

SUMMER 2015
ROCK ON!



FREDERICK COUNTY
PARKS & RECREATION

THE FREDERICK COUNTY PARKS AND RECREATION DEPARTMENT STAFF

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THE FREDERICK COUNTY PARKS AND RECREATION COMMISSION

The Parks and Recreation Commission meets every second Tuesday at 7 p.m. at various locations. Call 665-5678 for additional information or if you wish to address the Commission.

Charles “Rusty” Sandy.....	Chairman,
	Member at Large
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The Frederick County Parks and Recreation Department Activities Guide is published five times per year with a special summer camps issue in early spring. To receive your free copy, call 540-665-5678. Information in this publication is also available on our web site: fcprd.net

The Frederick County Parks and Recreation Department reserves the right to photograph and videotape all activities, events, classes, programs, and facilities for promotional purposes.

FROM THE STAFF...CHRIS KONYAR

What did you do this winter? We spent it planning summer! On the following pages you will find so many great camps, it could be hard to make up your mind!

Great returning camps include Digital Photography and Pound, Paint, Create; Kids on Golf and Continue A Kid On Golf continue to be popular and Young Riders is back for the horse enthusiasts! Adventure Weeks and Zip Line Adventure return as well, along with Wrestling Camp, Cheer Camp, and a full lineup of tennis programs.

New this year is Youth Archery Stage 2, the next step to Youth Archery and Lacrosse Camp, offered with Highland School in Warrenton.

Two new and exciting basketball camps include the Washington Mystics 2-Day Clinic and we teamed up with the Winchester Storm to a full week of fundamentals, drills and scrimmages. These two awesome camps are on page 11!

Of course, CAMP basicREC is back - this summer at FOUR locations and now with a DAILY OPTION, just like the school year! All information on CAMP basicREC and the themes for summer (listed under Pick-A-Week) are on pages 12-13. Premium Camps also return allowing for some part-day camps to be wrapped into a full day option.

PREMIUM CAMPS

If your family or a family you know needs assistance with these or any other parks and rec youth programs, check out the information on the PLAY Fund on page 15 - **because every child deserves the opportunity to PLAY!**

It's going to be a great summer and we look forward to keeping kids busy and happy!

Register Online Now
fcprd.net

INSIDE...

Enrichment/The Arts...3-4
Golf, golf, golf...5
Sports Camps...6-10
First Annual Sherando Challenge Mountain Bike Race...9
Serve It Up Volleyball Camp/Kick It Up Soccer Camp...10
Youth Triathlon...11
Mystics Basketball Clinic/Winchester Storm Basketball Camp...11
CAMP basicREC/Pick-a-Week/Premium Camps...12-14
The PLAY Fund...15
Fall Flag Football...15
Pools/Swim Team/Swim Lessons...16-20
Registration Information...21
At the Parks...22-23

STAY CONNECTED WITH
FREDERICK COUNTY
PARKS AND REC!



DIGITAL PHOTOGRAPHY

AGES 8-14

Instructed by Pictures Plus/O'Roke Photography
Join the professional staff for an action packed camp adventure! Campers will experience "hands on" working with portrait, action, landscaping and more. Learn to download, upload, manipulate and print images. This camp is for those with any level of experience. A full camp day option is also available.

Fee: \$80

Activity #2233-A

Day(s): M-F

Date(s): 7/20-24

Time: 9-11 a.m.

Location: SH, Sandy Shelter

Registration deadline: 7/15 at noon

REQUIREMENTS :

Digital camera (Loaners are available upon request; please request loaner at time of registration)

Be prepared to be walking outdoors.

Bring daily: refillable water bottle, sunscreen, hat/visor, sunglasses, notebooks/pen and wear sneakers; no flip flops.

Photography with full day option

Fee: \$165

Activity #1126-K

Day(s): M-F

Date(s): 7/20-24

Time: 7:30 a.m.-5:30 p.m.

Location: SH

Registration deadline: 7/17 at noon

Drop off at the Multi Purpose Room at Sherando

High School; pick up at the pool

In addition to the above list: bring the following non perishable lunch

*bathing suit/towel

POUND PAINT CREATE

Instructor: Emily Rhodes, Polka Dot Pot

A new experience every day! Each camper will throw a pot on the wheel, learn how to hand build with clay, fuse glass and experiment with different painting techniques. Wear clothes that can get messy. Bring water and a snack.

For each session:

Fee: \$130

Day(s): M-F

Time: 9 a.m.-noon

Location: Polka Dot Pot, 7 N. Loudoun St.

Activity #	Date	Registration deadline
2232-A	6/15-19	6/10
2232-B	7/6-10	6/30
2232-C	8/3-7	7/29

ART AT SHERANDO

AGES 6-10

Instructor: Carol Erickson

Let the creativity begin. Participants will work with different mediums and will have completed projects to take home. Campers will also be spending time walking outdoors to discover sketchable objects. Please bring a smock or over size

t-shirt-art projects can get messy!

Bring a refillable water bottle, simple snack, hat, sunglasses, sunscreen and a small backpack for your personal items.

Fee: \$60

Activity #2206-C

Day(s): M-F

Date(s): 7/20-24

Time: 9-11:30 a.m.

Location: MPRSH

Art At Sherando with full day option

Fee: \$165

Activity #1126-D

Day(s): M-F

Date(s): 7/20-24

Time: 7:30 a.m.-5:30 p.m.

Location: MPRSH

Registration deadline: 7/17 at noon

Drop off at the Multi Purpose Room at Sherando

High School; pick up at the pool

In addition to the above list: bring the following non perishable lunch

*bathing suit/towel

YOUNG ARTISTS SUMMER SERIES

AGES 7-11

Instructor: Kellee Walters

Participants will learn how to use and use many different materials to create artwork. We will use paint, markers, pencils and different types of paper. All supplies included, but please bring a smock or over size t-shirt. Two sessions available.

For each session:

Fee: \$39

Day(s): T

Time: 6:45-8 p.m.

Location: GWMES

Activity # Date(s)

2206-P 6/9-6/23

2206-QQ 7/7, 14, 28; no class 7/21

BALLET

AGES 3-5

Instructor: Jennifer Turman Bayliss, Sunshine Studio

Young ballerinas are invited to join us for a fun filled and creative class. Basic ballet will be introduced and practiced along with opening up your child's imagination through creative dancing.

Participants must be potty trained (or if not parent must stay on site). Please bring water and a simple snack. Ballet slippers required.

Fee: \$86

Activity #2230-T

Day(s): M-F

Date(s): 7/13-17

Time: 10 a.m.-noon

Location: MPRSH

AQUAPONICS

Hosted by TEENS, Inc

Sustainable agriculture? Organic gardening? Interested in learning more? Join us to learn how fish and produce are raised and grown. Aquaponics is the result of combining aquaculture (raising fish), and hydroponics (growing plants in water). All ages are welcome; youth under 12 must bring a parent. You will also tour the facility and see what it is all about.

Fee: \$15

Activity #2033-B

Day(s): S

Date(s): 5/16

Time: 10-11 a.m.

Location: TEENS Inc; 2212 N. Frederick Pike (522N)

DRAMA

AGES 8-11

Instructor: Joan Rempfer

Ham it up! Act it out! Young actors and actresses will learn about stage performance and perform for family and friends. Learn about memorizing lines, voice tones and animation, stage placement and presence, how to throw your voice to be heard and especially have FUN performing. The performance will be open to friends and family on the last day of the program-specific information about time will be discussed during the camp. Please bring refillable water bottle and a simple snack.

Fee: \$70

Activity #2024-J

Day(s): M-TH

Date(s): 6/22-6/25

Time: 8 a.m.-noon

Location: SHHS, stage/auditorium

AMERICAN RED CROSS BABYSITTING TRAINING

AGES 11

Great class for those who want to begin babysitting and for those already babysitting. Participants will engage in hands on activities, watch videos and participate in instructor led discussions. Topics covered will include: safety, basic care, responsibility and play. Basic elements of first aid will be covered. Please bring non perishable lunch, beverage, snack and note taking materials. Everyone will receive a handbook.

For each session:

Fee: \$90

Time: 8:30 a.m.-4 p.m.

American Red Cross; 561 Fortress Drive

Activity #	Day(s)	Date(s)	Registration deadline
2212-X	T	6/16	6/2
2212-Y	TH	6/25	6/11

ENGINEERING FUNDAMENTALS W/ LEGO® AGES 7-11

Instructed by: Play-Well TEKologies

Power up your engineering skills or create new skills! Apply real world concepts in physics, engineering, and architecture through engineer designed projects.

Campers will design and build like never before and will explore creative ideas.

With the staff and a lot of LEGO's®, campers will build bridges, skyscrapers, motorized cars and more. Campers will work in small groups and independently. Bring water and a non-perishable snack.

For each session:

Fee: \$140

Day(s): M-F

Time: 1-4 p.m.

Location: MPRSH

Activity # **Date(s)** **Registration Deadline**

2030-B 6/22-26 6/16 at 4 p.m.

2030-C 7/27-31 7/21 at 4 p.m.

LEGO® PRE-ENGINEERING AGES 5-6

Instructed by: Play-Well TEKologies

Let your imagination run wild with thousands of LEGO's®. Build projects such as boats, bridges, mazes and motorized cars using special pieces to create your own unique design. Explore the endless creative possibilities. Participants must be able to work together in small groups. Bring water and a non-perishable snack.

For each session:

Fee: \$140

Day(s): M-F

Time: 9 a.m.-noon

Location: MPRSH

Activity # **Date(s)** **Registration Deadline**

2030-A 6/22-26 6/16 at 4 p.m.

2030-D 7/27-31 7/21 at 4 p.m.

ASTRONOMY AGES 8-12

Instructor: Dottie Edwards

Join us in a world of exploration and learning. Each participant will put together a Galileo telescope and learn how to use it. We will spend time observing, learning about solar systems and more. All supplies will be included. Bring refillable water bottle, simple snack, sunscreen, hat/visor, notebook, pen. Wear sneakers. We will be spending time outdoors.

Fee: \$60

Activity # 2036-G

Day(s): T-TH

Date(s): 6/23-25

Time: 9 a.m.-noon

Location: EVES

YOUNG RIDERS CAMP AGES 7-15

Conducted by: Hunter's Bay Sport Horses LLC

If you are interested in horseback riding, then the perfect experience is waiting for you at Hunters Bay Sport Horses LLC. This camp is geared for the young horse enthusiast. Campers will be introduced to riding, caring, grooming, and much. Hunters Bay Sport Horses LLC will provide campers with four days filled with horse activities and time in the saddle finished with a fun horse show and a camp memorabilia item. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals or flip flops) and bring their own riding helmet that meets or exceeds current standards (ASTM F1163-04a/SEI). Bike helmets will not be allowed. Helmets can be purchased at many different area locations at prices from \$35.00 and up. It is important that riders have a helmet that is specifically fit to them to ensure both comfort and safety. Space is limited so sign up today!

For each session:

Fee: \$285

Day(s): M-TH

Time: 9 a.m.-3:30 p.m.

Location: Hunter's Bay Sport Horses LLC, 439

Reliance Rd. Middletown, VA 22645

Website: www.horselocate.com

Activity # **Date(s)** **Registration deadline**

7114-A 6/22-25 6/15

7114-B 6/29-7/2 6/22

7114-C 7/13-16 7/6

7114-D 7/20-23 7/13

7114-F 7/27-30 7/20

MONTHLY MOVERS AGES 10-14

Get out of town with FCPRD this summer for our Monthly Mover trips! Water park and zipline price includes entry fees into field trip destinations and transportation. All trips leave from the Armel Elementary School parking lot—see individual trip descriptions for times and further instructions (lunch, necessary forms if any, what to wear, etc.)

Participants must wear sunscreen daily and bring extra SPRAY sunscreen with them.

MASSANUTTEN WATER PARK MASSANUTTEN RESORT VA

Spend the day with us in this indoor/outdoor water park with slides, a wave pool, and much MORE!

Fee: \$35

Activity # 5113-D

Day(s): W

Date(s): 7/1

Time: Depart Armel Elementary parking lot at 10:30 a.m.; return approx. 5:30 p.m.

Registration deadline: 6/29

Participants must bring swim suit and money to purchase lunch!

BRYCE RESORT ZIP LINE ADVENTURE BASYE VA

Spend the day in the skies—harnessed to cables!

Fee: \$55

Activity # 5113-B

Day(s): W

Date(s): 8/5

Time: Depart Armel Elementary parking lot at 9:30 a.m.; return approx. 4 p.m.

Registration deadline: 8/3

Please note: participants must wear sneakers and pack a non-perishable lunch. Also, all required forms (see attachment to receipt) must be completed and returned to FCPRD before the trip



KIDS ON GOLF

AGES 7-13

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

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 of these skills learned as they play the par 3 course. If you do not have your own clubs to use, FCPRD will have clubs available to use at an additional cost. Please indicate player's height and if they are right or left handed. Use the registration guidelines listed below.

For each session:

Fee: \$85 with clubs; \$95 with use of FCPRD clubs

Day(s): M-F

Time: 9-11:30 a.m.

Location: Appleland Sports Center

Session I:

Activity #7000-A with your own clubs

Activity #7000-B with use of FCPRD clubs

Date(s): 6/22-26

Registration deadline: 6/18

Session II:

Activity #7000-C with your own clubs

Activity #7000-D with use of FCPRD clubs

Date(s): 7/20-24

Registration deadline: 7/16

CONTINUE A KID ON GOLF

AGES 8-14

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

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

For each session:

Fee: \$75

Day(s): M-F

Time: 9-11 a.m.

Location: Appleland Sports Center

Session I:

Activity #7001-A

Date(s): 6/29-7/3

Registration deadline: 6/25

Session II:

Activity #7001-B

Date(s): 7/27-31

Registration deadline: 7/23

MINI GOLF CLINIC

AGES 8-14

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

This three day instruction offers youth an opportunity to pick up those special skills. Golfers must provide their own clubs. This will be a condensed clinic focusing on the fundamentals such as grip, alignment, ball position, posture, etc. You will also spend time learning etiquette, proper club selection, and putting and chipping. Prior experience not required but preferred.

For each session:

Fee: \$55

Time: 9-11 a.m.

Location: Appleland Sports Center

Session I:

Activity #7002-A

Day(s): W-F

Date(s): 6/10-12

Registration deadline: 6/8

Session II:

Activity #7002-B

Day(s): M-W

Date(s): 8/10-12

Registration deadline: 8/6

EVENING GOLF FOR KIDS

AGES 7-13

Days full with other camps? How about filling some nights, too! Each evening will blend fun aspects with learning and on the final evening participants will have an opportunity to play some holes on the regulation course. Golfers must provide their own clubs. Proper golf attire and etiquette required.

For each session:

Fee: \$68

Day(s): M-F

Time: 5-7 p.m.

Location: Rock Harbor Golf Course

Session I:

Activity #7003-A

Date(s): 7/6-10

Registration deadline: 7/2

Session II:

Activity #7003-B

Date(s): 8/3-7

Registration deadline: 7/30

GOLF TOURNAMENT FOR KIDS

AGES 7-13

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

Test your golf skills in this junior golf tournament. Trophies and prizes will be awarded to each age division. All players will tee off at the same tee marker. Golfers must provide their own clubs. Proper golf attire and etiquette is required. PGA Pro Brent Baker will pair up 3 players per team.

For each session:

Day(s): TH

Date(s): 8/13

Rain date: 8/14

Location: Appleland Sports Center

Fee	Activity #	Ages	Time	Holes
\$20	7004-A	7-9	8:30-10:30 a.m.	6
\$25	7004-B	10-13	11-2 p.m.	12

Registration deadline: 8/11



YOUTH ARCHERY

AGES 9-17

Instructor: Robert "Bob" Clark, National Archery in the Schools & The School of Advanced Archery Certifications

This Monday through Friday Archery Program will teach the basics of shooting a compound bow safely and effectively. Scoring games will be used to test form and accuracy. Participants will learn proper handling, bow and arrow usage, and discuss the importance of range safety. The program is also intended to provide the necessary guidance for the recreation archer who is interested in archery for the enjoyment of shooting a bow and arrow. There is no need to bring your own bow, because all equipment is provided. A great time will be had by all!

The instructor, Bob Clark is a long time archer. He is the 2011 IBO World Champion, a 9 time IBO National Champion, 2 time IBO shooter of the year, several NFAA Indoor State Championships, WV Master Hunter, and WV Bow Hunter of the Year.

For each session:

Fee: \$79

Day(s): M-F

Location: SH, Ruritan Shelter

Activity #	Date(s)	Time	Registration deadline
7225-E	6/22-26	9-10:20 a.m.	6/18
7225-A	8/24-8/28	6-7:20 p.m.	8/20

YOUTH ARCHERY STAGE 2

This session is an extension of the original "Youth Archery".

Participants will learn proper handling, bow and arrow usage, basic archery fundamentals and discuss the importance of range safety. Archers are expected to be able to pick-up from one of the previous "Youth Archery" sessions. Archers will be shooting from a further distance during this session.

For each session:

Fee: \$79

Day(s): M-F

Location: SH, Ruritan Shelter

Activity #	Date(s)	Time	Registration deadline
7225-F	6/22-26	10:30-11:50 a.m.	6/18
7225-B	8/24-28	7:30-8:50 p.m.	8/20

ADVENTURE WEEKS

AGES 9-14

Outdoor Adventure Camp provides unforgettable experiences in beautiful Harpers Ferry, WV! Campers will get to experience the natural beauty of the outdoors while challenging themselves with new and unique adventures such as white water rafting, kayaking, climbing at the Aerial Adventure Park, zip lining, tubing and more! All activities provide beginner to intermediate excitement for any child in need of a change of pace. The zip line canopy tour features 8 zips, varying from 200-800 feet in length, and takes place along the Potomac River where your camper will see historic sites from new heights! The Aerial Adventure Park is a favorite where campers explore 5 aerial obstacle trails at their own pace by leaping through the hanging lily pads, wiggling through the wobble bridge and getting stumped on the tree stump ladder. Campers will also come away from camp having learned the basics of river safety and guiding through different experiences on the Shenandoah and Potomac river. Throughout the summer our adventure camps will provide your child with lifelong memories, as well as transportation from a nearby location. This week is a camper favorite where they will spend their days having fun in the sun. Other activities will include hiking, stand-up paddle boarding and a Thursday field trip to paintball and go-karts! The week ends with an all-day rafting trip and pizza party!

All activities are facilitated by River Riders' highly trained guides, who make it their goal to share their experience and passion for adventure and the outdoors with your child. Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration.)

Fee	Activity#	Dates	Days	Registration deadline
\$300	5100-A	6/22-26	M-F	6/17
\$300	5100-C	8/10-14	M-F	8/5

Time: 7:45 a.m.-5 p.m.

Location: RBES, parking Lot

Participants need to pack a lunch daily

ZIP LINE ADVENTURES DAY!

CHAIRLIFT - ZIP LINE - MOUNTAIN TUBING

AGES 8-14

A day of nonstop fun! New at Bryce is the Mountain Zip Line, a series of interconnected lines that takes adventurers from the top of the chairlift to the bottom of the mountain, flying through the air harnessed to cables. The mountain also continues its popular snow tubing excitement in the summer with Mountain Tubing, providing excitement as participants fly down synthetic snow atop summer tubes. Participants will be divided into age/ability appropriate groups to rotate through activities.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Check list will be provided upon registration.

Fee: \$55

Day(s):

Activity #	Date(s)	Registration deadline
5106-A	6/17	6/14
5106-B	7/15	7/12

Time: 9:30 a.m.-3:45 p.m.

Pickup/Drop-off: SH Parking lot across from Pool

Participants need to pack a lunch daily

LACROSSE CAMP

AGES 8-14

For the first time ever, players of all levels are welcome to join Highland School's (Warrenton, Virginia) lacrosse coach for a week of skill development, team concepts, game play and fun. Lacrosse, which has been called "the fastest game on two feet", has exploded in popularity throughout the United States. During this camp, you will work on an artificial turf field to learn the fundamentals and techniques you will need to become a skilled player. Each camper will be placed into the age appropriate and skill based group. Upon returning to Frederick County, campers will have the opportunity to spend the rest of the afternoon enjoying the pool facilities at Sherando.

Bus transportation will be provided from Sherando Rotary Shelter. Please bring your own equipment and a packed lunch.

Fee: \$225

Activity #5107-A

Day(s): M-F

Date(s): 7/6-10

Time: 7 a.m.-4 p.m.

Location: Highland School Warrenton Virginia

Registration deadline: 7/3

WRESTLING CAMP

AGES 6-12

Instructed by: John Campbell, Aylor Middle School Wrestling Coach

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

Each camper should bring a water bottle and small snack daily. Each participant will also receive a camp T-shirt, so please signify the child's shirt size at registration.

Fee: \$65

Activity #7111-A, ages 6-8

Activity #7111-B, ages 9-12

Day(s): M-F

Date(s): 7/27-31

Time: 8:30-10:30 a.m.

Location: SHHS, Wrestling Room

Registration deadline: 7/16

CHEER CAMP

RIISING 1ST- RISING 6TH GRADERS

Go, Fight, Win! The Sherando High School Varsity Cheerleaders are pumped up and excited to introduce camp participants to dance, basic stunting, techniques, and other fundamentals of cheerleading in an upbeat, enjoyable atmosphere full of surprises! This camp is designed for any level of cheerleader, from those new to the sport to those looking to improve their cheering foundation. All campers please wear tennis shoes and bring a water bottle and snack daily. Please provide your child's shirt size when registering.

Fee: \$55

Activity #4110-A

Day(s): M-F

Date(s): 7/13-17

Time: 9 a.m. - 12 p.m.

Location: EVES

Registration deadline: 7/9

Cheer Camp with Full Day Option:

Fee: \$165

Activity #1126-J

Day(s): M-F

Date(s): 7/13-17

Time: 6:30 a.m.- 6 p.m.

Location: EVES

Registration deadline: 7/9



KIDS RUNNING CLINIC

AGES 7 AND UP

Instructors: Kevin Shirk and local area student's athletes

This introductory clinic will cover basic aspects of running, proper conditioning, proper form, stretching and more. Participants will learn the fundamentals on middle and long distance running as well as sprints. Our staff of Kevin Shirk Millbrook Head Varsity Cross Country Coach and local area student-athletes will teach beginner runners about long runs, workouts, and racing with an encouraging, fun and inviting atmosphere. On our last night we will hold a 'Mini Meet' for all participants with events ranging from the 100 meter dash to the mile run!

Fee: \$40

Activity #5601-H

Day(s): M-F

Date(s): 6/22-26

Time: 6:30-8 p.m.

Location: MBHS stadium

Registration deadline: 6/19

SUMMER TRACK SERIES

AGES 3 AND UP

Enjoy the many events that this track series has to offer. Events range from running events to a baseball throw. Events are age appropriate and will be modified for certain age groups. All events are scheduled for Thursdays.

For each session:

Fee: \$7 per session; \$26 for all 4 sessions

Day(s): TH

Time(s): registration begins at 4:45 p.m, events begin at 6 p.m.

Location(s): MBHS

Activity # Date(s)

5005-A 7/2

5005-B 7/9

5005-D 7/16

5005-E 7/23

5005-F All four sessions

FIRST TIME TENNIS

AGES 3-6

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This program is designed to introduce the sport of tennis to young kids using upbeat, positive, encouraging coaching; initiating and demonstrating proper essential basic skills and stroke development to the participant then actively hitting the ball. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall eye-hand coordination, learn the fundamentals of all shots (forehand, backhand, volleys, overhead, serve) gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

For each session:

Fee: \$72

Day(s): T, TH

Time: 5:15-6 p.m.

Activity#	Date(s)	Location
5216-A	6/2-25	SHHS, tennis courts
5216-AA	6/2-25	JWHS, tennis courts
5216-B	7/7-30	SHHS, tennis courts
5216-BB	7/7-30	JWHS, tennis courts
5216-C	8/4-27	SHHS, tennis courts
5216-CC	8/4-27	JWHS, tennis courts

YOUTH TENNIS

AGES 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN!

For each session:

Fee: \$79

Activity#	Ages	Day(s)	Date(s)	Time	Location
5215-A	4-11	T, TH	6/2-25	5:30-6:30 p.m.	SHHS, tennis courts
5215-AA	11-17	T, TH	6/2-25	6:30-7:30 p.m.	SHHS, tennis courts
5215-B	4-11	T, TH	6/2-25	5:30-6:30 p.m.	JWHS, tennis courts
5215-BB	11-17	T, TH	6/2-25	6:30-7:30 p.m.	JWHS, tennis courts
5215-C	4-11	T, TH	7/7-30	5:30-6:30 p.m.	SHHS, tennis courts
5215-CC	11-17	T, TH	7/7-30	6:30-7:30 p.m.	SHHS, tennis courts
5215-D	4-11	T, TH	7/7-30	5:30-6:30 p.m.	JWHS, tennis courts
5215-DD	11-17	T, TH	7/7-30	6:30-7:30 p.m.	JWHS, tennis courts
5215-F	4-11	T, TH	8/4-27	5:30-6:30 p.m.	JWHS, tennis courts
5215-FF	11-17	T, TH	8/4-27	6:30-7:30 p.m.	SHHS, tennis courts
5215-G	4-11	T, TH	8/4-27	5:30-6:30 p.m.	JWHS, tennis courts
5215-GG	11-17	T, TH	8/4-27	6:30-7:30 p.m.	JWHS, tennis courts

TENNIS CAMPS

AGES 5-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

Join us for a week of fun and tennis! Learn the basics of tennis with our week long tennis camp. The camp will be designed to help you learn the game of tennis and improve your skills. The camp will cover the fundamentals of grip, backhand forehand, volley, footwork, and playing games and lots more. Sign up today to get your spot in camp!

Fee: \$72

Day(s): M-F

Time: 9:30-11 a.m.

Activity#	Dates	Location	Registration deadline
5102-UU	6/22-26	JWHS, tennis courts	6/15
5102-U	7/20-24	SHHS, tennis courts	7/17

Full Day Option for 7/20-24:

Fee: \$165

Activity# 1126-K

Day(s): M-F

Date(s): 7/20-24

Time: 7:30 a.m.-5:30 p.m.

Location: MPRSH

Registration deadline: 7/17 at noon

Drop off at the Multi Purpose Room at Sherando High School; pick up at the pool

In addition to the above list: bring the following non perishable lunch

***bathing suit/towel**

SUMMER TENNIS ACADEMY

TEAM COMPETITIONS AND MATCH PLAY

INTERMEDIATE ADVANCED

AGES 12-18

This program is designed to take aspiring participants from mastering essential skills to actively playing tennis; all structured in a tennis academy, practice format. Each session will consist of expert instruction to each player through a variety of coaching techniques, then incorporating the fundamentals of the sport into a winning formula. This unique program combines going over the proper fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills. The Tennis Director will conduct stroke breakdown and analysis, and prepare a summer program helping the aspiring player achieve their individual goals of gaining confidence in their game, improving conditioning, agility, footwork, athleticism, and overall tennis skills. For the Saturday sessions the Tennis Director will arrange the players and coordinate team tennis competitions and match play. The player will get the most out of this summer program by being able to experience academy style tennis practice and incorporating the skills they learn during the team tennis competitions and matches. This comprehensive tennis program is excellent for both current High School tennis players as well as Middle School aged players looking to take their games to the next level.

Fee: \$225

Activity# 5103-A

Day(s): T, TH; select S

Date(s): 6/23-8/13

Time: 3:45-5:15 p.m. T, TH; S TBA

Location: SHHS, tennis courts

Get half price entry in SVTA Labor Day Tournament when you participate in any parks and recreation or SVTA program.



SPOT LIGHT ON SPORTS CAMP

AGES 8-14

Do you love all kinds of different sports but have a hard time selecting just one? There is no need for you to choose. This program will focus on a different sport each day. Campers will learn the basic rules, skills of each sport and most importantly will participate in competitive games each day. Among the sports to be included will be basketball, flag football and soccer. At the end of the session, campers will have the opportunity to spend the rest of the afternoon enjoying the pool facilities at Sherando. Please bring tennis shoes, a packed lunch and a desire to have fun.

Fee: \$110

Activity #5211-A

Day(s): M-F

Date(s): 6/29-7/3

Time: 8 a.m.-5 p.m.

Location: SH, Rotary Shelter

Registration deadline: 6/26

KICKIN KIDS SOCCER CAMP

AGES 4-5

This camp is designed to develop the basic skills of soccer. Participants will work on dribbling, passing, goal shooting, footwork, offense/defense drills, teamwork, and small sided games.

Bring water bottle & small snack

Fee: \$60; includes soccer medal

Activity #5208-A

Day(s): M-TH

Date(s): 6/22-25

Times: 9:30-11:30 a.m.

Location: ABMS football field

Registration deadline: 6/19

PEEWEE BASKETBALL CAMP

AGES 5-7

This camp is designed to develop your skills and learn the fundamentals of basketball. Participants will work on dribbling, passing, shooting, footwork and agility, offense/defense drills, & teamwork.

Bring water bottle & small snack

Fee: \$60; includes basketball medal

Activity #5202-A

Day(s): M-TH

Date(s): 7/13-16

Time: 9:30-11:30 a.m.

Location: GWMES

Registration deadline: 7/10

SUMMER BASKETBALL LEAGUE

AGES 8-14

This is a great introductory league for boys and girls and will help get them ready for our awesome winter basketball league! Teams will practice: Monday, 6/15; Wednesday, 6/17; Saturday, 6/20; Monday, 6/22 and Wednesday, 6/24. Practice and game times will be 6, 7 and 8 p.m. at FCPRD community centers.

Divisions may be combined due to low enrollment.

Participants must be appropriate age on or before the registration deadline of June 3, 2015.

For all sections:

Early Bird Fee: \$48 on or before 5/25

Final Registration Fee: \$58 between 5/26-6/3

Day(s): M, W, S

Date(s): 6/15-8/12

Time: 6-9 p.m.

Location: GWMES, OVES, GBES and EVES

There is no guarantee of acceptance into a program after a registration deadline passes.

Activity # Division

3400-A 9-11 Boys

3400-B 9-11 Girls

5315-A 12-14 Girls

5315-B 12-14 Boys

1ST ANNUAL SHERANDO CHALLENGE

YOUTH MOUNTAIN BIKE RACE

AGES 17 AND UNDER

FCPRD and Tarmac & Trail Racing have teamed up to bring a low cost youth mountain bike race to the Winchester area on Sunday, May 17th. This fun competition will give young riders an opportunity to test their skills in a safe environment on 3+ miles of awesome, flowing trails at Sherando Park. Our goal is to encourage healthy habits while promoting cycling in the local community. The fun, family-friendly atmosphere will help kids to learn good sportsmanship while motivating them to strive for an active lifestyle. This event is open to all kids ages 17 and under, with age groups split up accordingly. So bring the whole family out for a fun-filled day of riding at Sherando Park. Participants are required to have their own mountain bicycle and helmet; bikes will be inspected on race day. **Fee: \$25 per participant - includes race day promotional items**

Activity #8201-A, ages 10 and under: race starts at 11:05 a.m.

Activity #8201-B, ages 11-12; race starts at 11 a.m.

Activity #8201-C, ages 13-14; race starts at 10:10 a.m.

Activity #8201-D, ages 15-17; race starts at 10 a.m.

Day(s): SU

Date(s): 5/17

Time: race starts at times listed above; participants should check-in at 9 a.m.

Location: SH, Mountain Bike Trail

To help make the Summer Basketball League successful, we are asking for parent/volunteer coaches and assistant coaches. Coaches and assistant coaches must be certified by the American Sport Education Program and successfully pass a criminal background check in order to coach.

Please contact us at 665-5678 if you're interested in becoming a volunteer coach. All coaches should attend the mandatory coaches meeting on June 10 at 6 p.m. at Evendale Elementary School.

SERVE IT UP VOLLEYBALL CAMP

Instructors include: Area Coaches, current and past volleyball players.

Serve! Pass! Spike! Enjoy an enthusiastic learning environment with one of the area's best volleyball coaching staffs, guest coaches, current players and college level players from the area. This fun and upbeat experience will excel and develop new skills for all campers. Our main focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance.

FUNDAMENTALS CAMP

AGES 9-14

This one week 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. Please provide your child's shirt size when registering.

Fee: \$70

Activity #3102-A

Day(s): M-F

Date(s): 6/15-19

Time: 8:30-11 a.m.

Location: EVES

Registration deadline: 6/12

PLUS as a bonus sign-up for the full day option - before and after campers will have the opportunity to attend an all day camp while enjoying a little extra fun by participating in playing games, going over to the pool, and creating arts and crafts!!

Fundamentals Camp with Full Day Option:

Fee: \$165

Activity #1126-A

Day: M-F

Date: 6/15-19; pool days T, TH

Time: 6:30 a.m.-6 p.m.

Location: drop off and pick up at EVES

Registration deadline: 6/12

SPECIALIZED SESSIONS

AGES 12-16

Specialized sessions are designed for any player who desires to move onto the next level. These sessions focus on individual drills, lectures and demonstrations. Sessions include the following: Serving/Passing (Monday and Tuesday) and Hitting/Defense (Wednesday and Thursday). Friday will include mini games that will incorporate the combination of skills learned throughout the week. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes.

Please provide your child's shirt size when registering.

Fee: \$55

Activity #3102-B

Day(s): M-F

Date(s): 6/15-19

Time: 11:30 a.m.-1:30 p.m.

Location: EVES

Registration deadline: 6/12

KICK IT UP SOCCER CAMP

FCPRD is partnering up with Hayden's Goal, Inc., and premier soccer coaches and volunteers from the area to offer this one week soccer academy. We have designed age/skill specific training programs that foster proper technical development and provide a better understanding of the game's overall tactics. Our main focus will be to provide players with a challenging environment that demands good training habits. Hayden's Goal Inc., (in memory of Hayden Ellias) will present information to both players and parents on soccer goal safety at the beginning of each soccer camp session. This camp is broken into two sessions; the first session will focus on fundamental skills associated with the game, while the second session will focus on competitive soccer skills, tactics and game playing at an advanced level. This camp provides a great opportunity to gear up for the BRYSA/Winchester United fall soccer season. Please provide your child's shirt size when registering.

PLUS as an added bonus sign-up for the full day option - before and after campers will have the opportunity to attend Camp Sherando while enjoying a little extra fun by participating in playing games, going over to the pool, and creating arts and crafts!!

FUNDAMENTALS CAMP

AGES 5-12

Fee: \$70

Activity #3100-A, ages 5-6

Activity #3100-B, ages 7-8

Activity #3100-C, ages 9-10

Activity #3100-D, ages 11-12

Day(s): M-F

Dates: 7/20-24

Time: 9-11 a.m.

Location: SHHS soccer fields 2 & 3

Registration deadline: 7/17 at noon

Fundamentals Camp with full day option

Fee: \$165

Activity #1126-M

Day(s): M-F

Date(s): 7/20-24

Time: 7:30 a.m. – 5:30 p.m.

Location: SH

Registration deadline: 7/17 at noon

Drop off at the Multi Purpose Room over at Sherando High School

Pick up at the pool

In addition to the above list: bring the following non perishable lunch

***bathing suit/towel**

WASHINGTON MYSTICS 2-DAY BASKETBALL CLINIC

AGES 10 TO 14

FCPRD and the Winchester Storm are excited to bring the ENTIRE Washington Mystic Professional WNBA Basketball team to Winchester this Summer. This is a once in a lifetime opportunity to learn from the best when the team travels to Winchester to work out and then show each player some tricks to becoming successful basketball players in the future. It's not every day that a young player gets to interact with an entire WNBA squad. All participants will receive a ticket to the Mystics game on July 19th vs. Connecticut Sun. Check out the itinerary:

- **Monday, June 15th -1/2 day camp focusing on fundamentals, drills, etc**
- **Tuesday, June 16th – Full Day (9 a.m. to 4:30 pm.) – Lunch Provided**
- **Morning – (9 a.m. – Noon) Warm-Up, drills, scrimmages, contests, (Noon – 1 p.m.) Lunch and Arrival of entire Mystics WNBA team, (Afternoon) Mystics Team Practice, Youth Basketball Clinic and Autograph Session**

Fee: \$95

Activity #8101- A

Day(s): M, T

Date(s): 6/15-16

Time: 9 a.m.- noon on 6/15; 9 a.m.-4 p.m. on 6/16 (lunch is provided)

Location: MBHS



FCPRD AND WINCHESTER STORM BASKETBALL CAMP

AGES 8 TO 14

FCPRD and the Winchester Storm are excited to present the inaugural FCPRD/ Winchester Storm Youth Basketball Camp for area youth. This weeklong camp will run July 27-31, 2015 (co-ed) . We are excited to have area coaches and elite players from the Winchester Storm directing the first year of camp this summer. Camp will focus on fundamentals, skill development and learning to play the right way. We look forward to seeing you this summer! There will be everything from surprise guests, awesome giveaways for each camper, and superb instruction along with evaluations for each player. Highlights:

- **Superior instruction from accomplished players and coaches**
- **Daily emphasis on fundamentals, position training, drills and scrimmages**
- **In-depth discussions of basketball principles, style of play and player development**
- **Basketball Swag – Camp shirts, etc.**
- **Player Evaluation Report**

Fee: \$195

Days(s): M-F

Date(s): 7/27-31

Time: 9 a.m.-3 p.m., M-TH; 9 a.m.- noon, F.

Location: ABMS

Participants are required to bring a non-perishable lunch M-TH



YOUTH TRIATHLON

AGES 7-14

Join FCPRD for our Third Annual Youth Triathlon! This triathlon will challenge your child in their age group with a swim, bike ride in Sherando Park, and a run utilizing a portion of the Sherando High School Track. Race packets will be available on Saturday, June 20th at the Sherando Park pool and can be picked up between 9-11 a.m. All participants are required to do a bike inspection which will be held on Saturday, 6/20 at Sherando Park Pool from 9-11 a.m.

Age is based on your age of day of the event.

Fee: \$40

Activity #	Ages	Events
5504-A	7-8	25 meter swim, 1 mile bike, .5 mile run
5504-B	9-10	75 meter swim, 3 mile bike, 1 mile run
5504-C	11-12	125 meter swim, 3 mile bike, 1 mile run
5504-D	13-15	125 meter swim, 3 mile bike, 1 mile run

Day(s): SU

Date(s): 6/21

Time: 8 a.m.

Location: SH Pool

Registration deadline: 6/8



SWIM.



BIKE.



RUN.



CAMP BASICREC

AGES RISING 1ST GRADERS THROUGH RISING 6TH GRADERS

Instructors: FCPRD Recreation Technicians and Program Assistants

Camp basicREC is the top choice for those 10 weeks of “not-so-lazy” days of summer! Campers will enjoy fun-filled adventures which have a home base in area schools/playgrounds. Camp basicREC is designed to keep your child involved in activities that go on throughout the day!! Summer will be filled with special activities, events, group games, playing outside, water play, organized sports and games, arts and crafts, swimming, field trips, and time to just relax! Camp basicREC is based outside and, weather permitting, twice per week we will venture out to the park to play and spend the afternoon swimming at the pools. All campers will have their swimming skills assessed prior to being permitted to swim and color coded wrist bands will be worn which designates their skill level. Parents will drop off and pick up their campers at their school site daily, even on park/pool days. There will not be any make up days for pool days/field trips that may be rained out. Parks and pools are subject to change. Morning and afternoon snacks will be provided, but you are welcome to bring these from home. Make sure that your camper is lathered in sun block daily before coming to camp and that they bring their water bottle, a non perishable lunch which does not need preparation, towel, sneakers, swimsuit, spray sun block, water shoes, and t-shirt. Detailed information is available in the Parent Handbook.

LOCATIONS - PARK - POOL

Community Center at Evendale Elementary School/Sherando Park and Pool

Activity #1127-08 Pool Days: T, TH

Community Center at Greenwood Mill Elementary School/Clearbrook Park and Pool

Activity #1127-09 Pool Days: T, TH

Community Center at Gainesboro Elementary School/Clearbrook Park and Pool

Activity #1127-10 Pool Days: T, TH

Bass-Hoover Elementary School/Sherando Park and Pool

Activity #1127-11 Pool Days: T, TH

10 week session

Fee: \$1150, weekly payment options listed below

Day(s): M-F

Date(s): 6/8-8/13

Closed: 8/14

Time: 6:30 a.m.-6 p.m.

If you take advantage of all 10 weeks of CAMP basicREC, payments can be made by choosing option 1 or 2 below. If withdraw from the full-time enrollment in the program becomes necessary, you will be responsible to pay the following weeks regularly scheduled payment.

Option 1: \$1150 is due when enrolling in all 10 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$115 will be due for the first week with the following deductions being withdrawn from your checking account or an approved credit card on 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, and 8/3.

To register, you must obtain and fill out the CAMP basicREC registration form. You may register online at www.fcprd.net, or in person at the FCPRD office (8 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 mail the forms to us. Incomplete forms will be returned to you which could result in your information not being processed.

CAMP BASICREC DAILY OPTION

NEW!!!

Register only for the times you need – no minimum number of days required! Register for one or multiple days. Space is available until filled.

Daily Fee for all sites:

Onsite Day: \$35

Pool Day: \$40

Field Trip Day: \$45

Registration deadline is the Wednesday prior to the week of camp.

PICK-A-WEEK!

If you do not need all 10 weeks of CAMP basicREC, you can pick and pay as you go. Themes for each week are listed below. Payment is due at time of registration. Space available until filled. Registration deadline is the Thursday prior to the week of camp.

THEME - GETTING TO KNOW YOU

Fee: \$165

Activity # Location

1131-A EVES

1131-B GWMES

1131-C GBES

1131-D BHES

Date(s): 6/8-12

THEME - ROLLING STRIKES

Fee: \$165

Activity # Location Field Trip Date

1131-Q EVES Northside Lanes 7/8

1131-R GWMES Northside Lanes 7/7

1131-S GBES Northside Lanes 7/6

1131-T BHES Northside Lanes 7/9

Date(s): 7/6-10

THEME - BASICREC GOT TALENT

Fee: \$165

Activity # Location Field Trip Date

1131-Z7 EVES GWM Talent Show 8/7

1131-Z8 GWMES GWM Talent Show 8/7

1131-Z9 GBES GWM Talent Show 8/7

1131-ZA BHES GWM Talent Show 8/7

Date(s): 8/3-7

THEME - INTERGALACTIC EXPERIENCE

Fee: \$165

Activity # Location Field Trip Date

1131-E EVES Skyline Laser Tag 6/17

1131-F GWMES Skyline Laser Tag 6/19

1131-G GBES Skyline Laser Tag 6/18

1131-H BHES Skyline Laser Tag 6/16

Date(s): 6/15-19

THEME - SOARING THROUGH SUMMER

Fee: \$165

Activity # Location Field Trip Date

1131-U EVES Dulles Air & Space 7/15

1131-V GWMES Dulles Air & Space 7/15

1131-W GBES Dulles Air & Space 7/15

1131-X BHES Dulles Air & Space 7/15

Date(s): 7/13-17

THEME - SO LONG TO SUMMER

Fee: \$135

Activity # Location Field Trip Date

1131-ZB EVES CB, Kiwanis 8/12

1131-ZC GWMES CB, Kiwanis 8/12

1131-ZD APRES* CB, Kiwanis 8/12

1131-ZE BHES CB, Kiwanis 8/12

Date(s): 8/10-13; no CAMP Friday, 8/14

Drop off and pick up at CB park on 8/12

No T,TH pool days this week

*note location change for this week

THEME - SUMMER BLOCK BUSTER

Fee: \$165

Activity # Location Field Trip Date

1131-I EVES Carmike Cinemas 6/24

1131-J GWMES Carmike Cinemas 6/24

1131-K GBES Carmike Cinemas 6/24

1131-L BHES Carmike Cinemas 6/24

Date(s): 6/22-26

THEME - BUST A MOVE

Fee: \$165

Activity # Location Field Trip Date

1131-Y EVES Evendale Dance 7/24

1131-Z RBRES* Evendale Dance 7/24

1131-Z1 GBES Evendale Dance 7/24

1131-Z2 BHES Evendale Dance 7/24

Date(s): 7/20-24

*note location change for this week

THEME - BEAT THE HEAT

Fee: \$165

Activity # Location Field Trip Date

1131-M EVES Massanutten Water 7/2

1131-N GWMES Massanutten Water 6/30

1131-O GBES Massanutten Water 7/2

1131-P BHES Massanutten Water 6/30

Date(s): 6/29-7/3

THEME - FUN IN THE SUN

Fee: \$165

Activity # Location Field Trip Date

1131-Z3 EVES Water Mine Park 7/30

1131-Z4 GWMES Water Mine Park 7/29

1131-Z5 GBES Water Mine Park 7/28

1131-Z6 BHES Water Mine Park 7/27

Date(s): 7/27-31

KINDER CAMP

AGES 4-6

This half day camp for the younger aged child is the perfect opportunity to acclimate your child to the camp experience. Activities will include arts and crafts, sports, games, and swimming. The camp is being held at Snowden Bridge Recreation Center which features amenities such as an indoor arena, outdoor swimming pool with spray ground, pavilion and playground.

For each session:

Fee: \$85

Days: M-F

Time: 9 a.m.-12 p.m.

Location: Snowden Bridge Recreation Center

Activity #1104-C Date(s): 7/6-10

Activity #1104-D Date(s): 8/3-7

Campers must be potty trained and needs to bring swimwear, spray sunblock, a snack, and a water bottle daily.



PREMIUM CAMPS

Summer camps are a great way for kids to have new experiences, learn new talents, and make new friends. The summer possibilities are endless! Add a little kick, spike, or jump to your child's camp experience this summer with a Premium Camp! FCPRD offers great specialty camps that generally occur in the morning hours. Recognizing that this can be difficult for some parents to take the opportunity to join some of the half day Premium Camp options, we have turned the half day camp into a full day camp experience.

Let's say your child wants to go to Kick It Up Soccer Camp but you are unable to arrange transportation for this half day camp. Now you have a Premium Camp option for the week that Kick It Up Soccer Camp is offered. This provides an opportunity for your child to attend Kick It Up Soccer Camp with a full day camp adventure. You can drop off your child at the Sherando High School Community Center as early as 7:30 a.m. and when it's time to go to Kick It Up Soccer Camp, staff will take the campers to the field. When soccer is over, staff will pick up the soccer campers and return them to the rest of the group for other camp activities, including pool time. You would need to pick up your camper from the Sherando Pool no later than 5:30 p.m. This would apply to camps with the Sherando High School Community Center as a home base for the week.

The same would apply to the camps held at EVES. Campers will participate in CAMP basicREC before and after their time in the specialty camp that was chosen.

Make sure that your camper is lathered in sunblock daily before coming to camp and that they bring a water bottle daily, a non perishable lunch which does not need to be prepared, a towel, sneakers, a swimsuit, spray sun block, water shoes, and a t-shirt. All campers will have their swimming skills assessed prior to being permitted to swim. Color coded wrist bands will be worn that associates them with a skill level. There are no makeups for pool day rainouts.

Fee: \$165 per week which includes the specialty camp and camp activities before and after the specialty camp option. This may include pool time.

Date(s): 7/20-24

Time(s): 7:30 a.m.-5:30 p.m.

Camp	Activity #	Date(s)	Time	Location	Ages	Details on page
Serve It Up	1126-A	6/15-19	6:30 a.m.-6 p.m.	EVES	rising 4th-6th graders	10
<i>Serve It Up runs 8:30-11 a.m. The rest of the day, campers will enjoy games, activities, pool time!</i>						
Cheer Camp	1126-J	7/13-17	6:30 a.m.-6 p.m.	EVES	rising 1st-6th graders	7
<i>Cheer Camp runs from 9 a.m.-noon. The rest of the day, campers will enjoy games, activities, pool time!</i>						
Art at Sherando	1126-D	7/20-24	7:30 a.m.-5:30 p.m.	MPRSH	6-12	3
<i>Art camp runs 9-11:30 a.m. The rest of the day, campers will enjoy games, activities, pool time!</i>						
Photography	1126-K	7/20-24	7:30 a.m.-5:30 p.m.	MPRSH	8-14	3
<i>Photography camp runs 9-11 a.m. The rest of the day, campers will enjoy games, activities, pool time!</i>						
Tennis	1126-L	7/20-24	7:30 a.m.-5:30 p.m.	MPRSH	5-17	8
<i>Tennis camp runs 9:30-11 a.m. The rest of the day, campers will enjoy games, activities, pool time!</i>						
Kick It Up	1126-M	7/20-24	7:30 a.m.-5:30 p.m.	MPRSH	5-12	10
<i>Kick It Up runs 9-11 a.m. The rest of the day, campers will enjoy games, activities, pool time!</i>						



PEE WEE FLAG FOOTBALL AGES 5-8

Interested in trying football? Sign up for some fun and fundamentals in flag football! The program will meet twice a weekly starting in September. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering.

We make every attempt to keep participants near their desired location. Participants must be of age on or before 10/1/15.

For each session:

Fee: \$35

Day(s): M-S

Date(s): 9/8-11/7

Time: 5:30-6:30 weekdays, TBD S

Location: Local Elementary Schools

Registration deadline: 8/20

Activity #5302-A, ages 5-6

Activity #5302-B, ages 7-8

9-10 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. Participants should register for the section that corresponds with the school that your child attends or lives near. In some cases, schools may be combined to fulfill team requirements. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 10/1/15.

Fee: \$40

Activity #5313- A

Day(s): M-S

Date(s): 9/8-11/7

Time: 5:30-6:30 weekdays, TBD S

Location: Local Elementary Schools

Registration deadline: 8/21

11-13 FLAG FOOTBALL

Sharpen your skills in this fast paced flag football league. Focus will be on improving the skills of football and having fun. All players will learn what it takes to be more successful on the football field. Skills learned can help improve your ability to play middle school football. If game cancellations occur, games could be made up on days other than the regularly scheduled Saturdays. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 10/1/15.

Fee: \$45

Activity # 5314- A

Day(s): M-S

Date(s): 9/8-11/7

Time: 5:30-6:30 weekdays, TBD S

Location: Local Middle Schools

Registration deadline: 8/21

Mandatory Coaches Meeting

Day(s): TH

Date(s): 8/27

Location (s): EVES

All divisions Coaches meeting at 6:30 p.m.

Coaches Certification is at 7:30 p.m.

IT IS THE GOAL OF FREDERICK COUNTY PARKS AND RECREATION TO SERVE AS MANY FAMILIES AS POSSIBLE SO THE YOUTH OF FREDERICK COUNTY CAN BE ACTIVELY INVOLVED IN RECREATIONAL PROGRAMS.

-CHRIS KONYAR SUPERINTENDENT OF RECREATION

HOW DO I APPLY FOR ASSISTANCE THROUGH THE PLAY FUND?

The application process is user-friendly. The primary qualifications are:

- Participant must be a Frederick County resident
- Participant must be under the age of 18
- Participant must meet the Family Income Guidelines as determined either by the free or reduced lunch program through Frederick County Public Schools or proof of annual household income.

Contact staff at 540-665-5678 for further assistance. Assistance for families depends on available funds coupled with a household maximum for a calendar year. In most instances a family that qualifies for funding through the PLAY Fund may be required to pay a percentage of the cost of the program.



POOL SCHEDULE

SHERANDO AND CLEARBROOK POOLS

May 23, 24, 25, 30, 31
June 6*-August 14

11 a.m.-7 p.m.
noon-5:45 p.m. (M-TH)
11 a.m.-7 p.m. (F, S, SU)

August 15-September 3, weekends only

11 a.m.-7 p.m.

**The pool will be open seven days a week beginning with the first day of summer vacation for the Frederick County Public School system and will be open weekends only once the 2015-2016 FCPS year has begun.*

ADMISSION FEES

Age		Last Hour
Infant-2 years	Free	Free
3 and Over	\$3	\$1
12 and over	\$4	\$1

POOL RENTALS

Friday, Saturday, Sunday, 7:15-9:15 p.m. Rentals by reservation only and with at least one week notice. Reservations are accepted beginning in January of the same calendar year. Reservation fee must be PAID IN FULL at time reservation is made. Fee: \$200 for residents, \$250 for non-County residents.

REFUND POLICY

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

PASSES

Save 20% off of the regular admission price by purchasing multiple visit passes for the price of \$2.40/visit. Punch passes are valid at either Sherando or Clearbrook pools. A minimum of 10 visits must be purchased.

SWIM TEAM

Youth ages 5-18 are encouraged to participate in the Shenandoah Valley Swim League. FCPRD will have teams at Clearbrook and Sherando Pools which will compete with other swim teams in the Shenandoah Valley Swim League. Saturday morning meet schedules will be available the first week of practice. Swimmers must provide their own transportation to and from meets. The Shenandoah Valley Swim League is made up of the following 6 teams: Winchester Country Club, Stonebrook, Winchester Swim Team, Clarke County Parks and Recreation, Sherando, and Clearbrook, Frederick County Parks and Recreation.

Participants must meet the following guidelines when considering swim team: Youth ages 5-8 years: ability to swim 25 yards on the surface without stopping. Youth ages 9-18 years: ability to swim 50 yards on the surface without stopping. Swim team will not take the place of swim lessons. If you are unsure about your child's ability, register for the program and our coaches will evaluate your child. If he or she does not meet the minimum qualifications, you will receive a full refund.

Coaches may evaluate your child and deem that they are not ready for swim team. The first two nights of practice will be for first time member evaluations. A full refund will be issued in these instances.

Parents willing to assist with volunteering at swim meets are greatly needed. Please notify your team's coach at the start of the season or call 665-5678 if you are interested.

Fee: \$95 (includes swim cap and t-shirt)
Activity #6019-A, Clearbrook Dolphins
Activity #6019-B, Sherando Sharks

Practices for both teams will adhere to the following schedule:

T, TH, 5/26 and 5/28 6-7:30 p.m. The first two practices are for first time swimmers only
M, W: 6/1 and 6/3 6-7:30 p.m. All swimmers!
M-TH: 6/8-7/23, 7-8 p.m., ages 5-11 years; 8-9 p.m., ages 12-18
T, TH: 6/9-7/23, 8:30-9:30 a.m., ages 5-18 years

YOUTH DEVELOPMENT SWIM TEAM

Not sure if you are ready for swim team? Don't want to commit to the entire summer? FCPRD is pleased to offer a development program for the swimmer that is not quite ready to compete with the Sharks or the Dolphins but would like to see what it is all about. Refined stroke, breathing, flip turns, and proper diving will be introduced and practiced. This program does not take the place of swim lessons.

For each session:

Fee: \$45

Day(s): M-TH

Activity#	Pool	Time	Dates
6018-A	CB	10-11:45 a.m.	6/15-25
6018-B	SH	10-11:45 a.m.	6/15-25
6018-C	CB	6-6:45 p.m.	6/15-25
6018-D	SH	6-6:45 p.m.	6/15-25
6018-E	CB	10-11:45 a.m.	7/6-16
6018-F	SH	10-11:45 a.m.	7/6-16
6018-G	CB	6-6:45 p.m.	7/6-16
6018-H	SH	6-6:45 p.m.	7/6-16

SWIM LESSONS

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

During swim lessons, guardians may watch their children from the grass areas. Please no parents or siblings on the pool deck during swim lessons.

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

The registration deadline is Saturday at 5 p.m. for the following week's session of lessons. We do not encourage you to sign up for more than one week of lessons at a time, we cannot adjust for situations where advancement was not met in the previous session.

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

WATER SPLASH

For children ages 1-3, PARENT OR GUARDIAN REQUIRED. Parent or responsible adult MUST be in the water with the child; water depths will not exceed 4 feet. One child per responsible adult. This course makes no claims to teach your child to swim or waterproof your child, but is designed to inform parents how to interact in the water with the child. SNUG PLASTIC PANT required over diapers.

Fee: \$24 per child and parent/guardian

Activity #	Pool	Time	Day	Dates
6000-A	CB	9:30-10 a.m.	M-W	6/22-24
6000-B	SH	9:30-10 a.m.	M-W	6/22-24
6000-C	CB	10:30-11 a.m.	SU	7/12-26
6000-D	SH	10:30-11 a.m.	SU	7/12-26
6000-E	CB	6-6:30 p.m.	M-W	7/20-22
6000-F	SH	6-6:30 p.m.	M-W	7/20-22
6000-G	CB	9:30-10 a.m.	M-W	8/3-5
6000-H	SH	9:30-10 a.m.	M-W	8/3-5

The following courses are all \$35 for a one week session:

LESSONS - LEVELS

TADPOLES

This course is designed for 3-5 year olds. Interactive games and activities will be featured and are intended to encourage your child to enjoy the water. This class will help participants become more familiar and independent in the water. The focus of this class will include but is not limited too; water entry and exit, underwater skills, floating and gliding with assistance, arm and leg action, and water safety.

LEVEL I INTRODUCTION TO WATER SKILLS

Recommended that children are 4-6 years old to participate in this class. OBJECTIVE: to learn basic personal water safety information and skills. Students will learn elementary aquatic skills.

LEVEL II FUNDAMENTAL AQUATIC SKILLS

Students must feel comfortable in the water and be able to completely submerge as well as sustain a back float. OBJECTIVE: to give participants success with fundamental skills. Students will learn to float without support and to recover to a vertical position.

LEVEL III STROKE DEVELOPMENT

Prerequisite: Completion of Level II. OBJECTIVE: to learn the survival float, the elementary backstroke, and to coordinate the front crawl. Students will learn rules for headfirst entries and begin to enter the water headfirst from the side of the pool. The scissors and dolphin kicks will be introduced.

LEVEL IV STROKE IMPROVEMENT

Prerequisite: Completion of Level III. OBJECTIVE: To develop confidence in strokes and to improve other aquatic skills. Students will improve their skills and increase their endurance by swimming familiar strokes for greater distance. The back crawl, breaststroke, and turns will be introduced.

LESSONS - SCHEDULE

WEEK 1 JUNE 1-JUNE 4

All sessions meet M-TH, 5-5:45 p.m.

Activity #	Location	Level
6001-A	CB	Tadpoles
6001-B	SH	Tadpoles
6001-C	CB	Level I
6001-D	SH	Level I
6001-E	CB	Level II
6001-F	SH	Level II
6001-G	CB	Level III
6001-H	SH	Level III
6001-I	CB	Level IV
6001-J	SH	Level IV

WEEK 2 JUNE 8-JUNE 11 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6002-A Tadpoles	6002-E Tadpoles	6002-J Tadpoles
6002-B Level I	6002-F Level I	6002-K Level I
6002-C Level II	6002-G Level II	6002-L Level II
6002-D Level III	6002-H Level III	6002-M Level III
	6002-I Level IV	

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6002-N Tadpoles	6002-R Tadpoles	6002-W Tadpoles
6002-O Level I	6002-S Level I	6002-X Level I
6002-P Level II	6002-T Level II	6002-Y Level II
6002-Q Level III	6002-U Level III	6002-Z Level III
	6002-V Level IV	

WEEK 3 JUNE 15-JUNE 18 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6003-A Tadpoles	6003-E Tadpoles	6003-I Tadpoles
6003-B Level I	6003-F Level I	6003-J Level I
6003-C Level II	6003-G Level II	6003-K Level II
6003-D Level III	6003-H Level III	6003-L Level III
		6003-M Level IV

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6003-N Tadpoles	6003-R Tadpoles	6003-V Tadpoles
6003-O Level I	6003-S Level I	6003-W Level I
6003-P Level II	6003-T Level II	6003-X Level II
6003-Q Level III	6003-U Level III	6003-Y Level III
		6003-Z Level IV

WEEK 4 JUNE 22-JUNE 25 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6004-A Tadpoles	6004-F Tadpoles	6004-J Tadpoles
6004-B Level I	6004-G Level I	6004-K Level I
6004-C Level II	6004-H Level II	6004-L Level II
6004-D Level III	6004-I Level III	6004-M Level III
6004-E Level IV		

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6004-N Tadpoles	6004-S Tadpoles	6004-W Tadpoles
6004-O Level I	6004-T Level I	6004-X Level I
6004-P Level II	6004-U Level II	6004-Y Level II
6004-Q Level III	6004-V Level III	6004-Z Level III
6004-R Level IV		

WEEK 5 JUNE 29-JULY 2 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6005-A Tadpoles	6005-E Tadpoles	6005-I Tadpoles
6005-B Level One	6005-F Level One	6005-J Level One
6005-C Level Two	6005-G Level Two	6005-K Level Two
6005-D Level Three	6005-H Level Three	6005-L Level Three
		6005-M Level Four

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6005-N Tadpoles	6005-R Tadpoles	6005-V Tadpoles
6005-O Level II	6005-S Level I	6005-W Level I
6005-P Level II	6005-T Level II	6005-X Level II
6005-Q Level III	6005-U Level III	6005-Y Level III
		6005-Z Level IV

WEEK 6 JULY 6-JULY 9 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6006-A Tadpoles	6006-E Tadpoles	6006-J Tadpoles
6006-B Level I	6006-F Level I	6006-K Level I
6006-C Level II	6006-G Level II	6006-L Level II
6006-D Level III	6006-H Level III	6006-M Level III
	6006-I Level IV	

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6006 N Tadpoles	6006 R Tadpoles	6006 W Tadpoles
6006 O Level I	6006 S Level I	6006 X Level I
6006 P Level II	6006 T Level II	6006 Y Level II
6006 Q Level III	6006 U Level III	6006 Z Level III
	6006 V Level IV	

WEEK 7 JULY 13-JULY 16 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6007-A Tadpoles	6007-E Tadpoles	6007-I Tadpoles
6007-B Level I	6007-F Level I	6007-J Level I
6007-C Level II	6007-G Level II	6007-K Level II
6007-D Level III	6007-H Level III	6007-L Level III
		6007-M Level III

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6007-N Tadpoles	6007-R Tadpoles	6007-V Tadpoles
6007-O Level One	6007-S Level One	6007-W Level One
6007-P Level Two	6007-T Level Two	6007-X Level Two
6007-Q Level Three	6007-U Level Three	6007-Y Level Three
		6007-Z Level Four

WEEK 8 JULY 20-JULY 23 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6008-A Tadpoles	6008-F Tadpoles	6008-J Tadpoles
6008-B Level One	6008-G Level One	6008-K Level One
6008-C Level Two	6008-H Level Two	6008-L Level Two
6008-D Level Three	6008-I Level Three	6008-M Level Three
6008-E Level Four		

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6008-N Tadpoles	6008-S Tadpoles	6008-W Tadpoles
6008-O Level One	6008-T Level One	6008-X Level One
6008-P Level Two	6008-U Level Two	6008-Y Level Two
6008-Q Level Three	6008-V Level Three	6008-Z Level Three
6008-R Level Four		

WEEK 9 JULY 27-JULY 30 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6009-A Tadpoles	6009-E Tadpoles	6009-J Tadpoles
6009-B Level I	6009-F Level I	6009-K Level I
6009-C Level II	6009-G Level II	6009-L Level II
6009-D Level III	6009-H Level III	6009-M Level III
	6009-I Level IV	

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6009-N Tadpoles	6009-R Tadpoles	6009-W Tadpoles
6009-O Level One	6009-S Level One	6009-X Level One
6009-P Level Two	6009-T Level Two	6009-Y Level Two
6009-Q Level Three	6009-U Level Three	6009-Z Level Three
	6009-V Level Four	

WEEK 10 AUGUST 3-AUGUST 6 CLEARBROOK

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6010 A Tadpoles	6010 E Tadpoles	6010 I Tadpoles
6010 B Level One	6010 F Level One	6010 J Level One
6010 C Level Two	6010 G Level Two	6010 K Level Two
6010 D Level Three	6010 H Level Three	6010 L Level Three
		6010 M Level Four

SHERANDO

10-10:45 a.m.	11-11:45 a.m.	6-6:45 p.m.
6010-N Tadpoles	6010-R Tadpoles	6010-V Tadpoles
6010-O Level One	6010-S Level One	6010-W Level One
6010-P Level Two	6010-T Level Two	6010-X Level Two
6010-Q Level Three	6010-U Level Three	6010-Y Level Three
		6010-Z Level Four

ADULT SWIM LESSONS

Learn a valuable skill that you can enjoy for a lifetime. Overcome your hesitation with water at a comfortable pace while learning basic elements of swimming.

For each session:

Fee: \$35

Day(s): SU

Time: 10-10:30 a.m.

Activity #	Date(s)	Location
6011-A	CB	6/21-7/12
6011-B	SH	6/21-7/12
6011-C	CB	7/19-8/9
6011-D	SH	7/19-8/9

PRIVATE SWIM LESSONS

One on one private instruction will be offered with a Certified Water Safety Instructor. 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.

For each session:

Fee: \$15 per session

Time: 9:15-9:45 a.m.

Activity #	Day(s)	Date(s)	Location
6020-A	M	6/8	SH
6020-B	M	6/8	CB
6020-C	W	6/10	SH
6020-D	W	6/10	CB
6020-E	M	6/15	SH
6020-F	M	6/15	CB
6020-G	W	6/17	SH
6020-H	W	6/17	CB
6020-I	M	6/22	SH
6020-J	M	6/22	CB
6020-K	W	6/24	SH
6020-L	W	6/24	CB
6020-M	M	6/29	SH
6020-N	M	6/29	CB
6020-O	W	7/1	SH
6020-P	W	7/1	CB
6020-Q	M	7/6	SH
6020-R	M	7/6	CB
6020-S	W	7/8	SH
6020-T	W	7/8	CB
6020-U	M	7/13	SH
6020-V	M	7/13	CB
6020-W	W	7/15	SH
6020-X	W	7/15	CB
6020-Y	M	7/20	SH
6020-Z	M	7/20	CB
6020-AA	W	7/22	SH
6020-BB	W	7/22	CB
6020-CC	M	7/27	SH
6020-DD	M	7/27	CB
6020-EE	W	7/29	SH
6020-FF	W	7/29	CB
6020-GG	M	8/3	SH
6020-HH	M	8/3	CB
6020-II	W	8/5	SH
6020-JJ	W	8/5	CB

Registration deadline is Saturday at 5 p.m for the following week's session of lessons.

JUNIOR LIFEGUARDING CAMP

AGES 12-15

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

For each session:

Fee: \$50

Day(s): M-TH

Time: 10 a.m.-2 p.m.

Activity #	Date(s)	Location
6017-A	6/22-25	SH
6017-B	6/22-25	CB
6017-C	7/13-16	SH
6017-D	7/13-16	CB

MORNING LAP SWIM

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

For each session:

Fee: \$1 per day

Activity #6013-A, SH pool

Activity #6013-B, CB pool

Day(s): M, W

Date(s): 6/8-8/5

Time: 8:30-9:30 a.m.

HIGH SCHOOL USA SWIMMER LAP SWIM

This is a great training and condition program for competitive swimmers who want to maintain their edge and perfect their strokes. This program is open to all current high school and USA swimming members. Upcoming 9th graders who wish to swim for their school team may participate as well.

For each session:

Fee: \$1 per day

Day(s): M-TH

Activity #	Date(s)	Time	Location
6023-A	8/3-6	8:30-9:30 a.m.	SH
6023-B	8/10-13	6-7 p.m.	CB

LIFEGUARD TRAINING COURSE

This course designed by the American Red Cross teaches the necessary skills to become a swimming pool lifeguard. Participants will learn surveillance skills, rescue techniques, first aid training, and professional rescuer CPR. To be eligible students must be 15 years of age by the last day of the class. Attendance and participation in all sessions is **MANDATORY**. Students must pass both a written and physical skills test to receive certification. Material and class fees are non-refundable after the second day of class.

Pre-test: Successful candidates must complete the following skills in order to participate in the Lifeguard Training Course:

Endurance Test: 300 meter continuous swim demonstrating 150 meters freestyle and 150 meters of breaststroke. Proper rhythmic breathing and correct arm stroke and kick must be demonstrated.
Strength Test: Swim 20 yards either freestyle or breaststroke, feet first dive to depth of 9-10 feet, retrieve a 10 lb. diving brick and return to surface. Swim 20 yards back to the starting point with the brick at chest.

Tread water for two minutes without using your hands.

The pre-test will be given on the first day of class, instruction will begin immediately after for successful candidates.

Fee: \$250

Activity #6012-A

Day(s): M-F

Date(s): 6/29-7/10

Time: 8 a.m.-noon

Location: CB pool

SPLASH AQUATIC BOOT CAMP

AGES 13 AND UP

Do you want to take part in the new fitness craze that is sweeping the nation? SPLASH Aquatic Boot Camp (SBC) will get you in the best shape of your life. It is designed around the military deep sea diver training and incorporates deep water intervals, water sprints, sports drills, and circuits. Using the properties of water, these exercises are designed to improve your strength and stamina using coordination and agility. SBC improves oxygen metabolism, improves swimming efficiency, and tones your entire body. While the class is serious physical conditioning, it is also a lot of fun, is easy on your joints, and you can work at your own pace! .

For each session:

Fee: \$3 per day

Time: 6-7 p.m.

Activity #	Day(s)	Date(s)	Location
6026-A	T, TH	6/9-8/13	CB
6026-B	M, W	6/8-8/12	SH

DEEP WATER INTERVAL TRAINING

AGES 13 AND UP

Take the plunge for a workout that is no impact! This class will use a variety of deep and shallow water exercises to offer you a great cardiovascular workout that will help increase muscle strength and endurance.

What a great way to end your day!

Fee: \$3 per day

Activity #6027-A

Day(s): M

Date(s): 6/29-8/10

Time: 6-7 p.m.

Location: CB

Registration Guidelines fcprd.net

1. No registration will be accepted without payment. If participant has allergies or needs other accommodations, please indicate at registration.
2. If you are registering someone from a different address, you must use a separate form. Feel free to copy this form as needed or download a form from our web site.
3. Participants must register prior to the start of all programs or by the registration deadline if one is specified in the program information.
4. Registration deadlines: There is no guarantee of acceptance into a program after a registration deadline passes. Registration wait lists may or may not be available. If there is no registration deadline, registration will close the Friday before the program start.

Park Visitation fcprd.net

1. Accidents/Injuries: Any person witnessing or involved in an accident in a park should report it to the Park Ranger, Park Manager, or the Parks and Recreation Department, 665-5678.
2. Alcoholic Beverages: The possession of alcoholic beverages is prohibited on park

4. We will make every effort to notify participants if we must cancel a program. FCPRD shares facilities with Frederick County Schools and must cancel programs when these facilities are not available. For updates, listen to local radio stations, call 540-665-5678 and select "3" for cancellations, or visit the web site at www.fcprd.net and click on the cancellations button.

5. Refunds will be given until a program begins to the registering household; however, a 20% administrative charge will be deducted. In the case where goods and/or services have been purchased (i.e. tickets, transportation costs, deposits, reservation charges) participants may not be given a full refund. In most cases, household accounts will be credited (100%) in lieu of a cash refund. No refunds or household credits will be approved after the start of a program. Separate fees apply for withdrawal from basicREC, CAMP basicREC and kinderREC. Refer to the parent handbook

property. No intoxicated person shall enter or remain in the parks.

3. Animals and Pets: Animals must be kept under control at all times. Pets must be on leash no longer than six feet. Owners are responsible for cleaning up after their pets. Pets are prohibited on or within 50 feet of an athletic complex or field, or playground.

4. Camping: Persons shall not camp or lodge within any park.

available online at www.fcprd.net or call the main office for full details.

6. Participants must be picked up by the program ending time. Late pick up fees apply: \$15 for the first 15 minutes or any portion thereof; \$2 per minute over 15 minutes.

7. Returned checks are assessed a \$35 NSF fee. Your account may be forwarded to the County Treasurer's Office for collection if your account is not paid in full.

8. If your child will need to self-administer medication during any FCPRD program please call the main office at (540) 665-5678 prior to registering

5. For the enjoyment of everyone visiting the parks, please refer to full park guidelines posted in the park kiosks and on the web site at www.fcprd.net.

Register Online Now fcprd.net

Registration Form

Mail or bring to: FCPRD, 107 North Kent Street, Winchester, VA 22601
To register by phone with a credit card, call 540-665-5678 * Print this form at fcprd.net
Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Address:			Total Fees: \$ Telephone Numbers Home: Work: Cell:	
Print Name of Parent/Guardian: _____			<input type="checkbox"/> Please Call Me - I want to Volunteer as a Youth Coach!	
To receive periodic e-mail updates from FCPRD, please provide us with your e-mail address: _____				
Special accommodations needed				
Allergies or intolerance to food, medication, etc., and action to take in an emergency				

AT THE PARKS

PARK HOURS

MARCH 1 - OCTOBER 31 8 A.M. - DUSK

NOVEMBER 1 - FEBRUARY 28 8 A.M. - 6 P.M.

For current shelter fees and to make shelter reservations, visit our web site at www.fcprd.net or call the main office - 540-665-5678. For further information on the parks, email the parks division at: kdehaven@co.frederick.va.us

SHERANDO PARK

252 LAKEVIEW CIRCLE STEPHENS CITY

Situated on 330 scenic acres, Sherando Park offers a variety of activities and facilities for the enjoyment of the entire family. The park is located 1.8 miles east of I-81 on Route 277 at Stephens City and includes:

- 4.55-acre fishing lake
- lighted ball fields
- picnic shelters & tables
- hiking trails
- 25M outdoor pool
- 18-hole disc golf
- soccer fields
- volleyball court
- playgrounds
- bocce, tennis and basketball courts (at SHHS)

Picnic Shelters & Capacity

- Lock Gazebo (35)
- Abex (75)
- James Wood FFA (75)
- Shawquon Ruritan (150)
- Sandy Family (150)
- Stephens City Lions (200)

CLEARBROOK PARK

3300 MARTINSBURG PIKE CLEAR BROOK

Traveling just five miles north of Winchester allows you to experience the 55 acres of Clearbrook Park which include:

- 3-acre lake
- lighted ball fields
- picnic shelters & tables
- 3,000 feet of paved walking paths
- paddleboats
- playground
- 25M outdoor pool
- volleyball court
- vintage red caboose

Picnic Shelters & Capacity

- Lawrence (30)
- James Wood Key Club (75)
- James Wood Colonels (75)
- Rubbermaid (75)
- Antique Car Club (75)
- Brill Family (75)
- Shawnee Lions (150)
- Kiwanis II (150)
- Kiwanis I (250)

**VOTED
BEST PICNIC AREA
BY THE READERS OF THE
NORTHERN VIRGINIA DAILY!**



BIKING WALKING

At Sherando Park, there are 3 miles of bike/pedestrian path connecting the park and Sherando High School with adjoining neighborhoods, commercial centers, Warrior Drive, and the Tasker Road bike path. The pathways provide a great surface for both walking and biking.

At Clearbrook Park, there are paved paths providing an excellent walking surface. Measuring approximately 3,000 feet (there are 5,280 feet in a mile!), the paths circle the lake and take walkers through the park.

NEIGHBORHOOD PARKS

Frederick County Parks and Recreation provides playground equipment throughout the County. Currently there are three neighborhood parks.

Frederick Heights, Milam Drive & Potomac Place

11 acres featuring a playground & basketball court

Round Hill, 789 Round Hill Road

1/2 acre with a playground

Reynolds Store, 9291 N. Frederick Pike, Cross Junction

1/2 acre with a playground

FACILITIES KEY

Abbreviation	Facility
MPRSH	Multipurpose room at Sherando CC
FRSH	Fitness room at Sherando CC
CB	Clearbrook Park
SH	Sherando Park
JWHS	James Wood High School
MBHS	Millbrook High School
SHHS	Sherando High School
ABMS	Admiral Byrd Middle School
FCMS	Frederick County Middle School
JWMS	James Wood Middle School
AYMS	Aylor Middle School
APRES	Apple Pie Ridge Elementary School
ARES	Armel Elementary School
BHES	Bass Hoover Elementary School
EVES	Evendale Elementary School
GBES	Gainesboro Elementary School
GWMES	Greenwood Mill Elementary School
IHES	Indian Hollow Elementary School
MTES	Middletown Elementary School
OVES	Orchard View Elementary School
RBRES	Redbud Run Elementary School
SWES	Stonewall Elementary School

Note: school locations are the gymnasiums unless otherwise noted.

COMMUNITY CENTER AT EVENDALE ELEMENTARY SCHOOL

220 ROSA LANE
FEES EQUIPMENT

Reservations must be made one day in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

Activity Room with kitchen accommodates up to 35 people.
Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available 6-10 p.m. M-F and 8 a.m.-10 p.m. S, SU*

Exercise Room accommodates up to 49 people.
Rental fee: \$12/hour residents; \$27/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

COMMUNITY CENTER AT GREENWOOD MILL ELEMENTARY SCHOOL

281 CHANNING DRIVE
FEES EQUIPMENT

Reservations must be made one day in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.

Fee: \$25/hour residents; \$40/hour non-residents; full court; 2 hour minimum rental; no food or drink allowed; available M-F, 6:30-9 p.m.; S 8 a.m.-noon; SU closed. Additional hours will be posted on site.

Activity Room with microwave and refrigerator accommodates up to 50 people.

Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; S and SU 8 a.m.-10 p.m.*

Fitness Room: For your healthy lifestyle, the following equipment is available: 3 ellipticals, 5 treadmills, 2 recumbent Lifecycles, 2 upright Lifecycles, a Summitt Trainer, 5 multi-use weight stations, a flat bench and dumbbells, jump ropes, and stability balls.

Fee: \$2; discount passes are available for purchase.

Hours of Operation: M-F, 6:30 a.m.-9 p.m., S 8 a.m.-noon Additional weekend hours will be posted on the web and on site.

COMMUNITY CENTER AT ORCHARD VIEW ELEMENTARY SCHOOL

4275 MIDDLE ROAD
FEES EQUIPMENT

Reservations must be made one day in advance and are subject to availability.

The gymnasium: Full size gym with one (1) full court with six (6) backboards; Standard size volleyball court with net; Basketballs and Volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

COMMUNITY CENTER AT GAINESBORO ELEMENTARY SCHOOL

4651 NORTH FREDERICK PIKE
FEES EQUIPMENT

Reservations must be made one day in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net.

Basketballs and volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

Activity Room with kitchen accommodates up to 35 people.

Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

COMMUNITY CENTER AT SHERANDO HIGH SCHOOL

869-5988
185 SOUTH WARRIOR DRIVE
FEES EQUIPMENT

Reservations must be made one day in advance and are subject to availability.

Fitness Room: For your healthy lifestyle, the following equipment is available: Life fitness Pro 2 Series: Chest press, leg curl, leg extension, seated leg press, shoulder press; Landice Treadmill; Pro Elite Chin & Dip; Quantum Bicep/Tricep and Lat Pulldown/Mid Row, pec fly, Nordic Track Treadmill, two Ellipticals, and two recumbent bikes.

Center Staff is trained in the proper use of this equipment and will assist when necessary.

Fee: \$2; discount passes are available for purchase.

Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon

Racquetball Courts: two regulation size courts for racquetball and wallyball are available. Call 869-5988 to reserve.

Fee: \$7 for adults; \$1 additional per person for wallyball; discount passes are available for purchase.

Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon

Multipurpose Room, complete with kitchen, ballet barre and mirrors, and room divider accommodates up to 140 people.

Fee: \$20/hour residents; \$35/hour non-residents; 2 hour minimum rental; available daily 8 a.m.-10 p.m.*

Rental Equipment: For your convenience - the following items are now available for rent: Basketballs ~ Volleyballs ~ Tennis Racquets and Tennis Balls ~

Pedometers ~ Disc Golf Discs ~ Jump Ropes

All items may be rented on a first come, first served basis for \$1 for a two hour block of time during the Community Center's regular operating hours. A photo ID is required at the time of checkout and will be held until the rental equipment is returned. Bocce balls are available to use on the courts for \$2 and jump ropes are for use inside the Center - free of charge!



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

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