

COVID-19 NOTICE

This activity guide is intended for informational purposes only.

Registration will open at a date to be determined, as we continue to follow the orders and guidelines regarding COVID-19.

basicREC Summer Camp

Information regarding the Camp basicREC Summer Program will be released at a later date.



FREDERICK COUNTY
PARKS & RECREATION



SUMMER FUN

The Great American Campout

FRIDAY • JUNE 19 pg. 11

YOUTH TRIATHLON

pg. 21

So much to do!

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



FREDERICK COUNTY
PARKS & RECREATION

2020 SUMMER ACTIVITY GUIDE



pg. 3-6

The Frederick County Parks and Recreation Commission

The Parks and Recreation Commission meets every second Tuesday at 7 pm 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 - Vacant

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 interactive pdf on our web site: fcprd.net

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



FREDERICK COUNTY PARKS & RECREATION

Customer Service Locations and Phone Hours · 540-665-5678

Main Office

107 North Kent St.

Winchester, VA 22601

Days: Monday - Friday

Hours: 8:00 am - 5:00 pm

Sherando Comm. Center

185 South Warrior Drive

Stephens City, VA 22655

Days: Monday - Friday

Hours: 4:00 pm - 8:00 pm

Register Online Now
fcprd.net

A sample of
what's inside!

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Pool Schedule

Sherando and Clearbrook Pools

May 23, 24, 25
June 6* - August 14

11:00 am - 7:00 pm
11:00 am - 5:00 pm (M-TH)
11:00 am - 7:00 pm (F, S, SU)

August 15 - September 7, weekends only 11:00 am - 7:00 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 2020-2021 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 (Full Day)
\$65 for non-residents (Full Day)*

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



Morning Lap Swim

Lap lanes will be available for swimmers ages 12 and up during morning swim team practices. This self directed activity is a great way to jump start your day!

For each session:
Fee: Free for Frederick County Residents
\$2 for Non-Residents
Days: M, W
Dates: 6/9-8/13
Time: 8:00 am - 9:00 am

Deep Water Aerobics

AGE 12+

Instructor: *Stephanie Vaughan*

This class will offer you a great cardiovascular workout that will help increase muscle strength and endurance, core strength, and range of motion—without the damage to your joints. What a great way to end your day!

Fee: \$3 per class (paid on-site)
Date: 6/9- 8/13
Day: T / Th
Time: 6-7P
Location: Sherando Pool

Water Walking

AGES 12+

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: 6/8 - 8/12
Time: 6:00 - 7:00 pm

Location: Clearbrook Pool



Recreational Kayaking 101

AGE 12+

Bring your basic kayaking equipment to our pools for a one-day course designed to emphasize safety, enjoyment, and skill acquisition for the novice kayaker! We will cover the basics, based on the American Canoe Association Intro to Kayaking standards-- entry/exits, what to do in event of an emergency, and paddle strokes. Participants under 18 years of age must be accompanied by a responsible family member.
Equipment Requirements: kayak; PFD; paddle; helmet, water shoes or tennis shoes (no sandals or flip flops)

Activity#	Date	Day	Time	Fee	Location
46751-A	6/7	Su	7A- 5P	\$50	Clearbrook Park Pool
46751-B	6/21	Su	7A- 5P	\$50	Clearbrook Park Pool

Registration Deadlines: #46751-A: 6/1 #46751-B: 6/15

[Register Here](#)

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.

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 540-665-5678 if you are interested.

Fee: \$99 (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: 5/27 and 5/28 6:00 pm - 7:30 pm The first two practices are for first time swimmers only!
Mon-Thurs: 6/1-7/23 7:00 pm - 8:00 pm (Ages 5-11 years)
Mon-Thurs: 6/1-7/23 8:00 pm - 9:00 pm (Ages 12-18 years)
Tues/Thurs: 6/8-7/23 8:00 am - 9:00 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.

For each session: [Register Here](#)
Fee: \$45
Days: M-TH

Activity #	Pool	Time	Dates
46364-A	CB	10 -10:45 am	6/15-6/26
46364-B	SH	10 -10:45 am	6/15-6/26
46364-C	CB	6 - 6:45 pm	6/15-6/26
46364-D	SH	6 - 6:45 pm	6/15-6/26
46364-E	CB	10 - 10:45 am	7/20-7/30
46364-F	SH	10- 10:45 am	7/20-7/30
46364-G	CB	6 - 6:45 pm	7/20-7/30
46364-H	SH	6 - 6:45 pm	7/20-7/30



Swim Lessons

The following courses are all \$36 for a one week session and follow guidelines of the American Red Cross Learn-to-Swim Program:

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

Lesson Times: 9:00 - 9:45 am, 10:00 - 10:45 am, 5:00 - 5:45 pm, and 6:00 - 6:45 pm

[Register Here](#)

Sessions: (Monday-Thursday)

A: 6/8-6/11 B: 6/15-6/18 C: 6/22-6/25 D: 6/29-7/2
E: 7/6-7/9 F: 7/13-7/16 G: 7/20-7/23 H: 7/27-7/30 I: 8/3-8/6 J: 8/10-8/13

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.

The registration deadline is Saturday at 11:59 pm for the following week's session of lessons.

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

Lessons: Levels (American Red Cross Swim Standards)

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 to; 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.

Private Swim Lessons

One on one private instruction with a seasoned 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. Instructor requests cannot be guaranteed.

Private Swim lessons are offered at both Clearbrook Park (Activity #46768) and Sherando Park (Activity #46763).

Fee: \$15 per lesson

Lesson Days: Monday or Wednesday

Lesson Dates: 6/8-8/10

Lesson Times: 8:00A-8:30A, 8:30A-9:00A, 4:00P-4:30P

[Register Here](#)

The registration deadline is Saturday at 11:59 pm for the following week's session of lessons.

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

Parent and Me - Intro to Water and Water Safety

AGE 3 MONTHS TO 3 YEARS

Instructor: Super Splashes Aquatics

This program will allow you and your child to take the first steps towards a lifetime of swimming proficiency, together. Each forth five-minute session is supervised by a specially trained instructor who will lead you through a series of exercises and activities. The weekly routine that we observe teaches kids their primary skills of buoyancy, propulsion and breath control. Please have proper swim diaper and swim outfits on prior to entering the water.

Fee: \$50

Activity#	Dates	Day	Time
46269-A	6/6, 6/13, 6/20, 7/4	Sa	9-9:45A

Registration Deadline: 6/3

46269-B	7/18, 7/25, 8/1, 8/8	Sa	9-9:45A
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Registration Deadline: 7/15

Location: Sherando Pool

[Register Here](#)

Junior Lifeguarding Camp

AGE 12-15

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

[Register Here](#)

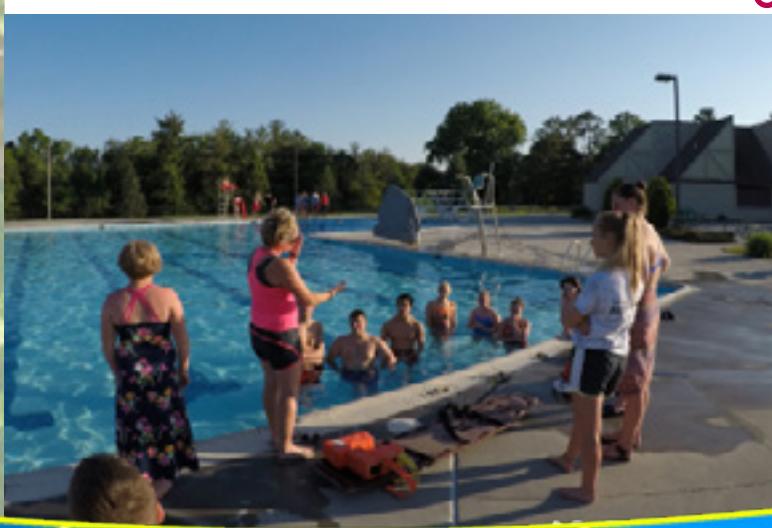
Fee: \$55.00

Activity #	Pool	Days	Dates	Time
46464-A	SH	M-F	6/22- 6/26	10-2:00 pm
46464-B	CB	M-F	6/22- 6/26	10-2:00 pm

Registration Deadline: 6/19

46464-C	SH	M-F	7/13- 7/17	10-2:00 pm
46464-D	CB	M-F	7/13- 7/17	10-2:00 pm

Registration Deadline: 7/10



Lifeguarding Class- Spring Blended Learning

AGE 15+

Instructor: Super Splashes Aquatics

The American Red Cross Lifeguarding course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel takes over.

Participants must be present for the duration of all the sessions. Participants who successfully complete the Lifeguarding course will receive an American Red Cross certificate for Lifeguarding, First Aid, CPR and AED for the professional rescuer. Certification valid for 2 years.

[Register Here](#)

Fee: \$260

Activity# 16565-B

Dates: 5/11-5/15

Days: M-F

Time: 3-8P

Location: Sherando Park Pool

Registration Deadline: 5/4



Lifeguard Review Certification

AGE 15+

Instructor: Super Splashes Aquatics

This is an abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding, First Aid, CPR, and AED is required to participate in the review course. Participants must be present for the duration of the course and successful pass both the written and skills portions of each class in order to become re-certified.

Activity#	Date	Day	Time
36565-B	5/16	Sa	9A- 5P

Fee: \$75

Location: Sherando Park Pool

Registration Deadline: 5/4

[Register Here](#)

Community Recreation

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.

Fee: \$11 Day: W Time: 7-8P

Location: Evendale Community Center

Activity#	Date	Registration Deadline
15702-F	6/17-7/22	6/16

[Register Here](#)

Art in the Park

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.

Fee: \$60 Location: Clearbrook Park

Activity#	Description	
48300-A	Mosaics/ Glass Explored (Ages 11+)	
Date: 7/13-7/17	Day: M-F	Time: 9-11:30A
Registration Deadline: 7/7		

48300-B	Exploration with Paint (Ages 7-11)	
Date: 8/3-8/7	Day: M-F	Time: 9-11:30A
Registration Deadline: 7/27		

[Register Here](#)

Photography

AGE 7-15

Instructed by: Lifetouch Photography

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.

Activity#	Date	Day	Time
48319-A	7/20-7/22	M-W	9A-12P

Fee: \$48 Location: Clearbrook Park
Registration Deadline: 7/17

[Register Here](#)

Chess

AGE 6-11

Instructor: James Moyer

This is a perfect class to learn chess or refresh your game. You will learn how to win in two to four moves, how to checkmate and much more. For the advanced player, we will cover good opening principles such as the Sicilian defense. We recommend that a parent sign up with a child that is 8 or under. Bring a light snack and water.

Activity#	Date	Day	Time	Fee
48381-A	7/12-8/2	Su	1- 4P	\$45

Location: Greenwood Mill Community Center
Registration Deadline: 7/9

[Register Here](#)

Pound, Paint and Create

AGE 7-13

Instructor: Emily Rhodes and Staff of Polka Dot Pot

Join us for a week of messy and creative fun. We will be learning about clay and how to create with it while making lots of cool projects out of clay. Each participant will also get a pottery wheel lesson. We will also make projects using glass fusing, pottery painting, and canvas painting. Please bring an oversize t-shirt or a smock, a simple snack and water. All art supplies included. Participants will be able to return in two weeks pick up clay creations and paint them at the shop, all included in the camp price.

Fee: \$145 per session Day: M-F

Time: 9A-12P

Polka Dot Pot, 157 N. Loudoun St., Winchester, VA 22601

Activity #	Dates	Reg. Deadline
48303-A	6/22-6/26	6/17
48303-B	7/13-7/27	7/8
48303-C	8/3-8/7	7/29

[Register Here](#)

Chinese Culture

AGE 7-11

Instructor: Weiling Zhao

This is an introductory summer camp program providing a fun and enriching environment where students will learn Chinese language and culture as a beginning level. The program will introduce Chinese landmarks and architecture, holiday celebrations, folk arts, Chinese character writing, simple daily greetings and more vocabulary. We will also enjoy hand-on activities such as paper folding, Chinese mask making, using chopsticks, playing jianzi (Chinese hacky-sack) and playing games. Please bring water and a simple snack.

Activity# Date Day Time
48385-A 8/10-8/14 M-F 9A-12P
Fee: \$65 Location: Sherando Community Center
Registration Deadline: 8/1

[Register Here](#)

Print Making and Mosaics

AGE 13+

Instructor: Wendy Cook

Learn how to transfer prints to canvas that will take your personal photographs to a whole new level. With this process you can easily transform ordinary photographs into images for artistic keepsakes and gifts.

Activity# Description Date Day Time
45500-A Print Making 6/13 Sa 9A-12P
Fee: \$20 Location: Greenwood Mill Comm. Center
Registration Deadline: 6/6

Activity# Description Date Day
45500-B Get Your Mosaic On 7/18 Sa
Time: 9A-12P Fee: \$45
Location: Greenwood Mill Community Center
Registration Deadline: 7/11

Activity# Description Date Day
45500-C Get Your Mosaic On 8/8 Sa
Time: 9A-12P Fee: \$45
Location: Evendale Community Center
Registration Deadline: 7/26



American Red Cross Babysitting

AGE 11+

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.

Location: American Red Cross - Winchester
151 Fortress Drive

Activity# Date Day Time Fee
48418-A 6/11 Th 9A- 4:30P \$92
Registration Deadline: 6/5
48418-B 6/23 Tu 9A- 4:30P \$92
Registration Deadline: 6/19

[Register Here](#)

[Register Here](#)

Young Riders Camp

AGE 7-15

Instructor: Hunter's Bay Sport Horses

If you are interested in horseback riding, then the perfect experience is waiting for you. 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.

Fee: \$285

Location: Hunter's Bay Sport Horses
439 Reliance Road, Middletown, Va 22645

Day: M-Th Time: 9A-3P

Activity#	Date	Registration Deadline
48756-A	6/15-6/18	6/8
48756-B	6/22-6/25	6/15
48756-C	6/29-7/2	6/22
48756-D	7/6-7/9	6/29



Great American Family Campout

AGE 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.

Join us at Sherando Park for a night of family camping fun on Friday, June 19! Campers will get one campsite for the evening.

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.
- Group bonfire with storytelling before lights out - MORE activities TBD and announced as we get closer to the Campout

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-SERVED at check-in on the day of the event. Check-in from 5-6 pm; campsites must be cleaned up and exited by 8 am on Saturday, 6/20

Activity#	Date	Day	Time	Fee
43751-A	6/19-6/20	F, Sa	5- 8A	\$20

Location: Sherando Park, Rotary Shelter (Soccer Field Parking Lot)
Registration Deadline: 6/18

[Register Here](#)



Zip Line Adventures Day!

AGE 8-14

A day of nonstop fun! New at Bryce is the Mountain Zip Line, a series of interconnected lines that take adventurers from the top of the chairlift to the bottom of the mountain. Bryce continues its widespread snow tubing excitement in the summer with Mountain Tubing.

Time: 9:30A – 3:45P

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

Activity#	Date	Day	Time	Fee
44332-A	6/10	W	9:30A- 3:45P	\$62
Registration Deadline:	6/8			
44332-B	6/24	W	9:30A- 3:45P	\$62
Registration Deadline:	6/22			
44332-C	7/8	W	9:30A- 3:45P	\$62
Registration Deadline:	7/6			
44332-D	7/22	W	9:30A- 3:45P	\$62
Registration Deadline:	7/20			
44332-E	8/12	W	9:30A- 3:45P	\$62
Registration Deadline:	8/10			

[Register Here](#)

Wilderness for Kids

AGE 4-11

The camp is a two-week, daytime program that invites children to awaken and explore their connection to the natural world. Held amid the precious woods and creeks of the Shenandoah Valley. Children will have the chance to discover, and learn, and to challenge themselves, train their senses and awareness.

Activity#	Date	Day	Time
48251-A	7/6-7/17	M-F	9A-12P
Fee: \$285			

Location: Millbrook High School parking lot near the tennis courts
Registration Deadline: 6/15



Adventure Weeks

AGE 9-14

River Riders Family Adventure Resort

Nothing builds character, confidence, and friendship like River Riders Outdoor Adventure Camps action-packed, fun, in Wild and Wonderful, West Virginia. If your camper is tired of the same old/same old, rejuvenate them with an unforgettable outdoor experience! Whitewater rafting, kayaking, tubing, zip line, and aerial adventure park activities will provide excitement for any camper in need of a refreshing change of pace! 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.

Fee: \$408 Location: Red Bud Run Elementary
Day: M-F Time: 7:45A-5P

Activity#	Date	Registration Deadline:
48351-A	6/15-6/19	6/9
48351-B	7/13-7/17	7/7
48351-C	8/3-8/7	7/28

Register Here

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 test form and accuracy. Participants will learn proper handling, bow and arrow usage, and discuss the importance of range safety. Also, the program will 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 bow because all the equipment is provided. All will have a great time!

Fee: \$80	Location: Sherando Park Ruritan Shelter	
Day: M-F		
Activty#	Date	Time

48755-A	6/22-6/26	9-10:20A
Registration Deadline: 6/11		
58755-A	9/7-9/11	6- 7:20P
Registration Deadline: 8/27		

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." Archers should 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		
Activty#	Date	Time

48755-B	6/22-6/26	10:30-11:50A
Registration Deadline: 6/11		
58755-B	9/7-9/11	7:30- 8:50P
Registration Deadline: 8/27		



Glocal Kid's Academy - Foreign Language Immersion

AGE 9-11

Instructor: Experts from Glocal Education, LLC will immerse students in French or Spanish this summer!

Music, foods, dance, and language immersion will lead to learning and exploration every day of this international "STAY-CATION"!

Experience a new language by creating a variety of spoken, cultural, and artistic passport projects with fellow campers.

Students require NO foreign language background to participate in this interactive, fun, and rewarding program. Participants will need to bring their device to camp each day (phone, iPad, Laptop).

Class#	Description	Date	Day	Time	Fee
47316-A	Spanish Language Immersion (Ages 9-11)	6/22-6/26	M-F	9-11A	\$96
47316-B	Spanish Language Immersion (Ages 12-14)	6/22-6/26	M-F	12- 2P	\$96
47316-C	French Language Immersion (Ages 9-11)	7/13-7/17	M-F	9-11A	\$96
47316-D	French Language Immersion (Ages 9-11)	7/13-7/17	M-F	9-11A	\$96

[Register Here](#)



Explorers Post #154 Fire and Rescue Summer Camp

AGE 14-15



Do you have what it takes to be a firefighter? This is your chance to find out. As an Explorer you will use fire extinguishers, learn ropes, knots, rappelling, orienteering, search & rescue, first aid and become certified in CPR. Throughout the week there will be daily team competitions to keep you on your toes. Tee shirts and lunch will be provided. Enrollment is open to those ages 14 – 15 years old who reside in Frederick County, VA or have previously attended our Explorers Camp.

Dates: 7/20 – 7/24

Time: 8:30 a.m. – 4:00 p.m. – Monday - Thursday
8:30 a.m. – 2:00 p.m. - Friday

Locations: Round Hill Community Vol. Fire & Rescue Station (Monday, Thursday & Friday)
Winchester Regional Fire Training Center (Tuesday & Wednesday)

Fee: \$50 per person

Application:

Contact: Frederick County Fire & Rescue Department
Phone: 540-665-5618 / E-mail: rmeyle@fcva.us

[Click here for camp application](#)



Sports

Youth Sports Sampler

AGES 5-8

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

This camp develops your skills and instructs 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. Bring a water bottle and small snack.

Activity#48213-A Fee: \$60 Age: 5-8
Days: M-Th Dates: 6/22-6/25
Times: 9:30-11:30A Location: Evendale Elementary
Registration Deadline: 6/17

Activity#48213-B Fee: \$60 Age: 5-8
Days: M-Th Dates: 7/27-7/30
Times: 9:30-11:30A Location: Evendale Elementary
Registration Deadline: 7/22

Register Here

Boys Lacrosse Camp

AGE 7-14

Instructor: Shenandoah Valley Youth Lacrosse coaches

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

Date: 7/6-7/9 Time: 6-8P Day: M-Th Fee: \$75
Location: Sherando Park Reg. Deadline: 6/22

Activity# Description
48449-A (Basic Skills)
48449-B (Advanced)

Cheer Camp

AGE 5-14

Instructor: Sherando High School Coaches and Cheerleaders

SHS Cheerleaders are pumped up and excited to introduce campers to dance, basic stunting, cheer techniques, and other fundamentals in an upbeat, enjoyable atmosphere. This camp is designed for any level of cheerleader, from those new 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 7/13-7/17 M-F 9A- 3P \$55
Location: Sherando High School
Registration Deadline: 6/30

Register Here

Register Here

Girls Lacrosse

AGE 7-14

Instructor: Melissa Barker and area youth lacrosse coaches

Players of all skill levels are welcome to join us for a three day Lacrosse camp which will focus on introducing team concepts, developing individual skills, improving lacrosse IQ and promoting good sportsmanship.

Activity# 48449-C Date: 7/6-7/8 Day: M-W
Time: 6:00pm-7:30pm Fee: \$60
Location: Sherando Park Reg. Deadline: 6/22

Intro to Gymnastics

AGE 3-10

This six-week program will introduce your child to the world of gymnastics in a fun and safe environment. This class will help with social skills, self-confidence, balance, coordination, and development.

Fee: \$50
Date: 6/23-7/28 (No Class 7/4) Day: Tu, Sa
Location: Evendale Elementary
Registration Deadline: 6/15

Register Here

Activity# Age Time
19713-A 3-5 Tu: 5:30-6:30 pm
Sa: 9:30-10:30 am
19713-B 6-8 Tu: 6:30-7:30 pm
Sa: 10:30-11:30 am
19713-C 9-10 Tu: 7:30-8:30 pm
Sa: 11:30-12:30 am

Wrestling Camp

AGE 5-13

Instructor: John Campbell, Aylor Middle School Wrestling Coach

Wrestling camp is a great way to get your summer dose of wrestling. This program teaches and develops wrestling skills with an emphasis on the fundamentals. All participants should dress in comfortable clothes; wrestling shoes are recommended, but not required. Each camper should bring a water bottle and a small snack daily.

Date: 7/20-7/24 Day: M-F Time: 8:30-11A
Fee: \$65 Location: Sherando High School
Registration Deadline: 7/9

Activity# Description
48357-A (Ages 5-8)
48357-B (Ages 9-13)

Register Here

Adult Co-Ed Beach Volleyball Tournament

AGE 16+

This 4x4 Co-Ed tournament will be played on our three brand new sand volleyball courts in Clearbrook Park. There will be a minimum of 4 players per team, max of 6. Teams must have an equal number of male/female players on the court. All lineups will get a minimum of 3 matches.

Activity#	Date	Day	Time	Fee
42522-A	6/27	Sa	9A- 8P	\$125

Location: Clearbrook Park

Registration Deadline: 6/18

[Register Here](#)



Volleyball Camps

AGE 8-14

Instructors include Sherando High School Coaches and 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. Our primary focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance.

Date: 7/8-7/10 Day: W-F Fee: \$60

Location: Sherando High School

Registration Deadline: 6/22

[Register Here](#)

Activity# Description

48322-A Fundamental Session (Ages 8-14)

Time: 9-11:30A

Activity# Description

48322-B Specialized Session (Ages 12-16)

Time: 1- 3:30P

Fencing Camp

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.

Activity# 48782-A

Date: 6/29-7/1

Day: M-W

Time: 9:00A-1:00P

Fees: \$75

Location: Sherando Multi-Purpose Room

Registration Deadline: 6/26

[Register Here](#)

Kids Soccer Clinic

AGE 4-6

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

Kids will learn the fundamentals of dribbling & passing, ball control, goal shooting, and small sided games.

Fee: \$40 Activity# 48225-A

Date: 8/3-8/5 Time: 5:45 - 7:15P

Location: Evendale Elementary School

Registration Deadline: 7/31

[Register Here](#)

Summer Basketball League

AGE 10-18

Summer league introduces the game of basketball to ages 10-18. Teams will practice Saturday, June 20; Monday, June 22; Wednesday, June 24; Saturday, June 27. Practice and game times will be 6, 7, and 8 p.m. at any four FCPRD Centers (Gainesboro, Evendale, Orchard View, and Greenwood Mill Elementary Schools). Games will take place on Monday and Wednesday nights. Please contact us at 665-5678 if you're interested in becoming a volunteer coach.

Activity#	Description	Date	Day	Time	Fee	Registration Deadline	
42320-A	(Ages 10-11)	6/20-7/29	M,W,Sa	6- 9P	\$55	6/8	
42420-A	(Ages 12-13)	6/20-7/29	M,W,Sa	6- 9P	\$55	6/8	
42420-B	(Ages 14-15)	6/20-7/29	M,W,Sa	6- 9P	\$55	6/8	
42420-C	(Ages 16-18)	6/20-7/29	M,W,Sa	6- 9P	\$55	6/8	Register Here

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, and teamwork. Bring a water bottle and small snack. Fee includes basketball medal.

Activity#	Date	Day	Time	Fee	Location	Registration Deadline
48220-A	7/13-7/16	M-Th	9:30-11:30A	\$60	Greenwood Mill Elementary	7/8

Basketball Skills & Conditioning Camp

AGE 7-9

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

This camp intends to improve your ball handling, dribbling, footwork and agility, and shooting skills.

Activity#	Date	Day	Time	Fee	Location
48320-A	7/28-7/30	T, W, Th	5:45-7:30P	\$48	Evendale Elementary Gymnasium
Registration Deadline: 7/24					

Basketball Camp

AGE 8-18

Instructor: Brooklyn Wilson, Sherando HS Girls Varsity Basketball Coach

Take your game to the next level! Work on your off-season skills by joining our basketball camp. This camp will go over the fundamentals of basketball, using games and drills to enhance your child's skills and team skills. Become an all-around better player by learning skills for dribbling, shooting, passing, defense, and strategy.

Activity#	Date	Day	Time	Fee	Location
48420-A	7/6-7/10	M-F	5- 7:30P	\$55	Sherando High School
Registration Deadline: 7/1					

[Register Here](#)

[Register Here](#)

Football Camp

AGE 6+

Instructor: Grant Shaw, Assistant Coach at Clarke County High School
Attention all future football superstars! Get your workouts early for your upcoming football seasons. Learn about the fundamentals of football and start your dreams of playing on Sunday's here! Make sure your child is slathered in sunblock and has a water bottle available daily.

Activity# 48321-A

Fee: \$55

Day: M-Th (Fri rain date)

Times: 5:00-7:30P

Dates: 6/8-6/11 (6/12 rain date)

Location: Aylor Middle School Football Field

Registration Deadline: 6/1

[Register Here](#)

Youth Flag Football Clinic

AGE 5-7

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

This clinic is perfect for learning the necessary skills of flag football. The clinic will provide an opportunity for children to work on throwing, catching, agility, offense/defense, and game skills. Fee includes Certificate.

Activity#	Date	Day	Time
48221-A	8/9 and 8/16	Su	4- 5:30P

Fee: \$35 Location: Evendale Community Center
Registration Deadline: 8/5

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. Games will be played on Saturdays starting in mid-September.

Date: 9/8-11/7 Time: 5:30-7:30P

[Register Here](#)

Activity#

Fee

Location

52323-A	\$45	Evendale Elementary
52323-B	\$45	Redbud Run Elementary
52323-C	\$45	Apple Pie Ridge Elementary
52323-D	\$45	Orchard View Elementary

Pee Wee Flag Football

AGE 5-8

This program is for children who are interested in trying football. Fun and fundamentals will be the focus of these divisions. The program will meet twice weekly, starting in September. If game cancellations occur, make-up games occur on days other than the regularly scheduled Saturdays. All participants are required to have a mouthpiece to participate.

Fee: \$40 Date: 8/24-10/24 Day: M-Sa
Time: 5:30-6:30P
Registration Deadline: 8/10

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

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 will have two practices a week, games on Saturday. In some cases, schools may be combined to fulfill team requirements. All participants will be required to have a mouth piece to participate.

Date: 8/24-10/31 Day: M-Sa Time: TBA
Registration Deadline: 8/10

Activity#	Description	Fee
52321-A	Flag Football (Ages 9-10)	\$45
52321-B	Flag Football (Ages 11-13)	\$50
52321-C	Girls Flag Football (Age 11-13)	\$50

[Register Here](#)

Punt, Pass, and Kick Competition

AGE 5-13

Gather your flag football teams and join us in our Punt, Pass, and Kick Competition. Show off your skills and enjoy kickoff weekend for our flag football league. The events for each will reward both distance and accuracy. Prizes will be awarded for each age group.

Fee: \$20

Date: 8/22

Day: Sa

Location: TBD

[Register Here](#)

Activity# 53783-A (Age 5-6) 53783-B (Age 7-8) 53783-C (Age 9-10) 53783-D (Age 11-13)

Times: Age 5-6 & 7-8 - 9:00-10:30 am Age 9-10 - 10:30-11:30 am Age 11-13 - 11:30-12:30 pm

Baseball/Softball Camp

AGE 5-15

[Register Here](#)

Instructors include: Baseball: Jason Miller, former coach at Winchester Post 21, Sherando HS and Briar Woods HS.

Softball: Courtney Moyer, Shenandoah University Softball Coach, current and former SU players/staff Ages 5-15

Learn the 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 base-running. Make sure your child is slathered in sunblock, has their glove and bat, and has a water bottle available daily. We will be taking an "Opening Day" field trip on Monday, July 13th, to the Frederick Keys game. The game time will be noon. We will have a camp workout Monday morning and then take a bus to the Keys game. Per the Frederick Keys, all kids 12 & under will receive a voucher for a hot dog, soda, and chips. Parents wishing to attend the game as well are welcome to join us on the bus or follow the bus. Per FCPRD policy, those riding the bus must be ages eight or older. Those attending the Softball Camp are still able to come to the game on the 13th.

Activity#	Description	Date	Day	Time	Fee	Location
48324-A	Baseball Camp Only	7/13-7/16	M-Th	9A-12P	\$50	Sherando Park
48324-B	Baseball Camp with Keys Game Option	7/13-7/16	M-Th	9A-12P	\$75	Sherando Park
48324-C	Softball Camp Only	7/6-7/9	M-Th	9A-12P	\$50	Sherando Park
48324-D	Softball Camp with Keys Game Option	7/6-7/9	M-Th	9A-12P	\$75	Sherando Park
48324-E	Parents/Family Keys Game Option	7/13	M	9A-12P	\$35	Sherando Park

Registration Deadlines - Baseball: 6/30 - Softball: 6/23

Fall Wooden Bat Baseball League

GRADES 9-12

The wooden bat league will offer a new playing experience while continuing to work on baseball skills in an organized setting. Players will sign up according to the school they attend for the 2020-2021 school year. Some schools may form two teams or have the option to combine depending on the number of participants. The baseball schedule will be provided to each team's coach no later than the Thursday before the start date.

Activity#	Date	Day	Time	Fee	Registration Deadline	Register Here
52424-A	9/13-10/18	Su	10A- 8P	\$65	8/24	

Soccer Camp

AGE 8-15

Instructors: Blue Ridge United Coaches

Blue Ridge United and FCPRD will be partnering up to provide a fundamental soccer camp for players ages 8-15. This four-day camp will provide the campers an opportunity to learn more about the game of soccer while having fun playing the game they love. Participants will be introduced to the basic techniques and tactics of the game to improve their individual abilities and their ability to play within a team. Participants must bring a water bottle, cleats, shin guards, and apply sunscreen beforehand.

Fee: \$85 Activity# 48325-A Day: M-Th (Fri rain date)

Time: 6-8P Location: Sherando Park, Fields 1-4

Registration Deadline: 7/6

Date: 7/26-30 (rain date of 8/1)

[Register Here](#)

Adult Fall Co-Rec Softball League

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 Stonewall 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.

Activity # 52529-A

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

Final Registration Fee: \$310 between 8/2 & 8/7

(Teams will not be taken after 8/7)

Day: W, F

Date: 8/26-Playoffs

Location: Stonewall and Sherando Park Softball Fields

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

[Register Here](#)

Adult Fall Softball League

AGE 18+

Our Countywide leagues will have a 14-game guarantee with a post season tournament and utilizing both Sherando and Stonewall Parks for game locations. Games will alternate between Sherando and Stonewall Park. Make-up games will be scheduled when and where space is available.

Activity # 52528-A

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

Final Registration Fee: \$350 between 8/2 & 8/7

(Teams will not be taken after 8/7)

Day: M (makeup day), T, TH

Date: 8/24-Playoffs

Location: Stonewall and Sherando Park Softball Fields

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

[Register Here](#)

- Both leagues will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.
- 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.
- Team roster form and league rules can be found at our website www.fcprd.net.
- Divisions may be combined if the minimum number of teams are not met. Leagues won't be combined.
- League Schedule and Rules will be emailed to each team representative.



Tennis Camps

AGE 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

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

Fee: \$82 Day: M-F Time: 9:30-11A

Activity# Date Location
48346-A 6/15-6/19 James Wood High School

48346-B 7/13-7/17 Sherando High School

[Register Here](#)

Summer Tennis Academy

AGE 12-18

This program takes aspiring participants from mastering essential skills to actively playing tennis. The academy structure is a 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 the proper fundamentals of tennis, while each session allows participants to run through several movement/conditioning drills and play games focused on developing and improving overall skills.

Activity# Date Day
48446-A 6/16-8/6 Tu,Th, Select Saturdays
Time: 3:45- 5:15P Fee: \$225
Location: Sherando High School

[Register Here](#)

Littles' Tennis Lessons

AGE 3-6

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This program is designed to introduce the sport of tennis to young kids using upbeat, positive, 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 concertation drills. Kids will develop and improve overall eye-hand coordination, learn the fundamentals of forehand, backhand, and volleys, gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

Activity#	Date	Day	Time	Fee	Location	Register Here
42244-A	6/2-6/25	Tu,Th	5:15- 6P	\$73	Sherando High School	Register Here
42244-B	7/7-7/30	Tu,Th	5:15- 6P	\$73	Sherando High School	Register Here
42244-C	8/4-8/27	Tu,Th	5:15- 6P	\$73	Sherando High School	Register Here

Youth Tennis Lessons

AGE 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

Youth tennis takes participants from mastering essential skills to actively playing tennis. The staff will introduce new 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 important, HAVE FUN! Lessons held Tuesday AND Thursday.

Activity#	Description	Date	Day	Time	Fee	Location
42344-A	(Ages 4-11)	6/2-6/25	Tu,Th	5:30- 6:30P	\$82	Sherando High School
42344-B	(Ages 11-17)	6/2-6/25	Tu,Th	6:30- 7:30P	\$82	Sherando High School
42344-C	(Ages 4-11)	7/7-7/30	Tu,Th	5:30- 6:30P	\$82	Sherando High School
42344-D	(Ages 11-17)	7/7-7/30	Tu,Th	6:30- 7:30P	\$82	Sherando High School
42344-E	(Ages 4-11)	8/4-8/27	Tu,Th	5:30- 6:30P	\$82	Sherando High School
42344-F	(Ages 11-17)	8/4-8/27	Tu,Th	6:30- 7:30P	\$82	Sherando High School
52344-A	(Ages 4-11)	9/1-9/24	Tu,Th	5:30-6:30P	\$82	Sherando High School
52344-B	(Ages 11-17)	9/1-9/24	Tu,Th	6:30-7:30P	\$82	Sherando High School

Adult Tennis Lessons

AGE 18+

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

Adult tennis takes participants from mastering essential skills to actively playing tennis, structured in a tennis practice, work-out format. This instructor combines the proper fundamentals of the sport while each session allows participants to run through several movement/conditioning drills and play games focused on developing and improving overall skills. Lessons held Tuesday OR Thursday, with option to choose during registration.

Activity#	Date	Day	Time	Fee	Location
42544-A	6/2-6/25	Tu or Th	7:30- 9P	\$60	Sherando High School
42544-B	7/7-7/30	Tu or Th	7:30- 9P	\$60	Sherando High School
42544-C	8/4-8/27	Tu or Th	7:30- 9P	\$60	Sherando High School
52544-A	9/1-9/24	Tu or Th	7:30- 9P	\$60	Sherando High School

[Register Here](#)

Kids on Golf

AGE 7-13

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

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

Location: Appleland Sports Center

Activity#	Description	Date	Day	Time	Fee	Deadline
48758-A	Kids on Golf with your own clubs	6/15-6/19	M-F	9-11:30A	\$85	6/11
48758-B	Kids on Golf with use of FCPRD clubs	6/15-6/19	M-F	9-11:30A	\$95	6/11
48758-C	Kids on Golf with your own clubs	7/6-7/10	M-F	9-11:30A	\$85	7/1
48758-D	Kids on Golf with use of FCPRD clubs	7/6-7/10	M-F	9-11:30A	\$95	7/1

[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 clubs.

Activity#	Date	Day	Time	Fee	Location	Registration Deadline
48771-A	6/22-6/26	M-F	9-11A	\$77	Appleland Sport Center	6/18
48771-B	7/13-7/17	M-F	9-11A	\$77	Appleland Sport Center	7/9

[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 are awarded to each age division. Golfers must provide their clubs. Proper golf attire and etiquette are required. USGTF Pro Brent Baker will pair three players per team.

Activity#	Age	Description	Date	Day	Time	Fee	Location
42779-A	8-10	6 Holes	6/26	F	8-10:30A	\$20	Appleland Sport Center
42779-B	11-14	12 Holes	6/26	F	11A- 2P	\$25	Appleland Sport Center

Registration Deadline: 6/24

Activity#	Age	Description	Date	Day	Time	Fee	Location
42779-C	8-10	6 Holes	7/17	F	8-10:30A	\$20	Appleland Sport Center
42779-D	11-14	12 Holes	7/17	F	11A- 2P	\$25	Appleland Sport Center

Registration Deadline: 7/15

17th Annual Youth Sports Scramble

AGE 21+

The Youth Scramble 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 are given for the closest to the pins on par 3's and the 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 the \$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.

Date: 8/28	Day: F	Time: 1-6P	Location: Rock Harbor Golf Course	Registration Deadline: 8/23
Activity#	Description	Fee		
42559-A	Foursome	\$300	Register Here	

Evening Golf for Kids

AGE 7-13

Are your 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 clubs. Proper golf attire and etiquette required.

Activity#	Date	Day	Time	Fee	Location	Registration Deadline	
48754-A	7/20-7/24	M-F	5- 7P	\$68	Rock Harbor Golf Course	7/16	Register Here

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! Walk 15® is a group exercise class for everyone of all ages and all fitness levels!

Activity#	Date	Day	Time
29713-A	Ongoing	Tu	9-10A

Fee: \$25 (8 class punch pass)

Locaiton: Evendale Community Center

Yoga

Enjoy increased flexibility, greater range of motion and so much more, including enhancing the body mind connection through yoga. Online purchase not available. Please bring yoga mat and water.

Fee: \$28 for 8 class flex pass

Activity #19712-A

Date: Ongoing

Day: W

Time: 5:30 - 6:30P

Location: Gainesboro Community Center

The Running Series



Youth Triathlon

AGE 10+

Join us for a fun-filled day of swimming, biking and running in the 6th annual FCPRD Youth Triathlon! Sherando Park in Stephens City, VA will be transformed into a one day challenging obstacle that includes a different distance per age group in the events of swimming, biking and running to make-up the FCPRD Youth Triathlon. All skill levels are welcome.

ALL Racers are encouraged to pick-up and have their bikes inspected on Saturday, June 6th at the Sherando Park pool between the hours of 5-7 p.m.



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

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

Awards:

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

Day: Su

Date: 6/7

Time: 8:00 am

Location: Sherando Park Pool

Fee: \$35 before 5/24 at midnight

Fee: \$45 before 6/6 at 7 pm

[Register Here](#)

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



FCPRD Family Fitness Running Workouts!

AGE 8+

Have you ever thought about exploring family fitness in the area? FCPRD is now offering a summer Family Fitness Series during the month of July. This drop-in program is designed to promote family health and outdoor exercise, to include: fun drills, running, group fitness, games, and family fun!

Location: Millbrook High School

Activity#	Date	Day	Time	Fee
42326-A	7/8	W	6- 7:30P	\$8
Registration Deadline:	7/6			
42326-B	7/15	W	6- 7:30P	\$8
Registration Deadline:	7/13			
42326-C	7/22	W	6- 7:30P	\$8
Registration Deadline:	7/20			
42326-D	7/29	W	6- 7:30P	\$8
Registration Deadline:	7/27			

[Register Here](#)



Trips

Major League Baseball Games

AGE 8+

Let us take you out to the ballgame-- price includes transportation, ticket, and All-You-Can-Eat buffet through the 7th inning! Game time is 1:05 pm. Depart Armel Elementary School at 9:00 am; Sunnyside Plaza at 9:30 am; return approximately 8:00 pm.

2019 World Series Champions

Baltimore Orioles vs. Washington Nationals

Activity#	Date	Day	Time	Fee
44733-A	8/9	Su	9-8P	\$92

Location: Camden Yards Park

Registration Deadline: 8/7

[Register Here](#)

Baltimore Orioles vs. New York Yankees

Activity#	Date	Day	Time	Fee
44733-B	9/6	Su	9-8P	\$68

Location: Camden Yards Park

Registration Deadline: 9/4

[Register Here](#)

Mystery Trip!

AGE 8+

Bring money for lunch and a sense of adventure! Wear comfortable clothes for the weather and light walking. We will find fun for all ages! Depart Armel Elementary parking lot at 9:00 am, Sunnyside Plaza at 9:30 am; return approximately 6:00 pm.

14733-B	7/11	Sa	9A- 6P	\$25
Registration Deadline: 7/9				

14733-C	8/8	Sa	9A- 6P	\$25
Registration Deadline: 8/6				

American Music Theatre: The Golden Boys starring Frankie Avalon, Fabian, and Bobby Rydell

AGE 8+

AMERICAN MUSIC THEATRE · LANCASTER, PA

Price includes show ticket—dinner will be Dutch treat after the show at a location TBD.

Depart Armel Elementary School at 10:30 am, Sunnyside Plaza at 11:00 am; Showtime is 3:00 pm; return approximately 12:00 am.

Activity#	Date	Day	Time	Fee
44636-A	7/19	Su	9:30A- 12A	\$103

Location: American Music Theatre

Registration Deadline: 6/19

[Register Here](#)



Active Adults

AGE 50+

We encourage seniors to check into joining any of the clubs and participating in the many activities planned, but not required. Pickup information will vary from club to club, so please read the description and let us know 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.

Home Pick-Ups available for select activities for a \$6 fee.

Gad Abouts Club

Club Luncheons

Home pickups are available for an additional \$6 fee for this activity.

This is a Dutch Treat luncheon; all Members and Non-Members will pay for their own meals.

Activity#	Date	Day	Time
47680-A	6/19	F	11A- 2P

Location: Cracker Barrel [Register Here](#)

Current Gad About Club Members will have their lunch paid for by the Club treasury. Non-members attending must pay for their own meal.

Activity#	Date	Day	Time
47680-B	7/17	F	11A- 2P

Location: Golden Corral [Register Here](#)

Gad Abouts: Jane Goodall Exhibit

NATIONAL GEOGRAPHIC MUSEUM, WASHINGTON D.C.

A can't-miss opportunity! In this hands-on, transportive multimedia exhibition celebrating her extraordinary life and work, you'll explore Dr. Goodall's early years through iconic images and a multiscreen experience and venture on a 3D exploration of Tanzania's Gombe Stream National Park where she did her famous behavioral research on chimps. Price includes transportation and exhibit ticket; lunch will be Dutch Treat on the way home. Depart Armel Elementary School parking lot at 8 am, Sunnyside Plaza parking lot at 8:30 am; return approximately 5 pm.

Activity#	Date	Day	Time	Fee
44608-A	8/21	F	8A- 5P	\$25

Location: Washington D.C. [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
43680-A	9/18	F	11A- 2P

Location: Sherando Park,
Ruritan Shelter
[Register Here](#)

Gainesboro Club

Field Trip: Romney, West Virginia

Board the bus for a trip to Romney, West Virginia! We will tour the West Virginia School for the Deaf and the Blind, then grab a Dutch treat lunch afterward. We will take the long way home and stop by the Rio Mall for an interesting thrift shopping experience. Price includes transportation only.

Depart Armel Elementary School at 9:30 am.; Sunnyside Plaza at 10 am; return approximately 5 pm.

Activity#	Description	Date	Day
47610-A	Romney, WV	7/27	M

Time: 9:30A- 5P Fee: \$20 [Register Here](#)

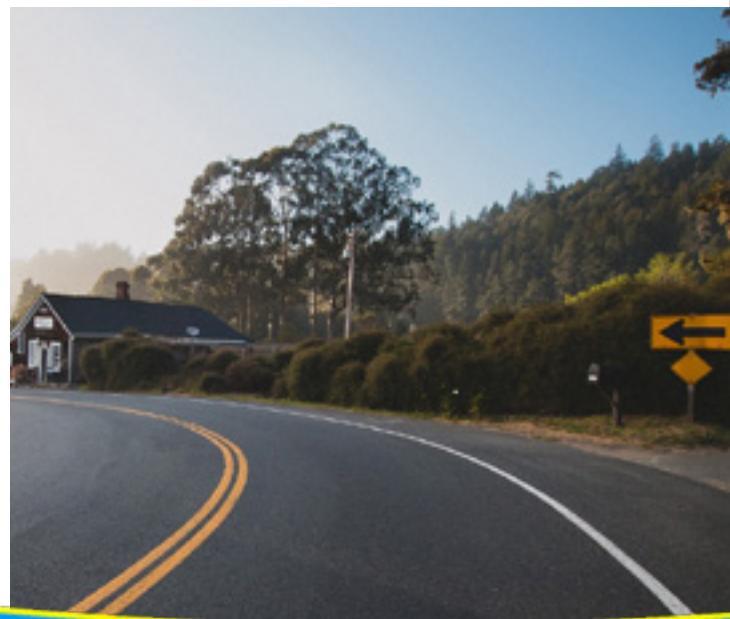
Roadkill Cafe and Outlet Shopping

This is a one-of-a-kind lunch experience you won't soon forget! Lunch will be Dutch treat, then we will head out to Hagerstown Premium Outlets for a little shopping before heading home. Price includes transportation.

Depart Armel Elementary School at 9 am; Sunnyside Plaza at 9:30 am; return approximately 5 pm.

[Register Here](#)

Activity#	Date	Day	Time	Fee
44651-A	8/28	F	9A- 5P	\$15



Big Band Pool Party

AGE 50+

Dance the night away under the stars as we bring back our Big Band Pool Party at Sherando Pool for active adults! Enjoy light refreshments, a swim, and dancing to the sounds of the popular 17-piece Yesterday Swing Orchestra. This is an evening you won't want to miss! Walk-up registration accepted.

Activity# Date Day Time Fee
46676-A 8/15 Sa 7- 9P \$10

Location: Sherando Park Pool

[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! We will also have some activities available to get our brains and bodies up and moving-- also, musical guest Elijah Shiley will be performing! 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 School parking lot at 10 am; Sunnyside Plaza pick up at 10:30 am

Activity# Date Day Time Fee
43651-A 6/11 Th 11A- 3P \$5

Location: Clearbrook Park, James Wood Colonels Shelter

[Register Here](#)

Active Adult Summer Day Camp

AGE 50+

Don't spend the summer letting the kids have all the fun—come with us for a summer day camp adventure! Activities for the week include but are not limited to:

- *David Rogers' Big Bugs*, bee hotels, and bird houses at the Museum of the Shenandoah Valley
- Fire safety fun with the Frederick County Fire and Rescue Department
- Nature walks, conservation, and plant potting at the State Arboretum at Blandy Farm
- Pool party and pizza (Friday only!)

Dress comfortably, wear your sneakers, and don't be afraid to get dirty—snacks and drinks provided daily. Depart Sunnyside Plaza parking lot at 8 am daily; camp runs from 8:30 am-noon; return to Sunnyside Plaza approximately 12:30 pm.

Fee: \$55

Activity #48651-A

Day: M-F

Date: 7/27- 31

Time: Depart Sunnyside Plaza parking lot at 8 am daily; camp runs from 8:30 am-noon; return to Sunnyside Plaza approximately 12:30 pm.

Registration Deadline: 7/20

[Register Here](#)



Facilities

Reservations must be made 21 days in advance and are subject to availability. Facility rentals are rented by the hour with a two hour minimum, so include setup and breakdown time for the requested rental.

Full Day Gymnasium Rentals - \$250 Resident, \$400 Non-Resident

Evendale Community Center

220 ROSA LANE
WINCHESTER, VA 22602

Gainesboro Comm. Center

4651 NORTH FREDERICK PIKE
WINCHESTER, VA 22603

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$30	\$46	M-F, 6P-10P Sa, Su 9A-10P	-
Activity Room	\$17	\$33	M-F, 6P-10P Sa, Su 9A-10P	35
Exercise Room	\$14	\$30	M-F, 6P-10P Sa, Su 9A-10P	49

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

Greenwood Mill Community Center

281 CHANNING DRIVE, WINCHESTER, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$30	\$46	M-F, 6P-10P Sa, Su 9A-10P	-
Activity Room	\$17	\$33	M-F, 6P-10P Sa, Su 9A-10P	50
Fitness Room (Weights/Machines)	Free	\$20/10Pass	M-F, 6:30A-9P Sa, 8A-12P	-

Sherando Community Center

185 SOUTH WARRIOR DRIVE, STEPHENS CITY, VA 22655

Facility	Resident	Non-Res.	Hours	Capacity
Fitness Room (Weights/Machines)	Free	\$20/10Pass	M-F, 4P-8P Sa, 8A-12P	-
Racquetball Courts (2 Courts)	Free	\$7/hour	M-F, 4P-8P Sa, 8A-12P	-
Multipurpose Room	\$23	\$39	M-F 6P-10P Sa, Su 9A-10P	140

Racquetball Courts may not be reserved more than 24 hours prior to use.

Orchard View Community Center

4275 MIDDLE ROAD, WINCHESTER, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	\$30	\$46	M-F, 6P-10P Sa, Su 9A-10P	-

Bulk rentals of 50 or more hours qualify for a discount.

Please call 540-665-5678 for details.

Does not apply to Full Day Gym Rentals

Park Hours: 8:00 am - Dusk

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)
- outdoor exercise equipment - Warrior Dr. Entrance

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

Shelter Rentals - Half off rate - Monday-Friday (Except Holidays)

Soccer Fields	Resident	Non-Res.
Fields #1-#4	\$27	\$43
Fields #6 and #7	\$17	\$27

Shelter Rentals are per day

Field Rentals are per hour with a two hour minimum

For current shelter fees and to make shelter reservations, visit our web site at www.fcpard.net or call the main office 540-665-5678. Bulk rentals of 50 or more hours qualify for a discount.

Softball & Baseball Fields

Stonewall Park

235 Hot Run Drive,
Stephenson, Virginia 22656

- Two 300 ft Ballfields Frey and Roper Fields
- Two 225 ft Ballfields Cole and Franklin Fields
- One 100 ft Ballfield Tee Ball Field

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

Clearbrook Park

130 Poolside Drive, Clear Brook, VA 22624

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

- 1/2 mile walking path loop
- 3-acre lake
- picnic shelters & tables
- 3,000 feet of paved walking paths
- paddleboats
- playground
- 25M outdoor pool
- sand 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

Shelter Rentals - Half off rate - Monday-Friday (Except Holidays)

Clearbrook Sand Volleyball Courts	Resident	Non-Res.
Per Court (2 hr min)	\$10	\$15

Sherando Park

252 Lakeview Circle,
Stephens City, VA

- One 375 ft Ballfield Field #1
- Two 300 ft Ballfields Field #5, #8
- Two 275 ft Ballfields Field #2, Bennington
- One 225 ft Ballfield Field #4

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 interpretive walking trail of the 1862 1st Battle of Kernstown
- Picnic Shelter and tables
- Restrooms
- Playground

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

Shelter Rentals - Half off rates - Monday - Friday (Except Holidays)

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.

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

"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.



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.

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.

Register Online Now

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
Address:				Total Fees: \$
Telephone Numbers				
Home:		Work:		
Cell:				
Print Name of Parent/Guardian: _____				
<input type="checkbox"/> <i>Please Call Me - I want to Volunteer as a Youth Coach!</i>				

Print Name of Parent/Guardian:

To receive periodic e-mail updates from ECPRD, 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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