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Swim
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SO MUCH TO DO!

SUMMER GUIDE

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



FREDERICK COUNTY
PARKS & RECREATION

2019 SUMMER ACTIVITY GUIDE

SHERANDO PARK
CAMPOUT
JUNE 21

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

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

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

Fall Softball Leagues · Pg. 15

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Youth Sports Golf Tournament · Pg. 26

To register please visit fcprd.net or call 540-665-5678.



Registration for 2019-2020 will open July 1!

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: \$97 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	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

basicREC Mornings Only

Fee: \$48 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	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

basicREC Afternoons Only

Fee: \$52 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	Armel 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

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

Camp basicREC

Ages: Rising 1st graders through Rising 6th graders

Instructors: FCPRD Recreation Technicians and Program Assistants

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

9 week session

Fee: \$1,080 - weekly payment options listed below

Days: M-F **Dates:** 6/10/19 - 8/9/19, **Closed:** 7/4

Time: 6:30 am - 6:00 pm

basicREC **DESIGNED
TO BE THE
BEST!!**

Community Center at Gainesboro Elementary School/Clearbrook Park and Pool

Activity # 18040-A Pool Days: M, W

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

Activity # 18040-B Pool Days: T, TH

[Register Here](#)

Community Center at Evendale Elementary School/Sherando Park and Pool

Activity # 18040-C Pool Days: T, TH

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

Activity # 18040-D Pool Days: T, TH

Redbud Run Elementary School/Sherando Park and Pool

Activity # 18040-E Pool Days: M, W

Stonewall Elementary School/Clearbrook Park and Pool

Activity # 18040-F Pool Days: M, W

Bass Hoover Elementary School/Sherando Park and Pool

Activity # 18040-G Pool Days: M, W

If you take advantage of all 9 weeks of CAMP basicREC, payments can be made by choosing option 1 or 2 below. If withdraw from the full-time enrollment in the program becomes necessary, your following weeks regularly scheduled payment will not be refunded. Please allow at least a 1 week cancellation notice to process your request.

Option 1: \$1080 is due when enrolling in all 9 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$120 will be due for the first week with the following deductions being withdrawn from your approved credit card or debit card on 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, and 7/29. Two weeks payment may need to be made based on the date of registration.

To register, you must obtain and fill out the CAMP basicREC registration form. You may register online at www.fcprd.net, or in person at the FCPRD office (8 am-4:30 pm). Registrations will not be processed unless all forms are completed and submitted along with payment. Forms may also be obtained by visiting our website. Please do not email the forms to us. Incomplete forms will be returned to you which could result in your information not being processed in a timely manner. Any emergency medications must be accompanied with a Medication Administration (MAT) form. A meeting must be made with the basicREC Manager to go over the emergency plan before medications may be left at your camp location.

Pick-A-Week!

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

[Register Here](#)

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

THEME: IT'S ALL ABOUT THE KIDS!

Fee: \$170

Date(s): 6/10-6/14

Activity # Camp Location

18041-A	Evendale Elementary
18041-B	Greenwood Mill Elementary
18041-C	Redbud Run Elementary
18041-D	Orchard View Elementary
18041-E	Gainesboro Elementary
18041-F	Stonewall Elementary
18041-G	Bass Hoover Elementary

THEME: FRENZY MADNESS

Fee: \$170

Date(s): 6/17-6/21

Field Trip: Skyline Laser Tag

Activity #	Camp Location	Trip Date
18042-A	Evendale Elementary	6/21
18042-B	Greenwood Mill Elementary	6/17
18042-C	Redbud Run Elementary	6/20
18042-D	Orchard View Elementary	6/19
18042-E	Gainesboro Elementary	6/18
18042-F	Stonewall Elementary	6/18
18042-G	Bass Hoover Elementary	6/20

THEME: FUN IN THE SUN

Fee: \$170

Date(s): 6/24-6/28

Field Trip: Atlantis Water Park

Activity #	Camp Location	Trip Date
18043-A	Evendale Elementary	6/25
18043-B	Greenwood Mill Elementary	6/27
18043-C	Redbud Run Elementary	6/26
18043-D	Orchard View Elementary	6/25
18043-E	Gainesboro Elementary	6/24
18043-F	Stonewall Elementary	6/24
18043-G	Bass Hoover Elementary	6/26

THEME: MOVIE MANIA

Fee: \$136

Date(s): 7/1-7/5 (No camp on July 4)

Field Trip: Alamo Drafthouse Cinemas

Activity #	Camp Location	Trip Date
18044-A	Evendale Elementary	7/3
18044-B	Greenwood Mill Elementary	7/3
18044-C	Redbud Run Elementary	7/3
18044-D	Orchard View Elementary	7/3
18044-E	Gainesboro Elementary	7/3
18044-F	Stonewall Elementary	7/3
18044-G	Bass Hoover Elementary	7/3

THEME: A GREAT ADVENTURE

Fee: \$170

Date(s): 7/8-7/12

Field Trip: Harpers Ferry National Park

Activity #	Camp Location	Trip Date
18045-A	Evendale Elementary	7/10
18045-B	Apple Pie Ridge Elementary	7/10
18045-C	Redbud Run Elementary	7/11
18045-D	Orchard View Elementary	7/10
18045-E	Gainesboro Elementary	7/9
18045-F	Stonewall Elementary	7/9
18045-G	Bass Hoover Elementary	7/11

THEME: LET THE GAMES BEGIN

Fee: \$170

Date(s): 7/15-7/19

Field Trip: Field Day at Sherando Park

Activity #	Camp Location	Trip Date
18046-A	Evendale Elementary	7/17
18046-B	Greenwood Mill Elementary	7/17
18046-C	Redbud Run Elementary	7/17
18046-D	Orchard View Elementary	7/17
18046-E	Gainesboro Elementary	7/17
18046-F	Stonewall Elementary	7/17
18046-G	Bass Hoover Elementary	7/17

THEME: ROCKIN' & ROLLIN'

Fee: \$170

Date(s): 7/22-7/26

Field Trip: Northside Lanes - Bowling

Activity #	Camp Location	Trip Date
18047-A	Evendale Elementary	7/24
18047-B	Greenwood Mill Elementary	7/26
18047-C	Redbud Run Elementary	7/23
18047-D	Orchard View Elementary	7/22
18047-E	Gainesboro Elementary	7/25
18047-F	Stonewall Elementary	7/25
18047-G	Bass Hoover Elementary	7/23

THEME: LAST BIG SWIM

Fee: \$170

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

Field Trip: Atlantis Water Park

Activity #	Camp Location	Trip Date
18048-A	Evendale Elementary	8/1
18048-B	Greenwood Mill Elementary	7/30
18048-C	Redbud Run Elementary	7/29
18048-D	Orchard View Elementary	8/1
18048-E	Gainesboro Elementary	7/31
18048-F	Stonewall Elementary	7/31
18048-G	Bass Hoover Elementary	7/29

THEME: ANYTHING GOES

Fee: \$170

Date(s): 8/5-8/9

Field Trip: Sportsplex/YDC - Drop off and pick up at Sportsplex 8/5, 8/6, 8/7 and at the Youth Development Center on 8/8 and 8/9

Activity #	Camp Location
18049-A	Evendale Elementary
18049-B	Greenwood Mill Elementary
18049-C	Redbud Run Elementary
18049-D	Orchard View Elementary
18049-E	Gainesboro Elementary
18049-F	Stonewall Elementary
18049-G	Bass Hoover Elementary

Ballet

AGE 3-5

Instructor: Jennifer Turman Bayliss, *The Sunshine Studio*

Preschoolers will love the creativity and fun of this dance class! Young ballerinas will learn ballet basics, including names of positions. 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](#)

AGE 3-5

Activity#	Date	Day	Time
48101-A	7/15-7/19	M-F	9:30-11:30A
Fee: \$90	Location: Sherando Community Center Multipurpose Room		

Line Dancing

AGE 10+

Instructor: Paul Richardson

Families are encouraged to do this program together! Dive into the popular world of modern line dances. Learn the classic favorites, the newest pop dance and many styles in between. Please wear tennis shoes and bring water.

Activity#	Date	Day	Time
15702-E	6/5-7/17	W	7- 8P
Fee: \$10	Location: Evendale Elementary		

[Register Here](#)

Pound, Paint and Create

AGE 7-13

Instructed by: Emily Rhodes and Polka Dot Pot Staff

Join us for a week of messy and creative fun! Everyday a new experience awaits campers. Each camper will throw a pot on the wheel, hand build with clay, and learn how to fuse glass. We will also experiment with different painting techniques on pottery and canvas. Clay items will be available to take home two weeks from the end of camp. Wear clothes that can get messy. Bring a simple snack and water. Three sessions to choose from with different projects each session.

[Register Here](#)

Fee: \$145

Location: Polka Dot Pot

157 North Loudoun Street, Winchester, Va 22601

Activity#	Date	Day	Time	Deadline
48303-A	6/17-6/21	M-F	9A-12P	6/12
48303-B	7/8-7/12	M-F	9A-12P	7/3
48303-C	8/5-8/9	M-F	9A-12P	7/31



Explorers Club Fire & Rescue Camp

RIISING 6TH & 7TH GRADERS

Have you ever wondered what it would be like to be a Firefighter? Now is your chance! Be a part of the Frederick County Fire & Rescue Explorers Club Camp. As an Explorer you will learn rappelling, first aid, CPR, orienteering, emergency preparedness and how to operate a fire extinguisher. Enjoy putting your new skills to work as you participate in daily team competitions. Lunch and tee shirts will be provided. This Camp is available to rising 6th and 7th Graders that live in Frederick County. New applicants only, please.



Location: Round Hill Community Fire Department & Frederick County Public Safety Building

Dates: 6/24 – 6/28

Time: 8:30 am - 4:30 pm M, Tu, Wed, Th

8:30 am - 2:00 pm Friday

Registration Deadline: 5/24

Fee: \$50 per person

[Register with](#)
[Frederick County Fire & Rescue](#)
[540-665-5618](#)

[Application Form](#)





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 pm

[Register Here](#)

Kids Running Club Summer Work Outs!

AGE 7-14

Instructors: FCPRD Running Club Coaches

Have you ever thought about joining the FCPRD running club? This drop-in program will give you a glimpse of what running club entails during the spring and fall season.

[Register Here](#)

Activity#	Date	Day	Time	Fee	Location
42326-A	7/9	Tu	6- 7P	\$8	Sherando Park - Rotary Shelter
42326-B	7/23	Tu	6- 7P	\$8	Apple Pie Ridge Elementary - Bus Parking Lot
42326-C	8/6	Tu	6- 7P	\$8	Millbrook High School - Across from Tennis Courts

FCPRD Track and Field Event

AGE 9-14

Frederick County Parks & Recreation is offering a one-day track and field event day where participants that are between ages 9-14 can compete against each other in various events. The top two qualifying participants in each age group will have the opportunity to compete in the Central Virginia Track & Field Finals on Saturday June 15, 2019 at Louisa County High School. Each participant can choose a maximum of four events from the following Track: 50/100/200/400/800/1600 & 4x100 Meter Relay (not all events for all age groups). Field: Standing Long Jumps, Softball Throw (all ages). To register by phone please call 540-65-5678. Pre-registration is highly recommended. Event sign up will take place onsite from 11 am to 12 pm.

[Register Here](#)

Activity#	Date	Day	Time	Fee	Location
43326-A	5/19	Su	12- 5P	Free	Sherando High School Track

Youth Archery

AGE 9-17

Instructors: Robin Jenkins- NASP Basic Archery Instructor; Physical Education Teacher Jason Herndon- USA Level 2 instructor trainer, a NASP coach, and avid bowhunter

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

Fee: \$80 Location: Sherando Park Ruritan Shelter
Day: M-F

Activity#	Date	Time
48755-A	6/24-6/28	9-10:20A
Registration Deadline:	6/13	
58755-A	9/9-9/13	6- 7:20P
Registration Deadline:	8/29	

[Register Here](#)

Zip Line Adventures Day!

AGE 8-14

A day of nonstop fun! The Mountain Zip Line at Bryce is a series of interconnected lines that takes adventurers from the top of the chairlift to the bottom of the mountain, flying through the air harnessed to cables. The mountain also continues its popular snow tubing excitement in the summer with Mountain Tubing, providing excitement as participants fly down synthetic snow atop summer tubes. Participants will be divided into age/ability appropriate groups to rotate through activities. Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Check list will be provided upon registration.

Time: 7:45A – 5:00P

Location: Armel Elementary School Parking Lot
Participants need pack a lunch daily

Activity#	Date	Day	Time	Fee
44332-A	6/26	W	9:30A- 3:45P	\$55
44332-B	7/10	W	9:30A- 3:45P	\$55
44332-C	8/7	W	9:30A- 3:45P	\$55

[Register Here](#)

Youth Archery - Stage 2

AGE 9-17

Instructors: Robin Jenkins- NASP Basic Archery Instructor; Physical Education Teacher Jason Herndon- USA Level 2 instructor trainer, a NASP coach, and avid bowhunter

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

Fee: \$80 Location: Sherando Park Ruritan Shelter
Day: M-F

Activity#	Date	Time
48755-B	6/24-6/28	10:30-11:50A
Registration Deadline:	6/13	
58755-B	9/9-9/13	7:30- 8:50P
Registration Deadline:	8/29	

[Register Here](#)

Adventure Weeks

AGE 9-14

Nothing builds character, confidence, and friendship like River Riders Outdoor Adventure Camps action-packed, fun and unique summer camp program. This program is designed for adventure seeking kids ages 9-14 in Wild and Wonderful, West Virginia. Whitewater rafting, kayaking, tubing, zip line and aerial adventure park activities will provide excitement for any camper in need of an invigorating change of pace! All of our activities provide beginner to intermediate excitement for any child in need of a change of pace and are facilitated by River Riders highly trained guides who make it their goal to share their experience and passion for adventure, exploration and the outdoors with your child. Campers will also come away from camp having learned the basics of river safety and guiding through different experiences on the Shenandoah and Potomac river. Outdoor Adventure Camp will provide your child with lifelong memories. Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Participants need a packed lunch daily.

Pickup and drop off location is Redbud Run Elementary School parking Lot

Fee: \$398

Activity#	Date	Day	Time
48351-A	6/17-6/21	M-F	7:45A- 5P
48351-B	7/15-7/19	M-F	7:45A- 5P
48351-C	8/5-8/9	M-F	7:45A- 5P

[Register Here](#)



Young Riders Camp

AGE 7-15

If you are interested in horseback riding, then the perfect experience is waiting for you at Hunters Bay Sport Horses. This camp is geared for the young horse enthusiast. Campers will be introduced to riding, caring, grooming, and much more. Hunters Bay Sport Horses will provide campers with four days filled with horse activities and time in the saddle, finished with a fun horse show and a camp memorabilia item. Space is limited so sign up today. Drop off time is- 8:50-9 am and Pick-up time is 3-3:10 pm. Website: www.horselocate.com

Fee: \$285 Location: Hunter's Bay Sport Horses
439 Reliance Road, Middletown, Va 22645

Day: M-Th Time: 9A-3P [Register Here](#)

Activity#	Date	Registration Deadline
48756-A	6/17-6/20	6/10
48756-B	6/24-6/27	6/17
48756-C	7/8-7/11	7/1
48756-D	7/15-7/18	7/8
48756-F	7/22-7/25	7/15

Wrestling Camp

AGE 5-13

Instructed by: John Campbell, Aylor Middle School Wrestling Coach

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

Fee: \$65 Date: 7/22-7/26 Time: 8:30-11A
Location: Sherando High School Wrestling Room

Activity#	Description	Register Here
48357-A	Ages 5-8	
48357-B	Ages 9-13	

Registration Deadline: 7/11

Great American Family Campout

AGES 3+

Great American Campout is a part of National Wildlife Federation's 10 Million Kids Outdoors Campaign. This initiative seeks a future in which all children spend time outside each day, creating a generation of happier and healthier children with more awareness and connection to the natural world. National Wildlife Federation has worked to connect children and youth with nature for decades, inspiring children through Ranger Rick magazine, working with educators to get kids learning outdoors, and helping parents find new ways to engage their children outside.

Join us at Sherando Park for a night of family camping fun on Friday, June 21! Campers will get one campsite for the evening, and the following activities will be offered:

- Equipment for lawn games such as kickball, soccer, and flag football, plus access to all our hiking trails and playgrounds until 8:30 pm.
- Free pool entry to Sherando Pool from 6- 8:30 pm.
- Mountain Biking demo from our friends at Element Sports from 6-7:30 pm.
- Free viewing of Wreck It Ralph 2 at the Rotary Shelter across from the pool provided by our friends at MousePros Travel Agency
- Group bonfire with marshmallows after the movie

There will be kettle corn on site for purchase, and lots of fun to be had by all! Don't miss out-- advance registration is required as we have a limit of 50 campsites for this year's event. PLEASE NOTE: campsite selection is FIRST-COME, FIRST-SERVE at check-in on the day of the event.

Activity #43751-A
Fee: \$20 per campsite
Day: F
Date: 6/21

[Register Here](#)

Time: Check-in from 5-6 pm; campsites must be cleaned up and exited by 8 am on Saturday, 6/22
Location: Sherando Park Rotary Shelter (next to soccer fields across from the pool)
Registration Deadline: 6/20

Lacrosse Camp

AGE 7-14

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

[Register Here](#)

Boys Lacrosse

Activity#	Description	Date	Day
48449-A	Basic Skills	7/8-7/11	M-Th
48449-B	Advanced	7/8-7/11	M-Th
Fee: \$75	Location: Sherando Park, Field #1		
Time: 6-8P			

Girls Lacrosse

Activity#	Description	Date	Day
48449-C	Girls Lacrosse	7/8-7/10	M-W
Fee: \$60	Time: 6-7:30P		
Location: Sherando Park, Field #1			

Fencing Classes

AGE 8+

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. Our qualified instructor, Mr. Tom Jobson, is an insured member of the United States Fencing Association. 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
17782-D	7/2-8/31	Tu: 6:30-8P, Sa: 10-11:30A
Fee: \$75	Location: Gainesboro Elementary School	

Youth Basketball Camp

AGE 5-7

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst. This camp is designed to develop your skills and learn the fundamentals of basketball. Participants will work on dribbling, passing, shooting, offense/defense drills, & teamwork. Bring a water bottle & small snack

[Register Here](#)

Activity#	Date	Day	Time
48220-A	7/15-7/18	M-Th	9:30-11:30A
Fee: \$60	Location: Greenwood Mill Elementary		

Basketball Skills & Conditioning Camp

AGE 7-9

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst. This camp is designed to develop your skills and learn the fundamentals of basketball. Participants will work on dribbling, passing, shooting, offense/defense drills, and teamwork. Basic foundations of athletics moves will be covered.

[Register Here](#)

Activity#	Date	Day	Time
48320-A	7/8-7/10	M-W	10A-12P
Fee: \$48	Location: Evendale Elementary		

Volleyball Camp

AGE 8-16

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

This three-day camp will improve participants overall game through intensive drills, competition, and expert training in competitive volleyball fundamentals and tactics. Spots are limited. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes. Please provide your child's shirt size when registering. Our main focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance.

[Register Here](#)

Fee: \$60
Location: Sherando High School

Activity#	Description
48322-A	Fundamental Session (Ages 8-14)
Date: 7/1-7/3	Day: M-W Time: 9-11:30A

Activity#	Description
48322-B	Specialized Session (Ages 12-16)
Date: 7/1-7/3	Day: M-W Time: 1-3:30P

Kickin' Kids Soccer Camp

AGE 4-6

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst.

This camp is designed to develop the basic skills of soccer. Participants will work on dribbling, passing, goal shooting, footwork, offense/defense drills, teamwork, and small sided games. Bring water bottle & small snack. Fee includes soccer medal

Activity#	Date	Day	Time
48225-A	7/29-8/1	M-Th	9:30-11:30A
Fee: \$60	Location: Evendale Elementary		

[Register Here](#)

Cheer Camp

RIISING 1ST-9TH GRADE

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

Activity#	Date	Day	Time	Fee
48323-A	7/8-7/12	M-F	9A- 3P	\$55

Location: Sherando High School

[Register Here](#)

Baseball/Softball Camp

AGE 5-15

Instructor: Jason Miller, former coach at Winchester Post 21, Sherando HS and Briar Woods HS, State Champion.

Learn the basic fundamentals of baseball/softball and show off your skills at our summer Baseball/Softball Camp. There will be individual and group drills involving the mechanics of throwing, fielding, hitting, and baserunning. Make sure your child is lathered in sunblock, has their own glove and bat, and has a water bottle available daily. Friday, June 19 Rain Date.

We will be taking a "Opening Day" field trip on Monday, July 15 to the Frederick Keys game. Game time will be 12:00. We will have a camp workout Monday morning and then take a bus up to the Keys game. Per the Frederick Keys, all kids 12 and under will receive a voucher for a hot dog, soda, and chips. Parents wishing to attend the game as well are welcome to join us on the bus or follow the bus.

Location: Sherando Park Date: 7/15-7/18
Time: 9A-12P Day: M-Th

Activity#	Description	Fee
48324-A	Baseball Camp Only	\$50
48324-B	Baseball Camp/Keys Game	\$75
48324-C	Softball Camp Only	\$50
48324-D	Softball Camp/Keys Game	\$75
48324-E	Parents/Family Keys Game	\$35

Summer Basketball League

AGES 10-18

This league is designed to introduce the game of basketball to ages 10-18. Participants must be appropriate age on or before the registration deadline of June 10, 2019. To help make these leagues a success, we are asking for parent/volunteer coaches and assistant coaches. Coaches and assistant coaches must be certified by the National Alliance of Youth Sports Program and successfully pass a criminal background check in order to coach. Please contact us at 540-665-5678 if you're interested in becoming a volunteer coach. Mandatory coaches meeting Thursday, June 20, 2019. All registrations received after 6/10/2019 will be placed on a waiting list. There is no guarantee of acceptance into a program after a registration deadline passes.

Date	Day	Time	Fee
6/22-7/29	M,W,Sa	6- 9P	\$50

Activity#	Description
42320-A	Age 10-11
42420-A	Age 12-13
42420-B	Age 14-15
42420-C	Age 16-18

Youth Kickball League

AGES 9-14

Who wants to play everyone's favorite recess game in an organized setting? Get outside and join us in a weekly Sunday league to keep the kids involved in a game everyone can play! All teams will need a volunteer coach to keep track of rules, lineups, positions, etc. Players will be randomly selected and notified of their team and game schedule a few days after the deadline.

Fee: \$30 Date: 6/16-7/21 Day: Su
Time: 3-8P Location: Orchard View Elementary

Activity#	Description
42383-A	Ages 9-11
42383-B	Ages 12-14

Kids on Golf

AGE 7-13

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

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

Location: Golden Apple Executive at Appleland Sport Center
Time: 9-11:30A

Activity#	Description	Date	Fee
48758-A	Own clubs	6/17-6/21	\$85
48758-B	FCPRD clubs	6/17-6/21	\$95
48758-C	Own clubs	7/8-7/12	\$85
48758-D	FCPRD clubs	7/8-7/12	\$95

Registration Deadlines - Sec. A, B: 6/13 and C, D: 7/3

[Register Here](#)

Continue a Kid on Golf

AGE 8-14

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

This program takes Kids on Golf to the next level and is for those who have completed an introductory golf class. Instruction includes fundamentals reviewed, bunker play, course management, rules/etiquette, and course play. This program mixes excitement with lots of skill building and challenges with an included tournament being played on Friday (see the Golf Tournament Fore Kids description). Golfers must provide their own clubs.

Location: Golden Apple Executive at Appleland Sport Center

Activity#	Date	Day	Time	Fee
48771-A	6/24-6/28	M-F	9-11A	\$77
48771-B	7/15-7/19	M-F	9-11A	\$77

Registration Deadlines - Sec. A: 6/20 and B: 7/11

[Register Here](#)

Evening Golf for Kids

AGE 7-13

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

Activity#	Date	Day	Time	Fee
48754-A	7/22-7/26	M-F	5- 7P	\$68

Location: Rock Harbor Golf Course

Registration Deadline - 7/18

[Register Here](#)

Golf Tournament Fore Kids

AGE 8-14

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

Test your golf skills in this junior golf tournament. Trophies and prizes will be awarded to each age division. Golfers must provide their own clubs. Proper golf attire and etiquette is required. USGTF Pro Brent Baker will pair up 3 players per team.

Fee: \$20 - 6 Holes for age 8-10
\$25 - 12 Holes for age 11-14

Location: Golden Apple Exec. at Appleland Sport Center

Day: Friday

Activity#	Description	Date	Age	Time
42779-A	6 Holes	6/28	8-10	8-10:30A
42779-B	12 Holes	6/28	11-14	11A- 2P

Activity#	Description	Date	Age	Time
42779-C	6 Holes	7/19	8-10	8-10:30A
42779-D	12 Holes	7/19	11-14	11A- 2P

Registration Deadlines - Sec. A, B: 6/26 and C, D: 7/17

[Register Here](#)

Youth Sports Sampler

AGES 4-9

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst.

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

Activity#48213-A Fee: \$60 Age: 4-6
Days: M-Th Dates: 6/24-6/27
Times: 9:30-11:15A Location: Evendale Elementary

Activity#48213-B Fee: \$60 Age: 7-9
Days: M-Th Dates: 6/24-6/27
Times: 11:30-1:15A Location: Evendale Elementary

[Register Here](#)

Sports Conditioning Clinic

AGE 8-12

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst.

For beginners and advanced athletes who participate in any sports and would like to improve their running speed, agility, hand/eye coordination, balance, strength, and more!

Activity# 49326-A
Day: T, Th Only
Date: 7/16, 7/18, 7/23, 7/25
Time: 6-7:30P
Fee: \$75

Location: Evendale Elementary Gym and Fitness Room

[Register Here](#)

Photography

AGE 8-13

Instructor: *Lifetouch Photography*

This mini camp is a great way to learn how to take better pictures! This program will be a fun way to learn to use your digital camera and/or smartphone to capture better looking quality images. We will learn the basics of a digital camera, simple photography techniques, and use creative and critical thinking when capturing images. We will explore the outdoors for photo projects, photo reviews, and much more. Please bring a water bottle, non-perishable snack and sunscreen. Please bring your digital camera or smart phone.

Activity#	Date	Day
48319-A	7/22-7/24	M-W

Time: 9A-12P Fee: \$48

Location: Clearbrook Park Ranger Station

[Register Here](#)

Art in the Park: Mosaics/Glass Explored

AGE 11+

Instructor: *Carol Erickson, Starfish Paint and Create*

Art made fun! Explore a variety of artistic techniques including mosaics, stained glass, sea glass and glass paints. Picture frames, planters and sun catchers are the projects that you will do in class and take home. Please bring smock, simple snack and refillable water bottle. We may go outdoors so bring sunscreen and a small backpack for your items.

[Register Here](#)

Activity#	Date
48300-A	7/15-7/19

Fee: \$60 Location: Clearbrook Park Ranger Sta.

Day: M-F Time: 9-11:30A

Art in the Park: Exploration with Paint

AGE 7-11

Instructor: *Carol Erickson, Starfish Paint and Create*

Your masterpiece awaits! By exploring the transparency of watercolors and the opaqueness of acrylic paints you will create your very own masterpieces. Take home projects will include a framed 8"x10" watercolor and a small canvas painting. Color wheel, color matching and blending will also be covered. Please bring a snack, refillable water bottle, sunscreen and a small backpack.

Activity#	Date
48300-B	7/29-8/2

Fee: \$60 Location: Clearbrook Park Ranger Sta.

Day: M-F Time: 9-11:30A

[Register Here](#)

Get Your Mosaic On

AGE 18+

Instructor: *Carol Erickson, Starfish Paint and Create*

This for adults only class will bring out the creativity in you. Create an 8"x 10" stained glass mosaic piece from start to finish. We will design, construct and grout a mosaic work of art ready to hang or display in your home. Come with your ideas or use the pre-selected templates to create your piece. All supplies are included. Two sessions to choose from.

Fee: \$45

Day: Sa

Location: Evendale Elementary

Time: 9A-12P

[Register Here](#)

Activity#	Date
45500-A	7/13
45500-B	7/27

American Red Cross Babysitting

AGE 11+

[Register Here](#)

This class is a great resource for those interested in babysitting and for those already babysitting. Participants will engage in hands on activities, watch training videos, and participate in instructor led discussions. Topics covered will include safety, basic care, basic first aid (this class will not certify in CPR/First Aid). We will also cover responsibility of a babysitter and engaging children in play time. Everyone will receive a training pack including a handbook, CD and resource information. Please bring a non-perishable lunch, beverage and snack. Two sessions to choose from. Address: 151 Fortress Drive, Winchester, VA

Fee: \$90

Location: American Red Cross

Activity#	Date	Day	Time
48418-A	6/11	Tu	9A- 4:30P
48418-B	6/20	Th	9A- 4:30P

Sensational Salads

AGE 12+

Instructor: *Jen Roszelle, Living in Abundance*

Summer is the perfect time to lighten up your menu with salads as your main course. In this class, we will discuss the variety of local fruits and vegetables that are available during the summer and fall season. You will learn recipes that feature fresh produce along with recipes for amazing yet simple dressings. Two sessions to choose from.

Fee: \$17

Day: Sa

Location: Greenwood Mill Elementary

Time: 10-11:30A

[Register Here](#)

Activity#	Date
47784-A	6/29
47784-B	7/13

STEM and Jedi Master with Play-Well TEKnologies

AGE 7-12

Gear up for a full day of LEGO® camp packed with hands on and minds on STEM fun! In this challenged based program, you will build projects inspired by cool machines such as forklifts, houseboats and a mini golf course. We will also build x-wings, Pod Racers and more. Please pack a lunch and snacks and a refillable water bottle.

Activity# 48306-A

Date: 6/24-6/28

Day: M-F

Time: 9A-4P

Fee: \$250

Location: Sherando Community Center Multipurpose Rm

[Register Here](#)

Intro to STEM with Play-Well TEKnologies

AGE 5-6

Let your imagination run wild with tens of thousands of LEGO® parts. Build engineer designed projects such as trains, helicopter, tree houses and beam bridges. Design and build as never before. The Play-Well TEKnologies instructor will guide you every step of the way while encouraging imagination, and creativity in a fun and positive atmosphere. Please bring a simple snack and refillable water bottle.

Activity# 48306-B

Date: 7/22-7/26

Day: M-F

Time: 9A-12P Fee: \$140

Location: Sherando Community Center Multipurpose Rm

[Register Here](#)

STEM Exploration with Play-Well TEKnologies

AGES 7-12

This camp is a must! We will create motorized machines using LEGO® parts. Our Play- Well engineering instructors will guide participants in this advanced engineering camp, as participants re-engineer standard vehicles into mechanized machines that can traverse challenging obstacles and take on the instructors' creations. The instructors will guide the bash bots as well as challenge participants to learn and apply engineering principles. Please bring a simple snack and refillable water bottle.

Activity# 48306-C

Description: Engineering with Play-Well TEKnologies

Date: 7/22-7/26

Day: M-F

Time: 1-4P

Fee: \$140

Location: Sherando Community Center Multipurpose Rm

[Register Here](#)

Pee Wee Flag Football

AGE 5-8

This program is geared for children ages 5-6 and 7-8 year olds who are interested in trying football. Fun and fundamentals will be the focus of these divisions. The program will meet twice a week starting in September. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 8/26/19. One practice per week TBA

Fee: \$35

Date: 8/26-10/26

Day: M-Sa

Time: TBA

[Register Here](#)

Activity#	Description
32221-A	Age 5-6
32221-B	Age 7-8

Pee Wee Flag Football Clinic

[Register Here](#)

AGE 5-7

Instructor: Lisa Mann, Certified Personal Trainer and Kids Sports Inst.

This two day clinic is perfect to learn the basic skills of flag football. The clinic will provide the opportunity for children to work on throwing, catching, agility, offense/defense, change of directions with & without a ball, & game skills. Fee includes Certificate

Activity#

Date

Day

Time

48221-A

8/11, 8/18

Su

4- 5:30P

Fee: \$35

Location: Evendale Elementary

Flag Football Cheerleading

AGE 5-12

Go, Fight, Win! Are you energetic, enthusiastic and love to dance? FCPRD is looking for you to help cheer on our 9-10 flag football teams this fall. All cheerleaders will receive pom poms, a cheer shirt, and a skort. Participants must attend either elementary or middle school. Games will be played on Saturdays starting in mid-September. Please provide your child's shirt and pants size when registering. There could be more than one team per site depending on numbers so we will be in need of coaches. Days: TBD

Date: 9/3-11/2 Time: 5:30-7:30P

[Register Here](#)

Activity#	Fee	Location
52323-A	\$45	Evendale Elementary
52323-B	\$45	Redbud Run Elementary School
52323-C	\$45	Apple Pie Ridge Elementary

Adult Fall Softball

AGE 18+

Our Countywide leagues will have a 14-game guarantee with a post season tournament and utilizing both Sherando and Clearbrook Parks for game locations. Games will alternate between Sherando and Clearbrook Park. Make-up games will be scheduled when and where space is available. Players must be 18 years of age in order to participate. Rosters are due by the team's third game. Please include your team name at time of registration. Team roster form and league rules can be found at our website www.fcprd.net.

Activity # 52528-A

Early Bird Registration Fee: \$300 on or before 8/1

Final Registration Fee: \$350 between 8/2 & 8/5

(Teams will not be taken after 8/5)

Day(s): M (makeup day), T, TH

Date(s): 8/27-Playoffs

Location: Clearbrook and Sherando Park Softball Fields

Time: 6:30P, 7:30P, 8:30P

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.

Flag Football

AGE 9-13

Don't miss the excitement of FCPRD flag football! This league provides participants with plenty of action while learning new flag football skills. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 8/26/19. Two practices a week TBA

Date: 8/26-10/26

Day: M-Sa

Time: TBA

Activity#	Description	Fee
52321-A	Flag Football (Ages 9-10)	\$40
52321-B	Flag Football (Ages 11-13)	\$45

[Register Here](#)

Adult Fall Co-Rec Softball

AGE 18+

Register now for the hottest co-rec softball league in the area! Teams get a 12-game guarantee plus a double elimination tournament utilizing both Sherando and Clearbrook Parks for game locations. 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 by the team's third game. Games that are rained out can be made up when and where space is available. The tournament format will be determined based on the total number of teams registered. Please include your team name at time of registration and 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

Activity # 52529-A

Early Bird Registration Fee: \$260 on or before 8/1

Final Registration Fee: \$310 between 8/2 & 8/5

(Teams will not be taken after 8/5)

Days: W, F

Date: 8/28-Playoffs

Location: Clearbrook and Sherando Park Softball Fields

Times: 6:30P, 7:30P, 8:30P

Notes: Divisions may be combined if the minimum number 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.



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 Club

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 9 am; return approx. 4 pm.

Activity#	Date	Day
34638-A	5/17	F

Time: 9A- 4P

Fee: \$15

Location: Skyline Drive

[Register Here](#)

Annual Gad Abouts Club Picnic

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

Activity#	Date	Day	Time	Location
43680-A	9/20	F	11A- 2P	Sherando Park Lions Shelter

[Register Here](#)

Catoctin Wildlife Preserve

THURMONT, MD

Walk on the wild side with us as we experience the most interactive touch and feed opportunities of any regional zoo! Catoctin Wildlife Preserve features over 600 exotic animals on a 50-acre park. We will visit the Preserve, then head out to a Dutch Treat lunch on the way home. PLEASE NOTE: this trip could involve extensive walking and/or standing. Home pickups are available for an additional \$6 fee for this activity. Time: Depart Armel Elementary parking lot at 9 am; return approx. 5 pm.

Activity#	Date	Day	Time	Fee
44608-A	8/16	F	9A- 5P	\$30

[Register Here](#)

Club Treat Lunch Out at Golden Corral

Gad Abouts Club members will get lunch paid for by their Club Treasury! All are welcome, but non-Gad Abouts Club members must be prepared to pay for their own meal. Home pickups are available for an additional \$6 fee for this activity.

[Register Here](#)

Activity#	Date	Day	Time	Location
47680-A	7/19	F	11A- 2P	Golden Corral

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	M	11A- 2P

Location: Gainesboro Elem School

[Register Here](#)

Day Out in Strasburg, Virginia

We will visit the Strasburg Emporium (home of tons of antiques, books, and more!), then go out for a Dutch Treat lunch at the Queen Street Diner. We will also visit a farmer's market on the way home for fresh fruits and veggies! Home pickups are available for an additional \$6 fee for this activity. Time: Depart Sunnyside Plaza at 10 am; return approx. 5 pm.

[Register Here](#)

Activity#	Date	Day	Time
47600-A	8/26	M	10A- 5P

Field Trip to Berryville

Bring money for Dutch treat lunch and board the bus for a jaunt to Needles and Pins store to admire handcrafted clothing and decorative items plus it's a great way to pick up any craft supplies! We will also go next door to Berryville Treasures before we grab lunch and head home. Home pickups are available for an addition \$6 fee for this activity. Time: Depart Sunnyside Plaza at 10 am; return approx. 5 pm.

Activity#	Date	Day	Time	Fee
47610-A	7/23	Tu	10A- 5P	\$12

[Register Here](#)

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

[Register Here](#)

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

Location: Sherando Community Center

Shoppers Day Out at Fair Oaks Mall

AGE 50+

Attention, shoppers! Let us do the driving (plus there's plenty of storage space for all those purchases) on a day out adventure to Fair Oaks Mall. Two levels and over 1 million square feet of stores and restaurants await! Price includes transportation only, lunch will be on your own at the Mall. NOTE: This trip could involve extensive walking and/or standing. Time: Depart Sunnyside Plaza at 9:30am; Armel Elementary School at 10am; return approx. 5pm.

Activity#	Date	Day
44639-A	6/7	F

Time: 9:30A- 5P
Fee: \$18

[Register Here](#)

Train Ride to Washington, D.C.

AGE 50+

Back by popular demand! Hop aboard for a train trip departing from Harpers Ferry, WV, and heading to Union Station in Washington, D.C. We will board the train at 11:30 am and arrive at Union Station approx.. 1pm. After lunch out on our own and some exploring in the Station, we will be boarding a return train at 4p.m. to come back to Harpers Ferry. Fee includes transportation on bus and the train ticket. Lunch and other purchases must be on your own. NOTE: this trip could involve extensive walking and/or standing. Time: Depart Sunnyside Plaza at 9:30 am; Armel Elementary School at 10 am; return approx. 6:30 pm.

Activity#	Date	Day
44636-A	6/18	Tu

Time: 9:30A- 6:30P
Fee: \$40

[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 7 am; Armel Elementary parking lot at 7:15 am; return approx. 5 pm.

Activity#	Date	Day
34632-B	6/20	Tu

Time: 7A- 5P
Fee: \$25
Location: Washington, DC

[Register Here](#)

Dayton Market and Lunch Out

AGE 50+

A day of shopping end-of-summer goodies followed by Dutch treat lunch out at the Wood Grill, a low key day to beat the heat in the dog days of summer! Time: Depart Sunnyside Plaza at 9:30a.m.; Armel Elementary School at 10a.m.; return approx. 5p.m.

Activity#	Date	Day
47637-A	8/15	Th

Time: 9:30A- 5P
Fee: \$15
Location: Dayton, VA

[Register Here](#)

Active Adult Picnic in the Park

AGE 50+

Come one, come all to our annual picnic in the park (Club Members and non-club members welcome) and enjoy all nature has to offer...and picnic food, of course! Clearbrook Park offers a lovely paved walking trail around the park, a pit to throw some horseshoes, fishing, or just a chance to take a breather and relax in the shade. We will also have some activities available to get our brains and bodies up and moving! Fried chicken, chips, and other picnic fare will be provided, so bring your appetite and be ready to make some new friends! Fee: \$5; includes lunch Transportation: Armel Elementary pick up at 10:15am; Sunnyside Plaza pick up at 10:30am. (additional \$6 fee for all pick up locations)

Activity#	Date	Day
43651-A	6/21	F

Time: 11A- 3P
Fee: \$5
Location: Clearbrook Park Lions Shelter

[Register Here](#)

Trips and Events

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.

[Register Here](#)

Activity#	Date	Day
34736-A	5/11	Sa
Time: 8A- 6P		
Fee: \$25		
Location: Tucker County, WV		

Luray Caverns

AGE 50+

Stay cool with us in the summer heat with an underground adventure you won't soon forget! Luray Caverns offers guided tours along well-lighted, paved walkways that lead visitors through cathedral-sized rooms with ceilings 10-stories high, towering stone formations, and natural wonders at every turn. Also take in the beautiful music of the Great Stalacpipe Organ, the world's largest musical instrument! Price includes 1-hour guided tour (including organ playing) and transportation, lunch will be Dutch treat on the way home. NOTE: This trip could involve extensive walking and/or standing. Depart Sunnyside Plaza at 9am; Armel Elementary School parking lot at 9:30am; return approx. 5pm.

Activity#	Date	Day
44651-A	7/9	Tu
Time: 9A- 5P		
Fee: \$30		

[Register Here](#)

Allenberry Theatre: "Mary Poppins"

AGE 50+

One of the most popular Disney stories of all time is capturing hearts in a whole new way: as a "Practically Perfect" musical! Based on the books by P.L. Travers and the classic Walt Disney film, Mary Poppins delighted audiences on Broadway. Now, the mysterious nanny flies into The Playhouse at Allenberry, where she'll use a "spoonful of sugar" and a little magic to help the troubled Banks family come together again. Mary Poppins turns England upside down with the help of Bert, Mrs. Corry, park statues and other friends. Join us and the Banks family for a supercalifragilisticexpialidocious time! Price includes show ticket and transportation, we will stop on the way home for a Dutch treat dinner. Time: Show time is 2pm. Depart Armel Elementary School at 10:30am; Sunnyside Plaza at 11am; return approx. 8p.m.

Activity#	Date	Day
45635-A	7/20	Sa
Time: 10:30A- 8P		
Fee: \$39		
Location: Allenberry, PA		

[Register Here](#)



Baltimore Orioles vs. Boston Red Sox

AGE: 8+

Let us take you out to the ballgame! We will be heading to historic Camden Yards Stadium to see the Baltimore Orioles take on the 2018 World Series Champion Boston Red Sox. Price includes transportation, ticket, and All-You-Can-Eat buffet through the 7th inning. Game time is 4:05pm; depart Armel Elementary School at 12pm; return approx. 10pm.

Activity#	Date	Day
44724-A	6/15	Sa
Time: 12-10P		
Fee: \$86		
Location: Baltimore, MD		

[Register Here](#)

Washington Nationals vs. Los Angeles Dodgers

AGE 8+

It's an East Coast vs. West Coast matchup at Nat's Park! Price includes transportation, ticket, and a \$20 food voucher to use at the food court. Game time is 4:05pm; depart Armel Elementary School at 12pm; return approx. 10pm.

Activity#	Date	Day
44733-A	7/27	Sa
Time: 12-10P		
Fee: \$70		
Location: Washington D.C.		

[Register Here](#)

All Trips
Age 17 and under must be accompanied by an adult.

FREE Movie Nights Under the Stars

Join us to help us celebrate our favorite summer season with "Movie Night Under the Stars" in partnership with MousePros Travel Agency! MousePros Travel Agency is a locally owned and operated travel agency that holds the prestigious designation of being an Authorized Disney Vacation Planner. They were given this special designation by Disney as a result of their agency's ongoing focus and commitment to planning customized, magical trips to the Disney Parks, Disney Cruise Line® and other Disney vacation destinations worldwide. These family- friendly films are FREE—just bring a blanket or chair and some snacks (no alcohol permitted). Popcorn available for \$1 a bag! Movies begin at dusk. All children 12 or under must be accompanied by an adult

SUMMER KICK-OFF

Sherando Park Pool open until 8p.m., then head across the street to the movie location!

Film: Wreck It Ralph 2: Ralph Breaks the Internet (Rated PG)

Date(s): 6/21

Rain Date: 6/22

Location: Sherando Park Rotary Shelter (right next to the soccer fields)

SUPER SUMMER SEND-OFF

Come dressed as your favorite super hero and get a prize!

Film: Incredibles 2

Date(s): 8/3

Rain Date: 8/10

Location: Clearbrook Park, Kiwanis shelter (park in the ballfield parking lot)



4TH OF JULY

SHERANDO PARK · STEPHENS CITY, VA

THURSDAY, JULY 4 · FREE!

Park open all day! · Fireworks at Dusk
Amusements and food for purchase from 5 pm
DJ playing your favorite tunes from 6 pm
Pool open until 8:00 pm - bring a float!
Main park gate closes at 5:30 pm
Enter at Sherando High School
Food for purchase

Miller's ACE Hardware



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

Tennis Camps

AGE 4-17

[Register Here](#)

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

Join us for a week of fun and tennis. This camp 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. Kids will develop and improve overall eye-hand coordination, learn the fundamentals of forehand, backhand, and volleys, gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

Activity#	Date	Day	Time	Fee	Location
48346-A	6/17-6/21	M-F	9:30-11A	\$82	James Wood High School
48346-B	7/15-7/19	M-F	9:30-11A	\$82	Sherando High School

Summer Tennis Academy

[Register Here](#)

AGE 12-18

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

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

Activity#	Date	Day	Time	Fee	Location
48446-A	6/18-8/8	Tu,Th,Sa (Select Saturdays)	3:45- 5:15P	\$225	Sherando High School

Littles' Tennis Lessons

AGE 3-6

[Register Here](#)

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 and focus on concentration drills. Kids will develop and improve overall eye-hand coordination, learn the fundamentals of forehand, backhand, and volleys, gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN! FCPRD tennis staff will teach James Wood High School sessions. If not, enrollment will combine with Sherando Session.

Activity#	Date	Day	Time	Fee	Location
42244-A	6/4-6/27	Tu,Th	5:15- 6P	\$73	Sherando HS or James Wood HS
42244-B	7/9-8/1	Tu,Th	5:15- 6P	\$73	Sherando HS or James Wood HS
42244-C	8/6-8/29	Tu,Th	5:15- 6P	\$73	Sherando HS or James Wood HS

Youth Tennis Lessons

AGE 4-17

[Register Here](#)

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

The Youth Tennis Program is designed to engage the youth into the game of tennis right away creating a family fun, youth group environment that will help to increase the learning curve in development. This Program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN! FCPRD tennis staff will teach James Wood High School sessions. If not, enrollment will combine with Sherando Session.

Activity#	Description	Date	Day	Time	Fee	Location
42344-A	Ages 4-11	6/4-6/27	Tu,Th	5:30- 6:30P	\$82	Sherando HS or James Wood HS
42344-B	Ages 11-17	6/4-6/27	Tu,Th	6:30- 7:30P	\$82	Sherando HS or James Wood HS
42344-C	Ages 4-11	7/9-8/1	Tu,Th	5:30- 6:30P	\$82	Sherando HS or James Wood HS
42344-D	Ages 11-17	7/9-8/1	Tu,Th	6:30- 7:30P	\$82	Sherando HS or James Wood HS
42344-E	Ages 4-11	8/6-8/29	Tu,Th	5:30- 6:30P	\$82	Sherando HS or James Wood HS
42344-F	Ages 11-17	8/6-8/29	Tu,Th	6:30- 7:30P	\$82	Sherando HS or James Wood HS

Adult Tennis Lessons

AGE 18+

[Register Here](#)

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.

Activity#	Date	Day	Time	Fee	Location
32544-B	5/7-5/30	Tu or Th	8:00- 9:30P	\$60	Sherando High School
42544-A	6/4-6/27	Tu or Th	7:30- 9:30P	\$60	Sherando High School
42544-B	7/9-8/1	Tu or Th	7:30- 9:00P	\$60	Sherando High School
42544-C	8/6-8/29	Tu or Th	7:30- 9:00P	\$60	Sherando High School

Pool Schedule

Sherando and Clearbrook Pools

May 25, 26, 27
June 6* - August 9

11:00 am - 6:00 pm
Noon - 5:00 pm (M-TH)
11:00 am - 6:00 pm (F, S, SU)

August 10 - September 2, weekends only 11:00 am - 6:00 pm

**The pool will be open seven days a week beginning with the first day of summer vacation for the Frederick County Public School system and will be open weekends only once the 2019-2020 FCPS year has begun.*

Admission Fees:

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

Pool Rentals:

Friday, Saturday, Sunday, 7:00 pm-9:00 pm,
9:00 pm-11:00 pm or 7:00 pm-11:00 pm.

2 Hour Fee: \$210 for residents
 \$265 for non-residents

4 Hour Fee: \$410 for residents
 \$520 for non-residents

Gated Deck Area with Shade:

Available any day during daily pool hours only.
10 pool admissions included with rental.

Fee: \$50 for residents
 \$65 for non-residents

Rentals by reservation only and with at least one week notice. RESERVATION fee must be PAID IN FULL at time reservation is made.

Refund Policy:

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

Morning Lap Swim

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

For each session:

Fee: Free

Days: M, W

Dates: 6/10-8/9

Time: 8:00 am - 9:00 am

Cardio Wave Water Aerobics

Instructor: Tracy Clontz

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

Fee: \$3 per day (Paid on-site)

Location: Sherando Pool

Dates: 6/18-8/8

Days: T, Th

Times: 6:00 - 7:00 pm

Water Walking

AGES 13+

Instructor: Marty Frye

Looking for an easy, fun workout to suit any fitness level? Water Walking may be a perfect fit for you! This effective, low impact workout is great for increasing flexibility, reducing pain, increasing muscle strength, improving balance, and burning big calories!

Fee: \$3 per day (paid on-site)

Day: M, W

Date: 6/17 - 8/7

Time: 6:00 - 7:00 pm

Location: Clearbrook Pool



Film and Float Series

In partnership with Magic Lantern Theater

Nothing says 'summer fun' like an evening in the pool with one of your favorite films! Please bring a float to float on and wear proper swimming attire. PLEASE NOTE: we will be watching the movie from the pool so traditional open swim behavior will not be appropriate. Be prepared to keep splashing and noise to a minimum while we float! All children 12 or under must be accompanied by an adult-- pool area opens at 7 pm—film begins at dusk.

Fee: \$5 per person

Day: Saturday

Date: July 20 at Clearbrook Pool

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



Swim Team

AGE 5-18

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

PLEASE NOTE

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

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

FCPS - Sherando Sharks District Team

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

FCPS - Clearbrook Dolphins District Team

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

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

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

Fee: \$97 (includes swim cap and t-shirt)
Activity # 46762-A Clearbrook Dolphins
Activity # 46762-B Sherando Sharks

[Register Here](#)

Practices for both teams will adhere to the following schedule:

Wed/Thurs: 5/29 and 5/30 6:00 pm - 7:30 pm The first two practices are for first time swimmers only!

Mon-Thurs: 6/4-7/25 7:00 pm - 8:00 pm (Ages 5-11 years)

Mon-Thurs: 6/4-7/25 8:00 pm - 9:00 pm (Ages 12-18 years)

Tues/Thurs: 6/5-7/25 8:30 am - 9:30 am (ALL SWIMMERS-- Ages 5-18 years)

Youth Development Swim Team

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

Activity #	Pool	Time	Dates
46364-A	CB	10 - 10:45 am	6/17-6/27
46364-B	SH	10 - 10:45 am	6/17-6/27
46364-C	CB	6 - 6:45 pm	6/17-6/27
46364-D	SH	6 - 6:45 pm	6/17-6/27
46364-E	CB	10 - 10:45 am	7/22-8/1
46364-F	SH	10 - 10:45 am	7/22-8/1
46364-G	CB	6 - 6:45 pm	7/22-8/1
46364-H	SH	6 - 6:45 pm	7/22-8/1

For each session:

Fee: \$45

Days: M-TH

[Register Here](#)

Swim Lessons

The following courses are all \$36 for a one week session:

Swim lessons are offered at both Clearbrook Park (Activity #46361) and Sherando Park (Activity #46360).

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

Sessions: (Monday-Thursday)

A: 6/10- 6/13 B: 6/17- 6/20 C: 6/24- 6/27 D: 7/1- 7/5 (NO LESSONS 7/4)
E: 7/8- 7/11 F: 7/15- 7/18 G: 7/22- 7/25 H: 7/29- 8/1 I: 8/5- 8/9

[Register Here](#)

The registration deadline is Sunday at 12:00 am for the following week's session of lessons.
Register online at fcprd.net or call 540-665-5678.

Lessons: Levels

TADPOLES

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

LEVEL ONE (INTRODUCTION TO WATER SKILLS)

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

LEVEL TWO (FUNDAMENTAL AQUATIC SKILLS)

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

LEVEL THREE (STROKE DEVELOPMENT)

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

LEVEL FOUR (STROKE IMPROVEMENT)

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

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

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

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

The registration deadline is Sunday at 12 a.m. for the following week's session of lessons. We do not encourage you to sign up for more than one week of lessons at a time, we cannot adjust for situations where advancement was not met in the previous session.

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

Private Swim Lessons

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

For each session:

Fee: \$15 per session

Time: 9:15 - 9:45 am

Activity #	Day(s)	Date(s)	Location
46763-A	M	6/10	SH
46763-B	M	6/10	CB
46763-C	W	6/12	SH
46763-D	W	6/12	CB
46763-E	M	6/17	SH
46763-F	M	6/17	CB
46763-G	W	6/19	SH
46763-H	W	6/19	CB
46763-I	M	6/24	SH
46763-J	M	6/24	CB
46763-K	W	6/26	SH
46763-L	W	6/26	CB
46763-M	M	7/1	SH
46763-N	M	7/1	CB
46763-O	W	7/3	SH
46763-P	W	7/3	CB
46763-Q	M	7/8	SH
46763-R	M	7/8	CB
46763-S	W	7/10	SH
46763-T	W	7/10	CB
46763-U	M	7/15	SH
46763-V	M	7/15	CB
46763-W	W	7/17	SH
46763-X	W	7/17	CB
46763-Y	M	7/22	SH
46763-Z	M	7/22	CB
46763-AA	W	7/24	SH
46763-BB	W	7/24	CB
46763-CC	M	7/29	SH
46763-DD	M	7/29	CB
46763-EE	W	7/31	SH
46763-FF	W	7/31	CB
46763-GG	M	8/5	SH
46763-HH	M	8/5	CB
46763-II	W	8/7	SH
46763-JJ	W	8/7	CB

Registration deadline is Sunday at 12:00 am for the following week's session of lessons.

Junior Lifeguarding Camp

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

Fee: \$55.00

Activity #	Pool	Days	Dates	Times
46464-A	SH	M-F	6/24- 6/28	10-2:00 pm
46464-B	CB	M-F	6/24- 6/28	10-2:00 pm
46464-C	SH	M-F	7/15- 7/19	10-2:00 pm
46464-D	CB	M-F	7/15- 7/19	10-2:00 pm

[Register Here](#)

Lifeguard Training Course

Instructor: Kelly Pults

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

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

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

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

Tread water for two minutes without using your hands.

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

Fee: \$250

Activity #:46765-A

Dates: 6/25-7/1

Days: T-M

Time: 8A-1P

Location: Sherando Pool

(No Class on 6/26)

[Register Here](#)



16th Annual Youth Sports Scramble

AGE 21+

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

Date: 8/23 Day: F Time: 1-6P

Location: Rock Harbor Golf Course

Registration Deadline: 8/18

Activity#	Description	Fee
42559-A	Foursome	\$300
42559-B	Individual	\$75

[Register Here](#)



Saturday, Nov. 2
8:30 am · Winchester, VA



FREDERICK COUNTY
PARKS & RECREATION

The Running Series



RunAtTheTop.net

FREDERICK COUNTY PARKS AND RECREATION

Series Presented by



Battlefield Half Marathon and Relays

Experience all the beauty of fall in the Shenandoah Valley running in the area's premier half marathon and relays. At 13.1 miles the race is welcoming for casual runners but still provides 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 with an exciting finish in Creekside Station.

Not 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!

Date: Saturday, November 2

Time: 8:00 am

Location: Kernstown Battlefield and
Creekside Station

[Register Here](#)

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

Health & Wellness

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.

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.

Activity#	Date	Day	Time
37512-C	5/2-6/6	Th	6- 7P
Fee: \$36	Location: Sherando Community Center		

[Register Here](#)

Walking Club is BACK!

Check our Facebook page and website for schedule and details!

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](#)

Splash into Summer

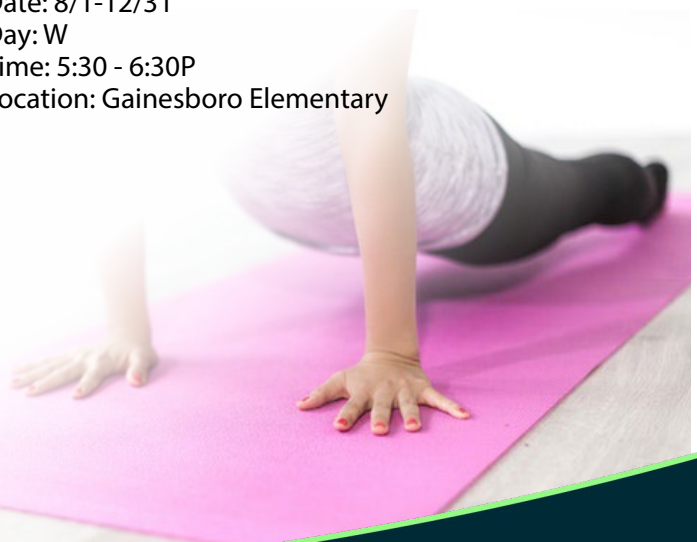
Activity#	Date
37584-D	6/4

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.

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



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

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 Baldridge - 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: _____			<input type="checkbox"/> Please Call Me - I want to Volunteer as a Youth Coach!	
To receive periodic e-mail updates from FCPRD, please provide us with your e-mail address: _____				
Special accommodations needed _____				
Allergies or intolerance to food, medication, etc., and action to take in an emergency _____				

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

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