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April 6 • Sherando Park



TRAILS 4 MILES
RACE
FOR AUTISM

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FREDERICK COUNTY
PARKS & RECREATION

2019 SPRING ACTIVITY GUIDE



YOUTH TRIATHLON
JUNE 9, 2019
SWIM. BIKE. RUN.

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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 -
Vice-Chairperson

Gainesboro District - Natalie Gerometta

Opequon District - Ron Madagan

Red Bud District - Chris Fordney

Shawnee District - Guss Morrison

Stonewall District - Randy Carter

Member at Large - Charles "Rusty" Sandy, Jr. -
Chairperson

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



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!

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

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



Youth Triathlon · Pg. 7



Horseback Riding · Pg. 9



Awesome Con Trip · Pg. 13

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 exceptional 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.

Activity #	Location
11803-A	Apple Pie Ridge Elementary
11803-B	Armell 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

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
11801-A	Apple Pie Ridge Elementary
11801-B	Armell 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

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
11802-A	Apple Pie Ridge Elementary
11802-B	Armell Elementary
11802-C	Bass Hoover Elementary
11802-D	Evendale Elementary
11802-E	Gainesboro Elementary
11802-F	Greenwood Mill Elementary
11802-G	Indian Hollow Elementary
11802-H	Middletown Elementary
11802-I	Orchard View Elementary
11802-J	Redbud Run Elementary
11802-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. 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](#)



*** 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-D	3/20-4/24	W	7- 8P
15702-E	6/5-7/17	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 names of positions and ballet basics. 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.

[Register Here](#)

Fee: \$52

Location: Sherando Community Center

Activity#	Date	Day	Time
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 will learn the game of chess. You will learn how to win in two to four 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. Class held on 3/3, 3/10, 3/17, 3/24.

[Register Here](#)

Fee: \$45 (\$55 per adult and child)

Location: Sherando Community Center

Activity#	Date	Day	Time	Fee
35781-A	3/3-3/24	Su	1- 4P	\$45
35781-B	3/3-3/24	Su	1- 4P	\$55

(35781-B is parent plus child)

Young Artist

AGE 7-11

Instructor: Hana Malone

Explore your inner artist! Young artists will learn how to use and apply different materials to create artwork. All supplies included. Please bring a smock or over size t-shirt, just in case we get messy!

[Register Here](#)

Fee: \$37

Location: Greenwood Mill Elementary

Activity#	Date	Day	Time
35300-A	3/5-3/26	Tu	7- 8P
35300-B	4/2-5/7	Tu	7- 8P

(No class 4/23)



Youth Wrestling

AGE 5-12

Instructor: John Campbell, Aylor Middle School Wrestling Coach

This six week wrestling program is designed for any level of wrestler. In this instructional setting, area coaches and wrestlers will teach your child how to do basic moves associated with wrestling. Once skills are learned, all age groups will have a chance to wrestle in matches. Please include wrestler's shirt size at time of registration. Wrestling will not be held 4/21.

Fee: \$45

Date: 3/17-4/28

Day: Su Location: SHS Wrestling Room

Registration Deadline: 3/10

Activity#	Age	Time	Register Here
37357-A	5-6	1- 2:30P	
37357-B	7-8	2:30- 4P	
37357-C	9-12	4- 5:30P	

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
22275-B	2/27-3/20	W	5:30- 6:30P

Fee: \$40

Location: Armel Elementary

[Register Here](#)



Little's Tee Ball

AGE 3-5

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

Don't miss out on the Little's Tee Ball program that offers child and parent participation. Clinics provide the opportunity for children to work one-on-one with a parent to learn various skills associated with tee ball. Every player will receive a baseball glove and ball.

Fee:\$48

Location: Evendale Elementary

Activity#	Age	Date	Day	Time
32124-A	3	4/15-5/20	M	5- 5:45P
32124-B	4-5	4/15-5/20	M	6- 7P

Greenwood Mill Elementary

Activity#	Age	Date	Day	Time
32124-C	3	4/17-5/29	W	5- 5:45P
32124-D	4-5	4/17-5/29	W	6- 7P

[Register Here](#)

Little's Volleyball

AGE 6-8

Your youngster will learn the fundamentals of volleyball in a fun, non-competitive setting! The volleyballs we will use will be age appropriate to fit your child's abilities and needs. Stations and mini-games will be set up in order to make this a fun learning environment!

Activity#	Date	Day	Time	Fee
32222-A	4/17-5/22	W	6- 7P	\$45

Location: Evendale Elementary

[Register Here](#)



Kids' Night Out

AGE 6-9

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
37110-D	Kindness and Friends	2/15	F	6- 8:30P	\$20	Evendale Elementary
37110-DD	Kindness and Friends	2/15	F	6- 8:30P	\$30	Evendale Elementary
37110-A	Teddy Bear Tea Party	3/15	F	6- 8:30P	\$20	Evendale Elementary
37110-AA	Teddy Bear Tea Party	3/15	F	6- 8:30P	\$30	Evendale Elementary
37110-B	Kids Cooking	4/12	F	6- 8:30P	\$20	Evendale Elementary
37110-BB	Kids Cooking	4/12	F	6- 8:30P	\$30	Evendale Elementary

Note: The \$30 fee is for participant plus an additional sibling.

[Register Here](#)

Little's Fitness Class

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

Don't miss out on this unique fitness program that offers child and parent participation. Clinics provide the opportunity for children to work one-on-one with a parent to learn various skills, improve coordination and movement.

[Register Here](#)

Activity #	Age	Date	Day	Time	Fee	Location
22120-C	4-6	2/17-3/10	Su	10:15-11:15A	\$48	Evendale Elementary

Kids' Sports & Agility Clinic

AGE 8-12

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

Spring has sprung! Get ready for spring sports and improve overall performance before the season. This clinic taught by a certified personal trainer and will focus on: agility drills, jumping skills, speed ladder drills, quickness, ball & balance training, footwork and directional drills.

[Register Here](#)

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

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 payable to the instructor at the first class of each session.

[Register Here](#)

Activity #	Date	Day	Time	Fee	Location
57782-C	4/9-5/28	Tu,Sa	6:30- 8P	\$65	Evendale Elementary





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

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: 6/9

Time: 8:00 am

Location: Sherando Park Pool

Fee: \$35 before 5/26 at midnight

Fee: \$45 before 6/8 at 7 am

[Register Here](#)

Spring Running Club - April, May, June

AGE 7-14

Running Club is offered at Sherando Park, Millbrook High School and Apple Pie Ridge Elementary School. The spring session includes registration in the Bloomin' Mile, Loudoun Street Mile and other races to TBA. Each session will practice twice a week. Any level of running experience is welcome. Each child will receive a t-shirt and entry into the aforementioned running events.

[Register Here](#)

Activity#	Description	Date	Day	Time	Fee	Location
32326-A	Spring Running Club	4/2-6/6	Tu,Th	6- 7P	\$55	Sherando Park Rotary Shelter
32326-B	Spring Running Club with Triathlon	4/2-6/6	Tu,Th	6- 7P	\$73.50	Sherando Park Rotary Shelter
32326-C	Spring Running Club	4/1-6/5	M,W	6- 7P	\$55	Millbrook High School
32326-D	Spring Running Club with Triathlon	4/1-6/5	M,W	6- 7P	\$73.50	Millbrook High School
32326-E	Spring Running Club	4/2-6/6	Tu,Th	6- 7P	\$55	Apple Pie Ridge Elem.
32326-F	Spring Running Club with Triathlon	4/2-6/6	Tu,Th	6- 7P	\$73.50	Apple Pie Ridge Elem.



Whole Food Cooking Class

AGE 18+

Instructor: Jen Roszelle, *Living in Abundance*

Whole food cooking class is perfect for anyone who loves to eat, but hates to cook, or just never learned how to cook. This class will cover the basics of meal planning, food preparation, the importance of food labels, kitchen tools and more! We will review various diets such as gluten free, dairy free, vegetarian, vegan, paleo and keto.

Activity # 27580-A

Date: 2/19-3/14

Day: Tu,Th

Time: 6-7P

Fee: \$58

Location: Evendale activity room

[Register Here](#)

Laughing Yoga

AGE 18+

Instructor: Lemuel Whitelock

Laughing Yoga combines laughing with breathing exercises while also doing silly stuff. This class is designed for sitting or standing participants. Be prepared to have fun and get beneficial exercise. Please bring yoga mat and water.

Fee: \$36

[Register Here](#)

Activity#	Date	Day	Time
37512-A	3/5-4/9	Tu	10-11A

Location: Evendale Elementary

37512-B	3/7-4/11	Th	6- 7P
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Locaiton: Sherando Community Center

37512-C	5/2-6/6	Th	6- 7P
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Locaiton: Sherando Community Center

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. Dates are: 6/10, 8/5, 9/9, 10/14

Activity#	Day	Time	Fee
17717-B	M	10:30A- 2P	\$28

Location: Sherando Community Center

[Register Here](#)

Essential Oils

AGE 18+

Instructor: Traci Murphy

Each session will teach the participant how to use essential oils to benefit everyday life.

Fee: \$10 for each session

Location: Sherando Community Center

Day: Tu

Time: 6-8P

[Register Here](#)

Essential Oils 101

Activity#	Date
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37584-A	3/5
---------	-----

This class is for those who want to learn about how to use essential oils daily, to support and promote a healthy body.

Mood Management

Activity#	Date
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37584-B	4/2
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Are you living a life full of stress? Are you looking to add a little peace and calm to your home or work place? Join us to learn how essential oils can have a dramatic effect on your spirit.

Support your body

Activity#	Date
-----------	------

37584-C	4/30
---------	------

This session covers how to support your body and promote healthy body systems using essential oils.

Splash into Summer

Activity#	Date
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37584-D	6/4
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It's time for fun in the sun! Learn how to use essential oils to support your body and deal with discomforts that sometimes pop up in the summer.



Spring Break Young Riders Camp

AGE 7-15

Conducted by: Hunter's Bay Sport Horses

The perfect experience is waiting for you at Hunters Bay Sport Horses. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses will provide campers with three days filled with horse activities and time in the saddle. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals, sneakers or flip flops) and bring their own riding helmet that meets or exceeds current standards (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 fit to them to ensure both comfort and safety. Space is limited so sign up today! Website: www.horselocate.com

Activity#	Date	Day	Time	Fee
38356-A	4/19-4/23	F, M, Tu	9A- 3P	\$215

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

Registration Deadline: 4/7

[Register Here](#)

Aromatherapy for Animals

HUMANS ONLY - AGES 12+

Instructor: Jen Roszelle, *Living in Abundance*

Pamper your pet! This workshop is primarily for dog owners, however other small animals will be discussed. You will learn how to help your pet age with comfort through massage, how to eliminate bad odors, repel ticks and fleas naturally without using harsh chemicals. Simple techniques to help calm an anxious pet will also be covered. Please do not bring your dog. Two sessions to choose from.

[Register Here](#)

Fee: \$24

Location: Greenwood Mill Elementary

Activity#	Date	Day	Time
37708-A	4/13	Sa	10A-12P
37708-B	4/27	Sa	2- 4P



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. Space is limited so sign up today. Website: www.horselocate.com

Family/Adult Horseback Riding - AGE 7+

Activity #	Date	Day	Time
37756-A	4/1-4/29	M	5:30-7:30P

Fee Location
\$310 Hunter's Bay Sport Horses
439 Reliance Rd, Middletown, VA 22645
Registration Deadline: 3/24

[Register Here](#)

Teen Horseback Riding - AGE 12-17

Activity #	Date	Day	Time
37456-A	4/2-4/30	Tu	5:30-7:30P

Fee Location
\$310 Hunter's Bay Sport Horses
439 Reliance Rd, Middletown, VA 22645
Registration Deadline: 3/24



Spirits of the Valley

An evening of food, wine, and history.

March 23

5:00 pm - 10:00 pm

Valerie Hill Vineyard & Winery • Rose Hill Park

Join us in our partnership with the Museum of the Shenandoah Valley and Valerie Hill Vineyard and Winery as we bring you the Spirits of the Valley experience. The evening will feature a walking tour of the historic Rose Hill Park trail on the 157th anniversary of the Battle of Kernstown and a complimentary beverage, as well as a Southern-inspired meal provided at Valerie Hill by Village Square Restaurant. The evening's battlefield walk will feature encounters with living history interpreters who will share events from the 1860s. This is a one-of-a-kind experience you won't want to miss! Price includes your trail tour and dinner with beverage and dessert. Any additional food/wine purchases must be made on your own at the Winery. Please arrive at the Winery for check-in 30 minutes prior to your tour/dinner time selection. Winery will close at 10 pm sharp.

\$50 per person (Age 21+ Only) - Price includes your trail tour, a glass of wine, and dinner. Any additional food /beverage purchases must be made on your own at the Winery. Vegetarian meal option available upon request.

Alcohol is not permitted at
Rose Hill Park.

ACTIVITY # 33505

Select tour time during registration.

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

[Register Here](#)

Photography

AGE 16+

Instructor: Scott Turnmeyer

Location: Sherando Community Center

Day: Saturday

[Register Here](#)

Composing your Shots

Learn the ins and outs of composing your photography to get the most out of your photos. You will learn the different composition techniques and tips, how to draw people into your photos, balancing aspects in the photo and so much more. Great class for any level of experience. Bring any camera.

Activity#	Date	Time	Fee
37419-A	3/2	9-10A	\$34
37419-B	4/6	9-10A	\$34

Reading Light

Learn the fundamental elements of any good photograph; the light. By learning how light and shadows affect your photographs you will immediately become a better photographer; creating more drastic photos. You will learn different types of light, how to ready it and more. Great class for any level of experience and for any camera.

Activity#	Date	Time	Fee
37419-C	3/2	10:30-11:30A	\$34
37419-D	4/6	10:30-11:30A	\$34

Shooting in Manual Mode Part 1

This is the beginning of getting the full power out of your camera. In this class, you will learn about ISO, shutter speed and aperture. We will cover what they do, how they affect your photos then look at real world scenarios that you might find yourself shooting in. It is recommended that you take the Composing your shots and Reading the light, prior to taking this class. DSLR camera required.

Activity#	Date	Time	Fee
37419-E	3/2	12:30- 2:30P	\$54
37419-F	4/6	12:30- 2:30P	\$54

Shooting in Manual Mode Part 2

Class pre-requisite is Shooting in Manual mode 1. Now that you know what ISO, shutter speed and aperture are, it is time to take them to the next level. In this class you will learn about depth of field where we will dive into how to create huge landscape vistas or the headshots with the blurred background. We will also cover HDR photography. DSLR camera required.

Activity#	Date	Time	Fee
37419-G	3/2	3- 4:30P	\$54
37419-H	4/6	3- 4:30P	\$54



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

Gad Abouts National Sporting Library and Museum

Founded in 1954, the National Sporting Library & Museum (NSLM) is located in Middleburg, the heart of Virginia's beautiful hunt country. The inviting, 6-acre campus, world-class research Library, and fine art Museum highlight the rich heritage and tradition of country pursuits. We will visit the Museum and Library, then get a Dutch Treat lunch along the way home. Home-pickups available for an additional \$6 fee for this activity. Depart Stephens City Old Food Lion parking lot at 10am; return approx. 5pm.

Activity#	Date	Day	Time
34639-A	3/15-3/15	F	10A- 5P
Fee: \$18	Location: Middleburg, VA Register Here		

Teddy Bear's Picnic

View the beauty of the Shenandoah Valley in the early spring with a scenic ride down Skyline Drive. We hope to see some baby bears and will be having a picnic, so pack a non-perishable lunch! Home-pickups available for an additional \$6 fee for this activity. Depart Stephens City Old Food Lion parking lot at 9am; return approx. 4pm.

Activity#	Date	Day
34638-A	5/17	F
Time: 9A- 4P		
Fee: \$15		
Location: Skyline Drive		

[Register Here](#)



Gainesboro Club

Gainesboro Club Lunch Out and Guest Speaker

We will have short business meeting and a speaker from a local senior adult area of interest before our Dutch Treat lunch. Home pickups available for \$6 fee for this activity. Gainesboro Elementary School pickup at 10:45am.

Activity#	Date	Day	Time
37684-A	3/25-3/25	M	10:45A- 2P
Location: Hayfield Restaurant			

Gainesboro Club Mothers' Day Luncheon

We will have a short business meeting to be followed by lunch and an activity to celebrate Mothers' Day! Home-pickups available for \$6 fee for this activity.

Activity#	Date	Day	Time
37676-A	5/27-5/27	M	11A- 2P
Location: Gainesboro Elementary School			

Club Mystery Trips!

Bring money for lunch and a sense of adventure, and wear comfortable clothes for the weather and light walking. Home-pickups available for \$6 fee for this activity.

Fee: \$15

[Register Here](#)

Gainesboro Club

Activity#	Date	Day	Time
34651-A	4/22-4/22	M	9A- 5P
Depart Sunnyside Plaza at 9 am; return approx. 5 pm			

Gad Abouts Club

Activity#	Date	Day	Time
34651-B	4/19-4/19	F	9A- 5P
Depart Old Stephens City Food Lion at 9 am; return approx. 5 pm			

Trips and Events

Presidential Splendor: Highland Plantation

AGE 50+

We will explore the official residence of fifth President James Monroe and his wife, Elizabeth Kortright Monroe, from 1799 to 1823. Tour will include a guided tour of house and grounds. Price includes tour ticket and transportation, lunch and any other additional purchases will be on your own at a location TBD along the trip route. Depart Sunnyside Plaza parking lot at 8am; Stephens City Old Food Lion parking lot at 8:15am; return approx. 5:30pm.

Activity#	Date	Day
34600-A	3/14	Th

Time: 8A- 5:30P

Fee: \$25

Location: Charlottesville, Va

[Register Here](#)

Museum of the Bible

AGE 50+

Join us as we visit one of the largest and newest museums in DC! Showcasing rare artifacts spanning 3,500 years of history, the museum offers visitors an immersive and personalized experience with the Bible, and its ongoing impact on the world around us. Ticket price includes transportation and museum admission, lunch will be on your own at one of the Museum's two cafes. Depart Sunnyside Plaza parking lot at 7am.; Stephens City Old Food Lion parking lot at 7:15am; return approx. 5pm.

Class#	Date	Day
34632-A	4/16	Tu

Time: 7A- 5P

Fee: \$25

Location: Washington, DC

[Register Here](#)

Mystery Trip!

AGE 8+

Bring money for lunch and a sense of adventure, and wear comfortable clothes for the weather and light walking. We will find fun for all ages! Depart Armel Elementary School parking lot at 9am; return approx. 6pm.

Activity#	Date	Day
34737-A	3/16	Sa

Time: 9A- 6P

Fee: \$25

[Register Here](#)

Washington Auto Show

AGE 8+

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. Depart Armel Elementary parking lot at 8 am and returns approximately at 6 pm.

Activity#	Date	Day
34733-A	4/7	Su

Time: 8A-6P

Fee: \$85

Location: Washington, DC

[Register Here](#)

Ham and Oyster Supper

AGE 8+

Enjoy a scenic drive and a day out through the mountains into Fort Valley, VA, for their annual Ham and Oyster Supper. Meals to be purchased on site-- meal price not included in trip fee. Meal prices are approximately \$17 (adults) or \$7 (children under 10). Depart Armel Elementary School parking lot at 2:30pm; return approx. 6pm.

Activity#	Date	Day
37732-A	4/20	Sa

Time: 2:30- 6P

Fee: \$15

Location: Fort Valley, Va, Volunteer Fire Dept.

[Register Here](#)

Blackwater Falls State Park

AGE 8+

Spring has sprung! Enjoy the day in this beautiful natural wonder followed by lunch on your own at The Lodge. Take a hike, explore, and take in the beauty of the State Park. Depart Armel Elementary School parking lot at 8am; return approx. 6pm.

Activity#	Date	Day
34736-A	5/11	Sa

Time: 8A- 6P

Fee: \$25

Location: Tucker County, WV

[Register Here](#)

Awesome Con Trip

AGE 11+

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. Depart Armel Elementary parking lot at 8 am; return time is at 7:00 pm.

Activity # 34732-A

Date: 4/27

Day: Sa

Time: 8A-7P

Fee: \$85

Location: Washington, DC

[Register Here](#)

All Trips

Age 17 and under must be accompanied by an adult.

Adult Athletics

Adult Basketball League

Have a competitive edge or just like to play basketball with friends? If you enjoy open gym but want it to be a little more competitive, this is the league for you. Games will be played throughout the week at any of the four centers; Gainesboro, Greenwood Mill, Orchard View, and Evendale Elementary Schools. Sign up as a team or individual.

- All individuals will be a free agent for currently formed teams or if enough participants sign-up another team will be formed.
- All participants must be of age by first game in order to play in the league.
- ID's will be required before the first game.
- Provide team name/color at time of registration.
- Team roster will be due at least one week prior to the first scheduled game.
- Schedules, rules, and other info will be sent to team captain

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

Final Fee: \$530 (team) between 2/27 and 3/5 at midnight

[Register Here](#)

Activity#	Description	Date	Day	Time
32520-A	Age 30+Team	3/19-5/16	Tu,Th	6:30- 9:30P
32520-B	Age 30+ Individual	3/19-5/16	Tu,Th	6:30- 9:30P
32520-C	Age 18-29 Team	3/18-5/15	M,Tu,Th	6:30- 9:30P
32520-D	Age 18-29 Individual	3/18-5/15	M,Tu,Th	6:30- 9:30P
32520-F	Age 40+ Individual	3/24-5/12	W,Su	6:30- 9:30P
32520-H	Woman's 18+ Individual	3/24-5/12	W,Su	6:30- 9:30P

Open Gym Basketball

18+ Basketball

Fee: \$2

Day: Ongoing Thursday

Time: 8-10P

Location: Greenwood Mill Elementary

Proof of age required

30+ Basketball

Fee: \$2

Day: Thursday

Date: 11/15-3/7

Time: 8-10P

Location: Orchard View Elementary

30+ Basketball

Fee: \$2

Day: Wednesday

Date: 11/14-3/6

Time: 8-10P

Location: Gainesboro Elementary

Spring Training Softball League

[Register Here](#)

AGE 18+

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

Early Bird Registration Fee - before 2/24 : \$225

Late Registration Fee - On or before 3/3: \$275

** No teams will be taken after 3/3

Activity#	Description	Date	Time	Day
32528-A	Spring Training-Double Header League	3/15-4/27	6-10 pm	TBA late February

Location: Sherando Park

Adult Summer Softball

[Register Here](#)

AGE 18+

Our Countywide leagues will have a 16-game guarantee with a post season tournament. Games that are rained out can be made up when and where space is available. Players must be 18 years of age in order to participate. Rosters are due before your team's third game. Games will alternate between Sherando and Clearbrook Park. Please include your team name at time of registration.

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

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

Early Bird Registration Fee - before 4/1 : \$350

Late Registration Fee - On or before 4/7: \$400

** No teams will be taken after 4/7

Activity#	Description	Date	Day	Time	Location
32528-B	Adult Summer Softball	5/6 - playoffs	T, Th	6:30- 9:30 pm	Sherando Park and Clearbrook Park
(Monday and/or Fridays if needed)					

Adult Summer Co-Rec Softball

[Register Here](#)

AGE 18+

The hottest co-rec softball league in the area is right around the corner! Teams will get a 14 game guarantee plus a double elimination tournament utilizing both Sherando and Clearbrook Parks for game locations. The tournament format will be determined based on the total number of teams registered. Your team must have at least 4 males and 4 females playing at all times, but have an additional male or female to have a playable game. Players must be 18 years of age in order to participate. Rosters are due before your team's third game. Games that are rained out can be made up when and where space is available. Please include your team name at time of registration & signify if your team is considered to be Competitive or Recreation. The league will split into 2 divisions if there are enough teams. Team roster forms and league rules can be found online at www.fcprd.net Notes: Divisions may be combined if the minimum numbers of teams are not met. League Schedule and Rules will be emailed to each team representative. This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.

Early Bird Registration Fee - before 4/1 : \$300

Late Registration Fee - On or before 4/7: \$350

** No teams will be taken after 4/7

Activity#	Description	Date	Day	Time	Location
32529-A	Adult Summer Co-Rec Softball	5/8 - playoffs	Su, W	W - 6:30- 9:30 pm Su - 1 - 6 pm	Sherando Park and Clearbrook Park
(Monday and/or Fridays if needed)					

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

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

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



FREDERICK COUNTY PARKS AND RECREATION

KITE FEST

APRIL 6 • SHERANDO PARK • 10 AM - 2 PM

FREE ADMISSION

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



FREDERICK COUNTY
PARKS & RECREATION

Quick Start Tennis

AGE 4-10

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

It's a whole new ballgame for kid's tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the Quick Start Tennis format makes it easier for kids to hit the ball over the net, enjoying the game right from the start. Quick Start Tennis is played using a slower-moving and lower-bouncing ball, on smaller courts and utilizing shorter, lighter racquets. This program is designed to introduce the sport of tennis to kids using upbeat, positive, and encouraging coaching.

Activity#	Date	Day	Time	Fee	Location
32245-A	4/6-4/27	Sa	9:45-11A	\$57	Greenwood Mill Elementary School
32245-B	5/4-6/1	Sa	9:45-11A	\$57	Greenwood Mill Elementary School

No Class 5/25/19

[Register Here](#)

Youth Tennis

AGE 4-11 AND 11-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, & serve), develop techniques for better focus and concentration, gain self-confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN!

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

Activity#	Age	Date	Day	Time	Fee	Location
32344-A	4-11	4/9-5/2	Tu,Th	6- 7P	\$82	Sherando High School
32344-B	11-17	4/9-5/2	Tu,Th	7- 8P	\$82	Sherando High School
32344-C	4-11	5/7-5/30	Tu,Th	6- 7P	\$82	Sherando High School
32344-D	11-17	5/7-5/30	Tu,Th	7- 8P	\$82	Sherando High School

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

[Register Here](#)

Adult Tennis Program

AGE 18+

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.

A once a week option is available for Adult Tennis on either Tuesday or Thursday evenings.

Activity#	Date	Day	Time	Fee	Location
32544-A	4/9-5/2	Tu or Th	8- 9:30P	\$60	Sherando High School
32544-B	5/7-5/30	Tu or Th	8- 9:30P	\$60	Sherando High School



The Running Series -----○



RunAtTheTop.net

FREDERICK COUNTY PARKS AND RECREATION

Series Presented by



Trails 4 Miles Race for Autism

Join us for the first trail race in the area, and be ready for a challenge! This first annual race is a combination four mile race through the paved paths and wooded trails of Sherando Park. All proceeds from the race benefit the I'm Just Me Movement and The Arc of the Northern Shenandoah Valley as April is Autism Awareness Month. We also offer a one mile walk/run on the paved paths of Sherando Park for those participants who want to support Autism, but aren't comfortable running four miles. All participants will be awarded a race medal at the finish line to commemorate the first annual race.

Date: Saturday, April 6

Time: 8:30 am

Location: Sherando Park

Early Bird Fee: \$25 until March 1

Fee: \$30 from March 2 to Race Day

Raceday Fee: \$40

All Ages!

[Register Here](#)



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



Walk 15® Exercise Class

AGE 12+

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!

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

Special Olympics

AGE 8+

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. After the first practice, athletes will be told specific times to report as needed for the sport.

Activity #	Description	Date	Day	Time	Location
32714-A	Tennis	3/24-5/5	Su	6- 7P	Winchester Country Club
32714-B	Swimming	3/23-5/18	Sa	9:30-11A	Jim Barnett Park
32714-C	Softball	3/16-5/25	Sa	1:15- 4P	Sherando Park, Field #8
32714-D	Track and Field	3/17-5/19	Su	2:30- 4P	Sherando High School

Note: There will not be any Special Olympics practices on April 20, April 21 or Apple Blossom weekend.

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

Activity#	Date	Day	Time
55777-G	3/19-4/9	Tu	12:30- 1P
55777-H	4/30-5/21	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-I

Date: 8/1-12/31

Day: W

Time: 5:30 - 6:30P

Location: Gainesboro Elementary

[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.

Evendale Elementary School

220 ROSA LANE
WINCHESTER, VA 22602

Gainesboro Elem. School

4651 NORTH FREDERICK PIKE
WINCHESTER, VA 22603

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	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$28	\$44	M-F, 6P-10P Sa, Su 9A-10P	-
Activity Room	\$17	\$33	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, WINCHESTER, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$28	\$44	M-F, 6:00P-10P Sa, 9A-10P	-
Activity Room	\$17	\$33	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, STEPHENS CITY, VA 22655

Facility	Resident	Non-Res.	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	\$23	\$39	M-F 6P-10P Sa, Su 9A-10P	140

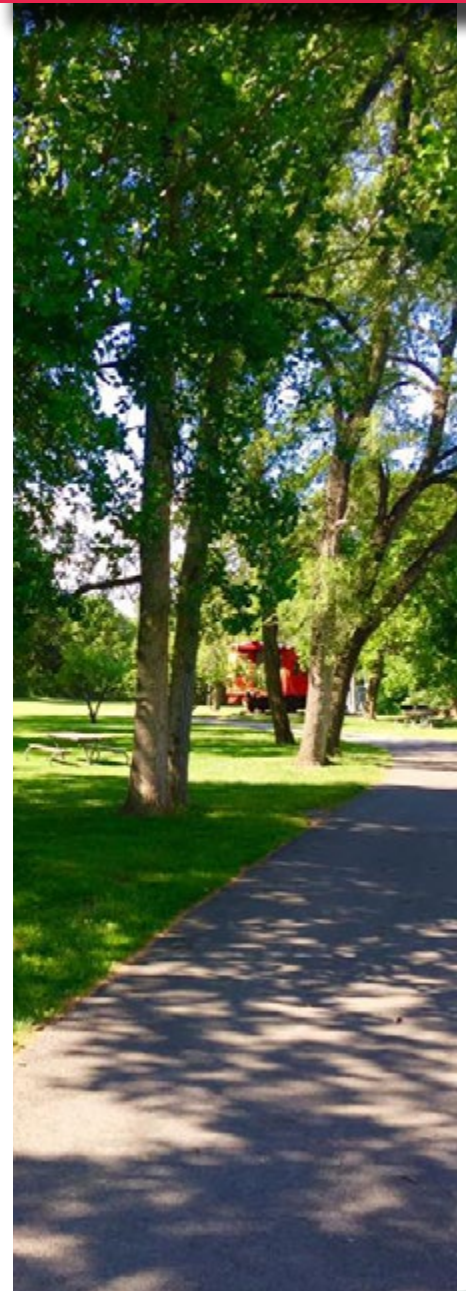
*Call 869-5988 to reserve the Racquetball Courts.

Orchard View Elementary School

4275 MIDDLE ROAD, WINCHESTER, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$28	\$44	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

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, VA

Situated on 330 scenic acres, Sherando Park offers a variety of 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:

- 3 miles shared-use paths
- 3 miles mountain bike trails
- 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 SHS)

Shelter	Capacity	Resident	Non-Res.
Lock Gazebo	35	\$45	\$60
Abex	75	\$56	\$72
James Wood FFA	75	\$56	\$72
Shawquon Ruritan	150	\$68	\$84
Sandy Family	150	\$68	\$84
Stephens City Lions	200	\$80	\$96

Neighborhood Parks

Frederick Heights, 102 Potomac Place, Winchester, VA

- 1/2 mile walking path loop
- 11 acres featuring a playground & basketball court
- picnic tables

Reynolds Store, 9291 N. Frederick Pike, Cross Junction, VA

- 1/2 acre with a playground



Clearbrook Park

3300 Martinsburg Pike, Clear Brook, VA

Traveling just five miles north of Winchester allows you to experience the 55 acres of Clearbrook Park which include:

- 1/2 mile walking path loop
- 3-acre lake
- lighted ball fields
- picnic shelters & tables
- 3,000 feet of paved walking paths
- paddleboats
- playground
- 25M outdoor pool
- volleyball courts
- vintage red caboose

Shelter	Capacity	Resident	Non-Res.
Lawrence	30	\$45	\$60
JWHS Key Club	75	\$56	\$72
JWHS Colonels	75	\$56	\$72
Rubbermaid	75	\$56	\$72
Antique Car Club	75	\$56	\$72
Brill Family	75	\$56	\$72
Shawnee Lions	150	\$68	\$84
Kiwanis II	150	\$68	\$84
Kiwanis I	200	\$80	\$96

Rose Hill Park

1873 Jones Road, Winchester, VA

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
- Restrooms

Shelter	Capacity	Resident	Non-Res.
Tom Baldrige - Jaycees	30	\$45	\$60



"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
Drag/Line	\$30	\$35	one time fee
Tournament (9A-11P)	\$125	\$155	Per Reservation
Field Lights	\$15	\$15	Per hour

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

Reservations must be made one (1) business day in advance and are subject to availability.

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



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

Registration Form

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

To register by phone with a credit card, call 540-665-5678 * Print this form at fcprd.net

Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Total Fees: \$				

Address: _____ Telephone Numbers _____

Home: _____ Work: _____

Cell: _____

Print Name of Parent/Guardian: _____ ☐ Please Call Me - I want to Volunteer as a Youth Coach!

To receive periodic e-mail updates from FCPRD, please provide us with your e-mail address: _____

Special accommodations needed _____

Allergies or intolerance to food, medication, etc., and action to take in an emergency _____

Under the provisions of the Virginia Freedom of Information Act, I hereby request that any and all personal information regarding the child(ren) named above be retained by The Frederick County Parks and Recreation Department as exempt from disclosure.

X

SIGNATURE OF PARENT/GUARDIAN

Date

PRINT NAME OF PARENT/GUARDIAN



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

PRST STD
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