2023

SPRING

ACTIVITY GUIDE

FREDERICK COUNTY
PARKS & RECREATION

SCAN ME

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Frederick County Parks & Recreation Department is committed to promoting and providing quality parks and recreational facilities, programs, and leisure opportunities for our community.

FREDERICK COUNTY
PARKS & RECREATION

www.fcprd.net

UPCOMING EVENTS

Get Connected

Phone: 540-665-5678

Address 107 North Kent Street
Winchester, VA 22601

Websites: www.fcprd.net
www.RunAtTheTop.net

Social: FACEBOOK
INSTAGRAM

How to Register

In Person
Visit our office at 107 N. Kent Street in Winchester. We are open Monday-Friday, 8:00 am – 5:00 pm.

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

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

REGISTER EARLY

If a class does not have sufficient registration it could be cancelled. https://www.fcprd.net

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**
Gainesboro District	**Natalie Gerometta**
Opequon District	**Ron Madagan**
Red Bud District	**Dennis Grubbs**
Shawnee District	**Guss Morrison**
Stonewall District	**Jennifer Myers**
Member at Large	**Randy Carter**
Member at Large	**Amy Strosnider**
Board of Supervisors, Liaison	**Charles Dehaven**

Someone Special Sweetheart Dance
February 18

Kids Sports and Agility Clinic
February 21

Snow Tubing Trip
February 24

Allenberry Playhouse Theatre Trip
February 25

Babysitting Class
March 17

Washington Wizards Game
March 22

Cherry Blossom Cruise
April 1

Trails for Miles
April 1 www.RunAtTheTop.net

Kite Fest
April 2

Little's Tee Ball Clinic
April 24

Apple Blossom Races
May 5 & 6 www.RunAtTheTop.net

Youth Trout Derby
May 12

PLAY Fund

The PLAY Fund is a scholarship 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.

FACILITIES

Sherando Park • 255 Lakeview Circle, Stephens City, VA 22655

- 4.5-acre fishing lake
- lighted ball fields
- picnic shelters & tables
- paved walking paths
- Locke gazebo
- hiking trails
- 25M outdoor pool
- 18-hole disc golf
- playgrounds
- 6 soccer fields
- volleyball court
- bike park
- 2 bocce courts
- 4 outdoor basketball
- 8 tennis courts

Shelter	Capacity	Resident	Non-Res.
Lock Gazebo	35	$52	$67
Abex	75	$62	$79
James Wood FFA	75	$62	$79
Shawquon Ruritan	150	$82	$99
Sandy Family	150	$82	$99
Stephens City Lions	200	$95	$125

Clearbrook Park • 130 Poolside Drive, Clear Brook, VA 22624

- 3-acre fishing lake
- picnic shelters & tables
- 3 pickleball courts
- paved walking paths
- 25M outdoor pool
- playground
- 6 sand volleyball courts
- vintage red caboose

Shelter	Capacity	Resident	Non-Res.
Lawrence	30	$52	$67
JWHS Key Club	75	$62	$79
JWHS Colonels	75	$62	$79
Rubbermaid	75	$62	$79
Antique Car Club	75	$62	$79
Brill Family	75	$62	$79
Shawnee Lions	150	$82	$99
Kiwanis II	150	$82	$99
Kiwanis I	200	$95	$125

Rose Hill Park • 1873 Jones Road, Winchester, VA 22602

- picnic shelter
- 1.2 mile interpretive hiking trail
- playground

Shelter	Capacity	Resident	Non-Res.
Tom Baldridge - Jaycees	35	$52	$67

FACILITIES

Reservations must be made 14 days in advance and are subject to availability.

Facility rentals are rented by the hour with a 2 hour minimum.

Evendale Community Center • 220 Rosa Lane, Winchester, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	$30	$40	**M – F:** 6 PM-10 PM **Sat & Sun:** 9 AM – 10 PM	X
Activity Room	$25	$35	**M – F:** 6 PM-10 PM **Sat & Sun:** 9 AM –10 PM	35
Exercise Room	$20	$30	**M – F:** 6 PM-10 PM **Sat & Sun:** 9 AM –10 PM	49

Gainesboro Community Center • 4651 North Frederick Pike, Winchester, VA 22603

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	$30	$40	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	X
Activity Room	$25	$35	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	35
Exercise Room	$20	$30	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	49

Greenwood Mill Community Center • 281 Channing Drive, Winchester, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	$30	$40	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	X
Activity Room	$25	$35	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	35
Weight Room	Free	$20/10 Pass	**M – F:** 6:30 AM – 9PM **Sat & Sun:** 8 AM – 12 PM	x

Sherando Community Center • 185 S. Warrior Drive, Stephen City, VA 22655

Facility	Resident	Non-Res.	Hours	Capacity
Activity Room	$25	$35	**M – F:** 4P – 9PM **Sat:** 8 AM – 12 PM	x
Mulitpurpose Room	$40	$56	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	140

Orchard View Community Center • 4275 Middle Road, Winchester, VA 22602

Facility	Resident	Non-Res.	Hours	Capacity
Gymnasium	$30	$40	**M – F:** 6 PM – 10 PM **Sat & Sun:** 9 AM – 10 PM	X

FACILITIES

Sherando Park Baseball and Softball Field

Type	Resident	Non-Res.	Unit
Practice	$13	$18	Per Hour (2 Hour Minimum)
Drag/Line	$32	$37	One Time Fee
Tournament	$135	$165	Day/9 AM - 11 PM
Field Lights	$17	$17	Per Hour

Sherando Park Soccer Fields 1 - 4 (Irrigated)

Fields 1 - 4	Resident	Non-Res.	Unit
Field Use	$30	$46	Per Hour (2 Hour Minimum)
Multisport Lining	$150	$150	Day

Sherando Park Soccer Fields 6 & 7 (Non-Irrigated)

Fields 6 & 7	Resident	Non-Res.	Unit
Field Use	$20	$30	Per Hour (2 Hour Minimum)
Multisport Lining	$150	$150	Day

Sherando Park Facilities

Facilities	Resident	Non-Res.	Unit
Sand Volleyball	$12	$17	Per Hour (2 Hour Minimum)
Disc Golf Course	$145	$200	Day

Clearbrook Park Facilities

Facilities	Resident	Non-Res.	Unit
Sand Volleyball	$12	$17	Per Hour (2 Hour Minimum)

Stonewall Park Baseball and Softball Field

Type	Resident	Non-Res.	Unit
Practice	$13	$18	Per Hour (2 Hour Minimum)
Drag/Line	$32	$37	One Time Fee
Tournament	$135	$165	Day/9 AM - 11 PM
Field Lights	$17	$17	Per Hour

FACILITIES

Pools: Clearbrook and Sherando

Admission Fee

Age	Resident	Non-Res.
Daily: Infant - 2 years	Free	Free
M-Th: Ages 3+	$3	$3
F-Su: Ages 3+	$5	$5
Individual Pass	$150	$200
Family Pass	$300	$350
2 Hour Rental *	$250	$300
4 Hour Rental *	$450	$550

Hours of Operation

Date	Time
May 27 - 29	12 - 6 PM
June 3 - August 11	**M – Th:** 12 – 5:30 PM **F – Su:** 12 – 6:00 PM
August 12 - September 4	**Sa – Su:** 12 – 6:00 PM *

*** Hours of operations are subject to change**

*** Private Pool Party (entire pool rental)**
Friday, Saturday, Sunday only 7-9 PM or 9-11 PM (2 hour block)
Friday, Saturday, Sunday only 7-11 PM (4 hour block)
~ Pool Party rentals will open on March 1st

Partner Organizations

Blue Ridge Youth Soccer Association
brysa.org

Frederick County American Little League
fcalittleleague.com

Frederick County National Little League
fcnll.com

Area 13 Special Olympics
area13specialolympicsva.org

Top of Virginia Hockey Alliance
facebook: @topofvirginiahockey

Shenandoah Valley Swim League
Sherando and Clearbrook Pools

Staff Directory

Stacy Herbaugh, Director
Jon Turkel, Assistant Director
Cory Smith, Superintendent of Parks
Andrew Keefauver, Superintendent of Recreation
Mike Reynolds, Clearbrook Park Manager
Jeff Berg, Sherando Park Manager
Tony Baker, Marketing Manager
C.K. Calhoun, Marketing Assistant
Emily Hearn, Administrative Assistant
Kassidy Thorn, Customer Service Technician
Bernard Flaherty, Customer Service Technician
Nathan Almarode, Operations Manager
Rick Burroughs, Program Supervisor
Ashley Ferguson, Program Supervisor
Sarah Young, basicREC Manager
Tanner Lippold, Program Supervisor
Becky McGraw, Program Supervisor
Tyler Murphy, Program Supervisor
Kyle Smallwood, Program Supervisor

BASIC REC School Year

During the school year basicREC is 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.

Class#	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

Class#	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 Daily Option

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

Morning Only (AM): $16 per day –Participants must be registered by 6a.m. the day of attendance
Afternoon Only (PM): $18 per day –Participants must be registered by 3p.m. the day of attendance

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

Daily Option Registration (No minimum, à la carte)

- **Apple Pie Ridge**
- **Armel**
- **Bass Hoover**
- **Evendale**
- **Gainesboro**
- **Greenwood Mill**
- **Middletown**
- **Orchard View**
- **Redbud**
- **Stonewall**
- **Jordan Springs**

*** *Not available at Indian Hollow at Gainesboro*

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.

Class#	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 No School Camp

Locations: Evendale, Gainesboro and Greenwood Mill
Dates: Friday, March 17
Spring Break Camp 2023: April 7, 10-14

Fees: AM/PM both (full-time): FREE
AM or PM ONLY: $16/day per child

Daily option enrollments are limited for this Camp– participants registered for full-time, AM only, PM only, or both will get first choice.

IN ORDER TO ATTEND you must be pre-registered by calling us at 540-665-5678

Senior Stage Acting

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 been crafting works that explore a wide range of topics, inspiring audiences to think and act in meaningful ways. At the final class, family and friends will be invited to a performance.

Location: Selah Theatre Project
Age: 13-19 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
15405-B	3/23-5/25	Th	7:15–8:40P	$280

Selah Teen Ensemble

Selah Teen Ensembleis introducing 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. *Students in STE must enroll in SENIOR STAGE class.

Location: Selah Theatre Project
Age: 13-19 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
57405-C	3/25-5/27	Sa	11A–2P	$350

Center Stage Acting

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

Location: Selah Theatre Project
Age: 5-7 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
15205-D	3/23-5/25	Th	5:30–6:15P	$210

REGISTER EARLY

If a class does not have sufficient registration it could be cancelled. https://www.fcprd.net

Junior Stage Acting

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 ensemble ship. At the final class, family and friends will be invited to a performance.

Location: Selah Theatre Project
Age: 8-12 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
15305-B	3/23-5/25	Th	6:15–7:10P	$225

Acting Through Song

Acting Thru Song is a class designed for middle and high school students. Prior singing experience is not necessary (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.

Location: Selah Theatre Project
Age: 11-18 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
15404-B	3/22-5/24	W	5:30–6:30P	$225

Music and Me

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.

Location: Selah Theatre Project
Age: 5-8 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
15204-B	3/22-5/24	W	4:30–5:15P	$210

Ballet

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 ballet slippers are. Ballet slippers need to be authentic. Parents only need to stay if their child needs them to do so.

Location: Vostrikov's Academy of Ballet
Age: 3-6 **Registration Deadline:** 3/12

Class#	Date	Day	Time	Fee
15101-H	3/15-4/5	W	3:30–4:15P	$57

Beginner Tap Dance

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.

Location: Vostrikov's Academy of Ballet
Age: 3-8 **Registration Deadline:** 3/12

Class#	Date	Day	Time	Fee
15202-H	3/14-4/4	Tu	3:30–4:15P	$57

Family Art Workshop-Mother's Day Gift

Join us for this quarterly workshop to create themed art! In this class, participants will work together with an adult family member to complete a project to take home at the end of each session. Adult helpers accompanying participants do not need to register.

Location: Evendale Elementary Community Center
Age: 5-15 **Registration Deadline:** 4/23

Class#	Date	Day	Time	Fee
15710-A	4/30	Su	1:30–3:30P	$20

Introduction to Watercolor Painting

This series is a 6-week introduction to watercolor painting techniques with local artist, Beth Cristy. Class registration fee includes beginner watercolor supply kit comprised of: 1 set Sakura Pigma Micron Pens, 1 set of 14 color Winsor & Newton Cotman Paint, 1 set of 12 piece Fenorkey Artist Watercolor Paint Brushes, and 10 pieces of Fabriano Studio Cold Press Watercolor paper.

Location: Sherando Community Center Activity Room
Age: 16+ **Registration Deadline:** 3/12

Class#	Date	Day	Time	Fee
35500-A	3/16-4/27	Th	6:30–8:30P	$85

Adult Art Workshops

Join us for a workshop to create a themed craft! In this class, participants will work together with an adult family member to complete a project to take home at the end of each session. Sign up for a single session or the whole series –you decide! Adult helpers accompanying participants do not need to register.

Theme: Rock Painting
Location: Evendale Elementary Community Center
Age: 16+ **Registration Deadline:** 2/16

Class#	Date	Day	Time	Fee
25510-C	2/19	Su	1–3P	$20

Theme: Apple Blossom Acrylic Painting
Location: Evendale Elementary Community Center
Age: 16+ **Registration Deadline:** 4/16

Class#	Date	Day	Time	Fee
15510-A	4/23	Su	1:30–3:30P	$20

Young Artist

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 artist 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!

Location: Greenwood Mill Elementary C.C.
Age: 7-11
Registration Deadline: 2/19

Class#	Date	Day	Time	Fee
15330-B	2/21-3/14	Tu	6–7P	$40

Registration Deadline: 3/19

Class#	Date	Day	Time	Fee
15330-C	3/21-4/11	Tu	6–7P	$40

Registration Deadline: 4/16

Class#	Date	Day	Time	Fee
15330-D	4/18-5/9	Tu	6–7P	$40

Shallow Water Lifeguarding Certification

Participants are expected to review Lifeguarding Manual prior to the first day of class. Registration with the American Red Cross is required. Once registered with FCPRD, you will be emailed a link to complete the American Red Cross registration. Participants who successfully complete the Lifeguarding course will receive an American Red Cross certificate for Lifeguarding, First Aid, CPR and AED for the professional rescuer. Certification valid for 2 years. Participants will be required to come back for the deep-water bridge portion of the certification on May 20th if full lifeguarding certification is desired.

Prerequisites:

1. Swim 100 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used. Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.

2. Complete a timed event within 50 seconds: Starting in the water, swim 20 yards using the front crawl or breaststroke. Your face may be in or out of the water. Swim goggles are not allowed. B. Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.

3. Exit the water without using a ladder or steps.

Location: Super Splasher Aquatics Pool Delco Plaza
Age: 15+ **Registration Deadline:** 3/30

Class#	Date	Day	Time	Fee
16565-B	4/7-4/11	M,Tu,F	8A–6P	$275

Adult and Pediatric First Aid, CPR and AED

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

Location: Super Splasher Aquatics Multipurpose Room
Ages: 12+ **Registration Deadline:** Seven days prior

Class#	Date	Day	Time	Fee
17518-A	2/15	W	7-10 P	$105
17518-B	3/15	W	7-10 P	$105
17518-C	4/12	W	7-10 P	$105
17518-D	5/17	W	7-10 P	$105

Babysitting Class

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 Child/Pediatric CPR.

Location: Super Splasher Aquatics Pool Delco Plaza
Age: 11-15 **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
17318-B	3/17	F	9A–5:30P	$135

Introduction to Dungeons and Dragon

In this class, we will cover the basics of how to play Dungeons and Dragon, from understanding the rules, to creating characters and building adventures. With this knowledge, you'll be ready to embark on your own journey of discovery and adventure!

Location: Greenwood Mill Community Center
Age: 10+ **Registration Deadlines:** 4/4 and 4/23

Class#	Date	Day	Time	Fee
17400-A	4/8	Sa	12-2P	$45
17400-B	4/29	Sa	12–2P	$45

GUI Esports Spring Break Camp

Don't miss this exciting camp that introduces the world of Esports. Esports, short for Electronic Sports, is a form of competition using video games. This camp is perfect for first-time gamers, or anyone interested in learning about Esports. Each day will be spent working on various gaming components to help you level up your skills. All campers will receive a t-shirt, a certificate of completion, and a membership to GUI Esports Gaming Center.
*** This camp will start on Friday, April 7th and continue from April 10th through April 14th. ***

Location: GUI Esports Arena
Age: 8-14 **Registration Deadline:** 4/2

Class#	Date	Day	Time	Fee
38311-A	4/7-4/14	M-F	9A-12P	$130
38311-B	4/7-4/14	M-F	12–3P	$130
38311-C	4/7-4/14	M-F	3–6P	$130

Raised Bed Gardening Workshop

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. All attending participants will receive a copy of the author's book: Simplistic Raised Bed Vegetable Gardening. Participants under age 18 must be accompanied by an adult guardian.

Location: Gainesboro Elementary Community Center
Age: 13+ **Registration Deadline:** 2/9

Class#	Date	Day	Time	Fee
17576-B	2/12	Su	1–3P	$15

Location: Evendale Elementary Community Center
Age: 13+ **Registration Deadline:** 3/16

Class#	Date	Day	Time	Fee
17576-C	3/116	Sa	10A–12P	$15

Nature Tots Story Time Series

Learn to explore nature together in this 4-week nature story time series designed for your preschool-age tiny tot! We will start each week with a themed book followed by a craft or park exploration activity! Our themes for the spring series are: Week 1: Squirrels, Week 2: Ducks, Week 3: Spiders and Week 4: Ladybugs. Adult accompaniment is required for this program. Consider packing a lunch to have an outdoor picnic with friends after the program!

Location: Clearbrook Park, JW Colonels Shelter
Age: 3-5 **Registration Deadline:** 4/17

Class#	Date	Day	Time	Fee
17151-A	4/18-5/9	Tu	11-11:45A	$34

Homeschool Hikers Nature Series

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 signs of wildlife, discover that reptiles rock, learn about birds of prey by dissecting an owl pellet, plus much, much more! Guardians can choose to drop off participants or stay to learn with your student. Consider packing a lunch to have an outdoor picnic with friends after the program!

Location: Sherando Park, Lions Shelter
Age: 6-11 **Registration Deadline:** 4/16

Class#	Date	Day	Time	Fee
17351-B	4/19-5/10	W	11A-12P	$40

Wilderness for Kids

This weekly club is an after-school program that invites children to awaken and explore their connection with the natural world. Held amid the lush woods and creeks of the Third Winchester Battlefield Park property, children will have the chance to discover and learn, challenge themselves, train their senses and awareness, experience community, and care for themselves and others. ***No class on Thursday, June 1st***

Location: Millbrook High School
Age: 4-11 **Registration Deadline:** 3/9

Class#	Date	Day	Time	Fee
37351-A	3/16-6/8	Th	4:30–6:30P	$340

Intro to Pyrography – Woodburning

Intro to Pyrography – Woodburning is an introductory class perfect for anyone interested in learning the art of woodburning! This course will teach you how to create unique and beautiful works of art, signs and more with the use of a wood burning pen. You will be provided with an extensive overview of all the different types of tips and how to use them properly to create different effects. Safety and avoiding potential burning risks will also be covered in the course. You will learn how to set up the wood burning pen, how to use it correctly and how to properly seal any project you create. With the help of this course, you'll be able to create stunning works of art and more with pyrography!

Location: Greenwood Mill Community Center
Age: 16+ **Registration Deadline:** 4/2

Class#	Date	Day	Time	Fee
15400-A	4/7	F	6–8P	$75

Spring Family Campout

Join us at Sherando Park Northwest for a night of family camping fun. Campers will get one campsite for the evening. An outdoor movie will be shown. Food, drinks, and camping supplies are not provided so please bring anything you need to maximize your camping experience. **PLEASE NOTE:** Campsite selection is first come, first served at check-in on the event day. Check-in from 5-6pm; campsites must be cleaned up and exited by 8am the following day.**Please remember that food, drinks, and camping supplies are not provided so please bring your own to the event (ALCOHOL IS PROHIBITED).**

Location: Sherando Park Northwest
Age: 3+ **Registration Deadline:** 4/16

Class#	Date	Day	Time	Fee
33776-A	4/22-4/23	Sa,Su	5P–8A	$35

SPORTS & ATHLETICS

Youth Basketball Clinic

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.

Location: Evendale Elementary C.C.
Age: 7-10

Registration Deadline: 3/24

Class#	Date	Day	Time	Fee
32374-C	3/28-4/18	Tu	6:20–7:30P	$48

Registration Deadline: 4/12

Class#	Date	Day	Time	Fee
32374-A	4/16-4/23	Su	1–2:15P	$35

Registration Deadline: 4/26

Class#	Date	Day	Time	Fee
32374-B	4/30-5/7	Su	1–2:15P	$35

Kids Sports and Agility Clinic

Get ready for spring sports and improve overall performance. This clinic will focus on agility drills, jumping skills, speed ladder drills, quickness, ball & balance training, footwork & change of direction drills.

Location: Armel Elementary
Age: 8-12 **Registration Deadline**: 2/18

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

Adult Basketball League

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. 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.

Time: 6:30–9:30P
Age: 30+ **Registration Deadline:** 2/22

Class#	Date	Day	Type	Fee
32520-A	3/14-5/11	Tu,Th	Team	$520
32520-B	3/14-5/11	Tu,Th	Individual	$50

Age: 18-29 **Registration Deadline:** 2/22

Class#	Date	Day	Type	Fee
32520-C	3/14-5/11	Tu,Th	Team	$520
32520-D	3/14-5/11	Tu,Th	Individual	$50

Age: 40+ **Registration Deadline:** 2/22

Class#	Date	Day	Type	Fee
32520-E	3/14-5/11	Tu,Th	Team	$520
32520-F	3/14-5/11	Tu,Th	Individual	$50

Men's Adult Summer Softball

Our Countywide leagues have a 16-game guarantee with a post season tournament. Stonewall and Sherando Parks are used for game locations. Make-up games will be scheduled when and where space is available. Players must be 18 years of age to participate. Rosters are due before your team's third game. Please include your team's name at time of registration. The league commissioner reserves the right for team placement based on previous season(s) level of play. Divisions may be combined if the minimum numbers of teams are not met. League Schedule and Rules will be emailed to each team representative.

Location: Stonewall and Sherando Parks
Age: 18+ **Registration Deadline:** 4/4

Description: County Competitive

Class#	Date	Day	Time	Fee
42528-A	5/2-7/31	Tu,Th	6:30–9:30P	$425

Description: Upper Recreational

Class#	Date	Day	Time	Fee
42528-B	5/2-7/31	Tu,Th	6:30-9:30P	$425

Description: Lower Recreational

Class#	Date	Day	Time	Fee
42528-C	5/2-7/31	Tu,Th	6:30-9:30P	$425

Adult Summer Co-Rec Softball

The hottest co-rec softball league in the area is offered in Frederick County. Teams get a 14-game guarantee plus a double elimination tournament. Stonewall and Sherando Parks are used for game locations. The tournament format will be determined based on the total number of teams registered. Your team must always have at least 4 males and 4 females playing but have an additional male or female to have a playable game. Players must be 18 years of age to participate. Rosters are due before your team's third game. Games that are rained out can be made up when and where space is available. Please include your team's name at time of registration & signify if your team is Competitive or Recreation. The league will split into 2 divisions if there are enough teams. The league commissioner reserves the right for team placement based on previous season(s) level of play. Divisions may be combined if the minimum numbers of teams are not met. League Schedule and Rules will be emailed to each team representative. This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules.**

Age: 18+ **Registration Deadline:** 4/4

Class#	Date	Day	Time	Fee
32529-A	5/3-7/31	W,F	6:30-9:30P	$375

Spring Training Softball League

Get your softball team in tune for this summer. Any adult team can register for this league. There will be 8 regular season games guaranteed. There will be no post-season tournament. Teams will play two games per night. All doubleheaders that are rained out during the regular season can be made up when and where space is available. Players must be 18 years of age to participate. Rosters are due before your team's third game. Schedules and Rules will be emailed to coaches. This league will reflect USSSA rules unless otherwise outlined in the FCPRD league rules

Location: Sherando Park
Age: 18+ **Registration Deadline:** 2/28

Class#	Date	Day	Time	Fee
32528-A	3/13-4/28	M-Th	6-10P	$270

Little's Tee Ball Clinic

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

Location: Greenwood Mill Elementary C.C.
Registration Deadline: 4/24

Class#	Date	Day	Time	Fee	Age
32124-A	4/26-5/17	W	5–5:45P	$50	3
32124-B	4/26-5/17	W	6–7P	$50	4-6

Location: Evendale Elementary C.C.
Registration Deadline: 4/20

Class#	Date	Day	Time	Fee	Age
32124-C	4/24-5/15	M	5–5:45P	$50	3
32124-D	4/24-5/15	M	6–7P	$50	4-6

SPORTS & ATHLETICS

Kids on Golf

Get into this hands-on introduction to golf! Skills needed to learn the game of golf will be explained and demonstrated. On the final day, participants will use skills learned to play a few holes on the par 3 course. If you do not have your own clubs to use, FCPRD will have clubs available to use at an additional cost. Please indicate player's height and if they are right or left handed.

Location: Appleland Sports Center
Age: 7-13 **Registration Deadline:** 4/5

Class#	Date	Day	Time	Fee
48758-A	4/10-4/14	M-F	9-11A	$85
48758-B	4/10-4/14	M-F	9-11A	$95**

*rental fee for FCPRD clubs

Soccer Shots

Frederick County Parks and Recreation is excited to be partnering with Soccer Shots to provide soccer clinics year-round. Sign up for classes by utilizing Soccer Shots website and choosing Frederick County Parks and Recreation as the location.

Register: www.soccershots.org/northwesternva
Locations: Orchard View & Evendale Elementary C.C.

Info	Date	Day	Time	Fee
Mini's	4/5-5/24	W	5-5:30P	$106
Classic's	4/5-5/24	W	5:40-6:20P	$106
Premier	4/5-5/24	W	6:30-7:20P	$106
Mini's	4/6-5/25	Th	5-5:30P	$106
Classic's	4/6-5/25	Th	5:40-6:20P	$106
Premier	4/6-5/25	Th	6:30-7:20P	$106

Parent & Me Volleyball

This clinic teaches the fundamentals of volleyball in a fun, non-competitive setting. The volleyballs used are age appropriate to fit your child's abilities and needs. Stations and mini games are set up to make this a fun learning environment. Parents participate with their child individually and during station rotations.

Location: Evendale Elementary School C.C.
Age: 6-8 **Registration Deadline:** 3/26

Class#	Date	Day	Time	Fee
32222-A	3/28-4/18	Tu	5:15–6:15P	$45

REGISTER EARLY

If a class does not have sufficient registration it could be cancelled. https://www.fcprd.net

Gymnastics & Ninja Day Camp

Join East Coast Gymnastics & Cheer at their No School Day Camp and flip your way to a day full of fun! It's jam-packed with exciting gymnastics, ninja, games, awesome crafts, and challenging obstacle courses that'll help you build skills, confidence, and friendships! Please pack a healthy snack and lunch and get ready for a day full of excitement!

Location: East Coast Gymnastics & Cheer
Ages: 5+ **Registration Deadline:** 2/18

Class #	Dates	Times	Days	Cost
38723-A	2/20	9A-3P	M	$65

Ages: 5+ **Registration Deadline:** 3/15

Class #	Dates	Times	Days	Cost
38723-B	3/17	9A-3P	F	$65

Acro & Tumbling Clinic

Come flip, fly, and have fun with East Coast Gymnastics & Cheer. This clinic will provide you with the basics to learn tumbling, stunting, and so much more. What is Acro & Tumbling? It is an exciting fast-paced sport that combines gymnastics, tumbling, acrobatic lifts, dance techniques, agility & strength.

Location: East Coast Gymnastics & Cheer
Ages: 5+ **Registration Deadline:** 3/10

Class #	Dates	Times	Days	Cost
39723-A	3/11	1:30:3:30P	Sa	$30

Toddler Tumble Time

Let your little ones run wild and explore at East Coast Rugrat Tumble Time! Games, gymnastics, and open play provide the perfect balance of fun and development.
PLEASE NOTE: Parents are required to attend.

Location: East Coast Gymnastics & Cheer
Ages: 18 months – 4 years old
Registration Deadline: 3/15

Class #	Dates	Times	Days	Cost
39123-A	3/16	9-10A	Th	$20
39123-B	3/16	10-11A	Th	$20

Registration Deadline: 3/23

Class #	Dates	Times	Days	Cost
39123-C	3/24	9-10A	F	$20
39123-B	3/24	10-11A	F	$20

Rugrat Rendezvous

Rollin' and flippin' fun at East Coast Rugrat Rendezvous; the perfect blend of play, learning, and excitement!

Location: East Coast Gymnastics & Cheer
Ages: 3-5 **Registration Deadline:** 4/20

Class #	Dates	Times	Days	Cost
39223-A	4/22	1:30-3P	Sa	$30

Spring Break Gym Ninja Camp

Participants in Gym Ninja camp will learn and practice obstacles and techniques like those seen on the show, including climbing, jumping, hanging, and balance. GymNinja is suitable for people of all skill levels, from beginner to advanced. Please be sure to dress your child in comfy clothes ready for them to play! You must provide a healthy snack, packed lunch, and water.

Location: East Coast Gymnastics & Cheer
Ages: 5+ **Registration Deadline:** 4/9

Class #	Dates	Times	Days	Cost
38323-A	4/11-4/14	9A-3P	Tu-F	$310

Parkour Clinic

Join East Coast Gymnastics & Cheer as you learn the fundamentals of parkour. This clinic will show you how to vault, roll, and trick, eventually combining all of your newfound skills to perform a sweet parkour course line.

Location: East Coast Gymnastics & Cheer
Ages: 5+ **Registration Deadline:** 3/16

Class #	Dates	Times	Days	Cost
39713-A	3/18	1:30-3:30P	Sa	$30

Tennis

Tennis is a great way to get active and develop skills that will last a lifetime. Whether you are a beginner or an experienced player, there is a tennis class for you! Our classes are designed to develop technique, improve endurance, and build the foundations of the game.

High School Tennis

Location: Snowden Bridge
Age: 14-18 **Registration Deadline:** 2/20

Class#	Date	Day	Time	Fee
22244-D	2/20-3/27	M	6:45–8P	$96
22244-E	2/22-3/29	W	6:45–8P	$96

Tennis

Middle School Tennis

Location: Snowden Bridge
Age: 11-14 **Registration Deadline:** 2/20

Class#	Date	Day	Time	Fee
22444-D	2/20-3/27	M	6–7:15P	$96
22444-E	2/22-3/29	W	6–7:15P	$96

Elementary School Tennis Lessons

Location: Snowden Bridge
Age: 6-10 **Registration Deadline:** 2/20

Class#	Date	Day	Time	Fee
22344-J	2/20-3/27	M	5–6:15P	$96
22344-K	2/22-3/29	W	5–6:15P	$96

Spring Youth Tennis

Location: Snowden Bridge
Age: 4-11 **Registration Deadline:** 4/5

Class#	Date	Day	Time	Fee
32344-A	4/10-5/1	M	5–6:15P	$72

Location: Snowden Bridge
Age: 11-17 **Registration Deadline:** 4/5

Class#	Date	Day	Time	Fee
32344-B	4/10-5/1	M	6:15–7:30P	$72

Location: Sherando High School
Age: 4-11 **Registration Deadline:** 4/5

Class#	Date	Day	Time	Fee
32344-C	5/4-5/30	Tu,Th	5:30–6:30P	$82

Location: Sherando High School
Age: 11-17 **Registration Deadline:** 5/4

Class#	Date	Day	Time	Fee
32344-D	5/9-6/1	Tu,Th	6:30–7:30P	$82

Adult Tennis

Location: Snowden Bridge

Class#	Date	Day	Time	Fee
22244-F	2/20-3/27	M	6:45-8P	$96

Location: Snowden Bridge
Age: 18+ **Registration Deadline:** 4/5

Class#	Date	Day	Time	Fee
32544-A	4/12-5/3	W	6:45–8P	$72

Location: Sherando High School
Age: 18+ **Registration Deadline:** 5/4

Class#	Date	Day	Time	Fee
32544-B	5/4-5/25	Tu or Th	7:45–9P	$72

SPORTS & ATHLETICS

Adult Co-Rec Kickball

Everyone's favorite schoolyard game is back! Each team must have at least 4 females on the field & in the lineup at all times, with a max of 10 players on the field. Jerseys are not provided, and all information will be emailed to team captains. Team name is due at time of registration. Team roster is due one week before games start.

Location: Sherando Park, Bennington Field and Field 2
Age: 18+ **Registration Deadline:** 4/13

Class #	Dates	Times	Days	Cost
32583-C	5/7-6/25	1-2P	Su	$250

Pickleball

The Adult Pickleball Sessions are designed to take participants from mastering essential skills to actively playing actual Pickleball games. This unique program combines going over the proper fundamentals, scoring, and rules of the sport while each session provides participants an opportunity to run through a number of eye-hand coordination, footwork, and conditioning Pickleball shot drills focused on developing and improving overall skills. FCPRD Pickleball is excellent for all adults looking to learn and start playing Pickleball, as well as current active players wanting to play consistently once or twice a week in an organized and friendly environment.

Location: Clearbrook
Age: 18+ **Registration Deadline:** 4/27

Class#	Date	Day	Time	Fee
12544-E	4/11-4/25	Tu	9:30-11:00A	$48

Location: Snowden Bridge
Age: 18+ **Registration Deadline:** 4/27

Class#	Date	Day	Time	Fee
12544-A	4/12-5/3	W	5–6:30P	$72

Location: Sherando High School
Age: 18+ **Registration Deadline**: 4/27

Class#	Date	Day	Time	Fee
12544-B	5/4-5/25	Tu or Th	7–8:30P	$60

Location: Clearbrook
Age: 18+ **Registration Deadline:** 4/27

Class#	Date	Day	Time	Fee
12544-C	5/1-5/22	M	9:30-11A	$60
12544-D	5/3-5/24	W	9:30-11A	$60

REGISTER EARLY

If a class does not have sufficient registration it could be cancelled. https://www.fcprd.net

Middle School Flag Football League

Attention all rising 6th-8th middle school students, get ready for your upcoming football season by playing in our flag football league. Registration will be based on the middle school they will be attending in the fall of 2023. Practices will be twice a week starting 3/27 with games starting on 4/16. Practices will be scheduled Monday – Friday with games being played on Sunday afternoons.

Registration Deadline: 3/5 **Age:** 10-13
Fee: $55

Class#	Date	Day	Time	Location
32321-A	3/26-6/4	Su	12–2P	Admiral Byrd
32321-B	3/26-6/4	Su	12–2P	Daniel Morgan
32321-C	3/26-6/4	Su	12–2P	Frederick Co.
32321-D	3/26-6/4	Su	12–2P	James Wood
32321-E	3/26-6/4	Su	12–2P	R. E. Aylor

Floor Hockey Clinic

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

Location: Armel Elementary
Age: 6-9 **Registration Deadline:** 2/16

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

Wrestling Camp

This six-week wrestling program is designed for any level of wrestler that wants to improve their skills or just learn how to wrestle. In this instructional setting, experienced wrestlers will teach how to do basic moves associated with wrestling. Once skills are learned, all age groups will have a chance to wrestle in matches. This program allows for both boys and girls to learn and enhance their wrestling skills. Participants will receive a camp t-shirt.
**No camp on Sunday, April 9th*

Location: Sherando High School
Age: 5-6 **Registration Deadline:** 3/5

Class#	Date	Day	Time	Fee
48357-A	3/12-4/23	Su	1–2:30P	$55

Age: 7-9 **Registration Deadline:** 3/5

Class#	Date	Day	Time	Fee
48357-B	3/12-4/23	Su	2:30–4P	$55

Age: 10-12 **Registration Deadline:** 3/5

Class#	Date	Day	Time	Fee
48357-C	3/12-4/23	Su	4–5:30P	$55

Fencing Classes

Our fencing programs introduce the skills and 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.

Location: Gainesboro Elementary School
Age: 8-13 **Registration Deadline:** 3/26

Class#	Date	Day	Fee
17782-D	4/1-5/30	Tu,Sa	$80

Meeting Times: Tuesday at 6:30 - 8P
Saturday at 10-11:30A

Location: Gainesboro Elementary Community Center
Age: 14+ **Registration Deadline:** 3/26

Class#	Date	Day	Fee
17482-D	4/1-5/30	Tu,Sa	$80

Meeting Times: Tuesday at 7:30 - 9P
Saturday at 11-12:30P

Location: Gainesboro Elementary Community Center
Age: 21+ **Registration Deadline:** 3/26

Class#	Date	Day	Time	Fee
17582-D	4/1-5/27	Sa	12:30–1:45P	$55

Yoga –Vinyasa Flow

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.

Location: Sherando Community Center
Age: 13+ **Registration Deadline**: Weekly on Thursday

Class#	Date	Day	Time	Fee
29512-A	1/7-2/25	Sa	9-10A	$32
29512-F	2/4	Sa	9-10A	$5
29512-G	2/11	Sa	9-10A	$5
29512-H	2/18	Sa	9-10A	$5
29512-I	2/25	Sa	9-10A	$5

Gentle Yoga

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 who want to improve strength, agility, flexibility, and balance as we age. Some Yoga experience is helpful.

Location: Sherando Community Center
Age: 13+ **Registration Deadline:** Weekly on Monday

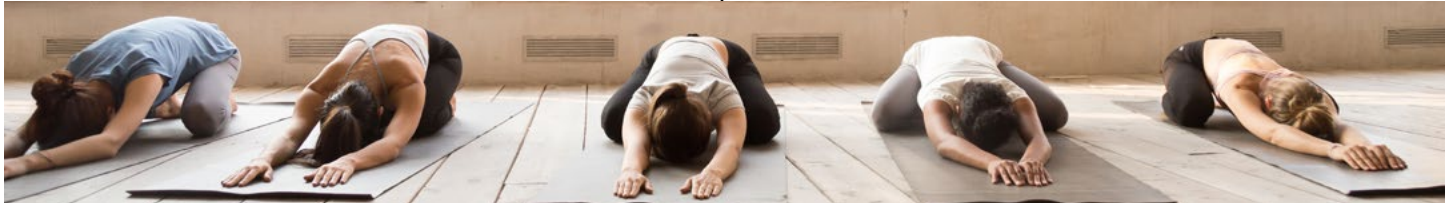
Class#	Date	Day	Time	Fee
29712-A	1/4-2/22	W	5:30–6:30P	$32
29712-F	2/1-2/1	W	5:30–6:30P	$5
29712-G	2/8-2/8	W	5:30–6:30P	$5
29712-H	2/15-2/15	W	5:30–6:30P	$5
29712-I	2/22-2/22	W	5:30–6:30P	$5
39712-A	3/1-4/19	W	5:30-6:30P	$32
39712-B	3/1	W	5:30-6:30P	$5
39712-B	3/8	W	5:30-6:30P	$5
39712-D	3/15	W	5:30-6:30P	$5
39712-E	3/22	W	5:30-6:30P	$5
39712-F	3/29	W	5:30-6:30P	$5
39712-G	4/05	W	5:30-6:30P	$5
39712-H	4/12	W	5:30-6:30P	$5
39712-I	4/19	W	5:30-6:30P	$5

Yoga - All Levels

This Yoga class offers a series of postures, movement flows with breath, and dynamic/static poses. This style of practice builds on the foundation of strength, agility, flexibility, and balance. Poses will be taught with varying levels to challenge the student. While some Yoga experience may be helpful, all levels are welcome.

Location: Sherando Community Center
Age: 13+ **Registration Deadline:** Weekly on Friday

Class#	Date	Day	Time	Fee
39512-A	3/4/-4/22	Sa	9-10A	$32
39512-B	3/4	Sa	9-10A	$5
39512-C	3/11	Sa	9-10A	$5
39512-D	3/18	Sa	9-10A	$5
39512-E	3/25	Sa	9-10A	$5
39512-F	4/1	Sa	9-10A	$5
39512-G	4/8	Sa	9-10A	$5
39512-H	4/15	Sa	9-10A	$5
39512-I	4/22	Sa	9-10A	$5



TRIPS & SPECIAL EVENTS

Massanutten Snow Tubing Trip

Bundle up and join us at Massanutten Resort's Family Adventure Park for an out-of-this-world Snow Tubing experience. Enjoy 90 minutes of night-time snow tubing as you race down the hill to the glow of neon lights and pumping music. Price includes transportation and admission. Dutch treat at Base Camp.
PLEASE NOTE: Must be at least 36 inches tall to tube. Anyone under the age of 12 must be accompanied by an adult while at the Family Adventure Park.

Drop off/Pick-up: Sunnyside Plaza
Age: 8+ **Registration Deadline:** 2/19

Class#	Date	Day	Time	Fee
34751-C	2/24	F	4:30-11P	$55

Harpers Ferry Snow Tubing Trip

Experience 90 minutes of snow tubing on the longest tubing slope on the East Coast. The area's rolling hills and scenic views provide a breathtaking backdrop for a day of thrilling snow tubing adventures. Whether you're a seasoned snow tubing enthusiast or trying it for the first time, a trip to Harpers Ferry is a must-try winter adventure.
PLEASE NOTE: Must be at least 42 inches tall to tube. A parent or guardian signature is required for guests under the age of 18.

Location: River Riders Family Adventure Resort
Drop off/Pick-up: Sunnyside Plaza
Age: 8+ **Registration Deadline:** 2/26

Class#	Date	Day	Time	Fee
34732-A	3/4	Sa	10:15A–2:15P	$53

Cherry Blossom Cruise, Washington, D.C.

This scenic 2-hour river cruise is an annual excursion loved by all. Take in the highlights of the National Mall and the beautiful view of the cherry blossoms. A buffet lunch and entertainment will be provided during the cruise. Afterwards, we will visit the US Botanical Garden to take in the early spring blooms! Seats are limited and this trip fills quickly, so don't wait!

Drop off/Pick-up: Sunnyside Plaza
Age: 8+ **Registration Deadline:** 3/26

Class#	Date	Day	Time	Fee
14740-B	4/1	Sa	8:30A–6P	$147

Baltimore, MD Inner Harbor Day Trip

Join us as we visit the beautiful waterfront views of Baltimore's Inner Harbor! Baltimore's historic seaport is full of fun with many museums, waterfront activities, and various places to shop and dine. Price includes transportation to the Inner Harbor; lunch and other activities will be on your own. Depart Sunnyside Plaza parking lot at 8am; return approx. 4pm. Drop off at the Inner Harbor around 10am and depart around 2pm.
PLEASE NOTE: Passengers must be at least eight to travel with us. An adult must accompany anyone under 18.

Drop off/Pick-up: Sunnyside Plaza
Age: 8+ **Registration Deadline:** 4/2

Class#	Date	Day	Time	Fee
34739-A	4/8	Sa	8A–4P	$32

TRIPS & SPECIAL EVENTS

Denver Nuggets vs Washington Wizards

Join us as Bradley Beal and the Washington Wizards take on Nikola Jokic and the Denver Nuggets at Capital One Arena. The Wizards will be giving away Kristaps Porzingis Bobbleheads to fans in attendance so don't miss your opportunity to snag one! Price includes transportation and game ticket; food and drinks will be on your own while at the game. Tickets are in section 419, giving you a great view of all the action! Game time is 7pm. Depart Sunnyside Plaza at 4pm; return approx. midnight.
PLEASE NOTE: Passengers must be at least eight to travel with us. An adult must accompany anyone under 18.

Drop off/Pick-up: Sunnyside Plaza
Age: 8+ **Registration Deadline:** 3/19

Class#	Date	Day	Time	Fee
34720-A	3/22-3/23	W,Th	4P-12A	$60

Kite Fest

Experience the thrill of kite flying at this exciting event! Kite Fest is the perfect family-friendly event for everyone who loves to explore the outdoors.

SAVE THE DATE
Date: 4/2
Time: 2-5 pm
Fee: FREE

ACTIVE ADULTS

Annual Senior Valentine Bash

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.

Location: Hayfield Restaurant
Age: 50+ **Registration Deadline:** 2/8

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

Active Adult Mystery Trip!

Bring money for lunch and a sense of adventure and wear comfortable clothes for the weather and light walking.

Drop off/Pick-up: Sunnyside Plaza
Age: 50+ **Registration Deadline:** 3 days prior

Class#	Date	Day	Time	Fee
27637-K	3/24	F	9A–5P	$30
27637-L	4/28	F	9A–5P	$30

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

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.

Drop off/Pick-up: Sunnyside Plaza
Registration Deadline: 3/24

Class#	Date	Day	Time	Fee
27638-B	3/27	M	9A–4P	$20

Allenberry Playhouse Theatre: "The Drowsy Chaperone"

Take a trip to the Allenberry Playhouse Theatre, located in Boiling Springs, PA, a historical and cultural center for the performing arts. 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. Recommended for ages 10 and up. The show contains adult language and mature themes.

Running Time: 1 hour and 40 minutes with no intermission. Price includes show ticket and transportation--dinner will be dutch treat at a location TBD along the way home.

Drop-off/Pick-up: Sunnyside Plaza
Age: 10+ **Registration Deadline:** 2/23

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

Gainesboro Club: Quarterly Business Meeting and Potluck

Location: Gainesboro Elementary Community Center
Registration Deadline: 4/21

Class#	Date	Day	Time	Fee
27638-C	4/24	M	11A–2P	Free

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.

Drop off/Pick-up: Sunnyside Plaza
Registration Deadline: 3/15

Class#	Date	Day	Time	Fee
27538-I	3/17	F	9A–4P	$30

Gad Abouts Club: Quarterly Business Meeting and Potluck

Location: Evendale Elementary Community Center

Class#	Date	Day	Time	Fee
27538-J	4/21	F	11A–2P	Free

Scrabble Party

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

Location: Evendale Elementary Community Center
Age: 50+ **Registration Deadline:** 4 days prior

Class#	Date	Day	Time	Fee
17717-H	1/3-4/10	M	10:30A–2P	$28
17717-H	1/3	M	10:30A–2P	$7
17717-H	2/13	M	10:30A–2P	$7
17717-H	3/13	M	10:30A–2P	$7
17717-H	4/10	M	10:30A–2P	$7

Museum of the Bible, Washington, D.C.

Join us as we visit on the of the largest and newest museums in D.C.! Museum of the Bible aims to be among the most technologically advanced and engaging museums in the world. Showcasing rare artifacts spanning 3,500 years of history, the museum offers visitors an immersive and personalized experience with the Bible, and its ongoing impact on the world around us. Ticket price includes transportation and museum admission. Lunch will be on your own at one of the Museum's two cafes.

Drop off/Pick-up: Sunnyside Plaza
Age: 50+ **Registration Deadline:** 3/24

Class#	Date	Day	Time	Fee
34632-A	4/7	F	7:45A–5P	$33

Valley Health 10K

presented by Procter & Gamble
Saturday, May 6, 2023

Enjoy the sights, sounds and the experience of the Shenandoah Apple Blossom Festival, while running through the streets of downtown Winchester. The Valley Health 10k has been a fan favorite event for over 37 years!

Shenandoah Valley Orthodontics

Kids' Bloomin' Mile

Friday, May 5, 2023

Experience the thrill of running in one of the premier kids races in the area. Enjoy the sights and sounds of running around John Handley High School during one of the opening events for the Shenandoah Apple Blossom Festival.

10K Training Program

This training program is open to walkers, runners, run/walkers, who want to train and finish a 10K race. Each week, training workouts will be sent via email. Instruction on proper hydration, nutrition, injury prevention, running form, training principles, as well as other areas to help you have a successful race will also be included. The goal is to complete the Valley Health 10K on Saturday, May 6, 2023. The group will meet in person with the coach three times over the course of the program: 2/21, 3/28 and 4/25 from 5:30-6:30 p.m. Meeting location will be at NW Sherando Park, Warrior Drive entrance.

Age: 16+ **Registration Deadline:** 2/19
Fee: $50
To register visit **www.runathetop.net**

Youth Running Club

Lace up those shoes and join us this spring for our Youth Running Club. The FCPRD Youth Running Club welcomes youth runners ages 7-14, regardless of ability. Registration includes the following races this spring: the Apple Blossom Kids' Bloomin' Mile, Loudoun Street Mile, the Rose Hill Mile and a discount for the Sherando Youth Sprint Triathlon. Practice will meet Mondays and Wednesdays 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. Runners must have a good pair of athletic shoes, water/sports drink and power snack.

Location: Millbrook High School
Age: 7-14 **Registration Deadline:** 4/2

Day	Day	Time	Fee
4/3-6/7	M,W	6-7P	$60

To register visit **www.runathetop.net**

Join us for our annual benefit trail race that is a combination four mile race through the paved paths and wooded trails of Sherando Park.

To register visit **www.runathetop.net**

Fee: 2/1 - 3/17: $25
3/18 - 3/31 $30
Race Day: $40

RunAtTheTop.net
FREDERICK COUNTY PARKS AND RECREATION