

2023

SUMMER

ACTIVITY GUIDE



FREDERICK COUNTY
PARKS & RECREATION





Table of Contents

FACILITIES	4-7
CAMP BASICREC	8-10
ADAPTIVEREC	11
COMMUNITY & RECREATION	12-15
AQUATICS	16-19
RUNNING	20-21
CAMPS & CLINICS	22-30
WELLNESS	31
SPORTS & ATHLETICS	32-36
TRIPS & SPECIAL EVENTS	38-40
ACTIVE ADULTS	42-43

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

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
Gainesboro District
Opequon District
Red Bud District
Shawnee District
Stonewall District
Member at Large
Board of Supervisors, Liaison

Gary Longerbeam
Natalie Gerometta
Ron Madagan
Dennis Grubbs
Guss Morrison
Jennifer Myers
Randy Carter
Charles Dehaven

APPLE BLOSSOM RACES 5/5 & 5/6

YOUTH TROUT DERBY 5/12

RALLY FOR READING 6/3

SUNSET SERIES 6/8

FILM-N-FLOAT MOVIE NIGHT 6/10

SUNSET SERIES 6/22

SHERANDO YOUTH TRI 6/25

JULY 4TH CELEBRATION 7/4

SUNSET SERIES 7/20

FILM-N-FLOAT MOVIE NIGHT 8/5

SPORTS FEST 8/5

SUNSET SERIES 8/10

YOUTH GOLF TOURNAMENT 8/11

SUNSET SERIES 8/31

DOG WALK & POOL PAWTY 9/23

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 or make a contribution **The PLAY Fund**.





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.
Locke 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 Baldrige -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	50

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	50

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	Free	View Monthly Calander	X

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

Facility	Resident	Non-Res.	Hours	Capacity
Activity Room	\$25	\$35	M – F: 4 PM – 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

* 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

Hours of Operation

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

* Hours of operation are subject to change



Partner Organizations

Blue Ridge Youth Soccer Association

brysa.org



Frederick County American Little League

fcallittleleague.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

C.K. Calhoun, Marketing Assistant

Emily Hearn, Administrative Assistant

Kassidy Thorn, Customer Service Technician

Bernard Flaherty, Customer Service Technician

Nathan Almarode, Operations Manager

Ashley Ferguson, Program Supervisor

Sarah Young, basicREC Manager

Tanner Lippold, Program Supervisor

Becky McGraw, Program Supervisor

Tyler Murphy, Program Supervisor

Kyle Smallwood, Program Supervisor

Ryan Bearer, Program Supervisor



Camp basicREC is back again for 10 weeks of fun filled summer activities! Camp basicREC is conveniently located and is designed to keep your child involved in activities that go on throughout the day, all summer long. Summer days will be filled with special activities, events, group games, playground time, water play, organized sports and games, arts and crafts, swimming, field trips, and time to just relax! Included are weekly pool days (weather-permitting) at either Clearbrook or Sherando Park--all campers will have their swimming skills assessed prior to being permitted to swim. Morning and afternoon snacks will be provided, but you are welcome to bring these from home. Make sure that your camper is lathered in sunblock daily before coming to camp and that they bring their water bottle, a non-perishable lunch which does not need preparation, towel, sneakers, swimsuit, spray sunblock, water shoes, and a t-shirt. **More detailed information is available in the Parent Handbook.**

10 WEEK SESSION

CAMP basicREC

Age: 6-11 (Rising 1st -Rising 6th Graders)

Dates: 6/5-8/10

Closed: 7/4 and 8/11

Time: 6:30 am -6:00 pm

Fee: \$133 weekly / \$1330 paid in full

Class#	Location
18040-A	Gainesboro Elementary
18040-B	Orchard View Elementary
18040-C	Evendale Elementary
18040-D	Greenwood Mill Elementary
18040-E	Redbud Run Elementary School
18040-F	Stonewall Elementary School
18040-G	Bass Hoover Elementary School
18040-H	Armell Elementary @ The YDC

basic REC
FREDERICK COUNTY PARKS AND RECREATION

PAYMENT OPTIONS

Option 1: Enroll in the automated payment plan and upon registration \$133 will be due for the first week with the following deductions being withdrawn from your approved credit card or debit card on 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, and 7/31. Two weeks payment may need to be made based on the date of registration.

Option 2: \$1330 is due when enrolling in all 10 weeks of summer

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

CAMP basicREC

PICK-A-WEEK

CAMP basicREC

If you do not need all 10 weeks of CAMP basicREC, you can pick and pay as you go. Payment is due at time of registration. Space available until filled.

Ages: 6-11 (Rising 1st -Rising 6th Graders)
Time: 6:30 am - 6:00 pm

WEEK 1

6/5-6/9



Registration Deadline: 6/5 **Fee:** \$174

Class#	Location
18041-A	Evendale Elementary
18041-B	Greenwood Mill Elementary
18041-C	Redbud Run Elementary School
18041-D	Orchard View Elementary
18041-E	Gainesboro Elementary
18041-F	Stonewall Elementary School
18041-G	Bass Hoover Elementary School
18041-H	Armel Elementary @ The YDC

WEEK 2

6/12-6/16



Registration Deadline: 6/12 **Fee:** \$174
 Dickey Ridge on Skyline Drive

Class#	Location
18042-A	Evendale Elementary
18042-B	Greenwood Mill Elementary
18042-C	Redbud Run Elementary School
18042-D	Orchard View Elementary
18042-E	Gainesboro @ Apple Pie Ridge Elementary
18042-F	Stonewall Elementary School
18042-G	Bass Hoover Elementary School
18042-H	Armel Elementary @ The YDC

WEEK 3

6/19-6/23



Registration Deadline: 6/19 **Fee:** \$174
 Hal and Berni Hanson Park in Aldie, VA

Class#	Location
18043-A	Evendale Elementary
18043-B	Greenwood Mill Elementary
18043-C	Redbud Run Elementary School
18043-D	Orchard View Elementary
18043-E	Gainesboro Elementary
18043-F	Stonewall Elementary School
18043-G	Bass Hoover Elementary School
18043-H	Armel Elementary @ The YDC

WEEK 4

6/26-6/30



Registration Deadline: 6/26 **Fee:** \$174
 Front Royal Bowling in Front Royal, VA

Class#	Location
18044-A	Evendale Elementary
18044-B	Greenwood Mill Elementary
18044-C	Redbud Run Elementary School
18044-D	Orchard View Elementary
18044-E	Gainesboro Elementary
18044-F	Stonewall Elementary School
18044-G	Bass Hoover Elementary School
18044-H	Armel Elementary @ The YDC



CAMP basicREC

WEEK 5 7/3-7/7 **NO CAMP 7/4

Registration Deadline: 7/3 **Fee:** \$140
Movie at the Alamo in Winchester VA.

Class#	Location
18045-A	Evendale Elementary
18045-B	Greenwood Mill Elementary
18045-C	Redbud Run Elementary School
18045-D	Orchard View Elementary
18045-E	Gainesboro Elementary
18045-F	Stonewall Elementary School
18045-G	Bass Hoover Elementary School
18045-H	Armle Elementary @ The YDC

WEEK 6 7/10-7/14

Registration Deadline: 7/10 **Fee:** \$174
Splashdown Water Park in Manassas, VA

Class#	Location
18046-A	Evendale Elementary
18046-B	Greenwood Mill Elementary
18046-C	Redbud Run Elementary School
18046-D	Orchard View Elementary
18046-E	Gainesboro Elementary
18046-F	Stonewall Elementary School
18046-G	Bass Hoover Elementary School
18046-H	Armle Elementary @ The YDC

WEEK 7 7/17-7/21

Registration Deadline: 7/17 **Fee:** \$174
Volcano Island Water Park in Sterling, VA

Class#	Location
18047-A	Evendale Elementary
18047-B	Greenwood Mill Elementary
18047-C	Redbud Run Elementary School
18047-D	Orchard View Elementary
18047-E	Gainesboro Elementary
18047-F	Stonewall Elementary School
18047-G	Bass Hoover Elementary School
18047-H	Armle Elementary @ The YDC

WEEK 8 7/24-7/28

Registration Deadline: 7/24 **Fee:** \$174
Water Mine Water Park in Reston, VA

Class#	Location
18048-A	Evendale Elementary
18048-B	Greenwood Mill Elementary
18048-C	Redbud Run Elementary School
18048-D	Orchard View Elementary
18048-E	Gainesboro Elementary
18048-F	Stonewall Elementary @ YDC
18048-G	Bass Hoover Elementary School
18048-H	Armle Elementary @ The YDC

WEEK 9 7/31-8/4

Registration Deadline: 7/31 **Fee:** \$174
Skyzone Trampoline Park in Hagerstown, MD

Class#	Location
18049-A	Evendale Elementary
18049-B	Greenwood Mill Elementary
18049-C	Redbud Run Elementary School
18049-D	Orchard View Elementary
18049-E	Gainesboro Elementary
18049-F	Stonewall Elementary School
18049-G	Bass Hoover Elementary School
18049-H	Armle Elementary @ The YDC

WEEK 10 8/7-8/10 **NO CAMP 8/11

Registration Deadline: 8/7 **Fee:** \$140

Class#	Location
18050-A	Evendale Elementary
18050-B	Greenwood Mill Elementary
18050-C	Redbud Run Elementary School
18050-D	Orchard View Elementary
18050-E	Gainesboro Elementary
18050-F	Stonewall Elementary School
18050-G	Bass Hoover Elementary School
18050-H	Armle Elementary @ The YDC

**REGISTER
EARLY** 

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

adaptiveREC

Our adaptiveREC program offers a variety of recreation programs specifically adapted to meet the needs of people with developmental disabilities. We provide a safe and engaging environment for ALL individuals to explore new activities and build social connections. The program offers a wide range of activities, with a focus on introducing new activities weekly. These activities include sports such as basketball, soccer, kickball, pickleball, as well as enrichment programs such as art projects, and music therapy. Participants also have the opportunity to enjoy open swim at the pool on Fridays.

Registration Deadline: 6/11

Class#
47772-A

Age
8+

Fee
Free

Day	Date	Time	Location	Activity
T	6/13	10-11A	YDC	Arts/Crafts, Fitness
T	6/20	10-11A	YDC	Music Therapy, Yoga
F	6/23	10-11A	WPR Pool	Open Swim Time
T	6/27	10-11:30A	YDC	Basketball, Gym Games, Movie
F	6/30	10-11A	WPR Pool	Open Swim Time
Tu	7/11	10-11A	Sherando Park	Baseball FLDS, Kickball/Walk
F	7/14	10-11A	WPR Pool	Open Swim Time
Tu	7/18	10-11:30A	North Side Lanes	Bowling
Fri	7/21	10-11A	WPR Pool	Open Swim Time
T	7/25	10-11A	Clearbrook Park	Pickleball/Walk
Th	8/3	10-11:30A	Fred. Co Fair Grounds	Goat Showing
T	8/8	10-11A	SH Park North Side	Soccer/Lacrosse, Disc-Golf



COMMUNITY & RECREATION

BALLET

Creativity, dancing, and fun are all part of this ballet class. 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 are asked to stick around.

Registration Deadline: No Deadline

Age: 3-6 **Location:** Vostrikov's Academy of Ballet

Class#	Date	Day	Time	Fee
15101-J	4/19-5/10	W	2:15-3P	\$57
15101-K	4/19-5/10	W	3:15-4P	\$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. Parents are asked to stick around.

Registration Deadline: No Deadline

Age: 3-8 **Location:** Vostrikov's Academy of Ballet

Class#	Date	Day	Time	Fee
15202-I	4/18-5/9	T	3:15-4P	\$57

BABYSITTING CLASSES

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

Registration Deadline: 6/22

Age: 11-15 **Location:** Super Splasher Aquatics Pool

Class#	Date	Day	Time	Fee
17318-C	6/23	F	9A-5:30P	\$135

**REGISTER
EARLY** 

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



INTRO TO D&D CLASSES

Learn the basics of how to play Dungeons and Dragons 5th Edition. D&D is a collaborative tabletop Roleplaying Game where players assume the roles of larger-than-life heroes and embark on quests to defeat dangerous creatures and explore ancient ruins. Together with the Dungeon Master who oversees the game, the story changes depending on the choices the players make, meaning no two games will ever be the same.

Age: 10+ **Location:** Greenwood Mill C.C.

Registration Deadline: 5/23

Class#	Date	Day	Time	Fee
17400-C	5/27-5/27	Sa	12-2P	\$35

Registration Deadline: 5/30

Class#	Date	Day	Time	Fee
17400-D	6/3-6/3	Sa	12-2P	\$35

YOUNG ARTIST SERIES AND CAMP

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's 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!

Registration Deadline: 5/11

Age: 7-11 **Location:** Greenwood Mill C.C.

Class#	Date	Day	Time	Fee
15330-E	5/16-6/6	Tu	6-7P	\$40

Registration Deadline: 7/2

Age: 7-11 **Location:** Clearbrook Park

Class#	Date	Day	Time	Fee
#48310-A	7/10-7/13	M-Th	9-10AM	\$40

COMMUNITY & RECREATION

WATERCOLOR PAINTING

This series is a 6-week course expanding upon the basics of watercolor painting techniques with local artist, Beth Cristy. Some watercolor experience suggested but not required. Section A class registration fee includes beginner kit. Section B is for participants who plan to bring their own supplies. A suggested supply list will be provided to those providing their own supplies. A short list of additional necessary supplies will be provided for purchase prior to the start of the first class.

Registration Deadline: 5/18

Age: 16+ **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
45500-A	5/25-6/29	Th	6:30-8:30P	\$90
45500-B	5/25-6/29	Th	6:30-8:30P	\$45

PARENT AND ME ARTS & CRAFTS CAMP

Our Parent and Me Arts and Crafts Camp is a unique summer camp experience that encourages creativity and quality time between parents and their children. Our program is designed for children aged 3-6 and their parents, providing a fun and engaging environment for families to bond over shared artistic experiences.

Registration Deadline: 7/2

Age: 3-6 **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
45200-A	7/5-7/7	W-F	9-9:45A	\$35
45200-B	7/5-7/7	W-F	10-10:45A	\$35

INTRO TO KEYBOARDING

This program is designed for individuals who are new to playing a keyboard and want to develop their skills in a supportive and encouraging environment. Our experienced instructors will guide you through the basics of playing a keyboard, including proper hand placement, posture, and technique. You will also learn how to read sheet music, understand musical notation, and develop your ear training skills. No equipment required, keyboards will be provided for each participant in the class!

Registration Deadline: 6/14

Age: 8+ **Location:** Evendale C.C.

Class#	Date	Day	Time	Fee
25704-A	6/19-6/23	M-F	6-7P	\$75

WILDERNESS CAMP FOR KIDS

This 2-week wilderness experience 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.

Registration Deadline: 7/9

Age: 4-11 **Location:** Millbrook HS

Class#	Date	Day	Time	Fee
48751-A	7/17-7/28	M-F	9A-1P	\$345

GEOCACHING HIKE

Come on a treasure hunt hike with us! A "geocache" is a hidden treasure that is located using a smartphone app or GPS device. Geocaches are hidden all over our parks and we will take a hike to locate three in the south section of Sherando Park. This is designed as a drop-off program, but parents are welcome to stay and participate, if desired.

Registration Deadline: 5/18

Age: 9+ **Location:** Sherando Park FFA Shelter

Class#	Date	Day	Time	Fee
47351-A	5/20	Sa	10A-12P	\$10

COMPASS & MAP READING

Learn how to use a compass and read a map. It is an important and valuable skill for all ages to learn! Whether you are an avid or occasionally hiker, trail runner, or mountain biker, learning the proper way to use these tools could help you find your way if you were to find yourself lost. This is a hands-on, basic skills class and all equipment will be provided. Come dressed in appropriate clothing. We will be outside and working on a short navigation course. This is designed as a drop-off program, but parents are welcome to stay and participate, if desired.

Registration Deadline: 5/16

Age: 9+ **Location:** Sherando Park Lions Shelter

Class#	Date	Day	Time	Fee
47352-A	5/23	Tu	6-7:30P	\$10

COMMUNITY & RECREATION

BASIC ESSENTIALS OF SURVIVAL

Imagine this scenario: you are out for a fun day in the woods when you step off trail for just a moment -to see a waterfall, a cool mushroom, or to use the bathroom. You turn around and you can no longer see the trail or any of your group members. You begin walking back in what you believe is the right direction, but the woods seem to stretch on endlessly. You come to the realization that you are lost...now what? This class is designed to equip you with fundamental skills that can increase your chances of being rescued and surviving an unexpected night in the woods. It will also highlight essential items that you should always carry with you to improve your survival prospects and facilitate self-rescue.

Registration Deadline: 6/4

Age: 13+ **Location:** Sherando Park Lions Shelter

Class#	Date	Day	Time	Fee
47451-A	6/6	Tu	6-7:30P	\$10

BACKPACKING 101 CLASS

You have enjoyed the great outdoors on day hikes and now you are ready to explore the world of backpacking? Come join us for this two-night class where you will learn all you need to know to plan and complete your first successful backpacking trip!

Registration Deadline: 7/30

Age: 13+ **Location:** Sherando Park

Class#	Date	Day	Time	Fee
54751-A	8/3 & 8/10	Th	6-8P	\$20

WHISKEY HOLLOW: BACKPACKING TRIP

Do you now feel ready to go backpacking? At the completion of this class, we will take the skills from class and practice them on a single night backpacking trip along the AT to Whiskey Hollow. Whiskey Hollow has one of the PATC's newest shelters, a pit toilet and is situated next to a flowing mountain stream. Participants will have the opportunity to decide if they want to sleep in Whiskey Hollow Shelter or set up camp at one of the established backcountry campsites nearby. Participants will have the opportunity to borrow gear if needed.

Registration Deadline: 8/6

Age: 13+ **Location:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
54751-B	8/12-8/13	Sa-Su	12-12P	\$90

EMERALD POND, BACKPACKING TRIP

Spend an evening at Emerald Pond, one of the Massanutten Mountains precious hidden gems! This is an 8-mile hike with some rocky terrain and elevation gain. Participants should be in good physical condition and be familiar with day hiking. A limited amount of gear will be available to borrow, but it is recommended that participants have their own gear.

***Participants must attend the trip meeting on Tuesday August 22nd from 6-7 PM at Sherando Park – Lions Shelter in order to take part in the trip.** Trip meeting will cover more details about the trip, important safety information, and review of necessary gear (please bring your gear to the meeting).

Registration Deadline: 8/20

Age: 13+ **Drop off/Pick-up:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
44751-A	8/26-27	Sa-Su	12P-12P	\$70



COMMUNITY & RECREATION

CITIZEN SCIENCE SATURDAYS

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

Registration Deadline: 6/4

Age: 4+ **Location:** Clearbrook Park Brill Shelter
Class# **Date** **Day** **Time** **Fee**
 47751-A 6/7 W 10-11:30A \$10

Registration Deadline: 7/9

Age: 4+ **Location:** Sherando Park Lions Shelter
Class# **Date** **Day** **Time** **Fee**
 47751-B 7/12 W 10-11:30A \$10

Registration Deadline: 8/6

Age: 4+ **Location:** Rose Hill Park Jaycees Shelter
Class# **Date** **Day** **Time** **Fee**
 47751-C 8/9 W 10-11:30A \$10

Registration Deadline: 9/24

Age: 4+ **Location:** Amphitheater at Bowman Library
Class# **Date** **Day** **Time** **Fee**
 47751-D 9/27 W 10-11:30A \$10



**REGISTER
EARLY** 

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

RECREATIONAL KAYAKING

Join us for a two-day kayaking course. Day one takes place at Sherando Pool, designed for beginners to learn safety, skills and have fun. Limited kayaks available, so reserve one when you register. Participants under 18 need to be accompanied by a responsible family member. The next day, we'll meet at Lake Frederick for a 3-4 hour paddle. Bring your own water, lunch, snacks, sunscreen, hat, and a waterproof bag for personal items. **Meeting Times: Saturday at 9 AM - 12 PM & Sunday at 10 AM - 2 PM.**

Phase One: Bring your basic kayaking equipment to Sherando Pool for a one-day course designed to emphasize safety, enjoyment, and skill acquisition for the novice kayaker! We have a limited number of kayaks available so please contact us when you register to reserve one. We will cover the basics, based on the American Canoe Association Intro to Kayaking Level 1 standards--entry/exit, strokes, emergency procedures and more. Participants under 18 years of age must be accompanied by a responsible family member.

Phase Two: We will meet the following day at Lake Frederick to practice what we learned and enjoy a paddle on Lake Frederick! We will be on the water for roughly 3-4 hours and all equipment will be provided (unless you bring your own). Ensure you have enough water, a lunch and snacks, sunscreen, a good hat and a waterproof bag (Ziploc-type) for phones, keys, etc. as well as the items from Phase One.

Equipment Requirements: kayak, PFD, paddle, helmet, water shoes or tennis shoes (no sandals or flip flops allowed). Don't forget dry clothes to change into. Please let us know on your registration if you need additional equipment provided.

Age: 12+ **Location:** Sherando Pool & Lake Frederick

Registration Deadline: 5/19

Class#	Date	Day	Time	Fee
46751-A	5/27-5/28	Sa-Su	9A-2P	\$50

Registration Deadline: 6/16

Class#	Date	Day	Time	Fee
46751-B	6/24-6/25	Sa-Su	9A-2P	\$50

Registration Deadline: 7/21

Class#	Date	Day	Time	Fee
46751-C	7/22-7/23	Sa-Su	9A-2P	\$50



SWIM TEAM



FCPRD will have teams at both Clearbrook and Sherando Pools which will compete with other swim teams in the Shenandoah Valley Swim League. Meets will be on either Tuesday evenings or Saturday mornings, and swimmers must provide their own transportation to and from meets. Swim team will not take the place of swim lessons.

Registration Deadline: 6/1

Age: 5-18 **Location:** Clearbrook **Mascot:** Dolphins
Class# **Date** **Day** **Time** **Fee**
 46762-A 6/7-8/15 M-Th,Sa 8A-9P \$110

Age: 5-18 **Location:** Sherando **Mascot:** Sharks
Class# **Date** **Day** **Time** **Fee**
 46762-B 6/7-8/15 M-Th,Sa 8A-9P \$110

WATER AEROBICS



This class will offer you a great cardiovascular workout that will help increase muscle strength and endurance—without the damage to your joints! What a great way to end your day! Payment required onsite with a credit card.

Age: 13+ **Location:** Sherando Pool ****no class 6/22-6/30**
Date **Day** **Time** **Fee**
 6/5-8/10 T/Th 6-7P \$3

Age: 13+ **Location:** Clearbrook Pool
Date **Day** **Time** **Fee**
 6/5-8/10 M/W 6-7P \$3

YOUTH DEVELOPMENT SWIM TEAM



FCPRD is pleased to offer a development program for the swimmer that is not quite ready to compete on Swim Team. Refined stroke, breathing, flip turns, and proper diving will be introduced and practiced. This program does not take the place of swim lessons.

Registration Deadline: Sunday before session

Age: 5-18 **Location:** Clearbrook Park
Class# **Date** **Day** **Time** **Fee**
 46364-A 6/19-6/22 M-Th 10-10:45A \$50
 46364-C 7/3-7/7 M,W-F 6-7P \$50
 46364-E 7/17-7/20 M-Th 10-10:45A \$50
 46364-G 7/31-8/3 M-Th 6-7P \$50

Age: 5-18 **Location:** Sherando Park
Class# **Date** **Day** **Time** **Fee**
 46364-B 6/26-6/29 M-Th 10-10:45A \$50
 46364-D 7/10-7/13 M-Th 6-7P \$50
 46364-F 7/24-7/27 M-Th 10-10:45A \$50
 46364-H 8/7-8/10 M-Th 6-7P \$50

FREE MORNING LAP SWIM



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

Location: Sherando Pool & Clearbrook Pool
Date **Day** **Time** **Fee**
 6/6-8/3 M/W 8-9A Free

PRIVATE SWIM LESSONS

One on one private instruction will be offered. All private lessons must be scheduled through the main office. Please do not bring more than one child per lesson; each child must be registered individually. Instructor requests cannot be guaranteed. The registration deadline is Sunday at 11:59 p.m. for the following weeks session of lessons. ***NO CLASS 7/4**
Please note that private swim lessons will not be conducted at the same time as level 4 group swim lessons.

AT SHERANDO PARK

Registration Deadline: Sunday before lessons.
Age: 3+ **Lesson Fee:** \$20

Class#	Date	Day	Time
46764-A	6/5-8/3	M-Th	9-9:30 A
46764-B	6/5-8/3	M-Th	9:30-10A
46764-C	6/5-8/3	M-Th	10-10:30A
46764-D	6/5-8/3	M-Th	10:30-11A
46764-E	6/5-8/3	M-Th	6-6:30P
46764-F	6/5-8/3	M-Th	6:30-7P

AT CLEARBROOK PARK

Registration Deadline: Sunday before lessons.
Age: 3+ **Lesson Fee:** \$20

Class#	Date	Day	Time
46769-A	6/5-8/3	M-Th	9-9:30 A
46769-B	6/5-8/3	M-Th	9:30-10A
46769-C	6/5-8/3	M-Th	10-10:30A
46769-D	6/5-8/3	M-Th	10:30-11A
46769-E	6/5-8/3	M-Th	6-6:30P
46769-F	6/5-8/3	M-Th	6:30-7P

GROUP SWIM LESSONS

FCPRD follows the guidelines of the American Red Cross Learn to Swim program. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level. **We do not encourage you to sign up for more than one week of lessons at a time, we cannot adjust for situations where advancement was not met in the previous session. Our entire schedule of group swimming lessons is available on the next page.**

INTRODUCTION TO SWIMMING

This course is designed for 3-5 year olds. Interactive games and activities will be featured and are intended to encourage your child to enjoy the water. This class will help participants become more familiar and independent in the water. The focus of this class will include water entry and exit, underwater skills, floating and gliding with assistance, arm and leg action, and water safety.

LEVEL 1

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

LEVEL 2

Participants will learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

STROKE DEVELOPMENT (SD)

This program helps participants improve their swimming abilities and stroke development. They will learn survival floating, front crawl, and elementary backstroke at a fundamental level. Scissors and dolphin kicks will be introduced, along with rules for headfirst entries if the water is 9 feet deep or deeper. They will continue to improve their skills and endurance by adding arm actions to previously learned kicks, learning breaststroke, back crawl, and simple open turns.



Clearbrook Pool

GROUP SWIM LESSONS

Ages: 5+

Fee: \$40 / WEEKLY

Levels: Intro, 1, 2, 3, 4

WEEK 1 6/5-6/8

Class# 6001 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
S	1	10-11A
X	1	6-7P
P	2	9-10A
T	2	10-11A
Y	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Z	SD	6-7P

WEEK 2 6/12-6/15

Class# 6002 

Sec.	Level	Time
N	Intro	9-10A
S	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
T	1	10-11A
X	1	6-7P
P	2	9-10A
U	2	10-11A
Y	2	6-7P
Q	SD	9-10A
V	SD	10-11A
Z	SD	6-7P

WEEK 3 6/19-6/22

Class# 6003 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
V	Intro	6-7P
O	1	9-10A
S	1	10-11A
W	1	6-7P
P	2	9-10A
T	2	10-11A
X	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Y	SD	6-7P

WEEK 4 6/26-6/29

Class# 6004 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
S	1	10-11A
X	1	6-7P
P	2	9-10A
T	2	10-11A
Y	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Z	SD	6-7P

WEEK 5 7/3-7/6

Class# 6005 

Sec.	Level	Time
N	Intro	9-10A
S	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
T	1	10-11A
X	1	6-7P
P	2	9-10A
U	2	10-11A
Y	2	6-7P
Q	SD	9-10A
V	SD	10-11A
Z	SD	6-7P

WEEK 6 7/10-7/13

Class# 6006 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
V	Intro	6-7P
O	1	9-10A
S	1	10-11A
W	1	6-7P
P	2	9-10A
T	2	10-11A
X	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Y	SD	6-7P

WEEK 7 7/17-7/21

Class# 6007 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
S	1	10-11A
X	1	6-7P
P	2	9-10A
T	2	10-11A
Y	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Z	SD	6-7P

WEEK 8 7/24-7/27

Class# 6008 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
S	1	10-11A
X	1	6-7P
P	2	9-10A
T	2	10-11A
Y	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Z	SD	6-7P

WEEK 9 7/31-8/3

Class# 6009 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
V	Intro	6-7P
O	1	9-10A
S	1	10-11A
W	1	6-7P
P	2	9-10A
T	2	10-11A
X	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Y	SD	6-7P

WEEK 10 8/7-8/10

Class# 6010 

Sec.	Level	Time
N	Intro	9-10A
R	Intro	10-11A
W	Intro	6-7P
O	1	9-10A
S	1	10-11A
X	1	6-7P
P	2	9-10A
T	2	10-11A
Y	2	6-7P
Q	SD	9-10A
U	SD	10-11A
Z	SD	6-7P

Sherando Pool

GROUP SWIM LESSONS

Ages: 5+

Fee: \$40 / WEEKLY

Levels: Intro, 1, 2, 3, 4

WEEK 1 6/5-6/8

Class# 6001 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
J	Intro	6-7P
B	1	9-10A
F	1	10-11A
K	1	6-7P
C	2	9-10A
G	2	10-11A
L	2	6-7P
D	SD	9-10A
H	SD	10-11A
M	SD	6-7P

WEEK 2 6/12-6/15

Class# 6002 

Sec.	Level	Time
A	Intro	9-10A
F	Intro	10-11A
J	Intro	6-7P
B	1	9-10A
G	1	10-11A
K	1	6-7P
C	2	9-10A
H	2	10-11A
L	2	6-7P
D	SD	9-10A
I	SD	10-11A
M	SD	6-7P

WEEK 3 6/19-6/22

Class# 6003 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
I	Intro	6-7P
B	1	9-10A
F	1	10-11A
J	1	6-7P
C	2	9-10A
G	2	10-11A
K	2	6-7P
D	SD	9-10A
H	SD	10-11A
L	SD	6-7P

WEEK 4 6/26-6/29

Class# 6004 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
J	Intro	6-7P
B	1	9-10A
F	1	10-11A
K	1	6-7P
C	2	9-10A
G	2	10-11A
L	2	6-7P
D	SD	9-10A
H	SD	10-11A
M	SD	6-7P

WEEK 5 7/3-7/6

Class# 6005 

Sec.	Level	Time
A	Intro	9-10A
F	Intro	10-11A
J	Intro	6-8P
B	1	9-10A
G	1	10-11A
K	1	6-8P
C	2	9-10A
H	2	10-11A
L	2	6-8P
D	SD	9-10A
I	SD	10-11A
M	SD	6-8P

WEEK 6 7/10-7/13

Class# 6006 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
I	Intro	6-7P
B	1	9-10A
F	1	10-11A
J	1	6-7P
C	2	9-10A
G	2	10-11A
K	2	6-7P
D	SD	9-10A
H	SD	10-11A
L	SD	6-7P

WEEK 7 7/17-7/21

Class# 6007 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
J	Intro	6-7P
B	1	9-10A
F	1	10-11A
K	1	6-7P
C	2	9-10A
G	2	10-11A
L	2	6-7P
D	SD	9-10A
H	SD	10-11A
M	SD	6-7P

WEEK 8 7/24-7/27

Class# 6008 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
J	Intro	6-7P
B	1	9-10A
F	1	10-11A
K	1	6-7P
C	2	9-10A
G	2	10-11A
L	2	6-7P
D	SD	9-10A
H	SD	10-11A
M	SD	6-7P

WEEK 9 7/31-8/3

Class# 6009 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	10-11A
I	Intro	6-7P
B	1	9-10A
F	1	10-11A
J	1	6-7P
C	2	9-10A
G	2	10-11A
K	2	6-7P
D	SD	9-10A
H	SD	10-11A
L	SD	6-7P

WEEK 10 8/7-8/10

Class# 6010 

Sec.	Level	Time
A	Intro	9-10A
E	Intro	11-11A
J	Intro	6-7P
B	1	9-10A
F	1	11-11A
K	1	6-7P
C	2	9-10A
G	2	11-11A
L	2	6-7P
D	SD	9-10A
H	SD	11-11A
M	SD	6-7P



RUNNING

BATTLEFIELD TO BOARDWALK SUMMER VIRTUAL CHALLENGE

The Battlefield to Boardwalk Summer Virtual Challenge is an exciting way to explore some of Virginia's most historic sites and experience the beautiful boardwalk at Virginia Beach. Your journey will begin at the Third Battle of Winchester and end at the Neptune statue at the Virginia Beach boardwalk. The course, from end to end, is 308 miles. Not challenging enough? Turn around and make your way back to Winchester before the end of the challenge!

Registration Deadline: 6/3

Fee: \$25 **Location:** Virtual – wherever you'd like!

Date: 5/29-9/4 Register at RunAtTheTop.net

WALK THIS WAY: DISCOVER FREDERICK COUNTY PARKS

Walking is a wonderful way for older adults to be physically active while enjoying camaraderie and fellowship at the same time! The group will meet every other week to explore and enjoy our area's parks. Location schedule will be provided upon registration.

Registration Deadline: OPEN

Location: Rotates

Ages: 55+ Register at RunAtTheTop.net

Date	Day	Time	Fee
5/17-8/23	W	10-11A	FREE

SUMMER TRACK SERIES

The Summer Family Track Series is an exciting event that brings families together for weekly fun summer runs. Participants can expect to engage in friendly competitions and enjoy the thrill of running on a track. The series is open to all members of the family and encourages active participation from children and adults alike. Each week will offer a kid's 100 m. dash and one track event between 400 m. and 3200 m. Whether you're a seasoned athlete or just starting, the Summer Family Track Series is an excellent opportunity to stay active, spend time with loved ones, and create unforgettable memories.

Registration Deadline: 6/27

Location: Millbrook High School

Ages: 3+ Register at RunAtTheTop.net

Date	Day	Time	Fee
6/13-8/8	Tu	6-8P	\$25

Register at RunAtTheTop.net

RUN
AT THE TOP
FREDERICK COUNTY PARKS AND RECREATION

SHENANDOAH VALLEY ORTHODONTICS

KIDS' BLOOMIN' MILE

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

Registration Deadline: 5/5

Fee: \$25-\$35 **Location:** Handley High School

Date: 5/5 Register at RunAtTheTop.net



INTRO TO YOUTH TRIATHLON CLINIC

Are you ready to try the exciting and rewarding world of youth triathlon? We invite you to attend our FREE clinic for an introduction to the sport and learn about the upcoming Sherando Youth Triathlon. Join Frederick County (VA) Parks and Recreation and Super Splasher Aquatics to discuss the basics of a triathlon where you will learn tips on how to properly gear up and prepare. We'll also give you insight and advice on what to expect on race day, so you can confidently take the plunge and join the triathlon family.

Registration Deadline: 4/21

Fee: Free **Location:** Super Splasher Aquatics

Date: 4/23 **Time:** 4-5:15P

Register at RunAtTheTop.net

SUMMER YOUTH RUNNING CAMP

Youth Running Camp offers an excellent opportunity for participants to discover their love for running and cultivate a lifelong passion for the sport. The program provides valuable insights into running techniques, stretching exercises, and other information to make running both fun and enjoyable. Participants can look forward to engaging in various activities such as games, daily workouts, and a timed event to conclude the program. An ideal opportunity for kids to explore their athletic abilities and develop their skills while having fun!

Registration Deadline: 7/20

Location: Sherando Park, Rotary Shelter

Age: 9-13 Register at RunAtTheTop.net

Date	Day	Time	Fee
7/24-7/28	M-F	5:30-7:30P	\$60

VALLEY HEALTH 10K

PRESENTED BY PROCTER & GAMBLE

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!

Registration Deadline: 5/6

Fee: \$40-\$50 **Location:** Handley High School

Date: 5/6 Register at RunAtTheTop.net



Join us for a fun-filled day of swimming, biking and running in the annual Sherando Youth Tri!

Sherando Park in Stephens City, VA will be transformed into a one day challenging obstacle that includes a different distance per age group in the events of swimming, biking and running to make-up the Sherando Sprint Youth Tri. All skill levels are welcome.

Location: Sherando Pool & Park

Date: Sunday, June 25, 2023

Time: 8 AM

Packet Pickup: Saturday, June 24 at 9-11 AM

Age Groups and Distance:

7-8 (25-meter swim, 1-mile bike, .5-mile run)
 9-10 (75-meter swim, 3-mile bike, 1-mile run)
 11-12 (125-meter swim, 3-mile bike, 1-mile run)
 13-15 (125-meter swim, 3-mile bike, 1-mile run)





YOUTH SPORTS SAMPLER

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

Age: 5-8 **Location:** Evendale C.C.

Registration Deadline: 6/12

Class#	Date	Day	Time	Fee
48213-A	6/19-6/22	M-Th	9:30-11:30A	\$65

Registration Deadline: 7/17

Class#	Date	Day	Time	Fee
48213-B	7/24-7/27	M-Th	5:30-7:30P	\$65

KIDS SOCCER CAMP

Kids will learn the fundamentals of dribbling & passing, ball control, goal shooting, footwork, and fun games to improve their skills. Bring your own soccer ball.

Registration Deadline: 7/24

Age: 4-6 **Location:** Evendale C.C.

Class#	Date	Day	Time	Fee
48225-A	7/31-8/3	M-Th	5:30-7P	\$65

YOUTH BASKETBALL CAMP

Campers will work on fundamentals & skill development including ball handling, passing, shooting, offense/defense, & the basics of the game. Bring a small snack and water bottle each day.

Registration Deadline: 7/3

Age: 5-7 **Location:** Evendale C.C.

Class#	Date	Day	Time	Fee
48320-A	7/10-7/13	M-Th	9:30-11:30A	\$65

CO-ED YOUTH BASKETBALL CLINIC

Campers will work on fundamentals & skill development including ball handling, passing, shooting, offense/defense, & the basics of the game. Please bring a junior size or 28.5 size basketball, small snack and water bottle each day.

Registration Deadline: 6/28

Age: 7-10 **Location:** Evendale Community Center

Class#	Date	Day	Time	Fee
48374-A	7/5-7/7	W-F	10-11:45A	\$50

**REGISTER
EARLY** 

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

CAMPS & CLINICS

YOUTH FOOTBALL CAMP

P-51 Flag Football is a non-profit organization giving opportunities for local kids to play travel flag football on a national level. This camp aims to instill the knowledge and values that have served him well into the lives of the youth. Get your workouts early for your upcoming tackle and flag football seasons. The P-51 coaches will lead the camp with basic and specialize drills/stretchers. Participants will learn about the fundamentals of football to start their dreams of playing on Sunday's here.

Registration Deadline: 6/12

Age: 8-15 **Location:** Old Aylor MS Football Field

Class#	Date	DayTime	Fee
48321-A	6/19-6/22	M-Th 5-8P	\$70

WINCHESTER RISING STARS

BASKETBALL CAMP

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

Registration Deadline: 6/1

Age: 9-11 **Location:** Millbrook HS

Class#	Date	Day	Time	Fee
48420-A	6/5-6/9	M-F	9:00-11:00A	\$125

Age: 12-15 **Location:** Millbrook HS

Class#	Date	Day	Time	Fee
48420-B	6/5-6/9	M-F	11:30A-1:30P	\$125

BEACH VOLLEYBALL CAMP

Join us for one of the fastest growing sports in NCAA history! Clearbrook Park is home to the Blue Ride Volleyball Association and our amazing six court beach volleyball complex. This camp provides a comprehensive introduction to the sport, focusing on skill development with qualified and interactive coaches, with years of experience. Campers will learn passing, hitting, serving, rotation, and rules of the game.

Registration Deadline: 6/5

Location: Clearbrook Park

Age: 9-13

Class#	Date	Day	Time	Fee
48422-A	6/12-6/15	M-Th	9A-12P	\$60

BASEBALL CAMP

The program is designed for players of all levels and is aimed at developing a strong foundation of fundamental skills, such as hitting, pitching, base running, and fielding. Enjoy a fun, safe, and educational environment where players can develop their skills and love for the game. Whether you're a beginner or an advanced player, our Summer Baseball Camp is the perfect way to get ready for the upcoming season and take your game to the next level. Participants should bring their own glove, ball, and bat.

Registration Deadline: 6/22

Age: 5-15 **Location:** Sherando Park, Fields 1-4

Class#	Date	Day	Time	Fee
48324-A	6/26-6/29	M-Th	9A-12P	\$60

VOLLEYBALL CAMPS

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

Registration Deadline: 7/24

Age: 8-10 **Location:** Evendale Elementary

Class#	Date	Day	Time	Fee
48322-A	7/31-8/4	M-F	9A-1P	\$65

Age: 11-14 **Location:** Evendale Elementary

Class#	Date	Day	Time	Fee
48322-B	7/31-8/4	M-F	9A-1P	\$65



SAVE THE DATE

AUGUST 5TH

CAMPS & CLINICS

CO-ED LACROSSE CAMP

This camp is designed to introduce young athletes to the exciting sport of lacrosse and help them develop the skills they need to play the game. No prior experience is necessary-our experienced coaches will teach the fundamentals of the game in a fun and supportive environment. Throughout the four-day camp, participants will learn the basics of lacrosse including stick handling, passing, catching, shooting, and defense. We will also cover game strategies, team play, and sportsmanship. Our coaches will focus on individual instruction and provide plenty of opportunities for players to practice and improve their skills. At the end of the week, our campers will showcase their new skills in a scrimmage game, giving them the opportunity to apply what they've learned in a game-like setting. Each participant will also receive a camp T-shirt.

Registration Deadline: 7/9

Age: 7-14 **Location:** Sherando Park FLDS 6 & 7

Class#	Date	Day	Time	Fee
48449-A	7/17-7/20	M-Th	6-8P	\$75

TENNIS CAMPS

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

Registration Deadline: 6/15

Age: 4-17 **Location:** James Wood High School

Class#	Date	Day	Time	Fee
48346-A	6/19-6/23	M-F	9:30-11A	\$82

Registration Deadline: 7/6

Age: 4-17 **Location:** Sherando High School

Class#	Date	Day	Time	Fee
48346-B	7/10-7/14	M-F	9:30-11A	\$82



CHEER CAMP

This camp is designed for any level of cheerleader, from those new to those looking to improve their cheering foundation. The participants will be involved in many different activities throughout the week, with a performance at the end of the camp on Friday. All campers, please wear tennis shoes and bring a water bottle and snack daily.

Registration deadline: 6/28

Age: 5-15 **Location:** Sherando High School

Class#	Date	Day	Time	Fee
48323-A	7/10-7/14	M-F	9A-12P	\$65

SPEED & AGILITY CLINIC

This speed and agility clinic is designed to improve overall athletic ability and create better body awareness. Participants will learn how to run, jump, and change direction with proper technique. This would be helpful for any athlete getting ready for their next sports season or any middle school/high school athlete wanting to learn how to use their body more efficiently in order to improve athletic performance.

Registration Deadline: 6/7

Age: 11-13 **Location:** PRO Motion

Class#	Date	Day	Time	Fee
42475-A	6/10	Sa	8-9A	\$20

Age: 14-18 **Location:** PRO Motion

Class#	Date	Day	Time	Fee
42475-B	6/10	Sa	9-10A	\$20

BLUE RIDGE UNITED SOCCER CAMP

Blue Ridge United and FCPRD will be partnering up to provide a fundamental soccer camp for new and experienced players. This four-day camp will provide the campers an opportunity to learn more about the game of soccer while having fun playing the game they love. Participants will be introduced to the basic techniques and tactics of the game to improve their individual abilities and their ability to play within a team. Make sure to stick around and have the kids bring pool attire afterwards!

Registration Deadline: 7/30

Age: 9-14 **Location:** Sherando Park Soccer Fields

Class#	Date	Day	Time	Fee
48325-A	7/31-8/3	M-Th	9A-12P	\$80

CAMPS & CLINICS

WRESTLING CAMP

This weeklong 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 your child how to do basic moves associated with wrestling. Once skills are learned, all age groups will have a chance to wrestle in matches. All participants should dress in comfortable clothes and wrestling shoes are recommended, but not required.

Registration Deadline: 7/20

Age: 5-8 **Location:** Sherando HS

Class#	Date	Day	Time	Fee
48757-A	7/24-7/28	M-F	8:30-11A	\$50

Age: 9-13 **Location:** Sherando HS

Class#	Date	Day	Time	Fee
48757-B	7/24-7/28	M-F	8:30-11A	\$50

YOUTH DISC GOLF CLINIC

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

Registration Deadline: 7/21

Age: 4-18 **Location:** Sherando Park, FFA Shelter

Class#	Date	Day	Time	Fee
42382-A	7/28-7/28	F	10-11:30A	\$25
42382-B	7/28-7/28	F	12-1:30P	\$25
42382-C	7/28-7/28	F	2-3:30P	\$25

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

KIDS ON GOLF

Get into this hands-on introduction to golf! Skills needed to learn the game of golf will be explained and demonstrated and participants will practice these skills. On the final day, participants will use all these skills learned as they 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 lefthanded. Use the registration guidelines listed below.

Age: 7-13 **Location:** Appleland Sports

Registration Deadline: 6/12

Class#	Date	Day	Time	Fee
48358-A	6/19-6/23	M-F	9-11A	\$85
48358-B	6/19-6/23	M-F	9-11A	\$95

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
48358-C	7/18-7/21	Tu-F	9-11:30A	\$85
48358-D	7/18-7/21	Tu-F	9-11:30A	\$95

CONTINUING KIDS ON GOLF

This program takes Kids on Golf to the next level and is for those who have completed an introductory golf class. Instruction includes reviewed fundamentals, bunker play, course play, rules/etiquette, and course management. This program mixes excitement with lots of skill building and challenges with an included tournament being played on the following Friday (7/7). If you do not have your own clubs to use, FCPRD will have clubs available to use at an additional cost. Please indicate the player's height and if they are right or lefthanded.

Age: 7-13 **Location:** Appleland Sports Center

Registration Deadline: 6/19

Class#	Date	Day	Time	Fee
48371-A	6/26-6/30	M-F	9-11A	\$85
48371-B	6/26-6/30	M-F	9-11A	\$95

Registration Deadline: 7/18

Class#	Date	Day	Time	Fee
48371-C	7/25-7/28	Tu-F	9-11:30A	\$85
48371-D	7/25-7/28	Tu-F	9-11:30A	\$95

**REGISTER
EARLY** 

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

CAMPS & CLINICS

LIVE ON STAGE



Our annual teen summer theatre day camp is back for its eighth year. Selah Theatre's Live On Stage offers a concentrated summer training experience in the craft of acting. Teen actors will build characters, analyze objectives, and express interior emotions physically and vocally. Students discover how to work as an ensemble, gaining valuable leadership skills while having fun, making friends, and creating an original play. On the last day of camp, actors will present their original work to family and friends.

Age: 11-18 **Location:** Selah Theatre Project

Registration Deadline: 6/5

Class#	Date	Day	Time	Fee
47405-A	6/12-6/16	M-F	9A-1P	\$150

Registration Deadline: 6/19

Class#	Date	Day	Time	Fee
47405-B	6/26-6/30	M-F	9A-1P	\$150

Registration Deadline: 7/24

Class#	Date	Day	Time	Fee
47405-C	7/31-8/4	M-F	9A-1P	\$150

FAIRYTALE MASH-UP



Student actors take some of an original fairy tale and combine it with another, creating an entirely new story and plot. This one-week camp explores staging, story creation, literacy, costume coordination and ensemble work. On the last day of camp, actors will present their new fairy tale to family and friends.

Age: 7-11 **Location:** Selah Theatre Project

Registration Deadline: 5/29

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

Registration Deadline: 6/12

Class#	Date	Day	Time	Fee
47305-B	6/19-6/23	M-F	9A-1P	\$150

Registration Deadline: 7/17

Class#	Date	Day	Time	Fee
47305-C	7/24-7/28	M-F	9A-1P	\$150

LET'S GET DRAMATIC! CAMP



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

Registration Deadline: 8/3

Age: 8-11 **Location:** YDC

Class#	Date	Day	Time	Fee
45305 -A	8/7-8/9	M,W	9A-12P	\$70



BALLET CAMP



Creativity, dancing, and fun are all part of this weeklong ballet camp. 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 may stick around or drop their children off. Please make sure to also bring a water bottle and a snack.

Registration Deadline: 6/11

Age: 3-6 **Location:** Vostrikov's Academy of Ballet

Class#	Date	Day	Time	Fee
48101-B	6/19-6/23	M-F	9:30-11:30A	\$95

OH, THE DRAMA!



SCENE WORK & CHARACTER DEVELOPMENT CAMP

FCPRD is excited to partner with WLT for Kids! Workshops will include a wide variety of scenes, short one acts, theatre exercises, and games. The goal is to lead up to a presentation for family during the last class day.

Registration Deadline: 7/27

Age: 12-18 **Location:** YDC

Class#	Date	Day	Time	Fee
48405-A	7/31-8/4	M-F	10A-4P	\$195

CAMPS & CLINICS

THEATER CAMP (3 WEEK)

SpongeBob The Musical A summer intensive for young actors to flex their theatre muscles in a full production. A one-hour edition of the hit musical, specially tailored for young actors! Plunge into this stunning all-singing, all-dancing, dynamic stage show! When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world. With lives hanging in the balance and all hope lost, a most unexpected hero rises. The power of optimism really can save the world! An exciting new musical featuring irresistible characters and magical music, this deep-sea pearl of a show is set to make a splash with audiences young and old. The future is bright, the future is bold, the future is The SpongeBob Musical. **3-week camp with performances on June 17-18 & 24-25

Age: 8-19 **Location:** Laurel Ridge C.C.

Registration Deadline: 5/22

Class#	Date	Day	Time	Fee
48305-A	5/30-6/16	M-F	9A-4P	\$350

THEATER CAMP (3 WEEK)

Once a Pandora Box* A summer intensive for young actors to flex their theatre muscles in a full production. Once upon a time in New York City, Tabitha and her brother Louis discover a box sitting in the hall of their apartment. Curious, Tabitha opens the box, allowing five imprisoned fairy tale villains to escape. Free at last, the dastardly villains begin to wreck the apartment, but when they discover that writing in Tabitha's notebook will give them control of other fictional characters, things really get dicey. Will Tabitha harness the power of her storytelling? Or will the fairy tale villains run wild in New York? A clever comedy that demonstrates the importance of villains in every story. **3-week camp with performances on July 8-9 & 15-16

Registration Deadline: 6/12

Class#	Date	Day	Time	Fee
48305-B	6/19-7/7	M-F	9A-4P	\$350

**REGISTER
EARLY** 

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

MY FIRST PIGGY BANK

Earn, save, spend, donate! Let's learn about money! This innovative program provides a solid foundation on financial literacy for kids in a fun setting. Games and hands-on activities help campers internalize key concepts (like money, budgeting and saving) in an engaging and supportive environment fostering teamwork. Students use their arts & crafts skills to make their own piggy banks!

Registration Deadline: 7/2

Age: 5-9 **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
48287-A	7/10-7/14	M-F	9A-12P	\$185

PARK EXPLORERS NATURE CAMP

Get outdoors and learn about the natural world found in our park through crafts, games, and hikes in this week-long nature camp for elementary-age students. We will explore the trails, learn about wildlife, and get to know more about the habitats they call home!

Registration Deadline: 7/27

Age: 5-9 **Location:** Sherando Park Lions Shelter

Class#	Date	Day	Time	Fee
48251-A	7/31-8/4	M-F	9A-12P	\$150

BLAST OFF! ROCKET LAUNCH CAMP

This model rocket camp is designed for children ages 10 and up. During the camp, participants will learn to safely build and fly a model rocket under the expert guidance of members of the Northern Virginia Association of Rocketry Club. The approximately five-hour class will start by building an Estes Alpha III rocket which you can take home after the class. The rocket-building process will involve all the necessary steps, including designing, constructing, and launching the rocket. Children will also have the opportunity to perform various experiments with rockets and explore the science of rocket propulsion. By the end of the camp, participants will have the skills and experience to build and launch their own model rockets safely and responsibly. Parent involvement is highly encouraged. One rocket kit will be provided per participant registered.

Age: 10+ **Location:** SH Park Rotary Shelter

Registration Deadline: 6/7

Class#	Date	Day	Time	Fee
48410	6/10	Sa	8A-1P	\$50

CAMPS & CLINICS

ADVENTURE WEEKS: RIVER RIDERS HARPERS FERRY WV



Activities include white water rafting, tubing, zipline canopy tour, kayaking, canoeing, ropes courses, biking, and hiking (and more!) on the beautiful Shenandoah and Potomac Rivers (class I-III) in Harpers Ferry, West Virginia where Maryland, Virginia and West Virginia come together. Your weeks will include a unique opportunity to visit four National Park Service-Harpers Ferry National Park, Chesapeake and Ohio Canal National Park, Potomac National Heritage Trail, and Appalachian National Scenic Trail. Participants need to pack a lunch daily. **Parent or Guardian must complete all required paperwork and return to FCPRD (available at the time of registration.)

Age: 9-14 **Location:** Redbud Run Elementary School

Registration Deadline: 6/21

Class#	Date	Day	Time	Fee
48351-A	6/26-6/30	M-F	7:45A-5P	\$420

Registration Deadline: 7/5

Class#	Date	Day	Time	Fee
48351-B	7/10-7/14	M-F	7:45A-5P	\$420

Registration Deadline: 7/19

Class#	Date	Day	Time	Fee
48351-C	7/24-7/28	M-F	7:45A-5P	\$420

Registration Deadline: 8/2

Class#	Date	Day	Time	Fee
48351-D	8/7-8/11	M-F	7:45A-5P	\$420

ELEMENT SPORTS MOUNTAIN BIKE CLINIC



Are you tired of just watching videos of mountain biking and wish to learn the skills to shred the mountains yourself? Look no further than our introductory course taught by Element Sports! You'll be guided through the basics of mountain biking, including easy bike maintenance and pre-ride safety checks. Our goal is to get you hooked on this exhilarating outdoor activity and show you the path to a new adventure! Bring your bike, helmet, water bottle and let us take care of the rest!

Registration Deadline: 7/9

Age: 10-14 **Location:** Sherando Park

Class#	Date	Day	Time	Fee
48379-A	7/10-7/14	M-F	5-7P	\$75



YOUTH FISHING CAMP



Take advantage of this hands-on opportunity as our skilled instructors teach you the basics of casting, tying knots, and many other fishing techniques. Whether you're a first-time angler or looking to brush up on your skills, this class is perfect for you. Join us and become a confident fisherman in no time!**PLEASE NOTE: Fishing poles will not be provided so please make sure you bring your own.

The camp will be conducted at Clearbrook Park Boat Dock during Monday to Wednesday, and at Sherando Park Locke Gazebo during Thursday to Friday.

Age: 7-14

Locations: Clearbrook Park & Sherando Park

Registration Deadline: 7/23

Class#	Date	Day	Time	Fee
48386-A	7/31-8/4	M-F	8-11A	\$65
48386-B	7/31-8/4	M-F	1-4P	\$65

Registration Deadline: 7/30

Class#	Date	Day	Time	Fee
48386-C	8/7-8/11	M-F	8-11A	\$65
48386-D	8/7-8/11	M-F	1-4P	\$65

SPORTS MANAGEMENT



For the sports lover, future team General Manager, sports team owner or ESPN analyst, this unique program helps campers view the world of sports from a business perspective. Campers participate in fun mock drafts for various sports and analyze different sports topics, including player contracts, college sports, NIL, endorsements, the Nike vs Under Armour competition, sports agents, the Super Bowl, e-sports and more!

Registration Deadline: 7/16

Age: 9-13 **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
48387-A	7/24-7/28	M-F	9A-12P	\$185

CAMPS & CLINICS

AMERICAN SIGN LANGUAGE (ASL) CAMP

Ready to ignite your love of ASL? Come join the fun and explore with us—we've got all sorts of ASL activities to keep you learning and your eyes wide open!

Registration Deadline: 7/24

Age: 5-17 **Location:** East Coast Gymnastics and Cheer

Class#	Date	Day	Time	Fee
48316-A	7/26	W	9A-12P	\$50

FLIP FLOPPIN' FUN CAMP

Join our Flip Floppin' Fun Camp for the ULTIMATE gymnastics and ninja experience! Enjoy exciting games, crafts, and music, plus experience the warped wall all in just half a week!

Registration Deadline: 6/11

Age: 5-17 **Location:** East Coast Gymnastics & Cheer

Class#	Date	Day	Time	Fee
48390-A	6/13-6/15	Tu-Th	9A-3P	\$235
48390-B	6/13-6/15	Tu-Th	9A-12P	\$126

NERF BATTLE ROYALE DAY CAMP

Ready your arsenal & join the Battle Royale at Nerf Battle Royale Day Camp! Get tactical with teamwork, drills, & ranged target practice. Survive the zombie apocalypse & master stealth missions with NERF. Get set for a day of fun, building, & fast paced competition!

Registration Deadline: 7/4

Age: 5-17 **Location:** East Coast Gymnastics & Cheer

Class#	Date	Day	Time	Fee
48391-A	7/6	Th	9A-3P	\$65

BEAM BASICS CLINIC

Come join the Beam Basics Clinic – where learning is as fun as it is exciting! Learn new skills, perfect your beam work, practice progressions, and more. Let us help you take your gymnastics to the next level.

Age: 5-17 **Location:** East Coast Gymnastics & Cheer

Registration Deadline: 6/15

Class#	Date	Day	Time	Fee
49323-A	6/17	Sa	1:30-3:30P	\$30

WARPED WALL CLINIC

Beat that Wall! Master the techniques to build up the strength to help conquer the Warped Wall! This clinic is filled with conditioning and technique training that will give your Ninja an edge in their class!

Age: 5-17 **Location:** East Coast Gymnastics & Cheer

Registration Deadline: 7/13

Class#	Date	Day	Time	Fee
49323-B	7/15	Sa	1:30-3:30P	\$30

SUMMER GYM NINJA CAMP

Flip into Summer with East Coast Gymnastics & Cheer! Experience these weeklong camps that offer both whole day and half day options. Make memories with friends, enjoy exciting games and crafts, participate in gymnastics and ninja fun, and so much more!

Age: 5-17 **Location:** East Coast Gymnastics & Cheer

Registration Deadline: 6/15

Class#	Date	Day	Time	Fee
48388-A	6/19-6/23	M-F	9A-3P	\$350
48388-B	6/19-6/23	M-F	9A-12P	\$190

Registration Deadline: 7/13

Class#	Date	Day	Time	Fee
48388-C	7/17-7/21	M-F	9A-3P	\$350
48388-D	7/17-7/21	M-F	9A-12P	\$190

Registration Deadline: 7/27

Class#	Date	Day	Time	Fee
48388-E	7/31-8/4	M-F	9A-3P	\$350
48388-F	7/31-8/4	M-F	9A-12P	\$190



CAMPS & CLINICS

GUI ESPORTS CAMP

Join this exciting Esports camp to discover the world of competitive video gaming. Perfect for new gamers or anyone curious about Esports, the camp focuses on improving skills through various gaming components. Esports is now recognized by universities and high schools, with scholarships and varsity teams available. Campers get a t-shirt, certificate of completion, and free game time at the GUI Esports Gaming Center.

Age: 8-14 **Location:** GUI Esports Arena

Registration Deadline: 5/31

Class#	Date	Day	Time	Fee
48711-A	6/5-6/9	M-F	9A-12P	\$110
48711-B	6/5-6/9	M-F	1-4P	\$110

Registration deadline: 6/7

Class#	Date	Day	Time	Fee
48711-C	6/12-6/16	M-F	9A-12P	\$110
48711-D	6/12-6/16	M-F	1-4P	\$110

Registration deadline: 6/14

Class#	Date	Day	Time	Fee
48711-E	6/19-6/23	M-F	9A-12P	\$110
48711-F	6/19-6/23	M-F	1-4P	\$110

Registration deadline: 6/21

Class#	Date	Day	Time	Fee
48711-G	6/26-6/30	M-F	9A-12P	\$110
48711-H	6/26-6/30	M-F	1-4P	\$110

Registration deadline: 8/2

Class#	Date	Day	Time	Fee
48711-I	8/7-8/11	M-F	9A-12P	\$110
48711-J	8/7-8/11	M-F	1-4P	\$110

LITTLE INVENTORS

Are you ready to innovate? Get your creative juices flowing in this project-based program, where you will identify the need for an invention, think on your feet, and create structures and solutions. Campers also learn about famous inventors and internalize how recent innovations improve our lives.

Registration Deadline: 7/9

Age: 5-9 **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
48288-A	7/17-7/21	M-F	9A-12P	\$185

SU ESPORTS CAMP

Esports Camps hosted at Shenandoah University enable local gamers to train under the guidance of Esports coaches and collegiate players! Campers will improve their gaming skills and show them off to family and friends at the end of the week. Throughout the camp experience, campers will learn about effective training, teamwork and communication, healthy gaming habits, live streaming, and broadcasting.

Age: 10-18 **Location:** Shenandoah U. Esports Arena

Registration Deadline: 6/4

Class#	Date	Day	Time	Fee
48411-A	6/12-6/16	M-F	9:30A-3P	\$350

Registration Deadline: 6/11

Class#	Date	Day	Time	Fee
48411-B	6/19-6/23	M-F	9:30A-3P	\$350

Registration Deadline: 6/18

Class#	Date	Day	Time	Fee
48411-C	6/26-6/30	M-F	9:30A-3P	\$350

Registration Deadline: 7/2

Class#	Date	Day	Time	Fee
48411-D	7/10-7/14	M-F	9:30A-3P	\$350

Registration Deadline: 7/23

Class#	Date	Day	Time	Fee
48411-E	7/31-8/4	M-F	9:30A-3P	\$350

CODING CAMPS

This program introduces children to programming logic using Scratch, a drag-and-drop learning environment created by MIT Media Lab. Through coding blocks and characters, kids enhance their creativity and critical thinking while creating animated stories and games. The program offers lively graphics and a stress-free atmosphere for children to develop STEAM skills. **All supplies will be provided. More information can be found at thewillisacademy.com**

Age: 5-12 **Location:** Sherando Community Center

Registration Deadline: 6/18

Class#	Date	Day	Time	Fee
48311-A	6/26-6/30	M-F	9A-4P	\$350

Registration deadline: 7/23

Class#	Date	Day	Time	Fee
48311-B	7/31-8/4	M-F	9A-4P	\$350

WELLNESS

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 that want to improve strength, agility, flexibility, and balance as we age. Some Yoga experience is helpful. All levels are welcome.

Registration Deadline: Weekly on Monday

Age: 13+ **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
49712-A	5/3-6/21	W	5:30-6:30P	\$32
49712-B	5/3-5/3	W	5:30-6:30P	\$5
49712-C	5/10-5/10	W	5:30-6:30P	\$5
49712-D	5/17-5/17	W	5:30-6:30P	\$5
49712-E	5/24-5/24	W	5:30-6:30P	\$5
49712-F	5/31-5/31	W	5:30-6:30P	\$5
49712-G	6/7-6/7	W	5:30-6:30P	\$5
49712-H	6/14-6/14	W	5:30-6:30P	\$5
49712-I	6/21-6/21	W	5:30-6:30P	\$5

Registration Deadline: Weekly on Monday

Age: 13+ **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
49712-J	8/2-9/20	W	5:30-6:30P	\$32
49712-K	8/2-8/2	W	5:30-6:30P	\$5
49712-L	8/9-8/9	W	5:30-6:30P	\$5
49712-M	8/16-8/16	W	5:30-6:30P	\$5
49712-N	8/23-8/23	W	5:30-6:30P	\$5
49712-O	8/30-8/30	W	5:30-6:30P	\$5
49712-P	9/6-9/6	W	5:30-6:30P	\$5
49712-Q	9/13-9/13	W	5:30-6:30P	\$5
49712-R	9/20-9/20	W	5:30-6:30P	\$5

ALL LEVELS YOGA



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. All levels are welcome.

Registration Deadline: Weekly on Thursday

Age: 13+ **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
49512-A	5/6-6/17	Sa	9-10A	\$28
49512-B	5/6-5/6	Sa	9-10A	\$5
49512-C	5/13-5/13	Sa	9-10A	\$5
49512-D	5/20-5/20	Sa	9-10A	\$5
49512-E	5/27-5/27	Sa	9-10A	\$5
49512-F	6/3-6/3	Sa	9-10A	\$5
49512-G	6/10-6/10	Sa	9-10A	\$5
49512-H	6/17-6/17	Sa	9-10A	\$5

Registration Deadline: Weekly on Thursday

Age: 13+ **Location:** Sherando C.C.

Class#	Date	Day	Time	Fee
49512-J	8/5-9/23	Sa	9-10A	\$32
49512-K	8/5-8/5	Sa	9-10A	\$5
49512-L	8/12-8/12	Sa	9-10A	\$5
49512-M	8/19-8/19	Sa	9-10A	\$5
49512-N	8/26-8/26	Sa	9-10A	\$5
49512-O	9/2-9/2	Sa	9-10A	\$5
49512-P	9/9-9/9	Sa	9-10A	\$5
49512-Q	9/16-9/16	Sa	9-10A	\$5
49512-R	9/23-9/23	Sa	9-10A	\$5



Presented by



Free!

Register



Friday, May 12 · 5:00 - 8:00 pm · Ages 4 - 14

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



SPORTS & ATHLETICS

SUMMER BASKETBALL LEAGUE



Get ready to heat up the court this summer with our Summer Basketball Leagues! These leagues offer a fun and competitive environment to play, improve, and make new friends in a structured, organized setting. Lace up your sneakers and join us for a summer filled with fast-paced, high-flying basketball action! Register now to secure your spot. Please contact us at 540-665-5678 if you're interested in becoming a volunteer coach!

Registration Deadline: 5/28

Age: 7-14 **Location:** FCPRD Community Centers

Class#	Date	Day	Time	Fee
42320-A	6/12-7/26	M,W,Sa	6-9P	\$60
42320-B	6/12-7/26	M,W,Sa	6-9P	\$60
42320-C	6/12-7/26	M,W,Sa	6-9P	\$60

ADULT CO-ED BEACH VOLLEYBALL



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

Registration Deadline: 6/7

Age: 18+ **Location:** Clearbrook Park

Class#	Date	Day	Time	Fee
42522-A	6/19-8/18	F	5:30-8P	\$325

FLAG FOOTBALL CLINIC



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

Registration Deadline: 8/7

Age: 6-8 **Location:** Evendale C.C.

Class#	Date	Day	Time	Fee
48221-A	8/13-8/20	Su	4:30-6P	\$35



SPORTS & ATHLETICS

FLAG FOOTBALL CHEERLEADING

FCPRD is looking for you to help cheer on our flag football teams this fall. Games will be played on Saturdays starting in mid-September.

Registration Deadline: 8/8

Age: 5-12 **Game Site:** Old Aylor MS

Practice Location: Evendale

Class#	Date	Day	Time	Fee
52323-A	8/21-10/28	M-Sa	6-8P	\$55

Practice Location: Redbud

Class#	Date	Day	Time	Fee
52323-B	8/21-10/28	M-Sa	6-8P	\$55

Practice Location: Apple Pie

Class#	Date	Day	Time	Fee
52323-C	8/21-10/28	M-Sa	6-8P	\$55

Practice Location: Bass Hoover

Class#	Date	Day	Time	Fee
52323-D	8/21-10/28	M-Sa	6-8P	\$55

FALL FLAG FOOTBALL

Don't miss the excitement of FCPRD flag football! This league provides participants with plenty of action while learning new flag football skills. In some cases, schools are combined to fulfill team requirements. If game cancellations occur, games are scheduled on days other than the regularly scheduled Saturdays. All participants are required to have a mouthpiece to participate. Please indicate the school your child attends or lives near when registering.

Registration Deadline: 8/1

Location: Local Elementary Schools **Age:** K-1st

Class#	Date	Day	Time	Fee
52321-A	8/14-10/28	M-Sa	5:30-7:30P	\$45

Location: Local Elementary Schools **Age:** 2nd-3rd

Class#	Date	Day	Time	Fee
52321-B	8/14-10/28	M-Sa	5:30-7:30P	\$45

Location: Local Elementary Schools **Age:** 4th-5th

Class#	Date	Day	Time	Fee
52321-C	8/14-10/28	M-Sa	5:30-7:30P	\$50

Location: Local Elementary Schools **Age:** 6th-8th

Class#	Date	Day	Time	Fee
52321-D	8/14-10/28	M-Sa	5:30-7:30P	\$55

TEEN FENCING CLASSES

Our fencing programs introduce students to the many benefits of this Olympic sport. Beyond the fitness benefits, fencing promotes intellectual development, decision-making skills, self-discipline, and confidence, all taught in a safe, supportive environment. Please join us for a fun workout, fencing, and new friendships. Equipment is available for a one-time rental fee of \$15 payable to the instructor. **Meeting Times: Tuesday at 7:30-9 PM & Saturday at 11AM-12:30PM.**

Registration Deadline: 7/5

Age: 14-17 **Location:** Gainesboro C.C.

Class#	Date	Day	Time	Fee
17482-A	7/8-8/29	Tu,Sa	11A-9P	\$80

ADULT FENCING CLASSES

Our fencing programs introduce students to the many benefits of this Olympic sport. Beyond the fitness benefits, fencing promotes intellectual development, decision-making skills, self-discipline, and confidence, all taught in a safe, supportive environment. Please join us for a fun workout, fencing, and new friendships. Equipment is available for a one-time rental fee of \$15 payable to the instructor.

Registration Deadline: 7/5

Age: 18+ **Location:** Gainesboro C.C.

Class#	Date	Day	Time	Fee
17582-A	7/8-8/26	Sa	12:30-1:45P	\$55

YOUTH FENCING CLASSES

Our fencing programs introduce students to the many benefits of this Olympic sport. Beyond the fitness benefits, fencing promotes intellectual development, decision-making skills, self-discipline, and confidence, all taught in a safe, supportive environment. Please join us for a fun workout, fencing, and new friendships. Equipment is available for a one-time rental fee of \$15 payable to the instructor. **Meeting Times: Tuesday at 6:30-8 PM & Saturday at 10-11:30AM**

Registration Deadline: 7/5

Age: 8-13 **Location:** Gainesboro C.C.

Class#	Date	Day	Time	Fee
17782-A	7/8-8/29	Tu,Sa	10A-8P	\$80

SPORTS & ATHLETICS

SPRING YOUTH TENNIS

This program improves skills and helps players transition to playing tennis through fun activities and physical conditioning. It covers forehand, backhand, volleys, overhead, and serve techniques, and develops focus, confidence, conditioning, footwork, agility, and athleticism. The Youth Tennis program creates a family-friendly, group environment to engage youth and increase learning curves, encouraging enthusiasm and confidence to continue playing and improving.

Registration Deadline: 5/4

Age: 4-11 **Location:** Sherando High School

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

Age: 11-17 **Location:** Sherando High School

Class#	Date	Day	Time	Fee
32344-D	5/4-5/30	Tu,Th	6:30-7:30P	\$82

LITTLES' TENNIS LESSONS

This program intends to introduce the sport of tennis to young kids using upbeat, positive, and encouraging coaching to initiate and demonstrate the proper skills and stroke development to the participant.

Age: 3-5 **Location:** Sherando High School

Registration Deadline: 6/6

Class#	Date	Day	Time	Fee
42244-A	6/6-6/29	Tu,Th	5:15-6P	\$73

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
42244-B	7/11-8/3	Tu,Th	5:15-6P	\$73

Registration Deadline: 8/8

Class#	Date	Day	Time	Fee
42244-C	8/8-8/31	Tu,Th	5:15-6P	\$73

SUMMER YOUTH TENNIS

This program takes participants from basic skills to playing tennis, introducing key skills through fun activities and physical conditioning. Players will improve overall skills, learn forehand, backhand, volleys, overhead, and serve techniques, and gain self-confidence and better focus. The Youth Tennis program creates a fun, group environment to engage youth and increase their learning curve, developing skills to become enthusiastic and confident about continuing to play and improve.

Age: 5-11 **Location:** Sherando High School

Registration Deadline: 6/6

Class#	Date	Day	Time	Fee
12344-A	6/6-6/29	Tu,Th	5:30-6:30P	\$82

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
12344-B	7/11-8/3	Tu,Th	5:30-6:30P	\$82

Registration Deadline: 8/8

Class#	Date	Day	Time	Fee
12344-C	8/8-8/31	Tu,Th	5:30-6:30P	\$82

Registration Deadline: 9/5

Class#	Date	Day	Time	Fee
12344-D	9/5-9/28	Tu,Th	5:30-6:30P	\$82

Age: 11-17 **Location:** Sherando High School

Registration Deadline: 6/6

Class#	Date	Day	Time	Fee
12444-A	6/6-6/29	Tu,Th	6:30-7:30P	\$82

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
12444-B	7/11-8/3	Tu,Th	6:30-7:30P	\$82

Registration Deadline: 8/8

Class#	Date	Day	Time	Fee
12444-C	8/8-8/31	Tu,Th	6:30-7:30P	\$82

Registration Deadline: 9/5

Class#	Date	Day	Time	Fee
12444-D	9/5-9/28	Tu,Th	6:30-7:30P	\$82

**REGISTER
EARLY** 

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

SPORTS & ATHLETICS

SUMMER ADULT TENNIS LESSONS

The Adult Program progresses from basic skills to playing tennis with a workout format. It focuses on proper fundamentals, movement/conditioning drills, and skill-building games for all levels of adult players. It's an ideal choice for anyone who wants to get back into tennis, stay active, or learn the sport while improving their fitness.

Age: 18+ **Location:** Sherando High School

Registration Deadline: 5/4

Class#	Date	Day	Time	Fee
32544-B	5/4-5/25	Tu or Th	7:45-9P	\$65

Registration Deadline: 6/6

Class#	Date	Day	Time	Fee
12545-A	6/6-6/29	Tu or Th	7:45-9P	\$65

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
12545-B	7/11-8/3	Tu or Th	7:45-9P	\$65

Registration Deadline: 8/8

Class#	Date	Day	Time	Fee
12545-C	8/8-8/31	Tu or Th	7:45-9P	\$65

Registration Deadline: 9/5

Class#	Date	Day	Time	Fee
12545-D	9/5-9/28	Tu or Th	7:45-9P	\$65



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.

Registration Deadline: 5/1 **Age:** 18+

Location: Clearbrook Park

Class#	Date	Day	Time	Fee
12544-C	5/1-5/22	M	9:30-11A	\$65
12544-D	5/3-5/24	W	9:30-11A	\$65

Location: Sherando HS or James Wood HS

Registration Deadline: 5/11

Class#	Date	Day	Time	Fee
12544-B	5/11-6/1	Th	7-8:15P	\$65

Registration Deadline: 6/6

Class#	Date	Day	Time	Fee
12544-S	6/6-6/29	Tu or Th	9:45-11A	\$65
12544-F	6/6-6/29	Tu or Th	7-8:15P	\$65
12544-K	6/7-6/28	W	9:45-11A	\$65
12544-P	6/7-6/28	W	5:15-6:30P	\$65

Registration Deadline: 7/11

Class#	Date	Day	Time	Fee
12544-T	7/11-8/3	Tu or Th	9:45-11A	\$65
12544-G	7/11-8/3	Tu or Th	7-8:15P	\$65
12544-L	7/12-8/2	W	9:45-11A	\$65
12544-Q	7/12-8/2	W	5:15-6:30P	\$65

Registration Deadline: 8/8

Class#	Date	Day	Time	Fee
12544-U	8/8-8/31	Tu or Th	9:45-11A	\$65
12544-H	8/8-8/31	Tu or Th	7-8:15P	\$65
12544-M	8/9-8/30	W	9:45-11A	\$65
12544-R	8/9-8/30	W	5:15-6:30P	\$65

SPORTS & ATHLETICS

LIFEGUARDING CERTIFICATION



The 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 the 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. Both must be completed prior to attending the first session.

*Participants must be present for the duration of all the sessions. *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.

Registration Deadline: 5/4

Age: 15+ **Location:** Sherando Park

Class#	Date	Day	Fee
46565-A	5/18-5/22	M,Th-Su	\$285
46565-B	6/2-6/4	M,F-Su	\$285

LIFEGUARD RE-CERTIFICATION



Students who successfully complete this course will receive a certificate for Lifeguarding, First Aid, CPR and AED which is valid for 2 years. Participants must be present for the duration of all the sessions of the course and successfully pass both the written and skills portions of each class in order to become re-certified. Participants are expected to review the 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. Both must be completed prior to attending the first session.*Participants must be present for the duration of all the sessions. *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.

Registration Deadline: 5/1

Age: 15+ **Location:** Sherando Park

Class#	Date	Day	Time	Fee
36565-A	5/13-5/14	Sa, Su	9A-5P	\$138
36565-B	5/21-5/22	M, Su	9A-5P	\$138

MEN'S FALL SOFTBALL



Our countywide leagues will have a 14-game guarantee with a post season tournament and utilizing both Sherando and Stonewall Parks for game locations. Make-up games will be scheduled when and where space is available. Players must be 18 years of age to participate. Team roster form and league rules can be found at our website- www.fcprd.net 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.

Registration Deadline: 7/31

Age: 18+ **Location:** Sherando and Stonewall Park

Description: County Competitive

Class#	Date	Day	Time	Fee
52528-A	8/21-11/17	T,Th	6:30-9:30P	\$375

Description: Upper Recreational

Class#	Date	Day	Time	Fee
52528-B	8/21-11/17	T,Th	6:30-9:30P	\$375

Description: Lower Recreational

Class#	Date	Day	Time	Fee
52528-C	8/21-11/17	T,Th	6:30-9:30P	\$375

CO-REC FALL SOFTBALL



Registration Deadline: 7/31

Age: 18+ **Location:** Sherando and Stonewall Park

Class#	Date	Day	Time	Fee
52529-A	8/21-11/17	W,F	6:30-9:30P	\$325





FREDERICK COUNTY
PARKS & RECREATION

JULY 4TH

— CELEBRATION —

SHERANDO PARK

PARK OPEN ALL DAY & POOL OPEN LATE

Food Vendors:

Bam Bam's BBQ
3 Fires Oven Pizza
Two Smooth Dudes
Mattie's Soft Serve
Kona's Ice
Crim's Concessions

Amanda Wilkins Duo @ 5 PM
Let There Be Rock School Eastern Panhandle @ 6 PM
The Nathan Bartgis Band @ 7 PM
Fireworks @ 9:15 PM

PLEASE LEAVE PETS AT HOME · NO ALCOHOL





TRIPS & SPECIAL EVENTS

TOPGOLF



Get ready to tee off and show off your skills because this Topgolf trip promises to be a hole-in-one! Enjoy 2 hours of unlimited golf and experience Topgolf's cutting-edge technology as you play a variety of golf games to test your skills. Price includes transportation and 2 hours of unlimited gameplay with other members – appetizers included. ****PLEASE NOTE:** Passengers must be 8 years old or older to travel with us. An adult must accompany anyone under the age of 18.

Registration Deadline: 6/4

Age: 8+ **Drop off/Pick-up:** Redbud Run Elementary
Class# **Date** **Day** **Time** **Fee**
44754-B 6/12 M 11A-4P \$65

SIGNATURE LUNCH CRUISE WASHINGTON, DC



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. Afterwards, we will go visit the US Botanical Garden. Price includes transportation, ticket, and lunch. ****PLEASE NOTE:** Anyone under 18 must be accompanied by an adult.

Registration Deadline: 6/21

Age: 8+ **Drop off/Pick-up:** Sunnyside Plaza

Class# **Date** **Day** **Time** **Fee**
44750-B 7/14 F 9A-6:30P \$147

FILM-N-FLOAT MOVIE NIGHT



Experience the ultimate outdoor cinema at one of our Film-n-Float Movie Nights. Please bring a float to use and wear proper swimming attire. Traditional pool behavior will not be tolerated so come ready to relax and dive into a night of entertainment and fun!

Registration Deadline: 6/4

Location: Sherando Pool

Class#	Date	Day	Time	Fee	Movie
43769-A	6/10	Sa	7-11P	\$5	Finding Nemo

Registration Deadline: 7/30

Location: Clearbrook Pool

Class#	Date	Day	Time	Fee	Movie
43769-B	8/5	Sa	7-11P	\$5	Luca



TRIPS & SPECIAL EVENTS

RIVER RIDERS ADVENTURE TRIP

Enjoy a full day of outdoor activities as we visit River Riders Family Adventure Resort. Start the day with a Flat-Water Tubing float down the Shenandoah River followed by 2 hours of exploring new heights at the Adventure Park. Price includes transportation and tickets; food will not be provided so please bring your own lunch, snacks, and drinks. Food can be kept on the bus to eat between the Flat-Water Tubing float and the Adventure Park sessions. Depart Redbud Run Elementary parking lot at 8:15am; return approx. 5pm. ****PLEASE NOTE:** Passengers must be at least eight or older to travel with us. Anyone under 18 must be accompanied by an adult.

Registration Deadline: 5/26

Age: 8+ **Drop off/Pick-up:** Redbud Run Elementary

Class#	Date	Day	Time	Fee
44753-A	6/24	Sa	8:15A-5P	\$90

WASHINGTON DC MUSEUMS DAY TRIP

Embark on a journey of discovery and cultural enlightenment with a trip to the museums of Washington, DC. This city is home to some of the world's most famous museums, including the Smithsonian American Art Museum, the National Museum of American History, and the National Air and Space Museum. Price includes transportation; all other activities will be on your own (admission is free to all museums). Depart Sunnyside Plaza parking lot at 8am; return approx. 6pm. Expect to be in DC from 10am until 4pm. ****PLEASE NOTE:** Passengers must be at least eight or older to travel with us. Anyone under 18 must be accompanied by an adult.

Registration Deadline: 5/14

Age: 8+ **Drop off/Pick-up:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
44739-A	5/20	Sa	8A-6P	\$25

KIDS ON GOLF TOURNAMENT

Welcome to the exciting world of youth golf tournaments for kids! Our tournament is designed to provide young golfers with a fun and competitive experience while improving their skills and introducing them to the game of golf. Our tournament is open to all levels of experience, from beginners to advanced players. The competition is divided into different age categories (7-9) and (10-13), so every child has a chance to compete against their peers. The tournament is played on a beautiful golf course, providing a challenging and rewarding experience for every participant. Our goal is to create a positive and supportive environment for all participants. Prizes will be awarded to the top 3 golfers in each age group.

Registration Deadline: 6/30

Age: 7-13 **Location:** Appleland Sports Center

Class#	Date	Day	Time	Fee
43331-A	7/7	F	8-11A	\$20

19TH ANNUAL YOUTH SPORTS SCRAMBLE GOLF TOURNAMENT

This tournament raises funds for the Frederick County Parks and Recreation Youth Sports and Special Olympic programs. Everyone will receive a light lunch and complimentary range balls before the tournament. Awards will be given for the closest to the pins on par 3s and a longest drive award. Door prizes and dinner provided by Blue Ridge Shadows Golf Course will conclude the day of play. There will also be a chance for two golfers to take a shot at a \$1,000,000 hole in one! Don't miss out on this opportunity to support your local Parks and Recreation Department while having a great day out with friends and co-workers.

Registration Deadline: 8/2

Age: 21+ **Location:** Blue Ridge Shadows Golf Course

Class#	Date	Day	Time	Fee
42559-A	8/11	F	1-6P	\$400
42559-B	8/11	F	1-6P	\$100

GRAND OPENING

SATURDAY, JUNE 3RD • 10:30 AM - 2 PM

• RALLY FOR READING •

AMPHITHEATER @ BOWMAN LIBRARY

KIDS CONCERT, WILDLIFE SHOW, BOUNCE HOUSE, & MORE!



TRIPS & SPECIAL EVENTS

AMERICAN BALLET THEATRE AT WOLF TRAP



Experience an exciting new generation of American Ballet Theatre stars as they visit Wolf Trap for one of the world's most cherished ballets. A perfect fusion of music, movement, and drama, Giselle has been called American Ballet Theatre's best, most moving classical production (New York Post). Price includes transportation and admission; food and drinks will be on your own at the Filene Center Concessions. Show starts at 8:30pm. Depart Sunnyside Plaza at 5:30pm; return approx. 12:30am. ****PLEASE NOTE:** Passengers must be at least eight or older to travel with us. An adult must accompany anyone under 18.

Registration Deadline: 7/9

Age: 8+ **Drop off/Pick-up:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
44701-A	7/27-7/28	Th,F	5:30P-12:30A	\$90

WASHINGTON NATIONALS VS PHILLIES



Get ready for this NL East showdown as the Washington Nationals take on the 2022 National League Champion Philadelphia Phillies. Price includes transportation and game ticket; food and drinks will be on your own while at the game. Game time is 4:05pm. Depart Sunnyside Plaza at 12:30pm; return approx. 10pm. ****PLEASE NOTE:** Passengers must be at least eight or older to travel with us. Anyone under 18 must be accompanied by an adult.

Registration Deadline: 8/13

Age: 8+ **Location:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
44724-A	8/19	Sa	12:30-10P	\$65

BALTIMORE ORIOLES AT CAMDEN YARDS



Let us take you out to the ballgame! Join us as the Baltimore Orioles take on the 2022 World Series Champion Houston Astros at home in Camden Yards. Price includes transportation, ticket, and an All-You-Can-Eat buffet through the 7th inning that includes unlimited soft drinks, nachos, and pulled pork BBQ! First pitch is scheduled for 7:05pm. Depart Sunnyside Plaza at 3:30pm; return approx. midnight. ****PLEASE NOTE:** Passengers must be at least eight or older to travel with us. Anyone under 18 must be accompanied by an adult.

Registration Deadline: 8/3

Age: 8+ **Drop off/Pick-up:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
44733-A	8/8-8/9	Tu,W	3:30P-12A	\$80

CHARITY DOG WALK & POOL PAWTY



It's a day for the dogs at Sherando Park! Start the day by registering for our 2-mile charity dog walk! Dog walk participants will get a t-shirt, bandana & early VIP access to the pool prior to the public.

Starting at noon, bring your picnic blanket and take dip in the pool with your pup! Check out food and ice cream for purchase, pet-related vendors, dock diving demo, FCSO Color Guard, and more! Event entry is FREE. \$5 per dog to swim in the pool. Pool entry fees for this event will benefit Frederick County Esther Boyd Animal Shelter.

Location: SH Pool + Trails

Activity	Date	Day	Time	Fee
Dog Walk	9/23	Sa	10A	\$25

Activity	Date	Day	Time	Fee
Pool Pawty	9/23	Sa	12P	\$5



2 0 2 3

SUNSET

S E R I E S



OUTDOOR ENTERTAINMENT

AMPHITHEATER AT BOWMAN LIBRARY

6/8 BLUEGRASS POSSE

MUSIC FROM 6:30-8:30 PM

6/22 PUSS IN BOOTS: THE LAST WISH

MOVIE FROM 8:30-10PM

7/20 STRANGE WORLD

MOVIE FROM 8:30-10PM

8/10 HERB & HANSON

MUSIC FROM 6:30-8:30 PM

8/31 LIGHTYEAR

MOVIE FROM 8:30-10PM



LAWN GAMES • BOUNCE HOUSE • FOOD TRUCKS • SWEET TREATS & MORE!

ACTIVE ADULTS

GAD ABOUTS CLUB: MOTHER'S DAY LUNCHEON

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

Registration Deadline: 5/16 **Age:** 50+
Location: Sherando Park Rotary Shelter

Class#	Date	Day	Time	Fee
27538-E	5/19	F	11A-1P	FREE

GAD ABOUTS CLUB:

MORVEN PARK MANSION TOUR

Enjoy a tour of the gorgeous mansion and grounds at historic Morven Park and take in its 240-year history!

Registration Deadline: 7/18 **Age:** 50+
Depart: Sunnyside Plaza

Class#	Date	Day	Time	Fee
27538-K	7/21	F	8:45A- 3P	\$25

GAD ABOUTS CLUB: BOOK EXCHANGE AND QUARTERLY BUSINESS MEETING

We will have a short business meeting and do book exchange for those that want to participate. Bring your favorite book to trade and a brown bag lunch/drink!

Registration Deadline: 8/16 **Age:** 50+
Location: Evendale Elementary C.C.

Class#	Date	Day	Time	Fee
27538-L	8/18	F	11A- 2P	FREE

GAD ABOUTS CLUB: ANNUAL CLUB PICNIC

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

Registration Deadline: 9/11 **Age:** 50+
Location: Sherando Park Rotary Shelter

Class#	Date	Day	Time	Fee
27538-B	9/15	F	11A- 2P	FREE

GAINESBORO CLUB: MOTHER'S DAY LUNCHEON

Help us celebrate Mother's Day the Gainesboro Club way! Paid 2023 Club members will be treated to a delicious luncheon and an activity to celebrate Mother's Day! Dessert will be provided.

Registration Deadline: 5/21 **Age:** 50+
Location: Donato's Touch of Italy

Class#	Date	Day	Time
37676-A	5/16	Tu	11A-1P

GAINESBORO CLUB:

MUSEUM OF THE SHENANDOAH VALLEY

Join us for a guided garden tour at the Museum of the Shenandoah Valley, followed by a self-guided tour of the galleries. Dutch Treat Lunch afterward at IHOP on Rt. 50 in front of Wal-Mart.

Registration Deadline: 7/21 **Age:** 50+
Location: Museum of the Shenandoah Valley

Class#	Date	Day	Time	Fee
27638-D	7/25	Tu	9:45A-12P	\$10

GAINESBORO CLUB: BROWN BAG , SHOW & TELL AND QUARTERLY BUSINESS MEETING

We will have a short business meeting, then a Show and Tell—bring your art, craft, sing a song, whatever you like! Lunch will be brown bag on your own. Dessert will be provided.

Registration Deadline: 8/25 **Age:** 50+
Location: Gainesboro C.C.

Class#	Date	Day	Time	Fee
27638-E	8/28	M	11A- 2P	FREE

GAINESBORO CLUB: TURKEY HILL EXPERIENCE

It's a guaranteed to be a sweet day out! Come along with us to tour the Turkey Hill Factory, grab a Dutch Treat lunch, and road trip with friends. Price includes tour ticket and transportation.

Registration Deadline: 9/21 **Age:** 50+
Depart: Sunnyside Plaza

Class#	Date	Day	Time	Fee
27638-F	9/25	M	8A- 5P	\$40

ACTIVE ADULTS

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.

Registration Deadline: 8/20

Age: 50+ **Location:** Evendale C.C. (5/8 and 8/21) & Sherando C.C. (6/12 and 7/10)

Class#	Date	Day	Time	Fee
17717-I	5/8-8/21	M	10:30A-2P	\$28

TRIP TO THE MUSEUM OF THE BIBLE



WASHINGTON D.C.

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.

Registration Deadline: 6/28

Age: 50+ **Depart:** Sunnyside Plaza

Class#	Date	Day	Time	Fee
34632-C	7/12	W	7:45A-5P	\$33

ACTIVE ADULT PICNIC IN THE PARK



Help us ring in the summer with our annual picnic in the park (Club Members and non-club members welcome) and enjoy fellowship and fun in a beautiful park setting. We will have some activities available to get our brains and bodies up and moving. Also, musical guest Elijah Shiley and Family will be performing! Drinks, dessert, and BBQ courtesy of Jordan Springs Market will be provided. Located in the Brill Shelter at Clearbrook Park.

Registration Deadline: 6/13

Age: 50+ **Location:** Brill Shelter, Clearbrook Park

Class#	Date	Day	Time	Fee
43651-A	6/16	F	11A-3P	\$8

ACTIVE ADULT MYSTERY TRIP!



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

Registration Deadline: Wednesday preceding each trip

Age: 50+ **Location:** Depart Sunnyside Plaza at 9a.m return before 5p.m.

Class#	Date	Day	Time	Fee
27637-M	5/26	F	9A-5P	\$30
27637-D	6/23	F	9A-5P	\$30
27637-E	7/14	F	9A-5P	\$30
27637-F	9/1	F	9A-5P	\$30

WALK THIS WAY: DISCOVER FREDERICK



COUNTY PARKS

Walking is a wonderful way for older adults to be physically active while enjoying camaraderie and fellowship at the same time! The group will meet every other week to explore and enjoy our area's parks. Location schedule will be provided upon registration.

Registration Deadline: OPEN

Location: Rotates

Ages: 55+ Register at RunAtTheTop.net

Date	Day	Time	Fee
5/17-8/23	W	10-11A	FREE





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

PRST STD
U.S. Postage
PAID
Winchester, VA
Permit No. 147