



Thanksgiving Day 5K  
November 24

*Someone Special Sweetheart*  
**Dance**

WEST OAKS FARM MARKET • FEB. 11

WINTER

Happy Holidays!

THEATRE • ART • BASKETBALL • TRIPS • VOLLEYBALL • YOGA



FREDERICK COUNTY  
**PARKS & RECREATION**

**2022-2023 WINTER 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. Vice Chairperson
Member at Large	Amy Strosnider

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## Frederick County Parks & Recreation

### Walking in a Winter Wonderland

NOV. 25 – JAN. 1  
CLEARBROOK PARK

**NAVY  
FEDERAL**  
Credit Union



### 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



**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.

\* 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







## COMMUNITY CENTERS



## 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

**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

**Someone Special Sweetheart Dance** Sat. Feb. 11  
West Oaks Farm Market | Registration Required



## PARTNER ORGANIZATIONS



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



**Frederick County American Little League**  
[fcallittleleague.com](http://fcallittleleague.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.



## 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 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

## 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

## 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>  |                                  |



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

*Instructed by: Jennifer Turman Bayliss*

Creativity, dancing, and fun are all part of this ballet camp for preschoolers. Dancers will learn ballet basics, including names of positions and how to perform them. Ballet experience is not required, but authentic ballet slippers are. 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-F	4 Weeks	11/16-12/14	\$57
15101-G	6 Weeks	1/18-2/22	\$85
15101-H	4 Weeks	3/15-4/5	\$57

### Beginner Tap Dance

*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-F	4 weeks	11/15-12/13	\$57
15202-G	6 weeks	1/17-2/21	\$85
15202-H	4 weeks	3/14-4/4	\$57



## Babysitting Classes with CPR

*Deadlines: 1/12, 3/15*

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

This class provides 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.

**Before attending, you will be required to complete an online pre-req that will be sent to you via the email on your account.**

Age: 11-15

Fee: \$115

Location: Super Splasher Aquatics, Delco Plaza

Class#	Date	Day	Time
17318-A	1/13	F	9A- 5P
17318-B	3/17	Th	9A- 5P

## Adult and Pediatric First Aid, CPR and AED

*Instructor: Super Splasher Aquatics Staff*

*Deadline: 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, participants will receive a digital American Red Cross certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

**Before attending, you will be required to complete an online pre-req that will be sent to you via the email on your account.**

Age: 12+

Fee: \$85

Location: Super Splasher Aquatics, Delco Plaza

Class#	Date	Day	Time	Fee
17518-D	12/14	W	7-10P	\$85

## Shallow Water Lifeguarding Certification

*Registration Deadline: 12/13*

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.

**Before attending, you will be required to complete an online pre-req that will be sent to you via the email on your account.**

Age: 15+

Class#	Date	Day	Time	Fee
16565-A	12/27-12/29	Tu-Th	8A- 6P	\$275

Location: Super Splasher Aquatics Pool Delco Plaza



# THEATRE PROGRAMS

## Selah Teen Ensemble

**Registration Deadline:** 1/6

**Instructor:** Selah Theatre Project

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, students 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.

Class# 57405-B      Date: 1/7-3/4      Day: Sa  
Age: 13-19      Time: 11A-2P      Fee: \$350  
Location: 811 S. Loudoun St. Winchester, VA

## Center Stage Acting

**Registration Deadline:** 1/4

**Instructor:** Selah Theatre Project

Center Stage young actors learn to expand their imagination beyond words on a page. Instead of simply reading a script, 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-A      Date: 1/5-3/2      Day: Th  
Age: 5-7      Time: 5:30-6:15P      Fee: \$210  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Junior Stage Acting

**Registration Deadline:** 1/4

**Instructor:** Selah Theatre Project

Junior Stage focuses on the techniques of building theatre pieces through scene study, coaching in speech, improvisation and stage technique. By emphasizing the importance of the ensemble, "the team", students will 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: 1/5-3/2      Day: Th  
Age: 8-12      Time: 6:15-7:10P      Fee: \$225  
Location: 811 S. Loudoun St. Winchester, VA 22601



## Senior Stage Acting

**Registration Deadline:** 1/4

**Instructor:** Selah Theatre Project

College prep acting technique is introduced expanding the teen mind, body and imagination into creating original works that imitate real life. 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-A      Date: 1/5-3/2      Day: Th  
Age: 13-19      Time: 7:15-8:40P      Fee: \$280  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Music and Me

### (Kindergarten - Grade 2)

**Registration Deadline:** 1/3

**Instructor:** Selah Theatre Project

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

Class# 15204-A      Date: 1/4-3/1      Day: W  
Time: 4:30-5:15P      Fee: \$210  
Location: 811 S. Loudoun St. Winchester, VA 22601

## Acting through Song

### (Middle School and High School)

**Registration Deadline:** 1/3

**Instructor:** Selah Theatre Project

This is a great opportunity, in a non-threatening and non-competitive environment, to learn the skills needed for performing in a musical. 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. At the final class, family and friends will be invited to a "sharing" performance so students can show what they have learned.

Class# 15404-A      Date: 1/4-3/1      Day: W  
Time: 5:30-6:30P      Fee: \$225  
Location: 811 S. Loudoun St. Winchester, VA 22601

## ART PROGRAMS

### Young Artist

**Registration Deadlines:** Section A: 1/9, Section B: 2/20

Get creative! Young artists will use different materials to create artwork as they explore several mediums and learn a variety of skills. Imagination, along with guidance from the instructor will enhance the young artists experience. Please bring a smock or big t-shirt. All supplies provided. This is designed as a drop-off program, but parents are always more than welcome to stay and help!

Age: 7-11

Class#	Date	Day	Time	Fee
15330-A	1/10-1/31	Tu	6- 7P	\$40

Greenwood Mill Elementary Community Center

15330-B	2/21-3/14	Tu	6- 7P	\$40
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Greenwood Mill Elementary Community Center

### Family Art Workshops

**Registration Deadlines:** Section A: 12/1 Section B: 1/5 Section C: 2/2

**Instructor:** Beth Cristy

Join us for a monthly workshop to create a themed craft! In this class, participants will complete a project to take home at the end of each session. Sign up for a single session or the whole series - you decide! Participants under the age of 18 must have adult guardian. Please see monthly themes below.

Age: 5+

Class#	Description	Date	Day
25710-A	Tissue Paper Canvas	12/4	Su

Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

25710-B	Snowmen	1/8	Su
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Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

25710-C	Gnome Home	2/5	Su
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Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

### Adult Art Workshops

**Registration Deadlines:** Section A: 12/15, Section B: 1/12, Section C: 2/16

**Instructor:** Beth Cristy

Join us for a monthly workshop to create a themed craft! In this class, participants will complete a project to take home at the end of each session. Sign up for a single session or the whole series - you decide! Participants under the age of 18 must have adult guardian. Please see monthly themes below.

Age: 16+

Class#	Description
25510-A	Pen & Ink Holiday Cards & Gift Tags

Date: 12/18 Day: Su Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

25510-B	Sock Gnomes
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Date: 1/15 Day: Su Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

25510-C	Rock Painting
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Date: 2/19 Day: Su Time: 1- 3P Fee: \$20  
Location: Evendale Elementary Community Center

### Wreath Making Workshop

**Registration Deadlines:** 11/16

**Instructor:** Beth Cristy

Hone your DIY skills to create a seasonal wreath to use year after year! This holiday workshop will guide you through the process of decorating an artificial wreath with the adornments of your choice. We'll supply the wreath, decorative supplies, and instructor - you bring the creativity! Participants under the age of 18 must have adult guardian. No more than 2 participants per wreath (only one participant needs to register).

Age: 16+

Class#	Description
55510-A	Wreath Making Workshop

Date: 11/18 Day: F Time: 6- 8P Fee: \$35  
Location: Evendale Elementary Community Center

**MOUNTAIN BIKE TRAILS AT SHERANDO**





ART CONTINUED

Thank Goodness It's Friday Paint Night!  
Galentine's Day Celebration  
Registration Deadlines: 2/8  
Instructor: Beth Cristy  
Galentine's Day is right around the corner! Come celebrate on a Friday night with the female friends in your life. Sip some girl power non-alcoholic punch while creating a work of art! Follow along with the instructor using acrylic paints on a canvas to create your design. Each participant will leave with their canvas creation. Participants under the age of 18 must have adult guardian.

Age:16+  
  
Class#            Date    Day    Time    Fee  
25500-A           2/10    F       6- 8P    \$20  
Location: Evendale Elementary Community Center

Frederick County Parks & Recreation

Walking in a Winter Wonderland

NOV. 25 – JAN. 1

CLEARBROOK PARK





TICKETS AT FCPRD.NET

SCIENCE, NATURE, AND OUTDOORS

Raised Bed Gardening Workshop  
Registration Deadlines: 1/19, 2/9  
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 an included 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  
  
Class#            Date    Day    Time  
17576-A           1/22    Su       1 - 3P  
Location: Sherando Community Center  
  
17576-B           2/12    Su       1 - 3P  
Location: Gainesboro Elementary Community Center



Someone Special Sweetheart

Dance

SATURDAY, FEBRAURY 11





## LITTLES' SPORTS

*Instructor: Lisa Mann, Kids Sports Instructor.*

Unique sports programs that offer one-on-one child and parent participation. FCPRD has created a series of programs which will introduce children to organized sports in a fun, upbeat, non-competitive environment.

Class#	Description	Date
22225-A	Soccer (Age 4-6)	1/19-2/9
Day: Th	Time: 5:15- 6:15P	Fee: \$48
Location: Armel Elementary		Deadline: 1/12

Class#	Description	Date
22120-A	Littles' Basketball (Age 3-4)	1/10-2/7
Day: Tu	Time: 5- 5:45P	Fee: \$55
Location: Armel Elementary		Deadline: 1/5

Class#	Description	Date
22120-B	Littles' Basketball (Age 5-7)	1/10-2/7
Day: Tu	Time: 6- 7P	Fee: \$55
Location: Armel Elementary		Deadline: 1/5

Class#	Description	Date
22120-C	Littles' Basketball (Ages 5-7)	1/22-2/26
Day: Su	Time: 11:30A-12:30P	Fee: \$55
Location: Evendale Elementary Community Center		Deadline: 1/5

## Fencing Classes

*Registration Deadline:*

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

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.

### Youth - Age: 8+

Class#	Date	Day/Time
17782-C	1/7-2/28	Tu/6:30-8P, Sa/10-11:30A
Fee: \$80		Location Gainesboro Elem. Comm. Center

### Adult - Age: 14+

Class#	Date	Day/Time
17582-C	1/7-2/28	Tu/7:30-9P, Sa/11A-12:30P
Fee: \$80		Location Gainesboro Elem. Comm. Center

## Kids Obstacle Course Clinic

*Registration Deadline: 2/18*

*Instructor: Lisa Mann, Kids Sports Instructor*

This active clinic will have you running, jumping while participating in agility drills, balance, challenges, coordination exercises, speed ladder, strength activities. A great way for participants to develop or maintain fitness through the winter!

### Age: 6-9

Class#	Date	Day	Time	Fee
22314-B	1/29-2/5	Su	10-11:15A	\$35
Location: Evendale Elementary Community Center				

## Speed & Agility Clinic

*Registration Deadline: 2/18*

*Instructor: Lisa Mann, Kids Sports Instructor*

A perfect way to get ready for spring sports and improve your overall performance before the season begins! This clinic will focus on agility drills, jumping skills, speed ladder drills, quickness, ball & balance training, footwork & change of direction drills.

### Age: 8-12

Class#	Date	Day	Time	Fee
22313-A	2/21-3/14	Tu	6:30- 7:45P	\$60
Location: Armel Elementary				



## DISC GOLF AT SHERANDO

# BASKETBALL

## Teen Basketball League

**Registration Deadline: 11/21**

FCPRD provides the area's premiere basketball leagues! 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. Divisions may be combined if enrolled numbers are low.

Date: 12/12-3/5 Day: M-Su Time: 6-9P

Class#	Description	Fee
22420-A	6th-8th Grade Boys Basketball	\$60
22420-B	6th-9th Grade Girls Basketball	\$60
22420-C	9th-12th Grade Boys Basketball	\$60

## Youth Basketball Clinic

**Registration Deadline: 11/24**

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

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

Class#	Description	Date	Day
52374-D	Ages 7-10	11/27-12/4	Su
Time: 11:15A-12:30P		Fee: \$35	
Location: Evendale Elementary Community Center			

Class#	Description	Date	Day
22375-B	Ages 7-9	3/2-3/30	Th
Time: 5- 6P		Fee: \$48	
Location: Evendale Elementary Community Center			

Class#	Description	Date	Day
22375-C	Ages 7-9	1/19-2/9	Th
Time: 6:30- 7:30P		Fee: \$48	
Location: Evendale Elementary Community Center			

## Youth Basketball Cheerleading

**Registration Deadline: 12/1**

FCPRD provides an opportunity to develop cheer in partnership with our youth basketball teams this winter. All cheerleaders will receive pom poms, and a cheer t-shirt. Cheer takes place at basketball games that will be played on Saturdays starting in January, taking the place of Saturday practices. Please provide your child's shirt size when registering. There could be more than one team per site depending on numbers so we will be in need of coaches. Days: One practice during the week, one Saturday practice until games start in January. Practices TBD

Age: 5-12 Fee: \$55

Class#	Description	Date
22323-A	Ages 5-12-Evendale	12/12-3/4
Day: M-Sa		Location: Evendale Elementary Comm. Center

Class#	Description	Date
22323-B	Ages 5-12-Gainesboro	12/12-3/4
Day: M-Sa		Location: Gainesboro Elem. Comm. Center

Class#	Description	Date
22323-C	Ages 5-12-Red Bud Run	12/12-3/4
Day: M-Sa		Location: Redbud Run Elementary School

Class#	Description	Date
22323-D	Ages 5-12-Bass Hoover	12/12-3/4



**GYM RENTALS**





# ADULT VOLLEYBALL, ADULT BASKETBALL, LACROSSE, FLOOR HOCKEY

## Adult Co-Rec Volleyball

**Registration Deadline: 1/9**

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

Age:16+

Fee: \$270 per team, \$50 per individual before 1/9 at noon.

No teams will be taken after 1/12 at noon.

### Competitive League

Class#	Date	Day	Time
22522-A	1/30-4/5	M,W	6-10P

Evendale Elementary Community Center

### Recreational League

Class#	Date	Day	Time
22522-B	1/30-4/5	M,W	6-10P

Evendale Elementary Community Center

### Individual Registration

Class#	Date	Day	Time
22522-C	1/30-4/5	M,W	6-10P

Evendale Elementary Community Center

*A single team may be formed or individuals will be assigned to already formed teams.*

## Lacrosse Beginners Clinic

**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-C	Girls & Boys Ages 7-14	11/12-11/19



## Adult Basketball Leagues

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

- All individuals will be a free agent for currently formed teams or if enough participants sign-up another team will be formed
- All participants must be of age by first game in order to play in the league
- Provide team name/color at time of registration; uniforms will not be provided
- Team roster will be due at least one week prior to the first scheduled game
- Schedules, rules, and other info will be sent to team captain

Fee: \$520 (team) before 2/22 at midnight; \$50 (Individual)

Time: 6:30-9:30P

Location: Evendale, Gainesboro, Greenwood Mill, Orchard View

Activity#	Description	Date	Day
32520-A	Age 30+Team	3/14-5/11	T,Th
32520-B	Age 30+ Individual	3/14-5/11	T,Th
32520-C	Age 18-29 Team	3/13-5/11	M,Th
32520-D	Age 18-29 Individual	3/13-5/11	M,Th
32520-E	Age 40+ Team	3/15-5/14	W,Su
32520-F	Age 40+ Individual	3/15-5/14	W,Su

## Floor Hockey Clinic

**Registration Deadline 2/16**

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

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

Age:6-9

Class#	Date	Day	Time	Fee
22275-B	2/21-3/14	Tu	5:30- 6:20P	\$40

Location: Armel Elementary



## eSports PC Gaming Winter Camp

**Registration Deadline:** 12/23

**Instructors:** GUI eSports Staff

Don't miss this exciting camp that will introduce you to PC gaming. Each day we will work on a different basic skill of gaming. This is a great program for first time gamers or anyone that is interested in learning. ESports (also known as Electronic Sports) is a form of sports competition using video games. Universities have developed programs and scholarships for eSports. High Schools have also joined the trend and increased popularity by adding it as a Varsity Sport. All campers will receive a t-shirt, certificate of completion, and a membership to GUI eSports Gaming Center.

- Campers will be allowed to choose between a variety of games to play.
- Social interaction with other campers that have the same interest.
- eSports guest speaker(s).
- Learn healthy life habits (nutrition, exercise, posture, mental health, etc.).
- Internet safety.
- Creativity and team building.

Age: 8-14      Fee: \$160

Class#	Date	Day	Time
27411-A	12/26-12/30	M-F	9A- 3P

Location: GUI eSports Game Center

## TRIPS

### Allenberry Playhouse Theatre: "The Drowsy Chaperone"

**Registration Deadline:** 2/23

Winner of five Tony Awards, including Best Book and Best Original Score, The Drowsy Chaperone is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another. With the houselights down, a man in a chair appears on stage and puts on his favorite record: the cast recording of a fictitious 1928 musical. The recording comes to life in his living room and The Drowsy Chaperone begins as the man in the chair looks on and provides witty commentary. Mix in two lovers on the eve of their wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan, and an intoxicated chaperone, and you have the ingredients for an evening of madcap delight! Running Time: 1 hour and 40 minutes with no intermission. Recommended for ages 10 and up. The show contains adult language and mature themes.

Price includes show ticket and transportation--dinner will be dutch treat at a location TBD along the way home. Showtime is 2p.m.; departing Sunnyside Plaza parking lot at 11:00 a.m., return approx. 8:00 p.m. Participants under age 18 must be accompanied by an adult guardian.

Age: 10+

Class#	Date	Day	Time	Fee
25605-A	2/25	Sa	11A- 8P	\$45

### New York City Day Trip

**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 charter coach bus, 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







## All Levels Yoga

**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  
\$32 - 8 week session - (1/7-2/25)

Class#	Date	Location
29512-J	11/5-12/17	Sherando Multipurpose Rm
29512-K	11/5	Sherando Multipurpose Rm
59512-L	11/12	Sherando Multipurpose Rm
59512-M	11/19	Sherando Multipurpose Rm
59512-O	12/10	Sherando Multipurpose Rm
59512-P	12/17	Sherando Multipurpose Rm
59512-Q	12/4	Sherando Multipurpose Rm
59512-R	12/11	Sherando Multipurpose Rm
29512-A	1/7-2/25	Sherando Multipurpose Rm
29512-B	1/7	Sherando Multipurpose Rm
29512-C	1/14	Sherando Multipurpose Rm
29512-D	1/21	Sherando Multipurpose Rm
29512-E	1/28	Sherando Multipurpose Rm
29512-F	2/4	Sherando Multipurpose Rm
29512-G	2/11	Sherando Multipurpose Rm
29512-H	2/18	Sherando Multipurpose Rm
29512-I	2/25	Sherando Multipurpose Rm

## 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.

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

Fee: \$5 per individual drop-in day  
\$32 - 8 week session - (1/4-2/22)

Class#	Date	Location
29712-J	11/2-12/7	Sherando Multipurpose Rm
29712-K	11/2	Sherando Multipurpose Rm
59712-L	11/9	Sherando Multipurpose Rm
59712-M	11/16	Sherando Multipurpose Rm
59712-O	11/30	Sherando Multipurpose Rm
59712-P	12/7	Sherando Multipurpose Rm
29712-A	1/4-2/22	Sherando Multipurpose Rm
29712-B	1/4	Sherando Multipurpose Rm
29712-C	1/11	Sherando Multipurpose Rm
29712-D	1/18	Sherando Multipurpose Rm
29712-E	1/25	Sherando Multipurpose Rm
29712-F	2/1	Sherando Multipurpose Rm
29712-G	2/8	Sherando Multipurpose Rm
29712-H	2/15	Sherando Multipurpose Rm
29712-I	2/22	Sherando Multipurpose Rm





## Scrabble Party

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.

Location: Evendale Community Center

Age: 50+

Class#	Date	Day	Time	Fee
17717-F	9/12-12/12	M	10:30A- 2P	\$28
17717-H	1/3-2/13	M	10:30A- 2P	\$28

## Annual Senior Valentine Bash

**Registration Deadline: 2/8**

Be our valentine for this annual fun and friendly gathering! We will do some fun activities, enjoy a good meal and fellowship. Dutch Treat lunch.

Age: 50+

Class#	Date	Day	Time
23676-A	2/10	F	11:30A- 2P

Location: Hayfield Restaurant

## Active Adult Mystery Trip!

**Registration Deadline: 12/6, 3/21**

Time: Depart Sunnyside Plaza parking lot at 9a.m.; return approx. 5p.m. Bring money for lunch and a sense of adventure and wear comfortable clothes for the weather and light walking.

Age: 50-99      Fee: \$30      Depart: Sunnyside Plaza

Class#	Date	Day	Time
27637-J	12/9	F	9A- 5P
27637-K	3/24	F	9A- 5P



## GAD ABOUTS CLUB

### Gad Abouts Club: Soup and Salad 2023 Membership Meeting

Bring your best soup and/or salad to share! Games and signing up for the 2023 Gad Abouts Club are also on the menu for the yearly membership meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2023 memberships so please attend if you can!

Class# 27538-A

Day: F

Date: 1/20

Time: 11A-2P

Location: Evendale Elementary School Activity Room

Registration Deadline: 1/18

### Gad Abouts Club: St. Patty's Day Mystery Trip

Bring money for lunch and a sense of adventure— who knows, we might find the pot of gold at the end of the rainbow in our travels! Be sure to wear comfortable clothes for the weather and light walking.

Fee: \$30

Class# 27538-I

Day: F

Date: 3/17

Time: Depart Stephens City Old Food Lion parking lot at 9A; return approx. 4P

Registration Deadline: 3/14





**Gainesboro Club: Membership Meeting**

Dutch Treat lunch for our yearly membership meeting and chat! Please note: we will be having our elections at this meeting for Club officers, as well as collecting 2023 memberships so please attend if you can!

Class# 27638-A  
Day: M  
Date: 1/23  
Time: 11A- 2P  
Location: Hayfield Family Restaurant  
Registration Deadline: 1/20

**Gainesboro Club: Day Out in Shepherdstown Area and Lunch at the Bavarian Inn**

Ages 50+  
Bring money for lunch (it will be Dutch Treat at the Inn) and enjoy the sights and sounds of the Shepherdstown/Boonsboro area. Be sure to wear comfortable clothes for the weather and light walking.

Fee: \$20  
Activity #27638- B  
Day: M  
Date: 3/27  
Time: Depart Sunnyside Plaza parking lot at 9A; return approx. 4P  
Registration Deadline: 3/24



**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





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