

Frederick County Parks and Recreation
CALENDAR OF EVENTS
March/April 2012

Kite Flying Festival!

Details on page 3



Music U, page 5
Youth Dance, page 6
Spring Trips, pages 10-11
Find Fitness Fast, page 14

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

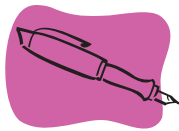
The Parks and Recreation Commission meets every third Tuesday at 7 p.m. Call 665-5678 for additional information or if you wish to address the Commission.

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... Jason Robertson

Sometimes people think winter is a slow period for those in parks and rec. Well, we're here to tell you different!

Office staff has been working on ways to keep you all better informed (Facebook, Twitter, email blasts, etc.) and implementing new systems to make our office more productive and efficient.

Park staff at Clearbrook Park has disassembled the light show and staffs at both parks are busy with equipment maintenance and repair, checking the condition of all picnic tables and shelters for the coming picnic season, and doing any needed outside maintenance.

Rec Staff has been busy putting together programs for this publication as well as our upcoming summer camps! On the following pages you will find great things like Improvisation Sensation for ages 8-12, adult basketball, spring and summer softball leagues, fitness programs for all ages and abilities, and our popular Kite Flying Festival!

All the great programs in this brochure are designed to keep you as busy as we are!

Enjoy!

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



Inside this Issue...

- 2 Parks and Recreation Information
- 3 Community Events
- 4 basicREC
- 5-7 Community Recreation
- 8 Senior Adult Clubs
- 9 Adult Trips and Activities
- 10-11 Trips and Adventures
- 12-13 Sports & Athletics for all ages
- 14-16 Fitness
- 17 Registration information
- 18 Parks & Facilities Key
- 19 Facilities Information



FOLLOW THIS SYMBOL TO A MORE ACTIVE AND HEALTHY LIFESTYLE!



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WEB SITE: FCPRD.NET
E-MAIL: FCPRD@CO.FREDERICK.VA.US

Kite Flying Festival!

Saturday April 7

11 a.m. 3 p.m.

Sherando Park, Stephens City

Kite Flying!
Performance Demonstrations!
Kite & Craft Vendors!
Free Kites for Kids! *
*While supplies last!



Bring your whole family and your kites! Members of the Richmond Air Force will be on hand to discuss the science behind kite flying, the history of kites, and, weather permitting; they will be demonstrating some high-flying kite tricks!

The kite giveaway is always popular so come early!

Greenwood Deli will have food available and craft vendors will be on site as well.

Participation is FREE, so come out for this great event!

Proudly Sponsored by:



Big Brothers Big Sisters
of Winchester, Frederick
& Clarke Counties

MAIN: 540-665-5678

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MARCH/APRIL 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-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-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-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-II 5/15-6/12

INTRO TO ELEMENTARY BAND

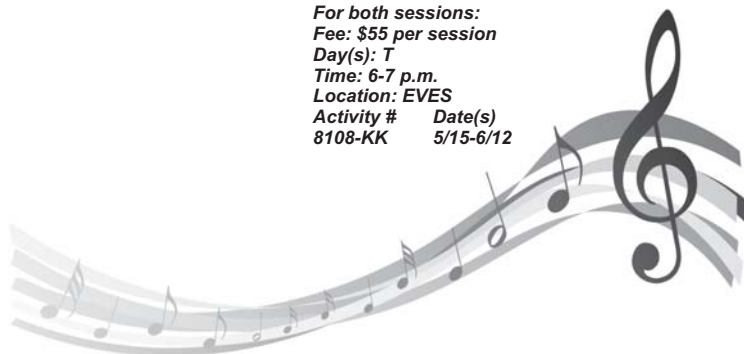
Does your child show an interest in playing an instrument? This 5 week session introduces the student to the recorder with an emphasis on developing the skills needed to play a woodwind or brass instrument. No special equipment is needed.

For both sessions:
Fee: \$55 per session
Day(s): T
Time: 6-7 p.m.
Location: EVES
Activity # Date(s)
8108-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-KK 5/15-6/12



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

PENCIL/COLORED PENCIL

Activity #2206-W
Date(s): 4/10-5/1

MAIN: 540-665-5678

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

WEB SITE: FCPRD.NET

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

MARCH/APRIL 2012
COMMUNITY RECREATION
PAGE 5

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-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-C	6-8	TH	4/12-5/17	5:45-6:45 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: La Tasha Jones, Selah Theatre Project

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-B	6-8	W	4/11-5/9	6:20-7:20 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.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$47	2215-N	TH	4/12-5/3	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
\$47*	2215-Q	TH	4/12-5/3	7-8:15 p.m.	GBES
\$67**	2215-R	TH	4/12-5/3	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-C	TH	3/22-4/19*	9:30-10:30 a.m.	EVES

*no class 4/5

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$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-C	S	3/17-4/14*	12-1 p.m.	MPRSH

*no class 4/7

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$43	2021-D	S	4/21-5/19**	12-1 p.m.	MPRSH

**no class 5/5

Register Online Now

www.fcprd.net!



Help Wanted

Lifeguards and Water Safety Instructors (WSI's) are needed for the 2012 Aquatic Season. Positions at Clearbrook and Sherando Pools!

Download an application at www.fcprd.net or call 540-665-5678.

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
brysarec@gmail.com

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

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

MAIN: 540-665-5678

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

WEB SITE: FCPRD.NET

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

**MARCH/APRIL 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

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.*

APRIL 23 TALENT DAY

Share your talent with the club! Singing, playing instrument, knitting, card games, whatever! We will also have a planning meeting and a pot luck lunch.

*Activity #2301-L
Day(s): M
Date(s):: 4/23
Time: 10:30 a.m. Coffee; 11 a.m. program begins
Travel: Home pickups available upon request: \$5
Location: GBES*

MAY

Our regular meeting date is a holiday so please join Opequon or Greenwood this month!

GREENWOOD CLUB

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

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. Home pick up upon request: \$5*

APRIL 16 LUNCH OUT

Greenwood Club welcomes the members of Northern Frederick County Club! The two Clubs will celebrate their merger with a Dutch treat lunch at Airport Restaurant. Browsing after lunch.

*Fee: \$10, includes transportation from all pick up locations
Activity #2303-N
Day(s): M
Date(s): 4/16
Travel: Home pick ups 9 a.m. Depart Greenwood Mill elementary school 10:30 a.m.*

MAY

Join Opequon on a day trip to Skyline Drive and lunch at Skyland or Big Meadows. Register using Opequon number and select Greenwood Mill as pick up location.

*Fee: \$13
Activity #2305-L
Day(s): F
Travel: Depart Stephens City (old Food Lion) 9:45 a.m.; Greenwood Mill Elementary school 9:15 a.m.; Home pickups available upon request: \$5*

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

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.*

APRIL 20 BRING ON SPRING

We are going to usher in spring a little early with a pre season cook out! Get ready for hot dogs and s'mores! Bring beverage and salad to share.

*Fee: \$5 includes hot dogs and s'mores
Activity #2305-K
Day(s): F
Date(s): 4/29
Time: 11 a.m.
Location: SH, Lions Shelter*

MAY 18 SKYLINE DRIVE

We will take a tour of Skyline Drive with lunch at Skyland or Big Meadows.

*Fee: \$13
Activity #2305-L
Day(s): F
Travel: Depart Stephens City (old Food Lion) 9:45 a.m. Greenwood Mill Elementary school 9:15 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.

ROAD KILL

ARTEMAS, PA

This is a culinary delight! By popular request we are returning to the Road Kill Café! Enjoy a day out and guess at what is on the menu!

Fee: \$15
Activity #2415-V
Day(s): T
Date(s): 5/15
Travel: Depart Stephens City (old Food Lion) 9:30 a.m.; Sunnyside 10 a.m.
Home pickups limited to en route locations: \$5 fee applies

VALLEY MOUNTAIN TOUR

Enjoy a scenic drive to Ft. Valley. Early destination is an oyster and ham dinner at Ft. Valley Fire and Rescue. Dinner cost is approximately \$15 which you will pay on site.

Fee: \$14, includes transportation and escort; dinner fee of \$15 is payable on site
Activity #2415-X
Day(s): S
Date(s): 4/21
Travel: Depart Sunnyside 12:40 p.m.; Stephens City (old Food Lion) 1 p.m. Return approximately 6:30 p.m.

TOTAL FIT

BRAIN AND BODY MIX

AGES 50+

Instructor: Susan Spangler

This exciting new program emphasizes, socializing, having fun while doing brain stretching activities (trivia, word searches, creative writing) . Following the brain fitness participants are encouraged to use the exercise/weight room. We will do gentle stretching and show you how to use the weight room equipment.

Fee: \$35
Activity #2306-Q
Day(s): T
Date(s): 3/27-4/24
Time: 11 a.m.-12:30 p.m.
Location: GWMES

FITLIFE

Instructor: Laura Hagenbuch

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

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-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-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

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MARCH/APRIL 2012
 ADULT TRIPS & ACTIVITIES
 PAGE 9

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.

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.

Fee: \$35 per person, includes transportation and admission; lunch is not included

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

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

FISHING TRIP

Enjoy a day of fishing on the Chesapeake Bay aboard the Southern Belle. The charter leaves Stevensville, Maryland at 6 a.m. The trip could also include crabbing, depending upon the water conditions. This is an 8 hour fishing expedition, with all tackle, bait, transportation and fishing licenses included. Each person will be responsible for their own lunch and drinks, and it is recommended that comfortable clothing is worn and sun screen is brought. Coolers may be brought and left on the bus to take that trophy fish home. Don't forget your camera! Space is limited, so register early.

Fee: \$139, includes transportation to and from the expedition

Activity #5407-B

Day(s): S

Date(s): 6/2

Travel: Bus departs 3:30 a.m. from Sunnyside Plaza parking lot

YANKEES VS. ORIOLES

Are you ready to come out see the 27 time World Series champs, the New York Yankees battle it out against the young and upcoming Baltimore Orioles. See if the Orioles can contain the Yankees as they seek to make a playoff run season. Join us for this prime time game and enjoy seating located in section 284. That's right, you will be in the All-You-Can-Eat LF club section!! Don't miss this opportunity to eat all you want through the 7th inning. Register today, tickets are limited.

Fee: \$90 per ticket, includes transportation to and from the game

Activity #5400-D

Day(s): Sunday

Date(s): 9/9

Travel: Bus departs Sunnyside Plaza Parking Lot at 10:00 a.m., game time is at 1:35 p.m.

NATIONALS VS. ORIOLES

Join FCPRD as we head to Camden Yards for a Battle of the Beltway daytime game. If you are an O's or Nat's fan, this is a can't miss. Watch these neighboring teams compete for bragging rights. In addition, we scored huge this season with tickets in section 284. This section includes All-You-Can-Eat through the 7th inning! Sign up today, tickets are limited. Don't forget to bring your appetite!

Fee: \$60 per ticket, includes transportation to and from the game

Activity #5400-A

Day(s): Sunday

Date(s): 6/24

Travel: Bus departs Sunnyside Plaza Parking Lot at 10:00 a.m., game time is at 1:35 p.m.

WASHINGTON WIZARDS BASKETBALL

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.

British Landscapes

FEATURING ENGLAND, SCOTLAND AND WALES!
OCTOBER 11-20 \$3,399 PER PERSON, BASED ON DOUBLE OCCUPANCY

INFORMATION & SLIDE SHOW MEETING
WEDNESDAY, APRIL 25
6 P.M.
FCPRD COMMUNITY CENTER AT GREENWOOD MILL ELEMENTARY SCHOOL

Sleepy villages where sheep wander the grassy hillsides, lakes set amidst mountains that inspired centuries of literature, and cities thriving with arts and culture these are the landscapes of Britain. Discover them on this 10-day journey through England, Scotland and Wales. Sleep in a Welsh castle. Visit the historic town of Cambridge. See the natural hot spring baths used by the Romans. Walk in the footsteps of William Shakespeare. Explore London and Edinburgh. Experience the wonder of Stonehenge. Stroll through historic York. We are pleased to offer this amazing trip to England, Scotland, and Wales with Collette Vacations.

TOUR HIGHLIGHTS INCLUDE:

London, London Theatre Performance, Cambridge, York, Edinburgh Castle, Lake District, North Wales, Stratford-Upon-Avon, Bath, Stonehenge

SPECIAL EXPERIENCES INCLUDE:

Visit the historic town of Cambridge, home of the elite university. Explore the picturesque Lake District villages. See the natural hot spring baths that were enjoyed by the Romans more than 2,000 years ago. Enjoy an overnight stay in a beautiful castle situated in the north of Wales.

TRIP COST INCLUDES:

8 Nights Accommodations
8 Breakfasts, 5 Dinners
London theatre performance
Stonehenge
Ruthin Castle overnight
Professional tour manager
Baggage handling from hotel to hotel
Round trip transportation originating in Winchester
Round trip airfare from Dulles



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

MARCH/APRIL 2012
TRIPS
PAGE 11

2011 MEN'S INDEPENDENT SOFTBALL

Our Men's Independent League offers two divisions: Double A and Single A. You simply pick the division that best fits your team. All leagues will have a 16 game guarantee with a post season tournament.

Early Bird Fee: \$450 per team on or before 4/12
Final Fee: \$500 per team on or before 4/19 (no teams will be taken after 4/19)
Organizational meeting: 4/30, 6 p.m. EVES. Team representative must attend meeting.

DOUBLE A

✘ Teams play in occasional-regularly weekend tournaments
 ✘ Teams that have no trouble winning games at the Single A Level
 ✘ Teams that have won 80% of Single A or won FCPRD's Double A Championship in '11
Activity #7302-B, County Wide Double A Division
Day(s): M, T, TH
Date(s): 5/7-8/9
Location: Most games will be played at Sherando, few games will be played at Clearbrook

SINGLE A

Teams that do not play weekend tournaments.
 This league is designed for the true recreational teams that play for the love of the game.
Activity #7302-C, Sherando Single A
Day(s): T, TH, F
Date(s): 5/8-8/10
Location: SH

Activity #7302-F, Clearbrook Single A
Day(s): T, TH, F
Date(s): 5/8-8/10
Location: CB

SUMMER CO-REC SOFTBALL

AGES 18+

The hottest co-rec softball league in the area is right around the corner! Teams will get a 14 game guarantee plus a double elimination tournament. The tournament format will be as follows: high-low or high-medium-low. The tournament format will be determined based on the total number of teams registered. Co-rec lineups must consist of five male and five female players. Hurry to get your team in limited space is available in this league! Teams must supply their own 12 inch 44 cor. optic yellow balls. Rosters, registration form and team fees are due before the registration deadline.

Early Bird Fee: \$395 on or before 4/12
Final Fee: \$445 between 4/13 & 4/19 (no teams will be taken after 4/19)
Activity #3311-A, Recreational Teams
Activity #3311-B, Competitive Teams
Day(s): SU & W
Date(s): 5/9-8/1
Time: Sundays 2-6 p.m., Wednesdays 6:30-8:30 p.m.
Location: CB and SH
Organizational Team Meeting: 4/30, EVES, 6 p.m.

MEN'S SOFTBALL SPRING TRAINING-DOUBLE HEADER LEAGUE

AGES 18+

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, teams will have the opportunity to book 2- two hour practices for the months March-May. Rosters are due by the registration deadline.

Organizational team meeting: TH, 3/15, EVES, 6 p.m.
Early Bird Fee: \$225 on or before 3/1
Final Fee: \$275 on or before 3/8 (no teams will be taken after 3/8)
Activity #7302-A
Date(s): 3/20-5/3
Day(s): T, TH
Time: 6-10 p.m.
Location: SH

9 V 9 ADULT SOCCER LEAGUE

Fight your way to the FCPRD World Cup in our very popular adult soccer league. Don't wait this league is filling up fast! There is an 8 game guarantee and a single elimination tournament to follow. The organizational team meeting will be on 5/3, 6 p.m. at Evendale Elementary School. Any registrations received after the deadline will be put on a waiting list. Players must be 18 years or older as of May 1.

Early Bird Fee: \$400 per team/\$40 per individual before 4/19
Final Fee: \$450 per team/\$50 per individual between 4/20 & 4/26
Activity #3316-A Recreational Team
Activity #3316-B Recreational Individual
Day(s): SU
Date(s): 5/6-8/26
Time: 4-7 p.m.
Location: SH, Soccer Field 7 (modified soccer field)

LADIES GOLF CLINIC

Instructor: Brent Baker

This program will give women an opportunity to experience the game of golf in an up-beat environment. This course will allow the golfer to learn and practice basic skills with emphasis on form, proper grip, and other skills such as putting, chipping, pitching and use of wood shots. Also enjoy a Par 3 Mini Tournament at the end of the course. Participants must provide their own clubs. Reserve your spot today!

Fee: \$82 per session
Location: Appleland Sports Center
Activity # Day(s) Date(s) Time
 3207-A TH 5/10-31 & 6/7 5:15-6:30 p.m.
Registration deadline: 5/8
 3207-B M 8/6, 20, 27, 9/10, 17 8:45-10 a.m.
Registration deadline: 8/2

ADULT TENNIS

Instructor: Matt Rosner, USPTA

This unique program combines mastering the 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. A stroke breakdown and analysis will be conducted and a monthly program will be created to help each 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 players of all levels.

Fee: \$87 per session
Location: SHHS tennis courts
Activity # Day(s) Date(s) Time
 7214-C T, TH 4/3-26 8-9:30 p.m.
Registration deadline: 4/5
 7214-D T, TH 5/1-24 8-9:30 p.m.
Registration deadline: 5/3



DROP-IN QUICKSTART TENNIS

AGES 4-11

Instructor: Matt Rosner, USPTA

It's a whole new ballgame for kid's tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the QuickStart Tennis format allows kids to rally back and forth over the net right away and enjoy the game right from the start. You'd never send your 8-year-old out with adult-sized equipment to a full-sized baseball field or basketball court, so why do that on a tennis court? QuickStart Tennis is played using a slower-moving and lower-bouncing ball, on smaller courts and utilizing shorter, lighter racquets.

Fee: \$5 Drop-in fee

Activity #	Ages	Days	Dates	Time
7215-A	4-7	S	3/17-31	9:30-10:30 a.m.
7215-AA	8-11	S	3/17-31	10:30-11:30 a.m.

Location: GWMES

QUICKSTART TENNIS

AGES 4-11

Instructor: Matt Rosner, USPTA

It's a whole new ballgame for kid's tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the QuickStart Tennis format allows kids to rally back and forth over the net right away and enjoy the game right from the start. You'd never send your 8-year-old out with adult-sized equipment to a full-sized baseball field or basketball court, so why do that on a tennis court? QuickStart Tennis is played using a slower-moving and lower-bouncing ball, on smaller courts and utilizing shorter, lighter racquets.

Fee: \$36 per session

Activity #	Ages	Days	Dates	Time
7215-B	4-7	S	4/7-28	10-11 a.m.
7215-BB	8-11	S	4/7-28	11-12 a.m.

Location: GWMES

Activity #	Ages	Days	Dates	Time
7215-C	4-7	S	5/5-26	10-11 a.m.
7215-CC	8-11	S	5/5-26	11-12 a.m.

Location: MBHS, tennis courts

YOUTH TENNIS

AGES 5-10

Instructor: Matt Rosner, USPTA

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!

Fee: \$72 per session

Activity #	Ages	Days	Dates	Time
7214-A	6-10	T, TH	4/3-26	6-7 p.m.
7214-AA	11-17	T, TH	4/3-26	7-8 p.m.

Location: SHHS, tennis courts
Registration deadline: 4/5

Activity #	Ages	Days	Dates	Time
7214-B	6-10	T, TH	5/1-24	6-7 p.m.
7214-BB	11-17	T, TH	5/1-24	7-8 p.m.

Location: Sherando High School Tennis Courts
Registration Deadline: 5/3

LITTLE'S BASEBALL

AGES 3-5

Don't miss out on an introductory baseball program for ages 3-5. Players will learn the fundamentals of hitting, throwing and catching in a fun, non-competitive setting. Every player will receive a Little's shirt, ball, and glove. Please indicate if player(s) throws with their right or left hand.

Early Bird Fee: \$40 on or before 3/29

Final Fee: \$50 on or before 4/5

Activity #	Day(s)	Date(s)	Time
7112-A	M	4/16-5/21	6-7 p.m.

Location: GWMES

Activity #	Day(s)	Date(s)	Time
7112-B	W	4/18-5/23	6-7 p.m.

Location: EVES

WOMEN'S BASKETBALL LEAGUE

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. EVES

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

Day(s): T or TH

Date(s): beginning 3/20

Location: OVES

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

SPECIAL OLYMPICS

AGES 8+

The following programs are designed to foster involvement in organized sports. New athletes are required to complete all necessary forms. 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. FCPRD will share information with Special Olympics. Registration deadline for all: 3/20

SOFTBALL

Activity #	Day(s)	Date(s)	Time
2015-K	S	3/31-6/2*	1:15-4 p.m.

Location: SH, field 2

*no practice 4/7, and Apple Blossom

AQUATICS

Activity #	Day(s)	Date(s)	Time
2015-L	S	3/31-6/2*	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 #	Day(s)	Date(s)	Time
2015-M	SU	4/1-6/3*	2:30-4 p.m.

Location: SHHS, track
*no practice 4/8, 5/6, 5/27

OPEN GYMS

No need to register. Just show up, pay your \$2, and play!

OVER 30 BASKETBALL

Activity #	Day(s)	Time
6500-A	TH	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.

Day(s): M-F; weekends during fitness room hours

Time: 6-9 p.m.

Location: GWMES

OVER 18 OPEN GYM BASKETBALL

Activity #	Day(s)	Date(s)	Time
6500-C	W	through 4/11	8-10 p.m.

Location: GBES
Proof of age may be required

OPEN WALLYBALL

Day(s)	Date(s)	Time
W	on-going	7-9 p.m.

Location: FRSH

MAIN: 540-665-5678

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

WEB SITE: FCPRD.NET

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



MARCH/APRIL 2012
SPORTS & ATHLETICS
PAGE 13

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		FitLife 9:30-10:30 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. Zumba™ 6:30-7:30 p.m.	Flow Yoga 6:30-7:30 a.m.			Total Fit Ages 50+ 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.		FitLife 9:30-10:30 p.m.	Zumba™ 6:30-7:30 p.m.	6:30 a.m.-9 p.m.	3-9 p.m.
TH	Dance Fit Fuzion 6:30-7:30 p.m. Combo: Zumba™/Dance Fit 6:30-7:30 p.m.	Belly Dancing 7-8:15 p.m.			6:30 a.m.-9 p.m.	3-9 p.m.
F				Zumba™ 6:30-7:30 p.m.	6:30 a.m.-9 p.m.	3-9 p.m.
S	Hip Hop 9-9:30 a.m. ZumbaTomic™ 10-11 a.m. Zumba™ 12-1 p.m.				8 a.m.-4 p.m.	8 a.m.-12 p.m.
SU					Hours posted on site and on the web.	CLOSED



fit fit COMBO

The same person registering for any two fitness classes within the same session dates will receive a 10% discount on the second class! Registrations must be received one week prior to class and applies to preregistration only. FitCombo registration is currently not available through on line registration. Applies to

classes instructed by Xtreme Fit Studio.

Registration deadline for Xtreme Fit Classes: one business day prior to class start or onsite if minimums are met.

Try It For Ten!

Drop in to any Xtreme Fit Studio class for \$10 per class

Classes must meet minimum enrollments; call the main office to check on class status: 540-665-5678.

TURBO SPORT

Instructed by: Xtreme Fit Studio, LLC staff

Get all the fun and benefits of cardio-kickboxing AND resistance training for a well rounded workout. Bring a towel and water.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$40	2205-X	M	3/19-4/16	6:30-7:30 p.m.	EVES
\$40	2205-Y	M	4/23-5/21	6:30-7:30 p.m.	EVES

ZUMBATOMIC™

AGES 4-12

Instructed by Xtreme Fit Studio, LLC, Desiree and Amanda, DAFI

Kids will love to dance and jump to the Zumba™ fitness rhythm.

Zumba's playful character and dance also encourage children to become fit. All classes are taught to not only cultivate individuality and creativity, but also to develop leadership, respect, team work, pride and confidence.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$45	2241-P	S	3/24, 31, 4/14-28	10-11 a.m.	EVES

HIP HOP FOR KIDS OR KIDS AND THEIR ADULTS

AGES 6+

Instructed by: Xtreme Fit Studio, LLC staff

Start the weekend with great music, fun and dancing. Participants will learn Hip Hop moves and get a fantastic workout. Check out the special adult/child combination. Register early because this class fills up fast.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$40	2290-T*	S	3/24, 31, 4/14, 28	9-9:50 a.m.	EVES

*kid only

\$50	2290-TT**	S	3/24, 31, 4/14, 28	9-9:50 a.m.	EVES
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**kid and one parent

DANCE FIT FUZION

This fun class emphasizes dance styles of Hip Hop and Latin rhythms. With the additional elements of Yoga and Pilates this is a well rounded workout. Bring a towel and water.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$40	2291-UU	TH	3/22-4/19	6:30-7:30 p.m.	EVES
\$40	2291-V	TH	4/26-5/24	6:30-7:30 p.m.	EVES

COMBO: INCLUDES ZUMBA™ AND DANCE FIT FUZION

Instructed by: Xtreme Fit Studio, LLC

Mix it up with all of your favorites twice per week. This class is specifically designed for the ultimate fitness experience! Do not miss it.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$50	2291-MM	T, TH	3/20-4/19	6:30-7:30 p.m.	EVES
\$50	2291-NN	T, TH	4/24-5/24	6:30-7:30 p.m.	EVES

ZUMBA™

Instructed by Xtreme Fit Studio, LLC and Desiree and Amanda, DAFI

Join the party! Enjoy this Latin and International rhythm inspired dance and fitness class. Easy to learn dance steps, upbeat music and enthusiasm combines to create more than an excellent fitness class-experience it.

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$40	2291-OO	T	3/20-4/17	6:30-7:30 p.m.	EVES
\$40	2291-TT	T	4/24-5/22	6:30-7:30 p.m.	EVES
\$40	2241-S	S	3/24, 31, 4/14-28	12-1 p.m.	EVES
\$40	2241-C	W	3/21, 28, 4/11-25	6:30-7:30 p.m.	RBRES
\$40	2241-F	F	3/23, 30 4/13-27	6:30-7:30 p.m.	RBRES
\$50	2241-I	W, F	3/21-30, 4/11-27	6:30-7:30 p.m.	RBRES

ZUMBA™ SPECIAL

Instructed by: Xtreme Fit Studio, LLC

For all you Zumba™ lovers, here is your chance to take up to 5 classes per week for a 5 week session. Enjoy Zumba™ and a dash of Dance Fit Fuzion. Please use the activity numbers below to register for this unbeatable special.

Fee: \$60 per session

Activity # Specifics

2022-C Zumba classes listed above for dates: 3/20-4/28

*Cannot be used with FitCombo or TurboSport

**minimum class enrollments apply

Hot Hula® Fitness Instructor Training

Hot Hula® Fitness is a new and exciting dance workout inspired by the dances of the Pacific Islands. Great opportunity to become an instructor! AFFA/ACE cec's available. Frederick County Parks and Recreation is hosting this event at our Evendale Elementary School Community Center on Sunday, March 18, 10 a.m.-5 p.m. Pre registration is required; please contact www.anna-rita.com for registration and information.

MAIN: 540-665-5678

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

WEB SITE: FCPRD.NET

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



MARCH/APRIL 2012

FITNESS

PAGE 15

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.

Purchase of the punch pass classes is currently not available through on-line registration.

Fee: \$28 for 8 class visits

FITLIFE

Instructor: Laura Hagenbuch

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

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 \$25 per session

Fee	Activity #	Day(s)	Date(s)	Time	Location
\$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-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

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-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

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
\$47*	2215-Q	TH	4/12-5/3	7-8:15 p.m.	GBES
\$67**	2215-R	TH	4/12-5/3	7-8:15 p.m.	GBES

Registration deadline: 4/16, noon

*individual

**for one adult and one teen

TOTAL FIT BRAIN AND BODY MIX AGES 50+

Instructor: Susan Spangler

This exciting new program emphasizes, socializing, having fun while doing brain stretching activities (trivia, word searches, creative writing) . Following the brain fitness participants are encouraged to use the exercise/weight room. We will do gentle stretching and show you how to use the weight room equipment.

Fee: \$35

Activity #2306-Q

Day(s): T

Date(s): 3/27-4/24

Time: 11 a.m.-12:30 p.m.

Location: 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: SU-F: 3-9 p.m.; S: 8 a.m.-12 p.m.*

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: \$25/hour residents; \$40/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 Summitt 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.-4 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: \$25/hour; \$40/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: \$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. 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.

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 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

MARCH/APRIL 2012

FACILITIES

PAGE 19



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

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Winchester, VA
Permit No. 147

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.