



Sherando Sprint Tri
June 25 & 26

18th Annual YOUTH SPORTS SCRAMBLE GOLF TOURNAMENT

Rock Harbor Golf Course · September 2

SUMMER

Making life better!

OUTDOOR ADVENTURES · SPORTS CAMPS & LEAGUES · POOLS!



FREDERICK COUNTY
PARKS & RECREATION

2022 SUMMER ACTIVITY GUIDE



The Frederick County Parks and Recreation Commission

The Parks and Recreation Commission meets each month on the 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

Gainesboro District

Opequon District

Red Bud District

Shawnee District

Stonewall District

Member at Large

Member at Large
- Gary Longerbeam - Chairperson

Natalie Gerometta

Ron Madagan

Dennis Grubbs

Guss Morrison

Randy Carter - Vice Chairperson

Charles "Rusty" Sandy, Jr.

Amy Strosnider

Board of Supervisors Liaison Robert Wells

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QR Code Explanation

As you view the activity guide you will come across multiple QR codes that will direct you to more information or registration.

Simply use the camera on your smartphone to scan any of the QR codes in the guide.



How to Register

In Person

Visit our office at 107 North Kent Street in Winchester, to register in person. Open Monday-Friday, 9:00 am -5:00 pm.

Online

View all programs being offered and register online at fcprd.net.

* All classes, activities, and events are subject to change or cancellation.

Get Connected

- MAIN OFFICE/Front Desk
540-665-5678
- MAIN OFFICE
107 North Kent Street
Winchester, VA 22601
- fcprd.net
- RunAtTheTop.net
For all our local running and endurance events.



Scholarships through the PLAY Fund

The PLAY Fund is a fund made possible through private contributions from our community to give the children of Frederick County families the opportunity to participate in recreational programs.

Please scan the QR code for more information about how to utilize the PLAY Fund or make a contribution





PICNIC SHELTERS



ATHLETIC FIELDS

FACILITIES

Frederick County Parks and Recreation makes many of its facilities available for rent for all kinds of occasions - birthdays, reunions, weddings, picnics, pool parties, games and more! Chances are we have a facility that will meet your need whatever your special occasion might be.

Visit fcprd.net or stop by our office at 107 North Kent Street in Winchester for more information about rental opportunities.



UPCOMING EVENTS

Youth Trout Derby Friday, May 13
Clearbrook Park | Ages 4-14 | Free

Summer Showcase Thursday, June 16
Rotary Shelter, Sherando Park | Robbie Limon | Free

Sherando Sprint Tri Saturday, June 25
Sherando Park | Ages 7-15 | RunAtTheTop.net

Sherando Sprint Tri Sunday, June 26
Sherando Park | Ages 15+ | RunAtTheTop.net

July 4 at Sherando Park Monday, July 4
Sherando Park and Pool | Fireworks | Everyday People Band

Summer Showcase Thursday, August 4
Rotary Shelter, Sherando Park | Yesterday Swing Orchestra

Sports Fest Saturday, August 6
Sherando Park | Multiple Sports Events and Activities

PARTNER ORGANIZATIONS



Blue Ridge Youth Soccer Association
brysa.org



Frederick County American Little League
fcalittleleague.com



Frederick County National Little League
fcnll.com



Area 13 Special Olympics
area13specialolympicsva.org



Top of Virginia Hockey Alliance
facebook: [@topofvirginiahockey](https://www.facebook.com/topofvirginiahockey)



Shenandoah Valley Swim League
Sherando and Clearbrook Pools

POOLS & AQUATICS



CLEARBROOK & SHERANDO POOLS

Pool Schedule

May 28, 29 and June 4, 5
11:00 am-6:00 pm

June 11 - August 12
11:00 am-6:00 pm (Daily)

August 13- September 5
11:00 am-6:00 pm (Saturday and Sunday Only)

Admission Fees:

Age	Fee
Infant-2 years	Free
Ages 3 & Over	\$5.00

Pool / Pool Area Rentals:

Private Pool Party (entire pool rental)
Friday, Saturday, Sunday only

7- 9 pm or 9- 11pm (2 hours)
Fee: \$225 (Resident), \$280 (Non-Resident)

7-11pm (4 hours)
Fee: \$440 (Resident), \$550 (Non- Resident)

Pool Refund Policy:

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

Christmas in July Movie Night

Nothing says summer fun like an evening at the pool with one of your favorite holiday films! Please bring a float to float on and wear proper swimming attire. Please note, we will be watching a movie in the pool. Therefore, traditional pool behavior will not be tolerated.

Fee: \$8 per person
Date: 7/23
Day: Sat
Time: 7-9P



Free Morning Lap Swim

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

Date: 6/13- 8/12 Day: M , W Time: 8- 9A

Cardio Wave Aerobics

Instructor: Tracy Clontz

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

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

Date: 6/28- 8/11 Day: T , Th Time: 6-7P
Location: Sherando Pool

Water Aerobics

Instructor: Marty Frye

Take the plunge and try this low-impact water workout that builds muscle strength and boosts your endurance. An instructor will lead you through a series of moves. Each water aerobics class includes a warm-up, cardio and strength-training exercises, and a cooldown. The buoyancy of the water is easy on your joints. The water depth does not exceed 4 feet 6 inches, so come splash around with us!

Fee: Payment onsite - Credit Card Only

Class# 16566 Dates: Ongoing Day: T, Th
Time: 6-8P Location: Clearbrook Park



SWIM TEAM

Age 5-18
Registration Deadline: May 27 at 4 pm

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

PLEASE NOTE
In order to provide as equal swim time as possible to all participants we are placing participants on the team closest to their Frederick County School district. IF YOU DO NOT ATTEND FREDERICK COUNTY VA PUBLIC SCHOOLS AND ARE UNSURE OF YOUR DISTRICT, call 540-665-5678 and we will determine the correct team for you according to your address.
****** If your child attends Greenwood Mill Elementary OR Millbrook HS, they may choose which district they choose to swim for due to their split district location

FCPS - Sherando Sharks District Team Sherando HS Aylor MS Admiral Byrd MS Evendale Elementary Armel Elementary Bass Hoover Elementary Middletown Elementary Orchard View Elementary	FCPS - Clearbrook Dolphins District Team James Wood HS Frederick County MS James Wood MS Redbud Run Elementary Stonewall Elementary Apple Pie Ridge Elementary Indian Hollow Elementary Gainesboro Elementary Jordan Springs Elementary
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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.

Registration includes a swim cap and t-shirt.

Practices for both teams will adhere to the following schedule: Wed/Thurs: 6/1 and 6/2 6-7:30 p.m.
The first two practices are for first time swimmers only!
Mon-Thurs: 6/6-7/29 7:00-8:00 p.m. (Ages 5-11 years)
Mon-Thurs: 6/6-7/29 8:00-9:00 p.m. (Ages 12-18 years)
Tues/Thurs: 6/6-7/29 8:00-9:00 a.m. (Ages 5-18 years)

Class#	Description	Date	Day	Time	Fee	Location
46762-A	Clearbrook Dolphins	6/1-7/30	M-Th,Sa	7- 9:30P	\$110	Clearbrook Park
46762-B	Sherando Sharks	6/1-7/30	M-Th,Sa	8A- 9:30P	\$110	Sherando Park

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: Fee: \$50 Days: M-TH
Registration Deadline: Thursday before each session 11pm

Class#	Pool	Time	Dates
46364-A	CB	10 -10:45A	6/20-6/24
46364-B	SH	10 -10:45A	6/27-7/1
46364-C	CB	6 - 7P	7/5-7/8
46364-D	SH	6 - 7P	7/11-7/15
46364-E	CB	10 - 10:45A	7/18-7/22
46364-F	SH	10- 10:45A	7/25-7/29
46364-G	CB	6 - 7P	8/1-8/5
46364-H	SH	6 - 7P	8/8-8/12

SWIM LESSONS

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

During swim lessons, guardians may watch their children from the grass areas. Please no parents or siblings on the pool deck during swim lesson unless the program designates parents are involved.

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

The registration deadline is Thursday at 11 p.m. for the following week's session of lessons. We do not encourage you to sign up for more than one week of lessons at a time, we cannot adjust for situations where advancement was not met in the previous session.

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

The following courses are all \$40 for a one week session:

Parent and Me

Parent and Me introduces basic aquatic skills and knowledge to parents and children. Parents learn how to safely work with, encourage, prepare, and support with their child in the water. Children receive an introduction to basic skills that will lay a foundation for learning to swim.

Introduction to Swimming

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 I (Lv. 1)

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Levels. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water.

LEVEL II (Lv. 2)

The objective of Level 2 is to give participants success with fundamental skills. This level marks the beginning of true movement skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

LEVEL III (Lv. 3)

The objectives of Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. You introduce the scissors and dolphin kicks and extend the time duration for treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

LEVEL IV (Lv. 4)

In Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Week	Activity#		
6/13-6/17	46360	7/11-7/15	46365
6/20-6/24	46361	7/18-7/22	46366
6/27-7/1	46362	7/25-7/29	46367
7/5-7/8	46363	8/1-8/5	46368
		8/8-8/12	46369

A: SH- 9am	C: SH- 10am	E: SH- 6pm
B: CB- 9am	D: CB- 10am	F: CB- 6pm

Private Swim Lessons

Deadline: Thursday at 11 p.m. for the following week's session of lessons. Private swim lessons offered on Mondays and Wednesdays at 9am, 10am, and 6pm. One on one private instruction will be offered. All private lessons must be scheduled through the main office.

Location: Sherando and Clearbrook Pools	Age:3+
Sherando - #46764	Clearbrook - #46769

Section	Date	Day	Time	Fee
A	6/13-8/10	M,W	9- 9:30A	\$20
B	6/13-8/10	M,W	10-10:30A	\$20
C	6/13-8/10	M,W	6- 6:30P	\$20

Lifeguarding Certification - Blended Learning

Instructor: Super Splasher Aquatics

This 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 are expected to review Lifeguarding Manual prior to the first day of class. Students who successfully complete this course will receive an American Red Cross certificate for Lifeguarding, First Aid, CPR and AED which is valid for 2 years.

Class Dates and Times:

SECTION A - Thursday (5/19), Friday (5/20) 4PM-9PM,
Sunday (5/22) 9AM-4PM, Monday (5/23) 4PM-9PM

SECTION B - Friday (6/3) 4PM-9PM, Saturday (6/4) 9AM-5PM,
Monday (6/5) 9AM-4PM

Location: Sherando Park Pool

Age:15+ Registration Deadline: A: 5/6 at 11pm
B: 5/20 at 11pm

Class#	Date	Day	Fee
46565-A	5/19-5/23	M,Th,F,Su	\$260
46565-B	6/3-6/6	M,F,S	\$260

Lifeguard Re-Certification

Instructor: Super Splashers Aquatics

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in American Red Cross Lifeguarding, First Aid, CPR, and AED is required to participate in the review course. Students who successfully complete this course will receive an American Red Cross certificate for Lifeguarding, First Aid, CPR and AED which is valid for 2 years. Participants must be present for the duration of all the sessions of the course and successfully pass both the written and skills portions of each class in order to become re-certified.

Location: Sherando Park Pool

Age:15+ Registration Deadline: 5/13 at 11pm

Class#	Date	Day	Time	Fee
36565-A	5/17-5/18	Tu,W	9A- 5P	\$85
36565-B	5/21-5/22	Sa,Su	9A- 5P	\$85



Lifeguarding Class- Bridge to Deep Water Certification

Instructor: Super Splasher Aquatics Staff

This program offers a choice of Shallow Water Lifeguarding/ First Aid/CPR/AED courses to meet the various training needs of a deep-water pool. Participants in this course are required to take the bridge to deep water class to fulfill employment and certification requirements. Prerequisites for Shallow Water portion: 1. Be 15 years old on or before the final scheduled session of the course. 2. Swim 100 yards continuously demonstrating breath control and rhythmic breathing.

Location: Sherando Pool

Registration Deadline: 4/12

Class#	Date	Day	Age	Time	Fee
16565-B	5/15	Su	15+	4- 9P	\$275

Junior Lifeguarding Camp

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

Class# 46464	Fee: \$60	Day: M-F	Time: 10A- 1P
Registration Deadline: Thursday before each session 11pm			
Section	Pool	Time	Dates
A	SH	10:00-1:00	June 20-24
B	CB	10:00-1:00	June 27- July 1
C	SH	10:00-1:00	July 5-8
D	CB	10:00-1:00	July 11-15
E	SH	10:00-1:00	July 18-22
F	CB	10:00-1:00	July 25-29
G	SH	10:00-1:00	Aug. 1-5

Adult and Pediatric First Aid, CPR and AED

Instructor: Super Splasher Aquatics Staff

Deadline: 6/20

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. Upon successful completion of this course you will receive a digital American Red Cross certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Age:12+

Location: Super Splasher Aquatics Pool
Delco Plaza

Class#	Age	Date	Day	Time	Fee
17518-C	12+	6/22-6/22	W	7-10P	\$86

CAMP basicREC



Ages: Rising 1st graders through Rising 6th graders

Instructors: FCPRD Recreation Technicians and Program Assistants

Camp basicREC is the number one choice for those 9 weeks of fun filled summer activities and is conveniently located at area elementary schools! Camp basicREC is designed to keep your child involved in activities that go on throughout the day, all summer long! Summer will be filled with special activities, events, group games, playing outside, water play, organized sports and games, arts and crafts, swimming, field trips, and time to just relax! Included are weekly pool days (weather-permitting) at either Clearbrook or Sherando Park-- all campers will have their swimming skills assessed prior to being permitted to swim. Morning and afternoon snacks will be provided, but you are welcome to bring these from home. Make sure that your camper is lathered in sun block daily before coming to camp and that they bring their water bottle, a non-perishable lunch which does not need preparation, towel, sneakers, swimsuit, spray sun block, water shoes, and a t-shirt. More detailed information is available in the Parent Handbook.



9 week session

Dates: 6/13/2022- 8/11/2022, Closed: 7/4 and 8/12 Time: 6:30 am - 6:00 pm

Fee: \$1,170 - weekly payment options listed below (\$130/week)

Gainesboro Elementary School Community Center - Clearbrook Park and Pool

Activity # 18040-A Pool Days: M, W (EXCEPT Weeks 1 and 4—W, F those weeks)

Orchard View Elementary School Community Center - Sherando Park and Pool

Activity # 18040-B Pool Days: T, TH

Evendale Elementary School Community Center - Sherando Park and Pool

Activity # 18040-C Pool Days: M, W (EXCEPT Weeks 1, 4, and 6—W, F those weeks)

Greenwood Mill Elementary School Community Center - Clearbrook Park and Pool

Activity # 18040-D Pool Days: T, TH

Redbud Run Elementary School - Clearbrook Park and Pool

Activity # 18040-E Pool Days: M, W (EXCEPT Weeks 1 and 4—W, F those weeks)

Stonewall Elementary School - Clearbrook Park and Pool

Activity # 18040-F Pool Days: T, TH

Bass Hoover Elementary School - Sherando Park and Pool

Activity # 18040-G Pool Days: T, TH

Option 1: \$1170 is due when enrolling in all 9 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$130 will be due for the first week with the following deductions being withdrawn from your approved credit card or debit card on 6/13, 6/21, 6/27, 7/5, 7/11, 7/18, 7/25, and 8/1. Two weeks payment may need to be made based on the date of registration.

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

basic REC

FREDERICK COUNTY PARKS AND RECREATION

Pick-A-Week!

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

Date: 6/13-6/17

This Week's Theme: Hello, Summer!

Visit from Starbase Academy at Gainesboro and Stonewall

Fee: \$170

18041-A Evendale Elementary	6/16
18041-B Greenwood Mill Elementary	6/15
18041-C Redbud Run Elementary	6/14
18041-D Orchard View Elementary	6/13
18041-E Gainesboro Elementary*	6/17
18041-F Stonewall Elementary*	6/17
18041-G Youth Development Center	6/15

Date: 6/20- 6/24

This Week's Theme: Space is the Place

Visit from Starbase Academy (Not Gainesboro and Stonewall)

Fee: \$170

18042-A Evendale Elementary	6/23
18042-B Greenwood Mill Elementary	6/24
18042-C Redbud Run Elementary	6/24
18042-D Orchard View Elementary	6/22
18042-E Gainesboro Elementary*	6/21
18042-F Stonewall Elementary*	6/24
18042-G Youth Development Center	6/22

Date(s): 6/27- 7/1

This Week's Theme: The Great Outdoors

Field Trip: Volcano Island Waterpark

Fee: \$170

18043-A Evendale Elementary	6/30
18043-B Greenwood Mill Elementary	6/29
18043-C Redbud Run Elementary	6/28
18043-D Orchard View Elementary	7/1
18043-E Apple Pie Ridge Elementary	6/28
18043-F Stonewall Elementary	6/29
18043-G Bass Hoover Elementary	7/1

Date: 7/5- 7/8 (No Camp on Monday, July 4)

This Week's Theme: Welcome to the Jungle

Field Trip: Leesburg Animal Park

Fee: \$136

18044-A Admiral Byrd Middle	7/5
18044-B Greenwood Elementary	7/6
18044-C Redbud Run Elementary	7/5
18044-D Orchard View Elementary	7/8
1204-E Gainesboro Elementary	7/5
1204-F Stonewall Elementary	7/6
18044-G Bass Hoover Elementary	7/8

Date: 7/11- 7/15

This Week's Theme: Under the Sea

Field Trip: Atlantis Waterpark

Fee: \$170

18045-A Evendale Elementary	7/14
18045-B Jordan Springs Elementary	7/13
18045-C Redbud Run Elementary	7/12
18045-D Orchard View Elementary	7/15
18045-E Gainesboro Elementary	7/12
18045-F Stonewall Elementary	7/13
18045-G Bass Hoover Elementary	7/15

Date: 7/18- 7/22

This Week's Theme: Lucky Strike

Field Trip: Royal Family Bowling, Fantasyland Playground

Fee: \$170

18046-A Evendale Elementary	7/18
18046-B Greenwood Elementary	7/20
18046-C Redbud Run Elementary	7/19
18046-D Orchard View Elementary	7/22
18046-E Gainesboro Elementary	7/19
18046-F Stonewall Elementary	7/20
18046-G Bass Hoover Elementary	7/22

Date: 7/25- 7/29

This Week's Theme: Lights, Camera, Action!

Field Trip: Alamo Drafthouse Cinema (Minions Rise of Gru)

Fee: \$170

18047-A Evendale Elementary	7/29
18047-B Greenwood Elementary	7/29
18047-C Redbud Run Elementary	7/29
18047-D Orchard View Elementary	7/29
18047-E Gainesboro Elementary	7/29
18047-F Stonewall Elementary	7/29
18047-G Bass Hoover Elementary	7/29

Date: 8/1- 8/5

This Week's Theme: All Aboard!

Field Trip: Skyzone Trampoline Park, Train Museum (MD)

Fee: \$170

18048-A Evendale Elementary	8/4
18048-B Greenwood Elementary	8/3
18048-C Redbud Run Elementary	8/2
18048-D Orchard View Elementary	8/5
18048-E Gainesboro Elementary	8/2
18048-F Stonewall Elementary	8/3
18048-G Bass Hoover Elementary	8/5

Date: 8/8- 8/11 (No Camp on Friday, August 12)

This Week's Theme: So Long, Farewell

Visit from Arte Libre and Wheels Wednesday 8/10

Fee: \$136

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

BASICREC SCHOOL YEAR

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: \$100 per week; includes a daily snack, all early release days, delayed openings, teacher workshop days, snow day camp, winter break, spring break and enrichment programs. You must register through our main office for these days, other than early release and delayed openings. Space is limited.

Activity #	Location
11803-A	Apple Pie Ridge Elementary
11803-B	Armel Elementary
11803-C	Bass Hoover Elementary
11803-D	Evendale Elementary
11803-E	Gainesboro Elementary
11803-F	Greenwood Mill Elementary
11803-G	Indian Hollow Elementary
11803-H	Middletown Elementary
11803-I	Orchard View Elementary
11803-J	Redbud Run Elementary
11803-K	Stonewall Elementary
11803-L	Jordan Springs Elementary

basicREC Mornings Only

Fee: \$51 per week; includes delayed openings; \$16 per day for teacher workshop days, snow day camp, winter break, and spring break.

Program hours: 6:30 a.m. until the beginning of classes

Activity #	Location
11801-A	Apple Pie Ridge Elementary
11801-B	Armel Elementary
11801-C	Bass Hoover Elementary
11801-D	Evendale Elementary
11801-E	Gainesboro Elementary
11801-F	Greenwood Mill Elementary
11801-G	Indian Hollow Elementary
11801-H	Middletown Elementary
11801-I	Orchard View Elementary
11801-J	Redbud Run Elementary
11801-K	Stonewall Elementary
11801-L	Jordan Springs Elementary

basicREC Afternoons Only

Fee: \$55 per week; includes a daily snack, all early release days; \$18 per day for teacher workshop days, snow day camp, winter break, and spring break.

Program hours: from the afternoon release bell until 6 p.m.

Activity #	Location
11802-A	Apple Pie Ridge Elementary
11802-B	Armel Elementary
11802-C	Bass Hoover Elementary
11802-D	Evendale Elementary
11802-E	Gainesboro Elementary
11802-F	Greenwood Mill Elementary
11802-G	Indian Hollow Elementary
11802-H	Middletown Elementary
11802-I	Orchard View Elementary
11802-J	Redbud Run Elementary
11802-K	Stonewall Elementary
11802-L	Jordan Springs 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): \$16 per day - Participants must be registered by 6a.m. the day of attendance

Afternoon Only (PM): \$18 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
• Armel	• Middletown
• Bass Hoover	• Orchard View
• Evendale	• Redbud
• Gainesboro	• Stonewall
• Greenwood Mill	• Jordan Springs

Babysitting Classes

Instructor: Super Splasher Aquatics

Deadline: 6/22

Do you plan on watching your younger brother or sister, neighbor, or someone else you might know? Make sure you know what to do prior to watching them. This class will give you the knowledge and skills necessary to safely and responsibly provide care for children and infants.

Participants will develop leadership skills and learn how to develop a babysitting business. Participants will also learn basic child-care and basic Child/Pediatric CPR.

Age: 11-15 Location: Super Splasher Aquatics

Class#	Date	Day	Time	Fee
17318-C	6/24	F	9A- 5:30P	\$115



95th Shenandoah Apple Blossom Festival®
10 Days | Over 40 Events April 22 - May 1, 2022



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Shenandoah Valley Orthodontics Kids Bloomin' Mile



SHENANDOAH VALLEY
ORTHODONTICS

Friday April 29, 2022
4:00 pm · Ages 6-14

Early Registration Fee: \$20 (April 17)
Late Registration Fee: \$25

Age Groups: 6-7, 8-9, 10-11 and 12-14.

Start Time: 4:00pm
(race starts with the 12-14 division and works backwards)

Race Day and Packet Pickup: 1:30 pm - 3:45 pm. on the
north side of the Handley Bowl at Handley High School

Valley Health 10K
Saturday April 30, 2022
Start Time: 8:30am



Presented by Innovation Health

Early Registration Fee: \$30 (April 17)
Late Registration Fee: \$35



Pre-registration and Packet Pick-up:
Friday, April 29 - 1:30pm-3:45pm

Race Day Registration and Packet Pickup:
Saturday, April 30 - 7:00am-8:00am

Location: North side of the Handley Bowl at Handley High
School



YOUTH · JUNE 25 · 6:00 PM
ADULT · JUNE 26 · 7:30 AM

Benefiting the United Way of the Northern Shenandoah Valley

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 Stephens 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.





DANCE

Ballet Class and Camp

Instructor: Jennifer Turman Bayliss, *The Sunshine Studio*
Registration Deadline: 5/4

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. Ballet slippers required.

Location: Vostrikov's Academy of Ballet
 20 W Cork St, Winchester, VA 22601

Age:3-6

Class#	Date	Day	Time	Fee
15101-C	4/28-5/19	Th	3:30- 4:15P	\$57
Ballet Camp Class# 48101	6/27-7/1	M-F	9:30-11:30A	\$95

Beginner Tap Dance

Instructor: Jennifer Turman Bayliss, *The Sunshine Studio*
Registration Deadline: 5/3

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 shoes required.

Age: 3-8 **Location:** Vostrikov's Academy of Ballet
 20 W Cork St, Winchester, VA 22601

Class#	Date	Day	Time	Fee
15202-C	4/27-5/18	W	3:30- 4:15P	\$57

Fairytale Mash-Up

Instructors: Selah Theatre Project
Registration Deadline: 6/22

Student actors take some of an original fairy tale and combine it with another, creating an entirely new story and plot. Camp explores staging, story creation, literacy, costume coordination and ensemble work. Family and friends will be invited to a performance on the final day of class.

Location: Selah Theatre Project , 811 S Loudoun St, Winchester

Age:7-11

Class#	Date	Day	Time	Fee
47305-A	6/27-7/1	M-F	9A- 1P	\$150
47305-B	7/5-7/8	Tu-F	9A- 1P	\$150

Junie B. Jones is Not a Crook

Instructors: Selah Theatre Project
Registration Deadline: 6/8

A hilarious and heartfelt tale based on the best-selling book series by Barbara Park. A summer intensive for young actors to flex their theatre muscles in a full producing of Junie B. Jones is Not a Crook. Family and Friends will be invited to a performance on the final day of class.

Location: Selah Theatre Project, 811 S Loudoun St, Winchester

Age:8-15

Class#	Date	Day	Time	Fee
47705-A	6/13-6/23	M-F	10A- 5P	\$150

THEATRE

Live on Stage

Instructors: Selah Theatre Project
Registration Deadline: 7/20

Selah Theatre's Live On Stage offers a concentrated summer training experience in the craft of acting. Teen actors will build characters, analyze objectives, and express interior emotions physically and vocally. Students discover how to work as an ensemble, gaining valuable leadership skills while having fun, making friends and creating an original play. Family and friends will be invited to a performance on the final day of class.

Location: Selah Theatre Project, 811 S Loudoun St, Winchester

Age:11-13

Class#	Date	Day	Time	Fee
47405-A	7/25-7/29	M-F	9A- 1P	\$150

Oh, the Drama! Scene Work & Character Development Camp

Instructor: Winchester Little Theatre
Registration Deadline: 7/28

FCPRD is excited partner again this year with WLT for Kids! Workshops will include a wide variety of scenes, short one acts, theatre exercises and games. The goal is to lead up to a presentation for family during last class day (dependent upon guidelines and venue restrictions at the time of event).

Location: The Youth Development Center

Age:12-18

Class#	Date	Day	Time	Fee
48405-A	8/1-8/5	M-F	10A- 4P	\$195

THEATRE CONTINUED

Let's Get Dramatic! Camp

Instructor: Winchester Little Theatre

Registration Deadline: 8/4

FCPRD is excited partner again this year with WLT for Kids! Workshops will include basic theatre etiquette, theatre games & exercises and pantomime activities.

Location: The Youth Development Center

Age: 8-11

Class#	Date	Day	Time	Fee
48305-A	8/8-8/10	M-W	9A-12P	\$70

PHOTOGRAPHY

Photography Camp - Film Camera

Instructor: Lyndsay Crump

Registration Deadline: 6/15

This camp introduces participants to the basic principles of photography while providing a strong emphasis on film imaging. Participants will learn photographic techniques such as manual mode, film development, and chemical processing to create Silver Gelatin prints. Participants will take skills learned from camp to expose their own film, develop their film, create darkroom prints, and scan negatives to create digital copies. A signed camera contract is required to use cameras provided.

Location: Sherando HS, room # 432

Class#	Age	Date	Time	Fee
#48319-A	16+	6/20-7/1	8-10am	\$75

Photography Camp – Digital Camera

Instructor: Lyndsay Crump

Registration Deadline: 6/15

This camp introduces participants to the basic principles of photography while providing a strong emphasis on digital imaging. Participants will learn photographic techniques such as lighting, composition, and camera angles/positions. Participants will take skills learned from camp to create a photographic portfolio and keep digital copies of their images and a professionally matted print. A signed camera contract is required to use cameras provided.

Location: Sherando HS, room # 432

Fee: \$50

Class#	Age	Date	Time
#48319-B – Digital 1	11-15	6/20-6/24	10-11am
#48319-C – Digital 2	16+	6/20-6/24	11am-noon
#48319-D – Digital 1	11-15	6/27-7/1	10-11am
#48319-E – Digital 2	16+	6/27-7-1	11am-noon

YOUNG ENTREPRENEURS

Budding Entrepreneurs Camp

Instructor: SPARK Business Academy

Registration Deadline: 7/11

If you love Shark Tank, this empowering camp is for you! Join other intrepid campers and develop a business plan for your own business idea. You will learn to take risks and persevere, while making business-like decisions about strategy, marketing, and finance. Campers build confidence "learning by doing" throughout the week and make their pitch presentations on the last day!

Location: Sherando High School Community Center

Age: 9-13

Class#	Date	Day	Time	Fee
48385-A	7/18-7/22	M-F	9A-12P	\$185

My First Lemonade Stand Business Camp

Instructor: SPARK Business Academy Staff

Registration Deadline: 7/5

Let's sell lemonade! Young campers become "lemonade entrepreneurs" and learn how to make yummy lemonade and earn money selling it! From designing marketing flyers to estimating profits to experimenting with recipes, campers have fun all week while developing business savvy. As an optional showcase event, campers launch the lemonade stand on Friday to raise money for a charity they select!

Location: Sherando Community Center

Age: 5-9

Class#	Date	Day	Time	Fee
48285-A	7/11-7/15	M-F	9A-12P	\$185

Money Matters Camp

Instructor: SPARK Business Academy

Registration Deadline: 7/18

Earn, save, spend, donate! Let's learn about money! This innovative program provides a solid foundation on financial literacy for kids in a fun setting. Games and hands-on activities help campers internalize key concepts (like money, budgeting and saving) in an engaging and supportive environment fostering teamwork. This unique experience empowers campers with the mindset to start making sound financial decisions and develop into responsible global citizens.

Location: Sherando Community Center

Age: 5-9

Class#	Date	Day	Time	Fee
48286-A	7/25-7/29	M-F	9A-12P	\$185

SCIENCE AND NATURE

MARVELous Engineering using STEM Materials

Instructed by: Play-Well TEKologies

Registration Deadline: 6/8

Super Builders Assemble! We need you to come join our experienced Play-Well Instructors to save the world. We will use our bricks to build the strongest super-structures and super-machines to defeat Doctor Evil! In this class, you can become your own superhero as you build faster than lightning, use your spidey skills to get over obstacles, and break down entire buildings with your super strength!

Location: Sherando High School Community Center

Age:6-8

Class#	Date	Day	Time	Fee
48306-A	6/13-6/17	M-F	9A-12P	\$125
48306-B	6/13-6/17	M-F	1- 4P	\$125

Raised Bed Gardening Workshop

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

Registration Deadline: 6/16

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! During the presentation attendees will learn the step-by-step approach to creating and maintaining a successful raised bed garden. All attending participants will receive a copy of Simplistic Raised Bed Vegetable Garden. Participants under age 18 require adult supervision.

Location: Evendale Elementary Community Center

Age:13+

Class#	Date	Day	Time	Fee
17576-F	6/18-6/18	Sa	1- 3P	\$15

Park Explorers Nature Camp

Registration Deadline: 7/25

Get outdoors and learn about the natural world found in our park through crafts, games, and hikes in this week-long nature camp for elementary-age students. We will explore the trails of the park for wildlife habitats, use nets to study aquatic life in the pond, bird watch with binoculars, and much more!

Location: Sherando Park Lions Shelter

Age:5-9

Class#	Date	Day	Time	Fee
48251-A	8/1-8/5	M-F	9A-12P	\$150

Citizen Science Saturdays

Registration Deadlines: 6/16, 7/14, 8/11

The only tool you need to be a scientist these days is a smartphone! Meet us once a month from June through September to explore our park system & gather data that can be submitted to global citizen science projects! Learn about everything from bird identification apps to monarch butterfly tagging, all while helping contribute to scientific projects in real time! All children under the age of 18 must be accompanied by a guardian. Guardians do not need to register if accompanying a minor.

Age: 5+

Fee: \$5

Class#	Description	Date	Day	Time
47751-A	Merlin Bird ID	6/18	Sa	9-10:30A
Location: Clearbrook Park				

47751-B	iNaturalist	7/16	Sa	9-10:30A
Location: Sherando Park				

47751-C	Lost Ladybug	8/13	Sa	10-11:30A
Location: Rose Hill Park				

Wilderness Camp for Kids

Instructor: Ben Drenning

Registration Deadline: 7/11, 7/18

The camp 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, challenge themselves, and train their senses and awareness.

Location: Millbrook High School (Third Battle Trail)

Age:4-11

Class#	Date	Day	Time	Fee
48751-A	7/18-7/22	M-F	9A-12P	\$150
48751-B	7/25-7/29	M-F	9A-12P	\$150

Paws to Pavement - FREE!

Join us for a Paws to Pavement event to celebrate all we love about the outdoors and dogs! Esther Boyd will be bringing several adoptable dogs to the park, where volunteers can pick a pup and take them on a walk around park trails-- help us promote animal adoption and a better quality of life for local shelter dogs!

Clearbrook Park - 12:00 - 1:00 pm

Dates: Saturday, May 7 - JW Colonels Shelter
Saturday, June 25 - Rubbermaid Shelter

Sherando Park - 12:00 - 1:00 pm

Date: Saturday, July 16 - Lions Shelter

OUTDOOR SPORTS AND ADVENTURES

Youth Archery

Instructors: Robin Jenkins NASP Basic Archery Instructor, Jason Herndon – USA Level 2 Instructor, NASP Basic Archery Instructor
Registration Deadline: 6/13 at noon

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

There is no need to bring your own bow because all equipment is provided.

LEVEL 1:

Archers will learn the basics of shooting a compound bow safely and effectively.

LEVEL 1 & 2:

This session is a combination for both Level 1 and 2 archers. Participants will learn proper handling, bow and arrow usage, basic archery fundamentals and discuss the importance of range safety. Level 2 Archers are expected to be able to pick-up from one of the previous sessions. They will be shooting from a farther distance during this session.

Location: Sherando Park

Age:9-17	Date: 6/20-6/24	Fee: \$70
Class#	Description	Day Time
48755-A	Level 1	M-F 9-10:20A
48755-B	Level 1 & 2	M-F 10:30-11:50A

Mountain Bike Clinic

Instructor: Jason Tressider
Registration Deadline: 7/10

Tired of watching videos of other people mountain biking? Have you been wanting to learn the skills needed to shred the mountain but don't know where to begin? Let us show you the path and get you hooked on this great outdoor activity. This is an introductory course that will teach you the basics of mountain biking, easy bike maintenance and pre-ride safety checks.**Bring your bike, helmet, water bottle and let us do attitude and let us take care of the rest!

Location: Warrior Drive Entrance, NW Sherando Park

Age:10-14

Class#	Date	Day	Time	Fee
48379-A	7/18-7/22	M-F	9-11A	\$100

Recreational Kayaking

Registration Deadline: (A – 5/15), (B – 6/19), (C – 7/10), and (D – 7/31).

PHASE ONE: (SATURDAYS) SKILLS IN A POOL

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 Level 1 standards-- entry/exit, strokes, emergency procedures and more. We have a limited number of kayaks available so please contact us when you register to reserve one.

PHASE TWO: (SUNDAYS) SKILLS USED DOWN RIVER

We will meet the following day on the Shenandoah River to practice what we learned and enjoy a paddle on one of the best rivers in the USA! The float will take 3 to 4 hours (based on conditions) and all equipment will be provided (unless you bring your own).

*Ensure you have enough water, a lunch and snacks, sunscreen a good hat and a waterproof bag (ziplok-type) for phones, keys, etc. as well as the items from Phase One.

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 allowed) and dry clothes to change into.

Age:12+

Class#	Date	Day 1	Day 2
46751-A	5/21-5/22	Sa(pool)	Su(river)
Time:	Sa: 8A-12P Su: 9A-2P	Fee: \$100	Location: Sherando
46751-B	6/25-6/26	Sa(pool)	Su(river)
Time:	Sa: 8A-12P Su: 9A-2P	Fee: \$100	Location: Clearbrook
46751-C	7/16-7/17	Sa(pool)	Su(river)
Time:	Sa: 8A-12P Su: 9A-2P	Fee: \$100	Location: Clearbrook
46751-D	8/6 -8/7	Sa(pool)	Su(river)
Time:	Sa: 8A-12P Su: 9A-2P	Fee: \$100	Location: Sherando

MOUNTAIN BIKE TRAILS AT SHERANDO



Adventure Weeks

Instructor: River Riders, Harpers Ferry

Registration Deadlines- 6/13, 7/5, 7/18 & 7/25 at noon

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 where Maryland, Virginia and West Virginia come together. Your weeks will include a unique opportunity to visit four National Park Service- Harpers Ferry National Park, Chesapeake and Ohio Canal National Park, Potomac National Heritage Trail, and Appalachian National Scenic Trail. Participants need to pack a lunch daily. Parent or Guardian must complete all required paperwork and return to FCPRD (available at the time of registration.) Participants need to pack a lunch daily

Drop off/Pick-up Location: Redbud Elementary School
Parking Lot

Age:9-14

Class#	Date	Day	Time	Fee
48351-A	6/20-6/24	M-F	7:45A- 5P	\$420
48351-B	7/11-7/15	M-F	7:45A- 5P	\$420
48351-C	7/25-7/29	M-F	7:45A- 5P	\$420
48351-D	8/1-8/5	M-F	7:45A- 5P	\$420



Friday, May 13 · 5:00 - 8:00 pm · Ages 4 - 14

Clearbrook Park · fcprd.net · 540-665-5678

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 6:00 - 7:30 pm, 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!

Hiking Series

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.*Please note, this program is open to all ages (Participants under 18 years old must be accompanied by an adult guardian. Most hikes are not stroller accessible. Please take note of hike length, if participant cannot walk full duration of hike themselves, plan accordingly.) Participants will be responsible for their own transportation to and from the hike location. The hike times are approximate and will vary based on length and difficulty. An email with details regarding the specific hike will be sent prior to the program start.

Age:18+

Fee: \$5

Class#	Description
49751-E	Thompson WMA - Marjorie Arundel Wildflower and Birding Trail (1.5 mi)
Date: 5/5	Day: Th Time: 9A-12P
49751-F	GWNF - AT Keys Gap to David Lesser Shelter (7 miles)
Date: 5/21	Day: Sa Time: 9A- 2P
49751-G	Blandy Experimental Farm - Native Trail (1 mile)
Date: 6/9	Day: Th Time: 10A-12P
49751-G	GWNF - Sunrise Hike at Big Schloss (4.5 miles)
Date: 6/18	Day: Sa Time: 4A-9A

Youth Fishing

Instructors: Mark Moseley

Registration Deadline: 6/27 at noon

Our Tuesday through Friday Youth Fishing Program will give young anglers the learning opportunities to cast a line, bait a hook, proper rod handling and many other fishing techniques. The program is intended to provide the necessary guidance for the recreational young fisherman.

Dates and Locations: Tue, Wed at Clearbrook Park Boat Dock and Thurs, Fri at Sherando Park Locke Gazebo

Age:7-14

Fee: \$65

Class#	Date	Day	Time
48386-A	7/5-7/8	T, W at Clearbrook Th, F at Sherando	8-11A
48386-B	7/5-7/8	T, W at Clearbrook Th, F at Sherando	1- 4P

E-SPORTS AND CODING CAMPS

eSports PC Summer Camp

Registration Deadline: 6/8, 6/15, 7/13, 7/20, 7/27

Instructed by: GUI E-Sports

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. High schools have joined the popularity by adding it as a varsity sport while universities have developed programs and scholarships for Esports. All campers will receive a membership to GUI Esports Gaming Center. Campers will be allowed to choose from a variety of games to play.

Age: 8-14 Location: GUI eSports Game Center

Day: M-F Time: 9A-12P

Class#	Description	Date
18311-A	Camp	6/13-6/17
18311-B	Camp	6/20-6/24
18311-F	Girls in Gaming	6/27-7/1
18311-C	Camp	7/18-7/22
18311-D	Camp	7/25-7/29
18311-E	Camp	8/1-8/5

Coding and Engineering Camps

Instructed by: The Willis Academy

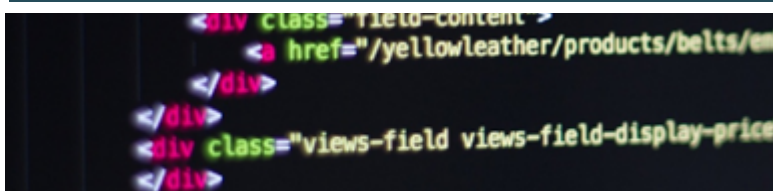
Registration Deadline: Sec. A 6/30, Sec. B 7/28

The Willis Academy is a children's technology and holistic wellness program that offers a series of technological and holistic wellness programs incorporating a STEAM approach, which is devoted to the overall physical, emotional and mental development of children. The activities are designed to enhance critical thinking, creativity, balance, coordination and other sensory stimuli while reinforcing sharpened attention and concentration. All supplies will be provided. More information for individual programs can be found at thewillisacademy.com.

Location: Sherando HS Community Center

Activity:	Ages:	Date:	Time:
#48311-A	11-14	7/5-7/8	9A-4P
Fee: \$280	Theme: Engineering an Urban Landscape		
#48311-B	8-12	8/1-8/5	9A-4P
Fee: \$350	Theme: Imaginative Futurists		

For half day camps, please search Class# 48411 at fcprd.net.





LITTLES' SPORTS

Little's Tee Ball

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor
Registration Deadline: April 22, Noon

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

Age: 3-6 Fee: \$48

Class#	Age	Date	Day	Time
32124-A	3	4/27-5/18	W	5- 5:45P

Location: Greenwood Mill Elementary

32124-B	4-6	4/27-5/18	W	6- 7P
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Location: Greenwood Mill Elementary

32124-C	3	4/25-5/16	M	5- 5:45P
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Location: Evendale Elementary

32124-D	4-6	4/25-5/16	M	6- 7P
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Location: Evendale Elementary

Little's Tennis Lessons - page 23

Youth Disc Golf Clinic

Instructor: Apple Valley Disc Golf
Registration Deadline: 8/1

Is this your first time playing, or have you played before and want to improve your game? This clinic will introduce the basics of disc golf including how to throw, putt, review the different types of golf disc, and the rules of play. Prizes will be awarded for the best over-all score, most points, and most hole-in-ones. Participants will receive a free disc putter and a camp t-shirt.

Location: Sherando Park, FFA Shelter Date: 8/5 Day: F

Class#	Ages	Time	Fee
42382-A	10 under	10 - 11:30A	\$25
42382-B	11-14	12 - 1:30P	\$25
42382-C	15-18	2 - 3:30P	\$25

AGILITY AND MULTI-SPORTS

Youth Sports Sampler

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor
Registration Deadline: Section A: 6/13, Section B: 7/18

This camp is designed to develop your individual skills and learn the fundamentals of multiple sports. Participants will take part in various activities throughout the week, such as soccer, basketball (ball handling and dribbling skills), floor hockey, ultimate frisbee, football drills and conditioning. Instructor will let you know which of your favorite balls to bring each day. Additional sporting equipment will be provided for those participants that do not have them.

Location: Evendale Elementary Community Center

Age: 5-8

Class#	Date	Day	Time	Fee
48213-A	6/20-6/23	M-Th	9:30-11:30A	\$65
48213-B	7/25-7/28	M-Th	5:30- 7:30P	\$65

Summer Speed and Agility Clinic

Instructor: Pro Motion/Pro Physical Therapy Staff
Registration Deadline: 7/3

This speed and agility clinic is designed to improve overall athletic ability and create better body awareness. Participants will learn how to run, jump, and change direction with proper technique. This would be helpful for any athlete getting ready for the fall sports seasons or any middle school athlete wanting to learn how to use their body more efficiently in order to improve athletic performance. Rising 6th, 7th, and 8th graders are welcome to join this program. Group will meet every Tuesday in July.

Location: Sherando Park Rotary Shelter (across from pool)

Age: 11-14

Class#	Date	Day	Time	Fee
49713-A	7/5, 7/12, 7/19, 7/26	Tu	4- 5P	\$48

Fencing Camp

Instructor: Tom Jobson, Member of the United States Fencing Association
Registration Deadline: June 22

Our introductory fencing programs introduce students to the many benefits of this Olympic sport. Please join us for a fun workout, fencing, and new friendships. Equipment is available for a one-time rental fee of \$25 payable to the instructor.

Location: Sherando Community Center

Age: 8+

Class#	Date	Day	Time	Fee
48782-A	6/27-7/1	M-F	10A- 3P	\$250



DISC GOLF AT SHERANDO

GOLF PROGRAMS

Evening Golf for Kids

Instructor: Rock Harbor, Staff

Registration Deadline: 7/5,8/1

Let's face it, kids have a ton of summer day camp options to choose from, this camp is unique in that it takes place in the evening. Learning golf at an early age can provide years of enjoyment! This camp will introduce the game of golf to beginners as well as critique previously learned skills from experienced golfers. On the final day of camp, participants will have the opportunity to play a few holes of golf on a professional course. Proper golf attire required. Golfers must provide their own clubs.

Location: Rock Harbor Golf Course

Age:7-13

Class#	Date	Day	Time	Fee
48754-A	7/11-7/15	M-F	5- 7P	\$68
48754-B	8/8-8/12	M-F	5- 7P	\$68

Kids on Golf

Instructor: Appleland Sports Center, Jerry Tingle Certified Golf Instructor and High School Coach

Registration Deadline: Section A and B 6/6, Section C and D 7/5

Is this your first time exposed to golf, or are you a seasoned vet? This camp will introduce all the skills necessary to start your life-long enjoyment of the game of golf. On the final day of camp, participants will use their skills learned to play the par three course. If you do not have your own clubs to use, FCPRD will supply them for you. Additional information required when registering.

Location: Appleland Sports Center

Age:7-13

Class#	Description	Date	Day	Time
48758-A	Your clubs	6/13-6/17	M-F	9-11A
Fee: \$85				
48758-B	FCPRD clubs	6/13-6/17	M-F	9-11A
Fee: \$95				
48758-C	Your clubs	7/11-7/15	M-F	9-11A
Fee: \$85				
48758-D	FCPRD clubs	7/11-7/15	M-F	9-11A
Fee: \$95				

Continue a Kid on Golf

Instructor: Appleland Sports Center, Jerry Tingle Certified Golf Instructor and High School Coach

Registration Deadline: Section A: 6/13 Section B: 7/11

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

Age:7-13

Location: Appleland Sports Center

Class#	Date	Day	Time	Fee
48771-A	6/20-6/24	M-F	9-11A	\$77
48771-B	7/18-7/22	M-F	9-11A	\$77



RUNNING

Summer Youth Running Camp

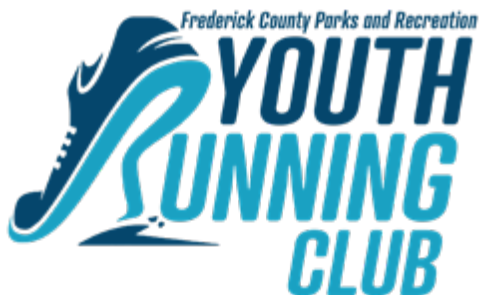
Registration Deadline: 7/20

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

Age: 9-13

Location: Sherando Park Rotary Shelter

Class#	Date	Day	Time	Fee
42326-A	7/25-7/29	M-F	5:30- 7:30P	\$60



BASKETBALL

Basketball Camp: Winchester Rising Stars

Instructors: Tyrus Thomas, Manager of W.R.S.; Asst. Handley Boys Basketball Coach, Erick Green Millbrook HS Varsity Girls' Basketball Head Coach, Chris Higgs Daniel Morgan Head Coach & W.R.S Coach
Registration Deadline: 7/11 at noon

Your child will learn the fundamentals of the game, along with some advanced skill and strategy from some of the best coaches in the area. Participants are encouraged to bring a basketball, water bottle and proper shoes.

Location: The Youth Development Center

Fee: \$125

Class#	Age	Date	Day	Time
48420-A	9-11	7/18-7/22	M-F	9A-11:30A
48420-B	12-15	7/18-7/22	M-F	12- 2:30P

Girls Basketball Camp

Instructors: Coach, Erick Green Millbrook HS Varsity Girls' Basketball Head Coach, Tyrus Thomas, Manager of W.R.S.; Asst. Handley Boys Basketball and current players and coaches
Registration Deadline: 7/18 at noon

Is your teenage daughter interested in taking their basketball skills to the next level? She will learn advanced fundamentals of the game, along with high level skill training and strategies from some of the best coaches in the area.

Location: Evendale Elementary School

Age: 12-17

Class#	Date	Day	Time	Fee
48474-A	7/25-7/29	M-F	5- 7:30P	\$100

Summer Basketball League

Registration Deadline: 5/30

Summer league is back and better than ever! This league is designed for game play instruction. All games will take place at one of the four FCPRD centers (Gainesboro, Evendale, Orchard View, and Greenwood Mill Elementary Schools).

Age:8-16 Fee: \$60

Class#	Description	Date	Day	Time
42320-A	(Ages 8-9)	6/20-7/27	M,W	6- 9P
42320-B	(Ages 10-11)	6/20-7/27	M,W	6- 9P
42420-A	(12-14 Boys)	6/20-7/27	M,W	6- 9P
42420-B	(12-14 Girls)	6/20-7/27	M,W	6- 9P
42420-C	(Ages15-16)	6/20-7/27	M,W	6- 9P

Youth Basketball Clinic

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor
Registration Deadline: (Noon for both) Sec. A: 4/18, Sec. B 5/11

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 and without a ball, and basic game skills. Bring your favorite basketball.

Location: Evendale Elementary Community Center

Age:7-10

Class#	Date	Day	Time	Fee
32374-A	4/24-5/1	Su	1- 2:15P	\$35
32374-B	5/15-5/22	Su	1- 2:15P	\$35

Basketball Camps

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor
Registration Deadline: 6/6, 6/27

Campers will work on fundamentals & skill development including ball handling, passing, shooting, offense/defense, & the basics of the game. Junior size or 28.5 size basketball.

Location: Evendale Elementary Community Center

Age:6-8 (Girls)

Class#	Date	Day	Time	Fee
48320-A (Girls)	6/14-6/16	Tu-Th	10-11:45A	\$50

Age:5-7 (Boys/Girls)

Class#	Date	Day	Time	Fee
48220- A	7/11-7/14	M-Th	9:30-11:30A	\$65

Floor Hockey Clinic

Instructor: Lisa Mann, Certified Personal Trainer & Kids Sports Instructor.
Registration Deadline: 6/27

Learn the fundamentals of floor hockey including stick handling, passing, goal shooting, while participating in active drills and hockey games. Safety, sportsmanship, and teamwork stressed each day.

Location: Evendale Elementary School

Ages 6-9

Class#	Date	Day	Time	Fee
22275-C	7/6-7/8	W-F	10-11:45A	\$50

GYM RENTALS



SOCCER, VOLLEYBALL, BASEBALL, SOFTBALL

Soccer Camp

Instructor: Blue Ridge United

Registration Deadline: 8/1

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. Participants will be put into groups based on age. **Participants should bring a soccer ball, water bottle, cleats, and shin guards.

Location: Sherando Park Soccer Field (across from pool)

Age:8-11

Class#	Date	Day	Time	Fee
48325-A	8/8-8/11	M-Th	5:30- 7P	\$85

Kids Soccer Clinic

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

Registration Deadline: 7/25

Kids will learn the fundamentals of dribbling & passing, ball control, goal shooting, footwork, and fun games to improve their skills. Bring your own size 3 or 4 soccer ball, small snack, and water bottle.

Location: Evendale Elementary School

Age:4-6

Class#	Date	Day	Time	Fee
48225-A	8/1-8/4	M-Th	5:45- 7:15P	\$65

Volleyball Camps

Instructors include James Minney, Sherando High School Volleyball Coach, Current and Past Players

Registration Deadline: 6/27

This three-day camp will improve participants' overall game through intensive drills, competition, and expert training in competitive volleyball fundamentals and tactics. Spots are limited. Participants are encouraged to bring a water bottle, knee pads, and comfortable tennis shoes. Our primary focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance. Participants will be put into groups based on age.

Location: Sherando High School Gym

Age:8-14 Date: 7/6-7/8 Day: W-F

Class#	Age	Time	Fee
48322-A	8-14	9-11:30A	\$60
48322-B	12-16	1- 3:30P	\$60

Baseball Camp

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

Registration Deadline: 6/28 at noon

Learn the fundamentals of baseball through individual and group drills involving the mechanics of throwing, fielding, hitting, and base running. Participants should bring their glove, ball and bat.

Location: Sherando Park

Age:5-15

Class#	Date	Day	Time	Fee
48324-A	7/5-7/8	Tu-F	9A-12P	\$60
Location: Sherando Park				

Softball Camp

Learn the fundamentals of softball through individual and group drills involving the mechanics of throwing, fielding, hitting, and base running. Participants should bring their glove, ball and bat.

Info Coming Soon!

Beach Volleyball Camp

Instructors: Blue Ridge Volleyball Association

Registration Deadline: 6/6

Join us for one of the fastest growing sports in NCAA history! Clearbrook Park is home to Blue Ridge Volleyball and our amazing five court beach volleyball complex. Have you ever tried to run on the sand at the beach? Then you know how hard it can be. Beach volleyball takes skills learned from playing indoors and increases the intensity while playing on six inches of sand. Our skilled instructors will take those skills learned indoors and hone them in for playing outdoors on a beach court.

Locations: Clearbrook Park Sand Volleyball Courts

Age:9-13

Class#	Date	Day	Time	Fee
48422-A	6/13-6/16	M-Th	9A-12P	\$60



FLAG FOOTBALL, CHEER, WRESTLING, LACROSSE

Flag Football Clinic

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

Registration Deadline: 8/1

This clinic is perfect to learn the basic skills of flag football. Your child will have the opportunity to work on throwing, catching, footwork, agility, change of directions with and without a ball, running patterns, and game skills. Please bring your own junior or pee wee size football. Additional sporting equipment will be provided for those participants that do not have them.

Location: Evendale Elementary School Age: 6-8

Class#	Date	Day	Time	Fee
48221-A	8/7, 8/14	Su	4:30- 6P	\$35

Cheer Camp

Instructor: Sherando High School Coaches and Varsity Cheerleaders

Registration Deadline: 6/30

This camp is designed for any level of cheerleader, from those new to those looking to improve their cheering foundation. The participants will be involved in many different activities throughout the week, with a performance at the end of the camp on Friday.

Location: Sherando High School Gym Age: 5-14

Class#	Date	Day	Time	Fee
48323-A	7/11-7/15	M-F	9A-12P	\$65

Youth Football Camp

Instructors: Darin Thomas founder of P-51 Flag Football & NAYS Certified Coach.

Registration Deadline: 6/6 at Noon

Attention all future football superstars! Get your workouts in early for your upcoming tackle and flag football seasons. The P-51 coaches will lead the camp with basic and specialize drills/stretchers. Participants will learn about the fundamentals of football to start their dreams of playing on Sunday's here.

Location: Admiral Byrd Middle School Ages: 8-15

Class#	Date	Day	Time	Fee
48321-A	6/13-16	M-Th	5:00-8:00pm	\$70

Lacrosse Camp

Instructor: Shenandoah Valley Youth Lacrosse

Registration Deadline: 7/5

Players of all skill levels are welcome to join Shenandoah Valley Youth Lacrosse coaches for lacrosse camp! You will learn the fundamentals of lacrosse, develop individual skills, team concepts, and improve lacrosse IQ all while promoting good sportsmanship. Campers will be organized into age and skill-based groups.

Flag Football

Registration Deadline: 8/1

Don't miss the excitement of FCPRD flag football! These leagues provide participants with plenty of action while learning new flag football skills. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 8/15.

Youth Flag Football - Age 9-13

Date: 8/15-10/29 Registration Deadline: 8/1

Time: M-F, 5:30-6:30P and Sa, TBD

Class#	Age	Day	Fee
52321-A	9-10	M-Sa	\$50
52321-B	11-13	M-Sa	\$55

Flag Football Cheerleading - Age 5-12

Registration Deadline: 8/24

Class# 52323 Date: 9/6-11/5 Fee: \$45

Pee Wee Flag Football - Age 5-8

Date: 8/15-10/29 Registration Deadline: 8/1

Time: M-F, 5:30-6:30P and Sa, TBD

Class#	Age	Day	Fee
32221-A	5-6	M-Sa	\$45
32221-B	7-8	M-Sa	\$45

Wrestling Camp

Instructor: John Campbell, VA State Wrestling Official

Registration Deadline: 7/21

This program is designed to teach and develop wrestling skills with an emphasis on the fundamentals. Wrestlers of all levels will benefit from this camp. Once skills are learned, wrestlers will have an opportunity to compete in matches. All participants should dress in comfortable clothes and wrestling shoes are recommended, but not required.

Location: Sherando High School Wrestling Room

Age: 5-13 Date: 7/25-7/29

Class#	Age	Day	Time	Fee
48357-A	5-8	M-F	8:30-11A	\$65
48357-B	9-13	M-F	8:30-11A	\$65

Location: Sherando Park

Age: 7-14 Date: 7/11-7/14 Day: M-Th

Class#	Description	Time	Fee
48449-A	Boy's Lacrosse Camp	6- 8P	\$75
48449-C	Girl's Lacrosse Camp	6- 8P	\$75

ADULT SPORTS LEAGUES

Adult Co-Ed Beach Volleyball 4v4 League

Registration Deadline: 5/23 at noon

Bring your indoor game outside in our new Beach Volleyball League! The recreational co-ed teams must have at least 1 female player on the court.

Location: Clearbrook Park

Age: 18+

Class#	Date	Day	Time	Fee
42522-A	6/17-8/12	F	5:30- 8P	\$325

Men's Fall Softball

Final Registration Deadline: 8/1

Our Countywide leagues will have a 14-game guarantee with a post season tournament and utilizing both Sherando and Stonewall Parks for game locations. Make-up games will be scheduled when and where space is available. Players must be 18 years of age to participate. Registration deadline- 8/1; depending on availability, a late fee of \$50 may apply.

Location: Sherando and Stonewall Park

Age:18+

Class#	Description	Date
52528-A	COMPETITIVE DIV	8/23-11/15
Day: M,Tu,Th	Time: 6:30-10P	Fee: \$350
52528-B	UPPER REC DIV	8/23-11/15
Day: M,Tu,Th	Time: 6:30-10P	Fee: \$350
52528-C	LOWER REC DIV	8/23-11/15
Day: M,Tu,Th	Time: 6:30-10P	Fee: \$350

Adult Fall Co-Rec Softball

Final Registration Deadline: 8/1

Register now for the hottest co-rec softball league in the area! Teams get a 12-game guarantee plus a double elimination tournament utilizing both for game locations. 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. Registration deadline- 8/1; depending on availability, a late fee of \$50 may apply.

Location: Sherando and Stonewall Parks Age:18+

Class#	Date	Day	Time	Fee
52529-A	8/24-11/15	W, F	6:30-10P	\$300



AUGUST 6, 2022 | SHERANDO PARK

Registration Info Coming Soon!

4 vs. 4 Soccer - BRYSA

Round Robin format: each team will get 3 games,
Two 12-min halves, 2-min halftime

Class# 43325 - Boys/Girls: U9, U10, U11, U12, U13, U14, U15
Fee: \$220 per team, Registration Deadline: 7/31

Disc Golf - SVDG

Baseball Tournament

Youth Lacrosse Clinic - SVYL

Competitive Softball Tournament - Sports Nation

Kayaking

Flag Football Tournament

Tennis Clinic and drop-in play - SVTA

Coding and Engineering Camps

Instructed by: The Willis Academy

Registration Deadline: Sec. A 6/30, Sec. B 7/28

The Willis Academy is a children's technology and holistic wellness program that offers a series of technological and holistic wellness programs incorporating a STEAM approach, which is devoted to the overall physical, emotional and mental development of children. The activities are designed to enhance critical thinking, creativity, balance, coordination and other sensory stimuli while reinforcing sharpened attention and concentration. All supplies will be provided. More information for individual programs can be found at thewillisacademy.com.

Location: Sherando HS Community Center

Activity:	Ages:	Date:	Time:
#48311-A	11-14	7/5-8	9A-4P
Fee: \$280	Theme: Engineering an Urban Landscape		
#48311-B	8-12	8/1-5	9A-4P
Fee: \$350	Theme: Imaginative Futurists		

For half day camps, please search Class# 48411 at fcprd.net.

Littles' Tennis Lessons

Instructor: Matt Rosner, PTR and FCPRD Tennis Staff

Registration Deadline: (Noon for each) Sec. A: 6/7, Sec. B: 7/5, Sec. C: 8/2

This program intends to introduce the sport of tennis to young kids using upbeat, positive, and encouraging coaching to initiate and demonstrate the proper skills and stroke development to the participant. All participants should bring their own tennis racket.

Location: Sherando High School Tennis Courts

Age:3-6 Day: Tu, Th

Class#	Date	Time	Fee
42244-A	6/2-6/28	5:15- 6P	\$73
42244-B	7/7-8/2	5:15- 6P	\$73
42244-C	8/9-9/1	5:15- 6P	\$73

Tennis Camps

Instructor: Matt Rosner, PTR and FCPRD Tennis Staff

Registration Deadline: Section A: 6/13Section B: 7/5

Join us for a week of fun and tennis. Learn the basics of tennis with our week-long tennis camp. The camp will teach you the fundamentals of all tennis shots while having fun during this week-long tennis camp. All participants should bring their own tennis racket.

Age:4-17

Class#	Date	Day	Time
48346-A	6/20-6/24	M-F	9:30-11A
Fee: \$85 Location: James Wood High School			
48346-B	7/11-7/15	M-F	9:30-11A
Fee: \$85 Location: Sherando High School			

Youth Tennis

Instructor: Matt Rosner, PTR and FCPRD Tennis Staff

Registration Deadline: First day of each section.

The staff will introduce new skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes. All participants should bring their own tennis racket.

Location: Sherando High School

Age:4-11

Class#	Description	Date	Day	Time	Fee
32344-C	(Ages 4-11)	5/2-5/25	M,W	5:30- 6:30P	\$85
32344-D	(Ages 11-17)	5/2-5/25	M,W	6:30- 7:30P	\$85
42344-A	(Ages 4-11)	6/2-6/28	Tu,Th	5:30- 6:30P	\$85
42344-B	(Ages 11-17)	6/2-6/28	Tu,Th	6:30- 7:30P	\$85
42344-C	(Ages 4-11)	7/7-8/2	Tu,Th	5:30- 6:30P	\$85
42344-D	(Ages 11-17)	7/7-8/2	Tu,Th	6:30- 7:30P	\$85
42344-E	(Ages 4-11)	8/9-9/1	Tu,Th	5:30- 6:30P	\$85
42344-F	(Ages 11-17)	8/9-9/1	Tu,Th	6:30- 7:30P	\$85

Adult Tennis

Instructor: Matt Rosner, PTR and FCPRD Tennis Staff

Registration Deadline: First day of each section.

The adult tennis 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.

Location: Sherando High School

Age:18+

Class#	Date	Day	Time	Fee
32544-A	5/2-5/25	M, W	7:45- 9P	\$60
42544-A	6/2-6/28	Tu,Th	7:45- 9P	\$65
42544-B	7/7-8/2	Tu,Th	7:45- 9P	\$65
42544-C	8/9-9/1	Tu,Th	7:45- 9P	\$65





Introduction to Forest Therapy Workshop

Instructor: Kristine Villatoro, Certified Forest Therapy Guide

Registration Deadline: 5/12, 6/15

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. This activity requires very little physical activity and would be suitable for all levels and ages 13 and above.

Age:13+

Class#	Date	Day	Time	Fee	Location
17700-C	5/14	Sa	4- 6P	\$7	Blandy Farm
17700-D	6/17	F	6- 8P	\$7	Blandy Farm

Yoga - Vinyasa Flow

Instructor: Kathy Battani

Registration Deadlines: 3/10, 5/19 for 8-week series or Friday at 3 pm before drop-in begins

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.

*No class 4/2- 4/9 or 6/25 - 7/2

Age: 13+ Location: Sherando Community Center

Class#	Date	Day	Time	Fee
39512-I	5/7	Sa	9-10A	\$5
39512-J	5/14-7/16	Sa	9-10A	\$32
39512-K	5/14	Sa	9-10A	\$5
39512-L	5/21	Sa	9-10A	\$5
39512-M	5/28	Sa	9-10A	\$5
39512-N	6/4	Sa	9-10A	\$5
39512-O	6/11	Sa	9-10A	\$5
39512-P	6/18	Sa	9-10A	\$5
39512-Q	7/9	Sa	9-10A	\$5
39512-R	7/16	Sa	9-10A	\$5
39512-S	7/23-8/27	Sa	9-10A	\$24

Yoga - Gentle

Instructor: Kathy Battani

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. *No class 3/30 - 4/6 or 6/29

Location: Sherando Community Center

Age: 13+

Class#	Date	Day	Time	Fee
39712-I	5/4	W	5:30- 6:30P	\$5
39712-J	5/11-7/6	W	5:30- 6:30P	\$32
39712-K	5/11	W	5:30- 6:30P	\$5
39712-L	5/18	W	5:30- 6:30P	\$5
39712-M	5/25	W	5:30- 6:30P	\$5
39712-N	6/1	W	5:30- 6:30P	\$5
39712-O	6/8	W	5:30- 6:30P	\$5
39712-P	6/15	W	5:30- 6:30P	\$5
39712-Q	6/22	W	5:30- 6:30P	\$5
39712-R	7/6	W	5:30- 6:30P	\$5
39712-S	7/13-8/24	W	5:30- 6:30P	\$28

Yoga - Hatha Levels 1 & 2

Instructor: Kathy Battani

Registration deadline 3/6/2022 or the Sunday before drop-in options

This 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. Props are encouraged (straps, blocks, extra towel or blanket for support and yoga mat).*No class 3/28- 4/4 or 6/27. No class on 7/4, instead it will be held on Tuesday, 7/5.

Age:18+

Class#	Date	Day	Time	Fee
39912-I	5/2	M	5:30- 6:30P	\$5
39912-J	5/9-7/5	M	5:30- 6:30P	\$32
39912-K	5/9	M	5:30- 6:30P	\$5
39912-L	5/16	M	5:30- 6:30P	\$5
39912-M	5/23	M	5:30- 6:30P	\$5
39912-N	5/30	M	5:30- 6:30P	\$5
39912-O	6/6	M	5:30- 6:30P	\$5
39912-P	6/13	M	5:30- 6:30P	\$5
39912-Q	6/20	M	5:30- 6:30P	\$5
39912-R	7/5	Tu	5:30- 6:30P	\$5
39912-S	7/11-8/22	M	5:30- 6:30P	\$28





Mystery Trips!

Are you up for an adventure? Join us on a short distance from Winchester on one of our famous mys-tery trips. Bring money for lunch and a sense of adventure. Wear comfortable clothes for the weather and light walking as you never know where this adventure will take you.

****Depart Sunnyside Plaza parking lot at 9 a.m.; return approx. 5p.m.****

Drop-off/Pick-up Location: Sunnyside Plaza
Age:50+

Class#	Date	Day	Time	Fee
27637-C	5/13	F	9A- 5P	\$30
27637-D	6/24	F	9A- 5P	\$30
27637-E	7/15	F	9A- 5P	\$30
27637-H	8/26	F	9A- 5P	\$30

Scrabble Party

Registration ends 5/5

FUN is the word for this program. Gather with friends to enjoy Scrabble. New players are welcome. Pizza lunch is included. If you have a favorite board, bring it! Fee is for all four sessions.

Dates are: 5/9, 6/6, 7/11, 8/15.

Location: Evendale Community Center

Age:50+

Class#	Date	Day	Time	Fee
17717-E	5/9-8/15	M	10:30A- 2P	\$28

Picnic and Pool Pawty

Saturday, September 10 • 12 pm - 3 pm

Clearbrook Park

Free Entry • \$5 pool fee per dog

Proceeds will be donated to the Esther Boyd Animal Shelter

- Dock Diving at Clearbrook Pool!
- Food Vendors!
- Vendors with everything you need for your dogs!
- Honor Guard!
- And Much More!

In partnership with
Winchester City Parks and Recreation



CAD ABOUTS CLUB

Mothers' Day Luncheon

Registration Deadline: 5/17

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.

Class# 27538-E Date: 5/20 Day: F
Time: 11A- 1P

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

Active Adult Picnic in the Park

Registration Deadline: 6/15

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 and Family will be performing! Drinks, dessert, and pre-packaged box BBQ lunches courtesy of Jordan Springs Market will be provided. Transportation provided from Sunnyside Plaza parking lot at 10:30a.m. for an additional \$6 fee (or you can follow the van out to Rose Hill from there in your own vehicle).

Class# 43651-A Fee: \$8
Date: 6/17 Day: F Time: 11A- 3P
Location: Rose Hill Park Shelter, 1871 Jones Road, Winchester VA 22602

Shenandoah University Summer Music Theatre Presents: Bridges of Madison County

Registration Deadline: 7/15

Join us for a Dutch Treat lunch at Golden Corral, then head over to the Ohrstrom- Bryant Theatre for the 2:30p.m. showing of Bridges of Madison County.

Class# 27538-F Fee: \$34
Date: 7/20 Day: W
Time: If driving yourself, meet at Golden Corral @ 12P
Pick-ups available for \$6 fee from Armel Elementary School at 11:45A

Club Treat Lunch: Olive Garden

Registration Deadline: 8/18

Club Members will be gifted \$10 towards their meal (only PAID members—all other participants must pay for their full meal).

Class# 27538-G Date: 8/19 Day: F
Time: 11A- 1P
Location: Olive Garden, Winchester VA

GAINESBORO CLUB

Mothers' Day Luncheon

Registration Deadline: May 20

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.

Location: Rose Hill Park, Jaycees Shelter

Age: 50+

Class#	Date	Day	Time	Fee
37676-A	5/23	M	11A- 1P	No Fee

National Museum of the Marine Corps Triangle, VA

Registration Deadline: 7/21

This 135-acre, 120,000 square foot structure is a tribute to the United State Marine Corp past and present—a must see for history lovers! PLEASE NOTE: this trip entails some walking—wear comfortable shoes! Bring money for a Dutch Treat lunch on the way home.

Class# 37684-E	Fee: \$35
Date: 7/25	Day: M
Time: Depart Sunnyside Plaza parking lot at 8A.; return approx. 4P	

Business Meeting and Lunch Out: Hayfield Restaurant

Registration Deadline: 8/19

Dutch Treat Lunch with a business meeting and fellowship to follow!

Class# 37684-F	Date: 8/22
Day: M	Time: 11:30A

Summer Showcase Events

Rotary Shelter, Sherando Park

6:30 pm - 8:30 pm · Free

Thursday, June 16

Robbie Limon

Thursday, August 4

Yesterday Swing Orchestra

Food will be available for purchase

4TH OF JULY

SHERANDO PARK · STEPHENS CITY, VA

**Everyday People Band performing
Monday, July 4 • Rain Date: July 5
FREE!**

Join the community at the park for an evening of live music, family-friendly activities, food, and fireworks to celebrate the 4th of July.

Park open all day! · Pool open until 10 pm
Fireworks at dusk!

Enter at the main park gate or Sherando High School. DJ playing your favorite tunes starting at 5pm. Live music starting at 7 pm.

Please leave pets at home · No Alcohol

**Bam Bam's BBQ
Nonni's Eats and Sweets
Mattie's Soft Serve
Kona's Ice
Crim's Concessions**





FREDERICK COUNTY
PARKS & RECREATION

Frederick County Parks and Recreation

WE ARE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

basicREC Program Assistant - \$15.00

Program Aide - \$11.00-\$12.00

Site Supervisor - \$15.00

Sports Official - \$15-\$40

- Adult Softball League Umpires, Basketball Officials

Sherando Maintenance (PT) - \$15.00

Sherando Park Ranger - \$15.00

Pool Manager - \$17.00

Assistant Pool Manager - \$14.00

Lifeguard/Swim Instructor - \$12.50

General Enrichment Instructor - \$15-\$20

Intern - \$11.50

CDL Day Trip Driver - \$15.00

MORE INFORMATION CALL

540-665-5678

APPLY TODAY!

APPLY ONLINE AT

www.fcva.us/jobs



Frederick County Parks and Recreation Department
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Winchester, VA 22601

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