



INSIDE

**WALKING IN A
WINTER WONDERLAND**

Big Band Brunch
February 5

WINTERFUN

So much to do!

ADULT VOLLEYBALL LEAGUE • ACTING • ART • DANCE!



**FREDERICK COUNTY
PARKS & RECREATION**

2021-2022 WINTER ACTIVITY GUIDE



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 -
Chairperson

Gainesboro District - Natalie Gerometta

Opequon District - Ron Madagan

Red Bud District - Dennis Grubbs

Shawnee District - Guss Morrison

Stonewall District - Randy Carter -

Vice Chairperson

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

Member at Large - Amy Strosnider

Board of Supervisor Liaison - Robert Wells



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

Register Online Now
fcprd.net

A sample of what's inside!

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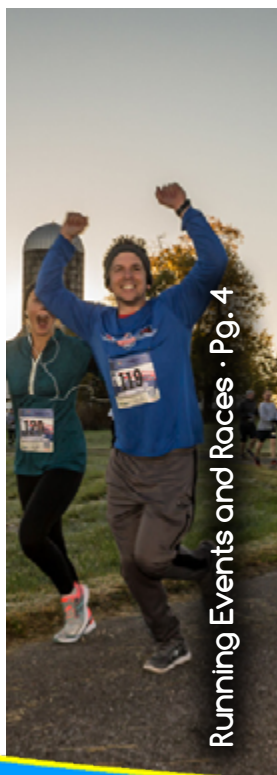
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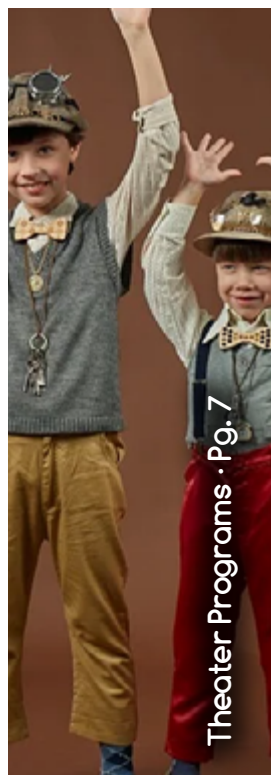
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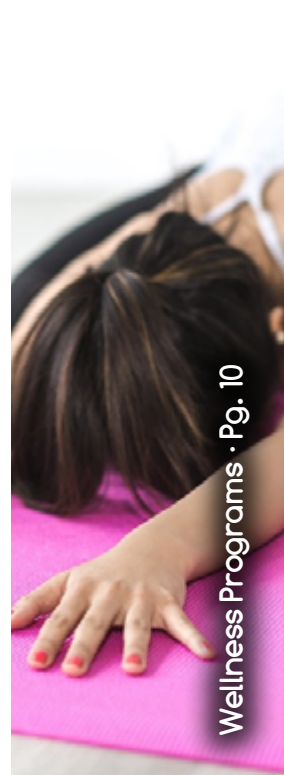
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Registration is open!

[Register Here](#)

basic REC

FREDERICK COUNTY PARKS AND RECREATION

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	Armell Elementary
11803-C	Bass Hoover Elementary
11803-D	Evendale Elementary
11803-E	Gainesboro Elementary
11803-F	Greenwood Mill Elementary
11803-G	Indian Hollow Elementary
11803-H	Middletown Elementary
11803-I	Orchard View Elementary
11803-J	Redbud Run Elementary
11803-K	Stonewall Elementary

basicREC 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	Armell Elementary
11802-C	Bass Hoover Elementary
11802-D	Evendale Elementary
11802-E	Gainesboro Elementary
11802-F	Greenwood Mill Elementary
11802-G	Indian Hollow Elementary
11802-H	Middletown Elementary
11802-I	Orchard View Elementary
11802-J	Redbud Run Elementary
11802-K	Stonewall Elementary

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	Armell Elementary
11801-C	Bass Hoover Elementary
11801-D	Evendale Elementary
11801-E	Gainesboro Elementary
11801-F	Greenwood Mill Elementary
11801-G	Indian Hollow Elementary
11801-H	Middletown Elementary
11801-I	Orchard View Elementary
11801-J	Redbud Run Elementary
11801-K	Stonewall Elementary



The Annual Thanksgiving Day 5k

ALL AGES

PROCEEDS BENEFIT FCPRD PLAY FUND

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. The certified 5k course travels, track, pavement, and the woodland trails of Sherando Park. This 5k run is an electronic chip timed event.

Prizes will be awarded to the top 3 male and top 3 female finishers and the top master male and female!

Participants are encouraged to pick-up their bib number and T-shirt at the Sherando Community Center on Tuesday (11/23) and Wednesday (11/24) from 4:00 - 7:00 p.m.

Early Bird Fee: \$25 until 11/22

Final Fee: \$30 11/23 - race day

Day:TH

Date:11/25

Time: Check in and onsite registration from 7-8 am; race begins at 8:45 am.

Location: Sherando High School

[More Information - Register](#)



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



Frederick County Parks and Recreation

Walking in a Winter Wonderland

November 26 - January 2 • 5:30 pm - 9:45 pm • Clearbrook Park

**NO ONSITE
TICKET SALES**

Admission

Age 3+ • \$6.50

Age 0-2 • Free

Session 1 • 5:30 - 6:45 pm

Session 2 • 7:00 - 8:15 pm

Session 3 • 8:30 - 9:45 pm

Presented by

NAVY
FEDERAL
Credit Union

T Mobile

PURCHASE TICKETS ONLINE AT FCPRD.NET



Community Recreation - Full List

Youth Archery League

AGE: 9-17

Our Thursday night Archery Leagues will allow young archers showcase their archery skills! GT Archery will score and organize the league while assisting with the basics of shooting a compound bow safely and effectively. This program is the next step from the Youth Archery Camps offered by FCPRD in the past. Genesis bows and all other equipment is provided for each archer. There will not be Youth Archery League 11/25 and 12/23. A great time will be had by all!

Date: 11/18-1/6, 2/10-3/17 Time: 6:30P-8P Fee: \$70
Deadline: 11/11, 2/3 [More Information](#)

Fencing Classes - Youth and Adult

AGE: 8+

Instructor: Tom Jobson, Member US Fencing Association

Programs for youth and adults! Our 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.

Date: 1/8-2/26
Deadline: 12/29 [More Information](#)

Hiking and Backpacking Lecture Series

Instructor: Potomac Appalachian Trail Club (PATC) Volunteers

Come to Sherando Park every 2nd Friday evening of the month from April to November to gain confidence about outdoor topics and become a better environmental steward! Although the program is free and family members are welcome, pre-registration is required due to capacity.

[More Information - Lecture Topics](#)
Deadline: Thursday before each lecture

Someone Special Sweetheart Dance

Formerly known as our Father/Daughter Dance-- fathers, daughters, mothers, sons, anyone special: all are welcome! Join us for an evening of fun and frills at West Oaks Farm Market. We will provide BBQ, finger foods, and cake from Sweet Tooth Bakery--yum! A DJ playing your favorite hits, pictures for purchase, and door prizes make this an unforgettable affair!

****Please note:** We will NOT be accepting walk-up couples and space is very limited so register today!

Fee: \$18 per person (\$36 per couple)
Date: 2/5
Time: Session A: 4:00-6:00P; Session B: 7:00-9:00P
Location: West Oaks Farm Market and Event Center

Hiking Series

Join an experienced hike leader this season to build your confidence in exploring the outdoors safely and increase your fitness! Hikes toward the beginning of the season will be approximately 1-3 miles in length building gradually to hikes 7-10 miles by the end of the hiking season.

Date: Current-11/17 [More Information](#)
Deadline: 2 days prior to program

New York City Holiday Day Trip

ALL AGES

A can't miss holiday tradition is back-- enjoy The Big Apple but skip the driving! Guests will be dropped off near Macy's. Note: we typically arrive in NYC around 11 a.m. and depart at 7 p.m. sharp.

NOTE: NYC vaccine mandates and requirements can be found here--please take note of them and be prepared to show proof of vaccination if required: <https://www1.nyc.gov/site/doh/covid/covid-19-vaccines-keytonyc.page>

Date: 12/11 Fee: \$80 [More Information](#)

Raised Bed Gardening Workshop

Instructor: Rich Sankovich, Author of *Simplistic Raised Bed Vegetable Garden*

Are you looking to create a vegetable garden but are limited on time, space, or effort? The simplistic raised bed garden might be your answer! In this class, view a slideshow presentation by local author, Rich Sankovich, on the benefits to building a raised bed garden versus traditional gardening. During the presentation attendees will learn the step-by-step approach to creating and maintaining a successful raised bed garden.

Date: 12/8, 1/29, 2/20 (Multiple Dates Options)
Deadline: 12/6, 1/27, 2/17
Fee: \$15 [More Information](#)

[Tickets: 4:00 - 6:00 pm](#)

[Tickets: 7:00 - 9:00 pm](#)

Comm. Rec. Cont.

Ballet

AGE: 3-6

Instructor: Jennifer Turman Bayliss, *The Sunshine Studio*

Young ballerinas will love the creativity and fun of this dance class! They will learn ballet basics, including names of positions and how to perform them.

Date: 1/20-2/24, 3/3-4/7

[More Information](#)

Beginner Tap

AGE: 3-8

Instructor: Jennifer Turman Bayliss, *The Sunshine Studio*

Young tap dancers will love the enthusiasm and fun of this class! Dancers will be introduced to fundamental rhythms and steps. While improving basic motor skills, they also have an opportunity to develop proper dance etiquette and social skills. Tap experience is not required, but tap shoes are.

Date: 1/19-2/23, 3/2-4/6

[More Information](#)

Babysitting

AGE: 11-15

Do you plan on watching your younger brother or sister, neighbor or someone else you might know? This class will give you the knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will develop leadership skills and learn how to develop a babysitting business. Participants will also learn basic childcare and basic Child/Pediatric CPR.

Date: 10/16, 11/20, 12/11 Time: 9A-5:30P Fee: \$115
Deadlines: 10/14, 11/18, 12/9

[More Information](#)



Young Artist

AGE: 6-11

Get creative! Young artists will use different materials to create artwork as they explore several mediums and learn a variety of skills. Imagination, along with guidance from the instructor will enhance the young artists' experience.

Date: 1/11-2/1, 2/15-3/8 Time: 7:00P-8:00P Fee: \$40
Deadline: 1/9, 2/13

[More Information](#)

Intro to Piano

This 5-week session will introduce the participant to reading music and playing the keyboard or piano. Focus will be on learning to play melodies on the keyboard while learning the basic rudiments of rhythm and note reading. No equipment required—keyboards will be provided for each participant.

Date: 1/13-2/10 Time: 7:00P-8:00P Fee: \$75
Deadline: 1/11

[More Information](#)

Adult and Pediatric First Aid, CPR and AED - Blended Learning

AGE: 12+

Instructor: Super Splasher Aquatics Staff

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high-speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Dates: 10/20, 11/10, 12/15 Time: 7P-10P Fee: \$86
Deadlines: 10/18, 11/8, 12/13

[More information](#)



Comm. Rec. Cont.

Wee Stage Acting

AGE: 3-5

Instructor: Selah Theatre Project

Preschool interactive story theatre where each class a new recreation of a storybook comes to life. This class introduces students to using emotions and body language to communicate.

Date: 1/4-3/8 Time: 4:30P-5:10P Fee: \$210
Deadline: 12/29

[More Information](#)

Center Stage Acting

AGE: 6-8

Instructor: Selah Theatre Project

Center Stage young actors learn to expand their imagination beyond words on a page. Instead of simply reading a script, which can be difficult for some children this age, we focus on taking creative new ideas and bringing them to life through imagery theatre. This class is great for any child age 6-8 from shy to super outgoing. At the final class, family and friends will be invited to a performance.

Date: 1/6-3/10 Time: 5:30P-6:30P Fee: \$210
Deadline: 1/4

[More Information](#)

Junior Stage Acting

AGE: 9-12

Instructor: Selah Theatre Project

Junior Stage focuses on the techniques of building theatre pieces through scene study, coaching in speech, improvisation and stage technique. By emphasizing the importance of the ensemble, "the team", students learn to work together to create a performance. Confidence and trust building activities are woven into rehearsing theatrical pieces to encourage positive ensembleship. At the final class, family and friends will be invited to a performance.

Date: 1/4-3/8 Time: 5:30P-6:30P Fee: \$210
Deadline: 12/29

[More Information](#)

Senior Stage Acting

AGE: 13-17

Instructor: Selah Theatre Project

College prep acting technique is introduced expanding the teen mind, body and imagination into creating original works that imitate real life. For the past ten years, Senior Stage has created pieces dealing with drug abuse, mental health, school shootings, family dynamics, being uniquely different and more. Teen actors dig deeper into using theatre as a medium to communicate questions that promote positive conversation and impact. At the final class, family and friends will be invited to a performance.

Date: 1/6-3/10 Deadline: 1/4 Time: 7-8:30P Fee: \$210

[More Information](#)

Acting Through Song

AGE: 11-17

Instructor: Selah Theatre Project

Acting Thru Song is a class designed exclusively for middle and high school students. Prior singing experience is not necessary (though students WILL be singing solo songs). The idea is to expose students to the genre and give them opportunities to flex their performing muscle through solo work on song/s selected for (and with) each individual student. This will not be a competitive environment, but rather, an educational one. All students will receive individual coaching and instruction on preparing their selections, with the emphasis on learning how to interpret and portray the meaning and/or objective of the song, ie. how to "act thru" it. This is a great opportunity, in a non-threatening and non-competitive environment, to learn the skills needed for performing in a musical. At the final class, family and friends will be invited to a "sharing" performance so students can show what they have learned.

Date: 1/4-3/8 Time: 7:00P-8:30P Fee: \$210
Deadline: 12/29

[More Information](#)

Music and Me

AGE: 5-8

Instructor: Selah Theatre Project

Music and Me is a beginning music exploratory program that focuses on the fundamentals of music: ear training, healthy singing, intonation, reading music, singing in parts, beat-keeping, solfege, reading rhythms, focus, concentration, and improvisation. This is a non-auditioned, non-performing group.

Date: 1/5-3/9 Time: 4:30P-5:15P Fee: \$75
Deadline: 1/3

[More Information](#)

Valley Voices Youth Choir

AGE: 9-14

Instructor: Selah Theatre Project

Valley Voices is composed of children ages 9-14. Focusing on vocal technique, sight singing, music theory and repertoire with up to three voice parts, choir members begin building the foundation of music education.

Date: 1/5-3/9 Time: 5:30P-7:00P Fee: \$160
Deadline: 1/3

[More Information](#)

*** All theatre performances are dependent upon COVID restrictions and guidelines. ***

Active Adults - Age 50+ - [Full List](#)

Scrabble Party

Gather with friends to enjoy Scrabble. New players are welcome. Pizza lunch is included.

Date: 1/10, 2/7, 3/14, 4/4

Time: 10:30P-2P Fee:\$28

Deadline: 1/6

[More Information](#)

Yoga - Gentle

This is a less vigorous class, and includes gentle stretches and breathing as well as simple Yoga poses and movements designed to improve the range of motion of every major joint and increase energy. This class is ideal for students who are newer to Yoga, or students that want to improve strength, agility, flexibility, and balance as we age.

Date: Ongoing

[More Information](#)

Deadline: Monday before class

Active Adult Monthly Mystery Trip!

Bring money for lunch and a sense of adventure— and wear comfortable clothes for the weather and light walking.

Date: 12/3, 1/14, 2/25

Time: 9A-5P Fee: \$25

Deadline: 12/1, 1/12, 2/23

[More Information](#)

The Moose Family Center Annual Senior Thanksgiving Banquet

The Winchester Moose Family Center #1283 and The Women of the Moose Chapter #1367 invite you to share in a delicious traditional Thanksgiving meal and an afternoon of fellowship and music by the local five-person band Stage Left with special guest Elijah Shiley!

Date: 11/13

[More Information](#)

Deadline: 11/3

Maryland Christmas Show

FREDERICK, MARYLAND

Shop till you drop at the 37th annual Maryland Christmas Show! You'll enjoy the works of top artists and craftsmen offering fine art, pottery, furniture, jewelry, clothing, wreaths and garlands, toys and Christmas ornaments - just about anything related to your Christmas shopping enjoyment. We will shop, then find somewhere for a Dutch Treat lunch.

Date: 11/19

[More Information](#)

Deadline: 11/17

Senior Valentine Bash

Be our valentine for this annual fun and friendly gathering at Golden Corral! We will do a craft activity, enjoy a good meal, and fellowship.

Date: 2/11

Time: 11:30A-2P

[More Information](#)

Active Adults Continued - [Full List](#)

Gad Abouts Club

PIZZA PARTY AND MEMBERSHIP MEETING

Pizza and games are on the menu for the yearly membership meeting and chat!

Date: 1/21

[More Information](#)

Deadline: 1/16

Gainesboro Club

PIZZA PARTY AND MEMBERSHIP MEETING

Pizza and games are on the menu for the yearly membership meeting and chat!

Date: 1/24

[More Information](#)

Deadline: 1/23

Big Band Brunch

What goes together better than big bands and brunch food?! Enjoy brunch selections as you take in the incredible sounds of the popular 17-piece Yesterday Swing Orchestra. Dance demos and performances by dancers from the Friendly City Dance Room in Harrisonburg, VA, will make this a can't-miss event!

Fee: \$30 per person

Location: West Oaks Farm Market and Event Center

Date: 2/5

[More Information](#)

Annual Holiday Luncheon

Welcome the Christmas season with good food, good fellowship, and good friends plus, special appearance by Santa to help us hand out gifts for the gift exchange! Door prizes for a few lucky winners, and lunch will be provided.

Location: West Oak Farm Market and Event Center

Time: 11A-2P

Date: 12/17

[More Information](#)

Walk 15

Instructor: 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!

Date: Ongoing

Deadline: Day-by-day enrollment

[More Information](#)



**Big Band
Brunch!**
February 5

Wellness Programs - [Full List](#)

Yoga - Gentle

This is a less vigorous class, and includes gentle stretches and breathing as well as simple Yoga poses and movements designed to improve the range of motion of every major joint and increase energy. This class is ideal for students who are newer to Yoga, or students that want to improve strength, agility, flexibility, and balance as we age.

Date: Ongoing

Deadline: Monday before class

[More Information](#)

Yoga - Vinyasa Flow

AGE: 13+

This Yoga class offers a series of postures, movement flows with breath, and dynamic/static poses. This style of practice can build strength and stamina quickly in the body and builds on the foundation of strength, agility, flexibility, and balance. Some Yoga experience is helpful. All levels welcome.

Date: Ongoing

Deadline: Thurs. before class

[More Information](#)

Yoga - Hatha Levels 1-2

AGE: 13+

This indoor class is perfect for those with Yoga experience that want to deepen their practice with advanced poses and breath work to gain strength, stability, balance, and agility. This style of yoga can also be a good option if you're newer to yoga and want to learn some of the foundational techniques that will prepare you for a more advanced yoga practice.

Date: Ongoing

Deadline: Sunday before class

[More information](#)



Kids Sports and Agility Clinic

AGE: 8-12

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor

Get ready for spring sports! Improve your overall performance before the season. This clinic will focus on: agility drills, jumping skills, speed ladder drills, quickness, ball & balance training, footwork & change of direction drills.

Date: 2/22-3/15

Deadline: 2/18

Time: 6:30P-7:45P

[More Information](#)

Fee: \$60

Kids Obstacle/Agility Course Clinic

AGE: 6-9

Don't miss this exciting clinic to feel like a Ninja Warrior while participating in agility drills, running /jumping, balance, coordination exercises, speed ladder, strength / body weight challenges.

Date: 1/30-2/6

Deadline: 1/28

Time: 10:10A-11:20A

[More Information](#)

Fee: \$35

eSports Winter Camp

AGE: 8-14

Instructors: GUI eSports Staff

Don't miss this exciting camp that will introduce you to PC Gaming. Each day we will work on a different basic skill of gaming. This is a great program for first time gamers or anyone that is interested in learning about eSports. eSports (also known as Electronic Sports) is a form of a sport competition using video games. Universities has developed programs and scholarships for eSports. High Schools have also joined the popularity by adding it as a Varsity Sport.

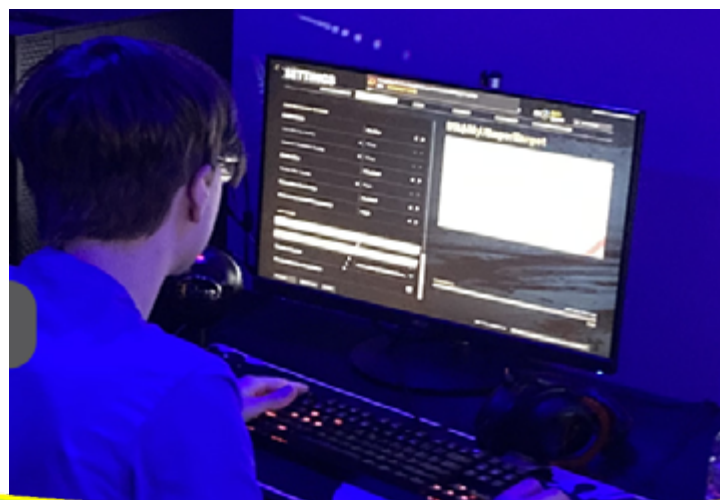
Date: 12/27-12/30

Deadline: 12/22

Time: 9A-12P

[More Information](#)

Fee: \$110



Sports Programs - [Full List](#)

Basketball Skills & Agility Clinic

AGE: 7-9

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor

This clinic is perfect for them to learn the basic skills of basketball. The clinic will provide the opportunity for children to work on dribbling, ball handling skills, passing, offense/defense, change of directions with & without a ball, & basic game skills.

Date: 1/20-2/10 (6:30-7:30P), 3/3-3/24 (5-6P) Fee: \$48
Deadline: 1/17, 2/28 [More Information](#)

Youth Basketball Clinic

AGE: 6-9 AND 7-10

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor

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

Age: 7-10

Date: 11/28-12/5 Time: 11A-12:15P Fee: \$35
Deadline: 11/26 [More Information](#)

Adult Co-Rec Volleyball League

AGE: 16+

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

Date: 1/31-4/6 Time: 6:00P-10:00P
Deadline: 1/19 [More Information](#)

Floor Hockey Clinic

AGE: 6-9

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor

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

Date: 2/22-3/15 Time: 5:30P-6:20P Fee: \$40
Deadline: 2/18 [More Information](#)

Lacrosse Beginner Clinic

AGE: 7-14

Instructors: Shenandoah Valley Youth Lacrosse Coaches

Learn the fundamentals of lacrosse while participating in drills, contest, & mini games. Safety, sportsmanship, and teamwork. No equipment necessary and no contact.

Date: 11/13 & 11/20 [More Information](#)
Deadline: 11/10

Littles' Sports - Basketball, Indoor Soccer

AGE: 3-7

Lisa Mann, Certified Personal Trainer & Kids Sports Instructor for the last 19 years.

Don't miss out on these unique sports programs that offer child and parent participation. FCPRD has created a series of Little's Sports programs which will prepare children for organized sports in a fun, up-beat, non-competitive environment. Clinics provide the opportunity for children to work on-one-one with a parent to learn various skills associated with the sport.

Date: See more information
[More Information](#)

Little League Baseball and Softball
Registration Opens Nov 1st for
Frederick County National
Little League

**FCNLL
SPRING
2022**
SHERANDO PARK

www.fcnull.com

TBALL & COACH PITCH \$40
MINORS AND UP \$80
Season begins March 15th

Frederick County American Little League

2022 SPRING BASEBALL AND SOFTBALL REGISTRATION

STONEWALL PARK

AGE: 4-16

Frederick County American Little League / FCALL offering a safe, positive environment for boys and girls, ages 4 to 16.

Divisions

T-Ball Baseball: Age 4-6

T-Ball Softball: Age 4-6

Coach Pitch Baseball: Age 6-8

Coach Pitch Softball: Age 6-8

Minor Baseball: Age 8-10

Minor Softball: Age 8-10

Major Baseball: Age 10-12

Major Softball: Age 10-12

50/70 Baseball: Age 11-13

Senior Softball: Age 13-16

Senior Baseball: Age 13-16



[Visit](#)

[fcallittleleague.com](https://www.fcallittleleague.com)

[for more info!](#)

Registration Fees

T-Ball: \$50

All of Divisions

Black Friday Special (November 26): \$70

November 27-December 31: \$85

January 1 - January 31: \$110

Registration ends January 31 - NO EXCEPTIONS

Additional Information:

Little League requires a copy of a certified birth certificate (available from the Department of Vital Statistics & Virginia DMV) for ALL players. The certified birth certificate is valid for 2 consecutive seasons with FCALL.

ALL volunteers (Including but not limited to, Managers, Coaches, Team Parent, Score Keeper, anyone else on the field) are required to complete the Little League Background Check Application and obtain the Concussion Certificate.

Please check the Boundary Map in the "About Us" section of our website to ensure that you are within our boundaries to participate with FCALL.

For questions and additional information, please contact:

secretary@fcall.org and/or playeragent@fcall.org

<https://www.fcallittleleague.com/>



Frederick County National Little League

2022 SPRING BASEBALL AND SOFTBALL REGISTRATION

SHERANDO PARK

AGE: 4-16

Frederick County National Little League | FCNLL offers a safe, positive environment for boys and girls, ages 4 to 16.

Divisions for Baseball and Softball

T-Ball: Age 4-6

Coach Pitch: Age 6-8

Minor: Age 8-10

Major: Age 10-12

50/70 (Baseball Only): Age 11-13

Junior: Age 12-14

Senior: Age 13-16

Registration Fees

T-Ball & Coach Pitch: \$40

Minors & Up: \$80

Registration OPENS November 1st

Registration CLOSES January 31st

Additional Information:

Little League requires the following player documentation:

Copy of birth certificate

School Enrollment form OR 3 Proofs of Residency

All volunteers are required to submit the following in Sports Connect (www.fcndl.com):

Volunteer Application

Driver's License

Concussion Certificate

FCNLL operates out of Sherando Park and Passage Road in Stephens City, VA

For questions and additional information, please contact:

Fcnll.info@fcndl.com

www.fcndl.com

Blue Ridge Youth Soccer Association

WWW.BRYSA.ORG

Spring 2022 Recreation Soccer Season:

Blue Ridge United's recreational soccer program is offered in the Fall and Spring seasons, with various co-ed and unisex teams from age 4 through high school. Players typically practice twice weekly with games on Saturdays. Serving over 1,500 local children per year, our recreation program is volunteer-driven. Coaches, Assistant Coaches, Team Managers, and our generous sponsors are the lifeblood of our program. Our volunteers make it possible for us to offer quality soccer programs to as many local children that want to play the game and be part of a team.

Registration Opens: 11/15/21 (Early Bird Deadline: 12/15/21)

Registration Deadline: 02/14/22

Season Begins: 03/14/22

www.brysa.org

Spring 2022 United Juniors:

United Juniors will be a 6-week age-appropriate training environment for U4 players, coached by Blue Ridge United's professional full-time staff, that will focus on providing our young players with an opportunity to participate and have fun while learning about the game of soccer. The program will help players develop positive social interactions with other kids, participate in different soccer-related activities that will create a foundation of skills used on/off the soccer field, and it will assist in instilling our players with a love for the game.

Registration Opens: 11/15/21

Registration Deadline: 02/14/22

Season Begins: 04/01/22

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FREDERICK COUNTY
PARKS & RECREATION

Frederick County Parks and Recreation

WE ARE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

basicREC Program Assistant - \$15.00 (18+)
Program Aide - \$12.50 (15+)
Site Supervisor - \$15.00 (18+)
General Enrichment Instructor - \$15-\$20 (18+)
Sports Official - \$15-\$35 (18+)
Clearbrook Park Maintenance - \$15.00 (18+)
Sherando Park Maintenance - \$15.00 (18+)
Park Ranger - \$15.00 (18+)

MORE INFORMATION CALL
540-665-5678

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