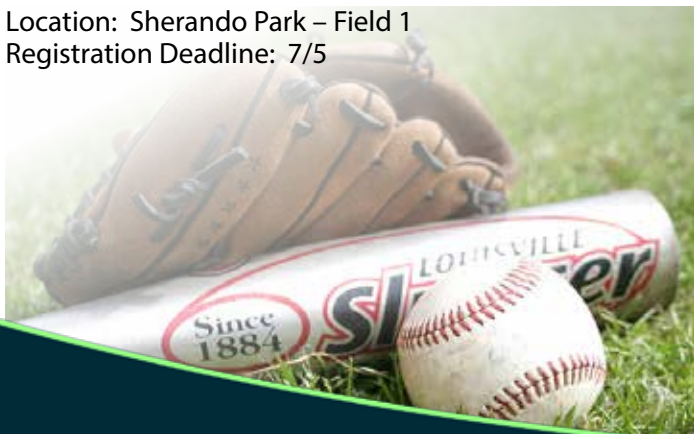
Date: 7/23-7/26 (7/27 - Rain Date)

[Register Here](#)

Time: 9:00 am - noon

Location: Sherando Park – Field 1

Registration Deadline: 7/5



Wrestling Camp

AGES: 5-13

Instructor: John Campbell, Aylor Middle School Wrestling Coach

Wrestling camp is a great way to get your summer dose of wrestling. This program is designed to teach and develop wrestling skills with an emphasis on the fundamentals. Wrestlers of all levels will benefit from this camp. Once skills are learned, wrestlers will have an opportunity to compete in matches. All participants should dress in comfortable clothes and wrestling shoes are recommended, but not required. Each camper should bring a water bottle and small snack daily. Each participant will also receive a camp T-shirt, so please signify the child's shirt size at registration.

For each session:

Fee: \$65

Activity #: 7111-A, ages 5-8

Activity #: 7111-B, ages 9-13

Day: M-F

Date: 7/23-7/27

Time: 8:30 am - 11:00 am

Location: Sherando High School, Wrestling Room

Registration Deadline: 7/12

[Register Here](#)

Kickin Kids Soccer Camp

AGES 4-5

Instructor: Lisa Mann, Soccer Coach for the Mighty Mites

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

Fee: \$60

Activity #: 5208-A

Days: M-Th

Dates: 7/30-8/2

Times: 9:30 am – 11:30 am

Location: In front of Evendale Elementary

Registration Deadline: 7/27

[Register Here](#)

Youth Basketball Camp

AGES 5-7

Instructor: Lisa Mann, Former Basketball Coach for the Banner School.

This camp is designed to develop your skills and learn the fundamentals of basketball. Participants will work on dribbling, passing, shooting, offense/defense drills, & teamwork. Please bring water and a small snack.

Fee: \$60

Activity#: 5202-A

Days: M-Th

Dates: 7/16-7/19

Times: 9:30 am -11:30 am

Location: Greenwood Mill Elementary

Registration Deadline: 7/12

[Register Here](#)

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. This camp is geared for the young horse enthusiast. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses will provide campers with four days filled with horse activities and time in the saddle finished with a fun horse show and a camp memorabilia item. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals, sneakers or flip flops) and bring their own riding helmet that meets or exceeds current standards (ASTM F1163-04a/SEI). Bike helmets will not be allowed. Helmets can be purchased at many different area locations at price from \$35.00 and up. It is important that riders have a helmet that is specifically fit to them to ensure both comfort and safety. Space is limited so sign up today. Drop off time is- 8:50-9 am and Pick-up time is 3-3:10 pm.

Fee: \$285 per session

Day: M-TH

Time: 9:00 am - 3:00 pm

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

Website: www.horselocate.com

Activity #: 7114-A

Date: 6/18-6/21

Registration Deadline: 6/11

[Register Here](#)

Activity #: 7114-B

Date: 6/25-6/28

Registration Deadline: 6/18

Activity #: 7114-C

Date: 7/9-7/12

Registration Deadline: 7/2

Activity #: 7114-D

Date: 7/16-7/19

Registration Deadline: 7/9

Activity #: 7114-F

Date: 7/23-7/26

Registration Deadline: 7/16

Youth Archery

AGES: 9-17

Instructors: Robin Jenkins- NASP Basic Archery Instructor; Physical Education Teacher

Jason Herndon- USA Level 2 instructor trainer, a NASP coach, and avid bowhunter

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

[Register Here](#)

Fee: \$79

Day: M-F

Activity #: 7225-A

Date: 6/25-6/29

Time: 9:00 - 10:20 am

Registration Deadline: 6/14

Activity #: 7225-B

Date: 8/27-8/31

Time: 6 - 7:20 pm

Registration Deadline: 8/16

Location: Sherando Park- Ruritan Shelter

Youth Archery Stage 2

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

Activity #: 7225-C

Date: 6/25-6/29

Time: 10:30 - 11:50 am

Registration Deadline: 6/14

[Register Here](#)

Activity #: 7225-D

Date: 8/27-8/31

Time: 7:30 - 8:50 pm

Registration Deadline: 8/16

Location: Sherando Park- Ruritan Shelter

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, making 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 at www.RunAtTheTop.net](http://www.RunAtTheTop.net)

15th Annual Youth Sports Scramble Golf Tournament

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

Fee: \$300 per foursome; \$75 per individual

Activity # 7005-A, Foursomes

Activity # 7005-B, Individuals

Day: F

Date: 8/24

Time: 1:00 pm Shotgun start

Location: Rock Harbor Golf Course

Registration Deadline: 8/19

[Register Here](#)

Get Your Mosaic On

AGES 16+

Instructor: Carol Erickson, Starfish Stained Glass

Create a 8"x10" stained glass mosaic piece from start to finish. You will design, construct and grout a mosaic work of art ready to hand or display in your home. Come with ideas in mind or use pre selected templates to create your finished creation. All supplies included

Fee: \$40

Activity #: 2216-A

Day: S

Date: 6/16

Time: 9:00 am - noon

Location: Evendale Elementary Community Center

[Register Here](#)

Minecraft Engineering with Play-Well TEKnologies

AGES 5-6

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart. Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® materials or a seasoned veteran, you will be hooked on the endless creative possibilities. Please bring water and a simple snack. Wear sneaker, NO FLIP FLOPS.

Fee: \$140

Activity #: 2011-A

Days: M-F

Dates: 6/18-6/22

Time: 9:00 am - noon

Location: Sherando Community Center

Registration Deadline: 6/13

[Register Here](#)

Intro to STEM with Play-Well TEKnologies

AGES 5-6

Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer designed projects such as: Cities, Garbage trucks, catamarans, and Dinosaurs. Design and build as never before and explore your ideas in a supportive environment. There are no pre-requisites for this course. Please bring water and a simple snack. Wear tennis shoes, NO FLIP FLOPS.

Fee: \$140

Activity #: 2053-B

Days: M-F

Dates: 7/23-7/27

Time: 9:00 am - noon

Location: Sherando Community Center

Registration Deadline: 7/18

[Register Here](#)



Minecraft Master Engineering with Play-Well TEKnologies

AGES 7-12

Bring Minecraft to life using LEGO® parts! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart. This project based camp, designed by Play-Well instructors, combines the basic format of our core engineering themed programs based on the world of Minecraft. Students will explore real world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without prior experience. Please bring water and a light snack. Wear tennis shoes, NO FLIP FLOPS.

Fee: \$140

Activity #: 2068-A

Days: M-F

Dates: 6/18-6/22

Time: 1:00 - 4:00 pm

Location: Sherando Community Center

Registration Deadline: 6/13

[Register Here](#)

STEM challenge with Play-Well TEKnologies

AGES 7-12

Gear 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: Forklifts, Houseboats, Mini Golf Courses, and the London Tower Bridge. Design and build as never before and explore your ideas in a supportive environment. There are no prerequisites for this course. Please bring water and a simple snack. Wear tennis shoes, NO FLIP FLOPS

Fee: \$140

Activity #: 2051-B

Days: M-F

Dates: 7/23-7/27

Time: 1:00 - 4:00 pm

Location: Sherando Community Center

Registration Deadline: 7/18

[Register Here](#)

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

Posey This is It Llama Farm Visit and Lunch Out

TOMS BROOK, VA

This is sure to be a day of fun and fur you won't soon forget! We will head down to the Llama Farm for a morning tour and chance to interact with the animals, followed by Dutch Treat lunch out at the Hotel Strasburg. If we have time we will take the scenic route home and maybe visit a farmers market!

Fee: \$12

Activity #4092-A [Register Here](#)

Day: F

Date: 7/20

Time: Depart Stephens City Shop and Save parking lot at 8:45 am; return approx. 2:00 pm

Orrs Farm Market

MARTINSBURG, WV

Grab some of the seasonal goodies and veggies, and maybe see some buffalo! We will head to Orr's for our farm fun, then off to Cracker Barrel for a Dutch Treat lunch.

Fee: \$15

Activity #4094-A [Register Here](#)

Day: F

Date: 8/17

Time: Depart Stephens City Shop n Save parking lot at 9:00 am; return approx. 3:00 pm

Annual Gad Abouts Club Picnic

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

Activity #4068-A

Day: F

Date: 9/21

Time: 11:00 am

Location: Sherando Park Lions Shelter

Gainesboro Club

Mystery Trip!

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

Fee: \$15

Activity #4052-A [Register Here](#)

Day: M

Date: 7/23

Time: Depart Sunnyside Plaza at 10:00 am; return approx. 5:00 pm

Location: ???

Business Meeting at Apple Blossom Diner

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

Activity # 4065-A

Day: M

Date: 8/27

Time: 11:00 am

Location: Apple Blossom Diner

Rockhill Trolley Museum

ROCKHILL FURNACE, PA

Bring money for lunch out on your own and come with us for a trolley ride and tour of the trolley museum!

Fee: \$22

Activity #4095-A [Register Here](#)

Day: S

Date: 9/22

Time: Depart Sunnyside Plaza at 8:30 am; return approx. 5:00 pm

Trips and Events · Age 50+ -----○

Annual Senior Picnic in the Park

AGES 50+

Come one, come all to our annual picnic in the park (Club Members and non-club members welcome) and enjoy all nature has to offer...and picnic food, of course! Clearbrook Park offers a lovely paved walking trail around the park, a pit to throw some horseshoes, fishing, or just a chance to take a breather and relax in the shade. Fried chicken, chips, and other picnic fare will be provided, so bring your appetite and be ready to make some new friends!

Fee: \$6; includes lunch

Activity #4064-A

Day: F

Date: 6/15

Time: 11:00 am - 3:00 pm

Location: CB Park, Lions Shelter

Transportation: Stephens City Shop and Save pick up at 10:15 am.;

Sunnyside pick up at 10:30 am.

(additional \$6 fee for all pick up locations)

[Register Here](#)

Virginia Capitol Building Tour -----○

RICHMOND, VA

We will take a trip to our state's capitol city to tour the Capitol Building and experience a Chamber Presentation—lunch will be Dutch Treat at a location TBD by participants along the way home. PLEASE NOTE: this trip will require a lot of walking/standing

Fee: \$25

Activity #4091-A

Day: T

Date: 6/19

Time: Depart Sunnyside Plaza

parking lot at 7:00 am, Stephens City

Shop n Save parking lot at 7:30 am;

return approx. 6:00 pm

[Register Here](#)

Library of Congress Tour

WASHINGTON, D.C.

We will venture to the Nation's Capital for a tour of the largest library in the world and one of our country's most treasured landmarks. Tour will be followed by Dutch Treat lunch at Union Station before we head home. PLEASE NOTE: this trip will require a lot of walking/standing

Fee: \$20 per person

Activity #4090-A

Day: T

Date: 7/10

Time: Depart Sunnyside Plaza

parking lot at 7:00 am, Stephens City

Shop and Save parking lot at 7:30

am; return approx. 4:00 pm

[Register Here](#)

Hagerstown Outlet Shopping -----○

Get some retail therapy in and hit the end-of-summer sales! We will spend a few hours at the outlets, then head somewhere in town for a Dutch Treat lunch.

Fee: \$12

Activity #4093-A

Day: F

Date: 8/24

Time: Depart Stephens City Shop

n Save parking lot at 9:00 am,

Sunnyside parking lot at 9:30 am;

return approx.. 5:00 pm

[Register Here](#)



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-H

Days: M

Dates: 10/15, 11/19, 12/20, 1/7/19

Time: 10:30 am - 2:00 pm

Location: Sherando Community Center

[Register Here](#)



Trips for all ages!

Top Golf - Loudoun

ASHBURN, VA

AGES 8+

Show off your golf game at the Top Golf Range in Ashburn, VA. Check out the different styles of play instead of the same old golf you're used to seeing. A maximum of six people can play in one bay. If your group has less than six, you will likely be teaming up with another group in a bay. Catering will be provided for lunch; the All-American Menu will consist of: Chicken tenders, pulled pork sliders, fresh fruit, kettle chips, chocolate chip cookies. Price includes price of play, transportation, and catering.

Fee: \$70

Activity #: 3901-A

Day: S

Date: 6/23

Time: Leaving Armel Elementary at 10:30. Return approximately 3:30. Tee time is 12:00 pm.

[Register Here](#)

Around the World in 80 Minutes

LITTLE WASHINGTON WINERY, WASHINGTON, VA

AGES 21+

Go on a worldwide trip from the comfort of your own chair to discover the most amazing wine regions you never knew were out there without ever needing to apply for a visa! Price includes transportation and tickets for the tour. Please make sure you bring a photo I.D. with you!!

Fee: \$60

Activity #: 3900-A

Day: Su

Date: 7/8

Time: Leaving Armel Elementary at 1:15. Return approximately 5:00. Winery time is 2:30-4:00 pm.

[Register Here](#)

Kings Dominion Tickets

We have tickets available for purchase at the Parks and Recreation office located at 107 North Kent Street in Winchester. Open Monday - Friday, 8:00 am - 5:00 pm.

Good any regular season day ticket: \$42 each

Baltimore Ravens Stadium Tour

M&T BANK STADIUM, BALTIMORE, MD

AGES 8+

Calling all Ravens and football fans! Come take a day trip visit to the home of the Baltimore Ravens, M&T Bank Stadium. Check out the day-to-day operations of your favorite football team. See the statues of former Baltimore players such as Ray Lewis and Johnny Unitas. Tours will last 90 minutes. Price includes transportation and admission fee.

Fee: \$25

Activity #: 3902-A

Day: S

Date: 9/1

Time: Leaving Armel Elementary at 9:45. Return approximately 3:30. Tour time is 12:00-1:30 pm.

[Register Here](#)

Washington Nationals vs. Baltimore Orioles

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

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

Activity #5400-B

Day: T

Date: 5/29

Travel: Depart Sunnyside Plaza parking lot 3:00 pm.; game time is at 7:05 pm.

[Register Here](#)

New York Yankees vs. Baltimore Orioles

Are you ready to come out and see the New York Yankees battle it out against the Orioles. See if the Orioles can contain the New York Yankees as they seek to make another playoff run. Join us for this prime time game and enjoy seating located in section 286. That's right; you will be in the All-You-Can-Eat LF club section! Tickets are limited!

Fee: \$82 per ticket includes transportation to and from the game and food.

Activity #5400-D

Day: SU

Date: 8/26

Travel: Depart Sunnyside Plaza parking lot 10:00 am.; game time is at 1:35 pm.

[Register Here](#)



Explorers Club Fire & Rescue Camp

Have you ever wondered what it would be like to be a Firefighter? Now is your chance to find out. Come be a part of the Explorers Club Fire & Rescue Camp! During this exciting week our Explorers will have the opportunity to use fire extinguishers, learn ropes & repelling, get certified in CPR and watch demonstrations and enjoy team competitions. Lunch and tee shirts will be provided. On Friday there will be a demonstration for the Parents and BBQ to celebrate the success of our young firefighters. Fee: None

Dates: 7/23- 7/27

Time: 8:30 am – 4:00 pm M, Tu, Wed, Th
8:30 am – 2:00 pm Friday

Location: Round Hill Community Fire Department

Participants: Rising 6th & 7th Graders

Registration: 540-665-5618

[Register Here](#)

American Red Cross Babysitting

AGES 11+

This class is a must for those who plan to babysit and for those already babysitting. Participants will engage in hands on activities, watch training videos, and participate in instructor led discussions. Topics covered include safety, basic care, basic first aid (this class will not certify in CPR or first aid) responsibility and play. Everyone will receive a training pack including a handbook, CD and resource information. Please bring a non perishable lunch, beverage, snack and note taking materials. Two sessions to choose from.

For each session:

Fee: \$90

Time: 8:30 am - 4:00 pm

Location: Red Cross Building, 561 Fortress Drive

[Register Here](#)

Activity #: 2212-C

Day: M

Date: 6/11

Reg. Deadline: 6/4

Activity #: 2212-D

Day: W

Date: 6/20

Reg. Deadline: 6/13

2018 Pools Special Events Calendar

Opening Weekend

\$1 entry for all on Saturday, 5/26 @ both pools
DJ @ Clearbrook 12:00 - 3:00 pm

Thursday, 6/21

National Selfie Day AND Summer Solstice

\$1 entry for all at both pools

Selfie station

Give-a-ways

Wednesday, 6/27

Sunglasses Day

Give-a-ways: sunglasses

Sunday Funday Series

Sunday, 7/8

Video Games Day

\$1 entry for all at both pools, get out and get healthy at the pool!

Sunday, 7/22

Parents' Day

\$1 parent entry w/ paying child at both pools

Sunday, 8/5

Friendship Day

Give-a-ways: friendship bracelets

Bring a friend for free w/ paid entry at both pools

Friday Night Floats: Bring your own float and have some fun! Ages 12+ must be accompanied by an adult.

7:00 - 9:00 pm

\$3 per person

DJ

Sherando Pool: 6/22, 7/6, 7/27, 8/10

Clearbrook Pool: 6/29, 7/13, 8/3

Pool Schedule

Sherando and Clearbrook Pools

May 26, 27, 28

June 4* - August 14

11:00 am - 6:00 pm

Noon - 5:00 pm (M-TH)

11:00 am - 6:00 pm (F, S, SU)

August 15 - September 3, weekends only 11:00 am - 6:00 pm

**The pool will be open seven days a week beginning with the first day of summer vacation for the Frederick County Public School system and will be open weekends only once the 2018-2019 FCPS year has begun.*

Admission Fees:

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

Pool Rentals:

Friday, Saturday, Sunday, 7:00-9:00 pm.

Rentals by reservation only and with at least one week notice. Reservations are accepted beginning in January of the same calendar year. Reservation fee must be PAID IN FULL at time reservation is made.

Fee: \$210 for residents, \$265 for non-County residents.

Refund Policy:

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

Passes:

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

Morning Lap Swim

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

For each session: [Register Here](#)

Fee: \$1 per day

Activity # 6013-A, Sherando Pool

Activity #: 6013-B Clearbrook Pool

Days: M, W

Dates: 6/11-8/15

Time: 8:30 am - 9:30 am

Cardio Wave Water Aerobics

Instructor: Tracy Clontz

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

Activity # 6028-A

Fee:\$3

Location: Sherando Pool

Dates: 6/12-8/9

Days: T, Th

Times: 6:00 - 7:00 pm

[Register Here](#)

Deep Interval Training

AGES 13+

Instructor: Sue Walter

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

Fee: \$3 per day

Activity #6027-A

Day(s): M

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

Time: 6:00 - 7:00 pm

Location: Clearbrook Pool



[Register Here](#)

Film and Float Series

Last year was such a success, we are bringing it back in a big way! Join us for an evening in the pool with one of your favorite films! Please bring a float to float on and wear proper swimming attire. PLEASE NOTE: we will be watching the movie from the pool so traditional open swim behavior will not be appropriate. Be prepared to keep splashing and noise to a minimum while we float! All children 12 or under must be accompanied by an adult-- pool area opens at 7pm—film begins at dusk. Fee: \$5 per person
Day: Saturday

Date: June 16 at Clearbrook Pool

Film: Hook (rated PG)

Date: July 21 at Sherando Pool

Film: Jaws (original film, rated PG-13)

Date: August 18 at Clearbrook Pool

Film: Willy Wonka and the Chocolate Factory (original film, rated G)

Swim Team

AGE 5-18

FCPRD will have teams at both Clearbrook and Sherando Pools which will compete with other swim teams in the Shenandoah Valley Swim League. Meet schedules will be available the first week of practice. Meets will be on Saturday mornings, and swimmers must provide their own transportation to and from meets.

NEW THIS YEAR

In order to provide as equal swim time as possible to all participants we are placing participants on the team closest to their Frederick County School district. IF YOU DO NOT ATTEND FREDERICK COUNTY VA PUBLIC SCHOOLS AND ARE UNSURE OF YOUR DISTRICT, call 540-665-5678 and we will determine the correct team for you according to your address.

** If your child attends Greenwood Mill Elementary OR Millbrook HS, they may choose which district they choose to swim for due to their split district location.

FCPS - Sherando Sharks District Team

Sherando HS
Aylor MS
Admiral Byrd MS
Evendale Elementary
Armel Elementary
Bass Hoover Elementary
Middletown Elementary
Orchard View Elementary

FCPS - Clearbrook Dolphins District Team

James Wood HS
Frederick County MS
James Wood MS
Redbud Run Elementary
Stonewall Elementary
Apple Pie Ridge Elementary
Indian Hollow Elementary
Gainesboro Elementary

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

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

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

Activity # 6019-A Clearbrook Dolphins

Activity # 6019-B Sherando Sharks

[Register Here](#)

Practices for both teams will adhere to the following schedule:

Wed/Thurs: 5/30 and 5/31 6:00 pm - 7:30 pm. The first two practices are for first time swimmers only!

Mon-Thurs: 6/4-7/26 7:00 pm - 8:00 pm. (Ages 5-11 years)

Mon-Thurs: 6/4-7/26 8:00 pm - 9:00 pm. (Ages 12-18 years)

Tues/Thurs: 6/5-7/26 8:30 am - 9:30 am. (ALL SWIMMERS-- Ages 5-18 years)

Youth Development Swim Team

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

Activity#	Pool	Time	Dates
6018-A	CB	10:00 - 10:45 am	6/18-6/28
6018-B	SH	10:00 - 10:45 am	6/18-6/28
6018-C	CB	6:00 - 6:45 pm	6/18-6/28
6018-D	SH	6:00 - 6:45 pm	6/18-6/28
6018-E	CB	10:00 - 10:45 am	7/23-8/2
6018-F	SH	10:00 - 10:45 am	7/23-8/2
6018-G	CB	6:00 - 6:45 pm	7/23-8/2
6018-H	SH	6:00 - 6:45 pm	7/23-8/2

For each session:

Fee: \$45

Days: M-TH

[Register Here](#)

Swim Lessons

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

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

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

Sessions: (Monday-Thursday)

June 11 - June 14

June 18 - June 21

June 25 - June 28

July 2 - July 6 (No Class on July 4)

July 9 - July 12

July 16 - July 19

July 23 - July 26

July 30 - August 2

August 6 - August 9

The registration deadline is Saturday at 5:00 pm for the following week's session of lessons.

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

Lessons: Levels

TADPOLES

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

LEVEL ONE (INTRODUCTION TO WATER SKILLS)

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

LEVEL TWO (FUNDAMENTAL AQUATIC SKILLS)

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

LEVEL THREE (STROKE DEVELOPMENT)

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

LEVEL FOUR (STROKE IMPROVEMENT)

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

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

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

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

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

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

Private Swim Lessons

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

For each session:

Fee: \$15 per session

Time: 9:15 - 9:45 am

Activity #	Day(s)	Date(s)	Location
6020-A	M	6/11	SH
6020-B	M	6/11	CB
6020-C	W	6/13	SH
6020-D	W	6/13	CB
6020-E	M	6/18	SH
6020-F	M	6/18	CB
6020-G	W	6/20	SH
6020-H	W	6/20	CB
6020-I	M	6/25	SH
6020-J	M	6/25	CB
6020-K	W	6/26	SH
6020-L	W	6/26	CB
6020-M	M	7/2	SH
6020-N	M	7/2	CB
6020-O	M	7/9	SH
6020-P	M	7/9	CB
6020-Q	W	7/11	SH
6020-R	W	7/11	CB
6020-S	M	7/16	SH
6020-T	M	7/16	CB
6020-U	W	7/18	SH
6020-V	W	7/18	CB
6020-W	M	7/23	SH
6020-X	M	7/23	CB
6020-Y	W	7/25	SH
6020-Z	W	7/25	CB
6020-AA	M	7/30	SH
6020-BB	M	7/30	CB
6020-CC	W	8/1	SH
6020-DD	W	8/1	CB
6020-EE	M	8/6	SH
6020-FF	M	8/6	CB
6020-GG	W	8/8	SH
6020-HH	W	8/8	CB

[Register Here](#)

Registration deadline is Saturday at 5:00 pm for the following week's session of lessons.

JUNIOR LIFEGUARDING CAMP

This program is designed to introduce youth age 12-15, to the world of lifeguarding. Participants will build a foundation of knowledge, attitude, and skills in preparation for the American Red Cross Lifeguard Training Course. This camp will not certify participants as lifeguards. First Aid, CPR, simulated rescue situations, and assisting with swim lessons will be some of the topics covered in this camp. Campers are welcome to stay and swim once class has been dismissed. Participants should bring a non-perishable lunch, sunscreen, and bottled water with them.

[Register Here](#)

Fee: \$55.00

Activity #	Pool	Days	Dates	Times
6017 A	SH	M-F	6/25- 6/29	10-2:00 pm
6017 B	CB	M-F	6/25- 6/29	10-2:00 pm
6017 C	SH	M-F	7/16- 7/20	10-2:00 pm
6017 D	CB	M-F	7/16- 7/20	10-2:00 pm

LIFEGUARD TRAINING COURSE

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

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

Endurance Test: 300 meter continuous swim demonstrating 150 meters freestyle and 150 meters of breaststroke. Proper rhythmic breathing and correct arm stroke and kick must be demonstrated.

Strength Test: Swim 20 yards either freestyle or breaststroke, feet first dive to depth of 9-10 feet, retrieve a 10 lb. diving brick and return to surface. Swim 20 yards back to the starting point with the brick at chest.

Tread water for two minutes without using your hands.

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

Fee: \$250

Activity #: 6012-A

Saturday, 6/30	8 am - 3 pm
Sunday, 7/1	8 am - 1 pm
Monday, 7/2	8 am - 1 pm
Tuesday, 7/3	8 am - 1 pm
Thursday, 7/5	8 am - 1 pm
Friday, 7/6	8 am - 1 pm

Location: Sherando Pool

Registration Deadline: 6/25

[Register Here](#)



Kids Tennis

[Register Here](#)

AGES 3-6

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to introduce the sport of tennis to young kids using upbeat, positive and 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 and focus on concentrated drills. 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!

Activity#	Date	Day	Time	Fee	Location
5216-A	6/5-6/28	Tu, Th	5:15 - 6:00P	\$73	Sherando High School
5216-AA	6/5-6/28	Tu, Th	5:15 - 6:00P	\$73	James Wood High School
5216-B	7/10-8/2	Tu, Th	5:15 - 6:00P	\$73	Sherando High School
5216-BB	7/10-8/2	Tu, Th	5:15 - 6:00P	\$73	James Wood High School
5216-C	8/7-8/30	Tu, Th	5:15 - 6:00P	\$73	Sherando High School
5216-CC	8/7-8/30	Tu, Th	5:15 - 6:00P	\$73	James Wood High School

Youth Tennis

[Register Here](#)

AGES 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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 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!

FCPRD tennis staff will teach the James Wood sessions. If the enrollment minimum is not met for Kids or Youth Tennis, the session will be combined with Sherando.

Activity#	Date	Age	Day	Time	Fee	Location
5215-R	6/5-6/28	4-11	Tu, Th	5:30 - 6:30P	\$79	Sherando High School
5215-RR	6/5-6/28	11-17	Tu, Th	6:30 - 7:30P	\$79	Sherando High School
5215-S	6/5-6/28	4-11	Tu, Th	5:30 - 6:30P	\$79	James Wood High School
5215-SS	6/5-6/28	11-17	Tu, Th	6:30 - 7:30P	\$79	James Wood High School
5215-C	7/10-8/2	4-11	Tu, Th	5:30 - 6:30P	\$79	Sherando High School
5215-CC	7/10-8/2	11-17	Tu, Th	6:30 - 7:30P	\$79	Sherando High School
5215-V	7/10-8/2	4-11	Tu, Th	5:30 - 6:30P	\$79	James Wood High School
5215-VV	7/10-8/2	11-17	Tu, Th	6:30 - 7:30P	\$79	James Wood High School
5215-F	8/7-8/30	4-11	Tu, Th	5:30 - 6:30P	\$79	Sherando High School
5215-FF	8/7-8/30	11-17	Tu, Th	6:30 - 7:30P	\$79	Sherando High School
5215-G	8/7-8/30	4-11	Tu, Th	5:30 - 6:30P	\$79	James Wood High School
5215-GG	8/7-8/30	11-17	Tu, Th	6:30 - 7:30P	\$79	James Wood High School

Tennis Camps

[Register Here](#)

AGES 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Activity#	Date	Age	Day	Time	Fee	Location
5102-U	6/18-6/22	4-17	M-F	9:30 - 11:00A	\$82	James Wood High School
5102-UU	7/16-7/20	4-17	M-F	9:30 - 11:00A	\$82	Sherando High School

Summer Tennis Academy: Team Competitions and Match Play Intermediate/Advanced

This program is designed to take aspiring participants from mastering essential skills to actively playing tennis; all structured in a tennis academy, practice format. Each session will consist of expert instruction to each player through a variety of coaching techniques, then incorporating the fundamentals of the sport into a winning formula. This unique program combines going over the proper fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills.

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

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

Fee: \$225

Activity# 5103-A

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

Dates: 6/19-8/11

Location: Sherando High School Tennis Courts

Ages: 12-18

[Register Here](#)

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.

For a choice of just Tuesday or Thursday the price is \$60 per session.

[Register Here](#)

Activity#	Date	Day	Time	Fee	Location
5214-C	6/5-6/28	Tu, Th	7:30 - 9:00P	\$96	Sherando High School
5214-D	7/10-8/2	Tu, Th	7:30 - 9:00P	\$96	Sherando High School
5214-00	8/7-8/30	Tu, Th	7:30 - 9:00P	\$96	Sherando High School
5214-EE	9/4-9/27	Tu, Th	7:30 - 9:00P	\$96	Sherando High School

Presented by



Tri-State
Nissan

**FREE
CONCERT**



7:30 PM



TAYLOR MARIE WAGNER

6:00 PM

4TH OF JULY

SHERANDO PARK · STEPHENS CITY, VA

WEDNESDAY, JULY 4 · FREE!

Park open all day! · Fireworks at Dusk
Amusements and food for purchase from 5 pm

Pool open until 8:00 pm - bring a float!

Main park gate closes at 8:45 pm

Enter at Sherando High School



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

Clearbrook All-Nighter Softball Tournaments

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

For each Tournament
Fee: \$200
Day: F-S
Time: 9:00 pm
Location: Clearbrook Park

Activity #7305-A
Date: 6/1-6/2 (Men's)
Registration Deadline: 5/30

[Register Here](#)

Activity #7305-B
Date: 7/13-7/14 (Men's)
Registration Deadline: 7/11

Activity #7305-C
Date: 8/3-8/4 (Men's)
Registration Deadline: 8/1

Special Olympics: Young Athletes Baseball

AGES 5-7 WITH A PARENT OR GUARDIAN

This new program is designed for ages 5-7 with intellectual disabilities with a parent or guardian to participate in an organized sport. Special Olympics athletes will be learning baseball skills in a partnership with Frederick County Parks and Recreation Little's Baseball program. Participants from the Little's Baseball will be invited to play/learn side by side with Special Olympic Young Athletes. We will be using a baseball specifically for this age group (softer and smaller). If you have a baseball glove for your child please bring that. We will have some gloves available for use.

Parents must fill out Special Olympic release form. You can pick that form up at the main office or request it be emailed to you.

If you are interested in volunteering to coach please give us a call at 665-5678.

Activity #: 2069-A
Day: W
Dates: 6/6, 6/13, 6/20
Time: 6:00 - 7:00 pm
Greenwood Mill Elementary school

[Register Here](#)

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: ongoing
Day: W
Time: 5:30 - 6:30 pm
Location: Gaineboro Elementary
Bring a yoga mat and water

[Register Here](#)



Community Centers

Reservations must be made seven days 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

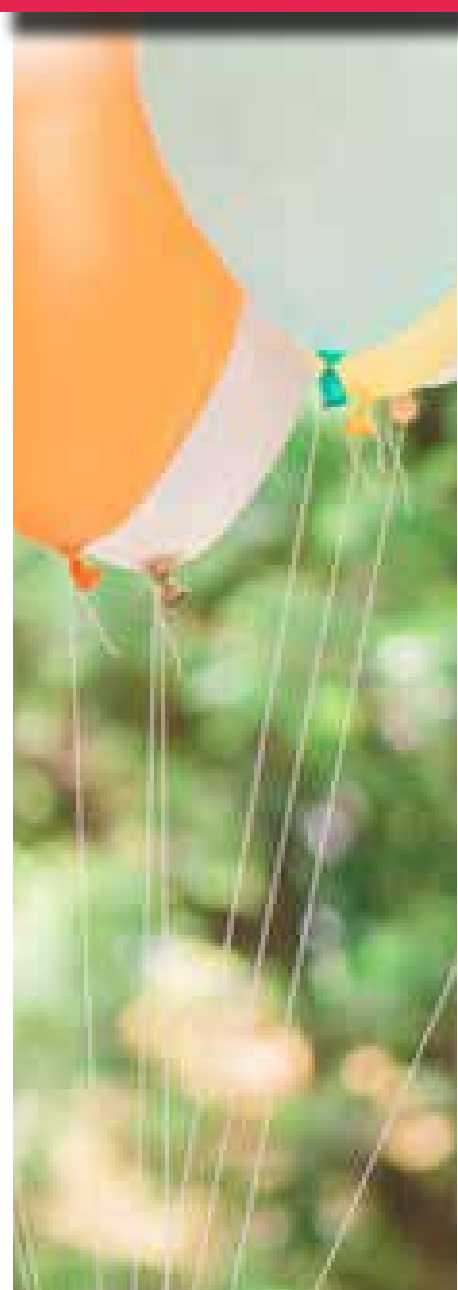
*Call 869-5988 to reserve the Racquetball Courts.

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 or call 540-665-5678.



Parks

March 1 - October 31: 8:00 am - Dusk
November 1 - February 28: 8:00 am - 6:00 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 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

Shelter	Capacity	R	NR
Tom Baldridge - Jaycees	30	\$43	\$55



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

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. Participants must register prior to the start of all programs or by the registration deadline if one is specified in the program information.

3. We will make every effort to notify participants if we must cancel a program. For updates, call 540-665-5678 and select "3" for cancellations, or visit fcprd.net and click on the cancellations button. FCPRD shares facilities with Frederick County Schools and must cancel programs when these facilities are not available.

4. 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.

5. 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.

6. 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.

Register Online Now
fcprd.net

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. 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.

Park Rangers

Clearbrook - 540-539-5679

Sherando - 540-539-5678

5th Annual Parks and Pets Extravaganza

Saturday, September 29, 10 am - 2 pm

Sherando Park, Stephens City





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

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