

12th Annual Father/Daughter Dance

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Frederick County Parks and Recreation
CALENDAR OF EVENTS
January/February 2012

The Frederick County Parks and Recreation Department Staff

Jason Robertson.....Director
 Matthew G. Hott.....Superintendent of Parks
 Chris Konyar.....Superintendent of Recreation
 Karen Vacchio.....Public Information

Jason Brown.....Program Supervisor
 Christina Bukowski.....basicREC Program Manager
 Stacy Herbaugh.....Facilities Manager
 Andrew Keefauver.....Program Supervisor
 Rob Riggelman.....Program Supervisor
 Daniel Pidgeon..Park Manager, Clearbrook Park
 Cory Smith.....Park Manager, Sherando Park
 Diana Treece.....Program Supervisor
 Jon Turkel.....Park & Stewardship Planner

The Frederick County Parks and Recreation Commission

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

Charles "Rusty" Sandy.....Chairman, Member at Large
 P.W. Hillyard, III.....Vice Chairman, Gainesboro District
 Gary Longerbeam.....Back Creek District
 Patrick Anderson.....Shawnee District
 Ron Hodgson.....Stonewall District
 Martin Cybulski.....Redbud District
 Ron Madagan.....Opequon District
 Cheryl Swartz.....Member at Large

Christopher Collins.....Board of Supervisors Liaison

The Frederick County Parks and Recreation Department Calendar of Events is published every other month. 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...Diana Treece

During the holidays and with the new year approaching, our thoughts often turn to weight loss, fitness, and other healthy endeavors - you know, those new years' resolutions! Well, we are working hard to help you work hard at meeting your goals, whatever they may be.

We have some new offerings such as Pilates and Flow Yoga, which have been added to the punch pass option, and we have expanded the ever-popular Zumba™ with lots of new options for dates, times, and locations, as well as a combo class (with Dance Fit Fuzion). For the true Zumba™ addicts, there is a new Zumba™ Special allowing you to take up to 5 classes per week! Get all the details on all the fitness classes on pages 14-16.

If you have goal of introducing some music and other cultural activities into the life of a young person, visit pages 5-7 and you will see classes in music, dance, theatre, and art. Lots of great new things to pick from and some old favorites, too!

And, last but not least, February brings our Father-Daughter Dance! This year, it has been moved to a new, larger location and some other enhancements are in the works to make this an even more enjoyable event for young girls and their special guys! See page 3 for details.

A big thanks to everyone who supports our department and the programs, events, and parks!

Visit www.fcprd.net and click on the this symbol to receive your mail from us via email! Reducing your snail mail helps us reduce costs and reduces trash at the landfill!



Register Online Now
www.fcprd.net



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FOLLOW THIS SYMBOL TO A MORE ACTIVE AND HEALTHY LIFESTYLE!



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CANCELLATION: 540-665-5678, OPTION "3"
WEB SITE: FCPRD.NET
E-MAIL: FCPRD@CO.FREDERICK.VA.US

12th Annual Father-Daughter Sweetheart Dance

Saturday, February 11, 2012

Diamonds and Pearls! Enjoy an elegant evening of dancing, games, and heavy hors d'oeuvres, all at a new location this year! It's a dress-up kind of evening as Dads have an opportunity to teach their special girls how they should always be treated when on a date! This truly special event promises to be a great way for girls and their daddy's to dance the night away and create memories to cherish. We will crown the best daddy/daughter couple so please join us for a great night you are sure to remember for years. One lucky couple will receive a special gift package!

You must be pre-registered to attend this event. We will not be accepting any walk up couples. Doors open at 6 p.m. sharp.

Activity #7500-A

Date: February 11, 2012

Time: 6:30 8:30 p.m.

Day: Saturday

Fee: \$15 per person

Location: Best Western Lee Jackson Inn Banquet Room



MAIN: 540-665-5678

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JANUARY/FEBRUARY 2012

COMMUNITY EVENTS

PAGE 3

basicREC

a before & after school program designed to be just a little bit **MORE...**

MORE...SPORTS
MORE...IMAGINATION
MORE...ACTION
MORE...FRIENDS
MORE...FUN!!

Enrollment is underway for the 2011-2012 school year! And now, you can register On-line at www.fcprd.net!

BASICREC DURING THE SCHOOL YEAR

Operating at all Frederick County Elementary Schools, the basicREC program will provide your child with "out of this world" recreational opportunities before and after school! Children will engage in active games and also have the opportunity to participate in art projects, crafts, sports, and fitness programs, along with many other activities. If the weather cooperates, most activities will take place outside. Once all planned recreational activities have taken place children may have the opportunity to do homework.

BASICREC MORNING AND AFTERNOON

Fee: \$89 per week; includes a daily snack, all early release days, delayed openings teacher workshop days, snow day camp, winter break, spring break and enrichment programs

Activity #	Location
1303-A	APRES
1303-B	ARES
1303-C	BHES
1303-D	EVES
1303-E	GBES
1303-F	GWMES
1303-G	IHES*
1303-H	MTES**
1303-I	OVES
1303-J	RBRES
1303-K	SWES

Teacher workshop days, snow days, winter break, and/or spring break are included in the before and after fee. You must register through our main office and you will be notified when it is time to register.

*housed at GBES; buses transport to and from IHES

**housed at BHES; buses transport to and from MTES

BASICREC MORNINGS ONLY

Fee: \$42 per week; includes if applicable, delayed openings

Program hours: 6:30 a.m. until the beginning of classes

Activity #	Location
1301-A	APRES
1301-B	ARES
1301-C	BHES
1301-D	EVES
1301-E	GBES
1301-F	GWMES
1301-G	IHES*
1301-H	MTES**
1301-I	OVES
1301-J	RBRES
1301-K	SWES

A Punch Pass will be required to attend teacher workshop days, snow days, winter break, spring break, and early release days.

*housed at GBES; buses transport to and from IHES

**housed at BHES; buses transport to and from MTES

BASICREC AFTERNOONS ONLY

Fee: \$47 per week; includes a daily snack, all early release days and basicREC enrichment programs

Program hours: from the afternoon release bell until 6 p.m.

Activity #	Location
1302-A	APRES
1302-B	ARES
1302-C	BHES
1302-D	EVES
1302-E	GBES
1302-F	GWMES
1302-G	IHES*
1302-H	MTES**
1302-I	OVES
1302-J	RBRES
1302-K	SWES

A Punch Pass will be required to attend teacher workshop days, snow days, winter break, and/or spring break.

*housed at GBES; buses transport to and from IHES

**housed at BHES; buses transport to and from MTES

kinderREC

IT'S ALL THAT BASICREC IS AND A LITTLE BIT MORE!!

KINDERREC DURING THE SCHOOL YEAR

Operating at our Community Centers at Evendale, Gainesboro, and Greenwood Mill Elementary Schools, kinderREC is a wrap around program for kindergarten students!

Fee: \$47 per week; includes a daily snack

Morning kinderREC hours: 8:45 a.m.-beginning of afternoon kindergarten

Afternoon kinderREC hours: dismissal from morning kindergarten-3:45 p.m.

Activity #	Time	Location
1304-A	AM	EVES
1304-B	PM	EVES
1304-E	AM	GWMES
1304-F	PM	GWMES

You may need to add basicREC for full coverage and if you do, morning and afternoon basicREC and kinderREC combined is available at a discounted rate of \$110 per week; this option includes a daily snack, all early release days, teacher workshop days, snow day camp, winter break, spring break. **To receive the discounted rate, you must enroll in person.**

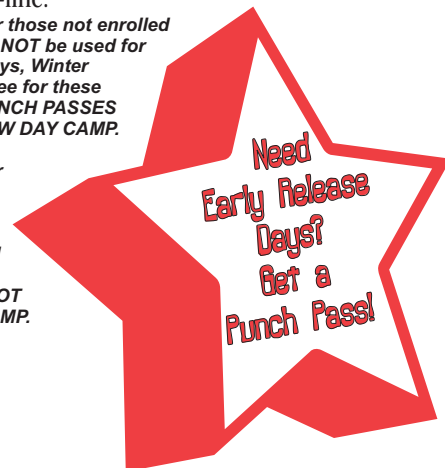
Fees apply for withdrawal from basicREC, CAMP basicREC and kinderREC. Refer to the parent handbook available online at www.fcprd.net or call the main office for full details.

PUNCH PASS

For those who may not need M-F, a punch pass can be purchased. You will use one punch per AM or PM visit. You must call the site and let the staff know EACH time your child(ren) will be attending. Punch passes can be filed on site. Punch passes are NON-REFUNDABLE but do not expire; they are also not available on-line.

Fee: \$175 for a 10 punch pass for those not enrolled in basicREC. Punch Passes may NOT be used for teacher workshop days, snow days, Winter break, and/or spring break. The fee for these days is \$25 per child per day. **PUNCH PASSES ARE NOT VALID TOWARDS SNOW DAY CAMP.**

Fee: \$150 for a 10 punch pass for those currently enrolled in basicREC. Punch Passes MAY be used for teacher workshop days, etc., as listed above, based upon your basicREC registration choices. **PUNCH PASSES ARE NOT VALID TOWARDS SNOW DAY CAMP.**



MUSIC "U" ^{NEW}

GRADES 3-5

FCPRD's new music programming designed to bring musical programs to the elementary child.

INTRO TO PIANO/KEYBOARD

This 5 week session will introduce the participant to reading music and laying the keyboard or piano. Focus will be on learning to play melodies on the keyboard while learning the basic rudiments of rhythm and note reading. Keyboards will be provided to each child for the duration of the class.

Fee: \$60 per session

Day(s): TH

Time: 7-8 p.m.

Location: GWMES

Activity #	Date(s)
8108-F	1/19-2/16
8108-G	3/22-4/19

PIANO/KEYBOARD 2

This 5 week session will introduce the participant to more advanced techniques in areas of reading music, playing more complex melodies, and note reading. All participants must have some background in playing the piano/keyboard and must have access to a keyboard for practice outside of class.

For both sessions:

Fee: \$60 per session

Day(s): S

Time: 12:30-1:30 p.m.

Location: Treehouse Music Studio 117 W. Boscawen Street, Winchester, VA 22601

Activity #	Date(s)
8108-FF	2/18-3/17
8108-GG	4/21-5/19

INTRO TO PERCUSSION

Is your child interested in learning how to play the drums? This 5 week session is the first step and will introduce the participant to the rudiments of reading music and handling drum sticks. No equipment is required. For both sessions:

Fee: \$55 per session

Day(s): TU

Time: 7-8 p.m.

Location: EVES

Activity #	Date(s)
8108-H	1/17-2/14
8108-I	4/3-5/8

PERCUSSION 2

This 5 week session will introduce the participant to more advanced techniques in areas of reading music, playing more complex melodies, and note reading in the world of percussion. All participants must have some background in playing the drums or completed the Intro to Percussion class.

For both sessions:

Fee: \$55 per session

Day(s): T

Time: 7-8 p.m.

Location: EVES

Activity #	Date(s)
8108-HH	2/28-3/27
8108-II	5/15-6/12

INTRO TO ELEMENTARY BAND

Does your child show an interest in playing an instrument? This 5 week session introduces the student to the recorder with an emphasis on developing the skills needed to play a woodwind or brass instrument. No special equipment is needed.

For both sessions:

Fee: \$55 per session

Day(s): T

Time: 6-7 p.m.

Location: EVES

Activity #	Date(s)
8108-J	1/17-2/14
8108-K	4/3-5/8

ELEMENTARY BAND 2

This 5 week session will introduce the participant to more advanced techniques in areas of reading music, playing more complex melodies, and note reading with regards to playing an instrument using the recorder. All participants must have some background in playing the recorder or completed the Intro to Band class.

For both sessions:

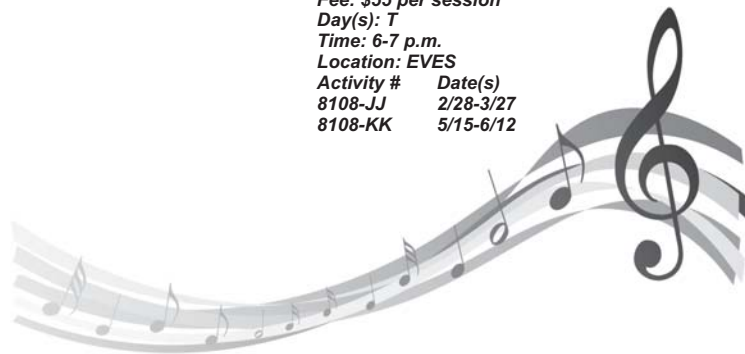
Fee: \$55 per session

Day(s): T

Time: 6-7 p.m.

Location: EVES

Activity #	Date(s)
8108-JJ	2/28-3/27
8108-KK	5/15-6/12



BEGINNER GUITAR LESSONS

This is a perfect opportunity for students who want to learn play and for those with some experience to expand on your ability. Lessons will cover the basics from strumming cords to playing songs to tuning you guitar. Class will meet only on Mondays for six straight weeks.

Students must provide their own guitar.

Fee: \$60

Activity #2016-B

Day(s): M

Date(s): 1/30- 3/5

Time: 7-8 p.m.

Location: GBES

Fee: \$60

Activity #2016-BB

Day(s): W

Date(s): 2/1- 3/7

Time: 7-8 p.m.

Location: EVES

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JANUARY/FEBRUARY 2012

COMMUNITY RECREATION

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BALLET

AGES 2-5

Instructed by: Jennifer Turman-Bayliss, The Sunshine Studio

Give your special little twinkle toes an experience to remember! Your child will meet new friends, experience group interaction and have fun. A great opportunity to learn ballet. Ballet slippers are required and participants must be potty trained.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$56	2230-G	W	1/11-2/15	1-1:45 p.m.	MPRSH
\$56	2230-H	W	2/22-3/28	1-1:45 p.m.	MPRSH
\$56	2230-I	W	4/11-5/16	1-1:45 p.m.	MPRSH

YOUTH BALLET **NEW!**

AGES 6-11

Instructor: Cindee Steele

An introduction to basic fundamentals and techniques of the art of ballet. Participants will progress in a gradual manner beginning with basic steps and moving on as steps are mastered. Each class will include warm-up, stretching/strength conditioning, lesson, cool down and free dance. For beginners and those with limited experience or to refresh existing skills.

Fee	Activity #	Ages	Day(s)	Date(s)	Time	Location
\$34	2018-A	6-8	TH	2/9-3/15	5:45-6:45 p.m.	MPRSH
\$34	2018-C	6-8	TH	4/12-5/17	5:45-6:45 p.m.	MPRSH
\$34	2018-B	9-11	TH	2/9-3/15	7-8 p.m.	MPRSH
\$34	2018-D	9-11	TH	4/12-5/17	7-8 p.m.	MPRSH

CREATIVE DANCE **NEW!**

AGES 6-11

Instructor: Danielle Walters

Kids got talent! Each week we will begin with a game that is related to dance. After warming up the participants will do a review of the previous week and also learn a new style of dance to broaden their knowledge of dance moves and terms. The students will perform a recital for family and friends as the conclusion of each session. Dances to include jazz, lyrical, theatre, hip hop.

Fee	Activity #	Ages	Day(s)	Date(s)	Time	Location
\$34	2019-A	6-8	W	2/22-3/21	6:20-7:20 p.m.	MPRSH
\$34	2019-B	6-8	W	4/11-5/9	6:20-7:20 p.m.	MPRSH
\$34	2019-C	9-11	W	2/22-3/21	7:30-8:30 p.m.	MPRSH
\$34	2019-D	9-11	W	4/11-5/9	7:30-8:30 p.m.	MPRSH

GENIE DANCE

AGES 5-9

Instructor: Miramar

Dancing, exercise and music combine to make this a fun class! Participants will learn basic dance skills such as traveling steps and spinning and how to dance with tambourines and veils. Bring a large towel or mat for gentle yoga stretches. If you just want to try the class without signing up for the entire class drop in for \$10.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$57	2215-M	TH	2/23-3/29	6-6:50 p.m.	GBES
Registration deadline: 2/28, noon					
\$57	2215-N	TH	4/19-5/24	6-6:50 p.m.	GBES
Registration deadline: 4/17, noon					

BELLY DANCING FOR WOMEN & TEENS

INSTRUCTOR: MIRAMAR

If you want to improve your posture, coordination and reduce stress, this is a go to class. Enjoy the benefits of exercise and fun while learning belly dances. Bring large towel or mat. Sign up as an individual or as adult and teen-(see prices below.) Or if you just want to try the class, drop in for \$10!

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$67*	2215-O	TH	2/23-3/29	7-8:15 p.m.	GBES
\$97**	2215-P	TH	2/23-3/29	7-8:15 p.m.	GBES
*Individual					
Registration deadline: 2/17, noon					
\$67*	2215-Q	TH	4/19-5/24	7-8:15 p.m.	GBES
\$97**	2215-R	TH	4/19-5/24	7-8:15 p.m.	GBES
Registration deadline: 4/16, noon					
*individual					
**for one adult and one teen					

LEAP'N LEARN MUSIC THEATRE™ **NEW!**

AGES 3-6

Instructor: La Tasha Jones, Selah Theatre Project

Young actors and dancers will be exposed to the beginning elements of Dance, Drama and Voice. Throughout the class, children explore weekly objectives such as creating characters, musical awareness, and classroom etiquette. Each class provides children with the opportunity to experience a dance warm-up, vocal warm-up, acting exercises and other activities that mimic the structure of a traditional dance, voice or drama class.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$43	2020-A	TH	1/26-2/16	9:30-10:30 a.m.	EVES
\$43	2020-B	TH	2/23-3/15	9:30-10:30 a.m.	EVES
\$43	2020-C	TH	3/22-4/19*	9:30-10:30 a.m.	EVES
*no class 4/5					
\$43	2020-D	TH	4/26-5/17**	9:30-10:30 a.m.	EVES
**no class 5/5					

IMPROVISATION SENSATION **NEW!**

AGES 8-12

Instructor: La Tasha Jones, Selah Theatre Project

Beginning actors will be introduced to the many facets of improvisation. Comedy, Drama and Scenic work throughout this class will aid a young actor in developing basic skills in theater. Each class provides the opportunity to create, design, and perform unforgettable scenes written by the students for the community. At the end of each session, students will perform for family and friends. *A reminder to parents: our Community Center at Sherando is equipped with a fitness room as well as racquetball/walleyball courts. While your child is in class check out the fitness room!*

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$43	2021-A	S	1/21-2/11	12-1 p.m.	MPRSH
\$43	2021-B	S	2/18-3/10	12-1 p.m.	MPRSH
\$43	2021-C	S	3/17-4/14*	12-1 p.m.	MPRSH
*no class 4/7					
\$43	2021-D	S	4/21-5/19**	12-1 p.m.	MPRSH
**no class 5/5					

Register Online Now
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FCPRD'S MOTIVATIONAL SERIES: **NEW!** HEALTHY CHOICES IN THE KITCHEN AGES 18 & OVER

Improve the quality of your life by learning how to eat right while having fun doing it. Classes with Debbie will give you a life-changing experience!

DEBBIE JEUNETTE

Debbie received her training to practice Health Coaching at The Institute for Integrative Nutrition in New York City and now has her own business, Nutrition Naturally Now. Along with her certification in Health Coaching she has a background in Health Science, is a Certified Massage Therapist, and has over 30 years experience in Personal Training and Group Fitness. Her purpose is to help others find balance and harmony with their own health in a way that is fun, adventurous and bio-individual!



Join Debbie on a journey through decoding food labels, carbs (the truth!), eating for energy, and taking charge of your health!

Fee: \$35 per class

Time: all classes are 7 p.m. to 8:30 p.m.

Location: EVES

TUESDAY, JANUARY 3

CARBS are NOT the Enemy: What are carbs? What do they do? How do they help my health? These and other questions answered about this vital food group!

Activity #8202-I

TUESDAY, JANUARY 10

Eating for ENERGY: This class is ONLY for those who are tired of being tired!!!!

Activity #8202-J

ART SERIES

AGES 7-12

Instructed by Regina Grubbs

Perfect opportunity for young artists to explore while using different mediums. Each session will use a different medium, with the Art Collage using several mediums. Please bring smock or wear clothes that can get messy. *A reminder to parent(s): there is a fully equipped fitness room at Greenwood Mill. While your child is in the art class you are welcome to work out for a nominal fee.*

For each session

Fee: \$37, includes supplies

Day(s): T

Time: 6:30-7:30 p.m.

Location: GWMES

ART COLLAGE

Uses several mediums.

Activity #2206-U

Date(s): 1/24-2/14

PAINT

acrylic and or water colors.

Activity #2206-V

Date(s): 2/28-3/20

PENCIL/COLORED PENCIL

Activity #2206-W

Date(s): 4/10-5/1

EMBROIDERY: THE BASICS

AGES 8+

Instructor: Connie Dailey

How would you like to learn a new hobby and be creative? This is the perfect opportunity to learn the basics of embroidery. We will be utilizing simple kits that allow participants to learn basic stitches and support creativity for a lifetime. All supplies included.

Fee: \$47

Activity #2009-A

Day(s): W

Date(s): 1/18-2/22

Time: 6:45-8:15 p.m.

Location: MPRSH



Cosponsored Organizations

FCPRD is pleased to co-sponsor the following organizations and to provide you with their contact information.

Please contact the organization for registration information.

BRYSA: Blue Ridge Youth Soccer Association

www.brysa.org

Hotline 662-6380

brysaec@gmail.com

Spring 2012 registration will be open through 2/5 with late registration beginning 2/6. Any registrations received once late registration begins will be charged a late fee and there will be no guarantee of placement. Register online at www.brysa.org

Frederick County American Little League

www.eteamz.active.com/fcall

FCALLPresident@gmail.com

FCALL2011@hotmail.com

Frederick County National Little League

Www.eteamz.active.com/fcnll

Spring 2012 registration will be held on the following dates at the Multipurpose Room at Sherando High School:

1/7: 1-4 p.m.

1/11: 6:30-9 p.m.

1/21: 2:30-5 p.m.

1/24: 7-9 p.m.

1/28: 2:30-5 p.m.

For more information, please visit the website:
www.eteamz.com/fcnll

Shenandoah Valley Mavericks

www.eteamz.active.com/mavericks14u

Contact: Ted McDaniels 877-2094

Winchester Athletic Association

www.eteamz.com/winchesterstars

Rising Stars AAU Basketball

American Legion Post 21 Baseball

www.Post21baseball.com

We are also affiliated with the **Shenandoah Valley Tennis Association**

www.svtatennis.org

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JANUARY/FEBRUARY 2012
COMMUNITY RECREATION
PAGE 7

These Clubs are active! Trips and activities are open to club members. We encourage non-club members to check into joining any of the clubs and participating in the many activities planned. Pickup information will vary from club to club, so please read the description and let us know when you register what your pick up location will be. Home pick up information, as available will be in the program description. You must register for each program/activity even if it is just a meeting. As a reminder: Club members are welcome and encouraged to join in any of the Club programs!

GAINESBORO CLUB

Meets 4th Monday at the Community Center
Gainesborol ES
President: Betty Greathouse
Vice President: Linda Beavers
Secretary: Katherine Kelley
Treasurer: Peggy Kitts

JANUARY 23 MEMBERSHIP DRIVE AND HEALTHY START

We are going to help you get a healthy start to the New Year. Coordinate pot luck lunch of soup and salad. Following lunch we will have a guest fitness instructor show you simple but effective exercises that you can do while seated.

Invite a new member!

Activity #2301-J

Day(s): M

Date(s): 1/23

Time: 10:30-11 a.m. coffee and chat; 11 a.m. business meeting/membership drive followed by lunch

Home pickups available \$5

Location: GBES

FEBRUARY

See Valentine Luncheon information on page 9!

MARCH 26 ROAD TRIP

Winter is over!!! Club members are invited to enjoy a Dutch treat lunch at the Park N Dine, with a shopping stop on the way home.

Fee: \$9 includes transportation

Activity #2301-K

Day(s): M

Date(s): 3/26

Travel: Depart GBES 10:30 a.m. Approximate return 3:30 p.m.

GREENWOOD CLUB

Meets 3rd Monday at the Community Center
Greenwood Mill ES
President: Nancy Luck
Vice President/Secretary: Jean Heskett
Treasurer: Betty Sluder

JANUARY 30* MEMBERSHIP DRIVE AND HEALTHY START

Renew your membership and invite new members. We will have a guest fitness instructor show you simple exercises to do while seated. Potluck lunch.

Activity #2303-G

Day(s): M

Date(s): 1/30

Time: 11:30 a.m.-2 p.m.

Location: GWMES

**date change due to holiday on regularly scheduled meeting day*

FEBRUARY

See Valentine Luncheon information on page 9!

MARCH 19 LUNCH OUT

Greenwood and Opequon Gad Abouts are invited to a Dutch treat lunch at John's. Surprise stop on the way back is planned.

Fee: \$9 includes transportation

Activity #2303-M

Day(s): M

Date(s): 3/19

Travel: Depart GWMES 10:30 a.m.; depart Stephens City (old Food Lion) 11 a.m. Return approximately 3:30-4 p.m.

NORTHERN FREDERICK COUNTY

Meets 2nd Wednesday
President: Doris Brodrick
Secretary: Peggy Bromley

JANUARY 11 MEMBERSHIP DRIVE

Enjoy lunch out and bring a friend to meet your Club-mates and encourage them to join!

Time to renew your membership!

Activity #2304-J

Day(s): W

Date(s): 1/11

Time: 11 a.m.

Location: Shoney's

Transportation: Home pickups 9 a.m.; Sunnyside 10:45 a.m.; \$5 fee applies

FEBRUARY

See Valentine Luncheon information on page 9!

MARCH 21 A DAY OUT

How about a Dutch treat lunch at Ryan's and some shopping after lunch? Bring a friend to enjoy a day out.

Fee: \$9 includes transportation

Activity #2304-K

Day(s): W

Date(s): 3/21

Travel: Home pick ups \$5 fee; Sunnyside 10:30 a.m.

OPEQUON GAD ABOUTS

Meets 3rd Friday at Community Center at SHHS

President: Ray Stuehmeier

Vice President: Elaine Boyd

Secretary: Marie Lauck

Treasurer: Mary O'Dell

JANUARY 20 HEALTHY START AND MEMBERSHIP DRIVE

We are going to help you get your new year off to a healthy start! A guest fitness instructor will show you simple exercises for stretching and how to improve flexibility. Lunch: pot luck (suggestion: soup and salad). Bring something to share. We will also take membership renewals and have a business meeting.

Activity #2305-I

Day(s): F

Date(s): 1/20

Time: 11 a.m.

Location: MPRSH

FEBRUARY

See Valentine Luncheon information on page 9!

MARCH 19 LUNCH OUT

We have changed your meeting day so that you can enjoy a Dutch treat lunch with Greenwood Club at John's.

Fee: \$9 includes transportation

Activity #2305-J

Day(s): M

Date(s): 3/19

Travel: Depart Stephens City Food Lion 11 a.m.

THE FOLLOWING TRIPS AND ACTIVITIES ARE DESIGNED FOR ALL ADULTS 55 AND OVER. FCPRD CLUB MEMBERS ARE ELIGIBLE FOR HOME PICKUP IF DESIGNATED IN TRIP DESCRIPTION. NON-CLUB MEMBERS: PLEASE SEE THE OPPOSITE PAGE FOR INFORMATION ON JOINING A CLUB.

SCRABBLE CLUB

This club is full of fun, laughter and is also good brain exercise! Meet new people and discover new words. Bring your dictionary! Light lunch provided.

Fee: \$28, includes lunch
 Activity #2222-O
 Day(s): M
 Date(s): 1/9, 2/27, 3/12, 4/16
 Time: 10:30 a.m.-2 p.m.
 Location: MPRSH

VALENTINE LUNCH

Spread the joy and fun. This years' trivia is: Famous Inventions. To play, bring clues about a famous invention (your choice), share the clues with the group with prizes for the correct answer. And the Valentine Bingo tradition continues, so please bring a white elephant gift!

Activity #2402-B
 Day(s): M
 Date(s): 2/13
 Time: 11 a.m.
 Location: Butcher Block, Stephens City
 Transportation: Limited home pickups 9 a.m.; GWMES 10:20 a.m.; Sunnyside 10:40 a.m. There is a \$5 fee for all pick up locations

FITLIFE

Instructor: Tracy Clontz

This is an excellent class for ages 50+ and for anyone who wants to improve flexibility, muscle tone and joint range of motion. The class will energize you and the convenience of a punch pass puts you in control of your fitness schedule. Bring water.

Fee: \$28 for 8 class punch pass
 Activity #2209-J
 Day(s): M, W
 Date(s): ongoing
 Time: 9:30-10:30 a.m.
 Location: MPRSH

FLOW YOGA **NEW!**

Instructor: Amy Gwinner, RYT

Have you thought about trying yoga? Would you like the benefits of increased flexibility, reduced stress, weight loss and more? Join us in this fun class! Not only will you have fun, meet new people, and enjoy increased health benefits, you will also learn to connect your breathing with conscious movement. This class is for all levels from the novice through the experienced practitioner. Please bring an exercise mat and water. Two locations to choose from.

Fee: \$28 for 8 class punch pass or pay for each session

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$25	2012-E	T	1/17-2/7	6:30-7:30 a.m.	GBES
\$25	2012-F	T	2/14-3/6	6:30-7:30 a.m.	GBES
\$25	2012-G	T	3/13-4/3	6:30-7:30 a.m.	GBES
\$25	2012-H	T	4/17-5/8	6:30-7:30 a.m.	GBES
\$25	2012-I	W	1/11-2/1	5:15-6:15 p.m.	EVES
\$25	2012-J	W	2/8-2/29	5:15-6:15 p.m.	EVES
\$25	2012-K	W	3/7-3/28	5:15-6:15 p.m.	EVES
\$25	2012-L	W	4/4, 18, 25, 5/2	5:15-6:15 p.m.	EVES

Register Online Now
[www.fcprd.net!](http://www.fcprd.net)

MAIN: 540-665-5678

CANCELLATION: 540-665-5678, OPTION "3"

WEB SITE: FCPRD.NET

E-MAIL: FCPRD@CO.FREDERICK.VA.US

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ADULT TRIPS & ACTIVITIES

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CHERRY BLOSSOM CRUISE

This year will celebrate the 100th year of the flowering Japanese cherry trees in our nation's capital. Join us this year to experience the blossoms by land and by water. Enjoy the scenic river cruise taking in the highlights of the National Mall and a unique view of the cherry blossoms. After the cruise, enjoy lunch (on your own) and have an opportunity to visit Old Town Alexandria. Don't miss your opportunity, seats are limited and fill quickly.

Fee: \$39

Activity #5409-A

Day(s): S

Date(s): 4/7

Travel: Bus departs Sunnyside Plaza at 8:30 a.m., returns approximately 5:30 p.m.

THOMAS JEFFERSON'S MONTICELLO

Monticello is the house designed and built by Thomas Jefferson himself. He had many titles, including his more known title of third president of the United States and author of the Declaration of Independence. This great trip will include a tour of the first floor of Monticello, an option of a second tour of the Gardens and Grounds or the Plantation community, and the renovated visitor's center. This exciting trip will go over the history of the man and the grounds that helped shape the United States into what it is today. This is the only historic house in the U.S. that is on the United Nations' World Heritage List and it well deserves it. Trip includes transportation and admission. Lunch is not included.

Fee: \$35 per person, includes admission

Activity #5408-A

Day(s): S

Date(s): 4/14

Travel: Bus departs Sunnyside Plaza at 8:30 a.m., returns 6:30 p.m.

Registration Deadline: 4/6

NATIONAL AIR AND SPACE MUSEUM IN DULLES VA

Join FCPRD as we take a trip to the National Air Space Museum in Dulles, VA. The Museum opened in December 2003 and holds thousands of aviation and space artifacts. Some exhibits that have been displayed are Moving Beyond Earth, Fifty Years of Human Space Flight, Baron Hilton Pioneers of Flight, Milestones of Flight, the Wright Brothers & The Invention of Ariel Area and many more. Price includes admission to the National Air Space Museum and transportation.

Fee: \$25 per person

Activity #5406-J

Day(s): S

Date(s): 3/10

Travel: Bus departs Sunnyside Plaza at 8:30 a.m., returns 6:30 p.m.

POTOMAC EAGLE SCENIC RAILROAD AGE 8 AND UP

The Potomac Scenic Railroad is one America's most beautiful train rides. Originating in Romney, West Virginia the three hour ride winds through mountain valleys of wildflowers, evergreens and hardwoods. Home of the American Bald eagle these majestic birds are often seen soaring high above in their nature habitat. Bring your camera for a great family outing. Feel free to bring lunch or purchase food on board.

Fee: \$55 ages 16+; \$25 ages 8-16

Activity #5406-I, ages 16+

Activity #5406-II, ages 8-16

Day(s): S

Date(s): 5/19

Travel: Bus departs Sunnyside Plaza parking lot at 9:30 a.m. Returns approximately 4:30 p.m.

Registration Deadline: 5/10

WASHINGTON WIZARDS BASKETBALL

Do the Wizards have what it takes to become a playoff contender? Watch John Wall of the Wizards compete against Joe Johnson of the Hawks. Seating is located in the lower level, section 114, rows P and Q. This trip will provide transportation to and from the Verizon Center in Washington, D.C.

Fee: \$95

Activity #5401-G

Day(s): S

Date(s): 3/24

Game Time: 7 p.m.

Travel: Sunnyside Plaza parking lot 4 p.m.

TENNIS AT WINCHESTER COUNTRY CLUB ^{NEW!}

INSTRUCTOR: MATT ROSNER, USPTA

LITTLE'S AND YOUTH

AGES 4-7

This Program is designed to introduce the sport of tennis to young kids following the Little's format of upbeat, positive, encouraging coaching; initiating and demonstrating proper essential basic skills and stroke development to the participant then actively hitting the ball and playing. 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, play games, and most importantly, HAVE FUN!

Fee: \$72
Activity #7214-T
Day(s): SU
Date(s): 12/4-18 & 1/8-22
Time: 5-5:45 p.m.
Location: Winchester Country Club
Registration Deadline: 12/8

Fee: \$96
Activity #7214-TT
Day(s): SU
Date(s): 2/5-26 & 3/4-25
Time: 5-5:45 p.m.
Location: Winchester Country Club
Registration Deadline: 2/9

YOUTH TENNIS

AGES 8-12

This Program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills and techniques 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! This program is an excellent opportunity for players to continue to build on the skills they have learned throughout the year and work on improving their game during the winter months.

Fee: \$95
Activity #7214-U
Day(s): SU
Date(s): 12/4-18 & 1/8-22
Time: 5:45-6:45 p.m.
Location: Winchester Country Club
Registration Deadline: 12/8

Fee: \$125
Activity #7214-UU
Day(s): SU
Date(s): 2/5-26 & 3/4-25
Time: 5:45-6:45 p.m.
Location: Winchester Country Club
Registration Deadline: 2/9

MIDDLE/HIGH SCHOOL

AGES 13-18

The Middle/High School Tennis Program is designed to take participants from mastering essential skills to actively playing tennis; all structured in a team tennis practice, work-out format. 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. 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. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain self-confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN! This program is also an excellent opportunity for current and aspiring high school tennis players to prepare for their upcoming high school tennis season.

Fee: \$150
Activity #7214-V
Day(s): SU
Date(s): 12/4-18 & 1/8-26
Time: 6:45-8 p.m.
Location: Winchester Country Club
Registration Deadline: 12/8

ADULT TENNIS

AGES 18 & UP

The Adult Program is designed to take participants from mastering essential skills to actively playing tennis; all structured in a tennis practice, work-out format. 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. In addition, the Tennis Director will conduct stroke breakdown and analysis, and prepare a program helping the Adult Tennis player achieve their individual goals of gaining confidence in their game, improving conditioning, agility, footwork, athleticism, and overall tennis skills. This program is excellent for all Adults looking to get back into the game of tennis, active players, as well as beginners who are looking to learn the sport and at the same time get in shape with a great physical work-out.

Fee: \$120
Activity #7214-W
Day(s): SU
Date(s): 12/4-18 & 1/8-22
Time: 8-9 p.m.
Location: Winchester Country Club
Registration Deadline: 12/8

Fee: \$150
Activity #7214-WW
Day(s): SU
Date(s): 2/5-26 & 3/4-25
Time: 8-9 p.m.
Location: Winchester Country Club
Registration Deadline: 2/9

MAIN: 540-665-5678

CANCELLATION: 540-665-5678, OPTION "3"

WEB SITE: FCPRD.NET

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LITTLE'S BASKETBALL

AGES 3-5

Don't miss out on this sports program that offers child and parent participation. Little's Basketball will prepare children for organized basketball in a fun, up-beat, non-competitive environment. This clinic provides the opportunity for children to work one-on-one with a parent to learn various basketball skills such as running, passing, dribbling, and more! Every player will receive a Little's t-shirt and a basketball. Please indicate your child's shirt size when registering.

Fee: \$40

Activity #	Day(s)	Date(s)	Time	Location
5201-A	T	1/10-2/14	6-7 p.m.	ARES
5201-B	TH	1/12-2/16	6-7 p.m.	RBRES

Registration deadline: TH, 12/29, 5 p.m.

YOUTH WRESTLING

Enjoy and learn the basic skills of wrestling in a supervised instructional setting. This program allows for both boys and girls to participate and learn the sport. Once skills are learned, age groups will have an opportunity to wrestle in matches.

Fee: \$40

Day(s): SU

Date(s): 1/15-2/19

Location: MBHS

Activity #	Time	Ages
5203-A	1-2:30 p.m.	5-6
5203-B	2:30-4 p.m.	7-8
5203-C	4-5:30 p.m.	9-12

BOWLING BASICS

AGES 6-12

Instructors: Richard Ashby and Ken Burks

Bowling is a fun way to get some exercise and learn a lifetime sport. Participants will learn and practice everything from picking up a bowling ball safely to delivery. Skills are added and practiced each week. Great for the beginner and for those with some experience.

Fee: \$65 includes instruction, shoes and house bowling balls

Activity #2213-P

Day(s): SU

Date(s): 2/26-3/25

Time: 4-5:30 p.m.

Location: Northside Lanes

SPECIAL OLYMPICS

AGES 8+

The following programs are designed for ages 8 and over to foster involvement in organized sports. New athletes are required to complete Special Olympic forms as well as FCPRD registration form. Forms are available in FCPRD main office or by calling 665-5678. Returning athletes must complete registration forms and are responsible for updating the Special Olympic forms as needed. Registration deadlines apply. Space is on a first come first served basis. FCPRD will share information with Special Olympics. Registration deadline: 1/3/12

BASKETBALL SKILLS AND TEAMS

All athletes report 1/10 and 1/12 for assessment. Specific skills and team practices to be determined and athletes will be informed.

Activity #2015-H

Day(s): T, TH

Date(s): 1/10-3/15

Time: 6:15-8 p.m.

Location: OVES

YOUTH BOWLING

AGES 8-21

Activity #2015-I

Day(s): M

Date(s): 2/13-3/19

Time: 3:30-5 p.m.

Location: Northside Lanes

ADULT BOWLING

AGES 22+

Activity #2015-J

Day(s): F

Date(s): 2/17-3/23

Time: 3:30-5 p.m.

Location: Northside Lanes

SOFTBALL

Activity #2015-K

Day(s): S

Date(s): 3/31-6/2*

Time: 1:15-4 p.m.

Location: SH, field 2

*no practice 4/7, and Apple Blossom

AQUATICS

Activity #2015-L

Day(s): S

Date(s): 3/31-6/2*

Time: 10:30 a.m.-12 p.m.

Location: Jim Barnett Park, indoor pool

*no practice 4/6, 5/5, 5/26

TRACK AND FIELD

Activity #2015-M

Day(s): SU

Date(s): 4/1-6/3*

Time: 2:30-4 p.m.

Location: SHHS, track

*no practice 4/8, 5/6, 5/27

Register Online Now

www.fcprd.net/



ADULT CO-REC VOLLEYBALL

Adults, dust off those kneepads, grab your crew and get ready for some great indoor volleyball. Get a team into this league and have fun while getting some great exercise! Play will begin in early February. Don't wait this league will fill up fast! 8 game minimum. Team must have equal number of male and female players on the court. Organizational team meeting will be on 1/26 at 6:00 p.m. at Greenwood Mill Elementary School. The tournament format will be as follows: high and low double elimination. Teams will be split based on the regular seasons standings.

*Early Bird Registration Fee: \$270 before 1/13
Final Registration Fee: \$320 between 1/14 & 1/20
No registrations will be taken after 1/20
Activity #3308-A, Recreation Division (Monday Nights)
Day(s): M, W
Date(s): 2/6-4/11
Time: 6-9 p.m.
Location: GWMES*

30 & OVER MEN'S BASKETBALL LEAGUE

8 GAME MINIMUM + PLAYOFFS

Games will be played on Tuesdays and Thursdays at FCPRD facilities beginning 3/20. Roster maximum of 12 players. Sign up as a team or as an individual. All individuals will be placed on currently formed teams or if enough participants sign-up another team will be formed. All participants must be 30 years old by March 20 in order to play in the league. ID's will be required before the first game!

*Organizational meeting will be on Thursday, 3/15, 6 p.m. Evendale Elementary School
Early Bird Fee: \$480 per team before 3/1
Final Fee: \$530 per team between 3/2 & 3/8
No teams will be taken after 3/8
Activity #3309-A, Team*

*Early Bird Fee: \$50 per person before 3/1
Final Fee: \$60 per person between 3/2 & 3/8
Participants will not be taken after 3/8
Activity #3309-B, Individual*

WOMEN'S BASKETBALL LEAGUE

Women's basketball games will be played once a week on either Tuesday or Thursday evenings at Orchard View Elementary School beginning on March 20, 2012. This league is designed for both the competitive and recreational player. All teams must have a minimum of 5 players and a maximum of 12 players on their roster. All participants must be 18 years old by March 20 in order to play in the league. ID's will be required before the first game! When registering as an individual please list the name of the contact person you will be playing for this season.

*Organizational meeting will be on Thursday, 3/15, 6 p.m. Evendale Elementary School.
Early Bird Fee: \$50 before 3/1
Final Fee: \$60 between 3/2 & 3/8
No registrations will be taken after 3/8
Activity #3309-D, Individual*

USTA ADULT TEAM TENNIS LEAGUE **NEW!**

AGES 18 & OVER

Men's and Women's tennis teams will be forming in the spring 2012. All men and women interested should attend the informational meeting Wednesday, 2/1, 6:30 p.m. the Community Center at Sherando High School. All details regarding the league will be answered at the meeting by the USTA league director. Dates, times, & fees are TBA. League play is scheduled to start in early April. Teams will be designed for all ability levels (beginner to advanced) and will travel within the SVTA region to compete against other teams. If this is a league that you are interested in, call 540-665-5678 or email

rriigglem@co.frederick.va.us

*League meeting:
Day(s): W
Date(s): 2/1
Time: 6:30 p.m.
Location: MPRSH*

MEN'S SOFTBALL SPRING TRAINING-DOUBLE HEADER LEAGUE

A seven week doubleheader softball league played on Tuesday nights. League play will consist of 8 regular season games guaranteed and will NOT have a post season tournament. Teams will play two games per night against the same team. Game schedules will note the home/visiting team for each game. All doubleheaders that are rained out during the regular season can be made up on Thursday nights. As an added bonus this year, teams will get to schedule two 2-hour practices from 3/13-4/26.

*Team organizational meeting: 3/7, EVES, 6 p.m.
Players must be 18 years of age in order to participate. Rosters are due by the registration deadline.

*Early Bird Fee: \$225 on or before 2/23
Final Fee: \$275 2/24-3/1
No teams will be taken after 3/1
Combination Deal: \$650 for one Men's Spring Training team and one Men's Summer League team
Activity #7302-A Sherando
Activity #7302-AA Combination Deal
Date(s): 3/13-4/26
Day(s): T, TH
Time: 6-10 p.m.
Location: SH*

OPEN GYMS

No need to register. Just show up and play!

OVER 30 BASKETBALL

Drop in any time for a great game of hoops!

*Fee: \$2
Activity #6500-A
Day(s): TH
Time: 8-10 p.m.
Location: GWMES
Proof of age may be required*

DROP IN BASKETBALL AT GWMES

Anytime the gym is not reserved for an activity, persons aged 13 and over may come in and use the gym! Monthly center schedules are posted on site and on the web.

*Fee: \$2 per person
Day(s): M-F; weekends during fitness room hours
Time: 6-9 p.m.
Location: GWMES*

OVER 18 OPEN GYM BASKETBALL

*Fee: \$2
Activity #6500-C
Day(s): W
Date(s): through 4/11
Time: 8-10 p.m.
Location: GBES
Proof of age may be required*

OPEN WALLYBALL

*Fee: \$2
Day(s): W
Date(s): on-going
Time: 7-9 p.m.
Location: FRSH*

Register Online Now
www.fcprd.net/

MAIN: 540-665-5678

CANCELLATION: 540-665-5678, OPTION "3"

WEB SITE: FCPRD.NET

E-MAIL: FCPRD@CO.FREDERICK.VA.US



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Find Fitness Fast

We are expanding our fitness offerings and are including this chart to help you find the class or fitness room that best fits your schedule, location, and fitness needs. Some classes are subject to minimum enrollments and could be canceled if that minimum is not met. Please refer to the class details on pages 15 & 16 for specific dates classes will be held and for information on punch passes and other discount offerings!

	EVES	GBES	MPRSH	RBRES	GWMES Fitness Room	SH Fitness Room
M	Turbo Sport 6:30-7:30	Zumba™ 5:15-6:15 p.m.	FitLife 9:30-10:30 p.m.		After School Workout 3-5 p.m.	After School Workout 3-5 p.m.
			Pilates 6:30-7:30 p.m.		6:30 a.m.-9 p.m.	3-9 p.m.
T	Combo: Zumba™/Dance Fit 6:30-7:30 p.m.	Flow Yoga 6:30-7:30 a.m.	Step & Sculpt Plus 5:30-6:30 p.m.		After School Workout 3-5 p.m.	After School Workout 3-5 p.m.
	Zumba™ 6:30-7:30 p.m.				6:30 a.m.-9 p.m.	3-9 p.m.
W	Flow Yoga 5:15-6:15 p.m.			Zumba™ 6:30-7:30 p.m.	After School Workout 3-5 p.m.	After School Workout 3-5 p.m.
					6:30 a.m.-9 p.m.	3-9 p.m.
TH	Dance Fit Fuzion 6:30-7:30 p.m.	Belly Dancing 7-8:15 p.m.			After School Workout 3-5 p.m.	After School Workout 3-5 p.m.
	Combo: Zumba™/Dance Fit 6:30-7:30 p.m.				6:30 a.m.-9 p.m.	3-9 p.m.
F				Zumba™ 6:30-7:30 p.m.	After School Workout 3-5 p.m.	After School Workout 3-5 p.m.
					6:30 a.m.-9 p.m.	3-9 p.m.
S	ZumbaTomic™ 10-11 a.m.				8 a.m.-6 p.m.	8 a.m.-12 p.m.
	Zumba™ 12-1 p.m.					
SU					1-6 p.m.	CLOSED



PUNCH PASS FITNESS

Enjoy the flexibility of the punch pass system and the variety of fitness classes. Mix and match any of the designated classes and work your fitness schedule. Visit any of these highlighted classes and purchase a punch pass from the instructor. There is no specified expiration date, but pass should be used during the class sessions as listed.

Registration for punch pass classes is currently not available through on-line registration.

Fee: \$28 for 8 class visits

FITLIFE

Instructor: Tracy Clontz

This is an excellent class for ages 50+ and for anyone who wants to improve flexibility, muscle tone and joint range of motion. The class will energize you and the convenience of a punch pass puts you in control of your fitness schedule. Bring water.

Fee: \$28 for 8 class punch pass

Activity #2209-J

Day(s): M, W

Date(s): ongoing

Time: 9:30-10:30 a.m.

Location: MPRSH

STEP & SCULPT PLUS!

Instructor: Tracy Clontz

Work it! This class will work on toning, defining, strengthening, and cardio. Great for all levels of fitness. Please bring water and exercise mat.

Fee: \$28 for 8 class pass; drop in for \$8 per class

Activity #2208-KK

Day(s): T

Date(s): ongoing

Time: 5:30-6:30 p.m.

Location: MPRSH

BELLY DANCING FOR WOMEN & TEENS

Instructor: Miramar

If you want to improve your posture, coordination and reduce stress, this is a go to class. Enjoy the benefits of exercise and fun while learning belly dances. Bring large towel or mat. Sign up as an individual or as adult and teen-(see prices below.) Or if you just want to try the class, drop in for \$10!

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$67*	2215-O	TH	2/23-3/29	7-8:15 p.m.	GBES
\$97**	2215-P	TH	2/23-3/29	7-8:15 p.m.	GBES

*Individual

Registration deadline: 2/17, noon

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$67*	2215-Q	TH	4/19-5/24	7-8:15 p.m.	GBES
\$97**	2215-R	TH	4/19-5/24	7-8:15 p.m.	GBES

Registration deadline: 4/16, noon

*individual

**for one adult and one teen

FLOW YOGA **NEW!**

Instructor: Amy Gwinner, RYT

Have you thought about trying yoga? Would you like the benefits of increased flexibility, reduced stress, weight loss and more? Join us in this fun class! Not only will you have fun, meet new people, and enjoy increased health benefits, you will also learn to connect your breathing with conscious movement. This class is for all levels from the novice through the experienced practitioner. Please bring an exercise mat and water. Two locations to choose from.

Fee: \$28 for 8 class punch pass or pay for each session

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$25	2012-E	T	1/17-2/7	6:30-7:30 a.m.	GBES
\$25	2012-F	T	2/14-3/6	6:30-7:30 a.m.	GBES
\$25	2012-G	T	3/13-4/3	6:30-7:30 a.m.	GBES
\$25	2012-H	T	4/17-5/8	6:30-7:30 a.m.	GBES
\$25	2012-I	W	1/11-2/1	5:15-6:15 p.m.	EVES
\$25	2012-J	W	2/8-2/29	5:15-6:15 p.m.	EVES
\$25	2012-K	W	3/7-3/28	5:15-6:15 p.m.	EVES
\$25	2012-L	W	4/4,18,25, 5/2	5:15-6:15 p.m.	EVES

PILATES **NEW!**

Instructor: Kate Regula

This class offers focused exercises to improve core strength as well as flexibility, posture and body awareness. You will learn to control your movements by centering your mind, concentrating on your body and breathing into a flowing precision of exercises. The instructor will offer modifications and all fitness levels are welcome. Please bring yoga mat and water.

Fee: \$28 for 8 class punch pass or pay for each session

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$28	2207-A	M	1/9-2/6	6:30-7:30 p.m.	MPRSH
\$28	2207-B	M	2/13-3/12	6:30-7:30 p.m.	MPRSH
\$28	2207-C	M	3/19-4/23*	6:30-7:30 p.m.	MPRSH
\$28	2207-D	M	4/30-6/4*	6:30-7:30 p.m.	MPRSH

AFTER SCHOOL WORKOUT **NEW!** FOR HIGH SCHOOL STUDENTS

Good habits, that's what it's all about. Start the new year with a new workout habit! During the month of January, high school students may work out free of charge at either of our weight rooms - Sherando or Greenwood Mill! Students must have a valid high school issued ID and must have an orientation on proper use of the equipment from FCPRD staff. Proper attire and shoes are required. No preregistration is required.

Fee: FREE

Day(s): M-F

Date(s): 1/1-31

Time: 3-5 p.m.

Location: FRSH or GWMES

Register Online Now

www.fcprd.net/



Guidelines For Registration

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. 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 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. In the event your account should become delinquent you will be assessed a weekly \$20 late fee until your account is paid in full. Returned checks are assessed an additional \$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. Late registrations: There is no guarantee of acceptance into a program after a registration deadline passes. There is a \$10 late fee for individual registrations and a \$50 late fee for team registrations.
9. 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

Guidelines For Park Visitation

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 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.

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.**

ONLINE REGISTRATION!! Fast, easy, always available!
Visit our web site to register today!

Register Online Now

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
Total Fees: \$				
Address: _____			Telephone Numbers	
Print Name of Parent/Guardian: _____			Home: _____	Work: _____
			<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 _____				
Under the provisions of the Virginia Freedom of Information Act, I hereby request that any and all personal information regarding the child(ren) named above be retained by The Frederick County Parks and Recreation Department as exempt from disclosure.				
X SIGNATURE OF PARENT/GUARDIAN _____			Date _____	
PRINT NAME OF PARENT/GUARDIAN _____				

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, call FCPRD at the main office - 540-665-5678. For further information on the parks, email the parks division at: kdebaven@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 CLEARBROOK

Traveling just five miles of 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: weekends through September;
\$2 per person per half hour.
 - 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)

EQUIPMENT CHECKOUT

Horseshoes and volleyballs are available on a first come, first served basis. Please see the Park Ranger upon arrival.

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.

PADDLEBOATS

At Clearbrook Park, noon-6 p.m., Through September, weekends only.
\$2/person for a 30 minute ride

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

Reynolds Store

9291 N. Frederick Pike,
Cross Junction
1/2 acre with a playground

Round Hill

789 Round Hill Road
1/2 acre with a playground

FACILITIES KEY

Abbreviation

MPRSH
FRSH
CB
SH
JWHS
MBHS
SHHS
ABMS
FCMS
JWMS
AYMS
APRES
ARES
BHES
EVES
GBES
GWMES
IHES
MTES
OVES
RBRES
SWES

Facility

Multipurpose room at Sherando CC
Fitness room at Sherando CC
Clearbrook Park
Sherando Park
James Wood High School
Millbrook High School
Sherando High School
Admiral Byrd Middle School
Frederick County Middle School
James Wood Middle School
Aylor Middle School
Apple Pie Ridge Elementary School
Armel Elementary School
Bass Hoover Elementary School
Evendale Elementary School
Gainesboro Elementary School
Greenwood Mill Elementary School
Indian Hollow Elementary School
Middletown Elementary School
Orchard View Elementary School
Redbud Run Elementary School
Stonewall Elementary School

Note: school locations are the gymnasiums unless otherwise noted.



**COMMUNITY CENTER AT SHERANDO HIGH SCHOOL
869-5988
185 SOUTH WARRIOR DRIVE**

Fees & Equipment

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: \$1 for students; \$2 for adults; discount passes are available for purchase.
Hours: M-F: 3-9 p.m.; S: 8 a.m.-12 p.m.; SU: closed*

Racquetball Courts: two regulation size courts for racquetball and wallyball are available by calling 869-5988 to make your reservation.

Fee: \$5 for students; \$6 for adults; \$1 additional per person for wallyball; discount passes are available for purchase.

Multipurpose Room: The multipurpose room, complete with ballet barre and mirrors, and room divider is available for private rental. Measuring 40' x 50', the multipurpose room will accommodate up to 140 people. Reservations must be made 1 week in advance and are subject to availability.

Fee: \$20/hour residents; \$35/hour non-residents; 2 hour minimum rental; available 8 a.m. - 10 p.m., Monday - Sunday; please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.

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!

**COMMUNITY CENTER AT
GREENWOOD MILL ELEMENTARY SCHOOL
281 CHANNING DRIVE**

Fees & Equipment

Reservations must be made 1 week 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: \$30/hour residents; \$45/hour non-residents; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m. and S & SU, 8 a.m.-10 p.m.**

The Gymnasium is also available for rental for large events such as dances, receptions, and dinners.

*Fee: \$50/hour includes floor covering and table and chairs. Subject to availability.**

Activity Room: Complete with microwave and refrigerator is available for private rental. The activity room will accommodate up to 100 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 and SU.**

**Please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.*

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

*Fee: \$1 for students; \$2 for adults; discount passes are available for purchase.
Hours of Operation: M-F, 6:30 a.m.-9 p.m., S 8 a.m.-6 p.m.; SU 1-6 p.m. Additional weekend hours will be posted on the web and on site.*

**COMMUNITY CENTER AT
EVENDALE ELEMENTARY SCHOOL
220 ROSA LANE**

Fees & Equipment

Reservations must be made 1 week 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. Reservations must be made one week in advance and are subject to availability.
*Fee: \$30/hour; \$45/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available 6-10 p.m. M-F and 8 a.m.-10 p.m. S and SU**

Activity Room: Complete with kitchen is available for private rental. Measuring 20'x25', the activity room will accommodate up to 35 people.

*Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available 6-10 p.m. Monday-Friday and 8 a.m.-10 p.m. Saturday and Sunday.**

Exercise Room: Available for private rental for approved activities only. Measuring 32'x 36', the room will accommodate up to 49 people. Reservations must be made one week in advance and are subject to availability.

*Rental fee: \$12/hour residents; \$27/hour non-residents; 2 hour minimum; available 6-10 p.m. M-F and 8 a.m.-10 p.m. S and SU**

**Please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.*

**COMMUNITY CENTER AT
GAINESBORO ELEMENTARY SCHOOL
5629 NORTH FREDERICK PIKE**

Fees & Equipment

Reservations must be made 1 week 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: \$30/hour; \$45/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m. and S & SU, 8 a.m.-10 p.m.**

Activity Room: Complete with kitchen is available for private rental. Measuring 20'x25', the activity room will accommodate up to 35 people.

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

**Please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.*

**COMMUNITY CENTER AT
ORCHARD VIEW ELEMENTARY SCHOOL
4275 MIDDLE ROAD**

Fees & Equipment

Reservations must be made 1 week 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: \$30/hour; \$45/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available 6-10 p.m., M-F and 8 a.m.-10 p.m. S and SU.

Please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.

**For directions to FCPRD
Community Centers, visit our web
site at fcprd.net and click on
"Facilities" then "Facilities Key" for
links to maps!**

MAIN: 540-665-5678

CANCELLATION: 540-665-5678, OPTION "3"

WEB SITE: FCPRD.NET

E-MAIL: FCPRD@CO.FREDERICK.VA.US

JANUARY/FEBRUARY 2012

FACILITIES

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

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Winchester, VA
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The Frederick County Parks and Recreation Department (FCPRD) offers a wide variety of exciting programs for all age groups and interest levels. We invite you to visit our Community Centers, any or all of our four neighborhood parks, and the County's two district parks, Clearbrook and Sherando. FCPRD welcomes the participation of all individuals, including those with disabilities, into our programs. The Department will fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation. If you have questions regarding any of our programs, contact our main office at 540-665-5678 or e-mail us at fcprd@co.frederick.va.us. Please do not e-mail registration requests for programs being offered.

Building Community through people, parks, and recreational opportunities.