



INSIDE

YOUTH TROUT DERBY
MAY 13 • CLEARBROOK PARK



SHERANDO
SPRINT TRI

FREDERICK COUNTY PARKS AND RECREATION

June 25, 26

SPRINGFUN

So much to do!

SOFTBALL LEAGUES • HIKING • ACTING • ART • DANCE!



FREDERICK COUNTY
PARKS & RECREATION

2022 SPRING 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!

basicREC - pg. 3

Community Recreation - pg. 5-7

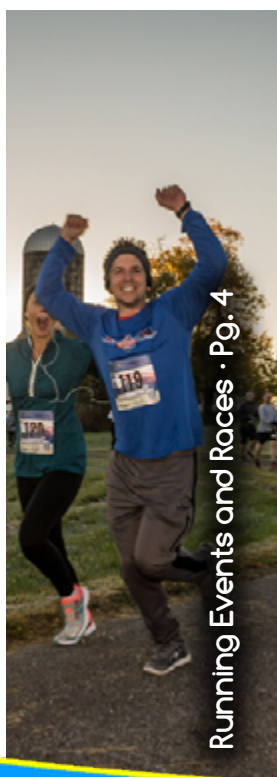
Active Adults - pg. 8-9

Wellness Programs - pg. 10

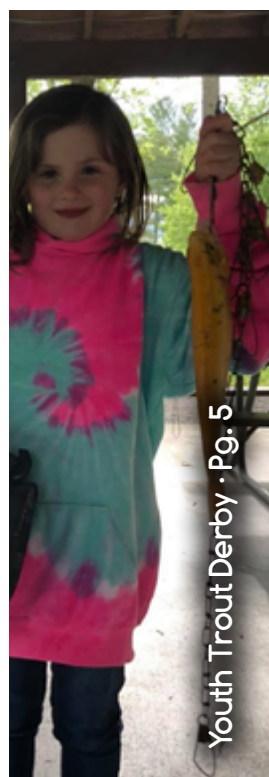
Sports - pg. 11-13



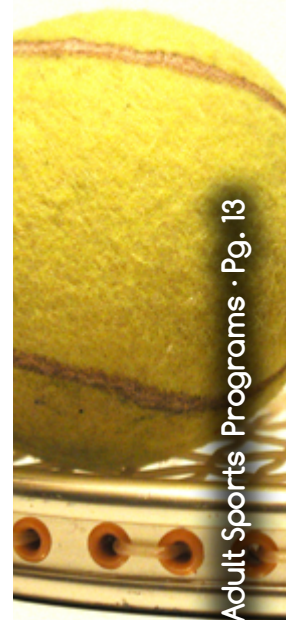
Adult Softball Leagues
pg. 12



Running Events and Races · Pg. 4



Youth Trout Derby · Pg. 5



Adult Sports Programs · Pg. 13

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

Daily Option basicREC

Don't need basicREC every day? Register only for the times you need - with no minimum number of days required!

Morning Only (AM): \$15 per day - Participants must be registered by 6a.m. the day of attendance

Afternoon Only (PM): \$17 per day - Participants must be registered by 3p.m. the day of attendance

*** If you are in need of both AM and PM, YOU MUST REGISTER FOR EACH SEPARATELY.

Daily Option Registration (No minimum, à la carte)

• Apple Pie Ridge	• Indian Hollow
• Armell	• Middletown
• Bass Hoover	• Orchard View
• Evendale	• Redbud
• Gainesboro	• Stonewall
• Greenwood Mill	• Jordan Springs

Trails 4 Miles Race for Autism

Join us for our annual trail race, and be ready for a challenge! This third annual race is a combination four mile race through the paved paths and wooded trails of Sherando Park. All proceeds from the race benefit the I'm Just Me Movement and The Arc of the Northern Shenandoah Valley as April is Autism Awareness Month. We also offer a one mile walk/run on the paved paths of Sherando Park for those participants who want to support Autism, but aren't comfortable running four miles. All participants will be awarded a race medal at the finish line to commemorate their accomplishment at the Trails 4 Miles Race for Autism.

Date: Saturday, April 2
Time: 8:30 am
Location: Sherando Park

Early Bird Fee: \$25 until February 13
Fee: \$30 from Feb. 14 - April 1
Raceday Fee: \$40
All Ages!

[More Information - Register](#)



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



[Sherando Sprint Tri](#)

[June 25, 26](#)

[More Information](#)

[Click Here](#)

This "sprint" distance Triathlon is designed for children, beginners, as well as the experienced athlete who wants to go fast! Both races will start and end at Sherando pool, located inside of Sherando Park in Stephen City, Virginia. Sherando Park is a beautiful 150-acre park located in Frederick County, VA along the Shenandoah Valley. Our 6th annual youth tri will consist of a challenging course that includes a different distance per age group in the events of swimming, biking and running. Our inaugural adult tri will include a 300 meter (snake swim) in a pool, 11-mile bike on open public roads, and a 3.1-mile closed course run.

Spring Running Club: Ages 7-14

Ages 7-14

FCPRD will be offering one session for the spring running club program. The spring will include registration in the kids Bloomin' Mile, Loudoun Street Mile, and TBA Race. Any level of running experience is welcome. Each child will receive a t-shirt and entry into the mentioned running events.

Description	Date	Day	Time	Fee
Spring Running Club	4/11-6/1	M,W	6- 7P	\$60

Location: Redbud Run Elementary School

[More Information](#)



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. A great time will be had by all!

Date: 2/10-3/17

Time: 6:30P-8P Fee: \$70

Deadline: 2/3

[More Information](#)

Fencing Classes - Youth and Adult

AGE: 8-14, 15+

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: 4/2-6/4

Deadline: 3/30

[More Information](#)

Youth Trout Derby - FREE!

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 13th from 5:00-8pm. On-site registration begins at 5pm and lasts until 5:55 pm. Fishing from 6pm-7:30, ending with awards around 7:30-8pm. This is a rain or shine event. Participants must bring their own fishing pole, bait, tackle, and gear to reel in that "big one". Awards and door prizes are in the works to make for the best fishing experience this year! The Youth Trout Derby will create memories for families that will last forever!

Fee: Free

[More Information](#)

Date: 5/13

Day: F

Time: 5:00-8P

Location: Clearbrook Park

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: 2/20

Deadline: 2/17

Fee: \$15

[More Information](#)

Wilderness for Kids

AGES: 4-11

This year we offering a once a week 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, to challenge themselves, train their senses and awareness.

Date: 3/18-6/10

Fee: \$270

Deadline: 3/4

Time: 4:30-6:30P

[More Information](#)

Hiking Series

AGE: ALL AGES

Want to explore some of the best hikes in the Northern Shenandoah Valley area but unsure of where to start? Join an experienced hike leader this season to build your confidence exploring the outdoors safely and increase your fitness! All hikes will begin within approximately 45 minutes of Frederick County. Hikes will vary in length and time throughout the season and it is the responsibility of the participant to select the hike most appropriate for their fitness level.

Date: Ongoing

Fee: \$5

Deadline: 2 days prior to program start

[More Information](#)



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: 3/3-4/7, 4/28-5/19

[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: 3/2-4/6, 4/27-5/18

[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: 3/28, 6/24

Time: 9A-5:30P

Fee: \$115

Deadlines: 3/24, 6/22

[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: 2/15-3/8, 3/22-4/12

Time: 7:00P-8:00P

Fee: \$40

Deadline: 2/13, 3/20

[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: 2/16, 4/20

Time: 7P-10P

Fee: \$86

Deadlines: 2/14, 4/18

[More information](#)

Spring Production Workshop - Anne of Green Gables

AGE: 8-18

Instructor: Selah Theatre Project

"Anne of Green Gables" Production Workshop is an opportunity to apply your acting skills with a published play while developing new and challenging techniques. Workshop is held each Saturday from 10 am - 5 pm for 10 weeks. Tech Week is May 9-12, 2022. Performances are May 13-15, 2022.

Date: 2/19-5/7

Time: 10A-5P

Fee: \$355

Deadline: 2/17

[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: 3/29-5/24 Time: 4:30P-5:10P Fee: \$210
Deadline: 3/24

[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: 3/31-5/26 Time: 5:30P-6:30P Fee: \$210
Deadline: 3/28

[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: 3/29-5/24 Time: 5:30P-6:30P Fee: \$210
Deadline: 3/24

[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: 3/31-5/26 Deadline: 3/28 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: 3/29-5/24 Time: 4:30-5:15P Fee: \$210
Deadline: 3/24

[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: 3/30-5/25 Time: 4:30P-5:15P Fee: \$75
Deadline: 3/28

[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: 3/30-5/25 Time: 5:30P-7:00P Fee: \$160
Deadline: 3/28

[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
5/9, 6/6, 7/11, 8/8

Time: 10:30P-2P Fee:\$28
[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: 2/25, 3/11, 4/22, 5/13

Time: 9A-5P

Fee: \$25

Deadline: 2/23, 3/8, 4/19, 5/12 [More Information](#)

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

Lunch Out at Cracker Barrel (Front Royal)

AGES 50+

Dutch Treat—come and get together, gab, and catch up after the long winter months!

Date: 3/18

Day: F

Time: 11A

Pick-ups available for \$6 fee from Armel Elementary School at 10:30a.m.

Deadline: 3/15

[More Information](#)

Picnic and Crafts in the Park

AGES 50+

Bring a picnic lunch and get crafty with us at Sherando Park! Bring a non-perishable lunch and drink—dessert and craft supplies provided.

Fee: \$10

Date: 4/15

Day: F

Time: 11A- 1P

Location: Sherando Park Rotary Shelter (across from the pool)

Deadline: 4/12

[More Information](#)

Mothers' Day Luncheon

We will have a short business meeting to be followed by a picnic lunch (bring your own, non-perishable) and an activity to celebrate Mothers' Day! Dessert will be provided.

Date: 5/20

Day: F

Time: 11A- 1P

Location: Sherando Park Rotary Shelter (across from the pool)

Deadline: 5/17

[More Information](#)

Gainesboro Club

Belle Grove Tour and Shopping in Strasburg

AGES 50+

We will start the spring season off right with a guided tour of the grounds and barn of Belle Grove Plantation, then head off for some shopping at the Strasburg Emporium and a Dutch Treat lunch out.

Fee: \$16

Date: 3/28

Day: M

Time: Depart Sunnyside Plaza parking lot at 9:30a.m.; return approx. 4p.m.

Deadline: 3/25

[More Information](#)

Day out in Berkely Springs

AGES 50+

Enjoy the day in one of our area's hidden gems, Berkely Springs WV. Museum tour, shopping, and more! We will follow up with a Dutch Treat lunch out.

Fee: \$12

Date: 4/25

Day: M

Time: Depart Sunnyside Plaza parking lot at 9:30a.m.; return approx. 4p.m.

Deadline: 4/20

[More Information](#)

Mothers' Day Luncheon

We will have a short business meeting to be followed by a picnic lunch (bring your own, non-perishable) and an activity to celebrate Mothers' Day! Dessert will be provided.

Date: 5/23

Day: M

Time: 11A- 1P

Location: Rose Hill Park Jaycees Shelter

Deadline: 5/20

[More Information](#)

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

Introduction to Forest Bathing Workshop

AGE: 13+

Instructor: Kristine Villatoro, Certified Forest Therapy Guide

Do you feel benefits after spending time in nature? Come try out a growing outdoor experience and learn mindfulness techniques using your senses! The sounds of the forest, the smell of the trees, and the feeling of the wind can provide an immersive encounter, boosting mood, and reducing stress in a busy modern world.

Date: 2/27, 4/9, 5/14

Deadline: 2/24, 4/7, 5/12

[More Information](#)

Full Moon Forest Bathing Workshop

AGE: 13+

Instructor: Kristine Villatoro, Certified Forest Therapy Guide

Do you feel benefits after spending time in nature? Come try out a growing outdoor experience under the glow of a full moon! The sounds of the forest, the smell of the trees, and the feeling of the wind can provide an immersive encounter, boosting mood, and reducing stress in a busy modern world.

Date: 3/18

Deadline: 3/16

[More Information](#)



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: 3/3-3/24 (5-6P)

Deadline: 2/28

Fee: \$48

[More Information](#)

Youth Basketball Clinic

AGE: 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 *

2 CLASSES

Date: 4/24 & 5/1, 5/15 & 5/22

Time: 11A-12:15P

Fee: \$35

Deadline: 4/18, 5/9

[More Information](#)

4 CLASSES

Date: 3/29 & 4/19

Time: 6:20-7:30P

Fee: \$48

Deadline: 3/23

[More Information](#)

Parent & Me Volleyball

AGE: 6-8

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

Date: 4/6-5/11

Deadline: 4/4

Time: 5:30-6:30P

[More Information](#)

Fee: \$45

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

Deadline: 2/18

Time: 5:30P-6:20P

[More Information](#)

Fee: \$40

Little's Sports - Tee Ball

AGE: 3, 4-6

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-on-one with a parent to learn various skills associated with the sport.

Date: See more information

[More Information](#)

Kids Fitness & Games

AGE: 4-7

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

Kids will participate in a variety of activities to improve motor skills and hand/eye coordination including running, throwing, jumping, obstacle courses, mini hurdles, tennis balls, balloons, agility, and balance challenges.

Date: 3/29-4/19

Deadline: 3/22

Time: 5:15-6:10P

[More Information](#)

Fee: \$48

Youth Wrestling

AGE 5-6, 7-8, 9-12

Instructor: John Campbell, Aylor Middle School Wrestling Coach

This six week wrestling program is designed for any level of wrestler. In this instructional setting, area coaches and wrestlers will teach your child how to do basic moves associated with wrestling. Once skills are learned, all age groups will have a chance to wrestle in matches. Please include wrestler's shirt size at time of registration. **There will not be Youth Wrestling Sunday, April 17th.

Date: 3/27-5/8

Fee: \$45

Deadline: 3/20

Times: See More Info

[More Information](#)

Spring Training Softball League

AGE 18+

Get your softball team in tune for this summer. Any adult team can register for this league. There will be 8 regular season games guaranteed and will NOT have a post season tournament. Teams will play two games per night. All doubleheaders that are rained out during the regular season can be made up when and where space is available. Players must be 18 years of age to participate. Rosters are due before your team's third game. Schedules and Rules will be emailed to coaches. This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules. Registration Deadline- 2/28

Early Bird Registration Fee - before 2/22 : \$250

Late Registration Fee - On or before 2/28: \$300

** No teams will be taken after 2/28

Activity#	Description	Date	Time	Day
32528	Spring Training-Double Header League	3/15-4/30	6-10 pm	TBA late February

Location: Sherando Park [More Information](#)

Men's Summer Softball

AGE 18+

Our Countywide leagues will have a 16-game guarantee with a post season tournament utilizing both Stonewall and Sherando Parks for game locations. Games will alternate between both parks. Make-up games will be scheduled when and where space is available. Players must be 18 years of age to participate. Rosters are due before your team's third game. Please include your team's name at time of registration. Team roster form and league rules can be found at our website- www.fcprd.net

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

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

42528-A, Competitive Div. · 42528-B, Upper Rec. Div. · 42528-C, Lower Rec. Div.

Early Bird Registration Fee - before 4/1 : \$400

Late Registration Fee - On or before 4/5: \$450

** No teams will be taken after 4/5

Activity#	Description	Date	Day	Time	Location
42528	Adult Summer Softball	5/3 - playoffs	T, Th	6:30, 7:30, 8:30 pm	Sherando Park and Stonewall Park
(Monday and/or Fridays if needed)					

[More Information - Division Information](#)

Adult Summer Co-Rec Softball

AGE 18+

The hottest co-rec softball league in the area is right around the corner! Teams will get a 14-game guarantee plus a double elimination tournament utilizing both Stonewall and Sherando Parks for game locations. The tournament format will be determined based on the total number of teams registered. Your team must always have at least 4 males and 4 females playing but have an additional male or female to have a playable game. Players must be 18 years of age to participate. Rosters are due before your team's third game. Games that are rained out can be made up when and where space is available. Please include your team's name at time of registration & signify if your team is Competitive or Recreation. The league will split into 2 divisions if there are enough teams. Team roster, forms, and league rules can be found online at www.fcprd.net Registration Deadline- 4/5

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

Late Registration Fee - On or before 4/5: \$400

** No teams will be taken after 4/5

Activity#	Description	Date	Day	Time	Location
32529	Adult Summer Co-Rec Softball	5/4 - playoffs	W, F	6:30, 7:30, 8:30 pm	Sherando Park Stonewall Park

[More Information](#)

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

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

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

Youth Tennis: May

AGE: 4-11 & 11-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of 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! The Youth Tennis program is designed to engage the youth into the game of tennis right away creating a family fun, youth group environment that will help to increase the learning curve developing the skills necessary to become enthusiast and confident about continuing to play and improve.

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

Adult Tennis

AGE: 18+

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

The Adult Program is designed to take participants from mastering essential skills to actively playing tennis; all structured in a tennis practice, work-out format. This unique program combines going over the proper fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills. This program is excellent for all Adults looking to get back into the game of tennis, active players, as well as beginners who are looking to learn the sport and at the same time get in shape with a great physical work-out. A once-a-week for Adult Tennis on either Monday or Wednesday evening.

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

Adult Basketball Leagues

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

18-29 League · 30+ League · 40+ League · Co-ed 18+ League

Early Bird Fee: \$480 (team) before 2/21 at midnight

Final Fee: \$530 (team) between 2/22 and 2/28 at midnight

Early Bird Fee: \$50(individual) before 2/21 at midnight

Final Fee: \$60 (individual) between 2/22 and 2/28 at midnight

[More Information](#)

Adult Co-Rec Beach Volleyball

AGES 16+

Bring your indoor game outside in our new Beach Volleyball League! This 4x4 Co-Rec league will be played on our sand volleyball courts in Clearbrook Park, behind the pool. There will be a minimum of 4 players per team, max of 6. Please provide your team's name at the time of registration. Teams must have an equal number of male/female players on the court. Rules will be directed to team captains.

Date: 5/11-6/29

Days: W, F

Time: 5:30-8:00P

Location: Clearbrook Park

[More Information](#)



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 - \$11.00-\$12.00 (15+)

Site Supervisor - \$15.00 (18+)

General Enrichment Instructor - \$15-\$20 (18+)

Sports Official - \$15-\$35 (18+)

MORE INFORMATION CALL
540-665-5678

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www.fcva.us/jobs

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