

basicREC

School year registration is open.

Full-Time Registration - AM, PM, Full Day (5 days per week)

Registration must be completed online or in-person.

Ages: 5-12

Locations: Apple Pie Ridge, Armel, Bass-Hoover, Evendale, Gainesboro, Greenwood Mill, Jordan Springs, Orchard View, Redbud Run, Middletown, Stonewall, Indian Hollow

Parents, are you looking for an outstanding program for your child (while you're at work) with 100's of games and activities, full-time professionals on staff, affordable rates, and the convenience of being available to all Frederick County Elementary School students? Then don't hesitate to register today for basicREC, FCPRD's before and after school program. It's simply the BEST!

The basicREC program is available to all Frederick County Elementary School aged children. Our goal is to provide participants with many recreational opportunities before and after school! Children will engage in active games and have the opportunity to participate in art projects, crafts, sports, along with many other activities. Weather permitting, most activities will take place outside. Once all planned recreational activities have taken place, children may have the opportunity to do homework.

Hours of Operation - Monday - Friday

- **Morning Session:** 6:30 am - Start of School Day
- **Afternoon Session:** School Dismissal - 6:00 pm

Fees:

- **Full-Time basicREC**
 - Day: \$97 per week
 - Mornings Only: \$48 per week
 - Afternoons Only: \$52 per week

ALL THE FORMS AND INFORMATION YOU NEED
To download the Parent Handbook, click here
To download the Medical Consent Form (MAT Form), click here
View the basicREC 2021-2022 Calendar, click here



YOUTH TRIATHLON

SUMMERFUN

So much to do!

CAMPS • SWIM LESSONS • HIKING • NATURE • FUN FOR ALL!



FREDERICK COUNTY
PARKS & RECREATION

2021 SUMMER 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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Pools, Aquatics, Swim Lessons - pg. 12-15

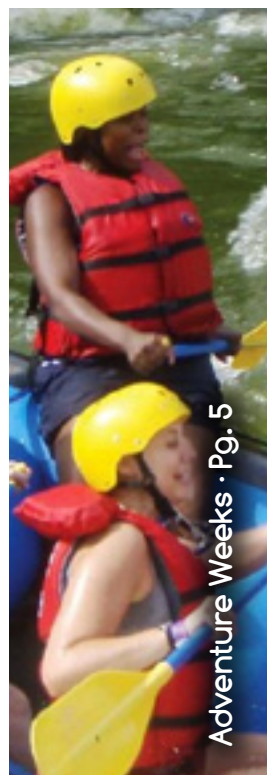


Sports
pg. 9

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



Lifeguarding Class · Pg. 15



Adventure Weeks · Pg. 5



Adult Co-ed Beach Volleyball · Pg. 9



Youth Trout Derby

Friday, May 7
5:30 - 8:00 pm
Clearbrook Park
Ages 4 - 14
FREE

Sponsorship opportunities available!


FREDERICK COUNTY
PARKS & RECREATION
fcprd.net • 540-665-5678

Youth Triathlon

AGE 10+

Join us for a fun-filled day of swimming, biking and running in the 7th 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, August 7th 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: 8/8

Time: 8:00 am

Location: Sherando Park Pool

Fee: \$35 before 8/1 at midnight

Fee: \$45 before 8/7 at 7 pm

[More Information - Register](#)

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



It's time to explore!



Camp basicREC - Summer Program

Ages: Rising 1st graders through Rising 6th graders

Instructors: FCPRD Recreation Technicians and Program Assistants

Camp basicREC is the top camp choice for a fun filled summer! It's based outdoors and designed to keep your child involved in activities that go on throughout the summer! While following COVID-19 guidelines, we offer special activities, organized sports and games, crafts, pool days and field trips (weather permitting).

Full-Time (9 weeks) - \$1,125 - \$125 per week using the automated payment plan

2021 Camp Locations: Gainesboro, Orchard View, Evendale, Greenwood Mill, Armel, Jordan Springs

Days: M-F Dates: June 21, 2021 - August 19, 2021 (Closed: July 5 and August 20)

Time: 6:30 am - 6:00 pm

[Parent Handbook with Appendix A - COVID-19 Information](#)

[Register Here - Space is limited!](#)

basic REC

Summer Camp



BENEFIT BIKE TOUR 2021

8:30 am · August 28



MORE INFO!
Scan using your
smartphone camera

To register visit RunAtTheTop.net

 **RunAtTheTop.net**
FREDERICK COUNTY PARKS AND RECREATION


FREDERICK COUNTY
PARKS & RECREATION


Winchester
Wheelmen


Element Sports

10 MILES · 30 MILES · 50 MILES · 70 MILES

FCPRD, CCAP, and the Winchester Wheelmen are excited to present a ride through the countryside of the Northern Shenandoah Valley. The scenic ride starts in Winchester on the campus of Valley Health at the Wellness Center and rolls through beautiful Frederick County, VA taking in breathtaking views of the Blue Ridge Mountains and scenic country landscapes. This is a self-paced ride for everyone from the recreational to the serious cyclist.

The first **100** registrants will receive
a complimentary Craft Leisure Vest

\$80 VALUE



Blue Ridge Bicycles

Community Recreation - [Full List](#)

[Archery and Outdoor Sports - Full List](#)

Youth Trout Derby

AGE: 4-14

Families are encouraged to bring their young anglers (ages 4-14) to catch stocked trout and other fish at Clearbrook Park Friday evening May 7 from 5:30-8pm. This is a rain or shine event with no registration required, but a RSVP is helpful for us to inform you of future fishing adventures.

Date: May 7, 2021

[More Information](#)

Adventure Weeks

AGE: 9-14

Activities include white water rafting, tubing, zipline canopy tour, kayaking, canoeing, ropes courses, biking, and hiking (and more!) on the beautiful Shenandoah and Potomac Rivers (class I-III) in Harpers Ferry, West Virginia.

Date: 6/21-6/25, 7/12-7/16, 7/26-7/30, 8/2-8/6

[More Information](#)

Youth Archery (Levels 1 and 2)

AGE: 9-17

The Youth Archery Program will teach the basics of shooting a compound bow safely and effectively. Scoring games will be used to test form and accuracy. Participants will learn proper handling, bow and arrow usage, and discuss the importance of range safety.

Date: 6/21-6/25, 9/13-9/17

[More Information](#)

Practical Self-Defense Class

AGE: 8-16

The program will focus on practical self-defense techniques. These classes will keep participants engaged, excited, and motivated in a structured and positive environment.

Date: 7/6-7/29

[More Information](#)

Computer Coding Camps

AGE: 6-16

Instructed by: Willis Academy

These coding camps are designed for the young programmer and are offered in beginner, intermediate, and advanced levels. Follow the link to review the program descriptions for more information regarding dates and times, prior necessary experience (if applicable), and software that will be used during the program.

[More Information](#)

[Science, Nature, and Hiking - Full List](#)

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](#)

Summer 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: 4/15-11/17

[More Information](#)

Earth Day Celebration - Jr. Trailblazers

AGE: 8+

Instructor: Curry Schiavone, Museum of the Shenandoah Valley Youth and Family Programs Manager

Learn tips for observing wildlife, identify plants and animals, and see how the landscape changes with the seasons as they walk the trails at Rose Hill Park.

Date: 4/22

[More Information](#)

Earth Day Celebration - Bird Watching

Instructor: Jim Smith, former Northern Shenandoah Valley Audubon Society President

Kick off the 51st Earth Day with a morning bird walk at Rose Hill Park! Identify species through multiple habitat types on the approximately 1.3-mile loop trail.

Date: 4/22

[More Information](#)

Citizen Science Saturdays

The only tool you need to be a scientist these days is smartphone! Meet us every 3rd Saturday of the month from May through October to gather data that can be submitted to global citizen science projects!

[More Information - Topics](#)

Wilderness for Kids

AGE: 4-11

This program invites children to awaken and explore their connection to the natural world. Held amid the precious woods and creeks of the Shenandoah Valley.

Date: 7/19-7/23, 7/26-7/30

[More Information](#)

Preschool Day Camp

AGE: 4-5

We are offering an exciting day camp for Preschoolers with a variety of activities! Camp will be held 3 days and includes sports, games, and arts & crafts. Each child needs to bring a water bottle and snack each day.

Date: 6/14, 6/16, 6/18

[More Information](#)

Art, Dance, and Theater - Full List

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: 4/15-5/20, 7/12-7/16

[More Information](#)

Beginner Tap Dance

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.

Date: 4/14-5/19

[More Information](#)

Cheer & Hip-Hop Dance

AGE: 6-17

Our Cheer and Hip-Hop program focuses on fun cheers and modern hip-hop movements with a vivacious urban feel.

Date: 7/6-7/29

[More Information](#)

Pound, Paint, and Create

AGE: 7-13

Instructed by: 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.

Date: 6/21-6/25, 7/12-7/16, 8/2-8/6

[More Information](#)

Let's Get Dramatic! Camp

AGE: 8-11

Instructor: Winchester Little Theatre Staff

Workshops will include basic theatre etiquette, theatre games & exercises, and pantomime activities.

Date: 8/9-8/11

[More Information](#)

Oh, the Drama! Scene Work & Character Development

AGE: 12-18

Instructor: Winchester Little Theatre Staff

Workshops will include a wide variety of scenes, short one acts, theatre exercises and games.

Date: 8/2-8/6

[More Information](#)

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.

Date: 7/19-7/21

[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: 6/19, 7/10, 8/7

[More Information](#)

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

Board Game Club

Come try out our new board game club! Each week we'll introduce a new game including, but not limited to, backgammon, Yahtzee, bingo, and more! Lunch will be included. If you have a favorite game, bring it!

Date: 4/26-7/12

[More Information](#)

Scrabble Party

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

Date: 7/19-8/30

[More Information](#)

Frederick County Rocks!

Join us for a fun afternoon of crafting and adventure—we will meet at Rose Hill Park in the picnic shelter for a rock painting party! While our painted rocks dry we can eat our lunch (please bring a packed lunch and drink for yourself), followed by a hike through the trails of Rose Hill Park to hide our freshly painted rocks. Get outside with us and welcome the spring season while we brighten someone's day with a rock to find! Materials all provided.

Date: 5/14

[More Information](#)

Picnic in the Park

Come one, come all to our annual picnic in the park (Club Members and non-club members welcome) and enjoy fellowship and fun in a beautiful park setting. We will have some activities available to get our brains and bodies up and moving-- also, musical guest Elijah Shiley will be performing!

Date: 6/18

[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: 5/25-6/22

[More Information](#)

Gentle Yoga in the Park

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](#)

Big Band Pool Party

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.

Date: 8/14

[More Information](#)

Wellness Programs - [Full List](#)

Nutrition Webinar

Instructor: *Jenny Williams, Certified Athletic Trainer and Nutritionist, PRO Motion Med Gym Director*

After years of researching, developing, and preparing recipes with nutrient-rich whole foods targeted for reducing inflammation for her loved ones, Jenny feels it is her calling to share what she's learned with all of you. She simplifies the Anti-inflammatory Diet protocol to educate you on basic nutrition and how it fuels the body, inflammation and how it is harmful, how to practically apply the diet to your lifestyle and understanding the importance of mindful eating.

Date: 6/2, 6/6

[More Information](#)

Yoga in the Park - Gentle Yoga

AGE: 13+

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](#)

Yoga in the Park - 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

[More Information](#)

Frederick County Community Fitness

AGE: 13+

FCPRD has teamed up with PRO Motion / PRO Physical Therapy to present Frederick County Community Fitness! This unique fitness program takes place at our outdoor park locations, Sherando and Clearbrook Park, where participants can take in beautiful scenery, great amenities, lots of space and fresh air. The instructors are top of the line fitness professionals from PRO Motion / PRO Physical Therapy and will guide participants through workouts focused on strength, core, cardio, and other dynamic exercises.

Date: 4/12-5/5, 4/13-5/6

[More Information](#)

Meal Prep Workshop

Instructor: *Jenny Williams, Certified Athletic Trainer and Nutritionist, PRO Motion Med Gym Director*

With portion controlled, nutrient-dense meals prepared ahead of time, you can be successful in meeting your health-associated goals! You will learn how to build healthy meals with the proper macronutrients and prepare a weeks' worth of meals at a time, saving precious time (and money). You will be armed with prepared meals to make your weekdays less hectic and stressful.

Date: 7/17, 8/14

[More Information](#)

Running Camp

AGE: 9-13

CountryWe will focus on techniques, stretching, and other information to make running fun and enjoyable. We will play games, run workouts each day, and finish with the last day with a mini timed event.

Date: 6/21-6/25

[More Information](#)

Tai Chi

AGE: 13+

Practical Tai Chi classes will be held over 10 weeks and will focus on the practical aspects of Tai Chi - what chi is and how it moves in the body, grounding (what it is and how it helps replenish the body's chi), qigong breathing methods, a variety of self-massages, and will allow attendees to experience Tai Chi as a variety of moving meditations.

Date: Multiple

[More Information](#)

Sports Programs - [Full List](#)

[Golf Programs - Full List](#)

17th Annual Youth Sports Scramble Golf Tournament

ROCK HARBOR GOLF COURSE

This tournament raises funds for the Frederick County Parks and Recreation youth sports and Special Olympic programs. Enter a team or as an individual.

Date: 9/3

[More Information](#)

Kids on Golf

AGE: 7-13

Get into this hands-on introduction to golf! Skills needed to learn the game of golf will be explained and demonstrated and participants will practice these skills. On the final day, participants will use all these skills learned as they play the par 3 course.

Date: 6/21-6/25, 7/5-7/9

[More Information](#)

Continue a Kid on Golf

AGE: 8-14

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.

Date: 7/12-7/16

[More Information](#)

Golf Tournament Fore Kids

AGE: 8-14

Test your golf skills in this junior golf tournament. Trophies and prizes will be awarded to each age division. Golfers must provide their own clubs.

Date: 7/16

[More Information](#)

Evening Golf for Kids

AGE: 7-13

How about filling some evenings, too! Each evening will blend fun aspects with learning, and on the final day, participants will have an opportunity to play some holes on the regulation course. Golfers must provide their own clubs.

Date: 7/19-7/23

[More Information](#)

Adult Co-Rec Volleyball League

AGE: 16+

Grab your friends, spouse and/or co-workers to enjoy this ever popular sport. Enter a team or as an individual.

Date: 6/22-8/5

[More Information](#)

Adult Co-Ed Beach Volleyball Tournament

AGE: 16+

Bring your indoor game outside in our new Beach Volleyball Tournament! This 4x4 Co-Ed tournament will be played on our three sand volleyball courts in Clearbrook Park.

Date: 6/19

[More Information](#)

Volleyball Camps

AGE: 8-14

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.

Date: 6/28-6/30

[More Information](#)

Little's Tee Ball

AGE: 3-5

Don't miss out on these unique sports programs that offer child and parent participation. Clinics provide the opportunity for children to work one-on-one with a parent to learn various skills associated with tee ball.

Date: 4/26-5/17, 4/28-5/19

[More Information](#)

eSports - PC Gaming

AGE: 8-14

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.

Date: 6/21-6/25, 6/28-7/2, 7/26-7/30

Girls in Gaming: 7/5-7/9, 8/2-8/6

[More Information](#)

Sports Programs Continued - [Full List](#)

Kids Soccer Clinic

AGE: 4-6

Kids will learn the fundamentals of dribbling & passing, ball control, goal shooting, footwork, and agility drills.

Date: 8/2-8/5

[More Information](#)

FCPRD & Blue Ridge Youth Soccer Camp

AGE: 8-11

Blue Ridge United and FCPRD will be partnering up to provide a fundamental soccer camp for new and experienced players. 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.

Date: 8/2-8/5

[More Information](#)

Baseball & Softball Camps

AGE: 5-15

Learn the fundamentals of baseball and show off your skills at our summer Baseball and Softball Camps. There will be individual and group drills involving the mechanics of throwing, fielding, hitting, and baserunning.

Date: Baseball: 7/6-7/9
Softball: 7/12-7/14

[More Information](#)

Wrestling Camp

AGE: 5-13

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.

Date: 7/19-7/23

[More Information](#)

Basketball Programs - Full List

Youth Basketball Clinic

AGE: 6-9

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.

Date: 4/18 & 4/25, 5/16 & 5/23 [More Information](#)

Summer Basketball League

AGE: 8-9, 10-11, 12-13, 12-14, 14-15

Summer league is back and better then ever!

Date: 6/21-8/7

[More Information](#)

Youth Basketball Camp

AGE: 5-7

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.

Date: 7/12-7/15

[More Information](#)

Basketball Skills & Conditioning Camp

AGE: 7-10

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

Date: 7/6-7/8

[More Information](#)

Cheer Camp

AGE: RISING 1ST - RISING 9TH GRADE

The Sherando High School Varsity Cheerleaders are pumped up and excited to introduce campers to dance, basic stunting, cheer techniques, and other fundamentals in an upbeat, enjoyable atmosphere.

Date: 7/19-7/23

[More Information](#)

[Football Programs - Full List](#)

Fall Flag Football

AGE: 5-6, 7-8, 9-10, 11-13

Date: 8/16-10/30

[More Information](#)

Youth Flag Football Clinic

AGE: 5-7

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

Date: 8/8 and 8/15

[More Information](#)

Football Camp

AGE: 6+

Attention all future football superstars! Get your workouts early for your upcoming tackle and flag football seasons. Learn about the fundamentals of football and start your dreams of playing on Sunday's here!

Date: 6/21-6/24

[More Information](#)

Lacrosse Camp - Boys & Girls

Players of all skill levels are welcome to join Shenandoah Valley Youth Lacrosse coaches for a 3-day camp of skill development, team concepts, and more.

Dates: 7/6-7/8

[More Information](#)

[Littles' Sports Programs - Full List](#)

Littles' Tennis Lessons

AGE: 3-6

Date: 6/1-6/24, 7/6-7/29, 8/3-8/26

[More Information](#)

Youth Sports Sampler

AGE: 5-8

This camp is designed to develop your individual skills and learn the basic fundamentals of sports. Participants will take part in various activities throughout the week, such as soccer, basketball (ball handling & dribbling skills), hockey, ultimate frisbee, football drills & conditioning.

Date: 6/21-6/24, 7/26-7/29

[More Information](#)

Adult Tennis Lessons

AGE: 18+

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.

[More Information - Dates, Times, and Locations](#)

Youth Tennis

AGE: 4-17

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

[More Information - Dates, Times, and Locations](#)

Tennis Camp

AGE: 4-17

Join us for a week of fun and tennis. Learn the basics of tennis with our week-long tennis camp.

Date: 6/21-6/25, 7/12-7/16

[More Information](#)

Pool Schedule

Sherando and Clearbrook Pools

May 29, 30, 31, June 5-6 (CB Closed 6/6), June 12-13
June 16 - August 15

August 21 - September 6, weekends only

**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

Infant - 2 years	Free
3 and Over	\$3

Ticketed Time Slots

11 am - 1 pm
1:15 pm - 3:15 pm
3:30 pm - 5:30 pm

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



Morning Lap Swim

Lap lanes will be available for swimmers ages 12. This self directed activity is a great way to jump start your day!

For each session:

Fee: \$2

Days: M, W, F

Dates: 6/7-8/20

Time: 7:30-8:30 am

[More Info!](#)



Water Aerobics

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

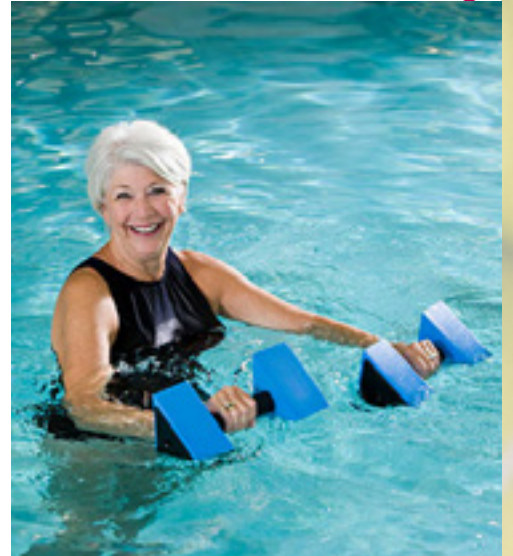
[More Info!](#)

Date: 6/7-8/26

M,W,F - 10 am - 10:45 am

T, TH - 5:45 pm - 6:30 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)

Date	Day	Time	Fee	Location	Deadline
6/6	Su	7A- 5P	\$50	Clearbrook Park Pool	6/4
8/29	Su	7A- 5P	\$50	Clearbrook Park Pool	8/27

[More Information](#)

FCPRD Swim Team

AGE 5-18

This is a competitive team 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.

[More Information - Registration](#)

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:	Date	Time	Pool
Fee: \$50	6/28-7/9	10:00 am - 10:45 am or 6:00 pm - 6:45 pm	Sherando
Days: M-F	7/19-7/30	10:00 am - 10:45 am or 6:00 pm - 6:45 pm	Sherando

[More Information](#)

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.

Date: 6/21-6/25, 7/12-7/16

[More Information](#)

Lifeguard Review Certification

AGE 15+

Instructor: Super Splashers 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 successfully pass both the written and skills portions of each class in order to become re-certified.

Date: 5/10-5/12, 5/22-5/23

[More Information](#)

Lifeguarding Class- Summer Blended Learning

AGE 15+

Instructor: Super Splashers 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.

Date: 5/17-5/21, 6/4-6/6

[More Information](#)



Swim Lessons

The following courses are all \$38 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, 5:45 - 6:30 pm

Sessions: (Monday-Friday)

[More Information and Registration](#)

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 too; water entry and exit, underwater skills, floating and gliding with assistance, arm and leg action, and water safety.

LEVEL ONE (INTRODUCTION TO WATER SKILLS)

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

LEVEL TWO (FUNDAMENTAL AQUATIC SKILLS)

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

LEVEL THREE (STROKE DEVELOPMENT)

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

LEVEL FOUR (STROKE IMPROVEMENT)

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

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: \$18 per lesson The registration deadline is Saturday at 11:59 pm for the following week's session of lessons.

[More Information and Registration](#)