



# LVCC E-Newsletter

September 2010

# Welcome to Loudoun Valley Community Center

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## CHALLENGER BRITISH SOCCER CLINICS

Monday's  
September 13-  
November 1, 2010  
(No class October 11th)



First Kicks (Ages 3-4)  
10:00-10:45a  
Activity # 101115-01 \$81/session

Mini Soccer (Ages 4-6)  
11:45a-12:45p  
Activity # 101116-01 \$81/session

Fun games, competitions and challenging skill-building activities will captivate and enlighten your young player. Provides your child with lessons in self-discipline, good sportsmanship and respect for others and for the game.

# Preschool Programs

## MOMMY & ME (Ages 1½-3)

Great first class for kids. Parents will assist their child with making a themed craft for the season. Instructor: Genie Rovang.

101102-01 \$11.00 W 9/15 10:00A-10:45A

## AMAZING ATHLETES (Ages 2-6)

Join Coach Robert for Amazing Athletes! Your child will learn the basic fundamentals and mechanics of many different sports while improving hand-eye coordination, gross motor skills, cardiovascular health, muscle tone, confidence, teamwork and much more!

101104-01 \$43.00 W 9/8-9/29 11:45A-12:30P

## LITTLE CHEFS (Ages 3-5)

Bring a lunch from home. Learn to make a simple, kid friendly recipe. Instructor: Genie Rovang.

101106-01 \$19.00 W 9/15 11:45A- 1:15P

## NATURE ADVENTURES WITH GARTH & SANDY (Ages 3-6)

Pack a lunch to enjoy before heading out for a local nature adventure. From Balls Bluff to Bears Den, our adventure will take us to a new outing site each week! Water provided. Wear sneakers. Instructors: Garth Adams and Sandy Nave.

101107-01 \$21.00 F 9/17 11:30A- 2:30P

101107-02 \$21.00 F 9/24 11:30A- 2:30P

## DIETRICH'S NINJAS (Ages 3-5)

Dietrich's Ninjas is ultimate kid's activity. An action packed curriculum that disguises learning Life Skills as fun filled Ninjas "Games" that teach them to focus, increase their coordination and prepare them for the listening challenges of elementary school. Instructor: Dietrich's Karate

101108-01 \$46.00 M 9/13-9/27 11:45A-12:15P

101108-04 \$59.00 Sa 9/11-10/2 9:45A-10:15A

## WORLD ACCORDING TO GARTH \*NEW\* (Ages 3-5)

Mr. Garth is full of knowledge on almost any subject you can think of! So, stay, learn, and play. You too can find out all about the world according to Garth. Bring a lunch. Instructor: Garth Adams.

101109-01 \$21.00 M 9/13 11:30A- 2:30P (Dinosaur Digs)

101109-02 \$21.00 M 9/20 11:30A- 2:30P (Volcano's Rocking)

101109-03 \$21.00 M 9/27 11:30A- 2:30P (Snakes Galore)

## TODDLER TIME (Ages 1½-3)

Looking to get your little one out of the house and meet some new people? This is a great, first class for your child. Socialization and sharing are stressed. Children will play with toys, be exposed to music and make a craft while meeting new friends. Parents are asked to attend with child. Instructor: Genie Rovang.

101110-01 \$11.00 Tu 9/21 10:00A-10:45A

101110-02 \$11.00 Tu 9/28 10:00A-10:45A

## JUNIOR REMBRANDTS (Ages 3-5)

Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schooler's imagination and vocabulary as they draw familiar images. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization.

101112-01 \$91.00 Tu 9/21-10/26 12:15P- 1:15P

## GARTH'S WONDERFUL WED. \*NEW\* (Ages 3)

Have a wonderful Wednesday with Mr. Garth. Learn social skills, interactive play, music, crafts, how to share and make new friends. If you need an extra pre-school day, this is the class for you. Instructor: Garth Adams.

101113-01 \$66.00 W 9/8-9/29 9:00A-11:30A

## BABY SIGNS \*NEW\* (Ages 2-6 months)

Designed to help parents recognize and enjoy the surprising things their babies can already do and how to foster these early abilities. Please bring an infant seat. Uses engaging songs and activities to teach parents ways to make tummy time fun and easy.

101120-01 \$13.00 Th 9/23 9:00A- 9:45A

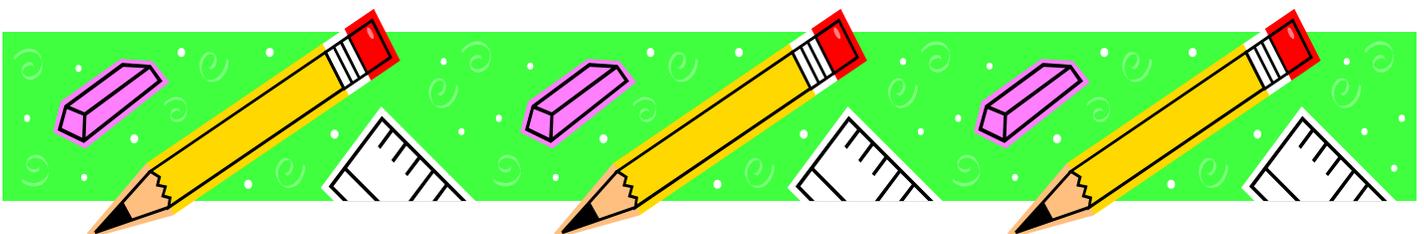
101120-02 \$13.00 Th 9/30 9:00A- 9:45A

## BABY SIGNS FOR TODDLERS \*NEW\* (Ages 2-5)

Parent and child interactive class focusing on the skill of classification by focusing on one of the most common features differentiating objects - colors and under the sea. Parent and child interactive class focusing on developing the skill of self-control through the theme of the day.

101121-01 \$13.00 Th 9/23 10:00A-10:45A

101121-02 \$13.00 Th 9/30 10:00A-10:45A



**FIRST KICKS \*NEW\* (Ages 3-4)**

A friendly low key introduction to the basics of soccer through games, stories and fun! Each day children will work on footwork, technical drills and small side games. Good sportsmanship, discipline and respect for others and the game are stressed. Instructed by Challenger Soccer

101115-01 \$81.00 M 9/13-11/1 10:30A-11:30A

**MINI SOCCER \*NEW\* (Ages 4-6)**

Fun games, competitions and challenging skill-building activities will captivate and enlighten your young players. Good sportsmanship, discipline, and respect for others and the game will be stressed. Instructed by Challenger Soccer

101116-01 \$81.00 M 9/13-11/1 11:45A-12:45P

**VOLATILE VOLCANOES (Ages 4-5)**

Learn about volcanoes: lava, magma, and eruptions! We will make a volcano, watch it erupt, and read about volcanoes too. Supplies included. Bring a lunch. Instructor: Elizabeth Licciardone.

101124-01 \$18.00 Th 9/23 11:30A- 1:30P

**GARTH'S GAMES (Ages 3-5)**

Play some old favorites like freeze tag, duck-duck- goose, and red rover. We will invent some new games too! Bring a lunch and stay after preschool with your friends. Instructor: Garth Adams.

101122-01 \$16.00 W 9/15 11:45A- 2:15P

101122-02 \$16.00 W 9/22 11:45A- 2:15P

101122-03 \$16.00 W 9/29 11:45A- 2:15P

**SUNFLOWER PILLOW PARTY (Ages 4-6)**

As summer comes to a close, make a summer time keepsake, your own miniature sunflower pillow. Join Ms. Lori as you learn all about these special flowers. You will play a sunflower game and hear a story to remember all about our summer. We'll have a special sunflower snack, but bring a lunch with you. Instructor: Lori Sullivan.

101127-01 \$20.00 W 9/22 11:30A- 2:00P

**SHARKS! (Ages 4-5)**

Bring a lunch and come learn about sharks. We will read a shark book, learn a shark song, and make a cool craft. Sort through shark's teeth and play some fun games. Sharks rule!

101138-01 \$20.00 Th 9/16 11:30A- 2:00P

**OH, THE PLACES YOU'LL GO \*NEW\* (Ages 3-4)**

Calling all Dr. Seuss readers to visit..."Oh The Places You'll Go!" and other favorites like "The Foot Book" and "The Cat in the Hat". We'll make a Dr. Seuss hat and tie, plus play games and even measure our feet. There's lots of fun in store. Bring a lunch with you. Instructor: Elizabeth Licciardone.

101144-01 \$18.00 W 9/29 11:30A- 1:30P

**GRANDPARENTS DAY GIFT (Ages 3-5)**

Create up to 4 keepsakes to honor your grandparents. Children should bring a lunch and a drink. Bring in 2 wallet sized photos to use for the craft projects. Instructor: Kitty Hughes.

101145-01 \$25.00 F 9/10 11:30A- 1:00P

**NERF KIDS (Ages 3-5)**

This is a great opportunity for your toddler to work on gross motor skills, balance and sharing. Parents must stay to supervise their toddlers. Soft cushy balls, mats, and a variety of equipment & toys will be provided. \$18.00 for 3 classes. Instructor: Kitty Hughes.

101150-01 \$19.00 W 9/22-10/6 9:30A-10:30A

**PRESCHOOL SMARTIES \*NEW\* (Ages 3-4)**

Extend your preschool day while your child learns math and science concepts that will help prepare them for kindergarten. Experiments, math, measuring and counting games, hands on discovery coupled with art, and music will provide your child a fun while learning activity after preschool. Bring a lunch. Instructor: Danielle Valentino.

101153-01 \$88.00 Tu,Th 9/9-9/30 12:00P- 2:30P

**HOT WHEELS CAR RALLY (Ages 3-5)**

What is better than dirt and Hot Wheels? Detailing your Hot Wheel and getting a racing tattoo. Rain date 10/28/10. Instructor: Kitty Hughes.

101155-01 \$12.50 Tu 9/21 11:30A-1:00P

**PRESCHOOL FOOTBALL FUN (Ages 3½-5)**

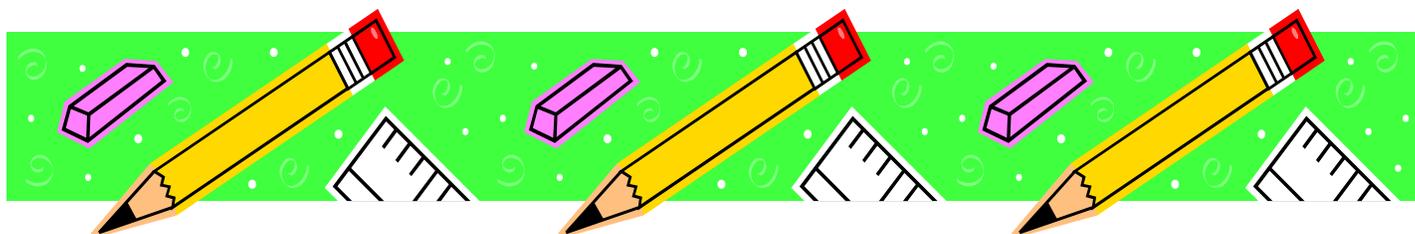
Learn skills for football while playing games and running for the end zone. Touch football only. Players will pose for their own football playing card to be given out after the last class. Bring, or wear sneakers. Instructor: Kitty Hughes.

101156-01 \$25.00 Th 9/23-10/7 11:30A-12:30P

**PIRATE SCAVENGER HUNT (Ages 4-6)**

Looking for some first class Pirates. Come in costume with a bag lunch. We will offer juice and a snack as well as a craft or two, games, and a scavenger hunt. Rain or shine. Instructor: Kitty Hughes.

101162-01 \$21.00 F 9/24 11:30A- 2:00P



# Elementary Age Programs

## DIETRICH'S DRAGONS (Ages 6-12)

Dietrich's Dragons is an action packed, exciting developmental program combining play therapy, fitness, gross motor and martial arts skills. Dragon Classes not only build their confidence, but teach enrichment and behavior modification, through important Life and Character Building Skills such as Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness, Coordination, Tumbling, Stranger Awareness, Fire Safety, Bully Basics, Goal Setting and how to handle their tempers with Dietrich's Cool Down.

101202-01 \$46.00 M 9/13-9/27 3:00P- 3:30P

101202-04 \$59.00 Sa 9/11-10/2 10:15A-10:45A



## FUN WITH DRAWING (Ages 6-12)

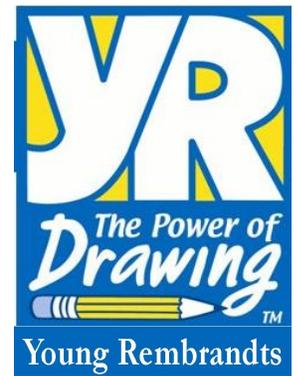
Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can ? and should ? learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

101206-01 \$91.00 W 9/22-10/27 4:00P- 5:00P

## FUN WITH CARTOONING (Ages 6-12)

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

101207-01 \$91.00 W 9/22-10/27 5:15P- 6:15P



## FUN WITH DRAWING & CARTOONING (Ages 6-12)

This workshop combines the best of Cartooning and Drawing and focuses on a variety of styles: Anime, Monsters, Animals, Transportation, Masters, etc., as well as media. Create silly cartoon characters, funny expressions, convey moods, sounds, and drawing sequences that tell a joke! The workshop combines innovative step-by-step drawing methods with light-hearted subject matter that engages children, their sense of humor, and vivid imaginations. Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can ? and should ? learn to draw. Students learn a variety of art concepts such as portraiture, color theory, and abstract art. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

101208-01 \$136.00 Th 9/23-11/4 6:00P- 7:30P



# FITNESS PROGRAMS

## TOTAL BODY WORKOUT

(Ages 18 & Up) Ongoing programs at LVCC. 5 Total Body Workout Programs. Purchase a 15 visit punch card for \$100 and use it for any of the 5 programs. First class is free. Must register in person at LVCC to receive punch card.

### **Mondays: Cross Training 6:30P- 7:30P**

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility, balance, and muscle conditioning. All fitness levels welcome. Instructor: Chrissy Schneider.

### **Tuesdays: Cardio, Core, & More 9:00A-10:00A**

Cardio format will rotate between step, kickboxing, dance aerobics, athletic conditioning, and interval training. The core training segment will focus on exercises designed to strengthen and stabilize your abdominal, back, and other trunk muscles. All fitness levels welcome. Instructor: Sara Johnson.

### **Wednesdays: Cardio/Strength 6:30P- 7:30P**

Cardio format will rotate between dance aerobics, step, kickboxing, athletic conditioning, and interval training. The muscle conditioning segment will include exercises designed to improve muscle endurance and strength for the major muscle groups and will include core and balance training as well. All fitness levels welcome. Instructor: Sara Johnson.

### **Thursdays: Body Tone 9:00A-10:00A**

Total body muscle conditioning. This class will shape your body through muscle endurance and stability exercises, using various types of fitness equipment. All fitness levels welcome. Instructor Kristen Ramsey.

### **Saturdays: Cross Training 8:30A- 9:30A**

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility training, balance, and muscle conditioning. All fitness levels welcome. Instructor: Kristen Ramsey & Chrissy Schneider.

First Total Body Workout Class **FREE!!**

# Fitness Center



Fitness Room Hours:

Monday-Thursday

7:00a-9:30p

Friday

7:00a-6:00p

Saturday

8:00a-4:00p

Membership Options:

\$125/6 month membership

\$225/1 year membership

\$125/1 year for students and seniors

# Personal Training

\$25/HR FOR MEMBERS OF THE LVCC FITNESS CENTER

### Benefits of Personal Training

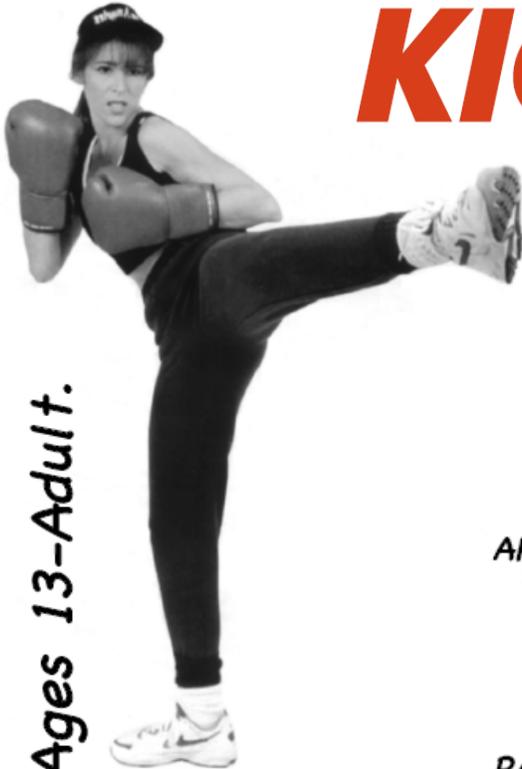
- Learn how to use the equipment in the fitness center
- Obtain an individualized fitness program that suits your goals and time commitment
- Learn new ways to enhance your current exercise routine
- Learn how to incorporate free weights and other fitness equipment into your workout using proper form.
- Increase cardiovascular health, muscle strength and endurance, flexibility, self esteem, and decrease stress

SEE FRONT DESK STAFF FOR MORE DETAILS



# Dietrich's Ultimate Body Workouts / K-BO

# KICKBOXING



Ages 13-Adult.

Loudoun Valley Community Center

Tuesdays, 7:15-8:00p

September - Activity # 101701-01

October - Activity # 101701-02

November - Activity # 101701-03

\$59/month

(only 3 sessions in September. Prorated rate of \$45)



**AN ACTION PACKED SWEAT POURING**  
**AGGRESSION RELEASING**  
**POWER PUNCHING WORKOUT**  
*for the "bored with the spa scene"*  
**RAGING KICKBOXER Deep INSIDE us ALL!**

**Help  
Wanted**

Are you interested in becoming a preschool or child care sub? LVCC is always looking for qualified parents/ people in the community who want to be a bigger part of their child's education and life experiences. If you are interested, contact LVCC for the details. We are also looking for energetic people to join the LVCC Advisory Board. The Board is involved in a lot of key decisions about the future of LVCC. If you are interested in being a part of this dynamic group, please give us a call. We would love to have you on our team!

#### ADA Policy:

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call Adaptive Recreation 10 days prior to the start of the activity.

Main # 703-777-0343

TTY# 703-771-5352

#### Loudoun Valley Community Center

320 W. School St.

Purcellville, VA 20132

Phone: 540-338-4122

Fax: 540-338-6325

Loudoun Valley Community Center  
Parks, Recreation, Community Services

Created by: Eugenia Rovang

September 2010

#### Hours of Operation:

Monday - Thursday

7:00a-9:30p

Friday: 7:00a-6:00p

Saturday: 8:00a-4:00p

Manager: David Shockley

Assistant Manager:

Steve Adgate