

The Frederick County Parks and Recreation Commission

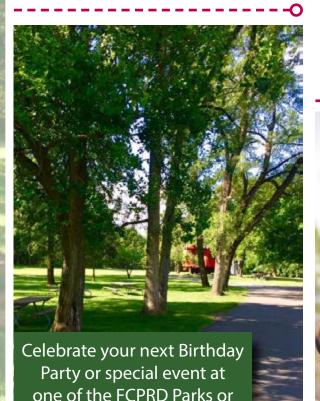
The Parks and Recreation Commission meets every second Tuesday at 7 p.m. at various locations. Call 540-665-5678 for additional information or if you wish to address the Commission.

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 four 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 as an interactive pdf 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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More exciting programs and events for everyone inside the guide!

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Park and Facility Information - pg. 21-23

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







Community Centers!

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 participate in art projects, crafts, sports, and fitness programs. 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. Space is limited.

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

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
11803-A	Apple Pie Ridge Elementary
11803-B	Armel Elementary
11803-C	Bass Hoover Elementary
11803-D	Evendale Elementary
11803-E	Gainesboro Elementary
11803-F	Greenwood Mill Elementary
11803-G	Indian Hollow Elementary
11803-H	Middletown Elementary
11803-I	Orchard View Elementary
11803-J	Redbud Run Elementary
11803-K	Stonewall Elementary

Activity#	Location
11801-A	Apple Pie Ridge Elementary
11801-B	Armel Elementary
11801-C	Bass Hoover Elementary
11801-D	Evendale Elementary
11801-E	Gainesboro Elementary
11801-F	Greenwood Mill Elementary
11801-G	Indian Hollow Elementary
11801-H	Middletown Elementary
11801-I	Orchard View Elementary
11801-J	Redbud Run Elementary
11801-K	Stonewall Elementary

Activity #	Location
I 11802-A	Apple Pie Ridge Elementary
■ 11802-B	Armel Elementary
I 11802-C	Bass Hoover Elementary
I 11802-D	Evendale Elementary
I 11802-E	Gainesboro Elementary
I 11802-F	Greenwood Mill Elementary
■ 11802-G	Indian Hollow Elementary
I 11802-H	Middletown Elementary
I 11802-I	Orchard View Elementary
■ 11802-J	Redbud Run Elementary
▲ 11802-K	Stonewall Elementary
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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. 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

Register Here for basicREC

*** Note: First-time daily registrants must use prerequisite section ####-01. Returning daily registrants must use registration section ####-02.

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.

Registration for Daily basicREC is available online.
Register today at fcprd.net



Line Dancing Age 10+

Instructor: Paul Richardson

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.

Register Here

Fee: \$10

Location: Evendale Elementary

Activity #	Date	Day	Time
15702-B	11/7-12/12	W	7- 8P
15702-C	1/30-3/6	W	7- 8P

Ballet Age 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 meeting 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.

Fee: \$52 Register Here

Location: Sherando Community Center

Activty #	Date	Day	Time
15101-C	11/13-12/4	Tu	10:45-11:45A
15101-D	1/22-2/12	Tu	10:45-11:45A
15101-E	2/19-3/12	Tu	10:45-11:45A
15101-F	3/19-4/9	Tu	10:45-11:45A
15101-G	4/30-5/21	Tu	10:45-11:45A



Chess

AGE 6+

Instructor: James Moyer

Kids and parents are welcome to learn the game of chess. You will learn how to win in 2 to 4 moves, how to checkmate and much more. For the more advanced player, we will cover good opening principles such as the Sicilian Defense. All supplies included. Bring water and a light snack.

Register Here

Register Here

Fee: \$45 (\$55 per adult and child) Location: Sherando Community Center

Activity #	Date	Day	Time
27781-A	11/11-12/2	Su	1- 4P
27781-B	1/13-2/3	Su	1- 4P

Fused Glass Lantern

AGE 12+

Attend this class to create a beautiful panel to add to your lantern. Price includes the lantern and one special fused glass panel that you design. No experience is necessary as we will show you how to cut glass. The glass panels that you create will be available to pick up one week after the class. Check out Polka Dot Pot website to see a picture of the glass lantern. Additional panels available on site for \$12 each.

Fee: \$40 Register Here

Location: Polka Dot Pot

Activity # Date Day Time 25703-A 1/13 Su 1-2:30P

Intro to Piano

AGE 8+

Instructor: Melanie Nesselrodt, Tree House Music

This 5-week session will introduce the participant to reading music and playing the keyboard or piano. Focus will be on learning to play melodies on the keyboard while learning the basics of rhythm and note reading. No equipment required -- keyboards will be provided for each participant in the class and are available to check out for taking home to practice (this is encouraged)!

Fee: \$68

Location: Greenwood Mill Elementary School

Activity # Date Day Time 25704-A 1/17-2/14 Th 7-8P



Floor Hockey Clinic AGE 6-9

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

Activity # Date Day Time Fee Location Register Here

22275-A 1/20-2/10 Su 10:15-11:05A \$40 Evendale Elementary 22275-B 2/27-3/20 W 5:30-6:20P \$40 Armel Elementary

Register Here

Mom and Me: Getting ready for Santa

AGE 5+

Join us for this fun Sunday to make an adorable plate and mug for Santa's milk and cookies! Parent and child will work together on these and we will be there to offer any help or design ideas. Items will be ready one week after class so you will have plenty of time for Santa's visit!

Activity # Date Day Time Fee Location 25103-A 12/2 Su 1- 3P \$45 (\$20 for an additional sibling) Polka Dot Pot





Fencing Classes

AGE 8+

Instructor: Tom Jobson, Member of the United States Fencing Association

Our introductory fencing programs introduce students to the many benefits of this Olympic sport. Beyond the fitness benefits, fencing promotes intellectual development, decision-making skills, self discipline, and confidence, all taught in a safe, supportive environment. Please join us for a fun workout, fencing, and new friendships. Equipment is available for a one time rental fee of \$15 paid at the first class of each session.

Activity #	Date	Day	Time	Fee	Location	Register Here
57782-B	1/8-2/26	Tu,Sa	6:30-8P	\$65	Evendale Elementary	<u>rtegister riere</u>
57782-C	4/9-5/28	Tu,Sa	6:30-8P	\$65	Evendale Elementary	

Kids' Night Out

AGE 6-9

Register Here

Instructor: Julie Adams

Parents-take advantage of this program! Kids will enjoy fun activities including crafts, snack-making, games and story/drama time. Each session has a different theme.

Activity #	Description	Date	Day	Time	Fee	Location
27110-B	The Star Cookie Decorating	12/14	F	6-8:30P	\$20	Evendale Elementary
27110-C	Gak Science	1/18	F	6-8:30P	\$20	Evendale Elementary
27110-D	Kindness and Friends	2/15	F	6-8:30P	\$20	Evendale Elementary
37110-A	Teddy Bear Tea Party	3/15	F	6- 8:30P	\$20	Evendale Elementary

Kids' Cooking

Age 4-11

Instructor: Julie Adams

This is a great experience for younger kids to learn about cooking, what to cook and basic safety in the kitchen without actually being in the kitchen. They will learn basic measuring and recipe understanding. The workshops are tailored to the participants' ages. Make and take samples home, brush up on manners, table setting and the need for clean up. Please list any allergies. All supplies included. You may want to bring an over sized t-shirt. \$10 per additional child in the same family.

Fee: \$28 (\$10 for and additional sibling)

Location: Greenwood Mill Elementary

Activity #	Age	Description	Date	Day	Time
27380-A	4-5	Playdough Making, Snack Mix	11/17	Sa	9A-12P
27380-B	6-11	Cupcakes and Decorating	11/17	Sa	1-4P



Father Daughter Dance - Once Upon a Time

Enter a fairy tale land of wonder with your littles for a night you'll treasure forever. DJ, finger foods, cake from Sweet Tooth Bakery, door prizes and more will be provided, plus we will crown the best daddy/daughter couple. Please join us for a unforgettable affair! **Please note: We will not accept walk-up couples and space is limited so register today! Cost: \$16.00 per person.

Doors open at 6 pm sharp. Registration Deadline: 2/11

Register Here

Activity # 23743-A

Date

Day Time

2/16

Sa

6:30-8:30P

Fee \$16 per person Location

Winchester Moose Lodge

Whole Food Cooking Class

Instructor: Jen Roszelle, Living in Abundance

Whole food cooking class for the beginner is perfect for anyone who loves to eat and either hates to cook or just never learned how to cook. In this series of classes you will learn how to meal plan, meal and food prepping skills, the importance of reading and understanding food labels, basic kitchen tools, food storage and more. We will review the key points of various diets such as gluten free, dairy free, vegetarian, vegan, paleo and keto.

Activity # 27580-A

Date: 2/19-3/14 Day: Tu,Th

Register Here

Time: 6-7P Fee: \$58

Location: Evendale activity room

Design Your Life: Goal Setting AGE 18+

Instructor: Jen Roszelle, Living in Abundance

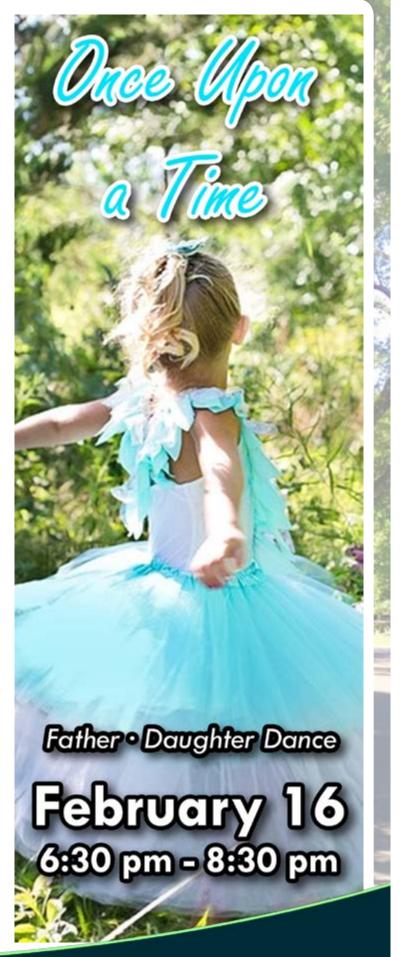
Design Your Life is not your everyday goal-setting workshop. In this class, you will learn a groundbreaking technique to help remove blocks that may have held you back in the past. We will be using several modalities to support you in setting meaningful goals and equipping you with the steps necessary to achieve your goals with ease. This is a 6-hour course that will be presented in 3-hour sessions over two consecutive days.

Activity # 27584-A

Date: 2/9, 2/10 Day: Sa, Su Register Here

Time: 1-4P Fee: \$53

Location: Sherando Multi-purpose room



Littles' Fitness Class

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor for the last 18 years

Don't miss out out on this unique fitness program that offers child and parent participation. FCPRD has created a series of Littles' Sports programs which will prepare children for organized sports in a fun, up-beat, non-competitive environment. Clinics provide the opportunity for children to work one-on-one with a parent to learn various skills, improve hand-eye coordination and movement.

Register Here

Activity #	Age	Date	Day	lime	Fee	Location
29113-A	4-6	11/20-12/11	Tu	6-7P	\$48	Evendale Elementary
22120-C	4-6	2/17-3/10	Su	10:15-11:15A	\$48	Evendale Elementary

Kids' Sports & Agility Clinic

AGE 8-12

A - 12 - 21 - 11

Lisa Mann, Certified Personal Trainer & Kids Sports Instructor for the last 18 years

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.

Register Here

ACTIVITY #	Date	Day	rime	ree	Location
39375-A	2/27-3/20	W	6:30- 7:45P	\$60	Armel Elementary

Youth Basketball Clinic

AGE 6-8

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor for the last 18 years

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

Activity #	Date	Day	Time	Fee	Location	<u>Register Here</u>
52374-A	11/25-12/2	Su	10:45A-12:15P	\$35	Evendale Elementary	

Kids' Obstacle/Agility Course Clinic

Age 6-9

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor for the last 18 years

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.

						Register Here
Activity#	Date	Day	Time	Fee	Location	<u>itegister i tere</u>
59375-A	11/25-12/2	Su	9:45-10:40A	\$25	Evendale Elementary	





Shenandoah Valley Youth Lacrosse America's Fastest Growing Sport Boys ages 7-18 and Girls ages 8-12

Boys Lacrosse Equipment Available for Loan

Indoor Box Lacrosse
December 9, 2018 thru February 10, 2019
Location: The Sportsplex

2019 Spring Season March 1 to June 1, 2019

To register or learn more: www.svylacrosse.org Email: svylax@gmail.com

Blue Ridge Youth Soccer Association

Registration for the Spring 2019 season opens 10/15/18. - Registration Deadline is 2/16/19

Soccer programs available for children born from 2000 to 2014!

To register or learn more contact www.brysa.org 540-662-6380.

Teen Basketball Leagues

The area's premiere basketball leagues! Beginning the second week of January, teams will practice week nights with a game on Sunday; games start on January 6, 2019 at an area school. A coach will call participants with pertinent practice information by December 5. Divisions may be combined if enrolled numbers are low.

12-13 Boys Basketball League

Fee until 11/19: \$55 From 11/19 to 11/22: \$65 Activity# 22420-A Dates: 12/9-2/24 Days: M-Su

Time: 6-9P

12-14 Girls Basketball League

Fee until 11/19: \$55 From 11/19 to 11/22: \$65 Activity# 22420-B Dates: 12/9-2/24 Days: M-Su

Time: 6-9P

14-15 Boys Basketball League

Fee until 11/19: \$55 From 11/19 to 11/22: \$65 Activity# 22420-C Dates: 12/9-2/24 Days: M-Su

Time: 6-9P

16-18 Basketball League

Fee until 11/19: \$55 From 11/19 to 11/22: \$65 Activity# 22420-D Dates: 12/9-2/24 Days: M-Su

Time: 6-9P

Register Here

Volunteer Coaches

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

Frederick County American Little League

P.O. BOX 2412 WINCHESTER, VA 22604



We are now accepting registrations for our Spring 2019 Season. To register please visit our website at www.fcalittleleague.com and click on the Register Button in the top right hand corner. Registration Fees are as follows:

November 1 – November 30 - \$70

December 1 – January 31 - \$80

February 1 - Tryouts - \$110

NEW THIS YEAR WE WILL BE OFFERING A BLACK FRIDAY SPECIAL ON FRIDAY, NOVEMBER 23RD FROM 12:00AM – 11:59PM WITH A ONE DAY LOW REGISTRATION FEE OF \$50!!

WE WILL BE HAVING LIVE REGISTRATIONS AT THE CLEARBROOK PARK BALLFIELDS ON SATURDAY, NOVEMBER 3 & SATURDAY, NOVEMBER 10 ALL DAY WHILE GAMES ARE BEING PLAYED.

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

T/Ball - 4-6 Years Old Boys & Girls Major Baseball - 10-12 Years Old

Machine Pitch Baseball - 6-8 Years Old Major Softball - 10-12 Years Old

Coach Pitch Softball - 6-8 Years Old 50/70 Baseball - 12-13 Years Old

Minor Baseball - 8-10 Years Old Jr. Baseball - 13-14 Years Old

Minor Softball - 8-10 Years Old Sr. Baseball - 15-16 Years Old

Sr. Softball - 13-16 Years Old

Frederick County National Little League

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



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

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

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

Adult Co-Rec Volleyball

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

League Info

- 8 game minimum.
- Teams must have equal number of male and female players on the court.
- Provide team name at time of registration.
- Team roster will be due at least one week prior to the first scheduled game.
- Divisions will be combined if there aren't enough teams for two separate divisions.
- Rules for this league will be posted at www.fcprd. net.

Competitive League

Activity # 22522-A Date: 1/28-4/10 Register Here

Day: M,W Time: 6-10P

Early Fee: \$270 before 1/14 at midnight

Final Fee: \$320 between 1/15-1/21 at midnight

Location: Evendale Elementary

Recreational League

Activity # 22522-B Date: 1/28-4/10 Day: M,W

Register Here

Time: 6-10P

Early Fee: \$270 before 1/14 at midnight

Final Fee: \$320 between 1/15-1/21 at midnight

Location: Evendale Elementary



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 Hunter's Bay Sport Horses in Middletown, VA. 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 (ASTM F1163-04a/SEI). 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 fitted to them to ensure both comfort and safety. There will not be an instruction session day the Saturday after Thanksgiving. Space is limited so sign up today. Website: www.horselocate.com Dates not meeting: 11/24; Make-up days TBD

Teen Horseback Riding - Age 12-17

Activity # Date Day Time 27456-A 11/10-12/15 Sa 12- 1:30P

Fee Location \$310 Hunter's Bay Sport Horses

Register Here

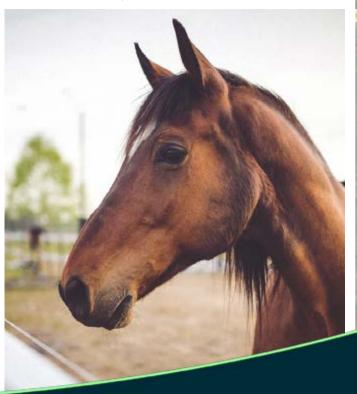
Family/Adult Horseback Riding - Age 7+

Activity # Date Day Time 27756-A 11/10-12/15 Sa 1:30-3P

Fee Location

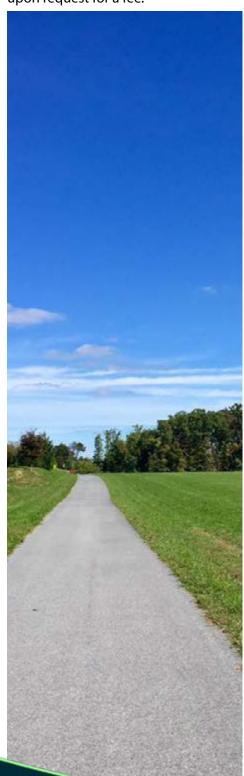
\$310 Hunter's Bay Sport Horses

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 are available upon request for a fee.



Gad Abouts

Lunch Out/Membership Meeting

Join us for a Dutch Treat lunch and the monthly business meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2019 memberships! Pickup available at Old Stephens City Shop n Save at 10:30 am.

Register Here

Activity # 27538-A Date: 1/18

Day: F Time: 11A-2P

Location: Olive Garden

Gainesboro Club

Potluck/ Membership Meeting

Bring along a covered dish to share for the monthly business meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2019 memberships!

Register Here

Activity # 27638-A

Date: 1/28 Day: M Time: 11A-2P

Location: Gainesboro Elementary



Allenberry Playhouse Theatre: "The Man Who Saved Christmas"

ALLENBERRY PLAYHOUSE, BOILING SPRINGS PA

This very merry new holiday musical is based on the true story of A.C. Gilbert, inventor of the Erector Set. Set in 1917, when America was embroiled in the first World War, this "New Old-Fashioned" crowd-pleaser focuses on Gilbert's battle with the U.S. government as it attempts to ban toy sales during the holiday season. The toe-tapping melodies of the musical numbers accurately and charmingly echo the World War I era, and dancing factory workers, singing soldiers, chorus lines of happy kids, and know-it-all politicians make Mr. Gilbert's story sing! Price includes show ticket and transportation—dinner will be Dutch treat at a location TBD along the way home.

Activity # 25605-A

Date: 12/1 Day: Sa Time: 11A-9P Fee: \$36

Location: Departing Sunnyside Plaza at 11A and returning at approx. 9P

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Register Here

Trips and Events · Age 50+ -----

The Moose Family Center Annual Senior Thanksgiving Banquet

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

Activity # 53676-A

Date: 11/10
Day: Sa

Register Here

Time: 11A-2P

Fee: Please bring a can of nonperishable food which the Moose Family Center will use in their holiday baskets for local families.

Scrabble Party

FUN is the word for this interactive program. New players are welcome. Pizza lunch is included. If you have a favorite board, bring it! Fee is for all four sessions.

Activity # 17717-A

Fee: \$28 Days: M

Dates: 2/11, 3/11, 4/15, 5/20

Time: 10:30A - 2P

Location: Sherando Community

Center

Register Here



Winter Annual Holiday Luncheon

Come one, come all to celebrate the joy of the holidays with some games, good food and good friends--plus, special appearance by Santa to help us play some BINGO and hand out gifts for the gift exchange! Lunch will be Dutch treat. If you would like to participate in the gift exchange, please keep gift at a \$10 maximum. Transportation provided for an additional \$6 fee from the following locations: Old Stephens City Shop-n-Save 10 am; Sunnyside 10:30 am.

Activity # 23576-A

Date: 12/14

Day: F <u>Register Here</u>

Time: 11A-2P

Location: Golden Corral

A Wee Christmas: Dollhouse and Miniature Exhibit at the Historic Kenmore Mansion

Join us this holiday season for the fifth annual exhibit of highly detailed, replica dollhouses, including the Kenmore mansion, and miniatures, on view in the Crowninshield Museum Building. Share memories of your dollhouse as you explore together the treasures in this festive display! Price includes transportation and exhibit/mansion tour admission fee. Dutch treat lunch on the way home!

Activity # 25632-A

Date: 12/11 Day: Tu

Time: 7:30A-5P Fee: \$32

Location: Depart Sunnyside Plaza parking lot at 7:30 am; Stephens City Shop n Save parking lot at 8 am;

return approx. at 5 pm.

Register Here

Annual Valentine Bash

Be our valentine for this annual fun and friendly gathering! We will play games, enjoy a good meal, and fellowship. Lunch will be Dutch Treat. We will also play a game or two of Bingo, so bring a white elephant gift. Transportation: 11am. 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 12pm.

Activity # 23676-A

Date: 2/8
Day: F Register Here

Time: 12-2:30P

Location: Golden Corral



Trips for all ages!

JMU Planetarium

AGE 8+

Take a trip to Harrisonburg to explore the far reaches of our known universe at the John C. Wells Planetarium at James Madison University. Learn about the global climate, weather, animals and nature at the Feature Show "Dynamic Earth," narrated by Liam Neeson. Movie is subject to change due to JMU's Schedule.

Activity # 24732-A

Date: 2/16 Day: Sa

Time: 12:30-5P Fee: \$20

Location: Departs Armel Elementary parking lot at 12:30

pm; return approx. 5 pm.

A Day of Christmas at Gaylord Hotel Washington, DC

Take a trip to celebrate a day of Christmas at the Gaylord Hotel at National Harbor. We will start with the 15,000 square foot ice sculpture display of Charlie Brown's Christmas; jackets will be provided because the temperature is below 9 degrees! Afterwards, you are on your own to explore the hotel and shops, eat lunch, and take in the Christmas spirit before we head home.

Activity # 24732-B

Date: 12/2 Day: Su

Time: 9A-5P Fee: \$60

Location: Depart Armel Elementary at 9 am.



Towson Tigers at JMU Dukes Men's Basketball Game

AGE 8+

Calling all JMU fans! Check out your Dukes against the Tigers from Towson University in a thrilling CAA conference basketball game.

Activity # 24733-A

Date: 1/12 Day: Sa

Register Here

Time: 2-7P Fee: \$30

Register Here

Register Here

Location: Depart Armel Elementary at 2 pm.

Registration Deadline: 1/7

New York City Day Trip

New York, New York's a heck of a town....especially at Christmas time! Guests will be dropped off near Macy's. Note: We typically arrive in NYC around 11 am and depart at 7 pm. Transportation provided by Schrock Tour and Charter, and there will not be a guaranteed food stop on the way up so pack a snack! Depart Sunnyside Plaza parking lot at 4:30 am; return approx. 1 am.

Activity # 24734-A

Date: 12/8 Day: Sa

Time: 4:30A - 11:59P

Fee: \$78

Location: Depart Sunnyside Plaza

Register Here

Register Here

Reston Town Center - Ice Skating Drop Off

AGE 8+

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

Activity # 24736-A

Date: 2/9 Day: Sa Time: 9A-5P Fee: \$20

Location: Depart Armel Elementary



Washington Auto Show Washington, DC

Are you ready for a trip to the Washington DC convention center to see the new and upcoming cars of 2019? The convention center has two full floors of cars from a variety of different brands. Lunch is on your own for this trip. Don't miss this opportunity, seats fill up fast.

Activity # 34733-A

Date: 4/7 Day: Su

Time: 8A-6P Fee: \$85

Location: Depart Armel Elementary parking lot at 8 am

and returns approximately at 6 pm.



Register Here



Awesome Con Trip

Age 11+

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 convention 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 includes transportation to and from Washington DC and entry ticket into Awesome Con event.

Activity # 34732-A

Date: 4/27

Day: Sa Time: 8A-7P

Fee: \$85





Register online at FCPRD.net · PAGE 15



Youth Tennis

Age 7-11

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 including focus and concentration exercises. Players will develop and improve overall eyehand coordination, learn the fundamentals of the forehand, backhand, and volleys, gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

Activity# 22244-G 22244-H 22244-I 22244-A 22244-B 22244-C 22244-D 22244-E	Date 11/5-12/10 11/7-12/12 11/5-12/12 1/7-2/11 1/9-2/13 1/7-2/13 2/18-3/25 2/20-3/27	Day M W M,W M W M,W	Time 5:15- 6:30P 5:15- 6:30P 5:15- 6:30P 5:15- 6:30P 5:15- 6:30P 5:15- 6:30P 5:15- 6:30P	Fee \$88 \$88 \$138 \$88 \$138 \$88 \$88 \$88	Location Snowden Bridge	Register Here
22244-E 22244-F	2/20-3/27 2/18-3/27	M,W	5:15-6:30P 5:15-6:30P	\$88 \$138	Snowden Bridge Snowden Bridge	

Kids Tennis

Age 4-7

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to introduce the sport of tennis to young kids using upbeat, positive, encouraging coaching; initiating and demonstrating proper essential basic skills and stroke development to the participant then actively hitting the ball. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players 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	
22344-A	11/5-12/10	M	5:15-6P	\$73	Snowden Bridge	
22344-B	11/7-12/12	W	5:15-6P	\$73	Snowden Bridge	Register Here
22344-C	11/5-12/12	M,W	5:15-6P	\$123	Snowden Bridge	<u>rtegister riere</u>
22344-G	1/7-2/11	M	5:15- 6P	\$73	Snowden Bridge	
22344-H	1/9-2/13	W	5:15- 6P	\$73	Snowden Bridge	
22344-l	1/7-2/13	M,W	5:15- 6P	\$123	Snowden Bridge	
22344-J	2/18-3/25	M	5:15- 6P	\$73	Snowden Bridge	
22344-K	2/20-3/27	W	5:15- 6P	\$73	Snowden Bridge	
22344-L	2/18-3/27	M,W	5:15- 6P	\$123	Snowden Bridge	



Middle School/High School Tennis AGE 11-18

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Activity# 52444-A 52444-B	Date 11/5-12/10 11/7-12/12	Day M W	Time 6:15-7:30P 6:15-7:30P	Fee \$88 \$88	Location Snowden Bridge Snowden Bridge	
52444-C	11/5-12/12	M, W	6:15-7:30P	\$138	Snowden Bridge	
22444-A 22444-B	1/7-2/11 1/9-2/13	M W	6:15- 7:30P 6:15- 7:30P	\$88 \$88	Snowden Bridge Snowden Bridge	Register Here
22444-C	1/7-2/13	M,W	6:15- 7:30P	\$138	Snowden Bridge	
22444-D	2/18-3/25	М	6:15- 7:30P	\$88	Snowden Bridge	
22444-E	2/20-3/27	W	6:15- 7:30P	\$88	Snowden Bridge	
22444-F	2/18-3/27	M,W	6:15- 7:30P	\$138	Snowden Bridge	

Adult Tennis Program

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Activity#	Date	Day	Time	Fee	Location	
5228-A	11/5-12/10	M	7:45-9P	\$93	Snowden Bridge	Register Here
22544-A	1/7-2/11	M	7:45- 9P	\$93	Snowden Bridge	
22544-B	2/18-3/25	M	7:45- 9P	\$93	Snowden Bridge	





The Battlefield Half Marathon & Relays

PROCEEDS BENEFIT THE WATTS PROGRAM

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

Group Relays

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

Day: Saturday, November 3
Please visit www.RunAtTheTop.net for more info!

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

The Annual Thanksgiving Day 5K

Proceeds Benefit FCPRD Play Fund

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. The certified 5k course involves track surface, pavement, and the woodland trails of Sherando Park. This 5k run is an electronic chip timed event; don't forget to pick-up your chip the morning of the race! Prizes will be awarded to the top 3 male and top 3 female finishers, top master male and female, and to the top 3 male and top 3 female finishers in each age group! Packet pick-up will be held at the Sherando Community Center on Tuesday (11/20) and

Wednesday (11/21) from 4:00 - 9:00 pm. Onsite registrations will receive shirts while supplies last. For more information visit RunAtTheTop.net.

Early Bird Fee: \$25 until 11/18 Final Fee: \$30 Race day

Day:Thursday Date:11/22

Time: Check in and onsite registration from

7 - 8A; race begins at 8:45A

Location: Sherando High School Stadium



Walk 15[®] Exercise Class

Instructor: Margaret (Marty) Frye

Taking the best features from low impact, aerobic style, group exercise, Walk 15° group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! It's designed with "walking based" moves so that all fitness levels, all ages, all walks of life, can do it! What started as a few aerobics classes in Leslie Sansone's health club in the 80's grew into the #1 in-home walking program worldwide, with over 18 million DVDs sold! Now...it's gone full circle-- Walk 15° is a group exercise class for everyone of all ages and all fitness levels!

Class#	Date	Day	Time	Fee	Location	Register Here
29713-A	Ongoing	Tu,Th	6- 7P	\$25 (8 class punch pass)	Tu - Gainesboro Elen	n.
				(Instructor keeps pass on file)	Th - Evendale Elem.	

Special Olympics

The following sport programs are designed to encourage involvement in organized sports. New athletes must fill out the 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 competitive component. Please contact FCPRD, 540-665-5678, for required paperwork. Volunteers are needed.

Activity #	Description	Date	Day	Time	Location
27714-A	Basketball	1/15-3/7	Tu,Th	6:30-8P	Orchard View Elem. School
27714-B	Youth Bowling (Ages 8-21)	1/21-2/25	М	3:30- 5P	Northside Lanes
27714-C	Adult Bowling (Ages 22+)	1/18-2/22	F	4- 5:30P	Northside Lanes

Fitness ---

Family Yoga

Age 2+

Instructor: Jennifer Turman Bayliss, Sunshine Studio

Enjoy Yoga with your family. We will explore mind/body through a variety of asanas, visualizations, songs, stories and drawing. All ages welcome. Please bring mats.

Fee: \$62

Location: Sherando Community Center

Class#	Date	Day	Time
55777-C	11/13-12/4	Tu	12:30- 1P
55777-E	1/22-2/12	Tu	12:30- 1P
55777-F	2/19-3/12	Tu	12:30- 1P
55777-G	3/19-4/9	Tu	12:30- 1P
55777-H	4/30-5/21	Tu	12:30- 1P

All Sections Discount: \$140

55777-I 1/22-5/21 Tu 12:30-1P

Register Here

Yoga

Enjoy increased flexibility, greater range of motion and so much more, including enhancing the body mind connection through yoga. Please call 540-665-5678 to purchase the 8 class flex pass. On-Line purchase not available. Please bring yoga mat and water.

Fee: \$28 for 8 class flex pass

Activity #19712-A Date: ongoing

Day: W

Time: 5:30 - 6:30P

Location: Gaineboro Elementary Bring a yoga mat and water

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 Winchester, VA 22602

Gainesboro Elem. School 4651 North Frederick Pike Winchester, VA 22603

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

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!

Greenwood Mill Elementary School 281 Channing Drive, Winchester, VA 22602

Facility	Resident	Non-Res.	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 8Δ-12P	-

Sherando High School

185 SOUTH WARRIOR DRIVE, STEPHENS CITY, VA 22655

Facility	Resident	Non-Res.	Hours	Capacity
Fitness Room	\$2/Daily	\$2/Daily	M-F, 4P-8P	-
(Weights/Machines)	\$10/10Pass	\$10/10Pass	Sa, 8A-12P	
Racquetball Courts	\$7	\$7	M-F, 4P-8P	-
(2 Courts)			Sa, 8A-12P	
Multipurpose Room	\$22	\$38	M-F 6P-10P	140
			Sa, Su 9A-10P	

^{*}Call 869-5988 to reserve the Racquetball Courts.

Orchard View Elementary School 4275 Middle Road, Winchester, VA 22602

Facility	Resident	Non-Res.	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	Resident	Non-Res.
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 of north of Winchester allows you to experience the 55 acres of Clearbrook Park which include:

- 3-acre lake
- lighted ball fields
- picnic shelters & tables
- 3,000 feet of paved walking paths
- paddleboats
- playground
- 25M outdoor pool
- volleyball court
- vintage red caboose

Shelter	Capacity	Resident	Non-Res.
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	200	\$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	Resident	Non-Res.
Tom Baldridge -	30	\$43	\$55
Jaycees			



"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."



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	Resident	Non-Res.	
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

Sherando Park Soccer Fields	Resident	Non-Res.	
Fields #1-#4	\$27	\$43	Per hr/per field
Fields #6 and #7	\$17	\$27	Per hr/per field



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.



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.
- 5. 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. 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





Frederick County Parks and Recreation Department 107 N. Kent Street Winchester, VA 22601 PRST STD U.S. Postage PAID Winchester, VA Permit No. 147