



Battlefield Half Marathon  
& Relays · November 5

18th Annual  
YOUTH SPORTS SCRAMBLE  
GOLF TOURNAMENT  
*Rock Harbor Golf Course* · September 2

# FALL RUN

Making life better!

YOUTH BASKETBALL · OUTDOOR ADVENTURES · TRIPS · MORE!



FREDERICK COUNTY  
PARKS & RECREATION

2022 FALL 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 | Gary Longerbeam - Chairperson                  |
| Gainesboro District | Natalie Gerometta                              |
| Opequon District    | Ron Madagan                                    |
| Red Bud District    | Dennis Grubbs                                  |
| Shawnee District    | Guss Morrison                                  |
| Stonewall District  | Jennifer Myers                                 |
| Member at Large     | Charles "Rusty" Sandy, Jr.<br>Vice Chairperson |
| Member at Large     | Amy Strosnider                                 |

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Cover photo credit: Lyndsay Almarode

[fcprd.net](http://fcprd.net)



### 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.



### Get Connected



MAIN OFFICE/Front Desk  
540-665-5678



MAIN OFFICE  
107 North Kent Street  
Winchester, VA 22601



[fcprd.net](http://fcprd.net)



[RunAtTheTop.net](http://RunAtTheTop.net)  
For all our local running and endurance events.



### 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](http://fcprd.net).

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

### 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](http://fcprd.net) or stop by our office at 107 North Kent Street in Winchester for more information about rental opportunities.



# UPCOMING EVENTS

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

**Golf Tournament** Friday, September 2  
Rock Harbor Golf Course | [Registration Required](#)

**Picnic and Pool Pawty** Saturday, September 10  
Clearbrook Park and Pool | Dog friendly pool event

**Halloween Happenings** October 28 and 29  
Clearbrook Park | Registration Required

**Battlefield Half Marathon & Relays** Saturday, November 5  
Kernstown Battlefield | [RunAtTheTop.net](http://RunAtTheTop.net)

**Thanksgiving Day 5K** Thursday, November 24  
Sherando High School and Sherando Park | [RunAtTheTop.net](http://RunAtTheTop.net)

**Winter Wonderland** Nov. 25 - Jan. 1  
Clearbrook Park | Self guided walking light show

# PARTNER ORGANIZATIONS



Blue Ridge Youth Soccer Association  
[brysa.org](http://brysa.org)



Frederick County American Little League  
[fcalittleleague.com](http://fcalittleleague.com)



Frederick County National Little League  
[fcnll.com](http://fcnll.com)



Area 13 Special Olympics  
[area13specialolympicsva.org](http://area13specialolympicsva.org)



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



Shenandoah Valley Swim League  
Sherando and Clearbrook Pools

## 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.

[Register Here](#)



### 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 at Gainesboro 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 at Gainesboro 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 at Gainesboro 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)

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| • <a href="#">Apple Pie Ridge</a> | • <a href="#">Middletown</a>     |
| • <a href="#">Armel</a>           | • <a href="#">Orchard View</a>   |
| • <a href="#">Bass Hoover</a>     | • <a href="#">Redbud</a>         |
| • <a href="#">Evendale</a>        | • <a href="#">Stonewall</a>      |
| • <a href="#">Gainesboro</a>      | • <a href="#">Jordan Springs</a> |
| • <a href="#">Greenwood Mill</a>  |                                  |

**middle REC**  
FREDERICK COUNTY PARKS AND RECREATION

Open to all Admiral Byrd and James Wood Middle School students—this program will provide your middle school

student with social and recreation opportunities after school at the Youth Development Center. Participants will engage in activities like art projects, sports and recreation games, fitness programs, and MORE!

Fee: \$55 per week; PM only!

Additional \$16 cost per day per participant for teacher workshop days, snow day camp, winter break, and spring break. For all FCPS Middle School Students.

Hours: 3:00 - 6:00 pm Location: Youth Development Center

[Visit fcprd.net for more information](http://fcprd.net)





## DANCE

### Ballet

[Register Here](#)

**Registration Deadline: 9/1, 10/13, 11/10**

**Instructed by: Jennifer Turman Bayliss**

Creativity, dancing, and fun are all part of this ballet camp for preschoolers. They will learn ballet basics, including names of positions and how to perform them. Ballet experience is not required, but ballet slippers are. Ballet slippers need to be authentic. Parents only need to stay if their child needs them to do so. Please bring a simple snack and water. Location: Vostrikov's Academy of Ballet - 20 W Cork St, Winchester, VA 22601. Parking is generally available in the parking lot across the street, adjacent to the Shenandoah Valley Discovery Museum. However, this is public parking so please bring your quarters!

**Age: 3-6**

**Location: Vostrikov's Academy of Ballet**

**Day: W Time: 3:30- 4:15P**

| Class#           |         | Date        | Fee  |
|------------------|---------|-------------|------|
| 15101-D          | 6 Weeks | 9/7-10/12   | \$85 |
| 15101-E          | 4 Weeks | 10/19-11/9  | \$57 |
| 15101-F          | 4 Weeks | 11/16-12/14 | \$57 |
| *No Class: 11/23 |         |             |      |

### Beginner Tap Dance

[Register Here](#)

**Registration Deadline: 9/1, 10/13, 11/10**

**Instructed by: Jennifer Turman Bayliss**

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. Parents only need to stay if their child needs them to do so. Location: Vostrikov's Academy of Ballet - 20 W Cork St, Winchester, VA 22601. Parking is generally available in the parking lot across the street, adjacent to the Shenandoah Valley Discovery Museum. However, this is public parking so please bring your quarters!

**Age: 3-8**

**Location: Vostrikov's Academy of Ballet**

**Day: Tu Time: 3:30- 4:15P**

| Class#          |         | Date        | Fee  |
|-----------------|---------|-------------|------|
| 15202-D         | 6 weeks | 9/6-10/11   | \$85 |
| 15202-E         | 4 weeks | 10/18-11/8  | \$57 |
| 15202-F         | 4 weeks | 11/15-12/13 | \$57 |
| *No Class 11/22 |         |             |      |

## Halloween Happenings

**Registration Deadline: 10/27**

**All Ages- children participating must be under 12**

**Location: Clearbrook Park - parking in pool lot**

This popular tradition is back with even more fun! Join us at Clearbrook Park for a spook-tacular Halloween celebration. Come in costume and visit shelters along the ½ mile paved trail to receive Halloween handouts and games for little ghouls and goblins. On Saturday, trick-or-treating will occur from 6-6:45pm only (section C), followed by an outdoor showing of Hocus Pocus at the Kiwanis I shelter (section D) sign up for section E to join us for both! If staying for the movie, bundle up and bring snacks plus something to sit on! **DUE TO LIMITED SUPPLIES, PRE-REGISTRATION IS REQUIRED FOR ALL CHILDREN ATTENDING!** All children under the age of 18 must be accompanied by a guardian. Guardians do not need to register if accompanying a minor.

**Age: 12 and under**

[Register Here](#)

| Class#  | Date  | Day | Time     | Fee |
|---------|-------|-----|----------|-----|
| 53776-A | 10/28 | F   | 6- 6:45P | \$4 |
| 53776-B | 10/28 | F   | 7- 7:45P | \$4 |
| 53776-C | 10/29 | Sa  | 6- 6:45P | \$4 |

**6:00-9:00P Session AND movie: Hocus Pocus**

| Class#  | Date  | Day | Time  | Fee |
|---------|-------|-----|-------|-----|
| 53776-E | 10/29 | Sa  | 6- 9P | \$6 |

**7:00-9:00P Movie ONLY: Hocus Pocus**

| Class#  | Date  | Day | Time  | Fee |
|---------|-------|-----|-------|-----|
| 53776-D | 10/29 | Sa  | 7- 9P | \$4 |

## 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

# THEATRE PROGRAMS

## Selah Teen Ensemble

[Register Here](#)

**Registration Deadline: 9/6**

Selah Teen Ensemble has openings! This is a performance driven class in which student actors use improvisation and ensemble building exercises to develop original material written by the students. Moving into the rehearsal and tech process, STE members will rehearse intensively from September thru May and travel to Richmond, VA for the Virginia Theatre Association Conference as well as Virginia Thespians Conference at Shenandoah University. Interested teen actors, regardless of experience, are encouraged to join on September 10 from 11am-2pm. \*Students in STE must enroll in SENIOR STAGE class.

Class# 57405-A      Date: 9/10-10/29      Day: Sat  
Age: 13-19      Time: 11:00A-2:00P      Fee: \$350  
Location: 811 S. Loudoun St. Winchester, VA

## Center Stage Acting

[Register Here](#)

**Registration Deadline: 9/1**

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 5-7 from shy to super outgoing. At the final class, family and friends will be invited to a performance.

Class# 15205-C      Date: 9/8-11/3      Day: Thurs  
Age: 5-7      Time: 5:30-6:15P      Fee: \$210  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Junior Stage Acting

[Register Here](#)

**Registration Deadline: 9/1**

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.

Class# 15305-C      Date: 9/8-11/3      Day: Thurs  
Age: 8-12      Time: 6:15-7:10P      Fee: \$225  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Senior Stage Acting

[Register Here](#)

**Registration Deadline: 9/1**

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.

Class# 15405-C      Date: 9/8-11/3      Day: Thurs  
Age: 13-19      Time: 7:15-8:40P      Fee: \$280  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Music and Me

[Register Here](#)

(Kindergarten - Grade 2)

**Registration Deadline: 9/1**

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.

Class# 15204-C      Date: 9/7-11/2      Day: Wed  
Time: 4:30-5:15P      Fee: \$210  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Acting through Song

[Register Here](#)

(Middle School and High School)

**Registration Deadline: 8/31**

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.

Class# 15404-C      Date: 9/6-11/1      Day: Tues  
Time: 5:30-6:30P      Fee: \$225  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Frederick County Fire & Rescue Explorer Post 154



Are you interested in becoming a  
Firefighter or EMT?  
DISCOVER YOUR FUTURE, JOIN TODAY!

Explorer Post 154 will provide hands-on training and mentorship for students in grades 9 – 12, ages 14 – 18 who are interested in volunteer and career opportunities in Firefighting and Emergency Medical Services. Explorers will learn leadership skills, service to the community, accountability, chain of command, fire suppression, throwing ladders, ropes and knots, search, and rescue, first aid, CPR and more.

Meetings will be bi-monthly during the school year, on the second and fourth Tuesday of the month from 7:00 pm to 9:00pm.

Starting: Tuesday, September 13  
Time: 7:00 pm – 9:00 pm  
Location: 1080 Coverstone Drive, Winchester VA  
Cost: \$50.00  
Apply Now! Limited Space Available

[Visit fcva.us](http://fcva.us) for more information or applications



## The 24th Annual Thanksgiving Day 5k

ALL AGES

PROCEEDS BENEFIT FCFRD PLAY FUND

What better way to begin your Thanksgiving Day than this benefit event! Run, walk, or stroll prior to your Thanksgiving feast. The certified 5k course travels, track, pavement, and the woodland trails of Sherando Park. This 5k run is an electronic chip time's event; don't forget to pick-up your chip the morning of the race!

Participants are encouraged to pick-up their bib number and T-shirt at the Sherando Community Center on Tuesday (11/22) from 4:00 - 7:00 p.m.

Early Bird Fee: \$25 until 11/21

Final Fee: \$30 11/22-race day

Day:TH

Date:11/24

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

Location: Sherando High School

[More Information - Register](#)

[Register Here](#)

## Babysitting Classes with CPR

*Deadlines: Section A -10/14Section B - 11/7*

*Instructed by: Noelle Callas, Super Splashers Aquatics Staff*

This class will give you the knowledge and skills necessary to provide care safely and responsibly 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.

Age: 11-15 Fee: \$115  
Location: Super Splasher Aquatics, Delco Plaza

| Class#  | Date  | Day | Time   |
|---------|-------|-----|--------|
| 57318-A | 10/17 | M   | 9A- 5P |
| 57318-B | 11/8  | Tu  | 9A- 5P |

[Register Here](#)

## Adult and Pediatric First Aid, CPR and AED

*Instructor: Super Splasher Aquatics Staff*

*Deadline: 9/7, 10/5, 11/9, 12/7*

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. This course does meet OSHA workplace requirements. This is a blended learning course with a required online portion followed by 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 fortwo years.

Age:12+ Fee: \$85  
Location: Super Splasher Aquatics, Delco Plaza

[Register Here](#)

| Class#  | Date  | Day | Time  | Fee  |
|---------|-------|-----|-------|------|
| 17518-A | 9/14  | W   | 7-10P | \$85 |
| 17518-B | 10/12 | W   | 7-10P | \$85 |
| 17518-C | 11/16 | W   | 7-10P | \$85 |
| 17518-D | 12/14 | W   | 7-10P | \$85 |

# SCIENCE, NATURE, AND OUTDOORS

## Homeschool Hikers Nature Series

**Registration Deadline: 9/12**

Get outdoors and learn about the natural world found in our park through crafts, games, and hikes in this 4-week nature series 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! Pack a lunch and have an outdoor picnic with friends after the program.

Age: 4-11

[Register Here](#)

| Class#                                  | Date      | Day | Time    | Fee  |
|---|-----------|-----|---------|------|
| 17351-A                                 | 9/14-10/5 | W   | 11A-12P | \$40 |
| Location: Sherando Park - Lions Shelter |           |     |         |      |

## Raised Bed Gardening Workshop

**Registration Deadlines: 9/15, 10/13**

**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 vegetable garden might be your answer! In this class, view a slideshow presentation, a scale model and receive a free book 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 six to eight months per year without a rototiller. All attending participants will receive a copy of the author's book: Simplistic Raised Bed Vegetable Garden. Participants under age 18 must be accompanied by an adult guardian.

Age: 13+ Fee: \$15

[Register Here](#)

| Class#                              | Date | Day | Time    |
|-------------------------------------|------|-----|---------|
| 17576-G                             | 9/17 | Sa  | 10A-12P |
| Location: Sherando Community Center |      |     |         |

|  |       |    |       |
|--|-------|----|-------|
| 17576-H  | 10/16 | Su | 1- 3P |
| Location: Evendale Elementary Community Center |       |    |       |

## Citizen Science Saturdays

**Registration Deadlines: 8/11, 9/22**

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

[Register Here](#)

| Class#          | Description  | Date                     | Day |
|-----------------|--------------|--------------------------|-----|
| 47751-C         | Lost Ladybug | 8/13                     | Sa  |
| Time: 10-11:30A |              | Location: Rose Hill Park |     |

| Class#          | Description     | Date                     | Day |
|-----------------|-----------------|--------------------------|-----|
| 47751-D         | Monarch Tagging | 9/24                     | Sa  |
| Time: 10-11:30A |                 | Location: Bowman Library |     |

## Fall Family Campout

**Registration Deadline: 9/30**

Join us at Clearbrook Park for a night of family camping fun on Friday, October 7! Campers will get one campsite for the evening. The movie Hocus Pocus will be shown. MORE details TBD as we get closer to the Campout Don't miss out-- advance registration is required as we have a limit of 50 campsites for this year's event. PLEASE NOTE: campsite selection is FIRST-COME, FIRST-SERVED at check-in on the day of the event.

Age: 3+

[Register Here](#)

| Class#                    | Date      | Day   | Time           | Fee  |
|---------------------------|-----------|-------|----------------|------|
| 43751-A                   | 10/7-10/8 | Sa,Su | 4- 9A          | \$36 |
| Location: Clearbrook Park |           |       | Check-in: 4-5P |      |

## Introduction to Backpacking - Age 13+

**Registration Deadline: 9/15 for class, 9/29 for overnight trip**

**Instructor: FCPRD Instructor - Trained in Leave No Trace Principles**

Are you planning your first backpacking trip or wanting to brush up on your skills? This class will prepare you with a solid foundation for your next overnight trip. Section A will consist of two in-person preparation classes, followed by an optional Section B overnight group trip to a destination in the scenic Shenandoah Valley (separate registration required for Section B, please see prerequisite requirements below).

The first in-person preparation class will discuss required and optional gear, followed by a second class where participants bring in their own and/or borrowed gear to get acquainted with proper gear utilization, packing, and fitting. If you want to put your new skills to the test, sign up for the overnight group trip (Section B). The trip will include a moderate hike. Instructor is trained in Leave No Trace Principles and all instruction will follow these practices. Transportation will be provided to and from the camping location trailhead.

\* Please note, you must attend both classes in Section A to attend Section B overnight trip.

\*\*All participants under the age of 18 years old must be accompanied by an adult guardian.

[Register Here](#)

| Class#  | Description                | Date      | Day   | Time   | Fee  | Location        |
|---------|----------------------------|-----------|-------|--------|------|-----------------|
| 54751-A | Trip Preparation (2 weeks) | 9/20-9/27 | Tu    | 6- 7P  | \$15 | Sherando Park   |
| 54751-B | Overnight Trip             | 10/1-10/2 | Sa,Su | 1P-11A | \$85 | Sunnyside Plaza |



## Youth Archery

**Registration Deadline: 9/1**

**Instructors: Robin Jenkins NASP Basic Archery Instructor, Jason Herndon - USA Level 2 Instructor, NASP Basic Archery Instructor\***

Level 1 - 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. The program is also intended to provide the necessary guidance for the recreational archer who is interested in archery for the enjoyment of shooting a bow and arrow. There is no need to bring your own bow because all equipment is provided. Registration deadline is 9/1 at noon.

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 Youth Archery sessions. They will be shooting from a further distance during this session. Level 1 archers will learn the basics of shooting a compound bow safely and effectively (please refer to the Youth Archery Level 1 program description). There is no need to bring your own bow because all equipment is provided. Registration deadlines is 9/1 at noon.

[Register Here](#)

Age: 9-17      Date: 9/12-9/16      Day: M-F  
Location: Sherando Park      Fee: \$70

| Class#  | Description               | Time        |
|---------|---------------------------|-------------|
| 58755-A | Youth Archery Level 1     | 6- 7:20P    |
| 58788-A | Youth Archery Level 1 & 2 | 7:30- 8:50P |

## Wilderness Club for Kids

**Registration Deadline: 8/29**

This weekly program 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.

Age: 4-11      Fee: \$340

[Register Here](#)

| Class#  | Date     | Day | Time        |
|---------|----------|-----|-------------|
| 57351-A | 9/1-11/3 | Th  | 4:30- 6:30P |

Location: Millbrook High School

## Fall Youth Archery League

**Registration Deadline: 11/10**

**Instructors: Shawn Teets- USA Archery certified instructor level 2, National shooting competitor and avid bowhunter. Ginger Teets- USA Archery certified instructor, 2016 World Archery Champion, several VA, MD, WV and PA State Championships, National shooting competitor and avid bowhunter. Ernie Unger- Archery World Champion, Triple Crown Overall Champion, several VA, MD, WV and PA State Championships.**

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

Age: 9-17

[Register Here](#)

| Class#  | Date      | Day | Time     | Fee  |
|---------|-----------|-----|----------|------|
| 52355-A | 11/17-1/5 | Th  | 6:30- 8P | \$70 |

Location: GT Archery LLC

## Fall Foliage Hike at Buzzard Rock

**Registration Deadline: 10/17**

See the majesty and brilliance of the fall foliage in the Shenandoah Valley at Buzzard Rock. This peaceful 2.9 out and back hike is moderate hike ending at a breathtaking view of the Valley and Front Royal, where you will enjoy coffee, apple cider, or hot chocolate, while warming by a campfire. Hikers will have the option to continue along the trail to the rock scrambles to get more outstanding views of the fall colors along the Massanutten Mountain range. This is a kid-friendly hike. Transportation will be provided to and from the hike. The pick-up/drop-off location is the Sunnyside Plaza Parking Lot.\*Please note, this program is open to all ages. However, participants under 18 years old must be accompanied by an adult guardian. This hike is not stroller accessible. Please take note of hike length, if participant cannot walk full duration of hike themselves, plan accordingly. The hike time is approximate.

| Class#  | Date  | Day | Time      | Fee  |
|---------|-------|-----|-----------|------|
| 59751-A | 10/20 | Th  | 7:45A- 1P | \$15 |

Departure/Parking: Sunnyside Plaza

[Register Here](#)

**MOUNTAIN BIKE TRAILS AT SHERANDO**





## LITTLES' SPORTS

*Instructor: Lisa Mann, Kids Sports Instructor.*

Don't miss out on these unique sports programs that offer one-on-one child and parent participation. FCPRD has created a series of programs which will introduce children for organized sports in a fun, up-beat, non-competitive environment.

| Class#      | Description      | Date               | Day |
|-------------|------------------|--------------------|-----|
| 52125-A     | Soccer (Age 3-5) | 9/12-10/3          | M   |
| Time: 5- 6P | Fee: \$48        | Location: Evendale |     |

| Class#         | Description      | Date               | Day |
|----------------|------------------|--------------------|-----|
| 52125-C        | Football (Age 3) | 10/19-11/9         | W   |
| Time: 5- 5:45P | Fee: \$48        | Location: Evendale |     |

| Class#      | Description         | Date               | Day |
|-------------|---------------------|--------------------|-----|
| 52125-D     | Football (Ages 4-5) | 10/19-11/9         | W   |
| Time: 6- 7P | Fee: \$48           | Location: Evendale |     |

| Class#         | Description        | Date                     | Day |
|----------------|--------------------|--------------------------|-----|
| 52125-E        | Football (Age 4-5) | 10/18-11/8               | Tu  |
| Time: 5- 5:45P | Fee: \$48          | Location: Greenwood Mill |     |

| Class#                   | Description         | Date        | Day |
|--------------------------|---------------------|-------------|-----|
| 52125-F                  | Football (Ages 4-5) | 10/20-11/17 | W   |
| Time: 5:50-6:50P         | Fee: \$48           |             |     |
| Location: Greenwood Mill |                     |             |     |

[Register Here](#)

## Fencing Classes

*Registration Deadline: 9/30*

*Instructor: Tom Jobson, Member of the United States Fencing Association*

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.

[Register Here](#)

### Youth - Age: 8+

| Class#    | Date       | Day/Time                      |
|-----------|------------|-------------------------------|
| 17782-B   | 10/1-11/29 | Tu/6:30-8P, Sa/10-11:30A      |
| Fee: \$80 | Location   | Gainesboro Elem. Comm. Center |

### Adult - Age:14+

| Class#    | Date       | Day/Time                      |
|-----------|------------|-------------------------------|
| 17582-B   | 10/1-11/29 | Tu/7:30-9P, Sa/11A-12:30P     |
| Fee: \$80 | Location   | Gainesboro Elem. Comm. Center |

## Kids Obstacle/Agility Course Clinic

*Registration Deadline: 11/24*

*Lisa Mann, Kids Sports Instructor*

Don't miss this active clinic that will have you running, jumping while participating in agility drills, balance, challenges, coordination exercises, speed ladder, strength activities.

[Register Here](#)

Age:6-9 Fee: \$35

| Class#    | Date                      | Day | Time     |      |
|-----------|---------------------------|-----|----------|------|
| 59375-A   | 11/27-12/4                | Su  | 9:45-11A | \$35 |
| Location: | Greenwood Mill Elementary |     |          |      |

## Fall Youth Running Club

*Registration Deadline: 8/22*

*Instructor: Shannon Combs*

The Fall session - includes registration in the Apple Harvest Race, FCPRD Thanksgiving Day 5K and other TBA. Each session will practice twice a week at Millbrook High School and will use the Red Bud Run Elementary School parking lot as a meeting location. We will focus on techniques, stretching and other information to make running fun and enjoyable. We will play games, run the battlefield trails, and finish the last practice with a timed event. Any level of running experience is welcome. Each child will receive a t-shirt and entry into the previous mentioned running events.

[Register Here](#)

Age:7-14 Fee: \$60

| Class#  | Date       | Day   | Time  | Location   |
|---------|------------|-------|-------|------------|
| 52326-A | 8/23-10/27 | Tu,Th | 6- 7P | Redbud Run |



## DISC GOLF AT SHERANDO



# BASKETBALL

## Pee Wee Hoops

**Registration Deadline: 10/30**

This co-ed league will focus on the fundamentals of the sport, importance of teamwork, and sportsmanship of the game of basketball. Practices will begin in early December and will be twice a week. One practice per week will be on Saturday and games will replace Saturday practices once games begin. A coach will call participants with pertinent practice information once your child has been placed on a team. During registration it is required to indicate the school your child attends or lives nearby. This isn't a guarantee your child will be practicing at that selected location. It will be used as a guide for team placement.

[Register Here](#)

Location: Area Elementary Schools

Date: 12/3-2/11

Day: M-Sa

Time: Times vary

| Class#  | Description        | Time  | Fee  |
|---------|--------------------|-------|------|
| 22221-A | Co-ed Kindergarten | 6- 8P | \$40 |
| 22221-B | Co-ed 1st Grade    | 6- 8P | \$45 |

## Teen Basketball League

**Registration Deadline: 11/21**

The area's premiere basketball leagues! Divisions may be combined if enrolled numbers are low. Beginning the second week of December, teams will practice weeknights with a game on Sunday; games start on January 1st, 2023 at an area school. A coach will email or call participants with pertinent information by December 5th.

Date: 12/12-3/5

Day: M-Su

Time: 6-9P

| Class#  | Description                    | Fee  |
|---------|--------------------------------|------|
| 22420-A | 7th-8th Grade Boys Basketball  | \$60 |
| 22420-B | 7th-9th Grade Girls Basketball | \$60 |
| 22420-C | 9th-12th Grade Boys Basketball | \$60 |

## Youth Basketball

**Registration Deadline 10/30**

This league is designed to introduce new skills and enhance already learned skills for both experienced and beginner players. A coach will call participants with pertinent practice information once your child has been placed on a team. Game play will begin in early January. All teams will have two scheduled practices per week M-F.

Age: 2nd-6th grade

Date: 12/3-2/25

Day: M-Su

Time: Times vary

Location: Area Elementary Schools

Fee: \$50

[Register Here](#)

| Class#  | Description         |
|---------|---------------------|
| 52320-A | Boys 2nd-3rd Grade  |
| 52320-B | Boys 4th-5th Grade  |
| 52320-C | Boys 6th Grade      |
| 52320-D | Girls 2nd-3rd Grade |
| 52320-E | Girls 4th-5th Grade |
| 52320-F | Girls 6th Grade     |

## Youth Basketball Clinic

**Registration Deadline: 10/13, 9/22, 10/13, & 11/24**

**Instructor: Lisa Mann, Kids Sports Instructor.**

Are you unsure if your child is ready to play basketball for this upcoming season? Then this clinic is perfect for them to learn the basic skills.

Age: 6-9

Fee:

Section A - \$48

Sections B, C, D - \$35

[Register Here](#)

| Class#            | Description | Date                     | Day |
|-------------------|-------------|--------------------------|-----|
| 52374-A           | Ages 6-9    | 10/19-11/9               | W   |
| Time: 6:35- 7:35P |             | Location: Greenwood Mill |     |

| Class#         | Description | Date               | Day |
|----------------|-------------|--------------------|-----|
| 52374-B        | Ages 7-10   | 9/25-10/2          | Su  |
| Time: 1- 2:15P |             | Location: Evendale |     |

| Class#         | Description | Date               | Day |
|----------------|-------------|--------------------|-----|
| 52374-C        | Ages 7-10   | 10/23-10/30        | Su  |
| Time: 1- 2:15P |             | Location: Evendale |     |

| Class#              | Description | Date               | Day |
|---------------------|-------------|--------------------|-----|
| 52374-D             | Ages 7-10   | 11/27-12/4         | Su  |
| Time: 11:15A-12:30P |             | Location: Evendale |     |



**GYM RENTALS**



# VOLLEYBALL, CHEERLEADING, RUGBY, LACROSSE, GOLF TOURNAMENT

## Volleyball League

**Registration Deadline: 9/7**

Days: Two weekday evening practices (M-F) and Sunday afternoon game(s). This league is designed to teach participants the fundamental skills of volleyball and play in games and end of the season tournament. Teams will practice twice per week (M-F) and games will be on Sunday afternoons at any of four FCPRD facilities. Participants will be contacted by coaches regarding practices. If there are not enough players/coaches for a specific location, FCPRD will move participants to another location. Age cutoff date: 1/1/22

[Register Here](#)

Date: 9/18-11/13

| Class#  | Description   | Day    | Fee  |
|---------|---------------|--------|------|
| 52322-E | K-2nd Grade   | M-Su   | \$45 |
| 52322-A | 3rd-4th Grade | M-F,Su | \$50 |
| 52322-B | 5th-6th Grade | M-F,Su | \$50 |
| 52322-C | 7th-9th Grade | M-F,Su | \$50 |

## Flag Football Cheerleading

**Registration Deadline: 8/24**

FCPRD is looking for you to help cheer on our flag football teams this fall. Games will be played on Saturdays starting in mid-September. Please provide your child's shirt and pants size when registering. Practice days: One time per week, TBD depending on site

Age: 5-12

Date: 9/6-11/5

Time: 5:30- 7:30P

Fee: \$45

[Register Here](#)

| Class#  | Location                                 |
|---------|--|
| 52323-A | Evendale Elementary Community Center     |
| 52323-B | Redbud Run Elementary School             |
| 52323-C | Apple Pie Ridge Elementary               |
| 52323-D | Orchard View Elementary Community Center |

## Lacrosse Beginners Clinic

[Register Here](#)

**Registration Deadline: 9/15**

**Instructors: Shenandoah Valley Youth Lacrosse Coaches**

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

Age: 7-14

Day: Sa

Time: 10-11:15A

Fee: \$35

Location: Evendale Elementary

| Class#  | Description            | Date        |
|---------|------------------------|-------------|
| 52449-A | Boys & Girls Ages 7-14 | 9/17-9/24   |
| 52449-B | Boys & Girls Ages 7-14 | 10/22-10/29 |
| 52449-C | Girls & Boys Ages 7-14 | 11/12-11/19 |

## Rugby Camps

**Registration Deadline: Section A- 10/11 Section B- 10/25**

Players of all skills levels are welcome to join Winchester Cannons Rugby coaches & players for our Saturday Rugby Camps! You will learn rugby fundamentals, develop individual skills & team concepts, all while playing in mini touch rugby games. Camp will be no contact (no tackling) and participants will be grouped by age & skill. Soccer cleats and mouthguards are recommended.

Age: 8-13

| Class#                                 | Description    | Date         | Day |
|--|----------------|--------------|-----|
| 58483-A                                | Rugby U14 Camp | 10/15, 10/22 | Su  |
| Time: 10A-12P Fee: \$15                |                |              |     |
| Location: Tiger Field in Sherando Park |                |              |     |

| Class#                                 | Description    | Date        | Day |
|--|----------------|-------------|-----|
| 58483-B                                | Rugby U19 Camp | 10/29-11/19 | Su  |
| Time: 11A-1P Fee: \$30                 |                |             |     |
| Location: Tiger Field in Sherando Park |                |             |     |

[Register Here](#)

**18th Annual**  
**YOUTH SPORTS SCRAMBLE**  
**GOLF TOURNAMENT**  
*Rock Harbor Golf Course*

**Friday**  
**September 2**

Presented By **OS**  
**onesource**

[Register Here](#)

**Registration Deadline: 8/28**

This tournament raises funds for the Frederick County Parks and Recreation Youth Sports and Special Olympic programs. Everyone will receive a light lunch and complimentary range balls before the tournament. Awards will be given for the closest to the pins on par 3s and a longest drive award. Door prizes and dinner provided by Rock Harbor Golf Course will conclude the day of play. There will also be a chance for two golfers to take a shot at a \$1,000,000 hole in one!

Foursome Entry - \$400

Class# 42559-A

Individual Entry - \$100

Class# 44559-B



## Littles' Tennis Lessons

**Instructor:** Matt Rosner, PTR and FCPRD Tennis Staff

[Register Here](#)

**Registration Deadline:** (Noon for each) 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.

Class# 42244-C

Age:3-6

Date: 8/9-9/1

Day: Tu, Th

Time: 5:15- 6P

Fee: \$73

Location: Sherando High School Tennis Courts

## Youth Tennis

[Register Here](#)

**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.

| Class#  | Description  | Date       | Day   | Time        | Fee  | Location             |
|---------|--------------|------------|-------|-------------|------|----------------------|
| 42344-E | (Ages 4-11)  | 8/9-9/1    | Tu,Th | 5:30- 6:30P | \$85 | Sherando High School |
| 42344-F | (Ages 11-17) | 8/9-9/1    | Tu,Th | 6:30- 7:30P | \$85 | Sherando High School |
| 52344-A | (Ages 4-11)  | 9/6-9/29   | Tu,Th | 5:30- 6:30P | \$82 | Sherando High School |
| 52344-B | (Ages 11-17) | 9/6-9/29   | Tu,Th | 6:30- 7:30P | \$82 | Sherando High School |
| 52344-C | (Ages 4-11)  | 10/4-10/27 | Tu,Th | 5- 6P       | \$82 | Sherando High School |
| 52344-D | (Ages 11-17) | 10/4-10/27 | Tu,Th | 6- 7P       | \$82 | Sherando High School |

## 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+

Fee: \$65

| Class#  | Date       | Day      | Time     |
|---------|------------|----------|----------|
| 42544-C | 8/9-9/1    | Tu or Th | 7:45- 9P |
| 52544-A | 9/6-9/29   | Tu or Th | 7:45- 9P |
| 52544-B | 10/4-10/27 | Tu or Th | 7:45- 9P |

[Register Here](#)

## National Geographic Museum - Beyond King Tut

**Registration Deadline:** 10/19

Join us as we visit the current exhibition at the National Geographic Museum in D.C.! Beyond King Tut: The Immersive Experience celebrates the 100-year anniversary of the legendary discovery of Tutankhamun's tomb in Egypt's Valley of the Kings. The exhibition goes BEYOND a traditional artifact display and uses the power of photography and multimedia to create a time traveling adventure of discovery! Ticket price includes transportation and museum admission; lunch will be on your own at one of the museum's restaurant facilities or you can bring your own to eat in the courtyard area. Depart Sunnyside Plaza parking lot at 9 a.m.; return approx. 4 p.m.

[Register Here](#)

Age: All ages

| Class#  | Date | Day | Time   | Fee  |
|---------|------|-----|--------|------|
| 14739-A | 11/6 | Su  | 9A- 4P | \$40 |

Departure/Parking: Sunnyside Plaza

## New York City Day Trip

[Register Here](#)

**Registration Deadline:** 11/28

**All Ages Welcome**

**Time:** Depart Sunnyside Plaza parking lot at 4 am; return approx. 1:00 am.

A can't miss holiday tradition is back-- enjoy The Big Apple but skip the driving! Guests will be dropped off near Macy's. Note: we typically arrive in NYC around 11 a.m. and depart at 7 p.m. sharp. Transportation provided by Varsity Travel, and there will not be a guaranteed food stop on the way up so pack a snack. Items can be left on the bus for the day, so bring pillows and blankets if you like for a comfortable ride.

Age: All

| Class#  | Date  | Day | Time         | Fee  |
|---------|-------|-----|--------------|------|
| 24734-A | 12/10 | Sa  | 4:30A-11:59P | \$80 |

Depart/Parking: Sunnyside Plaza

## TRIPS

### Baltimore Orioles at Camden Yards

**Registration Deadline:** 9/19

Let us take you out to the ballgame! Join us as the Orioles take on the Houston Astros at home in Camden Yards - price includes transportation, ticket, and All-You-Can-Eat buffet through the 7th inning! Game time is 7:05 p.m. Depart Sunnyside Plaza at 3:30 p.m.; return approx. midnight.

Age: 8+

[Register Here](#)

| Class#  | Date      | Day   | Time      | Fee  |
|---------|-----------|-------|-----------|------|
| 44733-A | 9/24-9/25 | Sa,Su | 3:30P-12A | \$85 |

Departure/Parking: Sunnyside Plaza



## Introduction to Forest Therapy Workshop

**Instructor:** Kristine Villatoro, Certified Forest Therapy Guide

**Registration Deadline:** 9/1, 9/29

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+

[Register Here](#)

| Class#  | Date | Day | Time  | Fee |
|---------|------|-----|-------|-----|
| 17700-E | 9/3  | Sa  | 9-11A | \$7 |
| 17700-F | 10/2 | Su  | 9-11A | \$7 |

Location: Blandy Farm Parking Lot

## Yoga - Vinyasa Flow

**Instructor:** Kathy Battani

**Registration Deadline:** 9/16 (A session), 11/11 (J session) at 11:59pm, or Friday at 3pm 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 10/2-6, 11/26

Age: 13+ Day: Sa Time: 9-10A

Fee: \$5 per individual drop-in day

\$24 - 6 week session - (11/5-12/17) [Register Here](#)

\$32 - 8 week session - (9/10-10/29)

| Class#  | Date       | Location                  |
|---------|------------|---------------------------|
| 39512-W | 8/13       | Sherando Community Center |
| 39512-X | 8/20       | Sherando Community Center |
| 39512-Y | 8/27       | Sherando Community Center |
| 59512-A | 9/10-10/29 | Sherando Park             |
| 59512-B | 9/10       | Sherando Park             |
| 59512-C | 9/17       | Sherando Park             |
| 59512-D | 9/24       | Sherando Park             |
| 59512-E | 10/1       | Sherando Park             |
| 59512-F | 10/8       | Sherando Park             |
| 59512-G | 10/15      | Sherando Park             |
| 59512-H | 10/22      | Sherando Community Park   |
| 59512-I | 10/29      | Sherando Park             |
| 59512-J | 11/5-12/17 | Sherando Community Center |
| 59512-K | 11/5       | Sherando Community Center |
| 59512-L | 11/12      | Sherando Community Center |
| 59512-M | 11/19      | Sherando Community Center |
| 59512-O | 12/10      | Sherando Community Center |
| 59512-P | 12/17      | Sherando Community Center |
| 59512-Q | 12/4       | Sherando Community Center |
| 59512-R | 12/11      | Sherando Community Center |

## Yoga - Gentle

[Register Here](#)

**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.

Age: 13+ Day: W Time: 5:30-6:30P

Fee: \$5 per individual drop-in day

\$32 - 8 week session - (9/7-10/26), (11/2-12/21)

| Class#  | Date       | Location                  |
|---------|------------|---------------------------|
| 39712-X | 8/10       | Sherando Community Center |
| 39712-Y | 8/17       | Sherando Community Center |
| 39712-Z | 8/24       | Sherando Community Center |
| 59712-A | 9/7-10/26  | Sherando Park             |
| 59712-B | 9/7        | Sherando Park             |
| 59712-C | 9/14       | Sherando Park             |
| 59712-D | 9/21       | Sherando Park             |
| 59712-E | 9/28       | Sherando Park             |
| 59712-G | 10/12      | Sherando Park             |
| 59712-H | 10/19      | Sherando Park             |
| 59712-I | 10/26      | Sherando Park             |
| 59712-J | 11/2-12/21 | Sherando Community Center |
| 59712-K | 11/2       | Sherando Community Center |
| 59712-L | 11/9       | Sherando Community Center |
| 59712-M | 11/16      | Sherando Community Center |
| 59712-O | 11/30      | Sherando Community Center |
| 59712-P | 12/7       | Sherando Community Center |

\*No Class: 10/2-10/6, 11/23





# ACTIVE ADULTS



## 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.\*\*

[Register Here](#)

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

| Class#  | Date  | Day | Time   | Fee  |
|---------|-------|-----|--------|------|
| 27637-H | 8/26  | F   | 9A- 5P | \$30 |
| 27637-I | 10/14 | 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: 9/12, 10/10, 11/14, 12/12

Location: Evendale Community Center

[Register Here](#)

Age:50+

| Class#  | Date       | Day | Time       | Fee  |
|---------|------------|-----|------------|------|
| 17717-F | 9/12-12/12 | M   | 10:30A- 2P | \$28 |



**WINTER WONDERLAND  
NOV. 25 - JAN. 1  
CLEARBROOK PARK**

## GAD ABOUTS CLUB

### 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

[Register Here](#)

### Annual Club Picnic at Sherando Park

*Registration Deadline: 9/12*

A tradition! Gad Abouts members please bring a dish or items to share, and a drink. Fried chicken provided.

Class# 27538-B

Day: F

Date: 9/16

Time: 11A

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

[Register Here](#)

### Skyline Drive: Fall Leaves and Lunch at Big Meadows

*Registration Deadline: 10/25*

View the beauty of the Shenandoah Valley at its fall finest with a scenic ride down Skyline Drive, with a Dutch Treat lunch at Big Meadows Lodge Restaurant.

[Register Here](#)

Age: 50+

Fee: \$25

Class# 27538-H

Date:10/28

Day: F

Depart Stephens City Old Food Lion at 9:00 am; return approx. 4:30 pm



## 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  
Day: M

Date: 8/22  
Time: 11:30A

[Register Here](#)

## Flight 93 Memorial

SHANKSVILLE, PA

**Registration Deadline: 9/22**

A trip to the Flight 93 Memorial will be followed by a Dutch Treat lunch along the way.

PLEASE NOTE: Some walking may be included in this trip, so be prepared and dress for the weather!

Age: 50+  
Class# 37684-G

Fee: \$25  
Date: 9/26 Day: M

Time: Depart Sunnyside Plaza at 8am; return approx. 5 pm

[Register Here](#)

## Potomac Eagle Scenic Railroad Trip

ROMNEY, WV

**Registration Deadline: 10/20**

Join us for a fantastic fall jaunt from Romney, WV on the popular Potomac Eagle Scenic Railroad for a 3-hour round trip train tour of the beauty of the mountains. Price includes train ticket and transportation—lunch will be Dutch Treat prior to the trip at The Romney Diner. Train departs Romney at 1pm.

Age: 50+  
Class# 37684-H

Fee: \$70  
Date: 10/24 Day: M

Time: Depart Sunnyside Plaza at 9am, return approx. 5pm.

[Register Here](#)

## National Cathedral Tour

WASHINGTON D.C.

**Registration Deadline: 9/6**

Take a tour of the famous National Cathedral in Washington, D.C. The architecture will take your breath away! We may also try a short drive to the area monuments for further sight-seeing. Lunch will be on Dutch Treat at Cracker Barrel. Price includes transportation and cathedral entry fee.

[Register Here](#)

Age: 50+

Class# 27639-A  
Date 9/9 Day F Time 8:30A- 4:30P Fee \$25  
Time: Depart Sunnyside Plaza 8:30am; return approx. 4:30pm.

## The Moose Family Center Annual Senior Thanksgiving Banquet

**Registration Deadline: 11/3**

The Winchester Moose Family Center #1283 and The Women of the Moose Chapter #1367 invite you to share in a delicious traditional Thanksgiving meal and an afternoon of fellowship and music by the local five-person band Stage Left with special guest Elijah Shiley! Caregivers and/or chaperones under the age of 65 are welcome and must also register with Frederick County Parks and Recreation. A \$5 charge for caregivers/ chaperones is payable at the door to the Moose. Reservations required by 11/3 by calling Frederick County Parks and Recreation at 665-5678.

Age: 50+

[Register Here](#)

| Class#  | Date  | Day | Time       |
|---------|-------|-----|------------|
| 53676-A | 11/12 | Sa  | 10:30A- 3P |

## Annual Holiday Luncheon

Back again at the beautiful West Oaks Farm Market! Welcome the Christmas season with good food, good fellowship, and good friends - plus, special appearance by Santa to help us hand out gifts for the gift exchange! Door prizes for a few lucky winners, and lunch will be provided. If you would like to participate in the gift exchange, please keep gift at a \$10 maximum. Entertainment provided by the Shiley family.

Age: 50+

| Class#  | Date  | Day | Time   | Fee  |
|---------|-------|-----|--------|------|
| 57676-A | 12/16 | F   | 12- 2P | \$10 |

Location:

West Oak Farm Market  
4305 Middle Road, Winchester VA 22602

[Register Here](#)





Frederick County Parks and Recreation Department  
107 N. Kent Street  
Winchester, VA 22601

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