Winter 2018-19

It doesn't seem possible that we're approaching the end of another calendar year! They say that time flies when you're having fun, and we definitely have a lot of fun at PRCS! We love what we do and strive each year to introduce new, innovative programs that provide benefits for you and your loved ones.

With the opening of the Dulles South Recreation and Community Center and Dulles South Senior Center, and improvements at Clau de Moore Recreation and Community Center, we will continue to broaden our focus on classes and activities that provide health and fitness benefits to all ages.

As we head into the holiday season and close out another successful year at PRCS, we reflect on the vital role that Loudoun residents play in our success. Without your participation, your input, your support and your commitment, we could not do what we do, the year would pass much more slowly, and we definitely would not have as much fun!

The holidays are the perfect time to thank you for all that you do in support of our vision to create community through our people, parks and programs!

Sincerely,
Steve Torpy
Director, Loudoun County Department of Parks, Recreation and Community Services

Summer 2019

A Loudoun resident approached me recently after a meeting and commented that our department must be approaching our busiest season. After acknowledging the remark, I walked away reflecting on the fact that PRCS is busy year-round!

Although our service and program formats may differ seasonally, we provide them all year long, taking advantage of the opportunity to impact the lives of Loudoun’s residents daily. That’s one of the things I enjoy most about what we do here at PRCS and our team’s efforts.

Of course, I personally enjoy some of the programs that we can only offer in summertime, including camps, outdoor swimming, fireworks and events like our adaptive recreation talent show. Each summer, I make it a point not to miss this unique opportunity to observe PRCS staff perform their roles in the show with compassion, dedication and endless patience, ensuring that our adaptive recreation participants have an exceptional experience. The finale of the talent show never fails to bring the audience to its feet, leaving all of us better for having witnessed such a remarkable team effort.

All summer long, in camps, recreational and leisure activities, and special events throughout the county, PRCS staff and volunteers provide opportunities for participants to shine, to excel and to experience what just might be their best summer ever!

We thank you for the opportunity to be of service and remain committed to creating community through our people, parks and programs.

Sincerely,

Steve Torpy
Director, Loudoun County Department of Parks, Recreation and Community Services
WHAT’S INSIDE

Events, Classes & Activities: June 1 - August 31, 2019
General Registration Begins May 16 • Senior Registration Begins May 15

PLAN AHEAD!
Summer Camp Registration Is Ongoing While Space is Available
Fall Class Registration Begins August 15 • Keep this issue until September

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Cover Photo Courtesy of Summer Camps
PRCS 2019 SUMMER CAMPS

REGISTRATION IS ONGOING!
WWW.LOUDOUN.GOV/CAMPS
LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES
CHILD CARE
(Ages 3-5) Looking for the perfect child care solution? Our full and part-time child care program provides a safe, healthy learning environment. Call 540-554-4838 for availability and pricing.

PRE-SCHOOL CLASSES FOR 2019/20 SCHOOL YEAR
(Ages 2½-5) We offer a nine-month preschool program from September-May. The State Department of Social Services requires proof of current immunizations, proof of age and a child care application form. Our program follows the National Association for the Education of Young Children’s recommended Creative Curriculum Approach to Learning. Call for available openings.

KIDS CLUB
(Ages 5-12) We offer a licensed afterschool program for students attending Round Hill Elementary School. Separated by age groups, our program features extended learning opportunities where students thrive in a friendly, nurturing environment. Staffed by qualified, experienced teachers, our center offers children the opportunity to participate in indoor and outdoor activities including arts, games and sports while simultaneously developing social and interpersonal skills. Additionally, children are able to complete their daily homework during dedicated homework time. Call for available openings and registration information.

PRE-SCHOOL AGE PROGRAMS

NOTHING BUT DINOSAURS
(Ages 3-5) Venture back millions of years and learn about dinosaurs that roamed our Earth. Bring a snack and drink. Instructor: Linda Garcia.
406117-01 $72 (+$3 suppl) Tu, W, Th 6/4-6/6 9:00am-12:00pm

PRE-SCHOOL FOOTBALL TRAINING CAMP
(Ages 3-5) Young football players will learn the basics of football. Players will develop skills in safety, throwing, catching and running.
406129-01 $16 Tu 7/16-7/23 12:30pm-1:30pm

ADD A LITTLE FANCY
(Ages 3-5) Come dressed in your fanciest attire as we explore the amazing world of Fancy Nancy. Bring a snack and drink. Instructor: Linda Garcia.
406111-01 $32 (+$3 suppl) M 6/24-6/24 9:00am-1:00pm

OCEAN CREATURES
406104-01 $72 (+$3 suppl) Tu, W, Th 6/16-6/20 9:00am-12:00pm

LET’S BUILD
(Ages 3-5) Ready, set and build. We will be exploring with legos, magna-tiles and blocks while creating a masterpiece each day. Bring a snack and towel, as well as a snack and drink. Instructor: Linda Garcia.
406125-01 $16 Tu 6/11-6/13 9:00am-12:00pm

WATERPLAY & BUBBLES
(Ages 2-5) Join us for a morning of water play and bubbles. Bring a bathing suit and towel, as well as a snack and drink. Instructor: Linda Garcia.
406106-01 $24 M 7/15-7/15 9:00am-12:00pm

BON-API-TOTS
(Ages 2½-5) We offer a nine-month preschool program from September-May. The State Department of Social Services requires proof of current immunizations, proof of age and a child care application form. Our program follows the National Association for the Education of Young Children’s recommended Creative Curriculum Approach to Learning. Call for available openings.

FLORAL FUNDAMENTALS & SKILLS
(Ages 3-5) Get ready to celebrate the holiday. Class will include awesome 4th of July crafts and stories for the kids. Bring a snack and drink. Instructor: Linda Garcia.
406110-01 $48 (+$2 suppl) Tu, W 7/2-7/3 9:00am-12:00pm

PRE-SCHOOL BASKETBALL
(Ages 3-5) Young basketball players will learn many basic skills needed for basketball. Bring a drink and snack.
406127-01 $24 M 7/15-7/15 9:00am-12:00pm

ADD A LITTLE FANCY
(Ages 3-5) Come dressed in your fanciest attire as we explore the amazing world of Fancy Nancy. Bring a snack and drink. Instructor: Linda Garcia.
406111-01 $32 (+$3 suppl) M 6/24-6/24 9:00am-1:00pm

FLOWERS & GARDENING
(Ages 3-5) Children will learn about planting and flowers, while creating their own flower pots. Bring a snack and drink. Instructor: Linda Garcia.
406108-01 $72 (+$3 suppl) Tu, W, Th 7/9-7/11 9:00am-12:00pm

IT’S A BUG’S LIFE
(Ages 3-5) Let’s explore and learn more about the outdoor critters. Bring a snack and drink. Instructor: Linda Garcia.
406115-01 $72 (+$3 suppl) Tu, W, Th 6/25-6/27 9:00am-12:00pm

LET’S BUILD
(Ages 3-5) Ready, set and build. We will be exploring with legos, magna-tiles and blocks while creating a masterpiece each day. Bring a snack and towel, as well as a snack and drink. Instructor: Linda Garcia.
406125-01 $16 Tu 6/11-6/13 9:00am-12:00pm

STARS & STRIPES
(Ages 3-5) Get ready to celebrate the holiday. Class will include awesome 4th of July crafts and stories for the kids. Bring a snack and drink. Instructor: Linda Garcia.
406110-01 $48 (+$2 suppl) Tu, W 7/2-7/3 9:00am-12:00pm

NO BAKE COOKING
406103-01 $72 (+$3 suppl) Tu, W, Th 7/7-7/18 9:00am-12:00pm

PRE-SCHOOL FOOTBALL TRAINING CAMP
(Ages 3-5) Young football players will learn the basics of football. Players will develop skills in safety, throwing, catching and running.
406129-01 $16 Tu 7/16-7/23 12:30pm-1:30pm

AHoy Mates!
(Ages 3-5) Learn about pirate ships and hidden treasures. Bring a snack and drink.
406107-01 $72 (+$3 suppl) Tu, W, Th 7/30-8/1 9:00am-12:00pm

ANIMAL SAFARI
(Ages 3-5) Learn more about our animals in the jungle. Bring a snack and drink.
406102-01 $72 (+$3 suppl) Tu, W, Th 6/11-6/13 9:00am-12:00pm

TWO BAGGAGE TOYS
(Ages 3-5) Young players will learn many basic skills needed for soccer. Bring a drink and snack.
406128-01 $48 (+$2 suppl) Tu, W 7/9-7/11 9:00am-12:00pm

FOOD & FUN
(Ages 3-5) Learn about pirate ships and hidden treasures. Bring a snack and drink.
406107-01 $72 (+$3 suppl) Tu, W, Th 7/30-8/1 9:00am-12:00pm

SOCCER, SHOT & GOAL
(Ages 3-5) Soccer for beginner players. This class focuses on the basic soccer fundamentals & skills.
406129-01 $16 Tu 7/16-7/23 12:30pm-1:30pm

FLOWERS & GARDENING
(Ages 3-5) Children will learn about planting and flowers, while creating their own flower pots. Bring a snack and drink. Instructor: Linda Garcia.
406108-01 $72 (+$3 suppl) Tu, W, Th 7/9-7/11 9:00am-12:00pm

Waterplay & Bubbles
(Ages 2-5) Join us for a morning of water play and bubbles. Bring a bathing suit and towel, as well as a snack and drink. Instructor: Linda Garcia.
406106-01 $24 M 7/15-7/15 9:00am-12:00pm

NO BAKE COOKING
406103-01 $72 (+$3 suppl) Tu, W, Th 7/7-7/18 9:00am-12:00pm

PRE-SCHOOL FOOTBALL TRAINING CAMP
(Ages 3-5) Young football players will learn the basics of football. Players will develop skills in safety, throwing, catching and running.
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(Ages 3-5) Learn more about our animals in the jungle. Bring a snack and drink.
406102-01 $72 (+$3 suppl) Tu, W, Th 6/11-6/13 9:00am-12:00pm

PRE-SCHOOL BASKETBALL
(Ages 3-5) Young players will learn many basic skills needed for basketball. Players will develop skills in safety, passing, dribbling, shooting and running.
406127-01 $16 Tu 8/20-8/27 12:30pm-1:30pm

Register at www.loudoun.gov/webtrac
PRESCHOOL HOCKEY
(Ages 3-5) It is hockey season for preschoolers! Hockey for the beginners will focus on basic fundamentals and skills for hockey.  
406118-01 $16 Th 8/22-8/29 12:30pm-1:30pm

ELEMENTARY AGE PROGRAMS

TIME FOR DAD
(Ages 6-12) Three session class to create and take things home for dad’s special day. Let’s show those dads some appreciation. Instructor: Sally Thibodeaux.  
406201-01 $24 M,W,F 6/10-6/14 3:00pm-4:00pm

CREATING WITH CLAY
(Ages 6-12) This is a three session class in which we will create things with natural and polymer clays. Class will be messy. Instructor: Sally Thibodeaux.  
406202-01 $24 (+$5 suppl) M,W,F 6/24-6/28 3:00pm-4:00pm

FIREWORKS
(Ages 6-12) This is a three session class in which we will create our own fireworks through art and different mediums. Instructor: Sally Thibodeaux.  
406203-01 $24 M,W,F 7/8-7/12 3:00pm-4:00pm

SEW FUN
(Ages 6-12) Three session class to learn basic hand sewing and stitching techniques while creating three projects. Instructor: Sally Thibodeaux.  
406204-01 $24 (+$5 suppl) M,W,F 7/22-7/26 3:00pm-4:00pm

ADULT PROGRAMS

GET FIT WITH LINDA
(Ages 18 & up) A fun workout that continues all year round. Workout includes stretching, low impact aerobics and matwork. First class is free. Instructor: Linda Sapp.  
406501-01 $56 M,W,F 6/3-6/19 8:15am-9:15pm

PAINTING WITH ACRYLICS
(Ages 18 & up) Learn the basics of painting with acrylics. You will develop skills and techniques of painting. We will paint a variety of subjects. Students must have a canvas, brushes and acrylic paints. Instructor: Don Stinnette.  
406505-01 $30 W 6/12-6/26 7:00pm-8:30pm
406505-02 $30 W 7/3-7/17 7:00pm-8:30pm
406505-03 $30 W 8/14-8/28 7:00pm-8:30pm

MULTIAGE PROGRAMS

PRINCESS DANCE CAMP
(Ages 4-6) Dancers will have fun dressing up in their favorite princess dress & exploring various fairy tale themed stories each day. Bring a snack and drink. Instructor: SOHO Performing Arts.  
406703-01 $110 M,T,W,Th,F 6/3-6/7 9:30am-12:00pm

PARENT’S NIGHT OUT
(Ages 3-10) Enjoy and evening out with your significant other or just some time to yourself. Pizza and drinks will be provided. Pre-registration is required by 6/19/19 & 7/17/19.  
406704-01 $20 F 6/21-6/21 6:00pm-9:00pm
406704-02 $20 F 7/19-7/19 6:00pm-9:00pm

HERSHEY PARK TRIP
(Ages 3 & up) We’re taking parents and children on a trip to Hershey Park! The bus will depart the center at 7:30 a.m. and return at 6:00 p.m. Children ages 3-7 must be accompanied by an adult. Licensed program paperwork is required for children not accompanied by a parent. Call 540-554-8643 for more information.  
406705-01 $30 Parent W 7/10-7/10 7:00am-6:00pm
406705-02 $30 Child W 7/10-7/10 7:00am-6:00pm
406705-03 $45 Child w/o Parent W 7/10-7/10 7:00am-6:00pm

WHAT’S THE SCOOP
(Ages 3-10) July is National Ice Cream Month. Let’s scoop up some ice cream and try out many different toppings and cones. Bring a lunch. Instructor: Linda Garcia.  
406702-01 $10 (+$2 suppl) F 7/12-7/12 12:00pm-2:00pm

NATIONALS BALL GAME-7/31/19
(Ages 3 & up) We’re taking parents and children on a trip to the Nationals Ball Game! The bus will depart the center at 7:30 a.m. and return 6:00 p.m. Children ages 3-7 must be accompanied by an adult. Licensed program paperwork is required for children not accompanied by a parent. For more information, call 540-554-8643.  
406707-01 $10 (+$2 suppl) F 7/12-7/12 12:00pm-2:00pm

Outdoor Pools
Open May 25!

See page 47 for more information.
CARVER CENTER

200 Willie Palmer Way, Purcellville, VA 20132
571-258-3400
loudoun.gov/carver

M & W 9:00am-7:00pm • Tu & Th 9:00am-8:00pm
F 9:00am-5:00pm • Sa 9:00am-12:00pm
Senior Center hours: 9:00am-2:00pm weekdays
Note: Hours Effective 7/1/19:
M, W, Th, F 9:00am-5:00pm. Tu 9:00am-8:00pm

MEMBERSHIP & PROGRAMS
Carver Center provides programming for all ages. Our senior center programs
serve active adults 55 and older, with memberships available. We offer program-
mimg for all ages during our remaining operating hours. Please register for all
classes/events at least one week before start date.

FACILITY DROP-IN FEES
All ages (non-members) ................................................................. $2
Ages 17 & under ..................................................................... $1.50

MULTIAGE PROGRAMS
The following programs are for mixed age groups, including seniors.

DANCE PROGRAMS

CONTEMPORARY LINE DANCE
(Ages 18 & up) Focusing on dancing to contemporary songs.
M ongoing 2:00pm-3:00pm

EDUCATION & INFORMATION

ADVISORY BOARD MEETING
(Ages 18 & up) Monthly meetings which focus on fundraising/feedback.
2nd Tu ongoing 10:30am-12:00pm

ALZHEIMER’S SUPPORT GROUP
(Ages 18 & up) Provides emotional, educational and social support for caregivers.
4th Th ongoing 3:00pm-4:00pm

LYME SUPPORT GROUP
(Ages 18 & up) For anyone struggling with or caring for someone with Lyme dis-
ease.
1st Tu ongoing 6:30pm-8:00pm

COMPUTER USE
Call ahead for availability. Free for senior members.
Pay at door ................................................................. $2
Ages 55 & up
Pay at door ................................................................. $2
Ages 18 & up, during non-senior center hours only

FINE & APPLIED ARTS

HANDWORK
(Ages 18 & up) Bring your own handwork. $2.00 drop-in for non-members.
Tu ongoing 6:00pm-8:00pm

HEALTH & FITNESS

BODY SCULPTING
(Ages 16 & up) Tighten and shape your muscles using resistance bands, Pilates
balls and weights. Abdominal work and a cool-down stretch to improve flexibility
are included. Bring a mat. Instructor: Jill Perla.
430703-01 $50
M,W 6/3-6/19 5:15pm-6:00pm
430703-02 $58
M,W 7/8-7/29 5:15pm-6:00pm
430703-03 $42
M,W 8/14-8/28 5:15pm-6:00pm

CORE & MORE
(Ages 16 & up) A blend of upper body and lower body exercises featuring Pilates
movements and weight lifting. Enhance your posture, strength and muscle defini-
tion while improving your balance, muscle endurance and core strength. End the
week with deep stretching to improve flexibility. Bring a mat. Instructor: Jill Perla.
430704-01 $60
Tu,Th,F 6/4-6/21 8:15am-8:45am
430704-02 $60
Tu,Th,F 7/5-7/25 8:15am-8:45am
430704-03 $60
Tu,Th,F 8/13-8/30 8:15am-8:45am

PICKLEBALL
(Ages 18 & up) Tennis-like game played with 2, 3 and 4 players. $2 drop-in for
non-members.
Tu/Th ongoing 2:00pm-4:00pm

FITNESS CENTER/POOL TABLE
Free to members, and open to ages 55 and up during all operating hours. Available
to ages 18-54 during non-senior center hours.
Non-seniors may use the fitness center:
M, W ...................................................................................... 2:00pm-7:00pm
Tu, Th ..................................................................................... 2:00pm-8:00pm
F ............................................................................................ 2:00pm-5:00pm
Sa ........................................................................................ 9:00am-12:00pm
Non-member Drop-in Fee ............................................................................ $2

SOCIALIZING & ENTERTAINMENT

SUMMER SUPPER CLUB
(Ages 18 & up) Out to dinner with friends. Meal and tip on your own. Bus leaves
Carver at 4:00 p.m.
430701-01 $6 Violino Ristorante Italiano, Winchester
Th 6/13-6/13 4:00pm-8:00pm
430701-02 $6 Self-transport
Th 6/13-6/13 4:00pm-8:00pm
430701-03 $6 Clyde’s Willow Creek Farm, Ashburn
Th 7/11-7/11 4:00pm-8:00pm
430701-04 $6 Self-transport
Th 7/11-7/11 4:00pm-8:00pm
430701-05 $6 Old South Mountain Inn, Boonsboro, MD
Th 8/8-8/8 4:00pm-8:00pm
430701-06 $6 Self-transport
Th 8/8-8/8 4:00pm-8:00pm

SCRABBLE/BOARD GAMES
(Ages 18 & up) Classic Board Games. $2 drop-in for non-members.
M-F ongoing 2:15pm-5:00pm
CARDS
(Ages 18 & up) Canasta and Euchre in the Library.
Sa  ongoing  9:00am-12:00pm

CREATIVE WRITING
For anyone interested in exploring the writing process.
Tu  ongoing  12:30pm-2:00pm

LIBRARY OUTREACH VISIT
Loudoun County Library brings books/videos/periodicals.
2nd W  ongoing  11:30am-12:00pm

LIBRARY OUTREACH VISIT
Loudoun County Library brings books/videos/periodicals.
2nd W  ongoing  11:30am-12:00pm

BASIC/INTERMEDIATE UKULELE
Basic instruction. Some loaner ukes available.
W  ongoing  1:00pm-2:00pm

FINE & APPLIED ARTS

BASIC WATERCOLOR
For those who know the basics.
Tu ongoing  10:30am-12:00pm

INTERMEDIATE WATERCOLOR
Participants will learn the skills of watercolor painting in a fun and supportive environment. Instruction ends at 2:00 but students may stay until 2:30 to finish off any work. Instructor Alice Power.
430607-01
W 6/5-6/26 12:30pm-2:30pm
$40/member, $48/non-member
430607-02
W 7/10-7/31 12:30pm-2:30pm
$40/member, $48/non-member

ADULT COLORING
All materials provided.
M-F  ongoing  9:00am-10:00am

FITNESS

BALANCE & STABILITY
Physical Therapist-designed sequence of exercises.
Tu, Th  ongoing  11:00am-11:30am

CHAIR YOGA
Encourage better circulation, flexibility and immune function.
M  ongoing  9:30am-10:45am

FITNESS EQUIPMENT 101
Learn how to use the fitness equipment safely.
W  ongoing  10:30am-11:00am

PING PONG
New players always welcome!
M  ongoing  9:00am-10:30am
Tu/W  ongoing  9:00am-10:00am
F  ongoing  11:30am-12:00pm

QIGONG
Mindful breathing and slow, standing movements.
M  ongoing  1:00pm-2:00pm
W, F  ongoing  10:30am-11:30am

SENIOR PROGRAMS
The following programs are for age 55 & up unless otherwise noted.

SENIOR MEMBERSHIP (Ages 55 & up)
Senior participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing.
$28/year, $30/year starting 7/1/19.

DANCE

Please see multiage listings for additional dance classes open to adults.

SLOW, SLOW LINE DANCE
For seniors who have difficulty dancing fast or complicated steps.
M  ongoing  12:30pm-1:00pm

BEGINNER LINE DANCE
Provides exercise and camaraderie.
M  ongoing  1:00pm-2:00pm

EDUCATION

DECLUTTERING
(Ages 55 & up) This eight week course will help seniors decide how to declutter their homes and their lives, a process which will increase time for the more important things in life such as family, friends and fun activities. No new signups after week one. Leader: Carolyn Bledsoe.
430605-01
W 6/12-8/14 10:00am-11:30am

TECH TUESDAYS
Individualized computer help from Loudoun County Library staff.
Tu  ongoing  11:00am-12:00pm

BIBLE STUDY
Non-denominational group.
Th  ongoing  10:45am-11:45am

BOOK CLUB
4th W  ongoing  10:30am-12:00pm

BEGINNER BRIDGE
A gentle introduction to Bridge basics.
Tu  ongoing  10:30am-12:00pm

INTERMEDIATE BRIDGE
For those who know the basics.
Tu  ongoing  12:45pm-2:15pm

BRIDGE GROUP
Intermediate party bridge for experienced players.
Th  ongoing  1:00pm-5:00pm

CARVER MUSIC SCHOOL
Learn basic music terms, scales and chord...and enjoy the health benefits of singing!
Tu  ongoing  9:30am-10:30am
TAI CHI
Slow motion routines practiced in a group.
Tu  ongoing  9:30am-10:30am

VOLLEYBALL
Games not scored. All ability levels welcome!
M, W  ongoing  10:00am-11:00am

WALK WITH EASE
Join Ernice Sims in “easy” walking, indoors or outdoors. Meet in the fitness room.
M, Th, F  11:30am-12:00pm

HEALTH & WELLNESS
BLOOD PRESSURE CHECKS
Inova Loudoun Healthcare staff. No appointment needed.
4th Th  ongoing  10:00am-12:00pm

HEARING HELP
Cleaning/testing/resources. Blue Ridge Speech and Hearing. Preregister: 571-258-3400.
W  8/7-8/7  10:30am-11:30am

INFORMATION
SERVICES FOR SENIORS
(Ages 55 & up) Confidential assistance linking seniors to services.
1st, 3rd M  ongoing  9:00am-12:00pm

E-COMMENT
Video-record comments for the Board of Supervisors. Staff assistance available.
Th  ongoing  10:00am-11:30am

SOCIALIZING, RECREATION & ENTERTAINMENT
CARVER LUNCH BUNCH
(Ages 55 & up) Lunch with friends at selected restaurants. Meal and tip on your own.
430601-01  $2  Travinia Italian Kitchen, Leesburg
F  6/21-6/21  10:30am-2:00pm  Self-transport
430601-02
F  6/21-6/21  10:30am-2:00pm  Self-transport
430601-03  $4  Cider Press Grill, Inwood, WV
F  7/17-7/19  10:30am-2:00pm
430601-04
F  7/17-7/19  10:30am-2:00pm  Self-transport
430601-05  $4  Cheesecake Factory, Dulles Town Ctr.
F  8/16-8/16  10:30am-2:00pm  Self-transport
430601-06
F  8/16-8/16  10:30am-2:00pm

AFTERNOON TEA
(Ages 55 & up) Free registration begins two weeks before the event.
430603-01  W  6/5-6/5  1:00pm-2:00pm
430603-02

DAILY CONGREGATE LUNCH
(Ages 55 & up) Sign up in person or by calling 571-258-3407 at least 24 hours in advance.
$4/Ages 55-59, Donation/Ages 60 & up.
M-F  ongoing  12:00pm-12:30pm

BINGO
$.50 per card. Various prizes.
Tu  ongoing  12:45pm-1:45pm
F  ongoing  10:45am-11:45am

BOARD GAMES
Classic board games and banter.
W  ongoing  1:00pm-2:00pm

BRAIN GAMES
Picture and word games in a group setting.
Th  ongoing  12:45pm-2:00pm

CARDS PLAYERS AM
Canasta. Beginners welcome!
M, Tu, Th, F  ongoing  9:00am-12:00pm

CARVER'S GOT TALENT!
Enjoy the many talents of our members as we showcase a different member each month.
1st F  ongoing  11:30am-12:00pm

CORN HOLE
Enjoy this fun game inside!
M  ongoing  10:30am-12:00pm

FARKLE, DOMINOES, BOARD GAMES
Chat and laugh over a classic pastime.
M  ongoing  1:00pm-2:00pm

HAIRCUTS
Six appointments by lottery, with six waitlist spots. Sign up one week ahead.
3rd Tu  ongoing  10:30am-12:00pm

HARMONY SINGING GROUP
Folk songs and rounds to piano accompaniment. All levels welcome!
Th  ongoing  9:30am-10:30am

MONTHLY BIRTHDAYS
Sign up to celebrate your birthday with your Carver friends!
4th W  ongoing  12:00pm-12:30pm

MONTHLY MOVIE
Enjoy your regular lunch with a Movie in the Club Room!
1st F  ongoing  12:00pm-2:00pm

NAME THAT TUNE
Guess the well-known tune before your opponents do!
W  ongoing  12:45pm-1:15pm

SING-ALONG WITH WILEY
Old-fashioned favorites in a relaxed setting.
W  ongoing  10:30am-11:30am

THURSDAY CARD GROUP
Canasta and Euchre.
W  ongoing  1:00pm-5:00pm

Wii
Play Wii using the large screen TV.
M, Tu, W, Th, F  ongoing  10:00am-11:30am
OUTINGS

LOCAL EXCURSIONS
Visit unique locations in western Loudoun.
M ongoing 12:45pm-1:45pm

GROCERY SHOPPING
Transportation to local grocery establishments. Skips second Wednesday. $1.00 transportation fee.
W ongoing 12:30pm-2:00pm

SHOPPING LEESBURG
Bus to Leesburg to shop. $2.00 transportation fee.
2nd W ongoing 12:30pm-3:15pm

BOWLING IN LEESBURG
Monthly bowling to Village Lanes. Payment of $3.00 per person to play and $4.25 for shoe rental due on arrival. $2.00 transportation fee.
3rd W ongoing 9:30am-12:00pm

SPECIAL EVENTS

SENIOR-DEBUTANTE BALL
(Ages 55 & up) The National League of Junior Cotillons will be hosting YOU for their annual Senior Debutante Ball. Indulge in an afternoon of tasty treats, dancing, games and special treatment! Wear your Sunday best for this delightful event!
430606-01 Th 6/20-6/20 1:00pm-2:30pm

FATHER’S DAY CELEBRATION
(Ages 55 & up) Join us for a memorable Father’s Day Fishing Trip to Franklin Park! Rods, bait and instruction provided. $2 bus transportation fee.
430608-01 F 6/14-6/14 10:00am-11:45am

INDEPENDENCE DAY DANCE
(Ages 55 & up) Celebrate Independence Day with a good ol’ fashioned dance! Wear your patriotic colors as you step it out with stars...and stripes!
430609-01 $3 F 7/5-7/5 1:00pm-3:00pm

LOUDOUN COUNTY FAIR
(Ages 55 & up) Join us for Senior Citizen Day at the County Fair. The bus will take you to the Fair where you can play bingo, look at the various animals and of course, enjoy the many fairground food offerings!
430610-01 Th 7/25-7/25 9:30am-12:00pm

TODDLER & PRESCHOOL AGE PROGRAMS

LAST CHANCE HOO-RAH!
(Ages 3-5) School is right around the corner, so let’s enjoy what is left of summer! Enjoy time with your friends playing games, making crafts and enjoying outside water play. Bring a lunch and a drink.
404152-01 $20 W 8/28-8/28 10:00am-1:00pm

PLAYFUL PLANTERS
(Ages 3-10) Join us for a fun filled morning of planting in the sun! We will learn how to plant seeds and help them grow; children will bring home their own planted flower to take care of. Parent participation not required.
404201-01 Ages 3-5 $8 W 6/26-6/26 11:00am-11:45am
404201-02 Ages 6-10 $8 W 7/3-7/3 11:00am-11:45am

SUMMER LUNCH BUDDIES
(Ages 4-6) Have lunch and enjoy special activities with all of your new summer friends. Bring a lunch and drink. This is a great way to meet new friends and staff will ensure your child transitions to their next camp.
404155-01 M-F 7/8-7/12 12:00pm-1:00pm
404155-02 M-F 7/15-7/19 12:00pm-1:00pm

NEW! SPA FUN
(Ages 5-8) Want to have a relaxing girl’s day? Enjoy a mini spa day where we will pamper ourselves with face masks and get our nails painted while we watch a Disney movie! Parent participation not required.
404152-01 $12 W 7/24-7/24 12:00pm-2:00pm

SUMMER CELEBRATIONS!
Turn to the Special Events Section on page 62

DOUGLASS COMMUNITY CENTER
405 East Market Street, Leesburg, VA 20176
703-771-5913
M-F 8:00am-9:00pm• Sa 8:00am-4:00pm

PRESCHOOL & ELEMENTARY AGE PROGRAMS

WE SCREAM FOR ICE CREAM
(Ages 4-8) Treat your child to this delicious class! We’ll create a new tasty ice cream based dessert each class along with a craft. After ice cream and craft we will play in the beach making sand castles.
404106-01 $15 F 6/21-6/21 1:00pm-2:30pm
404106-02 $15 F 7/12-7/12 1:00pm-2:30pm
404106-03 $15 F 8/16-8/16 1:00pm-2:30pm
NOW HIRING!
loudoun.gov/jobs

#JoinTheFunWithPRCS
CHILD CARE
(Ages 3-5) Are you looking for a community Childcare Solution for your family? LVCC offers full time childcare 7 am-6:15 pm, five days per week. Our licensed professionals provide a safe, healthy, learning environment that promotes the physical, social, and intellectual growth of children. Healthy breakfasts and snacks are provided. Call for more information.

PRE-SCHOOL
(Ages 3-5) Our state-licensed, nine-month preschool program operates September through May and follows the Loudoun County School Calendar. Our experienced staff follows the Creative Curriculum program for the enrichment of your preschool student. Registration is currently available to all. Call for information.

KIDZ TYKE CAMP LVCC
(Ages 3) You’re THREE and ready for your first camp! Campers will enjoy endless fun with mornings filled with indoor/outdoor play and creative activities for an adventurous week with lots of friends. Bring a drink and a snack and apply sunscreen before coming to camp. Children must be potty-trained. No camp 7/4.

801119-01 $75 Let’s Go Camping M-F 7/15-7/19 9:00am-12:00pm
801119-02 $75 Pete the Cat M-F 7/10-6/14 9:00am-12:00pm
801119-03 $75 Rainforest Rangers M-F 6/17-6/21 9:00am-12:00pm
801119-04 $75 Little Artist M-F 6/24-6/28 9:00am-12:00pm
801119-05 $60 Celebrate U.S.A. M,Tu,W,F 7/1-7/5 9:00am-12:00pm
801119-06 $75 Dinosaur Days M-F 7/8-7/12 9:00am-12:00pm

KIDZ CAMP LVCC
(Ages 4-5) Your child will enjoy endless fun featuring unique themes each camp week! Activities include indoor and outdoor projects, crafts and art, music, stories and games along with nature exploration. Pack a lunch, snack, sunscreen and a water bottle. No camp 7/4.

801120-01 $125 Barn Yard Farm Adventures M-F 6/10-6/14 9:00am-2:00pm
801120-02 $125 Deep Sea Explorers M-F 6/17-6/21 9:00am-2:00pm
801120-03 $125 Craft Creations M-F 6/24-6/28 9:00am-2:00pm
801120-04 $100 Super Heroes M,Tu,W,F 7/1-7/5 9:00am-2:00pm
801120-05 $125 I Dig Dinosaurs M-F 7/8-7/12 9:00am-2:00pm
801120-06 $125 Little Builders M-F 7/15-7/19 9:00am-2:00pm
801120-07 $125 Food Art M-F 7/22-7/26 9:00am-2:00pm
801120-08 $125 Science Seekers M-F 7/29-8/2 9:00am-2:00pm
801120-09 $125 Nature Nuts M-F 8/5-8/9 9:00am-2:00pm
801120-10 $125 Culinary Kids M-F 8/12-8/16 9:00am-2:00pm
VALLEY KIDS CAMP
(Ages 8-9) Get ready for an entertaining summer filled with lots of activities for your Summer time fun! So many things to do including crafts, games, indoor/ outdoor play, moon bounce, movies, popcorn, pool days, hikes, dance and fitness Fun! Please bring lunch, two snacks, a water bottle and Sunscreen. We can’t wait for you to spend your Summer Days at Camp Valley Kids! Camp Valley Kids is a licensed program staffed with our own professional, familiar associates. All licensed paperwork must be complete and turned into LVCC prior to attendance at camp! No camp 7/4.

Location: Loudoun Valley Community Center Purcellville

801201-01 $165 M-F 6/10-6/14 7:30am-6:00pm Zootastic
801201-02 $165 M-F 6/17-6/21 7:30am-6:00pm Be A Sport
801201-03 $165 M-F 6/24-6/28 7:30am-6:00pm Jr. Ranger Nature Explorer
801201-04 $132 M,Tu,W,F 7/1-7/5 7:30am-6:00pm Party in the USA
801201-05 $165 M-F 7/8-7/12 7:30am-6:00pm Water, Water Everywhere
801201-06 $165 M-F 7/15-7/19 7:30am-6:00pm Where in the World
801201-07 $165 M-F 7/22-7/26 7:30am-6:00pm Hot Time in the Summertime
801201-08 $165 M-F 7/29-8/2 7:30am-6:00pm Jr. Chefs
801201-09 $165 M-F 8/5-8/9 7:30am-6:00pm Jr. Astronauts
801201-10 $165 M-F 8/12-8/16 7:30am-6:00pm Artful Antics

CAMP MORNING CARE
(Ages 4-11) Morning Camp Care provides a week of supervision from 7:30am-9am for campers who must be dropped off before camp start time. Activities, games and crafts are available for your participation. No camp 7/4.

801202-01 $28 M-F 6/10-6/14 7:30am-9:00am Pivot, Point Turn, and Move Object. Instructor: PhiSciRobotics.
801202-02 $28 M-F 6/17-6/21 7:30am-9:00am GEARBOTS. Instructor: PhiSciRobotics.
801202-03 $28 M-F 6/24-6/28 7:30am-9:00am MOTORBOTS. Instructor: PhiSciRobotics.
801202-04 $23 M,Tu,W,F 7/1-7/5 7:30am-9:00am Motors, Sensors, and a simple linear block program-
ing software to animate LEGO robots, such as Smart Spinner and Hungry Alligator. Instructor: PhiSciRobotics.
801202-05 $28 M-F 7/8-7/12 7:30am-9:00am RANGER ROBS NATIONAL PARK ADVENTURE. Email Robert.Lloyd@ loudoun.gov for more information.
801202-06 $28 M-F 7/15-7/19 7:30am-9:00am HIP HOP DANCE CAMP. Ages 7-13. Students will have fun learning hip hop styles such as Break, Pop & Lock, Uprock, Funk, House and Stepping. This a great camp for those wanting to audition for EFX Hip Hop CREW 2019! Fun games will played! Students should wear sneakers and comfortable clothing. Pack a snack along with a water bottle. A showcase will be presented at the end of the camp. HIP HOP CREW FALL OF 2019 Instructor: Heather Orr So Ho Performing Arts.
801202-07 $28 M-F 7/22-7/26 7:30am-9:00am LYRICAL/JAZZ DANCE CAMP. Ages 6-15. Lyrical/Jazz Dance Camp is for ages 6 through 15 years. This will help dancers prepare for Starz Dance Company and InMotion Dance Company 2019! Camp will focus on proper alignment, posture, stretch, building strength and flexibility in leaps, jumps, floor work, deep bends and balances. Dancers will learn challenging choreography and improvisation. A showcase will be presented at the end of the camp! Instructor: Heather Orr So Ho Performing Arts.
801202-08 $28 M-F 7/29-8/2 7:30am-9:00am DJ KIDVENTURES. Ages 4-6. Join Mickey & Minnie, Pluto, Goofy, Cinderella, Little Mermaid and so many more on this special Disney Kidventures! Ms. Elizabeth will take you through the magic Disney kingdom and visit the Disney characters through your imagination! You will play some fun Disney games, learn a Disney song and share a special snack with your favorite Disney characters. Feel free to bring along your own special Disney stuffed friend. Bring lunch and water bottle. Instructor: Elizabeth Licciardone.
801202-09 $28 M-F 8/5-8/9 9:00am-3:00pm RANGER ROBS NATIONAL PARK ADVENTURE. Email Robert.Lloyd@ loudoun.gov for more information.
801202-10 $28 M-F 8/12-8/16 9:00am-3:00pm MULTIAGE PROGRAMS

MOTORBOTS

801231-01 $185 M-F 7/8-7/12 1:00pm-4:00pm

RANGER ROBS NATIONAL PARK ADVENTURE
(Ages 8-12) Join LVCC programmer, and former National Park Ranger Rob as we explore the National Parks of the D.M.V. We will explore the beautiful natural wonders of Shenandoah National Park, Great Falls Park, and Harpers Ferry National Historic Park. We will venture to the National Mall in D.C. to learn about our nation’s history, and explore the National Battlefields of our region. Email Robert.Lloyd@ loudoun.gov for more information.

801226-01 $200 M-F 6/24-6/28 9:00am-3:00pm

HIP HOP DANCE CAMP
(Ages 7-13) Students will have fun learning hip hop styles such as Break, Pop & Lock, Uprock, Funk, House and Stepping. This a great camp for those wanting to audition for EFX Hip Hop CREW 2019! Fun games will played! Students should wear sneakers and comfortable clothing. Pack a snack along with a water bottle. A showcase will be presented at the end of the camp. HIP HOP CREW FALL OF 2019 Instructor: Heather Orr So Ho Performing Arts.

801207-01 $200 M-F 6/24-6/28 9:00am-3:00pm
801207-02 $200 M-F 7/15-7/19 9:00am-3:00pm

LYRICAL/JAZZ DANCE CAMP
(Ages 6-15) Lyrical/Jazz Dance Camp is for ages 6 through 15 years. This will help dancers prepare for Starz Dance Company and InMotion Dance Company 2019! Camp will focus on proper alignment, posture, stretch, building strength and flexibility in leaps, jumps, floor work, deep bends and balances. Dancers will learn challenging choreography and improvisation. A showcase will be presented at the end of the camp! Instructor: Heather Orr So Ho Performing Arts.

801208-01 $200 M-F 7/22-7/26 9:00am-3:00pm
SCHOOL STREET MOVEMENT PROGRAMS 2019-2020

School St. Movement Dance 2019-2020

The dance program for 2019-2020 at School Street will run from September 2019-May 2020, payable in three quarters for fall, winter and spring. The tuition includes 12 classes per quarter, plus extra rehearsals, dress rehearsals, performances at various venues- local holiday parades, Reston Town Center, and two recitals at Franklin Park Arts Center, performance and production fees, and tickets for admission for each recital. A costume fee is required for each performance.

Musical Theatre Program 2019-2020

The Musical Theatre Program for 2019-2020 at School Street will operate in two semesters. The first semester will run August 22-January 16. The second semester will run January 23-May 28, with each semester culminating in a theatre production performance at the Franklin Park Arts Center. Each semester tuition is $342. The tuition cost includes 19 weeks of class, extra rehearsals for shows, dress rehearsals, production cost (venue space, licensed show rights, stage assistance, sets/props, marketing & script printing, all shipping and handling of stage ware and costumes) and four tickets per student for each performance. A costume fee is required for each performance. This performance arts program is an extraordinary value for customers, specifically in keeping true to the concept of maintaining the arts in our community!

CREATIVE MOVEMENT TAP/BALLET TUESDAY

(Ages 4-6) Young dancers will have fun learning and exploring the joy of Creative Movement, Ballet, Lyrical, Tap and Jazz through storytelling, imagery, improvisation, use of props, music, and movement. Preschoolers and kindergartners will develop and learn the basic skills of dance including developing gross and fine motor skills, building social skills, cognitive ability and a love for the performing arts. This class helps prepare dancers for Starz Dance Company! This class will perform at our dance recital in May 2020 and 4 tickets are included in tuition for the performance. The Dance season runs from September 2019 to May 2020. This program incurs no recital or production fee. A costume fee is required for the performance.

401205-01 $180 Tu 9/3-11/26 4:00pm-4:45pm

“EFX” SR. HIP HOP PERFORMANCE CREW

(Ages 10-17) Hip Hop Crew runs from September 2019 to May 2020. Senior Hip Hop Crew is for Intermediate to Advanced level. This is a high energy group of talented dancers that performs throughout the DC area throughout the year at local festivals, parades and venues including the DC Wizards Game, Reston Town Center, Holiday Parades, Franklin Park Arts Center & many more! This class will perform at our dance recitals in December and May and three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401206-01 $180 Tu 9/3-11/26 4:45pm-6:00pm

INMOTION DANCE CO.

(Ages 10-17) InMotion Dance Company is a Lyrical/Jazz/Contemporary Dance Company runs from September 2019 to May 2020! InMotion Dance Company class focuses on proper alignment, posture, stretch, building strength and flexibility in leaps, jumps, floor work, deep bends and balances. Dancers will learn challenging choreography and improvisation in this intermediate to advanced level class. InMotion Dance Company performs throughout the DC area at various festivals and parades as well as Franklin Park Arts Center. This class will perform at our dance recitals in December and May and three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401207-01 $180 Tu 9/3-11/26 6:00pm-7:00pm

ELITE SHOW CHOIR

(Ages 7-17) Elite Show Choir is a group of talented singers and dancers that must own the stage! Show choir season starts in September 2019 and runs to May 2020! Performers will learn Vocal training and various styles of Dance technique! Elite Show Choir performs throughout the DC area at various festivals and parades as well as Franklin Park Arts Center. This class will perform at our dance recitals in December and May and three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401208-01 $180 Tu 9/3-11/26 7:00pm-8:00pm

“STARZ” LYRICAL/JAZZ/BALLET/DANCE CO.

(Ages 6-9) “STARZ” Dance Company is a Lyrical/Jazz/Contemporary Dance Company runs from September 2019 to May 2020! “STARZ” Dance Company class focuses on proper alignment, posture, stretch, building strength and flexibility in leaps, jumps, floor work, deep bends and balances. Dancers will learn challenging choreography and improvisation. “STARZ” Dance Company performs throughout the DC area at various festivals and parades and events including the Franklin Park Arts Center. This class will perform at our dance recitals in December and May and three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401209-01 $180 W 9/4-11/27 4:00pm-5:00pm

JUNIOR “EFX” HIP HOP CREW

(Ages 6½-10) Hip Hop Crew runs from August 2019 to May 2020. EFX Junior Hip Hop Crew is for beginner to intermediate level. This is a high energy group of talented dancers that performs throughout the DC area throughout the year at local festivals, parades and venues including Reston Town Center, Holiday Parades, Franklin Park Arts Center & many more! This class will perform at our dance recitals in December and May and three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401210-01 $180 W 9/4-11/27 5:00pm-6:00pm

“TENDU” BALLET DANCE COMPANY

(Ages 6-12) “TENDU” Ballet Dance Company at LVCC will run from August 2019 to May 2020! Dancers will learn classical ballet technique and dance combinations. This class will perform at our dance recitals held at Franklin Park Arts Center in December and May. Three tickets are included in tuition for each performance. This program incurs no recital or production fee. A costume fee is required for each performance.

401211-01 $180 W 9/4-11/27 6:00pm-7:00pm

CREATIVE MOVEMENT TAP/BALLET THURSDAY

(Ages 4-6) See description for Creative Movement Tap/Ballet Tuesday.

401212-01 $180 Th 9/5-11/30 4:00pm-4:45pm

MUSICAL THEATRE TROUPE #1

(Ages 7-17) Broadway Musical Theatre TROUPE is a group of talented youth. Students will have fun dancing, singing, and acting in this musical theater troupe class. Students will also get to create and explore set design, costumes, lighting, sound and various story themes. Students will perform at Franklin Park Arts Center in the December production of Mary Poppins! The Musical Theatre Program for 2019-2020 at School Street will operate in two semesters. The first semester will run August 22-January 16. The second semester will run January 23-May 28, with each semester culminating in a theatre production performance at the Franklin Park Arts Center. The tuition cost includes: 19 weeks of class, extra re-
hears for shows, dress rehearsals, production cost/venue space, licensed show rights, stage assistance, sets/props, marketing and script printing, all shipping and handling cost of stage wares and costumes) and four tickets per student for each performance. A costume fee is required for each performance. This performance arts program is an extraordinary value for customers, specifically in keeping true to the concept of maintaining the arts in our community!

401213-01 $342/semester Th 8/22-1/16 5:00pm-6:30pm

MUSICAL THEATRE TROUPE#2
(Ages 7-17) See description for Troupe #1.
401214-01 $342/semester Th 8/22-1/16 6:30pm-8:00pm

HEALTH & FITNESS PROGRAMS

FITNESS CENTER 2019
(Ages 16 & up) Come in and work out. Get back in shape or just tone up. $150.00 gets you a 6 month membership. Seniors 55 and over or students 24 and under with a student ID, get a full year for $150.00. Must sign up in person at LVCC
Membership options:
Adults (Ages 16-54) ..............................................................$150/6 mos; $275/year
Seniors (55+) ......................................................................$100/6 mos; $150/year
Students (16-24 with ID) ..................................................$100/6 mos; $150/year

SENIOR EXERCISE PASS
(Ages 55 & up) This pass allows for unlimited punch card classes for one year at Loudoun Valley Community Center. Call for more details.
$300/year

BOOT CAMP
(Ages 16 & up) A challenging program that focuses on improving your cardiovascular stamina and increasing your muscle tone and strength, while decreasing your body fat and changing your body composition. The program focuses on overall core strength and stability, as well as resistance and cardiovascular training. Flexibility and mobility are emphasized in each workout. What makes our program unique and successful is that every single day is different! Every week is different! Every month is different! Join the Boot Camp team by enrolling in one of our monthly pass options. Passes expire at the end of each month
Instructor: Fitness

Image Results

401243-01 $300/year

PERSONAL TRAINING
(Ages 16 & up) LVCC offers personal training! Email Robert.lloyd@loudoun.gov to schedule your appointment with our certified personal trainer, Erin Hawkins. 4 sessions............................................................$180
8 sessions ..............................................................................$335
12 sessions .........................................................................$480

TAI CHI
(Ages 16 & Up) Tai Chi is a martial art that teaches strength, balance, relaxation, flexibility and mind-body unification involving a sequence of deliberate move-ments. Instructor: Bob Gardner
401516-01 $110 Tu,Th 6/4-7/25 11:00am-12:00pm
401516-02 $110 Tu,Th 6/4-7/25 10:00am-11:00am
401516-03 $110 Tu,Th 6/4-7/25 9:00am-10:00am

PUNCH CARD FITNESS
(Ages 16 & up) Join us at LVCC for any of the 6 punch card fitness classes. Purchase your card at LVCC or online for $100 for 15 classes. If purchased online, you must activate your card at LVCC. You may pay a $9 drop-in fee as another option for any of the punch card fitness classes at LVCC.

BARRE FITNESS
(Ages 16 & up) This is a mix of Barre, Pilates and Yoga. Barre and Pilates exercises provide cardio and strength training, while gentle yoga poses offer stretching and flexibility for the entire body. No dance experience needed. This class is great for all levels!

STRENGTH & STRETCH
(Ages 16 & Up) Reduce Muscular tension, Strengthen joints, and improve posture in this strength and stretch class. Improve your flexibility, balance, and overall strength by challenging your muscles using light weights in a low impact workout. Perfect for all fitness levels.

ZUMBA
(Ages 16 & Up) Zumba fuses hypnotic Latin and International rhythms with easy to follow moves to create a one-of-a-kind fitness program. It’s an exciting hour of calorie-burning, body-energizing and inspiring movements designed to engage and motivate. All fitness levels welcome.

See You at Camp!
Registration is ongoing!
www.loudoun.gov/camps

Register at www.loudoun.gov/webtrac
LOVETTSVILLE COMMUNITY CENTER
57 E. Broad Way, Lovettsville, VA 20180
540-822-5284
M-Th 7:00A-7:00P • F 7:00A-6:30P

KIDZ CREW
(Ages 3-5) Have a blast with your friends this summer with creative crafts, music, scooters, and games! Children must be potty-trained, able to separate with ease and be three years old by the first day of camp. Bring a nut-free snack and a drink. Instructor: Christine White.

DIP-N-DODGE CAMP
(Grades 1-5) Join us for Class, Scramble, War, Dr. Dodge, Ultra Ball, Battleship—we’ll play all these versions of dodge ball. Once we are done, we’ll cool off at the pool. Please pack a nut-free lunch. Instructor: Denise Dant.

CAMP NERF
(Grades 1-5) Pack your Nerf gun and darts. We’ll have a morning of Nerf games and battles, and then we’re off to the pool to cool off and relax. Bring a nut-free lunch, your own Nerf equipment and darts. Instructor: Denise Dant.

DIP-N-DODGE DAYS
(Grades 1-5) Looking for a fun way to spend your day? We’ll play various games of dodge ball, have lunch and then cool off at the pool. Please pack a nut-free lunch. Instructor: Denise Dant.

KIDZ ZONE
(Grades 1-5) Come join us for Class, Scramble, War, Dr. Dodge, Ultra Ball, Battle-ship, We’ll play all these versions of dodge ball. Once we are done, we’ll cool off at the pool. Please pack a nut-free lunch. Instructor: Denise Dant.

GIRLS DAY
(Grades Rising 1-Graduating 5) School’s out! It’s officially summer! Join us for a week of fun. Pack a nut-free lunch from home. Instructor: Denise Dant & Mary Welty.

ADULT PROGRAMS
BOOT CAMP
(Ages 16 & up) Are you bored with your workout? Are you not seeing the results you want? Then Fitness Image Results Boot Camp program is a perfect fit! Their...
Summer Celebrations!

Turn to the Special Events Section on page 62
instructors are highly qualified, motivational fitness professionals who will guide you and your body to a new you. Join our team now by enrolling in one of our monthly pass visit options! Passes can be purchased and used at both Lovettsville Community Center and Loudoun Valley Community Center. Passes expire at the end of each month. Instructor: Fitness Image Results.

| M,W | 6/3-8/28 | 6:30pm-7:30pm |
| Tu,Th | 6/4-8/29 | 8:30am-9:30am |

4 Visits .......................................................................................................................... $52
8 Visits ............................................................................................................................ $96
10 Visits .......................................................................................................................... $110
Unlimited ....................................................................................................................... $120
Drop-In......................................................................................................................... $15

ULTIMATE CONDITIONING
(Ages 16 & up) Combine muscular strength with endurance training. A total body workout for beginner to advanced levels. This class changes the exercises every four weeks-no plateaus here! Instructor: Katharina Connor.

$75/Fit Pass, $9/Drop-in

WATER WORKOUT
(Ages 15 & up) A well-balanced and thorough water exercise program. No class 7/4.
Instructor: Barbara Talbott.

$75/Fit Pass, $9/Drop-in

M,W,F 6/17-8/16 9:30am-10:30am
Tu,Th 6/18-8/15 7:00pm-8:00pm

New! AQUA STRENGTH & ENDURANCE
(Ages 16 & up) Fitness Image Results brings you the Ultimate Aqua Work Out! Our brand new 50-minute sessions are designed to increase strength and improve cardiovascular endurance in the water! With a highly qualified Swim Coach, our workouts are skillfully created for swimmers of all levels. This workout will be in the water and use techniques to take your swimming endurance to the next level. Most of the class will consist of swimming up to 1000+ meters with breaks based on your endurance level. Come challenge yourself this summer and be able to swim over a mile by the end of the summer! Instructor: Fitness Image Results. All passes expire 7/31.

M, W ...........................................6/10-7/31...........................8:30am-9:20am
4 Visits .......................................................................................................................... $52
8 Visits ............................................................................................................................ $96
16 Visits .......................................................................................................................... $160
Drop-In......................................................................................................................... $20

SENIOR PROGRAMS

SOCIAL SENIORS
(Ages 55 & up) Home cooked meals and great socialization. Please call the center by the Tuesday before if you plan to attend. If interested come early for blood pressure checks beginning at 11:30am.

Pay at door $5
Th 6/20, 8/15 12:00pm-1:00pm

Planning a Birthday Party?
Book a PRCS Birthday Party Package and leave the planning to us! Depending on location, themes can include Superhero, Moon-bounce, Nature, Adventure, Swimming, Princess, Archery & more! For more information, contact PRCS at 703-777-0343

LUCKETTS COMMUNITY CENTER
42361 Lucketts Road, Leesburg, VA 20176
M,T,W,F 7:00am-6:00pm • Th 7:00am-9:00pm
703-771-5281
lucketts@loudoun.gov

LICENSED PROGRAMS

CHILD CARE
(Ages 3-5) Currently enrolling! Looking for the perfect child care solution? Our full and half-time child care program provides a safe, healthy learning environment guided by caring teachers in the historic and beautifully renovated Lucketts Schoolhouse. Effective 7/1/19, full-time care is $245 a week, 20-30 hours per week is $220, and part-time (up to 20 hours a week) is $180. Drop-in care is $10 per hour (space permitting). Call 703-737-8841 or 703-771-5281 to register.

PRESCHOOL
(Ages 3-5) Currently enrolling for the 2019-2020 school year. Our state-licensed 3-year-old and 4-year-old preschool programs operate September through May. Our warm and experienced staff facilitates developmentally-appropriate activities that foster a positive self-image in each child. Call 703-771-5281 or email lucketts@loudoun.gov to register.

KIDS COLLEGE: AFTER-SCHOOL PROGRAM
(Grades K-5) Currently enrolling for the 2019-2020 school year. Kid’s Collage at the Historic Lucketts Community Center provides Kindergarten through Fifth Grades students from Lucketts Elementary School with a safe, engaging place to stay after school. Affordable and fun, Kid’s Collage is your child’s home away from home. Call 703-771-5281 or email lucketts@loudoun.gov to register.

PRESCHOOL PROGRAMS

PRESCHOOL FUN CAMP: JURASSIC PARK
(Ages 3-5) Join us for a roaring time as we explore the prehistoric world of dinosaurs. Your little paleontologist will have a super time digging for rocks, creating fossils and hatching a dinosaur egg. We will dance to dinosaur music and play with dino-mite friends! Bring a nut-free lunch each day along with a bottle of water. Apply sunscreen and wear closed-toe shoes. Campers must be potty-trained.

809170-01 $125
M-F 6/3-6/7 9:00am-1:00pm

PRESCHOOL FUN CAMP: STORYBOOK SUMMER
(Ages 3-5) Classic fairytales come alive! Campers will build a house for the three little pigs, go on a bear hunt with Goldilocks, bake bread with the little red hen and much more. Come be a part of this enchanting week! Bring a nut-free lunch each day along with a bottle of water. Apply sunscreen and wear closed-toe shoes. Campers must be potty-trained.

809171-01 $125
M-F 6/10-6/14 9:00am-1:00pm

Page 18 | General Registration Begins May 16
LAZY DAYS AT LUCKETTS SUMMER CAMP
(Ages 6-11) Lazy Days at Lucketts are jammed-packed with summer fun: Arts and Crafts, STEM Activities, Nature Exploration, Outdoor Games, Swimming, Cooking, Field Trips, Chess and Storytelling are just a few activities on hand. Campers will enjoy two field trips each week, one to the pool and another exploring sites in and around Virginia. Please bring bottled water, a peanut-free lunch, a hat (for sun protection), sunscreen and bug spray. On pools days, bring a swimsuit, towel and flip flops or sandals. We ask for a $25 non-refundable deposit per week to reserve your camper’s spot and that deposit will be applied to your session(s). Extended care is offered in the morning and afternoon. See this section for details. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can’t wait to see you at camp!

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ELEMENTARY AGE PROGRAMS

LAZY DAYS AT LUCKETTS SUMMER CAMP
(Ages 6-11) Lazy Days at Lucketts are jammed-packed with summer fun: Arts and Crafts, STEM Activities, Nature Exploration, Outdoor Games, Swimming, Cooking, Field Trips, Chess and Storytelling are just a few activities on hand. Campers will enjoy two field trips each week, one to the pool and another exploring sites in and around Virginia. Please bring bottled water, a peanut-free lunch, a hat (for sun protection), sunscreen and bug spray. On pools days, bring a swimsuit, towel and flip flops or sandals. We ask for a $25 non-refundable deposit per week to reserve your camper’s spot and that deposit will be applied to your session(s). Extended care is offered in the morning and afternoon. See this section for details. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can’t wait to see you at camp!

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USTA TENNIS CAMP
(Ages 6-11) Want to keep your kids active this summer? Our affordable summer tennis mini-camps gets kids moving outside with fun tennis games, sports and activities. This mini-camp will introduce beginners to tennis and helps tennis players with some experience move to the next step. A great extension to our Lazy Days at Lucketts day camp. We provide all the equipment, just wear close-toed shoes and bring a water bottle.

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SENIOR PROGRAMS

SENIOR POTLUCK LUNCHEON
(Ages 55 & up) Have a fun lunch with neighbors and friends. Bring a dish to share and stories to tell! For more information, call 703-771-5281 or email lucketts@loudoun.gov.

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SENIOR BOOK CLUB
(Ages 55 and up) If you love to read, please join us for a lively discussion and light refreshments. Call 703-771-5281 or email lucketts@loudoun.gov to register.

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Register at www.loudoun.gov/webtrac | Page 19
PHILOMONT COMMUNITY CENTER
36592 Jeb Stuart Road, Philomont, VA 20131
540-338-5882
M-F 8:30A-5:00P
Preregistration is required a minimum of one week prior to the start of camp or event. The minimum enrollment must be met to avoid cancellation due to low enrollment.

LICENSED PRESCHOOL
(Ages 3-5) We offer a nine-month preschool program from September-May. The State Department of Social Services requires proof of current immunizations, proof of age and a child care application form. Licensed Preschool spaces are still available for the 2019/20 school year. Call today for current class availability and information.

CAMP FULL OF FUN AT PHILOMONT
(Ages 3-5) Enjoy our half-day camps. Each week a different fun theme through arts, crafts, stories and music. We will enjoy indoor and outdoor play as well. Pack a lunch and water bottle. Instructors Robin & Julie.

811101-01 $72
Tu-F 5/28-5/31
Summer Fun
9:30am-12:30pm

811101-02 $72
M-Th 6/3-6/6
Little Painters
9:30am-12:30pm

811101-03 $72
M-Th 6/10-6/13
All About Colors
9:30am-12:30pm

811101-04 $72
M-Th 6/17-6/20
Woodland Animals
9:30am-12:30pm

811101-05 $72
M-Th 6/24-6/27
Paint, Crayon & Marker Art
9:30am-12:30pm

811101-06 $54
M-W 7/1-7/3
Party in the USA
9:30am-12:30pm

811101-07 $72
M-Th 7/8-7/11
Space is The Place
9:30am-12:30pm

811101-08 $72
M-Th 7/15-7/18
Explore Garden
9:30am-12:30pm

811101-09 $72
M-Th 7/22-7/25
Teddy Bear Hunt
9:30am-12:30pm

811101-10 $72
M-Th 7/29-8/1
Play Dough & Slime Fun
9:30am-12:30pm

811101-11 $72
M-Th 8/5-8/8
By The Sea
9:30am-12:30pm

811101-12 $72
M-Th 8/12-8/15
Summer Blast
9:30am-12:30pm

IGNITE JR. FIT N’ FUN
(Ages 3½-5) Jr. Fit N’ Fun is exactly what it sounds like. We are making fitness fun for children through education, games, age appropriate exercises, and music! Class starts with an exciting warm up to get everyone’s energy up and then flows into obstacles, relay races, and fun challenges for the kids to engage. As we cool down with our yoga mats, the participants can learn the importance of stretching and taking time to relax. Coaches will provide all equipment. Bring a snack and a water bottle. Children should wear athletic attire.

411104-01 $180
M-F 8/12-8/15
9:00am-1:00pm

411104-02 $180
M-F 8/26-8/28
9:00am-1:00pm

411104-03 $180
F 7/26-7/26
9:00am-1:00pm

411104-04 $180
F 8/9-8/9
9:00am-1:00pm

DISCOVER SCIENCE CAMPS
(Ages 6-9) Discover what is going on in the world around you and why. Hands-on experiments with fun projects and activities that help you understand our fascinating physical world. Each week is a new theme different than the previous. Must have completed Kindergarten. Bring a lunch and a water bottle and bring a change of clothes. Instructor: Jim.

811201-01 $85
M-Th 6/10-6/13
Simple Machines
9:30am-12:30pm

811201-02 $85
M-Th 6/17-6/20
Air & Water
9:30am-12:30pm

811201-03 $85
M-Th 6/24-6/27
Rockets/Space
9:30am-12:30pm

811201-04 $63.75
M-W 7/1-7/3
Electricity
9:30am-12:30pm

ACTIVITY FUN CAMP
(Ages 6-9) Each week various activities will be offered each to include arts and crafts, stories, fitness and fun! Indoor and outdoor play offered. Bring a lunch and water bottle. Must have completed Kindergarten. Instructor: Melissa

Location: Philomont Community Center

811204-01 $72
M-Th 7/8-7/11
Sports/Fitness
9:30am-12:30pm

811204-02 $72
M-Th 7/15-7/18
Ooey Gooey
9:30am-12:30pm

811204-03 $72
M-Th 7/22-7/25
Beach
9:30am-12:30pm

811204-04 $72
M-Th 7/29-8/1
Cooking
9:30am-12:30pm

811204-05 $72
M-Th 8/5-8/8
Water Play
9:30am-12:30pm

KIDS CAN COOK TOO!
(Ages 6-9) Have fun this summer by making some yummy treats! We will make participants with food allergies need to be informed, this camp involves a variety of food items daily. Please bring a lunch and water bottle each day. Instructors: Melissa.

411213-01 $24
F 7/19-7/19
9:00am-1:00pm

411213-02 $24
F 8/2-8/2
9:00am-1:00pm

FUN FRIDAYS
(Ages 4-8) Fun Fridays will consist of various activities such as gardening, fitness, water play and at the beach. Bring a lunch and water bottle. Instructor: Melissa.

411106-01 $24
F 6/21-6/21
9:00am-1:00pm

411106-02 $24
F 6/28-7/1
9:00am-1:00pm

411106-03 $24
F 7/6-7/16
9:00am-1:00pm

411106-04 $24
F 8/9-8/9
9:00am-1:00pm

ELEMENTARY AGE PROGRAMS & CAMPS

IGNITE JR. FIT N’ FUN
(Ages 3½-5) Ignite Multi-Sport Camp is three-hour camp that dials in on fun-
ROBOTICS & VISUAL CODING WITH LEGO®
(Ages 5-9) Powered by the LEGO® Education WEDEO Base Set and Software, our Jr. Robotics class combines the exciting world of LEGO with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day. Instructor: Cyber Club.
811202-01 $250 M-F 6/10-6/14 9:30am-12:30pm

VISUAL PROGRAMMING WITH SCRATCH
(Ages 5-9) Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre made art assets or create your own, and learn how to program them, to walk, talk, and interact with objects. Teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2. Instructor: Cyber Club.
811203-01 $250 M-F 8/12-8/16 9:30am-12:30pm

PRESCHOOL AGE PROGRAMS

TOT DROP-IN
(Ages 5 & under) Have fun in our indoor gym! Riding toys, balls, slides, and much more will be in the SCC gym on weekday mornings. $1 drop-in fee per child per visit.
403100-01 $1.00 M-F 6/3-6/7 9:30am-12:30pm
403100-02 $1.00 M-F 8/26-8/30 9:30am-12:30pm

2s & 3s CLASSROOM VISIT
Stop by SCC for a chance to learn more about our fall preschool programs. Give us a call and we’ll set up a time for you to meet staff, visit the classroom, and get answers to all of your questions. Call for more information.
M-F 6/3-8/30

LITTLE SCIENTISTS CAMP
(Ages 3-5) This camp will allow your little one to explore the world of science with a different experiment each day. Some concepts we will cover include buoyancy, magnetism, and density. Socialization and developing productive routines will be a daily goal as well. This camp will introduce your child to the preschool programs we run through the fall, winter, and spring. Call 703-430-9480 for more information.
803111-01 $95 M-F 6/17-6/21 9:00am-12:00pm

MINI MONETS CAMP
(Ages 3-5) Encourage your child to discover their inner artist at this hands on painting camp. Campers will create inspired works of art while practicing their fine motor skills! Each day focuses on a different summer themed painting. This camp will also introduce your child to the preschool programs we run through the fall, winter, and spring. Call 703-430-9480 for more information.
803112-01 $95 M-F 6/24-6/28 9:00am-12:00pm

PLAYING WITH MATH CAMP
(Ages 3-5) Campers will be led in dramatic play scenarios based on a book or theme that incorporate math skills such as numbers concepts, comparing, measuring, graphing, and patterning. Socialization and developing productive routines will be a daily goal as well. This camp will also introduce your child to the preschool programs we run through the fall, winter, and spring. No camp 7/4. Call 703-430-9480 for more information.
803113-01 $76 M,Tu,W,F 7/1-7-5 9:00am-12:00pm

ECO ART CAMP
(Ages 3-5) Campers will create art activities inspired by nature that use natural materials and develop an awareness for the environment. These eco-friendly activities are sure to excite your little ones. This camp will also introduce your child to the preschool programs we run through the fall, winter, and spring. Call 703-430-9480 for more information.
803114-01 $95 M-F 7/8-7/12 9:00am-12:00pm

ANIMAL EXPLORATION CAMP
(Ages 3-5) If you child has an insatiable curiosity about animals, they will love this camp. Each day fill focus on different animals. Campers will learn about the physical characteristics, lifestyle, and location and impact of each animal's habitat. This camp will also introduce your child to the preschool programs we run through the fall, winter, and spring. Please notify us of any dietary restrictions at least two weeks in advance.
803115-01 $95 M-F 7/15-7/19 9:00am-12:00pm

FUN WITH FIVE SENSES CAMP
(Ages 3-5) A variety of activities and games for each day's theme will utilize all five senses. Campers will build observational skills and learn how to describe their experiences. This camp will also introduce your child to the preschool programs we run through the fall, winter, and spring. Please notify us of any dietary restrictions at least two weeks in advance.
803116-01 $95 M-F 7/22-7/26 9:00am-12:00pm

CRAFTY KIDS CAMP
(Ages 3-5) Campers will test new mediums and materials in this interactive camp. We will create wonderful works of art to hang in your art gallery! This camp will also introduce your child to the preschool programs we run through the fall, winter and spring.
803117-01 $95 M-F 7/29-8/2 9:00am-12:00pm

AS SEEN ON PINTEREST
(Ages 10-14) Adventure & Arts: Week 1. Campers, get ready to express your creative side! We will learn how to make different DIY crafts featured on Pinterest every day. We provide the supplies, just bring your creativity!
803310-01 $210 M-F 6/10-6/14 8:00am-6:00pm

TIME TRAVELERS
(Ages 10-14) Adventure & Arts: Week 3. If your child enjoys learning about history and world cultures, then this is the camp for them! Campers will travel around the world and through different time periods learning about historical significance. Artworks, artifacts, music and food from different eras and countries will be explored and replicated through crafting.
803312-01 $210 M-F 6/24-6/28 8:00am-6:00pm

ARTIST BOOT CAMP
(Ages 10-14) Adventure & Arts: Week 6. Campers will maximize their artistic
Participants can jump in our moonbounces to get the creative juices flowing. This is not a drop-off event, parents must be present at all times.

**ADD-ON MOONBOUNCES**

(All ages) Add some bounce to your party! Our three large moonbounces can be added to most of our themed party packages.

**BUILD & BOUNCE PARTY**

(Ages 10 & under) Our gym will be filled with building blocks and moon bounces galore. DUPLO® and LEGO® blocks, gears, and other building toys for different age groups will be available for participants to test their engineering skills. Participants can jump in our moonbounces to get the creative juices flowing. This is not a drop-off event, parents must be present at all times.

**BUILD & BOUNCE**

(Ages 10 & under) Our gym will be filled with building blocks and moon bounces galore. DUPLO® and LEGO® blocks, gears, and other building toys for different age groups will be available for participants to test their engineering skills. Participants can jump in our moonbounces to get the creative juices flowing. This is not a drop-off event, parents must be present at all times.

**TOUR BIRTHDAY PARTY**

(Ages 5 & under) We’ll provide a variety of riding toys, slides, and toys for your tot’s special day. Party package includes 2-hour gym rental (plus 15 minutes before and after for setup and cleanup), various toys (bikes, slides, scooters, etc.), basic partyware with 4 decorated tables, and a party coordinator. Registration must be done in person at Sterling Community Center. Call 703-430-9480 for more information and to check date availability.

**MOUNTAIN BUNGEES PARTY PACKAGE**

(All ages) Enjoy a bouncing birthday party indoors! With five moonbounces of various sizes set up, there will be plenty of jumping fun for all the kids. Party package includes 2-hour gym rental (plus 15 minutes before and after for setup and cleanup), basic partyware with 4 decorated tables, and a party coordinator. Registration must be done in person at Sterling Community Center. See our Moonbounce Party Package set up at https://www.youtube.com/watch?v=6c_m2wtY110. Call 703-430-9480 for more information and to check date availability.
CLAUDIE MOORE RECREATION
AND COMMUNITY CENTER

46105 Loudoun Park Lane
Sterling, VA 20164
571-258-3600
571-258-3601 (fax)
http://www.loudoun.gov/claudemoorerec

Facility Hours:
M-F 5:00A-9:30P • Sa-Su 8:00A-8:00P
Competition Pool
M-F 5:00A-9:15P • Sa-Su 8:00A-7:45P
Leisure Pool & Spa
M-F 9:00A-8:45P • Sa-Su 11:00A-7:45P

*Please call for availability of the leisure pool and climbing wall. Hours are subject to change based on customer demand.
Open 11:00am-6pm Memorial Day, 5/27
Open 5:00am-12:00pm Independence Day, 7/4
Open 11:00am-6:00pm Labor Day, 9/2
Closed for annual maintenance 8/19-9/1

ADMISSION FEES

All admissions include access to the fitness center, competitive pool, leisure pool, gymnasium, indoor track, and open time on the climbing wall. Full payment by cash, check, Visa, MasterCard, or Discover is due at time of purchase.

Daily
2 and under .......................................................... Free
(Ages Birth-4yrs) The Music Together is an internationally recognized early child-
hood music program for families! Each class is 45 minutes of singing, dancing,
instrument playing and fun! A Materials fee of $40.00 is due the first day of class
to Mindful Music LLC.

Admission Pass (25 admissions no expiration)
Ages 3-17 ............................................................... $4.00
Adults 18-54 ........................................................... $8.00
Ages 55+ ............................................................... $4.00
(Children 11 and under must be supervised by an Adult at all times inside the
facility. Children 5 and under must be accompanied in the pool by an Adult who
has paid admission)

Monthly Passes (unlimited use)
Single Adult ........................................................... $50
Two Adults (Family) ............................................... $85
Family Dependent .................................................. $15
Family ............................................................... $125
Senior/Youth ......................................................... $40
Senior Couple ....................................................... $65
Adult/Senior ......................................................... $75

REGISTER AT www.loudoun.gov/webtrac | Page 23

GENERAL INFORMATION

FITNESS AREAS & TRACK AGE POLICY
Ages 16 and up can be unsupervised. Youth ages 12-15 must be supervised by
an adult 16 years and older. Ages 11 and under are not permitted, unless in a
programmed event or class.

FACILITY RENTALS
Rental options include a carpeted, multi-purpose room, catering kitchen, gymna-
sium, conference room, and small classrooms. Visit us for a tour and to schedule
your event. Payment is due at time of reservation.

CLIMBING WALL
Come climb at our 30-foot Freeform Climbing Wall! Open daily, 11am-7pm.
Children 11 and under must be supervised by an adult or be in a programmed
event or class. All climbers must have a Climbing Wall Release Form on file, signed
by a parent or guardian if under 18 years old.

BIRTHDAY PARTIES
Swim or play with your guests and enjoy a meal in one of our Party Rooms. Party
packages are available Friday evenings, Saturdays and Sundays for groups of 15
or fewer participants. Visit us online for package details, prices and forms. Stop by
to secure a date. Full payment is due at time of reservation.

AQUATICS & SAFETY PROGRAMS
Find information on Swim Lessons, Lifeguard Classes, and Aquatic Fitness in the
AQUATICS section of this guide!

SPECIAL EVENTS

DOG SWIM
(All breeds & ages) See description in the countywide Special Events section of this
guide. Email dwight.godwin@loudoun.gov for more information.
473740-01 $7 Su 8/18-8/18 6:00pm-8:00pm

PARENT/CHILD PROGRAMS

MUSIC TOGETHER MIXED AGE
(Ages Birth-4yrs) The Music Together is an internationally recognized early child-
hood music program for families! Each class is 45 minutes of singing, dancing,
instrument playing and fun! A Materials fee of $40.00 is due the first day of class
to Mindful Music LLC.
473191-01 $112 Th 5/14-8/8 10:00am-10:45am
Materials that incorporate motors, sensors, and a simple linear block programming 

**GEARBOTS: PHYSCI ROBOTICS CAMP**

873251-02

lamp, Space War Radio, and Water Alarm.

designed to teach kids how to enjoy the game while developing soccer specific skills. Each session includes new foot skills, drills, and games to build coordination, confidence and fitness. Participants will also develop social skills and learn team play throughout the session. Classes/sessions are 30 minutes and taught using a non-competitive and FUN curriculum. Instructor: Ignite Sports No class 7/7.

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**TUMBLING/YOGA**

(Ages 2-4) Ignite Sports Tumbling/Yoga is designed to teach kids the fun in fitness! From exciting Tumbling games, and Yoga poses/challenges, participants can have a blast while developing confidence, coordination, strength, fitness and relaxation! Each class includes both yoga and tumbling! No class 7/2.

473190-01 $129 Tu 6/11-8/6 4:00pm-4:50pm

**BEEBOTS: PHYSCI ROBOTICS CAMP**

(Ages 4-5) These young programmers use a fun friendly little robot bee to learn the foundation of computational thinking by pressing arrow keys in an algorithm that would navigate the Bee-Bot to its final destination.

873251-03 $185 M-F 8/12-8/16 9:00am-12:00pm

**SCIBOTS: PHYSCI ROBOTICS CAMP**

(Ages 6-12) Students engineer a wide selection of models using LEGO Educational Materials as they experience the mechanical and structural principles hidden inside everyday machines and structures; Windmill, Dragster, Land Yacht, Sweeper, and The Walker.

873251-04 $185 M-F 8/12-8/16 1:00pm-4:00pm

**FITNESS TRAINING & PROGRAMS**

**PERSONAL TRAINING**

(Ages 12 & up) We offer 30 and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide customers with as much help as necessary to develop a consistent & efficient workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for four, eight or twelve sessions by appointment only. Please email curt.kronson@loudoun.gov or call 571-258-3600.

**ADULT FITNESS PROGRAMS**

**55+ STRENGTH TRAINING**

(Ages 55 & up) With every decade we age, strength training becomes a more critical part of your active lifestyle. This class provides a great workout and an education on the variety of strength training interventions you’ll need for years to come. We focus on improving overall strength, with an emphasis on core, hips and shoulders. Enhancing these attributes will help you sustain physical independence throughout your lifetime and boost your overall mood and energy levels. No class 7/4.

<table>
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**FITNESS TRAINING & PROGRAMS**

**BABYSITTER TRAINING COURSE**

(Ages 11-15) The American Red Cross Babysitter Training Course will teach young people the skills and confidence needed to safely and responsibly care for children and infants. Skills taught include: first aid for choking, first aid for bleeding, and basic care (diapering, holding, feeding, and dressing) for infants and young children. Upon successful completion of the course, participants will receive an American Red Cross Babysitter Training certificate. Participants are encouraged to bring a packed lunch.

**Location:** Claude Moore RCC

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**TUMBLING/YOGA**

(Ages 5-7) Ignite Sports Tumbling/Yoga is designed to teach kids the fun in fitness! From exciting Tumbling games, and Yoga poses/challenges, participants can have a blast while developing confidence, coordination, strength, fitness and relaxation! Each class includes both yoga and tumbling! No class 7/2.

473240-01 $129 Tu 6/11-8/6 5:00pm-5:50pm

**BASKETBALL**

(Ages 5-7) Ignite Sports: Basketball is designed to teach kids the fundamentals of basketball through agility drills, fitness games like ultimate basketball! New skills are taught within each class and used during games/drills to help increase confidence and ensure each child a blast while playing! Each class is 60 minutes and taught using a non-competitive and FUN curriculum. All equipment is provided by Ignite Sports. No class 7/6.

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**ELECTROBOTS: PHYSCI ROBOTICS CAMP**

(Ages 6-12) Students use Snap Circuits to investigate and understand the characteristics of electricity and electronics by building projects, such as Automatic Street lamp, Space War Radio, and Water Alarm.

873251-02 $185 M-F 8/5-8/9 1:00pm-4:00pm

**GEARBOTS: PHYSCI ROBOTICS CAMP**

(Ages 6-8) Entry-level students learn basic engineering using LEGO® Educational Materials that incorporate motors, sensors, and a simple linear block programming software to animate LEGO robots, such as Smart Spinner and Hungry Alligator.

873251-01 $185 M-F 8/12-8/16 9:00am-12:00pm

**NUTRITION PROGRAMS**

The goal of the nutrition coach is to equip you with the skill you need to feel confident about cooking and eating healthy, whether at home or on-the-go. The nutrition coach wants to empower them with the proper knowledge to make healthy decisions for a lifetime.

**SPOTLIGHT NUTRITION COACHING-$75**

This 60-minute nutrition coaching consultation with a certified nutrition coach allows a client to get general information, overview their current diet and receive investigate and understand the characteristics of electricity and electronics by building projects, such as Automatic Street lamp, Space War Radio, and Water Alarm.
Planning a Birthday Party?

Book a PRCS Birthday Party Package and leave the planning to us!
Depending on location, themes can include:

Superhero • Moonbounce • Nature • Adventure
Swimming • Princess • Archery & more!

Call PRCS at 703-777-0343
formation and skills to empower them to make healthy decisions. A week following your session you will also receive a 15 minute follow up phone call for any further questions. By appointment only. Please email curt.kronson@loudoun.gov or call 571-258-3600 to schedule.

MONTHLY NUTRITION COACH-$200
Gain access to a certified nutrition coach for one moth to help you reach your healthier lifestyle goals. This service includes one, one-on-one 60 minute and two 30 minute follow up phone calls or in person meetings. By appointment only. Please email curt.kronson@loudoun.gov or call 571-258-3600 to schedule.

GROUP EXERCISE

The following classes are included with an admission pass or membership. Registration is not required. Stop by the front desk and pick up a Class Entrance Card (CEC) which will be given to instructor to ensure spot in the class. Please check our web page and Facebook for the updated monthly schedule. Participants must 16 years or older to participate in these classes.

BARRE
A total body workout that is designed to strengthen, stretch, and tone those muscles using the barre. This class will also use some light handheld weights to help to give you a more toned physique. Please bring a yoga mat.

GENTLE YOGA
Yoga is for everyone, and this class will use adaptive poses to provide a gentle, well-rounded practice accessible to all bodies and abilities.

HAPPY HOUR YOGA
De-stress and unwind before your weekend begins! This class will challenge students with vinyasa flow sequences and end with restorative postures to release mind and body tension.

HATHA YOGA
Traditional practice designed to restore the body and mind to a balanced state through a series of poses sequenced to detox the system and move energy through the body based on the science of yoga.

MOORE BURN
An interval training class designed to maximize cardiovascular conditioning and fat burn. There are variety of interval techniques such as tabata and hurricane that be used to keep your body guessing and challenged.

MOORE FUNCTIONAL
Increase your energy and achieve optimal fitness levels while having fun and remaining safe during training. When your whole body is strong and works synergistically, you develop a flow and strength that isn’t easily gained by traditional muscle isolation/circuit machine work. Experience the difference in functional strength training as you grow stronger, move better and eliminate daily aches/pains.

MOORE MOBILE
Feeling tight after your workouts? Carrying stress in your shoulders or low back? This class will help you loosen up your muscles and soft tissue. A fusion of yoga, athletic stretch, and mobility exercises, this class is a great active-rest and recover for the body after a tough workout or long day of work!

MOORE POWER
Mix up your exercise routine with an ever-changing class format designed to challenge you to push beyond your comfort zone and achieve new levels of physical performance. Muscle endurance is emphasized, and the daily approach to intervals and target muscle groups varied to keep your body guessing.

MOORE SCULPTED
A strength training class focused on increasing lean muscle in target areas such as the arms, glutes, thighs, shoulders and calves.

PILATES
With its focus on core muscles, Pilates improves your body’s strength, posture and balance. It’s a total-body conditioning workout that produces long, lean muscles, while improving deep core strength, muscle control, flexibility, coordination and body tone. The deep, mindful breathing and smooth, lengthening movements of Pilates can also help reduce stress. It is good for males and female of all ages. Bring a yoga mat.

POWER YOGA
Power Yoga builds strength and endurance by holding yoga postures for several breaths in challenging vinyasa sequences and static postures. Power yoga draws from both vinyasa flow and Ashtanga styles of yoga for a full-body workout.

QI-GONG
Increase your energy and achieve optimal fitness levels while having fun and remaining safe during training. When your whole body is strong and works synergistically, you develop a flow and strength that is not easily gained by traditional muscle isolation/circuit machine work. Experience the difference in functional strength training as you grow stronger, move better and eliminate daily aches and pains.

TAI CHI
Based on an ancient Chinese martial art, this class is a meditative movement exercise that promotes good posture, strength, flexibility, muscle tone, mental sharpness, and an improved immune system. It has a Qi Gong warmup, basic skills and step practice, and culminates in the learning of various movement forms. Tai Chi forms use both strength and flexibility, along with correct breathing to allow the free flow of chi to all body systems for greater health.

TBT
Hop in the DeLorean and prepare to hit 88 mph! Take a trip in the time capsule with TBT as we throw it back to old school music and retro workout clothes (not required but highly encouraged) for this fun, fast-paced circuit training designed to get your heart rate up, tone lean muscle and guarantee a good time!

VINYASA
A quiet approach to yoga that uses long held poses to benefit the body’s deeper connective tissue. Yin yoga poses apply moderate stress to the tendons, fascia and ligaments which increase circulation.

YIN YOGA
A meditative yoga utilizing passive poses to bring flexibility and strength to your connective tissue. Poses are usually held one to five minutes, allowing practitioners of all levels to calm and restore the mind as well as the body.

YOGA BASICS
Learn the foundations of a yoga practice, including breathing techniques (pranayama), yoga postures (asanas), and gentle sequencing followed by deep stretching.

ZUMBA
With high tempo music and the latest dance moves from Salsa, Samba, Merengue and Hip-Hop, this class is guaranteed to whip you into shape and energize your day.

The Loudoun County Office of Elections urges voters to “STAY ELECTION READY!”
Text LCVOTES to 888777
Opt-in to receive text alerts for election dates, absentee voting and deadlines.

General Registration Begins May 16
## General Information

**Fitness Areas & Track Age Policy**  
Ages 16 and up can be unsupervised. Youth ages 12-15 must be supervised by an adult 16 years and older. Ages 11 and under are not permitted unless in a programmed event or class.

**Facility Rentals**  
Rental options are available in our gymnasium, conference room, and small classrooms. Visit us for a tour and to schedule your event. Payment is due at time of reservation.

**Climbing Wall**  
Come climb at our 40-foot Freeform Climbing Wall! Open daily, 11am-7pm. Children 11 and under must be supervised by an adult or be in a programmed event or class. All climbers must have a Climbing Wall Release Form on file, signed by a parent or guardian if under 18 years old.

**Birthday Parties**  
Swim or play with your guests and enjoy a meal in one of our Party Rooms. Party packages are available Saturdays and Sundays for groups of 15 or fewer participants. Visit us online for package details, prices, and forms; stop by to secure a date. Full payment is due at time of reservation.

**Aquatics & Safety Programs**  
Find information on Swim Lessons, Lifeguard Classes, and Aquatic Fitness in the Aquatics section of this guide!

## Parent & Child Programs

**Music, Motion & More!**  
(Ages 1-4) Come get your toddler’s wiggles out and socialize with some friends! This one day class will get you moving and shaking to some fun songs and keep you hopping and hopping. Plus, we will use our finger puppets and play parachute games! Parent/guardian participation is required. Instructor: Kristy Swanson.

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<td>6/28</td>
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**Music Together**  
(Ages Birth-5) Children develop a love of music through the research-based, developmentally appropriate curriculum for parents, children and primary care givers. $40 supply fee per family. Supply fee payment made out to Mindful Music, LLC on the first day of class. Instructor: Music Together.

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## ADMISSION FEES

**Admission Pass (25 admissions no expiration)**  
Ages 3-17 & 55+ ................................................................. $88  
Ages 18-54 ................................................................. $132

**Monthly Passes (unlimited use)**  
Single Adult ................................................................................. $50  
Two Adults (Family) .................................................................... $85  
Family Dependent ......................................................................... $15  
Family ........................................................................................... $125  
Senior/Youth ................................................................................ $40  
Senior Couple ................................................................................ $65  
Adult/Senior .................................................................................. $75

**6 Month Membership (unlimited use)**  
Single Adult ................................................................................. $250  
Two Adults (Family) .................................................................... $450  
Family Dependent ......................................................................... $70  
Family ........................................................................................... $575  
Senior/Youth ................................................................................ $200  
Senior Couple ............................................................................... $350  
Adult/Senior ................................................................................ $400

**Annual Membership (unlimited use)**  
Single Adult ................................................................................. $450  
Two Adults (Family) .................................................................... $800  
Family Dependent ......................................................................... $125  
Family ........................................................................................... $1000  
Senior/Youth ................................................................................ $350  
Senior Couple ............................................................................... $600  
Adult/Senior ................................................................................ $700

### Registration Information

Register at [www.loudoun.gov/webtrac](http://www.loudoun.gov/webtrac)

**Facility Hours:**  
M-F 5:00am-9:30pm • Sa-Su 8:00am-8:00pm

**Competition Pool:**  
M-F 5:00am-9:15pm • Sa-Su 8:00am-7:45pm

**Leisure Pool & Spa:**  
M-F 9:00am-8:45pm • Sa-Su 11:00am-7:45pm

Please call for availability of the leisure pool and climbing wall.  
*Hours are subject to change based on customer demand.

Open 11:00am-6:00pm on Memorial Day, 5/27

Open 5:00am-12:00pm on Independence Day, 7/4

Open 11:00am-6:00pm on Labor Day, 9/2

**Closed for annual maintenance 5/28-6/4.**

Competition pool maintenance may extend beyond 6/4.

Call or follow Facebook page for updates.

This closure does not impact child care and after-school programs.
In addition to the following programs, check out the 2019 PRCS Summer Camp Guide for more summer programs at Dulles South!

### PRESCHOOL AGE PROGRAMS

#### FUN WITH FOOD
(Ages 4-6) Introduce preschoolers to food groups and good health. Experience preparing age appropriate recipes and taste foods from each food group. Discover food in different cultures, participate in physical exercises, games and activities. Please inform instructor of any allergies, at least three weeks before camp starts. Snack projects will contain egg, milk, nuts, soy, corn, etc. Medication Authorization Form must be on file in order for any medication to be held. Instructor: Colleen Childs.

- **805130-01** $90 W, Th, F 6/5-6/7 9:30am-1:30pm

#### PRE-K LEARN TO DRAW WITH YOUNG REMBRANDTS
(Ages 3-5) Sweep away summer boredom and have fun with Young Rembrandts. Young Rembrandts provides an engaging, creative environment where your child will learn how to draw and strengthen his or her artistic skills. During the month of June, our students will learn and have fun as they draw some common characters found in the desert. Camels, lizards and cacti are just a few of the pieces they will create in each class. During the month of July, our student’s imaginations will take a trip to the rainforest. Drawing toucans, jaguars and a rainforest scene. Supply fee due first day of class. Instructor: Young Rembrandts.

- **405130-01** $128 (+$20 suppl) Sa 6/8-7/13 10:00am-10:45am
- **405130-02** $128 (+$20 suppl) Sa 7/20-8/24 10:00am-10:45am

#### MINI ARTISTS STEAM BY ABRAKADOODLE
(Ages 3-5) What better way to engage little ones in STEM concepts than through fun art lessons designed especially for them? In this class your child will translate these concepts into art creations by using their imagination and a variety of art mediums and techniques. There is so much to discover and learn each week with a new art project to take home! Supply fee payable to instructor at first class. Instructor: Abrakadooodle.

- **805137-01** $140 (+$25 suppl) Sa 6/15-8/17 10:30am-11:15am

#### IT’S TIME TO RHYME
(Ages 4-6) Come have a ton of fun rhyming! We will look in a book, and spend time finding rhymes. Join us while we craft, play and laugh each day! Plan for indoor and outdoor activities. Pack a peanut free snack and drink and apply sunscreen if needed. Instructor: Kristy Swanson.

- **805131-01** $85 M, Tu, W 7/1-7/3 9:00am-1:00pm

#### PRESCHOOL COOKING CLASS
(Ages 3-5) Children will learn how to cook simple snacks. They will learn how to measure, pour, and mix; all while learning and expanding simple math skills. No class 7/1 and 7/3. Instructor: Lauren Stewart

- **405101-01** $112 M, W 7/8-7/31 1:30pm-3:30pm

### YOUTH PROGRAMS

#### MAD SCIENCE SUMMER SERIES
(Ages 9-11) Join Mad Science one Saturday per month as we explore various aspects of science. In June, we’ll explore the mystery of chemistry and states of matter, July will be full of making slime and slimy games, and in August we’ll be active while we learn about kinetic energy through catapults and swinging toys. Instructor: Mad Science

- **405242-01** $13 Sa 6/8-8/8 11:15am-12:15pm
- **405242-02** $13 Sa 7/6-7/13 11:15am-12:15pm
- **405242-03** $13 Sa 8/3-8/10 11:15am-12:15pm

#### ARTISTIC DRAWING WITH YOUNG REMBRANDTS
(Ages 6-12) It’s time to blast off into orbit with Young Rembrandts. Young Rembrandts provides an engaging, creative environment where your child will learn how to draw and strengthen his or her artistic skills. During the month of July & August, our students will create cartoon illustrations inspired by our household pets and creatures under the sea. Ant farms, a trip to the groomers, funny snorkeler expressions, fish word play and a humorous sequence of events are just some of the drawings our students will create. A sea filled with fun awaits. Enroll your child today! $20 Supply fee due at first class. Instructor: Young Rembrandts

- **405231-01** $138 Sa 7/20-8/24 11:00am-12:00pm

#### ARTISTIC CARTOONING WITH YOUNG REMBRANDTS
(Ages 6-12) Join Mad Science one Saturday per month as we explore various aspects of science. In June, we’ll explore the mystery of chemistry and states of matter, July will be full of making slime and slimy games, and in August we’ll be active while we learn about kinetic energy through catapults and swinging toys. Instructor: Mad Science

- **405226-01** $50 M, Tu, W, Th, F 6/10-6/14 10:00am-11:30am
- **405226-02** $50 M, Tu, W, Th, F 6/10-6/14 12:00pm-1:30pm

#### MAD SCIENCE SUMMER SERIES
(Ages 9-11) Join Mad Science one Saturday per month as we explore various aspects of science. In June, we’ll explore the mystery of chemistry and states of matter, July will be full of making slime and slimy games, and in August we’ll be active while we learn about kinetic energy through catapults and swinging toys. Instructor: Mad Science

- **405123-01** $60 Tu, Th 6/6-6/14 10:00am-11:30am
- **405123-02** $60 Tu, Th 6/10-6/14 3:00pm-5:00pm

#### MAD SCIENCE SUMMER SERIES
(Ages 9-11) Join Mad Science one Saturday per month as we explore various aspects of science. In June, we’ll explore the mystery of chemistry and states of matter, July will be full of making slime and slimy games, and in August we’ll be active while we learn about kinetic energy through catapults and swinging toys. Instructor: Mad Science

- **405226-01** $50 M, Tu, W, Th, F 6/10-6/14 10:00am-11:30am
- **405226-02** $50 M, Tu, W, Th, F 6/10-6/14 12:00pm-1:30pm

#### COLOR RUSH CRASH COURSE
(Ages 8-14) Come learn all about Color Theory! Our seasonal homeschooling art theory classes are condensed into one crash course week! Create your own color wheel, mix your own colors, and expand your art vocabulary. At the end of this week your child will be able to identify, critique, and discuss elements of art. Other topics include: Color Values, Layering Colors, and Emotional Characteristics of color. Create and refine your own style! Instructor: Willette George.

- **805226-01** $20 Sa 6/6-6/14 11:00am-12:00pm

#### S.T.A.R.
(Ages 10-12) Self Esteem Takes Action and Responsibility. The STAR, at its core, identifies and activates the best in its participants. Activities in the unique summer class will be fun and interactive! The activities will include role playing, art, and writing. Each session will focus on the concept that accountability builds character! Plan for indoor and outdoor activities. Instructor: Vanessa Harry.

- **405204-01** $60 Tu, Th 6/10-6/14 3:00pm-5:00pm
- **405204-02** $60 Tu, Th 6/10-6/14 3:00pm-5:00pm
- **405204-03** $50 Tu, Th 8/6-8/15 3:00pm-5:00pm

#### LEARN TO CODE
(Ages 10-16) All the tech greats started coding during their teen years: Zuckerberg, Gates, and Jobs! Learn how to start writing Javascript and HTML code, program with Scratch (an MIT developed program), and Microsoft Kodu (and Xbox-like development platform). Coding helps build critical thinking skills! We will also cover computer maintenance and the basics of computer hardware and operating systems while exploring virtual reality and robots! Instructor: LAD Communications.

- **805263-01** $83 W, Th, F 6/17-7/6 10:00am-12:00pm

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Please send a water bottle and change of clothes with your child each day.
CODING IN MINECRAFT USING LUA
(Ages 6-8) Using a custom mod called “computercraft,” students will learn how to program robots inside the world of Minecraft. Children will utilize problem solving skills by learning how to program their robots to complete various tasks and objectives. They will be introduced to programming and implement their own functions using LUA, a simple scripting language. This is a great way to introduce children to programming using a game they love! Basic reading skill required. Instructor: C3 Cyber Club.

405222-01 $149 M-F 6/11-7/16 6:00pm-7:00pm
405222-02 $149 M-F 6/11-7/16 7:15pm-8:15pm

FITNESS TRAINING & PROGRAMS

YOUTH FITNESS PROGRAMS

P.R. PERFORMANCE: LEVEL 1
(Ages 12-15) P.R. Performance Level 1 is developed for students who are looking to increase their physical fitness. These 60-minute sessions are fun-filled with agility, power, strength, and conditioning work. Each workout is different yet progressive for the individual.

405546-01 $37.50 M 6/10-6/24 10:00am-11:00am
405546-02 $37.50 M 6/10-6/24 11:00am-12:00pm
405546-03 $37.50 M 6/10-6/24 5:00pm-6:00pm
405546-06 $37.50 Tu 6/6-6/25 10:00am-11:00am
405546-07 $37.50 Tu 6/6-6/25 11:00am-12:00pm
405546-09 $37.50 Tu 6/6-6/25 5:00pm-6:00pm
405546-11 $37.50 W 6/6-6/26 10:00am-11:00am
405546-12 $37.50 W 6/6-6/26 11:00am-12:00pm
405546-14 $37.50 W 6/6-6/26 5:00pm-6:00pm
405546-16 $37.50 Th 6/6-6/27 10:00am-11:00am
405546-17 $37.50 Th 6/6-6/27 11:00am-12:00pm
405546-19 $37.50 Th 6/6-6/27 5:00pm-6:00pm
405546-21 $37.50 F 6/6-6/28 10:00am-11:00am
405546-22 $37.50 F 6/6-6/28 11:00am-12:00pm
405546-23 $37.50 F 6/6-6/28 5:00pm-6:00pm
405546-25 $50 M 7/8-7/29 10:00am-11:00am

PERSONAL TRAINING
(Ages 12 & up) We offer 30 and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide customers with as much help as necessary to develop a consistent & efficient workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for four, eight or twelve personal training sessions by appointment only. Email Diondra.Fryer@loudoun.gov or call 571-258-3456 to schedule.

405572-01 $105 M-F 8/5-8/9 9:00am-12:00pm
405572-02 $72 M 8/5-8/26 5:30pm-7:00pm

MULTIAGE PROGRAMS

DRAWING PORTRAITS
(Ages 12 & up) Learn to draw portraits with realistic features using only simple graphite pencils, eraser, and a cotton ball. No previous artistic experience needed-all experience levels welcome! Instructor: Jyotsna Umesh.

405571-01 $60 M 6/10-7/1 5:30pm-7:00pm

ART OF MAKING DANCES
(Ages 10 & up) Come and experience the process of creating your own dance. This instructor led class will guide you through each milestone for putting together a moving work of art. Regardless of your preferred dance style, you will create a choreography, choose your props, music and costume. Class will culminate with a Dance Show onsite at end of session. Audience welcome! Class starts with a 30-minute warm up. Sports or Dance clothing and shoes required. Instructor: Marisol Ortiz.

405203-01 $150 M-F 7/15-7/26 3:30pm-5:00pm

INTRO TO SPANISH
(Ages 6-8)Hola! Come and learn the basics of Spanish! Become familiar with the language with songs, games, poems and activities! There will be indoor and outdoor activities. Pack a peanut free lunch and drink. Instructors: Ana Caballero and Jaya Tawney.

805227-01 $105 M-F 8/5-8/9 9:00am-12:00pm

STILL LIFE IN WATERCOLOR
(Ages 10 & up) Learn to paint still life using transparent watercolor layers. Subjects may include fruits, cars, trees and other day to day objects that look stunning when painted in watercolor. Instructor: Jyotsna Umesh.

405572-01 $72 M 8/5-8/26 5:30pm-7:00pm

YOUTH FITNESS PROGRAMS

FITNESS TRAINING & PROGRAMS

PERSONAL TRAINING
(Ages 12 & up) We offer 30 and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide customers with as much help as necessary to develop a consistent & efficient workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for four, eight or twelve personal training sessions by appointment only. Email Diondra.Fryer@loudoun.gov or call 571-258-3456 to schedule.
COMMUNITY CENTER program is great for new runners and veterans. Training Squads are open to ages 55 & up. This program is focused on gaining strength, balance and power. Training squads are limited to 8 participants per group.

TRANSFORMERS
(Ages 16 & up) Ready to decrease body fat and gain muscle? This effective program is developed with a combination of strength training and high intensity cardio. Whether you are a beginner or advanced this program is right for you!

LEGENDS
(Ages 55 & up) Age “ain’t” nothing but a number! You have to be at least 55, but you’re going to feel 10 years younger when you finish this program. This training group is focused on gaining strength, balance and power. Training squads are limited to 8 participants per group.

LEGENDS
(Ages 55 & up) Age “ain’t” nothing but a number! You have to be at least 55, but you’re going to feel 10 years younger when you finish this program. This training group is focused on gaining strength, balance and power. Training squads are limited to 8 participants per group.

P.R. PERFORMANCE: LEVEL 2
(Ages 12-15) P.R. Performance Level 2 is a program developed for student-athletes. Unlike P.R. Performance Level 1, Level 2 is developed to increase athletic performance. Each 75-minute session is packed with speed and power development and a progressive strength and conditioning program.

ADULT FITNESS PROGRAMS
FLEX PROGRAMMING
(Ages 16 & up) Flex programming is a unique program that allows those who feel proficient in their strength and cardio skills but need assistance in programming workouts. These workouts are designed by a certified personal trainer after you have done an intake and understand your goals. Each Flex Program guarantees your four quality workouts. You will receive one-60 minute private training session where the CPT will show you the movements and explain each part of the program. By appointment only. Email Diondra.Fryer@loudoun.gov or call 571-258-3456 to schedule.

SOLE MATES
(Ages 16 & up) Sole Mates is a Training Squad designed to help decrease a runner’s mile time while also decreasing the likelihood of injury. This Training Squad is solely a strength training program targeting posterior chain muscles (glutes, hamstrings, and back) and using mobility techniques to increase flexibility. The program is great for new runners and veterans. Training Squads are open to ages 16+ and include no more than eight participants in a group.)
**FLOW LIKE A BOSS**

(Ages 16 & up) This yoga workshop will focus on Surya Namaskar (Sun Salutations) A, B, and C. We will break down each Sun Salutation and introduce modifications. This will be a fun, interactive workshop. Each participant can expect to leave the workshop with the tools and knowledge necessary to flow like a boss at their next yoga class. Workshop is suitable for all levels, however, knowledge of the basic yoga poses will be helpful. Please bring your own mat.

**BRUNCH CRUNCH YOGA FLOW**

Will focus on strengthening your core through pranayama, twists and other abdominal exercises. Emphasis given on transitions, balance.

**POUND**

A powerful, energetic, playful flowing class has a strong emphasis on breath and movement. It's a high energy workout class that combines cardio and yoga into one unique experience.

**DANCE FIT**

This high-intensity dance class is designed to move the body in the heart of Latin rhythms. This class will make you sweat as you jump, turn, spin, and dance. We will incorporate the latest Latin dances such as Salsa, Samba, Mambo, and Merengue.

**ABS & ASSETS**

A fun and fast-paced workout that targets the abs and glutes. This class will incorporate a wide range of core exercises, strength training, and cardio moves to help you burn calories and tone your core.

**FUNCTIONAL STRENGTH**

This class is designed to improve your overall fitness level. You will work on strength, endurance, and flexibility through a variety of exercises, including bodyweight exercises, resistance training, and dynamic movements.

**FLOW YOGA**

Flow Yoga is a gentle class that consists of Sun salutations and postures that flow from one to the other. This class will focus on the moving meditation aspect of yoga, connecting our breath with our movements. This is a great class for beginners or anyone wanting a gentler yoga class. Please bring a yoga mat.

**BARRE FITNESS**

A total body workout that is designed to strengthen, stretch, and tone those muscles using the barre. This class will also use some light handheld weights to help give you a more toned physique. Please bring a yoga mat.

**KETTLEBELL KRUSH**

An advanced kettlebell class designed for those who have either completed the kettlebell workshop or have previous experience using kettlebells in a squat, deadlift, press, clean, and Turkish Get-Up. It is a high intensity class incorporating complexes and double bell work which will increase your metabolic, strength, and power output and take your training to another level.

**PILATES**

With its focus on core muscles, Pilates improves your body’s strength, posture and balance. It’s a total-body conditioning workout that produces long, lean muscles while improving deep core strength, muscle control, flexibility, coordination and body tone. The deep, mindful breathing and smooth, lengthening movements of Pilates can also help you reduce stress. It is good for males or females, young and old. Please bring a yoga mat.

**POUND**

The world’s first cardio jam session inspired by the infections, energizing and sweat-dripping un of playing the drums.

**POWER YOGA**

A powerful, energetic, playful flowing class has a strong emphasis on breath and movement.
allows beginners, intermediate and advanced students to be challenged in the same class.

**REHAB/RESTORE YOGA**
Designed for practitioners of all levels who are rehabilitating from an injury. Classes focus on individualized attention to help restore movement, stability, flexibility and strength to joints, muscles and connective tissue.

**REHAB/RESTORE STRENGTH YOGA**
Designed for practitioners of all levels who are rehabilitating from an injury. Classes offer gentle strength-based postures with individualized attention to help re-store movement, stability, strength, and flexibility to joints, muscles and connective tissue.

**RESTORATIVE YOGA**
A meditative yoga designed to reduce stress, calm the body and mind, and allow for total relaxation. Classes will help practitioners of all levels reduce stress, connect to the breath and restore the body.

**SOUTHSIDE BOOTCAMP**
Southside Bootcamp is a fun, fast paced class focusing on increasing strength and endurance using a variety of training methods. This class is scalable to all fitness levels.

**SPIN**
Work on building your muscular and cardio endurance while rockin’ it out to your favorite music! Sprint and Climb while navigating high intensity intervals. Challenge yourself and make it a race day!

**STRETCH AND STRENGTH**
A full body strength and core conditioning class utilizing a variety of exercises and exercise equipment. This class will target every muscle group while maintaining proper posture and technique followed by floor work and a complete body stretch. *Land based class

**STRONG [30]**
This 30 minute class will utilize different training methods to tone and strengthen your muscles. Every minute is utilized in this class to increase caloric burn and show results.

**THRIVE**
Whether you are coming back from injury or new to fitness join Thrive to increase your strength, balance, conditioning and stability. This fun environment allows progressions and regressions to fit your fitness level.

**VINYASA**
A flowing, creative, and dynamic sequence of poses that use breath to connect one pose to the next. Classes encourage practitioners of all levels to cultivate flexibility, strength, balance, and resilience.

**YOGA BASICS 1**
Helps to build a strong foundation for your yoga practice. Classes focus on individualized attention to alignment while increasing flexibility, strength, and balance. Please bring a mat.

**YOGA BASICS 2**
Continue to build on the foundations of Yoga Basics 1, while exploring more advanced options. Please bring a yoga mat.

**YOGA SCULPT**
Classes are set to energizing music and designed to tone and sculpt every major muscle group by combining plyometric and Vinyasa-style yoga flow. A Full body strengthening with body weight resistance to get your heart rate and metabolism moving. Burn some extra calories, build healthy bone density, tone up those shoulders, biceps and core, and leave feeling calm, strong, refreshed and relax!

**YOGILATES**
A fusion blend of yoga, Pilates and fitness conditioning that challenges strength, balance and flexibility. Participants in this class will also increase their stamina, learn to focus their mind and tone the entire body. Each yogilates class concludes with one of a variety of relaxation techniques followed by mantra music.

**YIN YOGA**
A meditative yoga utilizing passive poses to bring flexibility and strength to the connective tissue of the body. Poses are usually held one to five minutes, allowing practitioners of all levels to calm and restore the mind as well as the body.

**ZUMBA**
With high tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-hop, this class is guaranteed to whip you into shape and energize your day.

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**AQUA FIT PROGRAMS**

**ARTHITIS SWIM**
Classes take place in our heated indoor pool. This instructor led class uses the exercises approved by the Arthritis Foundation include walking, gentle stretching, flexing, extension and range-of-motion. These exercises are performed in shallow water and focus on moving each joint through the range of motion to increase quality of life.

**STRENGTH N’ STRETCH**
Classes take place in the leisure pool. This water class includes stretching exercises and water weights to give you a low impact workout. Emphasis is on increasing flexibility and strengthening the body.

**STRONG [WATER]**
Have fun in this challenging 50 minute class. Your instructor will lead you through different intervals using a variety of equipment to increase your cardiovascular endurance and overall strength.

**WATER FIT**
Water Fit is a fun, fast-paced water class that combines cardio, core and strength all while using the waters resistance to create a low impact workout. This class is ideal for all fitness levels.

**WATER PILATES**
Take your favorite Pilates routines and puts them in the water. This fun class will include a series of movements which will stabilize and strengthen your core. Class will focus on sculpting long and strong muscles while also increasing flexibility and improving posture.

**WATER WALKING/RUNNING**
Classes take place in the competition pool. Have fun in this challenging 50 minute class. Your instructor will lead you through different intervals using a variety of equipment to increase your cardiovascular endurance and overall strength.

**WATER YOGA**
Classes take place in the leisure pool. Take your land based yoga movements into the water. This class is a relaxing mix of stretching, balance, and strength movements.

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**Loudoun County PRCS**

Like us on

www.facebook.loudounprcs
She lives alone and can no longer prepare her meals.
She could use someone to deliver a warm meal.
In less than one hour you could be that someone.

It only takes an hour to give back to seniors
To volunteer for the Loudoun County Home Delivered Meals Program,
call 703-777-0257 or contact debra.bressler@loudoun.gov.
Home Delivered Meals program is administered by the Loudoun County
Department of Parks, Recreation & Community Services/Area Agency on Aging
www.giveitbacktoseniors.org
CARVER CENTER
200 Willie Palmer Way, Purcellville, VA 20132
571-258-3400
M-F 9:00am-9:00pm • Sa 9:00am-6:00pm
For senior classes, programs and events, please refer to the Carver Center section following the Bluemont Community Center listings.

DULLES SOUTH SENIOR CENTER
24950 Riding Center Drive, South Riding, VA 20152
571-258-3883
M,W,Th,F 9:00am-5:00pm • Tu 9:00am-8:00pm
Unless otherwise noted, the following classes, activities, and programs for ages 55 & older are FREE, although membership or non-member drop-in fees apply.

SPECIAL EVENTS
Please contact the Dulles South Senior Center for more information about special events for seniors.

FITNESS

YOGA FOR SENIORS
Enjoy the benefits of a life with Yoga. This class practices yoga while seated. Improve your strength, balance and flexibility. End this class with a good laugh.
M, Tu, W, F ongoing 10:30am-11:30am

YOGA
Traditional Mat Yoga. Please bring your Yoga mat.
Th ongoing 10:30am-11:30am

BEGINNING TAI CHI
Learn the basics of Tai Chi including stance and basic movements. For beginners only.
W ongoing 9:30am-10:00am

TAI CHI
Join us in this beautiful form of exercise from the mainland of China.
Tu, W ongoing 10:00am-11:00am

FITNESS & FUN
Join us for exercise & movement activities that will work your upper and lower body to improve your overall strength & fitness level including balance and hand-eye coordination.
F ongoing 1:00pm-2:00pm

EXERCISE EQUIPMENT ROOM
Get fit using the treadmill, bicycle, crankcycle, and free weights.
M, W, Th, F ongoing 9:00am-5:00pm
Tu ongoing 9:00am-8:00pm

TABLE TENNIS
Enjoy a game of ping pong with friends.
M, W ongoing 12:00pm
Tu ongoing 1:30pm
Th ongoing 12:00pm-1:00pm
F ongoing 11:00am

BEACH BALL VOLLEYBALL
Volleyball is suited for individuals of all skill levels. Benefits include improving stress levels, cardiovascular health, joint flexibility, balance problems, and muscle tone. Not to mention, you will have loads of FUN!
Th ongoing 1:00pm-2:00pm

PICKLEBALL
NEW! The fastest growing sport in the U.S. has made its way to Dulles South Senior Center. Come drop in and play this indoor version of tennis played with a paddle and a whiffle ball. All skill levels are welcome to play. Space limited to 4 players on one court.
M ongoing 2:30-4:30pm

DANCE

BEGINNING LINE DANCE
New to Line Dancing? Try this class to learn some basic line dance routines at a slower pace.
F ongoing 10:00am-11:00am

INTERMEDIATE LINE DANCE
Learn new line dance routines and have some fun.
Tu ongoing 11:00am-12:00pm
Th ongoing 1:00pm – 2:00pm

INTERMEDIATE PLUS LINE DANCE
Add to your dance skills with a little extra steps.
Tu ongoing 12:00pm-1:00pm
Th ongoing 2:00pm-3:00pm

HOT HULA
Hot Hula fitness is a fun, new and exciting dance workout inspired by the dances of the Pacific Islands. It's a 60 minute total body workout that isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, quads and arms. Hot Hula incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.
Th ongoing 10:00am-11:00am

DANCE FITNESS
Take your line dance skills to a new level in this class that incorporates a combination of line dancing, salsa, cha-cha, tango and many other styles. Dance your way to fitness and fun!
M, W ongoing 11:00am-12:00pm
EDUCATION & INFORMATION

COMPUTER
Computer help for beginners and more. If you are interested in learning how to use your phone, computer, or tablet to its fullest capacity, get help from volunteer Baldev.
W ongoing 10:30am-11:30am

COMPUTER CLASS (taught in Korean)
Learn computer skills in a classroom environment with volunteer instructor.
M ongoing 10:00am-11:00am

TECH TALK W/ GUM SPRINGS LIBRARY
Staff from Gum Springs Library share tips and tricks for using your technology devices and share the latest information on new technology devices.
1st, 3rd W ongoing 1:30pm-2:30pm

ADVISORY BOARD MEETING
Dulles South Senior Center Advisory Board meets the first Tuesday monthly.
1st Tu ongoing 12:45pm

SERVICES FOR SENIORS
See an Elder Resources Case Manager for confidential supportive assistance and questions for aging issues and situations. Sign up at the Dulles South Senior Center desk.
1st W ongoing 10:30am-1:30pm
3rd W ongoing 9:00am-12:00pm

INNOVA MOBILE HEALTH SERVICES
Stop by and have your blood pressure and heart rate monitored monthly.
1st Tu ongoing 9:00am-12:00pm

ENGLISH CHAT W/ANH
Learn new vocabulary and chat with new friends from around the world.
Tu,W,Th ongoing 12:45pm-1:45pm

BEGINNING ENGLISH W/SAGARARIO
Class is open to all! Instructor speaks both English & Spanish.
M ongoing 10:30am-11:30am
F ongoing 12:45pm-1:45pm

BEGINNING ENGLISH W/FARAH
W ongoing 12:45-1:45pm

ENGLISH LEVEL I & II w/INDU & NASEEMA
Th ongoing 12:45-1:45pm

BEGINNING SPANISH
Learn to speak and read Spanish with volunteer instructor Jaime.
Th ongoing 11:00am

LIBRARY OUTREACH SERVICES
Loudoun County Public Library visits our center for a monthly book /DVD/CD exchange.
3rd W ongoing 11:00am-12:00pm

BOOK CLUB
Check out the book of the month from the staff office or from the volunteer leader. Read and return to discuss at the monthly meeting.
4th W ongoing 10:00am-11:00am

MEMOIR WRITING
Gum Springs Librarian leads this monthly memoir writing group at Dulles South Senior Center.
1st Wed ongoing 10:00am-11:00am

BIBLE STUDY
Daily ongoing 10:30am-11:30am

E-COMMENT
Seniors can record a 2 minute video message to the Board of Supervisors for their review.
W ongoing 12:30pm

GUEST SPEAKERS
Check monthly newsletter for guest speaker presentations on a variety of topics.

FINE ARTS

KNIT ‘N’ STITCH CLUB
Bring your own supplies. Interested in learning to knit, crochet or sew? Help is available from volunteer instructor.
Tu,Th ongoing 11:00am-2:00pm

ART WITH FRIENDS
This self-directed group gathers and makes paintings in oil, water color, acrylic, or pastels. Bring your own supplies. No instructor. Learn from each other.
W ongoing 1:00pm-3:00pm

SOCIALIZING & ENTERTAINMENT

GAMES GALORE
Start your week and weekend out right….PLAY! Jump start vocabulary with a good game of Scrabble, Rummikub, Canasta, Hand & Foot, and more.
M,Tu,W,Th,F ongoing 10:30am-4:30pm

MAHJONG
Daily ongoing 11:00am

MEXICAN TRAIN DOMINOES
Senior Olympic Rules apply.
Tu ongoing 1:00 pm

PARTY BRIDGE
F ongoing 1:00pm-3:00pm

BINGO
Cards are $1 each
Dates varies ongoing 1:00pm-2:00pm

HINDI MUSIC SINGING GROUP
Join the group and sing Hindi songs. Do not have to speak Hindi to participate. Volunteer leader.
Daily ongoing 11:30am-12:00pm

CHINESE MUSIC SINGING GROUP
Sing Chinese songs in a fun, welcoming environment with volunteer Judy C.
F ongoing 1:00pm-2:00pm

SHOPPING
Trips at least twice a month to Dulles Landing Shops including Walmart, Ross, Dick’s, Home Goods and more. Occasional shopping trips to Wegman’s/Target in Sterling, Dulles Town Center Mall, Leesburg Outlets and more. Call the center for dates & times of specialty shopping trips.
M ongoing 12:30pm-1:45pm

MONTHLY BIRTHDAY PARTY
Enjoy cake and celebrate the members’ birthdays each month.
2nd Tu ongoing 12:30pm
CASCADES SENIOR CENTER

MONTHLY MOVIES
Enjoy a movie on the big screen at the center.
Tu  Date varies  ongoing  1:00pm-3:00pm
Tu  Date varies  ongoing  5:30pm-7:30pm

LUNCH BUNCH
The Lunch Bunch program is a chance to hop on the Dulles South bus and go to a local restaurant to enjoy lunch with friends. There is a small cost for transportation which varies depending upon how far we’re traveling. You order and pay for lunch on your own at the restaurant.
Date varies  ongoing  11:15am-1:45pm

Please stop by for more information and check out our facility. Schedule Dulles South Senior Center for your next meeting, dance club, birthday party, baby shower, graduation, religious service or friendly gathering!

LOUDOUN COUNTY SENIOR CENTER AT CASCADES
21060 Whitfield Place, Sterling, VA 20165
571-258-3280
M, W-F 9:00am-5:00pm • Tu 9:00am-8:00pm

Registration is not required for the following general interest activities for participants 55 and over. They are free unless otherwise noted, although annual membership or daily drop-in fees apply.

CARDS & GAMES

BINGO
Fee required (15 games)
M, Th  ongoing  10:30am-12:00pm
Tu  ongoing  10:30am-11:30am
F  ongoing  1:30pm-3:00pm

CANASTA
W  ongoing  1:30pm-4:30pm

DUPLICATE BRIDGE
Sanctioned game-Fee required
M, Th  ongoing  12:30pm-4:00pm

O'HECK
W  ongoing  10:00am-11:30am

PINOCHE
Th  ongoing  11:00am-12:30pm

PARTY BRIDGE
W  ongoing  1:00pm-4:00pm

POKER
Th  ongoing  1:00pm-4:30pm

BUNCO
1st W  ongoing  1:30pm-3:00pm

MAH JONGG (American Version)
M, Tu  ongoing  1:00pm-3:00pm

CULTURAL & SOCIAL ACTIVITIES

BOOK CLUB
3rd Tu  ongoing  1:30pm-1:30pm

INDIAN CULTURAL GROUP
Open to anyone interested in attending to celebrate Indian culture.
2nd W  ongoing  10:30am-12:00pm

LEARN MANDARIN CHINESE
Open to anyone interested in learning Mandarin Chinese.
W  ongoing  11:00am – 12:00pm

MORNING REFRESHMENTS & FRIENDSHIP
M-F  ongoing  10:00am-12:00pm

ITALIAN ACTIVITY
M  ongoing  10:00am-12:00pm

CONVERSATIONAL SPANISH
For those who would like to practice their Spanish skills, this free activity offers a great opportunity to converse and discuss current topics while improving grammar skills. Designed for the intermediate or advanced student. New students are always welcome! Instructor: Ana Mahoney
Advanced
Tu  ongoing  9:30am-10:45am
Intermediate
Tu  ongoing  10:45am-12:00pm

KNIT & CROCHET GROUP
Join an active knit & crochet group to work on your own projects or make and donate items to benefit children and adults in the community facing illness or crisis.
F  ongoing  10:00am-12:00pm

CROCHET INSTRUCTION
M  ongoing  1:30pm-3:00pm

MOVIE, POPCORN & SODA
Recent releases shown on 8-foot screen.
$3/movie
3rd W  ongoing  1:30pm-3:30pm

CLASSIC MOVIE NIGHT
Free classic movies shown on 8-foot screen followed by an interactive discussion. Bring snack.
4th Tu  ongoing  5:00pm-7:00pm

OPEN PAINTING
Tu  ongoing  10:00am-12:00pm

POTLUCK BINGO
Participants bring a dish to share, enjoy bingo, and win a prize.
Fee required $1.25.
2nd Tu  ongoing  5:00pm-7:00pm

SENIOR CENTER ADVISORY BOARD
3rd Th  Sept.-June  10:00am-11:30am
COMMUNITY CENTER

TEA & GAMES
Participate in board games or card games and enjoy tea and sometimes treats. $.50/donation
Th ongoing 1:00pm-3:

EXERCISE ACTIVITIES

AEROBICS
M-F ongoing 9:00am
M, W, F ongoing 10:00am

REJUVENATION EXERCISE
Tu, Th ongoing 10:00am-11:00am

BALLROOM DANCING
W ongoing 11:00am-12:00pm

INTRO TO LINE DANCING (LEVEL 1)
Th ongoing 10:00am-11:00am

BEGINNER LINE DANCING (LEVEL 2)
M ongoing 1:15pm-2:30pm
W ongoing 10:30am – 11:30am

IMPROVER/LOW INTERMEDIATE LINE DANCE (LEVEL 3)
F ongoing 1:15pm-2:30pm

HAPPY YOGA
Tu, F ongoing 10:30am-11:30am

PICKLE BALL
Tu ongoing 3:00pm-7:00pm
W ongoing 9:15am-10:30am

TAI CHI & QI GONG
Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises. Led by Mabel Chin and Marlene Burkgren. Tuesday class for Beginners.
Tu, F ongoing 11:00am-12:00pm

SELF-HELP & RESOURCES

AARP DRIVER SAFETY PROGRAM—“SAFE DRIVER”
This two-day program may help to reduce the cost of your insurance. $20 or $15 for AARP members. Non-members must pay additional drop-in fee.
W, F ongoing 10:00am-3:00pm

BLOOD PRESSURE CHECK
M-F ongoing 9:00am-11:00am

“US TOO” PROSTATE CANCER EDUCATION AND SUPPORT GROUP
2nd Tu ongoing 6:00pm-8:00pm

INOVA BLOOD PRESSURE CHECK
Loudoun Healthcare provides blood pressure checks and referrals.
2nd, 4th Tu ongoing 9:00am-12:00pm

SERVICES FOR SENIORS
Elder Resources Case Manager Lori Stahl from the Area Agency on Aging is available to assist in linking seniors to community services and support.
1st, 3rd Tu ongoing 9:00am-12:00pm

TEEN TECH TUESDAY
Tu ongoing 5:00pm-7:00pm

SHARING YOUR WISHES
Join us for a conversational workshop to explore ways to ensure that your loved ones are aware of your wishes for care at the end of life. Learn about tools that can help you communicate your wishes and provide your family with the knowledge they need to be your best advocate if you should need it.
Facilitators: Patricia Shannon & Brenda Davis
Th 7/18-7/18 10:30am-11:30am

WEEKLY PROGRAMS
Watch for information in the Senior Center Review (monthly newsletter distributed to all members) about weekly programs such as financial and estate-planning seminars, medical presentations and screenings and lectures on historical events and literary figures.

CLASSES

ESL CLASS
English as a Second Language Classes are offered to beginner and advanced members who are learning to speak English for the first time. Basic vocabulary and common phrases, inflection and proper grammar are taught to interested participants.

Beginner’s ESL
Tu ongoing 10:30am – 12:00pm

Advanced ESL
M ongoing 10:30am – 12:00pm

CERAMICS
Learn how to clean green ware, paint and glaze. Participants may choose from hundreds of molds. Price includes small ceramic piece. Instructors: Pat Miller and/or Frank Smith. Class offered every month. Please check with the Senior Center for current schedule.
$25, or $21/member – 2 sessions

ZUMBA GOLD
Dance Fitness program with a Latin/International beat! Zumba Gold is geared toward active adults learning Zumba or those who prefer a low-impact version.
Instructor: Vivian Monroe
Drop-in $12, or $10/member
445604-01 Th ongoing 11:00am-12:00pm

UKELELE CLASS
Learn Ukelele! Limited space available in this new pilot 8-week class series. Advance Registration required. Free to members. Instructor: Joan Hall
Tu 6/18-8/6 12:45pm-1:30pm

SPECIAL EVENTS

MOTHER’S & FATHER’S DAY PICNIC
Picnic lunch at a Loudoun Park. Limited to 28.
445609-01 $3/Transp fee W 6/12-6/12 10:30am-1:30pm

INDEPENDENCE DAY LUNCHEON
A patriotic salute of songs and apple pie for dessert. Advance registration is required. Lunch donation is requested. Wear your red, white, and blue!
W 7/3-7/3 11:30am-1:30pm

THIRD ANNUAL BILLIARDS TOURNAMENT
Double elimination tournament. Rules of play will be in accordance with Virginia Senior Olympics. Trophies will be awarded to the top finishers. Limited number of players, advance registration required.
445609-03 $7/non-member, $5/member Th 7/25-7/25 10:30am-2:00pm
ICE CREAM SOCIAL
Cool off this summer with ice cream and root beer floats. Members are encouraged to bring their friends to visit the Senior Center for the day. Drop-in fee applies.

**445609-04**
W 8/14-8/14
Free to members 12:30pm-1:30pm

END OF SUMMER BBQ PARTY
It’s our End of Summer Party with pulled BBQ and all the trimmings! Come join us for all the fun!

**445609-05**
Th 8/29-8/29 2:00pm-4:00pm
Free to members

THE SENIOR CENTER OF LEESBURG
102 North Street, NW, Suite B,
Leesburg, VA 20176
703-737-8039

Unless otherwise noted, the following classes, activities, and programs are offered for free to participants ages 55 and older, although membership or drop-in fees apply. Closed 7/4 in observance of Independence Day.

### ARTS & CRAFTS

#### CERAMICS-HAND BUILDING
Create your own hand built art using the Ceramic Studio’s slab roller, forms, and tools. Kiln Fire and Glaze using Studio supplies.
M-F ongoing 9:00am-5:00pm

#### SEWING
For the beginner level. Sewing Machine provided. Bring in your sewing project. Assistance provided by Carol
M,F ongoing 9:00am-12:00pm

#### STITCH ‘N’B
Sew, knit, crochet, and needle work. Make new friends and share ideas. Assistance provided by Carol.
M,F ongoing 9:00am-12:00pm

#### ADULT COLORING CLASS
Please come join the adult coloring class every Tuesday from 10:30 am-12:00 noon for a relaxing and fun time. This group is led by Bob and supplies are provided in class to participants.
Tu ongoing 10:30am-12:00pm

#### ART STUDIO WITH CAROL
Share techniques and learn new skills from each other. Bring your own supplies and work with expert help from Carol.
M ongoing 12:30pm-3:00pm

#### ART STUDIO WORKSHOP
Bring in your project to work on with others. 
M ongoing 2:45P-4:45P

### QUILT MAKERS CLUB
Come to chat and exchange ideas. Bring your own project to work on. Make use of the large tables to spread out your project.

**W** ongoing 9:30am-12:00pm

### CROCHET CLUB
Bring your hooks and yarn. Work together on your own projects.
M,F ongoing 9:00am-12:00pm

### WOODBURNING WITH MOHTAR
Create art to hang on your walls using woodburning tools and a colorizing technique.

**M** ongoing 2:45P-4:45P

**Tu** ongoing 2:00pm-4:00pm

### DRAWING WITH KAREN
Register to draw with help.
2nd, 3rd Tu June-Aug 6:00pm-7:15pm
2nd, 3rd W June-Aug 12:30pm-1:15pm

### DANCE

#### DANCE WITH MINDA
Learn new dances from all over the world. No partner required. Instruction provided by Minda.

**Tu** ongoing 1:00pm

**F** ongoing 1:00pm

#### BALLET CLASS
Learn grace and balance with exercise and stretching.

**F** ongoing 9:00amP-1:00pm

#### HAPPY HOUR
Get Started! Learn Beginning level Line Dance with Marilyn.

**W** ongoing 12:00pm-1:00pm

#### HAPPY FEET
Learn more Intermediate level Line Dancing with Minda.

**W** ongoing 1:00-2:00pm

#### BELLY DANCING
Introduction to belly dancing class instructed by Karen.

**W** ongoing 10:30am-11:30am

#### LINE DANCE WITH VINNY
Enjoy Vinny and his line dance steps. Take instruction and glide to the music. No Partner is required. All levels welcome.

**Th** ongoing 12:00pm-2:00pm

**F** ongoing 10:30am-12:00pm

### EDUCATION

#### BEGINNERS SPANISH
Beginners Spanish is designed as an introductory course for absolute beginners. Instructor: Francisco Ovando

**427620-01**
W 6/5-8/7 60/10 classes
5:00P-6:15P

#### INTERMEDIATE SPANISH
This intermediate level course will assist students in developing speaking, listening, reading and writing skills. Instructor: Francisco Ovando

**427620-02**
W 6/5-8/7 1:00pm-2:15P
FITNESS

TAI CHI
Tai Chi is a gentle exercise proven to strengthen muscles, improve stamina, blood circulation, balance and relaxation. Sucha provides instruction.
M ongoing 11:00am-12:00pm

TAIJUQUAN 24 FORMS
The standard simplified Chinese National Version. Improve your balance, healthy low impact exercise, gain muscle strength and feel energized and sharpen your mind, body and spirit with this ancient art. Instructor is Zumei Feng.
Th ongoing 10:30am-12:00pm

BODY & MIND WORKS
Use hand weights for a total body workout. Meet twice per week for a better workout. Free
Tu,F ongoing 2:30pm-3:30pm

YOGA AND LAUGHTER
Combination of chair yoga, stretching, and laughter. Make new friends in this caring and supportive group.
Th ongoing 9:30am

SIT AND FIT WITH KAREN
Tu ongoing 10:30am

AEROBIC DANCE CLASS WITH LUELLA
Tu ongoing 10:00am-11:00am

GENTLE YOGA
Improve strength, range of motion, and balance. Each exercise will be presented for both mat and chair practice. Instructor: Nargis.
Tu ongoing 11:00am-12:00pm

ZUMBA GOLD
Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Total of 13 classes. Certified Instructor: Lisa Hale.
Punch Card: $72
Drop-in: $8/member, $10/nonmember
427608-01 6/3-8/26 9:15am-10:15am

ADVANCED UKE CLASS
For the more advanced players. Focusing on challenging songs, strumming patterns and finger picking. This class is instructed by class members. Ukulele Lesson and ukuleles available for loan.
Th ongoing 2:15P-3:00pm

GUITAR LESSONS
Bring your guitar, mandolin, banjo, ukulele, dobro, fiddle or dulcimer and play the old country music, bluegrass; folk, and traditional tunes. Beginner or a pro, all are welcome!
F ongoing 1:00pm-2:30pm

ON GOING CLUBS & GROUPS

BOOK CLUB/BOOK SHARE
Check out the book of the month at the front desk to take home and read. Bring back on or before the second Wednesday of the month.
2nd W ongoing 10:00am-11:00am

INVESTORS DISCUSSION
Member led discussion. Share your research on investments. 2nd and 4th Monday only.
2nd, 4th M ongoing 9:30am-10:30am

POKENO
Pokeno is a great time to connect, laugh and get to know some of the members at the center. Please come join us.
Th ongoing 10:30am-11:30am

PHOTOGRAPHY CLUB
Interested in taking pictures. Come join our photography club. You never know when that next Kodak moment may be!
4th F ongoing 10:00am-11:30am

PARTY BRIDGE
No partners needed. Stop by and play some bridge with friends.
Tu ongoing 1:00pm-4:00pm

WRITER’S ROUND TABLE
Share your work with other writers. Give critique and receive advice from fellow writers. We’re building a community of senior writers!
Tu ongoing 1:00pm-2:00pm

BIBLE STUDY W/IRIS
W ongoing 11:00am-12:00pm

LOUDOUN BRIDGE BUFFS
Duplicate Bridge Sanctioned ACBL Game. Fees Apply.
M ongoing 1:00pm-4:30pm
F ongoing 1:00pm-4:30pm

CURRENT EVENTS DISCUSSION
Come prepared to engage in stimulating conversation about County, State, National, and International News.
W ongoing 1:00pm-2:00pm

PRAYER WITH JUDY
Prayer group.
M ongoing 10:00am-11:00am

SPANISH PRACTICE
Mary Frances leads the group in puzzles and games used to practice the language.
W ongoing 10:30am-Noon

MUSIC

INTERMEDIATE UKULELE JAM
For those who are ukulele players. Singing, playing and strumming patterns. Ukulele Lesson And ukuleles available for loan.
Th ongoing 12:30pm-2:00pm

ADVANCED UKE CLASS
For the more advanced players. Focusing on challenging songs, strumming patterns and finger picking. This class is instructed by class members. Ukulele Lesson and ukuleles available for loan.
Th ongoing 2:15P-3:00pm

GUITAR LESSONS
Bring your guitar, mandolin, banjo, ukulele, dobro, fiddle or dulcimer and play the old country music, bluegrass; folk, and traditional tunes. Beginner or a pro, all are welcome!
F ongoing 1:00pm-2:30pm
RECREATION, SOCIAL & GAMES

BLUEBIRD MONITORING

W  ongoing  1:00pm

EUCHRE
Card Game with friends old and new.
Tu  ongoing  9:30am-12:00pm

TEXAS HOLD’EM
Tu, Th  ongoing  9:00am-11:45A

RUMMIKUB
M-F  ongoing  9:00am-5:00pm

MAJHONGG
W  ongoing  12:30pm-4:00pm

OH HECK!
M  ongoing  10:00am-12:00pm

MEXICAN TRAIN
Tu  ongoing  10:00am-12:00pm

CANASTA/HAND & FOOT
Tu  ongoing  5:00pm-8:00pm
F  ongoing  2:00pm-5:00pm

PINOCHELLE
W  ongoing  1:00pm-4:00pm

BINGO WITH BILLY
Cards are 50 cents each.
Tu  ongoing  1:00pm-2:00pm

BINGO WITH GAIL
Cards are 50 cents each.
F  ongoing  12:45P-1:45P

BIDWHIST
Card Game with friends old and new.
Tu  ongoing  1:00pm-3:00pm

BILLIARDS
Make use of the two regulation slate billiard tables.
M-F  ongoing  9:00am-5:00pm

WII BOWLING
Enjoy Wii Bowling Fun, with new and old friends! Note subject to change for Special Event days. Questions see staff.
M  ongoing  12:45P-2:00pm

CORNHOLE
Tu, Th  ongoing  9:00am

AQUA BOWLING
Drop-in and play this indoor version of bowling played with a paddle and a wiffle ball. Space Limited to one court-4 players. Please note subject to change due to special event days.
M  2:30pm-4:45pm
Tu  4:30pm-6:30pm
W  2:30pm-4:45pm
Th  2:30pm-4:45pm
F  3:45pm-4:45pm

BADMINTON
Play this backyard sport in our dining room.
M, W, F  ongoing  9:30am-11:30am

TABLE TENNIS
Regulation Ping-Pong Table.
M-F  ongoing  check for times

OUTINGS

WEEKLY SHOPPING TRIPS
Weekly shopping trips to local retail stores. Check Newsletter for details.
W  ongoing  12:45P

SPECIAL EVENTS

MOVIE NIGHT
Enjoy a free monthly featured movie.
Tu  6/18  5:00pm-8:00pm  Ocean’s 8
Tu  7/16  5:00pm-8:00pm  Green Book
Tu  8/20  5:00pm-8:00pm  The Mule

MOVIE DAY
Enjoy a free monthly featured movie.
W  6/5  12:15pm-2:00pm  How to Marry a Millionaire
W  7/3  12:15pm-2:00pm  Cat on a Hot Tin Roof
W  8/7  12:15pm-2:00pm  A Summer Place

CLASSIC MOVIES
Enjoy free monthly classic movies
W  6/5  12:15pm-2:00pm  Mimi’s Cafe
W  7/3  12:15pm-2:00pm  Johnny Ray’s
W  8/7  12:15pm-2:00pm  The Cheesecake Factory

LEESBURG LUNCH BUNCH
This monthly outing gives the Leesburg Members a chance to be transported in style to a delightful lunchtime dinner out. Cost covers the transportation. Meal paid for on your own.

SHOPPING TRIP AT THE LEESBURG OUTLETS
Bus ride to the Leesburg Outlets for a shopping outing. Lunch is on your own.

PARTNER’S HAND & FOOT TOURNAMENT
Join us for our first Hand and Foot Tournament. Compete in a double elimination tournament. Medals awarded to first, second and third place.

FATHER’S DAY BREAKFAST

COOL DAZE ICE CREAM SOCIAL
Come join us for an ice cream social with a toppings bar with musical entertainment provided by Chuck and Dan. Sure to be a great time, and what better way to cool off on a hot summer day! Registration deadline: 6/28.
PARTNER’S POOL TOURNAMENT
This is an eight ball Partner’s Pool Tournament. Rules are supplied at the time of sign-up. Limited to 18 players. Box lunch is included. Prompt start time. Registration deadline: 7/19.
427636-02 $7.00 W 7/24 10:00am

BUS RIDE TO DAIRY QUEEN
Enjoy lunch and dessert at Dairy Queen during the hot summer months. Lunch is on your own but the company is priceless. Registration deadline: 7/19.
427660-02 $1 Th 7/25 11:00am-1:30pm

RUMMUKU TOURNAMENT
Compete with others in a double elimination Tournament. Medals to the winners. Registration deadline: 8/16.
427636-03 $5 W 8/21 10:00am

COUNTRY WESTERN END OF SUMMER BBQ LUNCH & DANCE
Put on your dancing boots and be ready to boot, scoot and boogie the afternoon away to musical entertainment provided by DJ Jeff. Lunch included. Registration deadline: 8/16.
427601-03 $6.00 Th 8/22 11:30am-2:00pm

GIRL SCOUT BADGES AND ACTIVITIES
Complete various badges or work on journeys while exploring the nature preserve. We can help you with a multitude of nature-related badges for Daisy, Brownie, Junior, or Cadette levels. Call for reservations. Adult must accompany scouts. Call 703-737-8894 or email Casey.Tinius@loudoun.gov for more information on reservations.
Minimum of seven scouts per program.
$6/ 2-hr program

MIDDLE SCHOOL AGE PROGRAMS

YOUTH ECOLOGY & ARCHEOLOGY FIELD SCHOOL
(Ages 11-14) With our week long field school program, students will have the opportunity to be involved in all the exciting facets of the daily goings-on at BRNP.
Get hands on with archaeology; go up close and personal with native pollinators and invertebrate life; explore our hiking trails, waterways, and wetlands; and participate in the cultivation of a brand new demonstration garden whose produce will go towards feeding our community via Loudoun Hunger Relief!
Location: Education Annex
467320-01 $180 M-F 7/8-7/12 9:00am-3:00pm

MULTIAGE PROGRAMS

FAMILY IN NATURE: BUTTERFLIES & THEIR HABITATS
(All ages) Explore the world of 6-legged invertebrates. Topics addressed include: what it means to be an insect, life cycles, defense strategies, and their overall importance. Children design their own bug catcher and collect specimens in the field. Concludes with live insect handling and bingo!
Location: Education Annex
467770-01 $12/child + one adult Sa 6/29-6/29 1:00pm-4:00pm

FAMILY IN NATURE: STREAM LIFE & OUR WATERSHED
(All ages) Discover what critters are living in our stream and lakes and what role they play in our ecosystem. You will also learn how they are connected to the Chesapeake Bay watershed and the issues it currently faces. Includes specimen exploration, a riparian buffer relay game, and fishing by the pond!
Location: Education Annex
467771-01 $12/child + one adult Sa 7/6-7/6 1:00pm-4:00pm

FAMILY IN NATURE: THE ART OF NATURE
(All ages) Students will learn to appreciate the beauty and complexity of nature by creating art with it. Projects vary based on age and skill level but some include: leaf reliefs, musical instruments, jewelry, painting outdoors, pinch pots, and more!
Location: Education Annex
467772-01 $12/child + one adult Sa 7/2-7/277 1:00pm-4:00pm

FAMILY IN NATURE: A SENSE OF ADVENTURE
(All ages) This program helps children get acquainted with the outdoors by going on sensory walks, doing scavenger hunts, learning survival skills, participating in team-building activities, and more!
Location: Education Annex
467773-01 $12/child + one adult Sa 8/17-8/17 1:00pm-4:00pm

CHILDREN’S ENVIRONMENTAL CONSERVATION FIELD SCHOOL
(Ages 8-14) In this week long camp, children will develop a deeper understanding of the issues impacting the environment and learn what they can do at home to better protect the planet. Each day will focus on a different topic including the conservation of natural resources, protecting the air and sky, connecting with food and reducing waste, exploring why water is so wonderful, and becoming a clean and green eco-warrior. Participants will get the chance to catch and study aquatic creatures, get involved in the brand new vegetable garden, make upcycled crafts, play educational games, and so much more!
Location: Education Annex
467770-01 $180 M-F 7/22-7/26 9:00am-3:00pm

ADULT PROGRAMS

GARDENING FOR FOOD & FUN 5: COMPOST & VERMICOMPOST
(Adults 18 & up) Recycling organic matter and food waste into nutrients for your plants is the most natural and local form of fertilizer. Learn the basic science and
GARDENING FOR FOOD & FUN 6: HARVEST & STORAGE
(Adults 18 & up) Join us for a morning in the demonstration garden to harvest and hang garlic to cure, harvest and hang herbs to dry, and to take our first load of produce over to Loudoun Hunger Relief. Attendees will leave with (at least) two heads of garlic to cure, eat and plant at home!
467571-01 $20  Sa  7/13-7/13  9:00am-12:00pm

GARDENING FOR FOOD & FUN 7: PLANTING FOR FALL & COMPANION PLANTING
(Adults 18 & up) Easy tips and plans for season extension, storage crops and brassicas. Join us for a presentation on fun and interesting varieties of kale, broccoli and other fall favorite then stick around for potato and squash harvests and fall planting.
467572-01 $20  Sa  8/10-8/10  9:00am-12:00pm

GARDENING FOR FOOD & FUN 8:
BUS TRIP TO MONTICELLO’S HERITAGE HARVEST FESTIVAL
(Ages 18 & up) A celebratory and educational trip to Thomas Jefferson’s Monticello for the annual Heritage Harvest Festival. Bring seeds for the seed swap and plan to attend talks by a fantastic array of farmers, chefs, seed savers, mushroom growers, plant propagators and authors.
467573-01 $TBD  Sa  9/21-9/21  8:00am-8:00pm

MULTIAGE HIKES & INTERPRETIVE PROGRAMS
Children must be accompanied by an adult, unless noted. Minimum numbers are required to run programs; please call in advance to register.

FROGSHACKLE NATURE CABIN
(All ages) Get closer to nature by immersing yourself in our large assortment of hands-on natural items. Find out what beaver fur feels like, guess where a fossil came from, look up close at a bird’s nest, and much more. Many exciting items wait for you to pick up and enjoy!
Free event  Sa  6/8-6/8  1:00pm-3:00pm
Free event  Sa  7/13-7/13  1:00pm-3:00pm
Free event  Sa  8/3-8/3  1:00pm-3:00pm
Free event  Tu  8/20-8/20  1:00pm-3:00pm

HISTORIC LANESVILLE HOUSE
(All ages) Take a step through 200 years of history. Built in 1779, this nationally registered historic place has seen Loudoun County grow but has not lost its charm. Visit and discover what life was like in this historic home and try out some colonial activities.
Free event  Sa  6/8-6/8  1:00pm-3:00pm
Free event  Sa  7/13-7/13  1:00pm-3:00pm
Free event  Sa  8/3-8/3  1:00pm-3:00pm

BRIDGES’ ONE-ROOM SCHOOLHOUSE
(All ages) Visit the earliest one-room schoolhouse existing in eastern Loudoun. Guides will share skills, and games of a typical 1870 school day. Are you going to have to wear the dunce cap?
Free event  Sa  6/8-6/8  1:00pm-3:00pm
Free event  Sa  7/13-7/13  1:00pm-3:00pm
Free event  Sa  8/3-8/3  1:00pm-3:00pm

FAMILY FISHING DAY
(All ages) Enjoy a relaxing morning fishing at our stocked ponds. Don’t worry if you don’t have equipment or experience. Staff will be available to provide assistance and bait. Poles are available on a first come, first served basis.
461730-01 $5.00  Su  7/14-7/14  10:00am-12:00pm

POND PARTY
(All ages) Join a Park Naturalist to explore our ponds looking for the exciting animals that call it home. Can you find the elusive beaver, or great blue heron? Return for a tasty treat (marshmallows provided to roast). Children three and under are free, but must be accompanied by registered adult.
461729-01 $5.00  Su  7/14-7/14  1:00pm-2:15pm

BACK TO SCHOOL CAMPFIRE
(All ages) Animals need to learn too! Find out how they learn and adapt to things in the wild and then take some time to relax around a campfire enjoying marshmallows (provided). Children three and under free, but must be accompanied by registered adult.
461731-01 $5.00  F  8/16-8/16  7:00pm-8:15pm

CLAUDE MOORE PARK
Visitor Center: 21544 Old Vestal’s Gap Road, Sterling, VA 20164
Athletic Fields: 46150 Loudoun Park Lane
571-258-3700
www.loudoun.gov/claudemoorepark
Visitor Center/Discovery Room: Daily 9:00A-5:00P
Park Hours: Daily 7:00A-Sunset

SCOUT PROGRAMS
These programs meet most badge requirements. Adult must accompany scouts. Other times and badges available. Call 571-258-3700 for information. Leaders and chaperones are free. Minimum fees apply.

GIRL SCOUT BADGES & ACTIVITIES
Complete various badges or work on journeys while exploring the park. Whether it’s related to nature, history, skills, or discovery, we can help you with a multitude of badges for Daisy, Brownie, Junior, or Cadette levels. Call for reservations.
Call ahead $5  Days vary  6/1-8/31  10:00am-8:00pm

AMERICAN HERITAGE GIRLS BADGES
Traverse the park and enjoy the outdoors while learning skills. Many badges are available for all program levels. Multi-age level programs are also available. Call for reservations.
Call ahead $5  Days vary  6/1-8/31  10:00am-8:00pm

CUB SCOUT ADVENTURES
Programs available for all Cub Scout levels. Fulfill some or all of the requirements for the core and elective adventures while enjoying the outdoors. Call for reservations.
Call ahead $5  Days vary  6/1-8/31  10:00am-8:00pm
Registration is open for the 2019 Virginia Master Naturalist Program Banshee Reeks Chapter Volunteer Training Program!

Sign up now and be prepared to experience the wonder and awe you felt as a child when you explored the natural world!

Expert-led classes meet two Saturdays per month (September 2019 through April 2020) and cover native plants, mammals, birds, trees, fish and more!

Volunteer projects can include monitoring mammals for the Smithsonian Conservation Biology Institute, monitoring bat populations, evaluating and reporting on the health of local waterways, teaching and inspiring a love of nature and much more!

All fieldwork related to the classroom material is conducted at Banshee Reeks Nature Preserve to provide a deep understanding of the subject material.

The course is open to anyone 18 years or older. No experience is necessary. The total cost is $250, which includes all class materials. Class size is limited. For course schedule and application, visit www.vmnbansheereeks.org. For general inquiries, call 703-669-0889.
CELEBRATE BEAVERS AT CMP
(All ages) Stop by the Visitor Center and take part in a celebration of Virginia’s largest rodent! Check out the Visitor Center’s Discovery Room for some self-guided games and activities 9-5 daily. Call 571-258-3700 for more info.
Location: Claude Moore Park Visitor Center
Free event
Daily 6/1-8/31 9:00am-5:00pm

CREATE YOUR OWN OUTDOOR EXPERIENCE
(All ages) Have a special interest you would like to explore here at Claude Moore Park? Join together with a Park Naturalist and create your own unique park experience. Activities can range from archery, campfires, hiking, fishing and much more. Want to combine activities and try a bit of everything? Ask us how! We work directly with you to make your experience truly unique. Call for more information.
Prices Vary
Daily 6/1-8/31 9:00am-5:00pm

CITIZEN SCIENCE CORNER
(All ages) Come check out the Citizen Science Corner at the Visitor Center and help the park find out what’s living around us. Grab a sightings sheet before you head out on the trails and tell us what you’ve found. Help us monitor our local wildlife.
Free event
Daily 6/1-8/31 9:00am-5:00pm

DISCOVERY ROOM ADVENTURE
(All ages) Stop by the Visitor Center any day of the week to visit with our live animals and explore a wealth of interesting items. Can you guess how many tree frogs we have or why our snake is orange?
Free event
Daily 6/1-8/31 9:00am-5:00pm

JUNIOR RANGER PROGRAM
(Ages 6 & up) Explore park nature and history while you complete the activities in a booklet available at the Visitor Center. When you’ve finished all the tasks, take the Junior Ranger pledge and receive your patch.
Pay at door $2.00
Daily 6/1-8/31 9:00am-5:00pm

DISCOVERY GROVE BIRTHDAY PARTY
(Ages 2 & up) Explore our exciting outdoor play space on your birthday! Play music, dig in the dirt, climb over logs, walk through a maze, and more. Staff will guide you through many fun age-appropriate activities to help celebrate your special day. Call for information and reservations.
Call ahead $85.00
Days vary 6/1-8/31 9:00am-5:00pm

NATURE BIRTHDAY PARTY
(Ages 4 & up) Celebrate your birthday with outdoor style! Choose themes like: Reptiles, Nature Safari, Birds, etc. Can include visit with park’s turtles & snake. Call for information and reservations.
Call ahead $100.00
Days vary 6/1-8/31 9:00am-5:00pm

ADVENTURE BIRTHDAY PARTY
(Ages 7 & up) Up for a bit of adventure? Try out fishing, geocaching, or campfire fun. Can include visit with park’s turtles & snake. Call for information and reservations.
Call ahead $135.00
Days vary 6/1-8/31 9:00am-5:00pm

ARCHERY BIRTHDAY PARTY
(Ages 9 & up) Gather your friends for an exciting archery experience. Learn the basics and get shooting. Maximum 18 children. Call for information and reservations.
Call ahead $150.00
Days vary 6/1-8/31 9:00am-5:00pm

FIELD TRIPS FOR PRESCHOOL, ELEMENTARY & HOMESCHOOL
(All ages) Have a group looking for some exciting science or history fun? Join a park naturalist for themed educational field trips. Call for information and reservations.
Call ahead $3.50
Days vary 6/1-8/31 9:00am-5:00pm

HISTORIC IMMERSIONS
(All ages) Have a privately led experience in our richly historic areas of Claude Moore Park. Find out what life was like in our 1779 Lanesville farm house or enjoy an 1870s schoolhouse re-enactment. Many topics available. Call for information and reservations.
Call ahead $3.50
Days vary 6/1-8/31 9:00am-5:00pm

GROUP CAMPFIRES
(All ages) Bring your group to join a naturalist for some campfire fun. We’ll build the fire and supply the marshmallows and sticks. Games and activities available, or just have us build and tend a fire for your special event. Call for information and to schedule.
Call ahead Days vary 6/1-8/31 10:00A-9:00P

FRANKLIN PARK
17501 Franklin Park Drive
Purcellville, VA 20132
540-338-7603
540-338-7492 (Pool season only)
Park Hours: Daily 7:00am-Dusk
Office Hours: M-F 9:00am-5:00pm

HISTORY OF FRANKLIN PARK
Franklin Park, located in Western Loudoun County, spans over 200 acres of recreational space with athletic fields, hiking trails, 18-hole disc golf course, stocked pond, leisure and lap pools and more. Our pavilions, gazebos, athletic fields and other accommodations make Franklin Park the perfect location your next event. Please call for more information, payment is due at time of the reservation.

YOUTH SUMMER CAMPS
See your copy of the 2019 PRCS Summer Camp Guide for details on summer camps at Franklin Park or visit www.loudoun.gov/camps!

SUMMER SWIM PROGRAMS
See the Aquatics section of this guide for details on summer swim programs at Franklin Park!

Visit www.loudoun.gov/webtrac to search for activities or register.
ADULT & YOUTH SPORTS
703-777-0343

ADULT PROGRAMS
Call for information about adult sports leagues including basketball, cricket, soccer, softball and volleyball.

YOUTH PROGRAMS
Youth sports programs are coed, unless noted otherwise.

BASKETBALL

BRIAR WOODS BOYS BASKETBALL CAMP
(Ages 10-18 Boys) The Briar Woods Basketball Camp is designed to develop the fundamental basketball skills of rising 5th-12th grade boys. The mission of the camp is to provide student-athletes with the tools to become complete basketball players while having fun playing the game. The coaching staff will work individ-
ually with players to develop fundamental offensive/defensive skills including ball handling, shooting, defensive skills/positioning, and rebounding. Ultimately, each player will learn the tools to be a successful member of the Briar Woods Falcons’ basketball team. Camp counselors will be comprised of Coach Butler, and the Briar Woods’ basketball coaching staff. Each camper will receive a t-shirt. There will be individual and team awards given on the last day of camp. Call 703-777-0343 for more information.

Location: Briar Woods HS, Brambleton
521036-01 $150 Ages 10-14
M-F 7/8-7/12 8:30am-11:30am
521037-01 $150 Ages 14-18
M-F 7/8-7/12 12:30pm-3:30pm

BADMINTON

NVBC BADMINTON CAMP
(Ages 5-17) Badminton is the fastest racket sport with shuttlecocks reaching speeds in excess of 200mph. The game is played using a combination of power, finesse, and tactics to throw your opponent off balance. This is an entry level camp for a child who has never held a badminton racket or who has played only as a backyard sport. Our youth camps are conducted by USA Badminton certified coaches with many years of coaching children. Children will learn the fundamentals of playing badminton in a safe and fun environment. Children will learn various strokes and footwork through professional instructions and activities. Shuttlecocks and loaner rackets will be provided. Call 703-777-0343 for more information.

Location: Northern Virginia Badminton Club, Ashburn
521042-01 $250
M-F 6/10-6/14 9:00am-5:00pm
521042-02 $250
M-F 6/17-6/21 9:00am-5:00pm
521042-03 $250
M-F 6/24-6/28 9:00am-5:00pm
521042-04 $250
M-F 7/1-7/5 9:00am-5:00pm
521042-05 $250
M-F 7/8-7/12 9:00am-5:00pm
521042-06 $250
M-F 7/15-7/19 9:00am-5:00pm
521042-07 $250
M-F 7/22-7/26 9:00am-5:00pm
521042-08 $250
M-F 7/29-8/2 9:00am-5:00pm
521042-09 $250
M-F 8/5-8/9 9:00am-5:00pm
521042-10 $250
M-F 8/12-8/16 9:00am-5:00pm

USTA PREMIER YOUTH TENNIS: (BEGINNERS/INTERMEDIATE)
(Ages 7-12) This US Tennis Association-sponsored tennis program will have beginner to intermediate participants develop tennis fundamentals (e.g. groundstrokes, volley, serve) through a fun and engaging play-to-learn style of learning tennis. Participants will also practice match play and learn about sportsmanship and game rules. The program utilizes different court sizes and modified tennis equipment for youth to rally in no time! Four 90 minute classes total per session. Call 703-556-6120 x7016 for more information.

Location: Dominion HS, Sterling
521600-02 $110 M 6/10-7/1 5:30pm-7:00pm
521600-03 $110 M 7/8-7/29 5:30pm-7:00pm
521600-05 $110 M 8/5-8/26 5:30pm-7:00pm
521600-06 $110 Sa 8/10-8/31 9:00am-10:30am
Location: Briar Woods HS, Brambleton
521600-07 $110 Sa 6/8-6/29 9:00am-10:30am
521600-08 $110 Tu 6/11-7/2 5:30pm-7:00pm

Register at www.loudoun.gov/webtrac
participants who have already taken the first level classes with us or those who have already played tennis. Participants will also practice match play. The program is designed for intermediate participants to further develop tennis fundamentals (e.g. groundstrokes, volley, serve) through a fun and engaging play-to-learn style of learning tennis. Participants will also practice match play and learn about sportsmanship and game rules. The program utilizes different court sizes and modified tennis equipment for youth to rally in no time! Four 90 minute classes total per session. Call 703-556-6120 x7016 for more information.

**Location:** John Champe HS, South Riding
521600-09 $110 Sa 6/8-6/29 9:00am-10:30am
521600-10 $110 Tu 6/11-7/2 5:30pm-7:00pm
521600-11 $110 Tu 7/9-7/30 5:30pm-7:00pm
521600-12 $110 Su 7/14-8/4 9:00am-10:30am
521600-13 $110 Tu 8/6-8/27 5:30pm-7:00pm
521600-14 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Loudoun Valley HS, Purcellville
521601-15 $110 Sa 6/6-6/29 9:00am-10:30am
521601-16 $110 W 6/12-7/3 5:30pm-7:00pm
521601-17 $110 W 7/10-7/31 5:30pm-7:00pm
521601-18 $110 Su 7/14-8/4 9:00am-10:30am
521601-19 $110 W 8/7-8/28 5:30pm-7:00pm
521601-20 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Broad Run HS, Ashburn
521602-21 $110 Sa 6/8-6/29 9:00am-10:30am
521602-22 $110 W 6/12-7/3 5:30pm-7:00pm
521602-23 $110 W 7/10-7/31 5:30pm-7:00pm
521602-24 $110 Su 7/14-8/4 9:00am-10:30am
521602-25 $110 W 8/7-8/28 5:30pm-7:00pm
521602-26 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Riverside HS, Lansdowne
521603-27 $110 Sa 6/8-6/29 9:00am-10:30am

**USTA Premier Youth 2nd Level Tennis: (Intermediate)**
(Ages 7-12) This US Tennis Association-sponsored 2nd level tennis program is for intermediate participants to further develop tennis fundamentals (e.g. groundstrokes, volley, serve) through a fun and engaging play-to-learn style of learning tennis. Participants will also practice match play. The program is designed for participants who have already taken the first level classes with us or those who have already learned to rally. Four 90 minute classes total per session. Call 703-556-6120 x7016 for more information.

**Location:** Briar Woods HS, Brambleton
521601-01 $110 W 6/12-7/3 5:30pm-7:00pm
521601-02 $110 W 7/10-7/31 5:30pm-7:00pm
521601-03 $110 W 8/7-8/28 5:30pm-7:00pm

**Location:** Dominion HS, Sterling
521601-04 $110 M 6/10-7/1 5:30pm-7:00pm

**Location:** John Champe HS, South Riding
521601-05 $110 M 6/10-7/1 5:30pm-7:00pm
521601-06 $110 M 7/8-7/29 5:30pm-7:00pm
521601-07 $110 M 8/5-8/26 5:30pm-7:00pm

**Location:** Loudoun Valley HS, Purcellville
521601-08 $110 Tu 6/11-7/2 5:30pm-7:00pm
521601-09 $110 Tu 7/9-7/30 5:30pm-7:00pm
521601-10 $110 Tu 8/6-8/27 5:30pm-7:00pm

521601-11 $110 Tu 6/11-7/2 5:30pm-7:00pm
521601-12 $110 Tu 7/9-7/30 5:30pm-7:00pm
521601-13 $110 Tu 8/6-8/27 5:30pm-7:00pm

**USTA Adult Tennis: (Beginners/Intermediate)**
(Ages 13 and up) This US Tennis Association-sponsored tennis program will have beginner to intermediate participants develop tennis fundamentals (e.g. groundstrokes, volley, serve) through a fun and engaging play-to-learn style of learning tennis. Participants will also practice match play and learn about sportsmanship and game rules. The program utilizes different court sizes and modified tennis equipment for youth to rally in no time! Four 90 minute classes total per session. Call 703-556-6120 x7016 for more information.

**Location:** Broad Run HS, Ashburn
521602-02 $110 M 6/11-7/2 7:00pm-8:30pm
521602-03 $110 M 7/9-7/30 7:00pm-8:30pm
521602-05 $110 M 8/5-8/26 7:00pm-8:30pm
521602-06 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Dominion HS, Sterling
521602-07 $110 Sa 6/8-6/29 9:00am-10:30am
521602-08 $110 Tu 6/11-7/2 7:00pm-8:30pm

**Location:** John Champe HS, South Riding
521602-09 $110 Sa 6/8-6/29 9:00am-10:30am
521602-10 $110 Tu 6/11-7/2 7:00pm-8:30pm
521602-11 $110 Tu 7/9-7/30 7:00pm-8:30pm
521602-12 $110 Su 7/14-8/4 9:00am-10:30am
521602-13 $110 Tu 8/6-8/27 7:00pm-8:30pm
521602-14 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Loudoun Valley HS, Purcellville
521602-15 $110 Sa 6/8-6/29 9:00am-10:30am
521602-16 $110 W 6/12-7/3 7:00pm-8:30pm
521602-17 $110 W 7/10-7/31 7:00pm-8:30pm
521602-18 $110 Su 7/14-8/4 9:00am-10:30am
521602-19 $110 W 8/7-8/28 7:00pm-8:30pm
521602-20 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** Broad Run HS, Ashburn
521602-21 $110 Sa 6/8-6/29 9:00am-10:30am
521602-22 $110 W 6/12-7/3 7:00pm-8:30pm
521602-23 $110 W 7/10-7/31 7:00pm-8:30pm
521602-24 $110 Su 7/14-8/4 9:00am-10:30am
521602-25 $110 W 8/7-8/28 7:00pm-8:30pm
521602-26 $110 Sa 8/10-8/31 9:00am-10:30am

**Location:** John Champe HS, South Riding
521602-27 $110 Sa 6/8-6/29 9:00am-10:30am

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**See You at Camp!**

Discover a world of summer camps in the 2019 PRCS Summer Camp Guide or visit www.loudoun.gov/camps

Registration is ongoing!

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**General Registration Begins May 16**
## AQUATICS

**CLAUDE MOORE RECREATION AND COMMUNITY CENTER**

46105 Loudoun Park Lane, Sterling, VA 20164  
571-258-3600  
www.loudoun.gov/claudemoorerec

**Facility Hours**  
M-F 5:00am-9:30pm • Sa-Su 8:00am-8:00pm  
**Competition Pool**  
M-F 5:00am-9:15pm • Sa-Su 8:00am-7:45pm  
**Leisure Pool & Spa**  
M-F 9:00am-8:45pm • Sa-Su 11:00am-7:45pm  
Call for availability of leisure pool. Hours are subject to change.  
Open 11:00am-6pm Memorial Day, 5/27  
Open 5:00am-12:00pm Independence Day, 7/4  
Open 11:00am-6:00pm Labor Day, 9/2  
Closed for annual maintenance 8/19-9/1

### ADMISSION FEES

All admissions include access to the fitness center, competitive pool, leisure pool, gymnasium, indoor track, and open time on the climbing wall. Full payment by cash, check, Visa, MasterCard, or Discover is due at time of purchase.

**Daily**

- 2 and under.......................................................................................... Free  
- Ages 3-17.......................................................................................... $4.00  
- Adults 18-54 ...................................................................................... $6.00  
- Ages 55+.......................................................................................... $4.00  

(Children 11 and under must be supervised by an Adult at all times inside the facility. Children 5 and under must be accompanied in the pool by an Adult who has paid admission)

**Admission Pass (25 admissions no expiration)**

- Ages 3-17 & 55+ .................................................................................. $88  
- Ages 18-54 ....................................................................................... $132

**Monthly Passes (unlimited use)**

- Single Adult ................................................................................... $50  
- Two Adults (Family) ....................................................................... $85  
- Family Dependent .......................................................................... $15  
- Family .............................................................................................. $125  
- Senior/Youth .................................................................................. $40  
- Senior Couple ............................................................................... $65  
- Adult/Senior .................................................................................. $75

6 Month Membership (unlimited use)

- Single Adult ................................................................................... $250  
- Two Adults .................................................................................... $450  
- Family Dependent ........................................................................... $70  
- Family .............................................................................................. $575  
- Adult/Senior ................................................................................... $400  
- Senior/Youth .................................................................................. $200  
- Senior Couple ............................................................................... $350

**Annual Membership (unlimited use)**

- Single Adult ................................................................................... $450  
- Two Adults (Family) ....................................................................... $800  
- Family Dependent ........................................................................... $125  
- Family .............................................................................................. $1000  
- Adult/Senior ................................................................................... $700  
- Senior/Youth .................................................................................. $350  
- Senior Couple ............................................................................... $600

**Swim Evaluations**

Please email Debora.richardson@loudoun.gov to request a time and date.

**PRIVATE/SEMI-PRIVATE SWIM LESSONS**

(Ages 5 & up) Individual lessons are scheduled for 30 minutes sessions and are dependent on class cancellations. Private lessons are on a first-come, first-served basis and enrollment is not guaranteed. Email debora.richardson@loudoun.gov.

**BIRTHDAY PARTIES**

Swim or play with your guests and enjoy a meal in one of our Party Rooms. Party packages are available Saturdays and Sundays for groups of 15 or fewer participants. Visit us online for package details, price, and forms. Stop by to secure a date. Full payment is due at time of reservation.

**DULLES SOUTH RECREATION AND COMMUNITY CENTER**

24950 Riding Center Drive, South Riding, VA 20152  
571-258-3456  
www.loudoun.gov/dullessouthreccenter

**Facility Hours**  
M-F 5:00am-9:30pm • Sa-Su 8:00am-8:00pm  
**Competition Pool**  
M-F 5:00am-9:15pm • Sa-Su 8:00am-7:45pm  
**Leisure Pool & Spa**  
M-F 9:00am-8:45pm • Sa-Su 11:00am-7:45pm  
Competition pool maintenance may extend beyond 6/4.

### ADMISSION FEES

All admissions include age appropriate access to the fitness center, competitive pool, leisure pool, gymnasium, indoor track, and open time on the climbing wall. Full payment by cash, check, Visa, MasterCard, or Discover is due at time of purchase.

**Daily**

- Under 2 & under ............................................................................ Free  
- Ages 3-17 ...................................................................................... $4.00  
- Adults 18-54 ................................................................................ $6.00  
- Ages 55+ ....................................................................................... $4.00  

(Children 11 and under must be supervised by an Adult at all times inside the facility. Children 5 and under must be accompanied in the pool by an Adult who has paid admission)

**Admission Pass (25 admissions no expiration)**

- Ages 3-17 & 55+ ............................................................................ $88  
- Ages 18-54 ................................................................................... $132

**Monthly Passes (unlimited use)**

- Single Adult ................................................................................... $50  
- Two Adults (Family) .................................................................... $85  
- Family Dependent ........................................................................ $15  
- Family ........................................................................................... $125  
- Senior/Youth ............................................................................... $40  
- Senior Couple ............................................................................ $65  
- Adult/Senior ................................................................................ $75

**Annual Membership (unlimited use)**

- Single Adult ................................................................................... $250  
- Two Adults .................................................................................... $450  
- Family Dependent ........................................................................... $70  
- Family .............................................................................................. $575  
- Adult/Senior ................................................................................... $400  
- Senior/Youth .................................................................................. $200  
- Senior Couple ............................................................................... $350

**6 Month Membership (unlimited use)**

- Single Adult ................................................................................... $250  
- Two Adults .................................................................................... $450  
- Family Dependent ........................................................................... $70  
- Family .............................................................................................. $575  
- Adult/Senior ................................................................................... $400  
- Senior/Youth .................................................................................. $200  
- Senior Couple ............................................................................... $350

**Swim Evaluations**

Please email Debora.richardson@loudoun.gov to request a time and date.
COMMUNITY CENTER

ADULT/SENIOR............................................................................................ $700

SENIOR COUPLE............................................................................................. $400

**Activity Number: 305299-01**
**Location: Dulles South RCC**
**M-Th 4:30pm-7:00pm • F 4:30pm-6:00pm**

May 8 – Aug 21

M-Th 10:00am-8:00pm/dusk • Sa/Su 11:00am-8:00pm/dusk

**LOCATION:** Dulles South RCC

**Activity Number:** 305299-01

Private 4 lessons $150

Semi-private 4 lessons $200

BIRTHDAY PARTIES

Swim or play with your guests and enjoy a meal in one of our Party Rooms. Party packages are available Saturdays and Sundays for groups of 15 or fewer participants. Visit us online for package details, price, and forms. Stop by to secure a reservation. Reservations will be accepted beginning May 1.

**ADMISSION FEES**

Under 2........................................................................................................ Free

Ages 2-17....................................................................................................... $4.00

Ages 18-54.................................................................................................... $4.50

Ages 55+........................................................................................................ $4.00

**Last Hour**

Ages 2 & Older......................................................................................... $2.00

**10-Admission Punch Card**

Ages 2-17 & 55+....................................................................................... $35

Ages 18-54................................................................................................. $40

**25-Admission Punch Card**

Ages 2-17 & 55+....................................................................................... $75

Ages 18-54................................................................................................. $87.50

**Family Pass**

Family of 4................................................................................................ $300

Add’l Family Member:............................................................................... $25

**POOL PARTY PACKAGES: LOVETTSVILLE POOL**

Make a splash with your friends by having your next birthday party or family gathering at the Lovettsville Pool. Two-hour party packages are available for groups of...
up to 25 participants, including children, adults and non-swimmers. Reservation fee is $75, which includes tent rental and pool admission. Please stop by the community center office for more information or email lovcc@loudoun.gov.

**LOVETTSVILLE POOL RENTALS**
The Lovettsville Community Pool is available for private parties on Friday, Saturday and Sunday evenings from 7:00-9:00pm. The reservation fee is $185 for groups up to 75 people, $225 for 76-125, and $250 for 126-185 people. Out-of-county groups will pay 50% more. Reservations are taken on a first-come, first serve basis. Age restrictions apply for all rentals. Please stop by the community center office for more information or e-mail lovcc@loudoun.gov.

**AQUATICS & WATER SAFETY PROGRAMS**

**LIFEGUARD/CPR RECERTIFICATION**
(Age 15 & up) Life guarding and CPR re certification class Prerequisites: Must hold unexpired CPR/LG card or certifications expired no more than 30 days. Proof of certification required at class.

*Location: Claude Moore RCC*
Activity Number: 473293-01 $100 Sa,Su 6/22-6/23 8:30am-5:00pm
Activity Number: 473293-02 $100 Sa,Su 7/20-7/21 8:30am-5:00pm

**LIFEGUARD CLASSES**
(Ages 15 & up) Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/ AED and administering emergency oxygen, valid for 2 years. Attendance is mandatory at every class. Bring swimsuit and towel every day. If participant does not pass the pretest, please see PRCS refund policy.

*Location: Claude Moore RCC*
Prerequisite test on 6/19 at 6:00pm
  - 473297-01 $360 M-Th 6/10-6/13 8:30am-5:00pm
  - 473297-02 $360 M-Th 7/8-7/11 8:30am-5:00pm

*Location: Dulles South RCC*
Prerequisite test on 6/26/2019 at 1:00pm.
  - 405475-01 $350 M-W,Su 6/30-7/3 9:00am-7:00pm
  - 405475-02 $350 M-F 7/22-7/26 9:00am-5:00pm

**JUNIOR LIFEGUARD CLASS**
(Ages 11-14) Course focuses on building a foundation of knowledge, attitudes and skills of future lifeguards. Develops swimming skills, practice in-water rescues and includes an introduction to first aid, CPR and AED. Certificate of completion does not indicate individual as a trained lifeguard. Participants will should come with a swim suit, goggles, multiple towels and a non-peanut lunch and snacks.

*Location: Dulles South RCC*
Prerequisite test on 07/17/19 at 1:00pm.
Activity Number: 405478
Sec Fee Day Date Time
---|---|---|---|---
01 | $250 | M-F | 6/24-6/28 | 9:00am-4:00pm
02 | $250 | M-F | 7/8-7/12 | 9:00am-4:00pm
03 | $250 | M-F | 7/15-7/19 | 9:00am-4:00pm
04 | $250 | M-F | 7/29-8/2 | 9:00am-4:00pm
05 | $250 | M-F | 8/5-8/9 | 9:00am-4:00pm

**LIFEGUARD PREP CLASS**
(Ages 14 & up) For participants interested in joining an upcoming lifeguard class and would like an introduction to a foundation of knowledge, attitudes and skills of future lifeguards. Class will focus on preparing participants for the pre-requisites of the lifeguarding class. Develops swimming skills, practice in-water rescues and includes an introduction to first aid, CPR and AED. Certificate of completion does not indicate individual as a trained lifeguard.

*Location: Dulles South RCC*
Prerequisite test on 07/17/19 at 1:00pm.
Activity Number: 405480
Sec Fee Day Date Time
---|---|---|---|---
01 | $250 | M-F | 6/24-6/28 | 9:00am-4:00pm
02 | $250 | M-F | 7/8-7/12 | 9:00am-4:00pm
03 | $250 | M-F | 7/15-7/19 | 9:00am-4:00pm
04 | $250 | M-F | 7/29-8/2 | 9:00am-4:00pm
05 | $250 | M-F | 8/5-8/9 | 9:00am-4:00pm

**JUNIOR LIFEGUARDING CAMP**
Course focuses on building a foundation of knowledge and skills of future lifeguards. Develops knowledge and swimming skills of life guarding. The camp will go on a field trip to Franklin Park to interview and observe real life guards at an outdoor water park. Also, will experience a team building field trip. Certificate of completion does not indicate individual as a trained lifeguard. Prerequisites: must be able to swim 50 yards, front crawl with face in the water.

*Location: Dulles South RCC*
Prerequisite test on 07/17/19 at 1:00pm.
Activity Number: 405481
Sec Fee Day Date Time
---|---|---|---|---
01 | $250 | M-F | 6/24-6/28 | 9:00am-4:00pm
02 | $250 | M-F | 7/8-7/12 | 9:00am-4:00pm
03 | $250 | M-F | 7/15-7/19 | 9:00am-4:00pm
04 | $250 | M-F | 7/29-8/2 | 9:00am-4:00pm
05 | $250 | M-F | 8/5-8/9 | 9:00am-4:00pm

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**PRIVATE SWIM LESSONS**
(All ages) Email rhac@loudoun.gov for information about private and semi-private swim lessons.
### Community Center Aquatics

#### Parent/Child & Preschool Swim Classes

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>405175</td>
<td>Dulles South RCC</td>
<td>6/24-6/28</td>
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#### Parent/Child

(Ages 6 mos-5 yrs) Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Prerequisite: One adult is required to get in the pool with each child.

**Location:** Claude Moore RCC  
**Activity Number:** 473181  
**Fee:** $57  
**Sec:** 01  
**Day:** Sa  
**Date:** 6/22-7/20  
**Time:** 9:50am-10:20am  
**Day:** Su  
**Date:** 7/6-8/3  
**Time:** 9:50am-10:20am  
**Day:** Su  
**Date:** 7/21-8/11  
**Time:** 9:50am-10:20am  
**Day:** Tu  
**Date:** 7/29-8/14  
**Time:** 9:50am-10:20am  

#### Preschool Level 1

(Ages 3-5) Class teaches breath control, face submersion, floating on front and back (with flotation support), arm and leg movements, and safety. Prerequisite: Children must function well in a group class without a parent. No goggles permitted in this class.

**Location:** Claude Moore RCC  
**Activity Number:** 473151  
**Fee:** $35  
**Sec:** 01  
**Day:** M-W  
**Date:** 6/10-6/12  
**Time:** 8:30am-9:00am  

### General Registration Begins May 16
**PRCS Facilities are Perfect for Group Events & Meetings!**

Plan your next family gathering, company picnic, birthday party, or other special occasion at one of our outdoor pavilions or indoor spaces.

For more information, visit www.loudoun.gov/prcs, contact your local PRCS center or park, or call the PRCS administrative office at 703-777-0343.

### Pavilions for Rent

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### Rooms & Gyms for Rent

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**PRESCHOOL LEVEL 2**

(Ages 3-5) Swim class teaches breath control, face and head submersion, floating on front and back independently, swimming 5 yards on front and back (with flotation support), and safety. Prerequisite: Fully submerge face for 3 seconds and float on front and back (with flotation support).

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**General Registration Begins May 16**

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| 1:30pm-2:00pm | 6/17-6/21 |

| Register at www.loudoun.gov/webtrac | Page 53 |
SWIM LEVEL 1
(Ages 6-12) Class teaches breath control, face submersion, floating on front and back (with support), swimming 5 feet on front and back (with support), and safety. Prerequisite: Students must function well in a group class without a parent.

Location: Claude Moore RCC
Activity Number: 473251

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Location: Lovettsville Community Center Pool  
**Activity Number:** 428201

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Location: Round Hill IAC  
**Activity Number:** 432241

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**Location:** Dulles South RCC  
**Activity Number:** 405276

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**Location:** Claude Moore RCC  
**Activity Number:** 473252

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### Location: Lovettville Community Center Pool
**Activity Number: 428202**

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### Location: Claude Moore RCC
**Activity Number: 473253**

**SWIM LEVEL 3**
(Ages 6-12) Class teaches rotary breathing, swimming 15 yards of front crawl, elementary backstroke, and back crawl. Jumping into deep water, treading water, and safety. Prerequisite: Float on front and back for 5 seconds and swim 5 yards on both front and back.

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### Location: Dulles South RCC
**Activity Number: 405277**

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### Location: Lovettville Community Center Pool
**Activity Number: 428203**

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CASA (County After School Activities Program) is a state-licensed program for elementary school children (age 5 through grade 5). CASA is available in most elementary schools and select community centers.

YAS (Youth After School Program) is designed for students in grades 6-8. YAS is available at most middle schools in the County.

CASA & YAS offer:

- Experienced staff
- A safe, healthy environment
- Challenging activities
- Sports, games, arts & crafts
- Music, drama & life skills
- Reading & homework time
- Special events & lots of fun

For more information, refer to Licensed Children’s Programs or Youth Services, visit www.loudoun.gov/prcs or call 703-777-0343.
### COMMUNITY CENTER

**Activity Number: 432243**

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**SWIM LEVEL 4**

(Ages 6-12) Class teaches 25 yards of front crawl (with rotary breathing), elementary backstroke, and back crawl; 15 yards of breaststroke, standing dive, treading water, and safety. Prerequisite: Swim 15 yards each of front crawl, elementary backstroke, and back crawl.

| Activity Number: 473254 |

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**Location: Dulles South RCC**

**Activity Number: 405278**

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**Location: Claude Moore RCC**

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**SWIM LEVEL 5**

Ages 6-12) Class teaches 50 yards of front crawl (with bi-lateral breathing), elementary backstroke, and back crawl; 25 yards of breaststroke, 15 yards of butterfly, surface dives, open turns, treading water, and safety. Prerequisite: Swim 25 yards of each of front crawl, elementary backstroke and back crawl in good form, and 15 yards of breaststroke.

**Location: Claude Moore RCC**

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**SWIM LEVEL 6**

(Ages 6-14) Class teaches 100 yards of front crawl and back crawl, 50 yards of breaststroke, 25 yards of butterfly, and sidestroke. The class develops good fitness habits, introduces a wide range of aquatic activities to meet individual needs, and teaches safety skills. Prerequisite: Participants must have completed Level 5.

**Location: Dulles South RCC**

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ADULT LEVEL 1
(Ages 13 & up) Goals of class include submerging face in water, swimming independently on front for 5 yards.

Location: Claude Moore RCC
Activity Number: 473461

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ADULT LEVEL 2
(Ages 13 & up) Goals of class include swimming 25 yards using both front and back crawl and floating on back for 10 seconds.

Location: Dulles South RCC
Activity Number: 405575

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AQUATICS PREP & CONDITIONING

SWIM TEAM PREP 1
(Ages 6-14) This class introduces younger swimmers to a positive environment, where swimmers can practice and improve their stroke techniques. In this class all four competitive strokes (front crawl, back crawl, breaststroke and butterfly) and other fundamental skills of competitive swimming.

Location: Claude Moore RCC
Activity Number: 473281

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DEVELOPMENTAL TEEN CONDITIONING
(Ages 12-17) This class is geared towards patrons who want to improve their technique and increase their fitness in a relaxing, no pressure environment.

Location: Claude Moore RCC
Activity Number: 473283

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STROKE & TURN CLINIC
(Ages 6-18) An intensive technical clinic, focused on revising stroke mechanics. This clinic is geared towards athletes on competitive swim teams. Section 01: Freestyle clinic. Section 02: Backstroke clinic. Section 03: Breaststroke clinic. Section 04: Butterfly clinic. Section 05: Turns clinic. Section 06: Starts clinic.

Location: Dulles South RCC
Activity Number: 405284

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STROKE & TURN DEVELOPMENTAL AGES 8-10
(Ages 8-10) Class will focus on conditioning and stroke/turn work in preparation for competitive swim teams. Participants will fine tune all four competitive strokes and work to improve starts and turns. Prerequisite: must have completed Level 6 or have been evaluated at a Level 6.
### STROKE & TURN DEVELOPMENTAL SWIM AGES 11-12

(Ages 11-12) Class will focus on conditioning and stroke/turn work in preparation for competitive swim teams. Participants will fine tune all four competitive strokes and work to improve starts and turns. Prerequisite: must have completed Level 6 or have been evaluated at a Level 6.

**Location:** Dulles South RCC  
**Activity Number:** 405281

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### STROKE & TURN DEVELOPMENTAL SWIM AGES 13-18

(Ages 13-18) Class will focus on conditioning and stroke/turn work in preparation for competitive swim teams. Participants will fine tune all four competitive strokes and work to improve starts and turns. Prerequisite: must have completed Level 6 or have been evaluated at a Level 6.

**Location:** Dulles South RCC  
**Activity Number:** 405282

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### HIGH SCHOOL PREP SWIM

(Ages 13-18) A conditioning course focused on preparing high school age participants for the school swim team season. Participants will have the opportunity to practice starts and turns, and to refine their strokes prior to the school season starting.

**Location:** Dulles South RCC  
**Activity Number:** 405578

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SPECIAL EVENTS

This section lists some of our countywide special events in chronological order by date and time. Please call the number listed for more information.

**MAY**

**PARTY IN THE PARK CELEBRATION**
(All ages) Celebrate fun, food and friends on Friday in the park at Philomont Community Center. Enjoy the playground, basketball court and open area for a game of kickball or frisbee. Admission includes hotdogs, drinks, popcorn and snow cones! Rain date: Monday 6/3. Children 10 and under must be accompanied by an adult.
Location: Philomont Community Center
411502-01 $5 F 5/31-5/31 3:30pm-5:00pm

**FAMILY FISHING FIESTA**
(All ages) Cast away and try for the big one! Join friends and family for a fun-filled fishing adventure. Participate in contests and games for prizes. Poles available on a first-come, first-served basis. Never fished before? Don’t worry staff will be available for assistance. Anyone can join in! Children must be accompanied by a registered adult. Call 571-258-3700 for more information.
Location: Claude Moore Park Ponds
361755-01 $5 Sa 6/1-6/1 9:00am-11:00am

**MOVIE IN THE PARK**
(All ages) Bring a blanket or chair and the family for a free movie in the park. Seating and dance music begins at 8:00pm and movie will start at dusk. Event is co-sponsored by the Town of Round Hill. Call Bluemont Community Center for more information at 540-338-5882.
Location: Town Park in Round Hill
Free event F 6/7-6/7 8:00pm-10:00pm

**COMMUNITY YARD SALE**
(Ages 18 & up) Second Saturday of the month Indoor Yard Sale! Registration includes site space 10’ x 10’, 6-foot table, and 1 chair. Price includes general ad in local classified section. Vendors must register and pay in advance. Free admission for shoppers. Call 703-430-9480 for more information.
Location: Sterling Community Center
403709-01 $5 Sa 6/8-6/8 8:00am-12:00pm

**FIRETRUCK FRIDAY**
(All ages) Bring your children to explore a firetruck! Firefighters will be on hand to let children look, touch and climb aboard a firetruck. Bring a lunch and picnic with friends in the pavilion, or play on the playground. Children must be accompanied by an adult. Call 703-771-5281 or email lucketts@loudoun.gov for more information.
Location: Lucketts Community Center
Free event F 6/21-6/21 11:00am-12:00pm

**JUNE**

**ICE CREAM DAY**
(All ages) Join us for a great day celebrating National Ice Cream Day! Have a cone or dish with sprinkles and fun! Call 703-771-5281 or email lucketts@loudoun.gov for more information.
Location: Lucketts Community Center
Free event M 7/15-7/15 12:00pm-2:00pm

**STAY SPANGLED STERLING**
(All ages) Come out for a FREE evening of fun and fireworks hosted by Sterling Community Center! Enjoy live music, moonbounces, games and much more. Call 703-430-9480 for more information.
Location: Sterling Middle School Track Field
Free event Sa 6/29 6:00pm-9:30pm

**INDEPENDENCE DAY CELEBRATION**
(All ages) A hometown parade kicks off the celebration. Awesome fireworks top off the evening. Sponsored by the Lovettsville Community Center Advisory Board. Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.
Location: Lovettsville Community Center
Free event W 7/3-7/3 5:30pm-9:30pm

**OL’ TIME 4TH OF JULY CELEBRATION**
(All ages) Celebrate an old-fashioned 4th of July with pony and wagon rides, music, crafts, nature exhibits, historic tours, carnival games, and “Reptiles Alive.” Food available for purchase. Use Loudoun Park Lane entrance. Register in advance or Pay at door (cash/check only). Call 571-258-3700 for more information.
Location: Claude Moore Park Historic Area
461710-01 $5/Adults & 5 & up; Free/4 & under
Th 7/4-7/4 10:30am-3:00pm

**INDEPENDENCE DAY CELEBRATION**
(All ages) Join us for live music, family activities and food vendors. Headlining this year’s celebration is the regionally acclaimed group, THE REAGAN YEARS, whose 80s tribute music will have you up dancing in no time! Also performing are the Franklin Park Big Band and Loudoun Symphonic Winds, who will accompany the fireworks show! The full musical line-up will be announced June 1. Fireworks begin at approximately 9:15 pm. Visit www.franklinparkartscenter.org or call 540-338-7973 for more information.
Location: Franklin Park
Pay at door $10/car Th 7/4-7/4 5:00pm-10:00pm

**LUCKETTS BLUEGRASS: SUMMER SHOW!**
(All ages) Catch Larry Sparks & the Lonesome Ramblers on stage at the Old Schoolhouse in Lucketts.
Location: Old Schoolhouse in Lucketts
Doors open at 6:00 p.m. Show starts at 7:00 p.m. Call 703-771-5281 for more information.

**COMMUNITY YARD SALE**
(Ages 18 & up) See description for June. Call 703-430-9480 for more information.
Location: Sterling Community Center
403709-02 $10 Sa 7/13-7/13 8:00am-12:00pm
CARDBOARD BOAT REGATTA
(All Ages) Join the fun with your own cardboard boat creation. Come test the water and see if your masterpiece can make the voyage across the pool! The pool will be open for swimming once all heats have been completed. Boat registration gains free entry to this event! Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.
Location: Lovettsville Community Pool
402704-01
Boat Registration
Pay at door $3/Ages 3 & up
Su 7/21-7/21 6:30pm-8:00pm

AUGUST

SPASH DAY
(Ages 1-5 w/caregiver) Children can splash and play outside on the lawn of the Old School House. Join us for water play, sprinklers and more! Feel free to picnic in the pavilion or play on the playground after the event. Call 703-771-5281 or email luckets@loudoun.gov for more information.
Location: Luckets Community Center
Free event
F 8/2-8/2 10:00am-11:00am

FAMILY PAINT NIGHT
(All ages) Bluemont is offering an enjoyable family night of painting. Children and parents will have the opportunity to create the perfect summer painting. A great gift for grandparents. Children must be accompanied by an adult. Call 540-554-8643 or email BCC@loudoun.gov for more information.
Location: Bluemont Community Center
406701-01
$10
F 8/2-8/2 7:00pm-9:00pm

COMMUNITY YARD SALE
(Ages 18 & up) See description for June. Call 703-430-9480 for more information.
Location: Sterling Community Center
403709-03
$10
Sa 8/10-8/10 8:00am-12:00pm

FAMILY MOVIE NIGHT
(All ages) Bring your blankets and chairs and join us for a “Frozen” sing-along movie night under the stars! We’ll provide the popcorn! Come early to picnic on the lawn. The movie will start at dusk. (Note: no alcohol permitted). Call 703-771-5281 or email luckets@loudoun.gov for more information.
Location: Luckets Community Center
Free event
F 8/16-8/16 7:00pm-9:30pm

DOG SWIM
(All breeds & ages) We welcome you and your furry best friends! All dogs are welcome, but are required to have up-to-date Bordetella, Distemper, and Rabies vaccinations. Loudoun County Animal Services will be offering free microchip scanning to all swim participants. The event will take place in the center’s leisure pool. Patrons are not permitted to swim with their dogs during the event! Email dwight.godwin@loudoun.gov or call 571-258-3600 for more information.
Location: Claude Moore Recreation & Community Center
473740-01
$5
Su 7/21-7/21 6:00pm-8:00pm

MOVIE IN THE PARK
(All ages) See description for June. Call Bluemont Community Center for more information at 540-554-8643.
Location: Town Park in Round Hill
Free event
F 8/23-8/23 8:00pm-10:00pm

BACK TO SCHOOL PRESCHOOL BASH
(All ages) Join us at Douglass for a family fun day! We will have moon bounces, face painting, balloon animals, a magician and Costume Characters. Food will be provided. This event is for our families in the community. Call 703-771-5913 for more information.
Location: Douglass Community Center
404700-01
$5
Sa 8/24-8/24 2:00pm-4:00pm

SEPTEMBER

DOG SWIM
(All ages & breeds) Join us as we turn over our pool to the dogs for our annual Dog Swim. Frisbees and balls are welcome. Only dogs permitted in pool. County Dog Licenses are mandatory. No registration required. Call 540-822-5284 and/or e-mail Lovcc@loudoun.gov for more information.
Location: Lovettsville Community Pool
Pay at door $5/Dog
Sa 9/7-9/7 9:00am-11:00am

FALL FESTIVAL: Call for Vendors
We are looking for crafters to sell their handmade items at CMP’s Fall Festival. A 10’ x 10’ booth can be rented for $25. Find applications at www.loudoun.gov/claudemoorepark or call 571-258-3700 for more information.
Location: Claude Moore Park Historic Area
Free event
Sa 9/21-9/21 10:00am-4:00pm

FRANKLIN PARK ARTS CENTER
SPECIAL EVENTS
36441 Blueridge View Lane, Purcellville, VA 20132
540-338-7973
M-Fr 9:00A-5:00P

JUNE

WESTERN LOUDoun ARTISTS STUDIO TOUR
(All ages) Franklin Park Arts Center is one of the stops on this tour where you can meet more than 60 talented artists. As you wind through the scenic countryside and historic villages of western Loudoun County, you will enjoy paintings, pottery, jewelry, photography, fiber, sculpture and take this unique opportunity to talk personally with the artists, purchase artwork, view demonstrations and exhibits. Find full descriptions and map at www.wlast.org.
Free event
Sa-Su 6/1-6/2 10:00am-5:00pm

QUENTIN WALSTON’S ALBUM RELEASE CONCERT
Pianist Quentin Walston marks the release of his first full-length jazz album, “Play,” with this grand evening show. The performance, a mix of Quentin’s original compositions from both the album and beyond, will blend jazz in a variety of instruments, influences, and styles. The lineup includes Zack Williams (bass), and Patrick Foit (drum set), Ian Greene (tenor saxophone), and Andrew Velez (trumpet). The concert will open with the Catoctin School of Music Student Jazz Ensemble. Find more information and purchase tickets at www.quentinwalston.com/tickets/.
Tickets $15/Adults, $10/Students & children
Sa 6/8-6/8 8:00pm
PUPPET SHOW SERIES
(Ages 2 & up) Our monthly puppet show series continues this summer with a variety of puppeteers from around the east coast. Call for show titles after May 1 or view online www.franklinparkartscenter.org.
**Pay at door** $5/All ages
- W 6/12-6/12 10:00am
- W 7/10-7/10 3:00pm *New time!
- W 8/14-8/14 10:00am

FRANKLIN PARK BIG BAND CONCERT
Jim McFalls, former US Army Jazz Ambassador trombonist, is the headlining musician at this Franklin Park Big Band concert. After his seventeen-year worldwide touring stint with the US Army Jazz Ambassadors, Jim performed with the Baltimore Symphony Orchestra, the Harrisburg Symphony and the Kennedy Center Orchestra—even on “Late Night with Conan O’Brien.”
**Pay at door** $15/Adults, $12/Seniors & students
- Su 6/16-6/16 3:00pm

LATE HAM STANDING COMEDY IMPROV
(All ages) Don’t miss this hilarious show full of laughs for the entire family. A group of talented performers take suggestions from the audience to create wacky scenes and funny improv games. If you like Whose Line Is It Anyway? You’ll love Last Ham Standing…the other comedy meat! Purchase tickets online at www.lastham.com
**Tickets** $14 Adults, $12 Seniors, $10 kids
- F 6/21-6/21 8:00pm
- F 7/12-7/12 8:00pm
- F 8/16-8/16 7:30pm

MARK FORREST: A BROADWAY CABARET
The acclaimed international Irish tenor, Mark Forrest, presents a concert of Broadway favorites. Special guest artists including Maureen Codelka, Jennifer Timberlake & Cecilia Bracey, will join him on stage for this amazing cabaret night of song! Visit www.franklinparkartscenter.org.
**Tickets** $20 (All ages)
- Sa 6/22 7:30pm

MAIN STREET THEATER PRODUCTIONS: DISNEY'S MULAN JR.
Young campers aged 12 – 18 years from MSTP welcome you to the world of Disney’s Mulan JR. This 60-minute show is a heartwarming celebration of culture, honor, and the fighting spirit. Mulan brings ancient China to life with a modern sensibility. Visit www.mainstreettheaterproductions.org.
**Tickets** $10 (Ages 4-6)
- F 6/28-6/28 7:00pm
- Sa 6/29-6/29 2:00pm & 7:00pm
- Su 6/30-6/30 2:00pm

INDEPENDENCE DAY AT FRANKLIN PARK
(Ages 2 & up) See description in the countywide Special Events section of this guide. Visit www.franklinparkartscenter.org or call 540-338-7973 for more information.
**Pay at door** $10/car
- Th 7/4 5:00pm-10:00pm

INFINITE ARTS: SWEENEY TODD: THE MUSICAL
This dark, witty and Tony Award-winning tale of love, murder, and revenge set against the backdrop of 19th century London and presented by high school aged actors from across Loudoun County. Visit www.infiniteartssummerstage.weebly.com.
**Tickets** $13
- Th 7/18-7/18 7:30pm
- F 7/19-7/19 7:30pm
- Sa 7/20-7/20 7:30pm

MAIN STREET THEATER PRODUCTIONS CAMP: ONCE ON THIS ISLAND, JR.
(Ages Pre-K-Grade 6) Jack’s Adventure in Space is the fast-paced tale of Jack, a young student who, almost accidentally, journeys through the solar system. Along the way he meets each of the planets and learns interesting facts about each. This show debuted in spring 2019 and is best appreciated by Pre-kindergarten through 5th grade audiences. Presented by Bright Star Touring Theatre, a national professional touring company based in Asheville, NC.
**Pay at door** $8/person
- M 7/29-7/29 11:00am

ONE SMALL STEP...THE REAL LIFE JOURNEY TO OUTER SPACE
Few events in human history have captured the imagination quite like the journey that humankind took to the moon! This tale marks the history of flight and space travel from the ancient tale of Icarus, to the first slights of the Wright Brothers on the beaches at Kitty Hawk, to the Great Space Race of the 1960s and beyond! Your young pilots and astronauts will be thrilled to learn about the real life characters that took One Small Step! Best appreciated by Pre-kindergarten through 5th grade audiences. Presented by Bright Star Touring Theatre, a national professional touring company based in Asheville, NC.
**Pay at door** $8/person
- M 7/29-7/29 1:15pm

TANABATA: A JAPANESE CELEBRATION
(Ages 2 & up) Discover the mysteries and beauty of our galaxy in 4 days! Campers will learn about stars and planets while inside our state-of-the-art digitalis Planetarium. View exciting Star Shows, craft your own galaxies! Bring a snack and water each day. Parents/adults are encouraged to sign up with their children for the evening camp session. Call 540-338-7973 for more information.
**Tickets** $85
- Ages 4-6
  - M, Tu, W, Th 7/29-8/1 9:00am-12:00pm
  - M, Tu, W, Th 7/29-8/1 6:00pm-9:00pm

TANABATA: A JAPANESE CELEBRATION
(Ages 2 & up) Our monthly puppet show series continues this summer with a variety of puppeteers from around the east coast. Call for show titles after May 1 or view online www.franklinparkartscenter.org.
**Pay at door** $5/All ages
- W 6/12-6/12 10:00am
- W 7/10-7/10 3:00pm *New time!
- W 8/14-8/14 10:00am

PLANETARIUM SPACE CAMP
(Ages 4 & up) Discover the mysteries and beauty of our galaxy in 4 days! Campers will learn about stars and planets while inside our state-of-the-art digitalis Planetarium. View exciting Star Shows, craft your own galaxies! Bring a snack and water each day. Parents/adults are encouraged to sign up with their children for the evening camp session. Call 540-338-7973 for more information.
**Tickets** $10
- F 7/26-7/26 7:00pm
- Sa 7/27-7/27 2:00pm, 7:00pm
- Su 7/28-7/28 2:00pm

GAME SHOW LOCO EVENT
(Ages 4 & up) Bring your winning smile to our end-of-summer blockbuster show! A LIVE game show experience for the entire family with games like “Spin2win”, Spell… or sell” and “Let’s Ask America”. Audience members are chosen as contestants to play for prizes, just like on TV!
**Tickets** $12
- Sa 8/24-8/24 7:00pm
STATE FAIR OF WEST VIRGINIA

(All ages) Enjoy a day of fair food, rides, animals, shows and more! The State Fair of West Virginia in Lewisburg, WV is a great place to spend a Saturday with agri-

culture expos, fried foods galore, and more rides than you can imagine. The bus will depart from Dulles South Recreation and Community Center promptly at 7:30 a.m., and leave the fair at 7 p.m. Registration fee covers transportation only, and your day at the fair is self-guided. This is a non-chaperoned event; minors must be accompanied by an adult. Fair tickets are available in advance at www.state-fairofwv.com/fair/tickets/ or at the gate. Call 571-258-3456 for more information.
Depart/Return: Dulles South Recreation and Community Center
405904-01 $55
Sa 8/10-8/10 7:30am-11:00pm

TRIPS FOR SENIORS

Summer senior trip registration begins on 5/15/19 at 9:00am, unless otherwise noted. All trips are for individuals 55 and older. Transportation is by 28-passenger bus or motor coach. First price listed is for current senior center members (Carver, Cascades, Dulles South, and Leesburg); second price listed is for non-members. Departure and return locations for most trips: Cascades Senior Center (Sterling) and Leesburg Wal-Mart (west side of parking lot). Some departures are scheduled from Carver Senior Center and Dulles South Community Center. Return times are estimated and may vary. Sign-up is required at any PRCS facility with access to RecTrac or online through WebTrac (day trips only). There are no refunds, although a refund minus an administrative fee (30% for day trips, 20% for overnight trips) may be issued if your seat is resold. If you need a forward seat for medical reasons please call 571 258-3050 at least one week prior to trip. Each trip will leave at the designated time. We are unable to wait for anyone; please plan accordingly. The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodations in order to participate in a senior trip, please contact call 571 258-3050 prior to registration.
resort is included. Includes motorcoach transportation 2 hour sailing, tour, lunch and gratuity. Optional guide and driver gratuity not included. Wear sturdy shoes and comfortable clothing. Extensive walking. Limited to 49.

446613-01 $100/member, $104/non-member
M 6/3

“GREATNESS”-TOBY’S DINNER THEATER – COLUMBIA, MD Option I
It’s STILL the world! One of the world’s favorite musicals hits the stage in a high-occ- tion production featuring all the hits songs you love, including: “Summer Nights,” “You’re the One That I Want,” “Hopelessly Devoted to You” and “Greased Lightning.” Danny, Sandy and the coolest gang of students from Rydell High take you back to the 1950’s when drive-in movies, sock-hops and tough talkin’ Pink Ladies defined a generation. Grease and Toby’s go together like a wop bam boom! Includes, transportation, buffet lunch, gratuity and show. Limited to 27. Minimum walking.

446614-01 $71/member, $75/non-member
W 6/5

SMITHSONIAN MUSEUMS – WASHINGTON, DC

446611-01 $12/member, $16/non-member
M 6/10

NATIONAL SYMPHONY ORCHESTRA “COFFEE CONCERT”-KENNEDY CENTER
In the first concert of NSO’s three-part salute to Wolfgang Amadeus Mozart, Nathalie Stutzmann conducts the delightful overture to “The Marriage of Figaro” and “Haffner Symphony.” Concertmaster Nuri Bar-Josef and NSO Principal Viola Daniel Foster showcase virtuosity in their respective instruments playing the Sinfonia Concertante for Violin and Viola, and Principal Bassoon Sue Heineman shines in the Bassoon Concerto. Preceding each Coffee Concert a la carte breakfast items will be available for purchase in the KC Café. Concert begins at 11:30AM. Price includes transportation and concert. Minimum walking. Limited to 27.

446615-01 $67/member, $71/non-member
F 6/14

“JOHNNY MATHIS” – WOLFTRAP-VIENNA, VA
Legendary singer Johnny Mathis, celebrating 63 years as a recording artist, comes to Wolf Trap to perform his greatest hits and personal favorites like “Chances Are,” and “Misty.” Come hear why Mathis will always be the Voice of Romance! Minimum walking. Limited to 27. Price includes transportation and show. Show begins 8:00 p.m.

601 $128/member, $132/non-member
Sa 6/15

WASHINGTON NATIONALS VS. ARIZONA DIAMONDBACKS
Calling all Nat’s Fans, this is our first game of the season. Come out and cheer for your home team Washington Nationals as they play the Diamondbacks. Seats are in Section 110, under cover from the Sun or Rain. Game begins at 1:35PM. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

446617-01 $62/member, $66/non-member
Su 6/16

“BLACKBEARD”-SIGNATURE THEATRE, SHIRLINGTON, VA Option I
Set sail with the most infamous pirate of all time on a riotous, rowdy high-seas ad- venture from the creators of The Witches of Eastwick, Brother Russia and The Fix. After learning he’s a wanted man by the British army, Blackbeard and his merry crew of maritime marauders embark on a fantastical journey across the globe to raise an undead pirate army from the depths of the sea. Hilarious, wildly original, and immersively staged entirely on a pirate ship, Blackbeard is a fresh musical salute to the Seven Seas. Have lunch on own prior to show in area restaurant or Theatre Café. Includes show and transportation. Show starts at 2:00P. Limited to 27. Moderate walking.

446618-01 $85/member, $89/non-member
Sun 6/17

“THE PIRATES of PENZANCE”-RIVERSIDE DINNER THEATRE-FREDERICKSBURG
“The Pirates of Penzance” with a delightful twist! Gilbert and Sullivan’s beloved comic operetta is as appealing today as it was over a century ago. But instead of the rocky coast of Cornwall, we are in late eighteenth century Virginia, where King George III ruled the colony. The famous soft-hearted pirates (lately of Penzance) are endeavoring to plunder with aplomb along the banks of the famous Rappahannock River. Meanwhile, the blundering Redcoats of the British army are desperately trying to keep tabs on both the pirates and the befuddled Major General George Boshington. Hilarity ensues as the young apprentice Frederick leaves the rollicking band of pirates and falls in love with Boshington’s beautiful daughter Mabel. The Pirates of Penzance-The Rascals of the Rappahannock promises to be a production to delight all ages with marvelous music, funny patter and glorious singing providing entertainment full of laughter, fun and frolic. Enjoy a plated lunch in this lovely theatre followed by the show. Price includes lunch, show, and transportation. Optional gratuity not included. Minimum walking. Limited to 27.

446619-01 $77/member, $81/non-member
Depart: 9:15am Cascades, 9:45am Walmart
Return: 5:45pm Walmart, 6:15pm Cascades
W 6/6

“DIANA ROSS”,-WOLFTRAP VIENNA, VA
A legendary performer of the Motown era both as a solo artist and with The Su- premes, Diana Ross’ music catalog will have audiences dancing to classics like “I’m Coming Out,” “Upside Down,” and “Stop! In the Name of Love.” Minimum walking. Limited to 27. Price includes transportation and show. Show begins 8:00 p.m.

446620-01 $103/member, $107/non-member
Th 6/9

HOLLYWOOD CASINO TRIP – CHARLES TOWN, WV
Enjoy slots, table games and simulcast horse racing. Lunch on your own. Price includes transportation and $10 playback cash with player’s card and driver’s license. Minimum walking. Limited to 28.

446610-01 $12/member, $16/non-member
Depart: 9:00am Cascades, 9:30am Dulles South, 10:15am Walmart
Return: 3:45pm Wal-Mart, 4:15pm Dulles South, 4:45pm Cascades
F 6/28

“BLACKBEARD” Option II Signature Theatre-Shirlington, VA
See description for 6/22 listing

446618-02 $85/member, $89/non-member
Su 6/29

“RAGTIME” – SHENANDOAH SUMMER MUSIC THEATRE-WINCHESTER
At the dawn of a new century, everything is changing… and anything is pos- sible. Set in the volatile melting pot of turn-of-the-century New York, three dis- tinctly American tales are woven together — that of a stifled upper-class wife, a determined Jewish immigrant and a daring young Harlem musician — united by their courage, compassion and belief in the promise of the future. Together, they confront history’s timeless contradictions of wealth and poverty, freedom and prej- udice, hope and despair… and what it means to live in America. This sweeping musical portrait of early-twentieth-century America tells the story of three families in the pursuit of the American Dream. “Ragtime” is the winner of the 1998 Tony Awards for Best Score, Book and Orchestrations, and both the Drama Desk and Outer Critics Circle Awards for Best Musical and Best Score. Show begins at 2:30P. Dinner on own after show at area Cracker Barrel. Minimum walking. Includes show and transportation. Limited to 27.

446621-01 $45/member, $49/non-member
Su 6/30

“JOSH GROBAN”-WOLFTRAP VIENNA, VA
Josh Groban is an internationally renowned singer, songwriter, and actor whose baritone voice is instantly recognizable and unparalleled among his peers. He has entertained fans across the globe with his multiplatinum albums, electrifying live
Adult Day Centers
of Loudoun County

Special programming designed to engage seniors who may have physical or memory impairments

Provides free time and support for caregivers
Hours: Monday – Friday 7:30 a.m. – 5:30 p.m.

- Caring, friendly, experienced staff
- Comfortable, home-like atmosphere
- Physical activities and exercise
- Mentally stimulating activities
- Assistance with personal care needs
- Medication administration
- Health monitoring
- Nutritious hot lunches and snacks
- Transportation (select areas)

To learn more, please call or visit us online at www.loudoun.gov/adultday

Eastern Loudoun Adult Day Center
45140 Bles Park Drive
Ashburn, Virginia
571-258-3232

Leesburg Adult Day Center
16501 Meadowview Court
Leesburg, Virginia
703-771-5334

Mac Brownell Adult Day Center
200 Willie Palmer Way
Purcellville, Virginia
571-258-3402

The Loudoun County Area Agency on Aging is a division of
Loudoun County Department of Parks, Recreation & Community Services
performances, and comedic film and television appearances. You do not want to miss this performance. Minimum walking. Limited to 27. Price includes transportation and show. Show begins 8:00 p.m.

**446622-01**
- Tu 7/23
- $128/member, $132/non-member
- 7/7

**SMITHSONIAN MUSEUMS – WASHINGTON, DC**
See description for 6/10.

**446611-02**
- Tu 7/15
- $12/member, $16/non-member

**MGM GRAND CASINO at NATIONAL HARBOR**
Come along and try your luck at the MGM Grand Casino at National Harbor. The MGM boasts 125,000 square feet of vibrant gaming space. Try your luck on the slot machines or enjoy lunch at the upscale food court and restaurants. For a small fee you can ride a shuttle over to the Gaylord and Tanger Outlets. Must have a government issued I.D. Includes motor coach transportation. Optional driver gratuity not included. Limited to 52. Moderate walking.

**446623-01**
- M 7/15
- $28/member, $32/non-member

**“GREASE” Option II-TOBY’S DINNER THEATRE – COLUMBIA, MD**
See description for 6/5.

**446614-02**
- W 7/17
- $71/member, $75/non-member

**“YOUNG FRANKENSTEIN” – SHENANDOAH SUMMER MUSIC THEATRE-WINCHESTER**
Grandson of the infamous Victor Frankenstein, Frederick Frankenstein (pronounced “Fronk-en-steen”) inherits his family’s estate in Transylvania. With the help of a hunchbacked sidekick, Igor (pronounced “Eye-gore”), and a leggy lab assistant, Inga (pronounced normally), Frederick finds himself in the mad scientist shoes of his ancestors. “It’s alive!” he exclaims as he brings to life a creature to rival his grandpa’s. Eventually, of course, the monster escapes and hilarity continuously abounds. Show begins at 2:30P. Dinner on own after show at area Cracker Barrel. Minimum walking. Includes show and transportation. Limited to 27

**446624-01**
- W 7/20
- $45/member, $49/non-member

**“ANN” ARENA STAGE – WASHINGTON, DC**
Punchline-packed speeches reveal the feisty and unadulterated life of legendary Texas Governor Ann Richards. Written by Emmy Award-winning actress and writer Holland Taylor (The Practice, Two and a Half Men), “Ann” is a comical and inspiring production based on the colorful and complex woman whose sense of humor was bigger than the state which she represented. Jayne Atkinson (House of Cards, Criminal Minds) reprises her well-received performance in this intimate, no-holds-barred comedy chronicling Richards’ legacy and how she was determined to make her mark on the world. “Frank, funny and warm” (New York Times), “Ann” is a captivating tribute to Richards’ life as an activist, politician and feminist champion of our country, our government and ourselves. Show is at 7:30P. Have dinner on own at newly renovated DC Wharf prior to show. Price includes show and transportation. Minimum walking. Limited to 27

**446625-01**
- Tu 7/23
- $55/member, $59/non-member

**WASHINGTON NATIONALS VS. COLORADO ROCKIES**
Conce out on for our second trip to the Ballpark and cheer on your home team Washington Nationals as they play the Rockies. Seats are in Section 110, under the shade of the left field foul pole. Minimum walking. Limited to 30. Price includes transportation and admission. Return time is estimate and may vary based on length of game. Moderate walking. Limited to 27.

**446626-01**
- Th 7/25
- $56/member, $60/non-member

**HOLLYWOOD CASINO TRIP – CHARLES TOWN, WV**
See description for 6/28.

**446610-02**
- $12/member, $16/non-member
- Depart: 9:00am Cascades, 9:30am Dulles South, 10:15am Walmart

**Return:**
- 3:45pm Wal-Mart, 4:15pm Dulles South, 4:45pm Cascades
- F 7/26

**“THE BAND’S VISIT”, KENNEDY CENTER**
This critically acclaimed new musical celebrates the deeply human ways music, longing, and laughter can connect us all. After a mix-up at the border, an Egyptian Police Band is sent to a remote village in the middle of the Israeli desert. With no bus until morning and no hotel in sight, these unlikely travelers are taken in by the locals. Under the spell of the desert sky, their lives become intertwined in the most unexpected ways. Based on the multi-award-winning film, “The Band’s Visit” is brought to the stage by three-time Tony® nominee David Yazbek, Drama Desk nominee Itamar Moses, and acclaimed director David Cromer. Price includes transportation and concert. Minimum walking. Limited to 27

**446627-01**
- $88/member, $92/non-member
- W 7/31

**DAY TRIPS: AUGUST**

**“THE SOUND OF MUSIC” – SHENANDOAH SUMMER MUSIC THEATRE, WINCHESTER**
When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain, and they marry. Upon returning from their honeymoon they discover that Austria has been invaded by the Nazis, who demand the Captain’s immediate service in their navy. The family’s narrow escape over the mountains to Switzerland on the eve of World War II provides one of the most thrilling and inspirational finales ever presented in the theatre. Show begins at 2:30P. Dinner on own after show at area Cracker Barrel. Includes show and motor coach transportation. Optional driver gratuity not included. Minimum walking. Limited to 52

**446628-01**
- Th 8/1
- $59/member, $63/non-member

**SMITHSONIAN MUSEUMS – WASHINGTON, DC**
See description for 6/10.

**446611-03**
- M 8/5
- $12/member, $16/non-member

**STORIES ON THE MOUNTAIN TOUR – FRANKLIN COUNTY, PA**
Explore South Mountain in Franklin County, PA with our Stories of the Mountain Tour. South Mountain holds centuries of history and lore. The mountain forests fed the iron ore industry, sheltered escaping enslaved, saw the strife of Civil War and was reborn through Pennsylvania’s conservation movement. Life on the mountain is the story of small communities across America. Visit a general store museum, a site where John Brown taught Sunday school, learn how Pennsylvania led the conservation movement, and hear eerie stories of the silvery lady of Pond Bank. Includes lunch at area restaurant, motor coach transportation and tour. Optional driver and guide gratuity not included. Moderate Walking. Limited to 52

**446629-01**
- Th 8/8
- $78/member, $82/non-member

**TUDOR PLACE TOUR & TEA-WASHINGTON, D.C.**
Completed in 1816, lived in by six generations of a single family, and opened to the public in 1988, Tudor Place Historic House & Garden preserves, interprets, and shares with the public and scholars the rich resources of its architecture, history, collections, and archive. Join us for a special Women of Tudor Place Tour-Martha Washington’s devoted granddaughter. The enslaved woman who lived in her own home. The widowed single mother who ran the estate in wartime. The world traveler who served victims of World War I. For two centuries, the women of Tudor Place have been fierce, independent, and ahead of their time. Hear their stories! This special tour takes you on a “Women’s Walk” through the historic mansion. Prior to our tour we will enjoy an elegant tea, consisting of scones, finger sandwiches, and desserts, served on fine porcelain with a selection of freshly brewed teas. Price includes transportation, tour and tea. Extensive walking. Limited to 27.

**446630-01**
- Tu 8/13
- $51/member, $55/non-member
“MAMA MIA”-TOBY’S DINNER THEATRE – COLUMBIA, MD
Here we go again! Back at Toby’s by popular demand! A mother, a daughter. Three possible dads and a trip down the aisle you’ll never forget. Audiences around the world have fallen in love with the music and story that make “MAMMA MIA!” the feel good show of our time. The magic of ABBA’s timeless hit music (“Dancing Queen,” “The Winner Takes It All” and many, many more…) tells this story of love, laughter and friendship. Includes, transportation, buffet lunch, gratuity and show. Limited to 27. Minimum walking.

446631-01  $71/member, $75/non-member
W  8/14

SMITHSONIAN ART & PORTRAIT GALLERY / SPY MUSEUM / MADAME TUSSAUDS – WASHINGTON, DC
Explore American Art Museum and/or National Portrait Gallery, or visit the Spy Museum, or Madame Tussauds (all nearby – cost about $15-$20 each). Lunch on your own. Price includes transportation. Extensive walking. Limited to 28.

446632-01  $12/member, $16/non-member
W  8/21

HOLLYWOOD CASINO TRIP – CHARLES TOWN, WV
See description for 6/28.

446610-03  $12/member, $16/non-member
Th  8/29

“NPR’S WAIT, DON’T TELL ME”-WOLFTRAP VIENNA, VA
Comedians, journalists, celebrity guests, and more compete in NPR’s humorous and award-winning current events quiz show, hosted by author and playwright Peter Sagal along with scorekeeper Bill Kurtis. Minimum walking. Limited to 27. Price includes transportation and show. Show begins 8:00 p.m.

446633-01  $109/member, $113/non-member
F  8/30

OVERNIGHT TRIPS

LANDMARKS OF EUROPE & THE PASSION PLAY in OBERAMMERGAU, AUGUST 10-22, 2020
Join us for a once in a decade performance of the famed Oberammergau Passion Play. In 1633, the residents of Oberammergau, Bavaria, Germany vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every ten years depicting the life and death of Jesus. The death rate among adults slowly subsided and the villagers believed they had been spared and they kept their vow when the play was first performed in 1634. The play continues to be staged every ten years, in the last year of each decade. The next performance will be in 2020 but space is already selling out. This 13-day tour will take you to Germany, Austria and the Czech Republic. Your price includes, airfare, admission for all attractions and city tours, first class tickets for Passion Play, 12 breakfasts, one lunch nine dinners, driver and tour director gratuity, and transportation to airport. To reserve your spot, a $500 deposit is required. Installment payment schedule to be announced. Flier available after 8/7. Limited to 40

496631-01  Trip Cost:  $5869/member, $5914/non-member
                      $6869/ member, $6914/non-member

BOSTON & THE BOSTON POPS FIREWORKS SPECTACULAR, JULY 1-8, 2019
A Bucket List Trip… spend the 4th of July on the Boston Harbor and enjoy the Fireworks Spectacular from the water while listening to the Boston Pops! The July Fourth celebration is just a small part of this amazing trip. You’ll be staying in your Sheraton Boston Hotel right in the city so you’ll have easy access for all the wonderful tours and sites that are included. In addition to the historic sites and museums you will also enjoy a Whale Watching Cruise. This one will take you to the Stellwagen Bank Marine Sanctuary, a rich feeding ground for whales, dolphins and seabirds. The JFK Presidential Library and Museum, a tour of Harvard University, the Peabody Essex Museum, Louisa May Alcott’s Orchard House are just some of the included tours you’ll enjoy. See a flier for all the details on this SPECTACULAR trip! Includes 7 breakfasts, and 6 dinners. 8 Days, 7 Nights

496636-01  Trip Cost:  $2900/member, $2945/non-member
                      $3600/ member, $3645/non-member

The Loudon County Area Agency on Aging (AAA) is the central point of contact for seniors, caregivers, and their families. The mission of the agency is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services. AAA provides the following programs and services:

- Adult Day Centers
- Caregiver Services
- Case Management Services
- Congregate Lunch Programs
- Disease Prevention & Health Promotion
- Fan Care/Cooling Assistance
- Home Delivered Meals
- Information & Assistance
- Medicare Counseling
- Senior Centers
- Volunteer Opportunities
- Senior Cooling Services
FAMILY CAREGIVER EDUCATION SERIES
Our education series offers learning opportunities for older adults, caregivers and family members on topics related to aging. These programs enhance the ability of caregivers and family members to provide (informal) care for as long as appropriate. For more information about these programs, call 703-771-5407 or email aaasupport@loudoun.gov.

CAREGIVER SUPPORT GROUP
Meets the first Wednesday of the month at 4:00 p.m. at the Leesburg Adult Day Center (16501 Meadowview Court, Leesburg, VA 20175). For more information, call 703-331-5334. Meets the third Saturday of the month at 10:00 a.m. at Waltonwood (441 Russell Branch Parkway, Ashburn, VA 20147). For information, call 703-771-5407.

DISEASE PREVENTION & HEALTH PROMOTION
The Area Agency on Aging offers evidence-based disease prevention and health promotion programs and services for older adults, caregivers, and their families. The programs provide information and education to help older adults improve or maintain health-related quality of life through preventing, treating, and reducing the effects of chronic conditions.

LIVE WELL WITH CHRONIC CONDITIONS and LIVE WELL WITH DIABETES
Learn how to manage the challenges of living with or caring for someone with a chronic condition. This six-week workshop provides information, teaches practical skills, and gives people confidence and motivation. Topics to be covered include: nutrition and physical activity, dealing with difficult emotions, communication, how to get better sleep, and understanding medication. Healthy snacks and course materials will be provided. To find a workshop near you, call 703-771-5407 or send an email to aaasupport@loudoun.gov.

INFORMATION & ASSISTANCE
The Elder Resources team links older adults and their caregivers to supportive community services.

SENIOR CENTERS
ACTIVITIES & FEES
Three full-service senior centers and one senior activity center offer a variety of programs and activities for adults 55 and over. The annual membership fee covering July-June is $26/person ($37.50/non-residents). In lieu of membership, seniors may pay a daily drop-in fee of $2.00 ($3.00/non-residents). Members receive lower rates for trips and classes, a monthly newsletter and membership privileges at all senior centers. There is a cost of $4/meal for adults under 60, and a suggested donation for adults 60 and over, for the congregate lunch program.

FACILITY RENTALS
Attractive rental space is available for groups of all ages at three full service senior centers in Leesburg, Sterling and Purcellville for meetings, family reunions, special events, birthday parties and more. Please call the individual senior center for further information.

ADULT DAY CENTERS
LOCATIONS
Eastern Loudoun Adult Day Center (Ashburn).............................571-258-3232
Loudoun County Adult Day Center at Leesburg..........................571-278-5334
Mac Brownell Adult Day Center (Purcellville) ..............................571-258-3402

PARTICIPANTS
Our centers are open M-F from 7:30 a.m.-5:30 p.m. to provide a safe, social and interactive environment for seniors with cognitive and/or physical disabilities who are unable to be home alone safely. Activities and services, designed to elicit success and enjoyment, include art and music therapy, individualized exercise, mentally stimulating games, assistance with personal needs, medication management, nutritious hot lunches and snacks, and health monitoring. Limited transportation is available to some areas. Fees are based on a sliding scale.

CAREGIVERS
Adult Day Centers provide respite for those needing support and time away from caregiving. Caregiver and Alzheimer’s disease support groups are available to provide insight, guidance, companionship, and resources. Caregiver education programs are also available. For more information, call 703-771-5407 or email aaasupport@loudoun.gov.

LICENSED CHILDREN’S PROGRAMS
CHILD CARE
(Ages 3-5) Our full and half-time child care program provides a safe, healthy, learning environment with age-appropriate activities to promote the physical, social and intellectual growth of children. Healthy breakfasts and snacks are provided. Full-time hours are 7:00 a.m.-6:15 p.m. Contact the community center of your choice for more information and availability.

FEES (Effective 7/1/19)
Full-time........................................7:00am-6:15pm ......................$245 per week
Part-time........................................up to 20 hrs/wk ..........................$ 180 per week
Part-time........................................up to 20 hrs/wk .......................... $ 180 per week
Drop-in........................................Space available basis ................$10 per hour
Non-refundable deposit ................................................................. $50/year
Late payment fee ........................................................................ $35

LOCATIONS
Bluemont Community Center ......................................................540-554-4838
Dulles South Recreation & Comm. Ctr. ........................................571-258-3311
Loudoun Valley Community Ctr. ................................................540-338-5035
Lovettsville Community Center ..................................................540-822-5381
Lucketts Community Center ......................................................703-737-8841

PRESCHOOL
Our state-licensed, nine-month preschool program operates September through May. Classes are offered for 2½-5 year olds, but vary by location. Currently enrolled families receive registration priority and a lottery is held for remaining spaces. Registration is open until filled for any additional remaining spaces. A $50
Softball, Cricket, Basketball

Loudoun County PRCS
Adult Sports Leagues

Baseball
Soccer, Volleyball

For more information, visit
www.loudoun.gov/adultsports or call
703-777-0343.

ADA – Loudoun County Parks, Recreation and Community Services is committed to complying with the American with Disabilities Act (ADA). If you require a reasonable accommodation for any type of disability in order to participate, call 703-777-0343/TTY-711. At least three business days advance notice is requested.
non-refundable deposit will be required at the time of registration. This deposit is credited toward your first month’s tuition. Children must be fully potty-trained. The Virginia Department of Social Services requires proof of current immunizations, proof of child identity and age, and a childcare registration form.

LOCATIONS
Bluemont Community Center .....................................................540-554-8643
Claude Moore Recreation & Community Ctr. ..................................571-258-3500
Douglass Community Center .....................................................703-771-5913
Dulles South Recreation & Community Ctr. .................................571-258-3456
Loudoun Valley Community Ctr. ..................................................540-338-4122
Lovettsville Community Center ...................................................540-822-5284
Lucketts Community Center .......................................................703-771-5281
Philomont Community Center.....................................................540-338-5882

PM KIDS CLUB
(Ages 5-11) Our PM Kids Club is a state-licensed, after school care program for grades K-5 that follows the Loudoun County School calendar. Contact the center of your choice for current availability.

LOCATIONS
Bluemont Community Center .....................................................540-554-8643
Lucketts Community Center .......................................................703-771-5281

REGISTRATION

PRESCHOOL & PM KIDS CLUB: 2019-20 SCHOOL YEAR
Registration is on a lottery basis and subject to availability. Lottery registration for families currently enrolled in preschool or PM Kids Club ends January 4. Open registration is January 7-17. A $50 deposit is payable upon registration which is applied to the first months tuition. After January 17, classes are filled on a space-available basis.

COUNTY AFTER SCHOOL ACTIVITIES (CASA) PROGRAM
Grade K-5
703-737-8042
Visit www.loudoun.gov/CASA for information

2019-2020 SCHOOL YEAR REGISTRATION
CASA registration for the 2019-2020 school year is available online through June 30. After June 30, registration must be handled in person at PRCS Administration at 742 Miller Dr. SE, Leesburg, VA 20175. Participants must be five years old no later than September 30. For complete registration details, visit www.loudoun.gov/prcslp.

2019-2020 SCHOOL YEAR FEES
CASA: .......................................................... $335/month/child
Non-refundable Deposit: ..................................................... $50/child/due at registration
Monthly fees are due by the first of the preceding month (e.g., due 3/1 for April)

2019-2020 CASA PROGRAM
This year, we will focus on nurturing participants’ individuality through a variety of recreational opportunities including STEM and Literacy. Our creative and talented staff have developed a system that will challenge your child to grow and learn in a positive environment. The activity schedule also includes homework and snack time. CASA follows the Loudoun County Public Schools (LCPS) calendar.

CASA locations run from the time school ends and close at 6:00 p.m.

2019-2020 CASA LOCATIONS/SCHOOLS SERVED
Algonkian, Arcola, Ashburn, Balls Bluff, Belmont Station, Buffalo Trail, Cardinal Ridge, Catoctin, Cedar Lane, Cool Spring, Countryside, Creighton’s Corner, Kenneth Culbert (Hamilton), Discovery, Dominion Trail, Evergreen Mill, Frederick Douglass, Forest Grove (Sully, Guilford), Goshen Post, Hillside, Horizon, Hutchison Farm, Leesburg, Legacy, Liberty, Little River, Loudoun Valley Community Center (Emerick, Lincoln), Lovettsville Elementary, Lowes Island, Madison’s Trust, Meadowland, Mill Run, Moorefield Station, Mountain View, Newton-Lee, Pinebrook, Potomack, Frances Hazel Reid, Rosa Lee Carter, Round Hill, Sanders Corner, Selden’s Landing, Steuart Weller, Sycolin Creek, Tolbert, Waterford, Waxpool. All CASA locations must have sufficient enrollment, staffing and space before a program can begin.

For more information, visit www.Loudoun.gov/casa or call 7030-737-8042.

2019 DAZE & FEST SUMMER CAMP REGISTRATION
Open registration for any remaining spaces in Daze and Fest Summer Camps is ongoing until spaces are filled.

YOUTH AFTERSCHOOL (YAS) PROGRAM
(Grades 6-8) YAS offers fun, exciting, recreational activities for middle school students including sports, games, arts & crafts, field trips, drama, tutoring, mentoring, STEM, book club, special events and intramural competitions, as well as time for homework, relaxing, and socializing in a safe supervised environment. Students have the opportunity to help plan activities and are encouraged to explore their interests. YAS is operated in middle schools and follows the Loudoun County Public School calendar. The program begins when the final bell rings and ends at 6:15 p.m.

Fees .........................................................................................$50/month

YAS LOCATIONS

2018-2019 SCHOOL YEAR PRE-REGISTRATION
Registration for available spaces is ongoing.

YOUTH ADVISORY COUNCIL
Members of the Loudoun Youth Advisory Council, in partnership with Loudoun Youth, Inc., have the opportunity to develop leadership skills, meet new people and be a voice for Loudoun’s teens. Members plan special events, (e.g., LoCo ImprovFest, Loudoun’s Battle of the Bands, Lights on Loudoun Emerging Artist Festival and Step Up), work on community service projects, participate in leadership field trips, and promote teen-centered events. Spaces are limited in this competitive program. Applications are accepted on a rolling basis. For more information and applications, visit www.loudoun.gov/teens.

2019 PRCS SUMMER CAMP REGISTRATION
Registration for remaining spaces in Daze Summer Camp and general PRCS Summer Camps is ongoing.
SUMMER SAFETY REMINDER!

PREVENT LYME & OTHER TICK-BORNE DISEASES!

• AVOID TALL GRASS
• WEAR REPELLENT
• CHECK PEOPLE AND PETS DAILY FOR TICKS
• PROMPTLY REMOVE TICKS WITH A TWEEZER
• SHOWER SOON AFTER BEING OUTDOORS
• CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH

COMO PREVENIR LA ENFERMEDAD DE LYME Y OTRAS
ENFERMEDADES TRANSMITIDAS POR LAS PICADURAS
DE LA GARRAPATAS

• EVITAR LA HIERBA ALTA
• USE REPELENT
• HÁGASE INSPECCIÓNES DEL CUERPO Y TAMBIEN REVISE LAS MASCOTAS
PARA BUSCAR LAS GARRAPATAS INMEDIATAMENTE DESPUES DE ACTIVIDADES AL AIRE LIBRE
• REMUEVA INMEDIATAMENTE LAS GARRAPATAS USANDO UNA PINZA
• DUCHARSE INMEDIATAMENTE DESPUES DE ESTAR AL AIRE LIBRE
• LLAME A SU DOCTOR SI TIENE FIEBRE O TIENE ALGUN BROTE EN LA PI
GENERAL INFORMATION
what you need to know about...

GENERAL REGISTRATION

Online and walk-in registration for senior activities only begins at 9:00 a.m. on 5/15/19 for county residents. Online registration for all activities begins at 12:01 a.m. on 5/16/19 for county residents. Walk-in registration at PRCS facilities begins on 5/16/19 for county residents during normal business hours for each location. Online registration begins at 12:01 a.m. on 5/23/19 for anyone not residing in Loudoun County (including seniors). Walk-in registration at PRCS facilities begins on 5/23/19 for anyone not residing in Loudoun County (including seniors) during normal business hours for each location.

MAIL-IN REGISTRATION

Send a completed registration form and payment (check or money order made out to “County of Loudoun”) to Loudoun County PRCS, 742 Miller Drive, SE, Leesburg VA 20175. An activity registration form is included in this guide. Forms can also be downloaded from www.loudoun.gov/prcs. Mail-in registrations are processed on a random basis, beginning at 8:30 a.m. on 5/16/19 for residents and 5/23/19 for anyone not residing in Loudoun County. Credit card payments will not be accepted by mail. All mail-in registrations must include payment by check or money order.

ONLINE REGISTRATION

WebTrac is the online registration system for enrolling in PRCS activities, using a household identification number and password. A new household account can be requested online at www.loudoun.gov/webtrac. A new account number and password will be sent to your email address in 2-5 business days. With a household ID number and password, you can register and pay for most activities using VISA, Discover, or MasterCard. If you have forgotten your account information, you can retrieve your ID and password at www.loudoun.gov/webtrac. If you require additional assistance, please contact your local PRCS center/park or the administrative office before the first day of registration!

REGISTRATION FOR LICENSED PROGRAMS

Additional forms may be required for licensed programs. Please refer to the corresponding section in this activity guide or www.loudoun.gov/prcslp for specific registration procedures for Licensed Preschool, CASA, YAS, Daze and Fest summer camps, Adaptive Recreation camp and licensed trip camps. Proof of participation for current school year will be required for families in the CASA Assistance Program (families approved for the Loudoun County Public Schools Free and Reduced Lunch Program).

PAYMENTS

Registration fees are due at the time of registration, unless otherwise noted. Online registrations must be paid by credit card. Cash, check, money order, or credit card payments can be made in person. Checks or money orders must be made payable to “County of Loudoun.” Your social security number or driver’s license number must be included on any check in order to process the registration. Payments by check or money order can also be mailed to the PRCS administrative office. Do not send cash or credit card information by mail. Do not include supply fees in total paid. Supply fees are payable to the instructor at the first class.

TAX INFORMATION

A global childcare statement can be printed using WebTrac. The option is located under “my account” after logging into WebTrac. A statement can be printed for any calendar year; however, the desired tax year must be selected. Visit www.loudoun.gov/webtrac.

PROGRAM REFUNDS & CANCELLATIONS

Our goal is to ensure quality programs. If you are dissatisfied with the quality of a class/program in which you are currently enrolled, you may request a refund according to the following policy or policy provided by the specific program:
Refund requests must be submitted in writing and include an explanation of why the participant is disappointed with the quality of the particular class/program. The written request should be dated and sent by email, fax, or mail directly to the facility manager or program manager offering the class/program. Only written requests will be accepted. The amount of any refund will be prorated based on the number of remaining class/program sessions.

If you need to cancel a class/program registration, and you make the request 15 or more days before the start date, a full refund will be offered - MINUS a 15% administrative fee (to a maximum of $15). If you cancel a class/program registration 14 or fewer days before the start date, a 50% refund will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email, fax, or mail directly to the facility or program manager offering the class/program.

The Department reserves the right to cancel or change a class or activity due to insufficient enrollment or other reasonable cause. A full refund (including any applicable registration fee) will be offered.

FINANCIAL ASSISTANCE

For qualifying families, financial support may be available for reimbursement of the cost of certain Adaptive Recreation activities sponsored by Loudoun County PRCS. The major qualification for respite is MR diagnosis. For more information, call MR Services at 703-777-0377.

OUT-OF-COUNTY FEES

An additional 50 percent of fees will be charged for individuals residing outside of Loudoun County for rentals and adult day services.

NOTICE TO PARTICIPANTS

Participants must recognize that all classes and activities of a physical nature involve some risk and, by registering for a class or activity of this nature, there is an assumption of risk by the participant and/or parent. Loudoun County Department of Parks, Recreation and Community Services is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff.
SUPPLIES & MATERIALS

The cost of supplies and materials is included in the class or activity fee, unless otherwise indicated. If a supply/material fee is listed for an activity, it must be paid directly to the instructor on the first day of class.

TRANSPORTATION

When transportation is provided, spaces are filled on a first-come, first-served basis.

TRIP POLICY

There will be no smoking or alcoholic beverages allowed on any vehicles used for Department trips including motor buses. Due to outside costs associated with arranging and booking trips, there will be no refund when a participant cancels a trip registration.

RENTALS

Rental space is available at most centers and parks including rooms, pavilions, and gyms for private parties, meetings, and other activities. Contact the preferred center or manned park directly for available dates, times and rental rates. For unmanned facilities, please call 703-777-0343.

Volunteers

For information on volunteer opportunities, including PRCS advisory boards and councils, please contact your local center, park or program representative, or call 703-777-0343. Those interested in working with Loudoun residents with disabilities, including Special Olympics and VSA arts, should call 703-771-5013 or 703-771-5010.

Program Accessibility/ADA

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation for any type of disability in order to participate in PRCS activities, please contact the program or location manager (or PRCS administrative office). At least three business days advance notice is requested. Phone: 703-777-0343, TTY: 711, Email: prcs@loudoun.gov.

Closings/Postponements

In case of inclement weather, public holidays or emergencies, the Department will determine program cancellations or postponements. Consult your parent handbook or call the program location or the administrative office at 703-777-0343 for additional information. For athletic field conditions, visit www.loudoun.gov/fieldstatus.go. For up-to-date announcements regarding County Government closings and cancellations, sign up for Alert Loudoun at www.loudoun.gov.

Questions? Give us a call!

Administrative Office

Main Number .....................................................703-777-0343
TDD/for deaf or hearing impaired...............................TTY711

Programs & Services

Adaptive Recreation ...........................................703-737-8042
After School Programs ......................................703-737-8042
CASA Grades K-5 ................................................703-737-8042
YAS Grades 6-8..................................................703-777-0343
Area Agency on Aging/Senior Services .......................703-777-0257
Children’s Programs and Camps ............................703-737-8042
Facilities Planning & Development .........................703-737-8992
Licensed Childcare/Preschool ................................703-737-8006
Sports, Youth & Adult .......................................703-777-0343
Sports Postponements/Cancellations .......................703-777-0456
Youth Services....................................................703-777-0343

Centers

Bluemont Community Center ..................................540-554-8643
Carver Center ....................................................571-258-3400
Claude Moore Recreation & Community Center ... 571-258-3600
Douglass Community Center ...............................703-771-5913
Dulles South Recreation & Community Center ..... 571-258-3456
Dulles South Senior Center ..................................571-258-3883
Eastern Loudoun Adult Day Center ........................571-258-3232
Franklin Park Arts Center ....................................540-338-7973
Leesburg Adult Day Center ....................................703-771-5334
Loudoun Valley Community Center .......................540-338-4122
Lovettsville Community Center .............................540-822-5284
Luckett's Community Center .................................703-771-5281
Mac Brownell Adult Day Center .........................571-258-3402
Philomont Community Center ...............................540-338-5882
Senior Center at Cascades ..................................571-258-3280
Senior Center at Cascades ..................................571-258-3280
Sterling Community Center ..................................703-430-9480
The Senior Center of Leesburg ..............................703-737-8039

Regional & Staffed Park Sites

Banshee Reeks Nature Preserve .............................703-669-0316
Claude Moore Park ............................................571-258-3700
Franklin Park ....................................................540-338-7603
Philip A. Bolen Memorial Park .............................571-258-3487
Potomack Lakes Sportsplex ..................................703-444-1459
FACILITIES

PRCS ADMINISTRATION
742 Miller Drive, SE
Leesburg, VA 20175
703-777-0343

ASHBURN PARK
43645 Partlow Road
Ashburn, VA 20147
703-777-0343

BANSHEE REEKS NATURE PRESERVE
21085 The Woods Road
Leesburg, VA 20176
703-737-8550

BETH MILLER PARK
20270 Leier Place
Ashburn, VA 20147
703-777-0343

BLES PARK
44830 Bles Park Drive
Ashburn, VA 20147
703-777-0343

BLUEMONT COMMUNITY CENTER
33846 Snickersville Turnpike
Bluemont, VA 20135
540-554-8643

BRAMBLETON COMMUNITY PARK
22388/22389 Belmont Ridge Road
Ashburn, VA 20148
703-777-0343

BYRNE'S RIDGE PARK
24915 Mineral Springs Circle
Aldie, VA 20105
703-777-0343

CARVER CENTER
200 Willie Palmer Way
Purcellville, VA 20132
571-258-3400
  Mac Brownell Adult Day Center
  200 Willie Palmer Way
  Purcellville, VA 20132
  571-258-3402

CHICK FORD & RYAN BICKEL FIELDS
43950 Grace Bridge Drive

CLAUDE MOORE PARK
21544 Old Vestals Gap Road
Sterling, VA 20164
571-258-3700
  Claude Moore Recreation & Community Center
  46105 Loudoun Park Lane
  Sterling, VA 20164
  571-258-3600
  Lanesville Heritage Area

CONKLIN COMMUNITY PARK
25701 Donegal Drive,
Chantilly, VA 20152
703-777-0343

CORNER HALL PARK (KIRKPATRICK WEST)
41381 Gardenia Dr.
Aldie, VA 20105

COUNTRYSIDE PARK
20756 Countryside Boulevard
Sterling, VA 20164
703-777-0343

DOUGLASS COMMUNITY CENTER
405 E. Market Street
Leesburg, VA 20175
571-777-5913

DULLES SOUTH RECREATION & COMMUNITY CENTER
24950 Riding Center Drive
South Riding, VA 20152
571-258-3456

DULLES SOUTH SENIOR CENTER
24950 Riding Center Drive
South Riding, VA 20152
571-258-3883

DULLES SOUTH RECREATION & COMMUNITY CENTER
45140 Bles Park Drive
Ashburn, VA 20147
571-258-3232

EDGAR TILLETT MEMORIAL PARK
21561 Belmont Ridge Road
Ashburn, VA 20147
703-777-0343

E.E. LAKE GENERAL STORE
18351 Railroad Street
Bluemont, VA 20135
703-777-0343

ELIZABETH MILLS RIVERFRONT PARK
44105 Heron Way
Leesburg, VA 20176
703-777-0343
  Kephart Bridge Landing
  43942 Riverpoint Drive
  Leesburg, VA 20176
  703-777-0343

EVERGREEN MILLS EQUESTRIAN & HIKING TRAIL (CURRENTLY CLOSED)
21332 The Woods Road
Leesburg, VA 20176

FRANKLIN PARK
17501 Franklin Park Dr
Purcellville, VA 20132
540-338-7603
  Franklin Park Performing & Visual Arts Center
  36441 Bluemont View Ln
  Purcellville, VA 20132
  540-338-7973

GOSHEN CORNER PARK
41430 Braddock Road
Aldie, VA 20105
703-777-0343

GOSHEN CORNER PARK
41430 Braddock Road
Aldie, VA 20105
703-777-0343

GREG CRITTENDEN MEMORIAL PARK
21401 Windmill Drive
Ashburn, VA 20147
703-777-0343

GWEN THOMPSON BRIAR PATCH PARK
21660 Sterling Boulevard
Sterling, VA 20164
703-777-0343
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAMPShIRE PARK</td>
<td>21315 Smith Switch Road</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>KEEP LOUDOUN BEAUTIFUL PARK</td>
<td>43055 Golf Club Road</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>LEESBURG ADULT DAY CENTER</td>
<td>16501 Meadowview Court</td>
<td>703-771-5334</td>
</tr>
<tr>
<td>LEESBURG ANNEX BALLFIELD</td>
<td>102 North Street, N.W.</td>
<td>703-771-5334</td>
</tr>
<tr>
<td>LOUDOUN COUNTY SENIOR CENTER AT CASCADES</td>
<td>21060 Whitfield Place</td>
<td>571-258-3280</td>
</tr>
<tr>
<td>LOUDOUN VALLEY COMMUNITY CENTER</td>
<td>320 W. School Street</td>
<td>540-338-4122</td>
</tr>
<tr>
<td>LOVETTSVILLE COMMUNITY CENTER</td>
<td>57 E. Broad Way</td>
<td>540-822-5284</td>
</tr>
<tr>
<td>LUCKETTS COMMUNITY CENTER</td>
<td>42361 Lucketts Road</td>
<td>703-771-5281</td>
</tr>
<tr>
<td>LUCKETTS COMMUNITY PARK</td>
<td>14560 James Monroe Highway</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>LYNDORA PARK</td>
<td>43624 Lucketts Bridge Circle</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>MEADOW GLEN PARK</td>
<td>41574 Conejo Way</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>MICKIE GORDON MEMORIAL PARK</td>
<td>23229 Carter's Farm Lane</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>NELL BOONE PARK</td>
<td>11756 Harper’s Ferry Road</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>PHILADELPHIA COMMUNITY CENTER</td>
<td>36592 Jeb Stuart Road</td>
<td>540-338-5882</td>
</tr>
<tr>
<td>PHILIP A. BOLEN MEMORIAL PARK</td>
<td>42405 Claudia Drive</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>POTOMAC GREEN NEIGHBORHOOD PARK</td>
<td>20750 Marblehead Drive</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>POTOMAC LAKES SPORTSPLEX</td>
<td>20280 Cascades Parkway</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>RAY MUTH SR. MEMORIAL PARK</td>
<td>20971 Marblehead Drive</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>ROUND HILL INDOOR AQUATIC CENTER</td>
<td>17010 Evening Star Drive</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>SCOTT JENKINS MEMORIAL PARK</td>
<td>39480 East Colonial Highway</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>SETTLE-DEAN CABIN (NO INTERIOR ACCESS)</td>
<td>25625 Loudoun County Parkway</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>SHALE RIDGE NEIGHBORHOOD PARK</td>
<td>21335 Shale Ridge Court</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>(ARCOLA) SLAVE QUARTERS (NO INTERIOR ACCESS)</td>
<td>24837 Evergreen Mills Road</td>
<td>703-430-9480</td>
</tr>
<tr>
<td>STERLING COMMUNITY CENTER</td>
<td>120 Enterprise Street</td>
<td>703-430-9840</td>
</tr>
<tr>
<td>SUGARLAND RUN STREAM VALLEY PARK</td>
<td>20750 Meadowland Lane</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>THE SENIOR CENTER OF LEESBURG</td>
<td>102 North Street, N.W.</td>
<td>703-737-8039</td>
</tr>
<tr>
<td>TRAILHEAD PARK AT BELMONT RIDGE</td>
<td>42555 Sungrove Terrace</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>TRAILSIDE PARK</td>
<td>20375 Claiborne Parkway</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>VESTALS GAP OVERLOOK PARK</td>
<td>45335 Century Blvd.</td>
<td>703-777-0343</td>
</tr>
<tr>
<td>WOODGROVE PARK</td>
<td>17020 Evening Star Drive</td>
<td>703-777-0343</td>
</tr>
</tbody>
</table>
DO YOU WEBTRAC?

With WebTrac, our online registration system, you can:
- Request a new household account
- Retrieve your ID and password
- Search for activities by type, location, age, etc.
- Find details about an activity including price, date, etc.
- Enroll for most classes and activities
- Pay existing balances for licensed programs
- Print a transaction history
- Print a childcare statement
- Print old receipts
- Purchase performance tickets

Visit www.loudoun.gov/webtrac to search for activities and register.
Enrollment for classes and activities is on a first-come, first-served basis. Please have your payment information or check available at the time of registration. Do not send credit card information or cash by mail. Mail-in registrations must include check or money order made out to “County of Loudoun.” Send mail-in registrations at least one week before class start day to: Loudoun County PRCS, P.O. Box 7800, Leesburg, VA 20177 Attn: Registration. Licensed programs, camps and adaptive recreation programs require additional forms and/or on-site registration. Consult program description for details. One registration form can be used for multiple household members. For more information, visit www.loudoun.gov/prcs or call 703-777-0343.

### HOUSEHOLD INFORMATION

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mother/Guardian</td>
<td>Driver’s License #</td>
</tr>
<tr>
<td>Or Adult Participant (18 &amp; over)</td>
<td>Driver’s License #</td>
</tr>
<tr>
<td>Father/Guardian</td>
<td>Driver’s License #</td>
</tr>
<tr>
<td>Household/Adult Street Address</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>e-mail Address</td>
<td>Loudoun County Resident</td>
</tr>
<tr>
<td>Home Phone</td>
<td>Cell Phone</td>
</tr>
<tr>
<td>Work Phone</td>
<td>Pager</td>
</tr>
<tr>
<td>Employer Name &amp; Address</td>
<td></td>
</tr>
<tr>
<td>Emergency Contact Name (1)</td>
<td>Phone #</td>
</tr>
<tr>
<td>Emergency Contact Name (2)</td>
<td>Phone #</td>
</tr>
</tbody>
</table>

ADA – The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation for any type of disability in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343/TTY-711). At least three business days advance notice is requested.

### PARTICIPANT (S) INFORMATION

<table>
<thead>
<tr>
<th>Family Member’s Name</th>
<th>M or F</th>
<th>DOB</th>
<th>Grade/Age</th>
<th>Activity #</th>
<th>Section</th>
<th>Activity Name</th>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE: John Smith</td>
<td>M</td>
<td>5-2-06</td>
<td>3rd/9</td>
<td>421745</td>
<td>01</td>
<td>Soccer Camp, half-day</td>
<td>6/24</td>
<td>9:00a</td>
<td>$165</td>
</tr>
</tbody>
</table>

TOTAL ACTIVITY FEES ONLY*:

*Supply fees are payable to instructor at first class

**HOW DID YOU FIRST LEARN ABOUT THE ABOVE ACTIVITY OR EVENT?**

- PRCS Activity Guide
- Website
- Facebook
- Word of Mouth
- PRCS Flyer/Newsletter
- Other

(Please list source):

**PARTICIPANT AGREEMENT**

I wish to register my child(ren) and/or myself for the activity listed above. I recognize that all classes and activities of a physical nature involve some risk and, by registering for a specific activity, I am representing that I understand the possible risks involved with this type of activity. Furthermore, I understand that Loudoun County Department of Parks, Recreation and Community Services will not be responsible for the participant when he/she is traveling to and from said activity via transportation not provided by the County of Loudoun. I understand that registration minimums will be assessed to determine whether or not the activity will be held. Also, by signing below, I give permission for Loudoun County PRCS to use photographs and videos of me or my children for publicity in order to increase community awareness of PRCS programs and in all publications and other media without limitation.

Signature of Parent/Guardian/Participant ______________________ Date ____________

To create a household account and register online, visit www.loudoun.gov/webtrac.
Loudoun County Department of Parks, Recreation & Community Services

Our mission is to provide outstanding recreational and leisure opportunities, outcome-focused community services, and stewardship of our natural resources to promote quality of life for Loudoun’s residents and visitors. This activity guide highlights the programs, classes and events scheduled from June 1 through August 31, 2019. It is designed with you and your family in mind. We appreciate your comments and suggestions. Please feel free to call 703-777-0343 or visit us at www.loudoun.gov/prcs.

Creating Community Through People, Parks & Programs!