LOCO KIDS FEST  11
FALL FUN AT OUR PARKS!  45
AQUATICS    51

FALL REGISTRATION
loudoun.gov/prcs

creating COMMUNITY

TROUT FISHING DERBY  63
General Registration Begins August 11
Register at www.loudoun.gov/webtrac

WHAT’S INSIDE
Events, Classes & Activities: September-November
General Registration Begins Thursday, August 11
Senior Registration Begins Wednesday, August 10
Keep this issue until December

NOTICE:
All programs will be conducted in accordance with guidelines from the Centers for Disease Control and Prevention, Virginia Department of Health and Loudoun County Health Department.

Classes & Activities

COMMUNITY CENTERS
Classes are arranged by category and/or age group:
- Bluemont Community Center ........................................ 5
- Douglass Community Center ........................................ 6
- Loudoun Valley Community Center ............................... 10
- Leesburg Community Center ........................................ 14
- Lucketts Community Center ......................................... 15
- Old Waterford School .................................................. 17
- Pulaski Community Center ................................. 17
- Sterling Community Center ........................................ 18

RECREATION/COMMUNITY CENTERS
- Claude Moore Recreation & Community Center .......... 20
- Dulles South Recreation & Community Center .......... 24

SENIOR CENTERS
- Ashburn Senior Center ............................................. 31
- Carver Center .......................................................... 33
- Dulles South Senior Center ......................................... 36
- Senior Center at Cascades ......................................... 38
- The Senior Center of Leesburg .................................. 40

PARKS
Classes are arranged by category and/or age group:
- Banshee Reeks Nature Preserve ................................ 44
- Claude Moore Park .................................................... 46
- Franklin Park ............................................................. 47

SPORTS
- Basketball .................................................................. 47
- Soccer ......................................................................... 48
- Tennis ......................................................................... 48

AQUATICS
- Claude Moore Recreation & Community Center .......... 49
- Dulles South Recreation & Community Center .......... 49
- Round Hill Indoor Aquatic Center ............................... 49
- Private Lessons Starfish Swimming Classes .............. 51
- Water Safety Courses & Private Lessons ................. 59

ADAPTIVE RECREATION .............................................. 60

CAMP PROGRAMS ........................................................... 62

Special Events
- Courtwide .................................................................... 62
- Franklin Park Performing & Visual Arts Center .......... 66

Programs & Services

AREA AGENCY ON AGING/SENIORS
- Caregiver Services ....................................................... 68
- Disease Prevention/Health Promotion ...................... 68
- Adult Day Centers ......................................................... 68

LICENSED CHILDREN’S PROGRAMS
- Childcare (Ages 3-5) ...................................................... 70
- Preschool (Ages 2.5-5) ...................................................... 71
- Community Center After School Programs (Ages 5-11) 72
- CASA After School Programs (Age 5-Grade 5) .......... 73

YOUTH/TEEN
- Youths After School Program (Grades 6-8) ............... 73

All The Details
- General Information ..................................................... 76
- Phone Directory .......................................................... 77
- Facilities Directory ....................................................... 78

LOUDOUN.GOV/PRCSJOBS
LICENSED PRESCHOOL

PREK SCHOOL CLASSES FOR 2022-23 SCHOOL YEAR
(Ages 2.5-5) Bluemont Community Center offers a nine month preschool program from September-May. Classes are offered for 2.5 through 5 year old children. Call Bluemont Community Center for available openings.

CASE ACADEMY BC
(Ages 5-11) Bluemont Community Center offers a nine-month after school program. Children can participate in indoor and outdoor activities including arts, games, and sports. Children can complete homework during dedicated times. Call Bluemont Community Center for available openings and registration information.

LICENSED CHILDCARE PROGRAMS

CHILDCARE
(Ages 3-5) Looking for the perfect childcare solution? Our full and part-time childcare program provides a safe, healthy learning environment. Call 540-554-4838 for availability and pricing information.

PREK SCHOOL AGE PROGRAMS

BON-API-TOTS
(Ages 3-5) Make easy and yummy recipes to share with family and friends. Bring a lunch and drink. Instructor: Linda Sapp.
106111-01 $15 M W Tu Th 9/12-10/14 3:30pm-5:30pm
106111-02 $15 M W Tu Th 10/17-11/15 3:30pm-5:30pm
106111-03 $15 M W Tu Th 11/18-12/13 3:30pm-5:30pm

PRESCHOOL FOOTBALL TRAINING CAMP
(Ages 3-5) Young football players will learn the basics of the sport. Players will develop skills in safety, throwing and running. Bring a water bottle.
106100-01 $16 Tu Th F 9/12-9/14 3:30pm-5:30pm

AFTER SCHOOL SCIENCE FUN
(Ages 3-5) Extend your child's preschool day for fun science activities. Let's expand their minds. Pack a lunch and drink. Instructor: Sue Cowell.
106102-01 $40 W 9/14-9/28 3:30pm-5:30pm
106102-02 $60 W 10/5-10/26 12:00pm-1:30pm
106102-03 $60 W 11/2-11/30 12:00pm-1:30pm

FALL TEE BALL
(Ages 3-5) Young players will develop skills in safety, hitting, throwing and running. Bring a water bottle.
106104-01 $16 M 9/19-9/26 3:30pm-4:30pm

ELEMENTARY AGE PROGRAMS

KIDS DRAWING
(Ages 7-11) Children will get to know about a few drawing tools such as pencils as well as charcoal. They will find their favorites and recreate their own interpretation of a couple of works by a famous artist. Instructor: Maria Nicklin.
106205-01 $48 Tu, Th 9/6-9/22 4:00pm-5:00pm

DESSERT CHEFS
(Ages 5-11) Let's prepare a special dessert for you to share with your family. Instructor: Linda Sapp.
106105-01 $15 F 11/11-11/14 3:30pm-4:30pm
106105-02 $15 F 11/18-11/21 3:30pm-4:30pm

APPL DUMPLING DAY
(Ages 3-5) Who doesn't like apple dumplings? Today we will prepare this special treat for you and your family. Instructor: Linda Sapp.
106106-01 $16 M, Tu 9/5-9/6 10:00am-12:30pm
106106-02 $16 M, Tu 9/12-9/13 10:00am-12:30pm

P & P SPORTS
(Ages 2-5) Parent and preschooler can enjoy 30 minutes learning the basic skills needed for basketball and baseball. Fee is for the child only (must be accompanied by an adult).
106107-01 $15 F 9/29 12:00-1:30pm
106107-02 $15 F 10/2/1 12:00-1:30pm
106107-03 $15 F 11/1 12:00-1:30pm

SOLIC, SHOT & GOA
(Ages 5-11) This class is for beginner soccer players. The focus will be on the basic fundamentals and skills. Bring a water bottle.
106109-01 $16 M, Tu 10/3-10/11 3:30pm-4:30pm

TRICK OR TREAT LUNCHEON
(Ages 3-5) We are going to prepare a fun Halloween themed meal. Instructor: Linda Sapp.
106113-01 $15 F 10/28 12:00pm-1:30pm

PREESCHOOL BASKETBALL
(Ages 3-5) Young players will learn basic skills in dribbling, shooting and running. Bring a water bottle.
106110-01 $16 M 10/17-10/24 3:30-4:30pm

PRESCHOOL BASKETBALL
(Ages 3-5) Young players will learn basic skills in dribbling, shooting and running. Bring a water bottle.
106111-01 $16 M 10/17-10/24 3:30-4:30pm

IT’S MICKEY’S BIRTHDAY
(Ages 3-5) Happy birthday Mickey Mouse! We will celebrate by making a special treat for you and your family. Instructor: Linda Sapp.
106107-01 $15 F 11/11 12:00-1:30pm
106107-02 $15 F 10/21 12:00-1:30pm

HONOR OUR VETERANS
(Ages 5-11) Veteran’s Day is an opportunity to honor and give thanks to those who have served or are serving in the military. We will make a special thank you card for that person in your life. Bring a lunch and drink and we will make a special red, white and blue treat as a celebration. Instructor: Linda Sapp.
106110-01 $15 F 10/26 12:00pm-1:30pm

COOKS & BOOKS
(Ages 3.5-5) Love to read as much as you love to cook? Your favorite books will come to life through our delectable recipes. Bring a lunch and drink.
106116-01 $15 F 10/4-10/11 12:00pm-1:30pm
106116-02 $15 F 10/18/10/25 12:00pm-1:30pm

DESSERT CHEFS
(Ages 5-11) Let's prepare dessert for you to share with your family. Instructor: Linda Sapp.
106104-01 $15 Th 9/22 4:00pm-5:00pm
106104-02 $15 Th 10/13 4:00pm-5:00pm
106104-03 $15 Th 11/17 4:00pm-5:00pm

APPLE DUMPLING DAY
(Ages 3-5) Young players will develop skills in safety, hitting, throwing and running. Bring a water bottle.
106104-01 $16 M 9/19-9/26 3:30pm-4:30pm

Register at www.loudoun.gov/webtrac
PRESCHOOL
STORIES & A CRAFT AT THE DOUGLASS DUNES
(Ages 4-5) Join the adventure. Enjoy an exciting, physically active, and well-rounded experience. Enriching activities include story time, music, arts, and crafts. No class on 9/26, 10/5, 10/10, 10/24, 10/31, 11/11, 11/18, 11/21, 12/3, 12/25
104101-01 $60 Tu, Th 9/13-9/29 9:30am-11:00am
104101-02 $60 Th 10/4-10/27 9:30am-11:00am
104102-01 $60 Tu, Th 11/3-12/29 9:30am-11:00am
MY FIRST PRESCHOOL ADVENTURE
(Ages 2.5-3.5) We say, yes tap for a 2-year-old and nothing could be better! Lots of tutu twirling and princess dancing too! Plus a show on stage like the big kids. Creative Dance/Recital Fee due in November. Leotard or tutu, tights and ballet shoes recommended. Show date will be Sunday, January 15th.
Creative Dance Center, 4470 Cape Court, Suite 126, Ashburn
104141-01 $390 Tu, Th 9/15-12/15 4:30pm-5:15pm
104141-02 $390 F 11/16-12/13 4:30pm-5:15pm
STEPPING INTO SCHOOL
(Ages 3-5) This program is designed to help children make a successful transition to an independent experience. They develop social skills while exploring the alphabet, numbers, music, movement, and art with different themes. No class on 9/26, 10/5, 10/10, 10/24, 10/31, 11/1/11, 11/18, 11/21, 11/24, 12/5
104101-01 $90 M, W, F 9/12-9/30 9:30am-11:00am
104101-02 $120 M, W, F 10/2-12/30 9:30am-11:00am
104101-03 $120 M, W, F 11/2-12/30 9:30am-11:00am
NATIONAL GRANDPARENTS’ DAY
(Ages 3-9) Spend some special time with your grandparents for Grandparents Day. You will enjoy painting a picture together, making a snack and playing games.
104102-01 $15 Sa, Su 9/11-9/12 10:00am-11:00am
ARGH, THE PIRATES LIFE FOR ME
(Ages 3-4) Ahoy Mate! Sail on over to Douglass and join us in a treasure hunt of building. BCC will provide extra scarecrow supplies. Registration required by 9/6. Cost is for the child only.
Creative Dance Center, 4470 Amberwood Plaza, Suite 110, South Riding
104137-01 $10 M 11/28 11:30am-12:30pm
ALL GROWN UP!
(Ages 4-5) These 1 hour ballet, tap, and jazz classes will be taught in the wonderful baby balleline way, but will have a few changes to help prepare the big kid classes. Mommies and Daddies will now be completely outside of the room. And dress-up is no longer required to help us love dance because we already got that down for you kids! Creative Dance/Recital Fee due in November. Leotard or tutu, tights and ballet shoes recommended. Show date will be Sunday, January 15th.
Creative Dance Center, 4470 Cape Court, Suite 126, Ashburn
104491-01 $390 Tu, Th 9/15-1/13 1:15pm-2:15pm
104491-02 $390 Sa 11/12-1/13 12:00pm-1:00pm
MINI HIP HOP & WEEKS SESSION
(Ages 4-5) Super FUN way to dance the weeks and learn a real hip hop combo to show parents on the last day! Comfortable athletic clothing and sneakers recommended.
Creative Dance Center, 4470 Cape Court, Suite 126, Ashburn
104450-01 $15 Tu, Th 9/17-10/13 4:45pm-5:30pm
104450-02 $15 Sa 10/24-11/8 3:45pm-4:30pm
PARENTS DROP AND SHOP NIGHT
(Ages 4-11) How would you like to go out without worrying about who is going to take care of the kids? Drop your children off at BCC, and we will take care of the rest. Enjoy your night out for a dinner date, movie date or just have time to yourself and we will make sure your children’s enjoy a fun filled night as well.
104509-01 F 9/18 Sa 9/20 5:00pm-10:00pm
104509-02 F 10/23 Sa 11/12 5:00pm-10:00pm
ELEMENTARY AGE PROGRAMS
BALLET/TYRICAL
(Ages 5-11) Dancers incorporate graceful lyrical choreography with Ballet technique as the basis for their steps. Black leotard, pink tights and ballet shoes recommended.
Creative Dance Center, 4470 Amberwood Plaza, Suite 110, South Riding
104552-01 $78 Sa 10/8-10/29 9:30am-10:15am
104552-02 $78 Sa 11/15-1/13 9:30am-10:15am
104552-03 $78 Sa 9/10-10/1 9:30am-10:15am
104552-04 $85 Sa 10/25-12/10 9:30am-10:15am
104552-05 $85 Sa 11/15-1/13 9:30am-10:15am
104552-06 $85 Sa 11/15-1/13 9:30am-10:15am
BALLET/JAZZ
(Ages 5-11) This combo class begins with traditional ballet exercises and stretches, and then really gets going with juicy dance moves and combos to show your friends! Black leotard, pink tights and ballet shoes recommended.
Creative Dance Center, 4470 Amberwood Plaza, Suite 110, South Riding
104553-01 $85 M 9/12-10/3 5:30pm-6:30pm
104553-02 $85 M 10/11-11/17 5:30pm-6:30pm
104553-03 $85 Sa 9/11-10/1 11:00am-12:00pm
Creative Dance Center, 4470 Amberwood Plaza, Suite 110, South Riding
104553-04 $85 W 9/14-10/5 5:30pm-6:30pm
104553-05 $85 W 10/11-11/2 5:30pm-6:30pm
104553-06 $85 W 11/12-12/7 5:30pm-6:30pm
Register at www.loudoun.gov/webtrac
**TEEN PROGRAMS**

**CONTEMPORARY JAZZ/LYRICAL**

(Ages 12 & Up) Learn Contemporary style like you see on So You Think You Can Dance? Class technique is based on classical jazz and lyrical movement. Comfortable athletic clothing and jazz shoes recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn, VA.

104507-01 $15 Tu 9/13-10/4 7:00pm-9:00pm 8:00pm-9:00pm

104507-02 $10 Sa 10/11-11/1 8:00pm-9:00pm

104507-03 $10 Tu 11/14-12/9 7:00pm-9:00pm

**CRATING WITH LEAH**

(Ages 13-16) Participants will be able to use their imagination to design and execute crafts using a wide variety of materials using skills they developed in class. These include materials but are not limited to paint, beads, fabric, paper, and embellishments. Participants will also be able to record these crafts and learn to design and create their own crafts at home, if so desired.

104121-03 $30 F 9/30 7:00pm-9:00pm

104123-02 $30 F 10/28 7:00pm-9:00pm

104123-03 $30 F 11/18 7:00pm-9:00pm

**TEEN/ADULT BALLET**

(Ages 13 & Up) Always wanted to learn the graceful moves of Ballet? In this beginner class, you will learn barre work, flexibility, and balance, leaps, and turns. Comfortable athletic clothing and ballet shoes recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn, VA.

104507-01 $10 Tu 9/13-10/4 8:00pm-9:00pm

104507-02 $10 Sa 10/11-11/1 8:00pm-9:00pm

104507-03 $10 Tu 11/14-12/9 7:00pm-9:00pm

**HATNA YOGA**

(Ages 14 & Up) Traditional practice designed to restore the body and mind to a balanced state through a series of poses sequenced to stimulate and move energy through the body based on the science of yoga.

104502-01 $5 Class 9/20-11/29 5:30pm-6:30pm

**ZUMBA**

(Ages 14 & Up) An energizing dance fitness class featuring Latin and International music. Exercise in disguise! Burn tons of calories and have a great time doing it!

104503-02 $5 Th 10/3 5:00pm-6:00pm

104503-03 $5 Tu 11/10 5:00pm-6:00pm

**HIP HOP FOR TEENS/ADULTS**

(Ages 15 & Up) Hip hop dance is embedded in current culture: rich in history, music, and styles. Learn how to do hip hop grooves, popping/locking, tutting, and other cool moves, all to popular music. Comfortable athletic clothing and clean sneakers recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn, VA.

104508-01 $15 W 9/14-10/6 8:00pm-9:00pm

104508-02 $15 Tu 9/13-10/4 5:00pm-6:00pm

104508-03 $10 Sa 11/18 12:00pm-2:00pm

104508-04 $15 Tu 11/29 7:00pm-9:00pm

JAZZ/LYRICAL

This class is 1.5 hrs. long to explore both styles of dance: Jazz and Lyrical. Class will begin with warm-up and stretching before ballet technique. Progresses to leaps and turns across the floor. Dancers will learn combinations using today’s popular music. Comfortable athletic clothing and jazz shoes recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn, VA.

(Ages 8-11)

104208-01 $15 W 9/14-10/6 5:30pm-7:00pm

104208-02 $15 Tu 9/13-10/4 6:30pm-8:00pm

104208-03 $15 N 11/18-12/6 7:00pm-9:00pm

104208-04 $15 Su 9/18-10/23 7:00pm-9:00pm

104208-05 $15 Tu 11/22 7:00pm-9:00pm

104208-06 $15 Tu 11/29 7:00pm-9:00pm

(Ages 11-16)

104208-07 $15 Tu 9/20-10/25 7:00pm-9:00pm

104208-08 $15 Tu 9/27-10/11 7:00pm-9:00pm

104208-09 $15 Tu 11/8-11/22 7:00pm-9:00pm

104208-10 $15 Tu 11/29 7:00pm-9:00pm

104208-11 $15 W 9/14-10/6 6:30pm-8:00pm

104208-12 $15 W 10/12-11/22 6:30pm-8:00pm

104208-13 $15 W 11/19-12/26 6:30pm-8:00pm

104208-14 $15 W 12/27-1/9 6:30pm-8:00pm

**ABSOLUTE BEGINNER TAP DANCE FOR ADULTS**

(Ages 50 & Up) Dust off your old tap shoes! Or start brand new! Whether you’re already shaking your shuffles and flaps, or you’re already doing your own, get back on that feedboard. No pressure, no stress, just fun! Ballet technique and tap shoes recommended.

104510-01 $80 M 9/13-10/2 7:30pm-9:00pm

104510-02 $80 T 9/14-10/2 7:30pm-9:00pm

104510-03 $80 M 11/14-12/3 7:30pm-9:00pm

**COMMUNITY YARD SALE**

(Ages 18 & Up) Do you have extra items laying around that you would like to sell? Join us at the Shenandoah Building parking lot! We will provide tables and chairs for $25 or a 1x6 space only for $15. Fee to bring your own pop-up tent. Pre-registration is required no later than Friday, 8/12/22.

104777-01 $25 Sa 8/20 7:00am-2:00pm

104777-02 $15 Sa 8/20-9/3 7:00am-2:00pm

104777-03 $15 Sa 9/10 7:00am-2:00pm

**PRICES ON THE GO**

(All Ages) Meet us at the park for a free surprise pop-up event. You bring your family, we'll bring the equipment! Come out for a moon bounce, brass cup, children's activities and crafts, chalk, and so much under the sun. No registration required. Call 703-771-9973 for more information.

Location: Brambleton Park

104112-06 $10 Sa 8/20 5:00pm-10:00pm

104112-07 $10 W 8/25 5:00pm-10:00pm

**BACK TO SCHOOL BASH**

(All Ages) Join us as Dooglass to ring in the new school year. We will have games, and activities for you and your family, balloon animals, a magician, and Costume Characters. Food will be provided.

Location: Douglass Community Center Pre-register by 9/10

104705-01 $5 Sa 9/17 10:00am-12:00pm

**LATINO FESTIVAL**

(All Ages) The Loudoun County Latino Festival is a free community festival to celebrate and showcase Latino culture. The event features live music and entertainment, food, giveaways, local businesses, non-profit and commercial vendors, and children’s activities including crafts, moose bounces, and stomp cars. Call 703-771-9973 for more information.

Location: Shenandoah Building, 102 Heritage Way NE, Leesburg, VA

**COMMUNITY CENTER PAINTING**

Free

Friday, 8/12/22

104775-01 $25 Sa 8/20 6:30pm-9:00pm

104775-02 $25 Sa 8/20 6:30pm-9:00pm

104775-03 $25 Sa 9/10 6:30pm-9:00pm

**TRUNK OR TREAT**

(Ages 8-12) Do your cars have the skills to trick or treat? Join us in our 1st pumpkin carving night and enjoy pizza for dinner. Your pumpkin will be judged in 3 categories: Funniest, Most Creative, and Scariest.

104302-01 $10 F 10/28 5:00pm-9:00pm

**COMMUNITY CENTER PAGE 9 | Register at www.loudoun.gov/webtrac**
LOUDOUN VALLEY COMMUNITY CENTER
320 West School Street, Purcellville, VA 20132
571-367-8444
M, Tu, W, Th, 7:00am-9:00pm • F 7:00am-6:00pm • Sa 8:00am-4:00pm
loudoun.gov/loudounvalleycc

LICENSED PROGRAMS

CHILD CARE
(Ages 3-5) Are you looking for a community childcare solution for your family? LVCC offers full time childcare 7am-6pm five days a week. Our Licensed professionals provide a safe, healthy, learning environment that promotes the physical, social, and intellectual growth of children. Healthy breakfasts and snacks provided.

TWO’S PRESCHOOL
Two’s Preschool is the perfect first preschool experience for your young beginner. Social skills, music, crafts, sharing, and making new friends are all included in this wonderful toddler program. Children must be 2.5 to enter this program. To register, call LVCC at 540-338-4122 or stop by School Street.

PRESCHOOL
(Ages 3-5) Our State Licensed, nine-month preschool program operates Septem-
ber through May and follows the Loudoun County School calendar. Our experi-
enced staff follows the Creative Curriculum program for the enrichment of your
toddler program. Children must be 2.5 to enter this program. To register
enrichment. Kaleidoscope embraces the treasures of literature that will guide and
support your child's creative literacy development. Bring a lunch and a water bottle
to class. NO CLASS 11/23

WEDNESDAY LUNCH CLUB
(Ages 3-5) Extend your child's preschool day with a fun stop over with friends!
Lunch Bunch! Lots of outdoor play and time. Bring a lunch and water bottle
to class. NO CLASS 11/23

KIDS FITNESS DANCE FUSION
(Ages 3-5) This exciting fitness program is designed to help young children de-
velop crucial balance and coordination skills to aid in building a strong foundation
for all sports activities! Each class is jam-packed with fun fitness games and dance
activities created to keep even the most active child engaged. Bring a lunch and
water bottle to class.

FRIDAY FUN BUNCH
(Ages 3-5) Grab your friends and bring your lunch while you stay after preschool
and have a fun time playing games, being creative and playing outdoors. Bring
lunch and a water bottle to class.

TODDLER & PARENT PROGRAM

MY TODDLER & ME
(Ages 1.5-2.5) Join us for a fun toddler plus adult experience! Children will be
practicing early preschool skills such as coming together for circle time, singing
together, sitting and engaging in age-appropriate books. We will work on sharing
and an art project. Toddlers will get a feel for their first preschool experience! A
caregiver must attend class with toddler.

PRE-SCHOOL AGE PROGRAMS

STAY & PLAY
(Ages 3-5) Get ready to have lots of fun with your preschool friends.
Outdoor time and indoor games and play! Bring a lunch and a water bottle to class.
NO CLASS 10/10

UNCLE WALT’S FAVORITE STORIES
(Ages 3-5) Join Ms. Elizabeth for the classic children’s stories you know and love! Uncle Walt’s favorites include animal adventures, princesses and kingdoms, and many other interesting characters! Plan on enjoying games, crafts, songs, and some outdoor play too. Bring a lunch and a water bottle to class.

WIGGLES & GIGGLES KIDS YOGA
(Ages 3-5) This fun filled program will help your child get moving & growing
through a combination of active-movement songs, fitness, stories, and en-
gaging mindfulness activities. Each class has been specifically designed to help young children develop valued self-regulation skills through laughter, play,
silliness, imagination, and fun. Bring a lunch and a water bottle to class.

KALEIDESCOPE
(Ages 3-5) Expand your child’s day in the enchanting world of kaleidoscope! You
will explore the world of books, engage in various activities that provide literacy
enrichment. Kaleidoscope embraces the treasures of literature that will guide and
support your child’s creative literacy development. Bring a lunch and a water bottle
to class. NO CLASS 11/23

WIGGLES & GIGGLES KIDS YOGA
(Ages 3-5) This fun filled program will help your child get moving & growing
through a combination of active-movement songs, fitness, stories, and en-
gaging mindfulness activities. Each class has been specifically designed to help young children develop valued self-regulation skills through laughter, play,
silliness, imagination, and fun. Bring a lunch and a water bottle to class.

FRIDAY FUN BUNCH
(Ages 3-5) Grab your friends and bring your lunch while you stay after preschool
and have a fun time playing games, being creative and playing outdoors. Bring
lunch and a water bottle to class.
Dancing in Efx, Starz, Instantiation, and Performance Hip Hop will have the opportunity to perform in the winter recital at the Franklin Park Arts Center. Bring a water bottle to class. Contact Heather Orr at schooperformingarts@gmail.com with inquiries. Please bring a water bottle.

FITNESS CENTER

Group classes work out. Get in shape or just tone up! New state of the art fitness equipment! All passes for Students 12-15 must be supervised by a paying adult or guardian. Students 16-24 must present an ID with age.

Daily Admission

Adults (Ages 18-54) $3
Seniors (55+) $2
Students (12-15) with guardian or (16-24) with ID $2

Monthly Admission

Adults (Ages 18-54) $30
Seniors (55+) $20
Students (12-15) with guardian or (16-24) with ID $20

Taste of Fitness Pass

Adults (Ages 18-54) $150

SPECIAL EVENTS

WINE & ART TRAIL EXCURSION

(Ages 21 & Up) Join us for a tour of western Loudoun County wineries, and wineries on the wine & ale trail excursion. Tour guide Daniel Traub will chauffeur you and your wine & ale trail excursion. You can enjoy a tasting, a wine and a beer! You may purchase a bottle of wine and/or beer at your own expense.

101600-01 $5 Tu 10/21 6:30-7:30pm

HALLOWEEN MOVIE ON THE LAWN

(Ages All) Bring a blanket or lawn chair and enjoy a family friendly ghoulies movie. Halloween movie under the stars! All children must be accompanied by a parent. Movies start at dusk, movie ticket TBD for date. Contact LVCC at 571-367-8444 for information.

Location: Loudoun Valley Community Center Free

PARENTS NIGHT OUT

(Ages 4-10) Parents, enjoy a night out on the town while your children enjoy a movie, games, crafts, and a pizza dinner.

101600-02 $15 F 11/8/23 6:00-9:00pm

TURKEY Trot!

(Ages 16 & Up) This punch card is a Mixed Laiden Vinaysa flow yoga class for beginner to advanced students. We will incorporate strength, balance, flexability, and meditation in a small-class environment. Join on your body and mind!

Punch Card Pass Th Tu 8:30-9:30am

Yoga

(Ages 16 & Up) This punch card is a Mixed Laiden Vinaysa flow yoga class for beginner to advanced students. We will incorporate strength, balance, flexability, and meditation in a small-class environment. Join on your body and mind!

Punch Card Pass M 11:00am-12:00pm

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 is an all-inclusive, cardio, calorie-burning, body-energizing and inspiring movements designed to engage and motivate. All fitness levels welcome.

Punch Card Pass Tu/Th/W 9:30am-10:30am

INSTRUCTIONAL CLASS REGISTRATION: $396 Tu 8/31-1/11 6:15pm-7:15am

Ballet, jazz and Dance Technique for the beginner to intermediate level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, balance, coordination, and performance technique.

INSTRUCTIONAL INTERMEDIATE-DANCE COMPANY

(Ages 10-17) This intermediate dance company focuses on lyrical, ballet and Jazz Dance Technique for the intermediate to advanced level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, strength, balance, coordination, and performance technique.

INSTRUCTIONAL-ADVANCED DANCE COMPANY

(Ages 10-17) This advanced dance company focuses on lyrical, ballet, jazz and Dance Technique for the advanced level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, strength, balance, coordination, and performance technique.

INVENTION-INTERMEDIATE DANCE COMPANY

(Ages 9-12) This intermediate dance company focuses on lyrical, ballet and Jazz Dance Technique for the beginner to intermediate level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, strength, balance, coordination, and performance technique.

INVENTION BEGINNER-INTERMEDIATE DANCE COMPANY

(Ages 9-12) Performance beginner hip hop crew

(Ages 6-11) Performance beginner hip hop crew is a high energy group of talent- ed dancers. This is an upbeat and fun class that focuses on building technique, strength, balance, coordination, and performance for the intermediate to advanced level dancer. Dancers will have an opportunity to perform in parades and festivals.

PERFORMANCE BEGINNER HIP HOP CREW

INVENTION-ADVANCED DANCE COMPANY

(Ages 9-12) This intermediate dance company focuses on lyrical, ballet, and Jazz Dance Technique for the beginner to intermediate level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, strength, balance, coordination, and performance technique.

INVENTION BEGINNER INTERMEDIATE DANCE COMPANY

(Ages 5-9) Starz dance company is a class for beginner to intermediate dance level students. Dancers will learn the discipline and techniques of lyrical, ballet, tap and jazz while focusing on building strength, balance, coordination, and perfor-
SPORTS 4 SHORTCUTS  
(Ages 3-5) Develop kicking, running, throwing and good sportsmanship in this fun athletic class made just for little kids! Instructor: Melissa Blankenship.  
102101-01 $15 W 9/12 11:30am-1:00pm  
102101-02 $15 W 10/12 11:30am-1:00pm  
102101-03 $15 W 11/12 11:30am-1:00pm

GAME CLUB  
(Ages 3-5) Learn and play board games with your friends. We will play Candy Land, Checkers, Trouble...and of course there will be LEGOs for the creative builders! Instructors: Barbara Ray.  
102120-01 $15 F 9/16 11:30am-1:00pm  
102120-02 $15 F 10/17 11:30am-1:00pm  
102120-03 $15 F 11/14 11:30am-1:00pm

LITTLE CHEFS  
(Ages 3-5) It’s no secret; kids love to cook! Chef Christine will cater to your tiny one’s taste buds and cook up a treat to take home! Instructor: Christine White.  
102112-01 $18 M 9/19 11:30am-1:00pm  
102112-02 $18 M 10/17 11:30am-1:00pm  
102112-03 $18 M 11/17 11:30am-1:00pm

ANIMAL KINGDOM  
(Ages 3-5) Come join the fun as we explore different animals! Instructor: Melissa Blankenship.  
102111-01 $15 W 9/21 11:30am-1:00pm  
102111-02 $15 W 10/19 11:30am-1:00pm  
102111-03 $15 W 11/16 11:30am-1:00pm

PLAYGROUND FUN  
(Ages 2-5) Come run around the playground with your friends and then enjoy a picnic lunch outside! Instructor: Melissa Blankenship.  
102104-01 $15 F 9/23 11:00am-1:00pm  
102104-02 $15 F 10/24 11:00am-1:00pm  
102104-03 $15 F 11/11 11:00am-1:00pm

MONDAY ADVENTURES  
(Ages 3-5) Enjoy a new adventure each week! Instructor: Christine White.  
102105-01 $15 M 9/26 9:00am-11:00am  
102105-02 $15 M 10/22 9:00am-11:00am  
102105-03 $15 M 11/28 9:00am-11:00am

STORYBOOK ART  
(Ages 3-5) Enjoy a story and then get creative by doing a fun story-related arts and crafts project. Instructor: Christine White.  
102107-01 $15 W 9/28 9:00am-11:00am  
102107-02 $15 W 10/26 9:00am-11:00am  
102107-03 $15 W 11/30 9:00am-11:00am

BOOK WORMS  
(Ages 3-5) Come join the fun as we explore the amazing world of books! Instructor: Barbara Ray.  
102105-01 $15 F 9/30 9:30am-1:00pm  
102109-02 $15 F 10/21 9:30am-1:00pm  
102109-03 $15 F 11/18 9:30am-1:00pm

LUNCH BUDDIES  
(Ages 3-5) Join your preschool friends and enjoy some Turkey Day Fun! We will make crafts, play games and then enjoy lunch together! Instructor: Melissa Blankenship.  
102116-01 $15 M 11/21 11:30am-1:00pm

THANKSGIVING FUN  
(Ages 3-5) Join your preschool friends and enjoy some Turkey Day Fun! We will make crafts, play games and then enjoy lunch together! Instructor: Melissa Blankenship.  
102116-02 $15 W 11/22 11:30am-1:00pm

FAMILY BINGO NIGHT  
(All ages) Bring the whole family and play some good old fashioned BINGO!  
102175-01 $3 F 11/23 6:30pm-7:30pm  
102175-02 $3 F 11/21 6:30pm-7:30pm  
102175-03 $3 F 11/18 6:30pm-7:30pm

FITNESS PROGRAMS  
FITNESS CENTER 2022  
(Ages 16 & up) Come in and work out! Get back in shape or just tune up! New state of the art fitness equipment. Passholders may utilize Fitness Centers at Lovettsville, Loudoun Valley and Sterling Community Centers.  
Daily Admission:  
Adults (Ages 18-54) .................................................................................. $3  
Seniors (Ages 55 & up) ............................................................................. $2  
Students (Ages 16-24 with ID) ............................................................... $2  
Monthly Pass—unlimited use:  
Adults (Ages 18-54) .................................................................................. $30  
Seniors (Ages 55 & up) ............................................................................. $20  
Students (Ages 16-24 with ID) ............................................................... $20  
6 Month Pass—unlimited use:  
Adults (Ages 18-54) .................................................................................. $150  
Seniors (Ages 55 & up) ............................................................................. $100  
Students (Ages 16-24 with ID) ............................................................... $100  
Annual Pass—unlimited use:  
Adults (Ages 18-54) .................................................................................. $275  
Seniors (Ages 55 & up) ............................................................................. $150  
Students (Ages 16-24 with ID) ............................................................... $150  
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 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 many pass visit options! Passes can be purchased and used at all Lovettsville Community Center and Loudoun Valley Community Center. Instructor: Fitness Image Results.  
Passes expire at the end of each month  
M,W ........................................ 9/7-11/30 ........................................ 5:30pm-6:30pm  
Tu, Th ......................................... 9/6-11/22 ......................................... 8:00am-9:00am  
Sa ............................................. 9/6-11/26 ......................................... 8:00am-9:00am  
4 Visits................................................................................................. $52

MULTIAGE PROGRAMS  
SCHOLARSHIP BOOK FAIR  
Welcome to School Street’s Scholaristic book Fair! The LVC Advisory Board sponsored this wonderful event for our community as a fun raiser to help provide funds for children’s scholarship for preschool. The vast selections are for the youngest child through adult. This is a great time to shop for the holiday season! The book fair will be in the lobby at LVC Monday-Friday.  
Register at www.loudoun.gov/webtrac

Page 14 | General Registration Begins August 11

Lootsville Community Center  
57 E. Broad Way, Leesburg, VA 20176  
703-771-5288  
42361 Lucketts Road, Leesburg VA, 20176

Seniors (55 & up) .................................................................................. $150  
Students (Ages 16-24 with ID) ............................................................... $150  
8 Visits ................................................................................................... $96  
10 Visits ................................................................................................. $110  
Unlimited ............................................................................................... $120  
2 Family Members Unlimited ................................................................. $200  
Multi-Family Members Unlimited .......................................................... $250  
Drop-in .................................................................................................. $15

Lucketts Community Center  
42361 Lucketts Road, Leesburg VA, 20176  
703-771-5288  
M, T, W, F 7:00am-9:00am  
Tu, Th 7:00am-10:00am

Lovettsville Community Center  
57 E. Broad Way, Leesburg, VA 20176  
703-771-5288  
42361 Lucketts Road, Leesburg VA, 20176

Children (5-11) Join our excellent after-school program for fun and enrichment, including outside play, games, activities, crafts, and homework help. The program enrolls year-round. Ask us about Fall 2022 enrollment.
PREK 5 PROGRAMS

TUMBLE TOTS
(Ages 3-5) Join us for stories, songs, movement and more. After Storytime, connect with other parents and caregivers while your child enjoys time with friends. Dress ins are welcome, but to guarantee a spot, please register online.

TVM-FREE

YOGA 4 KIDS
(Ages 3-5) Join us as your little one learns to make simple and fun recipes.

109190-01 $54 M 9/12-9/28 12:00pm-1:30pm

MINI CHEFS
(Ages 3-5) Join us as your little one learns to make simple and fun recipes.

109191-01 $54 Th 1/10-1/24 12:00pm-1:30pm

SPANISH FOR PRESCHOOLERS
(Ages 3-5) Students will learn the beginner basics of Spanish through different activities, songs, and games!

109194-01 $48 W 9/14-9/28 12:00pm-1:30pm

DROP-IN PICKLEBALL
(All Ages) Join us on Wednesday mornings in September for drop-in pickleball. We will reserve our tennis court from 10:00am-12:00pm just for pickleball!

109287-01 $25 F 9/9-9/29 6:00pm-9:30pm

ADULT PROGRAMS

SENIOR AEROBIC BREAKFAST
(Ages 55 & up) Join us for a breakfast social and enjoy the company of our Luckett's Community

109766-01 W 9/7 7:30am-9:00am

SCHOOL LUNCH TOUR
(Ages 55 & up) Come out and bring your appetite! Join us as we journey to a local restaurant for good eats and fellowship with our friends in the community.

109691-01 $10 W 10/5 11:00am-2:00pm

THANKSGIVING LUNCHEON
(Ages 55 & up) Come for lunch and enjoy the company of our Luckett's Community. Bring a side-dish to share.

109692-01 Th 11/10 12:00pm-2:00pm

DANCE, DANCE PARTY
(Ages 3-5) Join us for the best dance party of the century! Your preschooler will be in a dance party as they sing and dance to fun upbeat music.

109195-01 $36 Th 11/13/117 12:00pm-1:00pm

TUMBLE TOTS
(Ages 3-5) Let’s Get Tumbling! Join us for Tumble Tots. This high energy class will have the students moving and grooving all while learning the basics of tumbling.

109196-01 $48 M 11/7-11/29 12:30pm-1:00pm

WATERFORD KIDS CLUB
(Ages 6-11) A mixture of fun and aerobics in an inclusive environment. No matter what your aerobic level is, come and join the fun!

109299-01 $45 Th 9/27-10/18 2:45pm-4:00pm

109299-02 $20 Th 10/25-11/10 2:45pm-4:00pm

109299-03 $20 M 10/27-11/10 2:45pm-4:00pm

109299-04 $20 Th 11/20-12/11 2:45pm-4:00pm

WATERFALL MOTHERS’ DINNER
(Ages 6-12) Drop the kids off for a fun night at the Old Waterford School. We’ll build our own burritos, create art and play traditional games from Mexico. Dinner is included.

109298-01 $25 F 11/12 6:00pm-9:30pm

RECESSION EXTENDED
(Ages 6-11) Let’s just play the rest of the day! Extend your child’s recess after school as we explore different PE, games and recreational activities.

109298-01 $45 Th 11/13/117 12:45pm-4:00pm

CRAFTING GALLERY
(Ages 18-99) Come craft with us! Each class, students will use a different medium to create beautiful masterpieces and works of art.

109527-01 $60 Tu 10/20-11/10 3:00pm-4:00pm

PARENTS NIGHT OUT-BURRITO BASH
(Ages 6-12) Drop the kids off for a fun night at the Old Waterford School. We’ll build our own burritos, create art and play traditional games from Mexico. Dinner is included.

109298-01 $25 F 11/12 6:00pm-9:30pm

SENIOR PROGRAMS

SENIOR SOCIAL BREAKFAST
(Ages 55 & up) Join us for a breakfast social and enjoy the company of our Luckett's Community

109766-01 W 9/7 7:30am-9:00am

SCHOOL LUNCH TOUR
(Ages 55 & up) Come out and bring your appetite! Join us as we journey to a local restaurant for good eats and fellowship with our friends in the community.

109691-01 $10 W 10/5 11:00am-2:00pm

THANKSGIVING LUNCHEON
(Ages 55 & up) Come for lunch and enjoy the company of our Luckett's Community. Bring a side-dish to share.

109692-01 Th 11/10 12:00pm-2:00pm

187 C. NATIONAL GARLAND
(Ages 18-99) Drawing from Colonial-era holiday decor, design and create an 18.5 ‘woven garland decorated with shimmery gold and red elements. Bring your own decorations to attach to your garland. These garlands will be beautiful additions to your holiday decor.

109382-01 $100 M 11/11-12/11 1:00pm-3:00pm

LICENSED PRESCHOOL

Philomont Community Center

AGES 2.5-5 Philomont Community Center offers a nine-month preschool program that follows the Loudoun County school calendar. Classes are offered for 2.5- to 5-year-olds.
**PRESCHEL AGES PROGRAMS**

**ENGINEERING WITH LITTLE BITS**
(Ages 5-9) Students are introduced to basic electronics in this six-week class including building/doing hands-on learning and projects. Kids combine everything they’ll need to complete their projects including books and photographs will be used to create a craft or depiction of the animal.

**CREATIVE CLAY**
(Ages 3-5) Sixth Monday of the month. As exploring topics such as animal habitats, replication, and pattern recognition through playing with clay. Children will strengthen fine motor muscles in their fingers and hands as they manipulate the clay.

**SILLY CHEFS**
(Ages 3-5) Third Tuesday of the month. If your child has insatiable curiosity about animals, they will love this class. Participants will learn about the physical characteristics, lifestyle, and habitat of each animal. A variety of materials, including books and photographs will be used to create a craft or depiction of the animal.

**ABC ADVENTURES**
(Ages 3-5) Third Thursday of the month. Science projects and hands on activities will be explored with friends. This class will allow your little one to explore the world of science with a different experiment each week. The class will be led by our education specialists!

**ECO ART**
(Ages 3-5) Fourth Friday of the month. Take a dive in the deep blue sea! Children will explore different sea creatures, learn about their wet habitats, and complete a craft to take home.

**FAMILY CRAFT TIME**
Every Monday after school for fun cooking, art, and STEM programs. Registration is required. We will meet on days that Loudoun County Public Schools are closed.

**MULTIAGE PROGRAMS**

**LEAD THE WAY**
Register at Loudoun.gov/webtrac

5-year-olds. The State Department of Social Services requires proof of current immunization, proof of age and a child application form. Our program follows the National Association for the Education of Young Children’s recommended Creative Curriculum Approach to Learning. Call the center for details and availability.

**STERLING COMMUNITY CENTER**
120 Enterprise Street, Sterling, VA 20164
703-430-9490 • Fax 703-258-3997
www.loudoun.gov/stercnc
M-F 7:00am-9:00pm • Sat 9:00am-5:00pm
CLAUDE MOORE RECREATION & COMMUNITY CENTER

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

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 or have completed a Youth Fitness Orientation with a PRCS trainer. Ages 11 and under are not permitted unless they are in a programed event or class.

CLIMBING WALL
Come climb our 30-foot-high Freeform Climbing Wall! Children 11 and under and 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.

FACILITY RENTALS
Rental options include a carpeted, multipurpose room, catering kitchen, gymnasium, and small classrooms. Visit us for a tour and schedule your event. Payment is due at time of reservation.

KID KARE
Kid Kare is a drop-in child care service for members of Dulles South Recreation and Community Center and Claude Moore Recreation and Community Center. Kid Kare is available only to members with 6-month or annual passholders only.

Annual & 6-month recreation center memberships discounted
15% Dulles South Recreation & Community Center
24950 Riding Center Drive
South Riding, Virginia 20152
571-258-3456
Claude Moore Recreation & Community Center
46105 Loudoun Park Lane
Sterling, Virginia 20164
571-258-3600

Visit www.loudoun.gov/prcs or drop by for more information.

Register at www.loudoun.gov/webtrac | Page 21

Page 20 | General Registration Begins August 11
Elementary ages programs

Elementary days out camp
(Ages 6-11) Registration now and don’t miss this fun-packed camp. Enjoy your break from school with full-time fun games, crafts, swimming, and the climbing wall.

SPORTIES 4 SHORTIES
(Ages 4-5) Develop kicking, running, throwing and good sportsmanship in this fun athletic class made just for kids!

PARENTS’ NIGHT OUT ELEMENARY
(Ages 6-11) Enjoy a night out or a relaxing time while the children enjoy, swimming, climbing the rockwall, and a movie to end the night right (time permitting)

PARENTS NIGHT OUT - PRE-SCHOOL
(Drop off your child to enjoy a fun right of crafts, pizza, the outdoors, and a movie to end while you enjoy a break!

ATOMIC OLYMPICS
Bring your little one and make memories! Enjoy story time, songs, circle time, a themed activity and more! Parent participation required. Fee is per child.

Crafty crew
Each program will feature seasonally themed crafts and an opportunity for preschoolers to socialize with their ‘crew’.

Advanced basketball
(Ages 8-12) The advanced basketball program will teach and implement more advanced ball movements and skills to each participant’s game by having participants run through more advanced cone drills and live drills with other participants in the program.

Hatha yoga
Incorporated to improve coordination and joint stability.

Crazy eight
Incorporated to improve coordination and joint stability.

Yoga basics
Topics of Fitness Floor rules, basic exercise guidelines and workout etiquette. Upon completion, attendees receive a Youth Fitness Card, allowing them access to the Youth Fitness floor w/out adult supervision. Youths must be monthly, 6- or 12-month passholders or pay the price of daily admission to facility.

Private basketball training
For experienced players who are interested in continuing to play basketball at a high level. Participants must be able to swim.

Figure & Expression drawing
(Ages 12-17) This course is a gentle introduction into how to draw people. Bring your pencil & paper and learn the basics of proportions, areas, and drawing from life. Fee is per child.

Private training
Certified personal trainers can provide as much help as necessary to develop a life-long habit. Patrons can sign up for 4, 8, or 12 personal training sessions by appointment only.

Personal training
(Ages 12 & up) We offer 30 and 60-minute individual and semi-private personal training packages to help you reach your health and fitness goals. Our team of certified personal trainers will coach attendees on the topics of Fitness Floor rules, basic exercise guidelines and workout etiquette. Upon completion, attendees receive a Youth Fitness Card, allowing them access to the Fitness Floor w/out adult supervision. Youths must be monthly, 6- or 12-month passholders or pay the price of daily admission to facility.

Yoga basics
Topics of Fitness Floor rules, basic exercise guidelines and workout etiquette. Upon completion, attendees receive a Youth Fitness Card, allowing them access to the Youth Fitness floor w/out adult supervision. Youths must be monthly, 6- or 12-month passholders or pay the price of daily admission to facility.

Adult group fitness classes
Group fitness classes are included in long-term or day passes. Six month and annual pass holders may sign up ahead of time. Spaces will be reserved in all classes for drop-ins. Please check our website for the most up-to-date schedule.
Register at www.loudoun.gov/webtrac
DULLES SOUTH REC & COMM CTR

MULTIAGES PROGRAMS

MONDAY MAYHEM
(Mondays & Wednesdays) lululemon's Monday Mayhem is a boxing tournament in various Fighting Games. Come watch and play casual matches in a variety of games including Super Smash Bros. Ultimate, Street Fighter 5, Tekken 7, King of Fighters 15, Guilty Gear Strive, and more. Please check the Monday Mayhem Calendar on Loudoun PRCS and Dulles South Social Media, or in person at our facility, to see which game will be played each Monday. Doors open at 6pm and the tournament starts at 7pm. Please bring your own controller (BYOC) as we will not have enough for all matches taking place. Participants will require a waaver, participants under 18 need a parent or guardian signature as well. Participants under 12 will require an adult or guardian to accompany them, and they can register under the Monday Mayhem Spectator activity, code #105223. There are a small amount of free registration slots available for spectators or participants who wish to watch a round of commentary. If interested, please email Brendan.Rooney@loudoun.gov or call 757-258-3456. Free registrations on a first come first basis at 6pm.

BEGINNER INTERMEDIATE PERFORMANCE BALLET
(Ages 6-8) This class is designed for children who have taken a class with Miss Martial at Dulles South in the past or have previous dance training. Enroll in this class to experience an intermediate approach to ballet with intricate movement patterns, emphasis on the anatomically correct use of the body and a deeper appreciation for this art. Participants in this class may perform in a ballet performance on site at the end of the session. Registration is recommended. No Class 11/18 and 11/22 Instructor: Marisol Ortiz

PERFORMANCE BALLET I
(Ages 5-6) Beginning Ballet and creative dance combined to help develop musically, sense of artistry and self-discipline. Participants in this class may perform in a ballet performance on site at the end of the session. Soft ballet shoes recommended. No Class 11/8 and 11/22 Instructor: Marisol Ortiz

TRANSFORMERS WITH COACH MITCH
(Ages 16 & up) Metallic conditioning to burn the maximum of calories while building muscle strength and endurance. The most effective workout you can get to increase metabolism and change your body composition. No session September 25, 2022.

KENDO - THE WAY OF THE SWORD
(Ages 11 and up) Kendo, the art of Japanese fencing, strives to bring one's mind body, and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, fighting techniques, and basic strikes. This class will introduce Kendo students to the use of the sword and fine-tune their striking skills. The expectation is for participants move on to the regular kendo classes after 1-2 semesters of the beginner's class. Instructor: Christie Eckold. Osamu Osawa

KENDO FOR BEGINNERS
(Ages 11 and up) Kendo, the art of Japanese fencing, strives to bring one's mind body, and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, fighting techniques, and basic strikes. This class will introduce Kendo students to the use of the sword and fine-tune their striking skills. The expectation is for participants move on to the regular kendo classes after 1-2 semesters of the beginner's class. Instructor: Christie Eckold. Osamu Osawa

PETITE BALLET III
(Ages 7-9) Children will learn basic ballet vocabulary and creative dance to help develop musically, sense of artistry and self-discipline. Participants in this class may perform in a ballet performance on site at the end of the session. Soft ballet shoes recommended after first session. No Class 11/22 Instructor: Marisol Ortiz

PETITE BALLET II
(Ages 5-6) Beginning Ballet and creative dance combined to help develop musically, sense of artistry and self-discipline. Participants in this class may perform in a ballet performance on site at the end of the session. Soft ballet shoes recommended after first session. No Class 11/22 Instructor: Marisol Ortiz

PETITE BALLET I
(Ages 4-5) Children will learn basic ballet vocabulary and creative dance to help develop musically, sense of artistry and self-discipline. Participants in this class may perform in a ballet performance on site at the end of the session. Soft ballet shoes recommended after first session. No Class 11/22 Instructor: Marisol Ortiz

FITNESS TRAINING & PROGRAMS

PRIVATE TRAINING
(Ages 16 & up) customized 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 & effective workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for 4, 8, or 12 personal training sessions by appointment only.

INDOOR TEST
(Ages 12 & up) Go beyond the scale with the Indoor Test, a non-invasive body composition test that provides a detailed breakdown of your weight in terms of muscle, fat, and water on an IndiTest Sheet. Get instant feedback on what you can do to reach your health and fitness goals. IndiTest can be scheduled or done on a walk-in basis. To schedule your IndiTest assessment, please contact dcsportconcierge@loudoun.gov.

LIFE COACHING WITH KATRINA
(Ages 16 & Life) Coaching can help you clarify your goals, identify the obstacles blocking you back, and then come up with strategies for overcoming each obstacle. Participants are paired up with a Life Coach to meet one-on-one. Life coaching can help to improve self-confidence, heightened self-awareness, create a balanced life, achieve goals, foster better relationships, discover clarity and passion, unlock potential, manage time and priorities, overcome your fears and be aware of your values, better decision-making and so much more. For more information, please email DCSportconcierge@loudoun.gov.

WOMEN WITH WEIGHTS
(Ages 16 & up) This class is designed to introduce women to strength training exercises and techniques to build strong muscles, bones, and have confidence in the gym. The focus is on basic movement patterns. You will learn how to incorporate strength training into your existing fitness routine for better movement and performance. Each class is suitable for weight training exercises.

SPORTS & RECREATION

FITNESS & CARDIO

DANCE DAY WORKOUT
(Ages 16 & up) Put on your dancing shoes and come celebrate National Dance Day with your favorite instructors. All your favorite songs, dances, and friends, will be there. This class is suitable for all ages.

TRANSFORMERS WITH COACH NICK
(Ages 16 & up) Metallic conditioning to burn the maximum of calories while building muscle strength and endurance. The most effective workout you can get to increase metabolism and change your body composition. Customers can sign up for 4, 8, or 12 personal training sessions by appointment only.

SALE

FITNESS & CARDIO

SCHOOL'S OUT CAMP
(Ages 6-11) School’s out! Come join DSRCC for a day of fun. Swimming in the pool, climbing the climbing wall, arts and crafts, and much more! Please pack a lunch, bring both swimming pool and baseball, instructor: Dulles Guard

DANCE DAY WORKOUT
This class is designed to bring out your inner diva! We will be choreographing a set of fun dance routines that will have you moving till you drop! All participants will receive a fun t-shirt at the end of the session. No Class 11/18 and 11/22 Instructor: Sarah Kabli

YOUTH PROGRAMS

Ballet Performance 1 - Conducted by Marisol Ortiz - Students will have the opportunity to perform in a ballet recital at the end of the session. Soft ballet shoes recommended. No Class 11/8 and 11/22 Instructor: Marisol Ortiz

DANCE DAY WORKOUT
(Ages 6-11) Enjoy a night out while your kids enjoy pizza, crafts, games, and a movie. Call 757-258-3456 for more information.

FITNESS & CARDIO

FITNESS & CARDIO

FITNESS TRAINING & PROGRAMS

FIGHTING GAMES TOURNAMENT
(Ages 12 & up) We offer a 30 and 60-minute individual and semi-private training sessions 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 & effective workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for 4, 8, or 12 personal training sessions by appointment only.

TRANSPORTERS WITH COACH NICK
(Ages 16 & up) Metallic conditioning to burn the maximum of calories while building muscle strength and endurance. The most effective workout you can get to increase metabolism and change your body composition.

GENERAL REGISTRATION BEGINS AUGUST 11

Page 26 | General Registration Begins August 11

Page 27
GROUP EXERCISE

The following Land & Aqua Fit classes are included with an admission pass or membership. Please check our web page and Facebook for the updated monthly schedule and registration process. Classes are available to patrons 16 years and older. All class participants will be required to receive a class entrance card to participate in fitness classes. Class entrance cards can be obtained at the front desk thirty minutes before the start time of class.

LAND FIT CLASSES

AERObIC TONING (Ages 16 & up) Aerobic exercises choreographed to the music. This workout will give you a full body cardio workout. Suitable for all levels.

BODy SCULPT BOOTCAMP (Ages 16 & up) A total body and conditioning class using free weights, body bars, bands and your own body weight. Great for beginner to advanced.

CYCLE & CYCLE EXPRESS (Ages 16 & up) Work on building your muscular and cardio endurance while rockin’ it out to your favorite music! Sprint and climb while navigating high intensity intervals.

DANCE FIT (Ages 16 & up) A fun, impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

GENtLE YOGA (Ages 16 & up) “Easy does it.” This class is ideal for anyone wanting a slower paced class. We will be gently opening and strengthening the body, connecting with our breath, and calming the mind. Great way to reset yourself for the rest of the day. Please bring a Yoga mat.

gLwO - gENTLE lOW IMPACT (Ages 16 & up) This low impact strength training and cardio class uses exercises that are gentle on your joints and tendons. No matter your fitness level or abilities, you will discover the benefits of low impact training.

HATHA MORNING FLOW (Ages 16 & up) An energizing flow to start your day! This class focuses on the fundamental system of pairing poses and breathing, as well as the practice of meditation. Appropriate for all levels and abilities. Please bring a Yoga mat.

HATHA YOGA (Ages 16 & up) Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. You will learn how to balance effort and ease allowing you to discover the optimal flow of energy to achieve greater flexibility, strength, poise, and mental focus. Students are encouraged to explore each posture at their own pace without strain or judgment, always honoring the body. This class is designed for all levels. Please bring a Yoga mat.

HIIT EXPRESS - HIGH-INTENSITY INTERVAL TRAINING (Ages 16 & up) Want big results in a short amount of time? Burn calories and get fit with this 30-minute high-intensity interval class.

HRT EXPRESS - HIGH-INTENSITY RESISTANCE TRAINING (Ages 16 & up) Want all the benefits of interval training, but looking to build muscle? HRT training puts the best of cardio and resistance training together. Suitable for all levels.

KICKBOXING (Ages 16 & up) Increase stamina, improve coordination and flexibility, plus build muscle with this fun, all-levels workout that combines martial arts techniques with cardio.

MOVING WARRIOR YOGA (Ages 16 & up) Find your inner strength with this Hatha yoga flow. This class combines strength, stability, and varied intensity. Suitable for all levels.

PEDALPILoDA (Ages 16 & up) This is no trick! A 90-minute cycle class with your favorite instructors. Get ready to sweat and burn off those sweet treats. This class is suitable for all levels. Registration is recommended.

PEDALPILoDA BOTTYCAMP (Ages 16 & up) Join in for this very fun boot camp style workout. A special fall-themed class suitable for all levels. Registration is recommended.

PErFormANCE (Ages 12-16) Learn to move well, increase strength, improve agility and coordination. Whether a beginner or advanced, the small group size allows for individualized and custom programming by a certified personal trainer. Earn the competitive advantage in your sport. No Session on September 5, 2002.

PRCS NOTIFICATIONS

DULLES SOUTH T-DAY WORKOUT (Ages 16 & up) Join Coach Nick for small group training to pre-burn those Thanks-giving calories. This is a great workout that support your muscles. Join Jenny for this holiday workout. Suitable for all levels and abilities.

SELF MYOFASCIAL RELEASE THERAPY (Ages 16 & up) Fascia release therapy is a massage technique that focuses on releasing pain in your myofascial tissue. These are the thick connective tissue that support your muscles. Join Jenny for this one-hour workshop. Suitable for all levels and abilities.

SOUTHSIDE BOOtCAMP (Ages 16 & up) Join Kati for this frightfully fun boot camp style workout. A special fall-themed class suitable for all levels. Registration is recommended.
ASHBURN SENIOR CENTER
20880 Marblehead Drive, Ashburn, VA 20147
571-367-8340
Monday-Friday 9:00am-5:00pm
Saturday 8am-12pm
Membership fee: $32 resident; $48 non-resident
Closed: 9/5, 10/10, 11/8, 11/23 - 1/2 day, 11/24 & 11/25
All classes/activities are subject to change. Call the center for further details.

CARDS & GAMES

BINGO
Fee required. Alternating weeks/see monthly newsletter.
M ongoing 12:45pm-1:45pm
F ongoing 10:00am-11am

CANASTA & MEXICAN TRAIN
W ongoing 10:00am-11:30am

EUCHRE
M ongoing 2:30pm-4:00pm

PINOCHLE
F ongoing 1:30pm-4:30pm

PARTY BRIDGE
Tu & Th ongoing 1:30pm-4:30pm

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

MAH JONGG - AMERICAN VERSION
Tu ongoing 1:30pm-4:30pm

CULTURAL & SOCIAL ACTIVITIES

BOOK CLUB
Tu ongoing 11:00am-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.
Tu ongoing 11:00am-12:00pm

CREATIVE CORNER
Indulge your creative side with these easy-to-do craft projects. Fee required.
Dates vary
M ongoing 10:00am-11:00am, 2:00pm-3:00pm

EDUCATION & INFORMATION

INOVA BLOOD PRESSURE CHECK
Monitor your blood pressure and heart rate monthly with these free screenings.
3rd Tu ongoing 10:00am-12:00pm

ASHBURN STITCHERS SEWING CLUB
Bring a project of your own or choose a pattern from our stock and receive instruction on how to use a sewing machine to create your own look or craft project.
Tu ongoing 10:00am-12:00pm

LIBRARY OUTREACH SERVICES
Browse titles and check out books, DVDs, and CDs with the Loudoun County Public Library system as they visit the Ashburn Senior Center monthly.
1st Th ongoing 11:15am-12:00pm

LUNCH & LEARN
Guest speakers including dieticians, nurses and others provide information on a variety of topics to help keep us informed and engaged.
Dates vary ongoing 11:00am-12:00pm

MANDARIN INSTRUCTION
Learn beginner or intermediate Mandarin with native speakers in this free class.
Th Beginner ongoing 2:00pm-3:00pm
Th Intermediate ongoing 3:00pm-4:00pm

MINDFUL MEDITATION
Th ongoing 1:00pm-2:00pm

PAINTING BASICS
Tu Intermediate ongoing 1:30pm-3:00pm
W Beginner ongoing 1:00pm-2:00pm

SERVICES FOR SENIORS
Elder Resource Case Manager, Lori Stahl, from the Area Agency on Aging is avail-
ASHBURN SENIOR CENTER

INTERMEDIATE & ADVANCED PICKLEBALL OPEN COURT
Drop-in players rotate after each game.
M ongoing 12:00pm-5:00pm
W ongoing 12:00pm-5:00pm
Th ongoing 9:00am-1:00pm
F ongoing 12:00pm-5:00pm
Sa ongoing 8:00am-12:00pm
PINO PONG
M, W ongoing 9:00am-11:00am

REFIT
This mix of strength, balance, and cardio exercise will give you a full body workout. Fee $100. Registration recommended. Drop-in $3/class.
Th 9/1-11/17 9:00am-12:00pm
Su 9/10-11/19 9:00am-12:00pm
Tu 10/16-11/30 9:00am-12:00pm

SAIL (Stay Active & Independent for Life)
This evidence-based falls prevention group fitness program is designed for adults 65 and older. It combines aerobics, balance, strength and stretching exercises to help older adults improve balance and mobility while helping to reduce the risk of falls. Fee $25 for 12-week session. Registration required.
Th/F 10/5-11/29 10:00am-11:00am
W 10/6-11/30 10:00am-11:00am

BEGINNER LINE DANCING
Join us for this lower-intensity version of the typical Zumba class which utilizes Latin styles of music and dance. Fee $100. Registration recommended. Drop-in $3/class.
144601-03 M 9/12-11/28 10:00am-11:00am

ADVANCED WATERCOLOR
Learn the basics of watercolor techniques and composition. All materials provided. $40 for members, $45 for non-members.
130640-01 M 9/12-11/28 1:00pm-2:30pm
130640-02 W 9/12-11/28 1:00pm-2:30pm
130640-03 Th 9/12-11/28 1:00pm-2:30pm

PIZZA & MOVIES
Enjoy a meal and a movie on the big screen. Drop-in $10 per person. Registration required.
Th 9/29 6:30pm-9:00pm
Th 10/27 6:30pm-9:00pm
Th 11/24 6:30pm-9:00pm
Th 12/22 6:30pm-9:00pm

THANKSGIVING DAY LUNCHEON
Let’s come together to share a traditional Thanksgiving meal and show our gratitude for the many blessings in our lives.
144602-01 M $3/member, $6/non-member
Th 11/22 11:30am-1:00pm
144602-02 M $3/member, $6/non-member
Th 11/29 11:30am-1:00pm

ASHBURN HEALTH & WELLNESS FAIR
Take the opportunity to meet and learn about resources available in our community.
W 10/11 10:00am-3:00pm

ASH BOO - COSTUME PARTY
Come as you are or dress as your favorite character. We will enjoy some music, snacks and decorate a trick or two.
144606-01 M $3/member, $6/non-member
144602-01 M $3/member, $6/non-member
Th 10/26 10:00am-12:00pm

VETERAN’S DAY CELEBRATION
Help us honor our veterans with this celebration to show our appreciation for their service.
W 11/9 11:00am-12:00pm

THANKSGIVING DAY LUNCHEON
Let’s come together to share a traditional Thanksgiving meal and show our gratitude for the many blessings in our lives.
144602-01 M $3/member, $6/non-member
Th 11/22 11:30am-1:00pm

EXERCISE ACTIVITIES

BADMINTON
Tu ongoing 12:00pm-2:00pm

CHINESE FOLK DANCE
Guided exercise with limited verbal instruction. Th ongoing 11:00am-12:00pm

BEGINNER LINE DANCING
Th ongoing 10:00am-11:15am

INTERMEDIATE LINE DANCING
F ongoing 10:00am-11:00am

BEGINNER PICKLEBALL INSTRUCTION
Th ongoing 1:00pm-2:00pm

BEGINNER PICKLEBALL OPEN COURT
Drop-in players rotate after each game.
Tu ongoing 9:00am-12:00pm & 2:00pm-5:00pm
Th ongoing 2:00pm-5:00pm
F ongoing 9:00am-12:00pm
Sa ongoing 8:00am-12:00pm

PING PONG
M, W ongoing 9:00am-11:00am

TAE CHI
M, W ongoing 11:00am-12:00pm

YOGA
M ongoing 10:30am-11:30am
W ongoing 10:30am-11:30am

ZUMBA GOLD
Join us for this lower-intensity version of the typical Zumba class which utilizes Latin styles of music and dance. Fee $100. Registration recommended. Drop-in $3/class.
144601-03 M 9/12-11/28 10:00am-11:00am

SPECIAL EVENTS AT ASHBURN SENIOR CENTER

THANKSGIVING DAY LUNCHEON
Let’s come together to share a traditional Thanksgiving meal and show our gratitude for the many blessings in our lives.
144602-01 M $3/member, $6/non-member
Th 11/22 11:30am-1:00pm
144602-02 M $3/member, $6/non-member
Th 11/29 11:30am-1:00pm

PLANNING A BIRTHDAY PARTY?
Book a PRCS Birthday Party Package and leave the planning to us! For more information, contact PRCS at 703-777-0343
COMMUNITY CENTER

CARVER SENIOR CENTER

130680-03  Sa  9/3-11/19  8:00am-11:45am
BOARD GAMES
Scrabble, checkers, and more!
130627-01  M-F  9/1-11/30  1:30pm-4:00pm
POKEND
$1.00 per card for members. $2.00 per card for non-members
130635-01  $1  Th  9/22  1:00pm-2:30pm
130635-02  $1  Th  10/20  1:00pm-2:30pm
130635-03  $1  Th  11/17  1:00pm-2:30pm

BINGO
Monthly Bingo $1.00 per card for members. $2.00 per card for non-members
130629-01  W  9/14  1:00pm-2:00pm
130629-02  W  10/19  1:00pm-2:00pm
130629-03  W  11/16  1:00pm-2:00pm

COMMUNITY CENTER

CARVER SENIOR CENTER

130625-01  Easy Kitchen Substitutions
W  9/21  1:00pm-2:00pm
130625-02  Sunshine on Your Plate
W  10/26  1:00pm-2:00pm
130625-03  Upping Your Crock Pot Game
W  11/30  1:00pm-2:00pm

GEOLOGY
Learn how to start researching your family history through use of official records and library resources. Meets every 3 months
130607-01  Tu  9/29  11:00am-11:45am

BOOK CLUB
Monthly book club with the Purcellville Library. Meets the 2nd Tuesday of the month.
130689-01  Tu  9/13, 10/11, 11/8  11:00am-11:45am

HISTORY CLUB
The Purcellville Library gives a talk on Antietam
130682-01  F  10/14  11:00am-11:45am

AVOIDING SCAMS!
Join Ethan Martin of the Loudoun County Sheriff’s Office as he teaches us how to identify fraud and avoid getting scammed.
130608-01  W  11/16  1:00pm-2:00pm

TECH TUESDAY
The Purcellville Library visits to give advice and help with common technology issues. Meets the 1st Tuesday of the month.
130683-01  Tu  9/6, 10/4, 11/11/10:00am-11:45am

AARP DRIVER SAFETY COURSE
$20 for AARP Members $25 For Non-AARP Members. Free for those with AARP United Healthcare Supplemental Insurance. Must bring a copy of your Driver’s License and AARP membership cards if applicable. Payable by Check or Cash to AARP. Registration closes Oct 7th! There will be a short lunch break at 12:00pm. *
$2.00 drop-in fee for non-senior center members. *
130620-01  Th  10/13  9:00am-5:00pm

LIBRARY OUTREACH VISIT
The Rust Library brings a selection of books and movies to check out and accepts library returns. 2nd Wednesday of the month.
130644-01  W  9/14, 10/12, 11/9  11:30am-12:00pm

SERVICES FOR SENIORS
Lori Stahl of Loudoun County Area Agency on Aging discusses area resources and assistance programs for seniors and caregivers in need. 1st Monday of the month.
130655-01  M  9/12, 10/3, 11/7/8:30am-12:00pm

SPECIAL EVENTS AT THE CARVER CENTER

CONGREGATE LUNCH
Donations appreciated! Must call to register by 12pm the day before.
130606-01  M-F  9/1-11/30  12:00pm-12:30pm

Morning Social
Frisco coffee, tea, and conversation.
130668-01  M-F  9/1-11/30  9:00am-11:00am

SHOPPING
Local shopping trips. Bus leaves the center at 10:00am and returns at 11:15am. Purchases limited to what you can carry, no large items and two bags only. $1.00 bus fee
130621-01  Dollar Tree
Tu  9/6  10:00am-11:15am
130621-02  Hamilton Mercantile
Th  9/15  10:00am-11:15am
DULLES SOUTH SENIOR CENTER

24950 Riding Center Drive, South Riding, VA 20152
571-258-5883
Mon-Fri 9:00am-5:00pm, Sat 8:00am-12:00pm
Membership fee: $32 resident, $48 non-resident
The Dulles South Senior Center will be closed on 9/4, 10/10, 11/8, 11/11, 11/24, 11/25.

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-Th ongoing 10:30am-11:30am

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

EXERCISE EQUIPMENT ROOM
Get fit using the treadmill, bicycle, crank cycle, and free weights.
Daily ongoing 9:00am-4:30pm

TABLE TENNIS
Enjoy a game of ping pong with friends.
M-W ongoing 12:30pm-4:30pm
Th ongoing 2:30pm-4:30pm
Sat ongoing 8:30pm-11:30pm

BECCH BALL VOLLEYBALL
Volleyball is suited for individuals of all skill levels. Benefits include improving stress levels, cardiovascular health, joint flexibility, balance problems, and more. Not to mention, you will have loads of fun!
M & Th ongoing 1:15pm-3:00pm

PICKLEBALL
The fastest growing sport in the U.S. has made its way to Dulles South Senior Center. Cash or credit played on this indoor version of tennis played with a paddle and a whiffle ball. All skill levels are welcome to play. Call center or see monthly newsletter for dates.
Sa dates vary 9:00am-11:00am

TAI CHI
Join us in this beautiful form of exercise from the mainland of China. Class will begin in October.
Tu ongoing 10:00am-11:00am

FITNESS & CONDITIONING WITH ROSHAN
Fitness & Conditioning is back with Dr. Roshan Patel, DPT. This exercise class will focus on both upper and lower extremity strengthening and is suitable for all fitness levels.
F ongoing 11:00am-12:00pm

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.
Th ongoing 1:00pm-2:00pm

BEGINNER HULA
New to Hula and Polynesian Dance? Join us to learn the basic hula steps and movements. We will also build your hula dance repertoire. Stay for Polynesian Dance Fitness for a more low-impact exercise and learn new dances with the intermediate dance group. Get in the aloha spirit—bring a sarong or large scarf, a lot, or hair flower to wear if you have them.
Th ongoing 10:00am-10:30am

POLYNESIAN DANCE FITNESS
Hula, Tahitian Samba dance styles, new and exciting dance workshop inspired by the dances of the Pacific Islands. It is 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, spine and arms.
Th ongoing 10:30am-11:30am

DANCE TAKE your 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 ONE-ON-ONE HELP
Computers 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 different volunteers. Call the center to set up an appointment.

COMPUTER CLASS - TAUGHT IN KOREAN
Learn computer skills in a classroom environment with volunteer instructor. Class does not meet the first week of each month.
Th ongoing 10:30am-12pm

ADVISORY BOARD MEETING
Dulles South Senior Center Advisory Board meets the first Tuesday monthly.
1st Tu ongoing 1:00pm

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-1pm
3rd W ongoing 9:00am-12:00pm

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

CONVERSATIONAL ENGLISH WITH JIM
Matera Fee $15 quarterly.
Tu & Th $6/11/29 10:00am-12:00pm

GUM SPRINGS LIBRARY BOOK CLUB
Check out the book of the month from the staff office (or from the leader.) Read and return to discuss at the monthly meeting.
1st Th ongoing 10:30am-11:30am

MEMOR WRITING
Auburn Librarian leads this monthly memoir writing group at Dulles South Senior Center.
1st Tu ongoing 10:00am-12:00am

CHILDREN’S LITERATURE BOOK CLUB WITH DAVE
This club will focus on great youth literature and read books such as Alice in Wonderland, the Hobbit and more. Club meets monthly for discussions.
3rd W ongoing 10:30am-11:30am

BIBLE STUDY
Daily ongoing 10:00am-11:00am

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.

AARP SMART DRIVER COURSE
This class is an easy, convenient way to refresh your driving skills, so you’ll be a safer, more confident driver. Plus, you could earn a multiyear discount on your auto insurance when you complete it! $20 for AARP members, $25 for non-members. FREE if you have AARP United Healthcare Medicare Supplemental Insurance and share card. Cash or check (made out to AAPI). Participant must attend the entire session to receive completion certificate. Daily Guest fee $3 required for non-center members. Pack a lunch or reserve a hot lunch when your registration is confirmed. Call Sarah Yates at 571-238-3854 to register. Space is limited to 20 participants.
F 10/7 9:00am-5:00pm

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.
Daily ongoing 10:30am-4:30pm

MAHJONG
Daily ongoing 11:00am

CANASTA
Tu,Th ongoing 1:00 pm

PARTY BRIDGE
See monthly newsletter for times

BINGO
Cards are $1 each.
W Dates vary ongoing 1:00pm-2:00pm
Sa Dates vary ongoing 10:00am-11:00am

SHOPPING
Trips twice a month to Dulles Landing & Aldi. Shops including Walmart, Ross, Dick’s, Home Goods and more. Call the center for dates & times of specialty shopping trips.
Dates vary ongoing 10:15am-4:15pm

MONTHLY BIRTHDAY PARTY
Enjoy cake and celebrate the members birthdays each month.
3rd W ongoing 12:30pm

WEEKLY MOVIES
Enjoy a movie with friends at the center.
Tu Dates vary ongoing 1:00pm-3:00pm
Sa Dates vary ongoing 10:00am-12:00pm

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

CREATIVE WRITING WITH TRISH
Creative Writing meets in person and virtually. Participants write for 15-20 minutes using a choice of writing prompts and then share and discuss their work afterwards with the group.
W ongoing see newsletter for weekly times

UKULELE CLUB
Interested in learning to play the ukulele? Come try it out. Bring your own ukulele or ukulele is available for use on a limited basis for a small fee. Material Fee $15 Quarterly
Tu ongoing 1:00pm

SHOPPING
See monthly newsletter for times

COMMUNITY CENTER

DULLES SOUTH SENIOR CENTER
Blue Ridge Thrift Store
10/4 10:00am-11:15am
10/6 10:00am-11:15am
10/7 10:00am-11:15am
10/11 10:00am-11:15am
10/14 10:00am-11:15am
10/17 10:00am-11:15am
10/18 10:00am-11:15am
10/19 10:00am-11:15am
10/20 10:00am-11:15am
10/22 10:00am-11:15am
10/26 10:00am-11:15am
10/27 10:00am-11:15am
10/28 10:00am-11:15am
10/29 10:00am-11:15am
10/30 10:00am-11:15am
10/31 10:00am-11:15am

Halloween Dance
It’s time to get your spook on! Prizes for best costumes! Entertainment by DJ Dunn. $3.00 for members, $5.00 for non-members. Day event will be $5.00 for members and $7.00 for non-members.
Sa $3/$5M 10/31 1:00pm-2:30pm

VETERAN’S DAY BREAKFAST
Celebrate our veterans with breakfast and live music from the Chuck & Dan Band. Registration is required!
10/30 9/11 10:00am-11:30am

LUNCH & A MOVIE
Must also sign up for lunch in advance! $1.00 for members $2.00 for non-members.
10/30 9/11 10:00am-11:30am

WEEKLY MOVIES
Enjoy a movie with friends at the center.
10/3 10:00am-12:00pm
10/10 10:00am-12:00pm
10/17 10:00am-12:00pm
10/24 10:00am-12:00pm
10/31 10:00am-12:00pm

BRING A BAG LUNCH TO THE COMMUNITY CENTER
Shop Home Goods and more. Call the center for dates & times of specialty shopping trips.

MEMOIR WRITING
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REGISTER AT WWW.LOUDOUN.GOV/WEBTRAC | PAGE 37
CULTURAL & SOCIAL ACTIVITIES

BOOK CLUB
3rd Tu ongoing 2:00pm-3:00pm

INDIAN CULTURAL GROUP
Open to anyone interested in attending to celebrate Indian Culture
W ongoing 10:00am-11:00am

LEARN MANDARIN CHINESE - VIRTUAL
Open to anyone interested in learning mandarin Chinese
Th ongoing 3:00pm-4:00pm

MORNING REFRESHMENTS & FRIENDSHIP
M-F ongoing 9:30am-10:30am

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 11:00am-12:00pm
Intermediate Tu ongoing 10:00am-11:00am

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 9:30am-11:30am

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

KNIT & CROCHET CLASS
Sat ongoing 9:00am-11:00am

MOVIE DAY
Recent releases shown on 8-foot screen.
W ongoing 12:30pm-2:30pm

SENIOR CENTER ADVISORY BOARD
3rd Th ongoing 10:00am-11:30am

EXERCISE ACTIVITIES

(After CLASSES for Zumba & Forever Fit)

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

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

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

LINE DANCE STEP PREP - LEVEL 1
Th ongoing 9:00am-10:00am

BEGINNER LINE DANCING - LEVEL 2
M ongoing 9:00am-10:30am
W ongoing 10:15am-11:30am

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

SELF-HELP & RESOURCES

AARP DRIVER SAFETY PROGRAM-SAFE DRIVER
This two-day program may help to reduce the cost of your insurance.
$25, or $20 for AARP members (non-members must pay additional drop-in fee)
W & F ongoing 10:00am-3:00pm

INDIA BLOOD PRESSURE CHECK
Loudoun Healthcare provides blood pressure checks and referrals.
1st & 3rd 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.
Tu ongoing 2:30pm-3:30pm

TEEN TECH TUESDAY - VIRTUAL
Tu ongoing 2:30pm-3:30pm

SPECIAL EVENTS AT CASCADES SENIOR CENTER

THANKSGIVING LUNCHEON
Please join us in giving thanks for all our blessings! Turkey, mashed potatoes, stuffing, pumpkin pie and more will be served during the Friendship Café lunch. Please sign-up on the regular lunch sign-up sheet. A lunch donation is requested.
Th 11/23 12:00pm-1:30pm

SPECIAL PRESENTATIONS

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

CLASSES

CONVERSATIONAL SPANISH ACTIVITY
For those who would like to practice their Spanish skills, this free activity offers a great opportunity to converse, read and discuss current topics while improving their grammar skills. Designed for the Intermediate or advanced student. New students are always welcome! Instructor: Ana Mahoney
Intermediate Level Tu ongoing 10:00am-11:00am
Advanced Level Tu ongoing 11:00am-12:00pm

BEGINNING SPANISH - VIRTUAL ONLY
This fun class 10-session course is for the new student or student who needs to refresh his/her beginning skills. Students will need to purchase an all-levels textbook (ISBN 020, $21 members, $41 non-members) Instructor: Lea Nigon
145600 Tu ongoing 10/4-12/13 1:00pm-2:00pm

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
Register at www.loudoun.gov/webtrac
DANCE
LINE DANCE WITH MINDA
Learn new dances from all over the world.
No partner required.
W, F ongoing 2:00-3:00pm

FUN SQUARE DANCING
Experience the joy, camaraderie, and fun of square dancing. Dance to calls in simple patterns. No partner required. 8 weeks. Instructor: Robert Ablinour
127600-05 free/Members
W 9/7-10/26 2:30pm-3:30pm
Non-Member $3.00/class

EDUCATIONAL
AARP DRIVER SAFETY COURSE
A full day of instruction. Registration required. Call 703-737-8039 to register.
127600-06 10/26 9:00am-5:00pm

ADVISORY BOARD MEETING
The Senior Center of Leesburg Advisory Board will meet the first Thursday of each month. Providing support to the activities of the Senior Center.
1st Th ongoing 1:00pm-2:30pm

BEGINNING SPANISH WITH FRANCISCO
Take advantage of speaking Spanish with a native speaker. Learn from the beginning. 10 weeks class begins Sept 12-Dec 5. Instructor: Francisco
127600-07 $48 M 1:00pm-2:00pm

INTERMEDIATE SPANISH WITH FRANCISCO
Take advantage of speaking Spanish with a native speaker. Create sentences then paragraphs. 10 weeks-Sept 12-Dec 5. Instructor: Francisco
127600-08 $48 M 3:00pm-4:00pm

FITNESS
BEGINNERS TAI JI QUAN
Slow movement to improve your balance and strength. Feel energized and sharpen your mind. Instructor: Zumei Feng
M ongoing 10:30am-11:30am

TAI JI QUAN 24 FORMS
The standard simplified Chinese National Version. A healthy low impact exercise that, improves your balance and muscle strength, and feel energized with a sharper mind, body, and spirit. Instructor: Zumei Feng
F ongoing 10:30am-11:30am

FIT & FUN
Workout seated, standing or on the floor. Exercises for strength, flexibility, and balance, as well as laughter and mental for mental well-being. Make new friends in this caring and supportive group.
W, F ongoing 10:30am-11:30am

SIT & FIT WITH KAREN
A half hour dance party from your chair for those with limited mobility.
Tu, Th ongoing 10:30am-11:00am

AEROBIC DANCE CLASS WITH LUella
Full body workout w/ emphasis on aerobics and fun. Bring a towel and water.
M ongoing 10:15am-11:00am

CHAIR OR MAT YOGA WITH LUANNE
Improve strength, range of motion and balance. Members may use a chair or mat for the class. 4 classes/Monday-once a month.
127600-09 $24 M 9/19, 10/24, 11/21, 12/5 9:15am-10:00am

EXERCISE & NUTRITION WITH JENNY & LAURA
This innovative class offers a 45/45 format. Each class will provide 45 minutes of Exercise and 45 minutes of Nutrition. Instructors: Jenny Townsend, Certified Fitness Specialist, and Laura Wigginsworth, Certified Nutrition Specialist.

Session 1 - September 23 10:30am-12:00pm Fall Prevention & Balance: Learn ways to help with balance and fall prevention and components of a well-balanced and healthy diet.
127600-01 $10

Session 2 - October 28 10:30am-12:00pm Arthritis & Anti-Inflammation: Learn how an anti-inflammatory diet and low impact, joint friendly exercise can positively affect arthritis symptoms.
127600-02 $10

Session 3 - November 18 10:30am-12:00pm Bone Health: Learn what foods and exercises can help to maintain and improve bone health.
127600-03 $10

Session 4 - December 10 10:30am-12:00pm Healthy Weight Management: Learn healthy ways to maintain or reduce weight with a total body exercise with a focus on core exercises.
127600-04 $10

INOVIA MOBILE HEALTH SERVICES
INOVIA Nurse comes to give blood pressure checks.
1st W ongoing 10:00am-12:00pm

HEARING SCREENING WITH JOAN DHURICH
Northern Virginia Center for the Deaf and Hard of Hearing.
Check the newsletter for sign-up details.
3rd M ongoing 10:30am-12:00pm

LET’S TALK CIRCLE OF SUPPORT
We are all in transition. We are all learning how to deal with the challenges of life. Join the Circle of Support. Mary Ellen, with Vitas, will guide the discussion.
3rd M ongoing 10:30am-11:30am

ONE ON ONE SERVICES
Confidential assistance provided by the Area Agency on Aging Case Manager. Lari Staft, Registration Required. Please sign-up in the lobby.
1st, 3rd Th ongoing 9:00am-11:30am

LIBRARY OUTREACH
The Department of Library Services brings the library to you! Come and select your books, DVDs and Books on Tape to take home for a month.
2nd M ongoing 12:45pm-1:45pm

MUSIC
UKE GROUP
For the more advanced players. Focusing on challenging songs, strumming patterns and finger picking. This class is instructed by members. Ukulele Lessons and Ukuleles available for loan.
Tu ongoing 1:00pm-2:30pm

Register at www.loudoun.gov/webtrac
BIDWHIST
Card Game with friends old and new.
Tu ongoing 12:45pm-1:45pm

BILLIARDS
Make use of the two regulation slate billiard tables.
M-F ongoing 12:45pm-2:00pm

WII BOWLING
Enjoy WII Bowling Fun with new and old friends!
M ongoing 12:45pm-2:00pm

PHASE 10
Tu, F ongoing 1:00pm-3:00pm

PICTLEBALL
Drop-in and play this indoor version of tennis played with a paddle and a whiffle ball. Space Limited to one court-4 players. Please note subject to change due to special event days.
T, Th ongoing 10:00am-12:00pm

TABEL TENNIS
Regulation Ping-Pong Table.
W, Th ongoing 10:00am-12:00pm

OUTINGS
SHOPPING
Rotating each week to Wegmans, Thrift Stores, Big Lots, Target, Dollar Tree, and other local shops. Bus leaves at 12:30pm and return to center by 2:00pm.
Tu ongoing 12:30pm-2:00pm

LUNCH BUNCH
Going out to lunch and sharing a meal with friends at different restaurant locations.

SPECIAL EVENTS AT LEESBURG SENIOR CENTER

OUTDOOR YARD SALE
Rent a 10x10 space in our parking lot to sell your own items. You will be provided one table with your space. Rain or shine.
127610-08 $5/Member S 10/1 8:00am-12:00pm Non-Member $10

OKTOBERFEST
Join the fun and merriment of this annual celebration. Check your monthly newsletter for the Friday, September 30th details of this Musical Extravaganza.

THE HALLOWEEN MONSTER BALL
Come dressed in your favorite costume and dance the afternoon away. Drinks and snacks will be served.
127610-05 M 10/31 2:00pm-4:00pm Members: $3 in advance, $5 at the door

VETERAN’S DAY CELEBRATION
Spend the afternoon honoring our Veterans. Share your story with your friends and the veterans from the Leesburg VFW Post 1177.
127610-06 Th 11/10 12:00pm-2:00pm $3 person plus lunch donation

THANKSGIVING LUNCHEON
Celebrate Thanksgiving with a delicious lunch with turkey and dressing with all the trimmings.
127610-07 Th 11/17 12noon $3 person plus lunch donation

Looking for Fall Festivals & Halloween Happenings?
Turn to the Special Events Section on page 62.
YOUTH DROP-OFF PROGRAMS

NATURE ARTS & CRAFTS
(Ages 6-11) Bring your creative kiddos for a 6-week session that integrates hands-on nature exploration with themed arts and craft projects. Classes are held indoors & outdoors each Saturday. Registration is for the 6-week session and includes all art supplies. Space is limited.
167320-01 $135 Sa 9/10-10/15 9:30am-11:30am
167320-02 $135 We 9/17-10/12 4:30pm-6:30pm

OUTDOOR EXPLORERS CLUB
(Ages 6-11) Calling all curious kiddos who love nature and being outside! Join us for weekly adventures exploring the woods and wildlife at Banshee Reeks. This 6-week club meets each Wednesday, rain or shine. Registration includes a Banshee Reeks adventure slingpack and all craft supplies. Space is limited.
167320-01 $85 Sa 9/10-10/15 9:30am-11:30am

NO SCHOOL NATURE DAYS
(Ages 6-11) Enjoy the day off from school while you hike along trails, complete outdoor challenges, create art from nature, and take a hayride through the Preserve. Bring your own picnic lunch and snacks.
167240-01 $50 Tu 10/5 9:00am-2:00pm
167240-02 $50 Tu 11/1 9:00am-2:00pm
167240-03 $50 Tu 11/8 9:00am-2:00pm

INTERPRETIVE PROGRAMS

NATIONAL WILDLIFE DAY
(All ages) Celebrate your love for wild animals by learning what you can do to protect and preserve endangered wildlife. Stop by the Visitor Center to make your own animal craft and become a wildlife ambassador.
Free Su 9/4 10:00am-2:00pm

FULL MOON HIKE & CAMPFIRE
(Ages 5 & up) Experience wildlife after hours during this magical family-friendly adventure! Join a Virginia Master Naturalist on a hike through moonlit woodlands while using bionic ears to amplify the sounds of night. Stay for a campfire and s’mores, depending on weather. Children must be accompanied by an adult.
167715-01 $5 Sa 9/10 8:30pm-9:30pm
167715-02 $5 Su 10/9 7:30pm-9:30pm
167715-03 $5 Tu 11/8 7:00pm-9:30pm

GRANDPARENTS DAY
(All ages) Spend some quality time with the grandparents in your life exploring Banshee Reeks in honor of National Grandparents Day. Stop by the Visitor Center to pick up a family scavenger hunt challenge and a special gift for all grandparents. Be sure to take a family photo overlooking the meadow.
Free Su 9/11 9:00am-5:00pm

STORYTIME GONE WILD
(Ages 0-7) There’s never been a storytime like this! We will put our bodies in motion as we explore nature stories and wildlife topics each month through interactive play. Classes take place outdoors on the 4th Tuesday each month. In the event of rain, class is held in the Annex.
Free Tu 9/27 9:00am-9:45am
Tu 10/05 9:00am-9:45am
Tu 11/22 9:00am-9:45am

RIGHT OFF THE BAT!
(Ages 5-11) Set out on an adventure with our Master Naturalist to learn all about bats. Learn about the different species and what they eat. Learn about their important role in the environment.
Free Su 10/9 1:00pm-2:00pm
Su 11/13 1:00pm-2:00pm
Su 12/11 1:00pm-2:00pm

PUPPIES & PUMPKINS
(All ages) Complete an adoption adventure for dogs and their owners, hayrides, and pumpkin decorating. Talk with pet professionals about obedience training and pet first-aid. Partner organizations will also have animals seeking a forever home in honor of Adopt-a-Dog month.
Free Sa 10/22 1:00pm-2:00pm

NATURE SKETCHING
(Ages 8 and up) Join us on the second Sunday of each month for a free lesson in how to sketch and draw local wildlife. Basic supplies are included but feel free to bring your own sketch journal and/or pencils.
Free Su 10/9 10:00am-2:00pm
Su 11/13 10:00am-2:00pm
Su 12/11 10:00am-2:00pm

JUNIOR NATURALIST PROGRAM
(All ages) Learn the secrets and skills of a novice naturalist as you explore Banshee Reeks Nature Preserve. Starting at level one, grab a self-guided activity journal from the Visitor Center before you hit the trails. Receive prizes for every level. When you have finished all four levels, take the Junior Naturalist pledge to become a Master Naturalist.
Free Visitor’s Center Hours Tu-Th, Sat-Sun 9:00am-5:00pm

WOODLANDS ROOM EXPLORATION
Stop by the Visitors Center during open hours to explore local wildlife and learn about nature. Displays and activities rotate seasonally. Special crafts and games available each weekend.
Free Visitor’s Center Hours Tu-Th, Sat-Sun 9:00am-5:00pm

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167715-01 $5 Sa 9/10 8:30pm-9:30pm
167715-02 $5 Su 10/9 7:30pm-9:30pm
167715-03 $5 Tu 11/8 7:00pm-9:30pm

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Tu 11/22 9:00am-9:45am

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WOODLANDS ROOM EXPLORATION
Stop by the Visitors Center during open hours to explore local wildlife and learn about nature. Displays and activities rotate seasonally. Special crafts and games available each weekend.
Free Visitor’s Center Hours Tu-Th, Sat-Sun 9:00am-5:00pm
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 9:00am-5:00pm
Park Hours: Daily 7:00am-Dusk

DROPP OFF PROGRAMS
Children experience the natural world through play, stories, and exploring the outdoors (doors children appropriately). Children in drop-off classes must be toilet trained.

OUTDOOR CLASSROOM ADVENTURES (All ages) Take part in a fun and exciting hands-on learning experience. All classes will take place entirely outdoors focusing on nature and the environment. Bring a nature journal to record the exciting things you find during your science adventure! Please remember to dress for the weather. Classes take place every Tuesday rain or shine.

161106-01 $32 Sa 9/6-9/27 10:00am-11:30am
161107-01 $32 Sa 10/4-10/25 10:00am-11:30am

SCOUT PROGRAMS
Activities are available for all scout levels and multiple scouting organizations such as Girl Scouts, Boy Scouts, Cub Scouts, and American Heritage Girls. These programs can fulfill requirements for many adventures, journeys, badges, etc. An adult must accompany scouts. Leaders and chaperones are free. Minimum fees apply. Call 571-258-3700 for information.

CAMPFIREs
Enjoy an enchanting story stroll through wooded trails. Stop along the trail to read, interact, and immerse yourself in the exciting story. After the stroll, relax at a comfy campfire and roast delicious marshmallows (provided, halal available).

Free M 9/26 1:00pm-2:30pm

TURKEY TIME CAMPFIRE
(Ages 4-12) Bring your group and enjoy a holiday campfire featuring stories about the history of Thanksgiving. Please dress for cold weather.

Free F 11/18 4:30pm-5:45pm

GROUP CAMPFIREs
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 571-258-3700 for information or to schedule.

MULTI-AGE ACTIVITIES & INTERPRETIVE PROGRAMS
For the following programs, children MUST be accompanied by an adult unless noted. Minimum numbers are required to run programs; please register in advance.

DISCOVERY ROOM ADVENTURE (All ages) Stop by the Visitor Center any day of the week, 9:00am-5:00pm to visit our Discovery Room. Journey through time and explore under water by looking at real and preserved specimens of plants and animals from our area. These programs are very popular so stop by often!

Class/Fee Times
161712-01 $5 Su 9/11 10:00am-12:00pm
161712-02 $5 Su 10/16 10:00am-12:00pm

FAMILY ARCHERY (Ages 8 and up) Let the arrows fly with friends and family. Learn the basics and have fun while practicing your aim. Children under 14 must be accompanied by an adult. Adults must be registered to participate.

Class/Fee Times
161715-01 $15 Su 9/11 2:00pm-4:00pm
161715-02 $15 Su 10/16 2:00pm-4:00pm

FEEDING TIME! (All ages) Meet your friendly resident reptiles and amphibians as they get ready for lunch. Have a chance to pet these interesting critters. Find out what their favorite foods are and see them enjoy their meals. Space is limited, all who plan to attend must be registered (chaperones included).

Class/Fee Times
161735-01 W 10/5 1:00pm-2:00pm

BIRTHDAY PARTIES (Ages range depend on activities) Celebrate your birthday with outdoor style! Choose themes like: Reptiles, Nature Safari, Birds, or outdoor play. Try out archery, fishing, adventure activities, or give your birthday some historic flair. Parties can include visits with park’s turtles and snake. Call for information and reservations.

121022-01 $200 Tu 9/27-11/8 7:00-8:00pm
121022-02 $200 Tu 9/27-11/8 8:00-9:00pm
121022-03 $200 Tu 9/27-11/8 9:00-10:00pm

SEASONAL EVENTS & TRIPS for exciting programing from Franklin Park.

INSTRUCTORS WANTED Franklin Park is looking for instructors who are willing to share their talents with the community through experiential engagement with children ages 4-13. Employers opportunities are typically during the spring, summer, and fall months and include leading activities such as archery, fishing, and leading summer day camp. Additional responsibilities may include assisting with facilitation of birthday parties and other on property events. Must have completed 9th grade to apply. Please call for more information.

FACILITY RENTALS
Franklin Park, located in western Loudoun County, spans over 200 acres of recreational space with athletic fields, hiking trails, an 18-hole disc golf course, stocked pond, leisure and lap pools and more. Our available rental spaces, such as pavillons, gazebos, athletic fields, pool tents and inflatables make Franklin Park the perfect location your next event. Payment is due at time of the reservation. Please call for more information.

Giant Basketball 5v5 Fall League (Ages 6-12) Former Washington Wizards player Gheorghe Mureșan’s 5v5 Fall Bas- ketball League emphasizes fundamental skill development, team play, and positive participation to give your child a solid foundation of basketball knowledge. Teams will have 1 weekday practice and 1 game on Saturdays per week. Please register for your preferred practice location. Team/ith requests and questions can be emailed to gbm@giantsbasketball.com. For more details visit www.giantsbasketball.com.

FRANKLIN PARK
17501 Franklin Park Drive, Purcellville, VA 20132
540-338-7603
Park Hours: 7:00am – Dusk
Office hours: M-F 9:00am-5:00pm

REGISTER ONLINE!
VISIT WWW.LOUDOUN.GOV/WEBTRAC
Register at www.loudoun.gov/webtrac
**SPORTS**

- **BRAZILIAN UNITED SOCCER ACADEMY**
  - Ages 7-15: The Brazilian soccer clinics are open to all kids from 7 to 15 years old to learn the genuine Brazilian Soccer. Developing skills and abilities by learning from an international experienced soccer coach. We create the best environment to increase kids’ footwork, soccer skills, tactical, physical, and mental since BUSA’s Philosophy goes beyond soccer. For more information, please email contact@brazilianunited.com.

  - Location: East Gate Park
  - Ages 7-10: 121904-01 $130 Su 9/4-10/23 9:00am-10:00am
  - 121904-02 $130 Su 9/4-10/23 10:00am-11:00am

- **BRAZILIAN UNITED SOCCER ACADEMY - FUTURE STARS**
  - Ages 3-6: Future Stars is the perfect introduction to the fun world of soccer. Children are introduced to the basics of soccer in a play-oriented yet structured format, using child-friendly but realistic soccer equipment. Each child is given the opportunity to work within their ability level but taught in a group environment. Creating our future soccer star! For more information, please email contact@brazilianunited.com.

  - Location: East Gate Park
  - Ages 3-4: 121903-01 $130 Su 9/4-10/23 11:00am-11:50am
  - 121903-02 $130 Su 9/4-10/23 12:00am-12:45pm

- **LOUDOUN COUNTY TENNIS ACADEMY: MIDDLE SCHOOL TENNIS LEAGUE - INTERMEDIATE TO ADVANCED**
  - Ages 9-16: Description for LCTA MS Tennis League-Development to Beginner. Everyone is placed on a team according to their level. Team practices are once a week for two hours from 4:30-6:30p.m. 6:30-8:30pm at a corresponding high school and matches are played every Saturday, starting TBD. Practice days will be posted mid-August. For more information go to LCDecademy.net.

  - Location: HS in the area
  - 121901-01 $340 Su 9/11-11/6 4:30pm-6:30pm
  - 121901-02 $340 Su 9/11-11/6 7:00pm-9:00pm

- **LOUDOUN COUNTY TENNIS ACADEMY - ORANGE BALL MATCH PLAY LEAGUE**
  - Ages 8-15: Loudoun County Tennis Academy Orange Ball Tennis League is an opportunity for boys and girls ages 8 to 10 to participate in match play. Youth levels from intermediate to advanced are encouraged to come have fun with their friends. Whether your child is an advanced player seeking more opportunities to compete or an advanced beginner seeking to improve match skills, LCTA Team Tennis has something for everyone. Kids will be grouped according to their level and will play men’s or women’s. Refer to www.ltcadaysum.net for further details.

  - Location: Independent HS
  - 121900-01 $250 Su 9/18-11/6 4:00pm-6:00pm

**FINANCIAL INFORMATION**

- **Holiday Pass Sale** 11/25 - 1/9
  - Closed on Labor Day - 9/5

**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. A 15% discount is available for active duty and retired members of the military and first responders on annual/summer, 10% on monthly passes, as well as daily and 25-admission passes. 

  - Daily Under 2 / under 6 / 7-17 / 18-54 / 55+ : $2.50 / $3.00 / $3.50 / $5.00 / $7.00

  - Weekly Pass - unlimited use $80

  - Annual Pass - unlimited use $200

  - Admission Pass - 25 admissions no expiration $250

- **AQUATICS**

  - **ROUND HILL INDOOR AQUATIC CENTER**
  - M-F 6:30am-9:00am: $2.50 / $3.00 / $4.00 / $5.00 / $6.00
  - Sa & Su 8:00am-8:00pm: $4.00 / $5.00 / $6.00 / $7.00 / $8.00

  - Closed on Thanksgiving Day, 11/24

- **COMMUNITY CENTER**

  - **BIRTHDAY PARTIES**
  - Swim and party with your guests! Party times are available on Saturday and Sunday for groups of 15 or less. Email rach@loudoun.gov for more information. Stop by to secure a date. Full payment is due at time of reservation.

  - **PRIVATE SWIM LESSONS**
  - All ages. Email rach@loudoun.gov for information about private and semi-private swim lessons.
POOLS

Across Your County

1. CLAUDE MOORE RECREATION & COMMUNITY CENTER
2. DULLES SOUTH RECREATION & COMMUNITY CENTER
3. FRANKLIN PARK POOL
4. ROUND HILL INDOOR AQUATIC CENTER
5. LOVETTSVILLE COMMUNITY CENTER OUTDOOR POOL

STARFISH SWIMMING™
curriculum

Please follow this color focus guide when selecting courses.

**STARBABIES™ & STARTOTS™**
- trust & comfort
- body postitions
- submersion
- air recovery & roll over
- forward movement

**STARFISH STARKIDS™ & SWIM SCHOOL™**
- trust & submersion
- body position & air recovery
- forward movement & direction change
- rotary movement
- integrated movement

**STARFISH STROKE ACADEMY™**
- freestyle
- backstroke
- butterfly
- breaststroke
- endurance

For full Starfish Swimming Curriculum™ please scan:

Register at www.loudoun.gov/webtrac
STAR BABIES™ & STAR TOTS™

STAR BABIES™
(Ages 6-18 months) This Parent/Child class will focus on building trust and confidence between children and parents in the water. Children will use toys, sing songs, and play games to splash and play as they learn elementary water safety skills and grow comfortable in the water with their parent.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173171
Sec Fee Day Date Time
01 $90 Tu,Th 9/6-9/29 3:30pm-4:20pm
02 $90 Tu,Th 10/4-10/27 3:30pm-4:20pm
03 $79 Tu,Th 11/1-11/22 3:30pm-4:20pm

STARTOTS™
(Ages 18 months-3 years) This Parent/Child class will incorporate toys, songs, and games to splash and play as children learn elementary water safety skills and develop trust and comfort in the water with their parent. Class will introduce sliding and jumping in, going under the water, breath control, recovering to floating position, and returning to the wall, and then climbing out to safety, with assistance. Class also teaches body positions and movement in the water, and front and back float. Children will learn about the safe use of life jackets in the water and Reach or Throw...Don't Go.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173172
Sec Fee Day Date Time
01 $90 Tu,Th 9/13-9/29 4:30pm-4:30pm
02 $90 Tu,Th 10/4-10/27 4:30pm-4:30pm
03 $68 Tu,Th 11/1-11/17 4:30pm-4:30pm

STARKIDS™
(Ages 3-5) This beginner class focuses on creating trust and confidence in the water through creative, fun activities. Students will practice submersion with recovery to the surface, breath control, and jumping in and climbing out, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the StarKids RED class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173371
Sec Fee Day Date Time
01 $90 Tu,Th 9/6-9/29 3:30pm-4:30pm
02 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
03 $68 Tu,Th 11/1-11/17 3:30pm-4:30pm

STAR BABIES™
(Ages 18 months-3 years) This Parent/Child class will incorporate toys, songs, and games to splash and play as children learn elementary water safety skills and develop trust and comfort in the water with their parent. Class will introduce sliding and jumping in, going under the water, breath control, recovering to floating position, and returning to the wall, and then climbing out to safety, with assistance. Class also teaches body positions and movement in the water, and front and back float. Children will learn about the safe use of life jackets in the water and Reach or Throw...Don't Go.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173171
Sec Fee Day Date Time
01 $90 Tu,Th 9/6-9/29 3:30pm-4:20pm
02 $90 Tu,Th 10/4-10/27 3:30pm-4:20pm
03 $79 Tu,Th 11/1-11/22 3:30pm-4:20pm

STARKIDS™
(Ages 3-5) Students will practice front and back float, front and back streamline, and rolling by focusing on body positioning and air recovery in the water. Pre-requisites for this class: Go under water comfortably for 5 seconds with assistance; then come up to breathe, or a swim evaluation. Progression to the next level is contingent on meeting the pre-requisites of the StarKids YELLOW class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173372
Sec Fee Day Date Time
01 $90 Tu,Th 11/1-11/22 5:10pm-5:40pm
02 $79 Tu,Th 9/13-9/29 5:40pm-6:10pm
03 $79 Tu,Th 10/4-10/27 5:40pm-6:10pm
04 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
05 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
06 $90 Tu,Th 10/4-10/27 5:40pm-6:10pm
07 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
08 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm

STARKIDS™
(Ages 3-5) Students will practice front and back float, front and back streamline, and rolling by focusing on body positioning and air recovery in the water. Pre-requisites for this class: Go under water comfortably for 5 seconds with assistance; then come up to breathe, or a swim evaluation. Progression to the next level is contingent on meeting the pre-requisites of the StarKids YELLOW class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173371
Sec Fee Day Date Time
01 $90 Tu,Th 9/6-9/29 3:30pm-4:30pm
02 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
03 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
04 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
05 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
06 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
07 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm
08 $90 Tu,Th 10/4-10/27 3:30pm-4:30pm

STARKIDS™
(Ages 3-5) Students will practice front and back float, front and back streamline, and rolling by focusing on body positioning and air recovery in the water. Pre-requisites for this class: Go under water comfortably for 5 seconds with assistance; then come up to breathe, or a swim evaluation. Progression to the next level is contingent on meeting the pre-requisites of the StarKids YELLOW class.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173372
Sec Fee Day Date Time
01 $90 Tu,Th 11/1-11/22 5:10pm-5:40pm
02 $79 Tu,Th 9/13-9/29 5:40pm-6:10pm
03 $79 Tu,Th 10/4-10/27 5:40pm-6:10pm
04 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
05 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
06 $90 Tu,Th 10/4-10/27 5:40pm-6:10pm
07 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
08 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
09 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
10 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
11 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
12 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
13 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
14 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
15 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
16 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
17 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
18 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
19 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
20 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
21 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
22 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
23 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
24 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
25 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
26 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
27 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
28 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
29 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
30 $79 Tu,Th 11/1-11/22 5:40pm-6:10pm
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<tr>
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<td>10:30am-11:00am</td>
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<tr>
<td>132176</td>
<td>Tu, Th</td>
<td>11/2-11/17</td>
<td>6:30pm-7:00pm</td>
</tr>
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</table>

**STARSKIDS™**

**AQUATICS**

(Ages 3-5) This class focuses on forward movement and changing direction in the water. Students will practice submersion and recovery for air, roll over back with kicking and finning for 5 seconds. Progression to the next level is contingent on meeting the pre-requisites of the StarKids BLUE/GREEN class.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 173373

Sec Fee Day Date Time  
01 $68 Tu, Th 11/1-11/17 5:40pm-6:10pm  
02 $79 Tu, Th 11/1-11/17 6:20pm-6:50pm  
03 $79 Tu, Th 11/1-11/17 6:40pm-7:10pm  
04 $79 Tu, Th 11/1-11/17 6:00pm-6:30pm  
05 $68 Tu, Th 11/1-11/17 4:45pm-5:15pm

**STARFISH SWIM SCHOOL™**

**SWIM SCHOOL**

(Ages 6-12) This beginner class focuses on creating trust and confidence in the water through creative, fun activities. Students will practice submergence with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the Swim School BLUE/GREEN class.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 105606

Sec Fee Day Date Time  
01 $45 M, W 9/21-10/3 3:00pm-4:00pm  
02 $45 M, W 10/24-11/7 3:00pm-4:00pm  
03 $45 Tu, Th 11/11-10 3:00pm-4:00pm  
04 $45 Tu, Th 9/6-9/15 3:00pm-4:00pm  
05 $45 Tu, Th 10/4-11/13 3:00pm-4:00pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 105608

Sec Fee Day Date Time  
01 $79 M, W 9/7-9/28 6:40pm-7:10pm  
02 $79 M, W 10/3-10/26 6:40pm-7:10pm  
03 $79 M, W 11/2-11/20 6:40pm-7:10pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 105609

Sec Fee Day Date Time  
01 $68 M, W 11/9-11/21 5:00pm-5:30pm  
02 $90 Tu, Th 10/4-10/27 5:40pm-6:10pm  
03 $90 Tu, Th 11/2-11/29 7:00pm-7:30pm

Location: Round Hill Aquatics

Activity Number: 132174

Sec Fee Day Date Time  
01 $68 Tu, Th 9/13-9/29 4:45pm-5:15pm  
02 $90 Tu, Th 10/4-10/27 4:45pm-5:15pm  
03 $68 Tu, Th 11/1-11/17 4:45pm-5:15pm

Location: Round Hill Aquatics

Activity Number: 173382

Sec Fee Day Date Time  
01 $68 M, W 9/7-9/28 6:00pm-6:30pm  
02 $79 M, W 10/24-11/7 6:00pm-6:30pm  
03 $90 M, W 11/11-11/30 6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 105611

Sec Fee Day Date Time  
01 $79 Tu, Th 9/6-9/15 3:00pm-4:00pm  
02 $79 Tu, Th 9/6-9/15 5:00pm-5:30pm

Location: Round Hill Aquatics

Activity Number: 105612

Sec Fee Day Date Time  
01 $68 M, W 10/24-11/7 6:20pm-6:50pm  
02 $90 Tu, Th 10/4-10/27 6:20pm-6:50pm  
03 $79 Tu, Th 10/24-11/7 6:20pm-6:50pm

Location: Round Hill Aquatics

Activity Number: 105613

Sec Fee Day Date Time  
01 $68 M, W 10/24-11/7 6:20pm-6:50pm  
02 $90 Tu, Th 10/4-10/27 6:20pm-6:50pm  
03 $79 Tu, Th 10/24-11/7 6:20pm-6:50pm  
04 $79 Tu, Th 11/11-11/22 6:20pm-6:50pm

Location: Round Hill Aquatics

Activity Number: 122273

Sec Fee Day Date Time  
01 $68 Sa 9/10-10/15 9:00am-9:30am  
02 $68 M, W 9/12-9/28 4:45pm-5:15pm  
03 $68 Tu, Th 9/13-9/29 5:00pm-5:30pm  
04 $90 Tu, Th 9/6-9/15 5:00pm-5:30pm  
05 $90 Tu, Th 9/6-9/28 6:00pm-6:30pm  
06 $57 Sa 10/22-11/19 9:00am-9:30am  
07 $68 M, W 10/31-11/16 4:45pm-5:15pm  
08 $68 Tu, Th 11/11-11/17 5:40pm-6:10pm

Location: Round Hill Aquatics

Activity Number: 122272

Sec Fee Day Date Time  
01 $68 Sa 9/10-10/15 10:30am-11:00am  
02 $68 Tu, Th 9/13-9/29 6:15pm-6:45pm  
03 $90 Tu, Th 10/4-10/27 6:15pm-6:45pm  
04 $57 Sa 10/22-11/19 10:30am-11:00am  
05 $68 Tu, Th 11/11-11/17 6:15pm-6:45pm

Register at www.loudoun.gov/webtrac
### STARFISH SWIM SCHOOL™

#### SWIM SCHOOL

- **Ages 6-12** This class focuses on rotary and integrated movement in the water. Students will practice kicking, pulling, streamlining, side glide, and side breathing with the benchmark of swimming 10yds with some rotary breathing. Class will introduce diving and survival floating.
- **Pre-requisites for this class:** Jump in, submerge, recover for air, kick and pull forward 3-5 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique. Progression to the next level is contingent on meeting the pre-requisites of the Stroke Academy WHITE/RED class.
- **Location:** Claude Moore Rec & Comm Ctr

<table>
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<th>Activity Number</th>
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#### TEEN SWIM SCHOOL

- **Ages 12-17** This intermediate-level class for teens focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water.
- **Students can progress to Teen Stroke Academy once they are able to jump in, recover for air, kick-and-pull on their front or back 25 feet, change direction in the water, survival float, and tread water at least 30 seconds.**
- **Location:** Dulles South Rec & Comm Ctr

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<th>Price</th>
<th>Days</th>
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<td>Sa</td>
<td>10/22-11/19 10:30am-11:00am</td>
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#### ADULT SWIM SCHOOL

- **Ages 18 & up** This beginning swim class for adults is 45-minutes long and focuses on learning essential water safety skills and growing comfortable in the water. Students will work on submersion with breath control and recovery to the surface, and front and back floating. No Pre-requisites or swim evaluation needed for entry into this class.
- **Progression to the next level is contingent on being able to enter the water, submerge, return to the surface to breathe, and going into a back float for 5 seconds.**
- **Location:** Claude Moore Rec & Comm Ctr

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<th>Price</th>
<th>Days</th>
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#### STROKE ACADEMY

- **Ages 12-17** This intermediate-level class for adults focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water.
- **Students can progress to Teen Stroke Academy once they are able to jump in, recover for air, kick-and-pull on their front or back 25 feet, change direction in the water, survival float, and tread water at least 30 seconds.**
- **Location:** Dulles South Rec & Comm Ctr

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#### STOCK ACADEMY

- **Ages 12-17** This intermediate-level class for adults focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water.
- **Students can progress to Teen Stroke Academy once they are able to jump in, recover for air, kick-and-pull on their front or back 25 feet, change direction in the water, survival float, and tread water at least 30 seconds.**
- **Location:** Dulles South Rec & Comm Ctr

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<tr>
<th>Activity Number</th>
<th>Price</th>
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<tr>
<td>173672</td>
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<td>M,W</td>
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</table>

#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

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<tr>
<th>Activity Number</th>
<th>Price</th>
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<td>173481</td>
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#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

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<th>Activity Number</th>
<th>Price</th>
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#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

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<th>Activity Number</th>
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<td>Tu,Th</td>
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### STARFISH STROKE ACADEMY™

#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

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<th>Activity Number</th>
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#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

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#### STROKE ACADEMY

- **Ages 6-12** This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.
- **Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy WHITE/RED.**
- **Location:** Claude Moore Rec & Comm Ctr

<table>
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<th>Activity Number</th>
<th>Price</th>
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Register at www.loudoun.gov/webtrac
STROKE ACADEMY

(Ages 6-12) This class is the most advanced Stroke Academy class and will incorporate all four strokes: freestyle, backstroke, breaststroke, and butterfly, while working on building endurance. Students will also practice starts, turns, and racing dives. Pre-requisites: Able to perform multiple lengths of freestyle and backstroke, 25 yards of breaststroke, and at least 4 strokes of butterfly in good form.

Location: Claude Moore Rec & Comm Ctr
Activity Number: 173673
Sec Fee Day Date Time
01 $136 Tu,Thu 9/6-9/29 6:30pm-7:35pm
02 $136 Tu,Thu 10/4-10/27 6:30pm-7:35pm
03 $119 Tu,Thu 11/1-11/22 6:30pm-7:35pm
Location: Dulles South Rec & Comm Ctr
Activity Number: 105612
01 $135 Tu,Thu 10/4-10/27 7:40pm-8:25pm

ADULT STROKE ACADEMY

(Ages 18 & up) This class will allow students to develop all 4 strokes at their own pace. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 yards of breaststroke, and at least 4 strokes of butterfly in good form.

Activity Number: 173895
Sec Fee Day Date Time
01 $80 Sa,Su 9/24-9/24 4:30pm-6:30pm
02 $80 Sa,Su 10/15-10/15 4:30pm-6:30pm

BABYSITTING TRAINING & CPR

(Ages 11-15) This class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. This training will teach participants basic childcare, leadership skills, how to develop a babysitting business and ways to keep themselves and others safe and help children behave. The course also includes first aid and Pediatric CPR training.

Activity Number: 173892
Sec Fee Day Date Time
01 $350 Sa,Su,Mo 9/10-9/11 9:00am-3:30pm
02 $350 Sa,Su,Mo 10/29-10/30 9:00am-3:30pm

CERTIFIED POOL OPERATOR CPO

(Ages 16 & up) This program covers state regulations, swimming pool calculations, filter types and filter selection, circulation systems and pumps, water chemistry and balancing, water testing, spas and warm water pools and aquatic facility management and safety.

Activity Number: 173897
Sec Fee Day Date Time
01 $350 Sa,Su 10/8-10/9 10:00am-6:00pm
02 $350 Sa,Su 11/5-11/6 10:00am-6:00pm

LIFEGUARD & TRAINING

ADULT & PEDIATRIC FIRST AID/CPR/AED

(Ages 12 & up) This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high-speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Activity Number: 173893
Sec Fee Day Date Time
01 $350 Sa,Su 10/1-10/2 8:00am-6:00pm

LIFEGUARD REVIEW WITH OXYGEN

(Ages 15 & up) With successful completion of this course, students will be recertified as a Lifeguard with Oxygen training through the American Red Cross. To pass the swim test you must be able to complete a 300-yard swim, get a 10lb brick from the bottom of at least 9ft of water and be able to swim it to the side and tread water for 2 minutes with legs only. Bring a swimsuit and towel to every class. Attendance is mandatory. Must be on-time for all classes. Pre-requisites: Must hold a current American Red Cross Lifeguard Certificate and pass the swim test.

Activity Number: 173894
Sec Fee Day Date Time
01 $100 Sa,Su 9/10-9/11 9:00am-3:30pm
02 $100 Sa,Su 10/29-10/30 9:00am-3:30pm

LIFEGUARD INSTRUCTOR LGI

(Ages 17 & up) Prepares Lifeguard Instructor candidates to teach American Red Cross Lifeguard, Lifeguard Blended Learning, Shallow Water Lifeguard, Aquatic Attraction Lifeguard, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training.

Activity Number: 173691
Sec Fee Day Date Time
01 $75 Sa,Su,M 9/12-9/13 9:00am-5:00pm
02 $75 Sa,Su,M 10/10-10/11 9:00am-5:00pm
03 $75 Sa,Su,M 11/18-11/19 9:00am-5:00pm
ADAPTIVE RECREATION
742 Miller Drive, Leesburg, VA 20177
703-737-8042
https://www.loudoun.gov/1185/Adaptive-Recreation
Call for pick-up and departure times.

ARTS FOR ALL-LOUDOUN
Open to anyone who would like to work with Arts for All Loudoun. We encourage people to join us and learn about the opportunities that exist with our programs. Please contact Michelle.Waugh@loudoun.gov for more information.
Location: Franklin Park Visual and Performing Arts Center
4th M ongoing
7:30pm-9:00pm

FRIENDS OF ADAPTIVE RECREATION - FAR - ADVISORY BOARD, INC.
Volunteers meet monthly to discuss events, community awareness, fundraising and sponsorships. Newcomer's welcome. Please call Maria Auger at 703-771-5013 for more information.
Location: 742 Miller Drive Leesburg, VA 20177
4th F ongoing

INTEGRATION OPPORTUNITIES
Individuals with disabilities are entitled to recreation opportunities. Adaptive Recreation encourages its participants to integrate into all Loudoun County PRCS programs. Please call staff for any needed assistance or information. Please see updated program activities on our website, click on the Seasonal Guide link.

LOUDOUN COUNTY SPECIAL OLYMPICS COMMITTEE MEETING
Volunteers, athletes, coaches, committee members meet monthly. New members should call ahead for date, time, and location. Contact Chris.Caesar@loudoun.gov

GENERAL INTEREST
COOKING CLASSES
Location: 742 Miller Drive Leesburg, VA 20177
141736-01 $75 Th 11/3, 11/10, 11/17 4:30pm-6:30pm

ADAPTIVE RECREATION’S GOT TALENT 2
(Ages 16, All Levels) Do you like to perform? Join us for a variety show. Variety shows are a fun way for participants to express themselves creatively. Rehearsals will be Saturdays with lunch provided. The final performance will be at our Fall Festival on 10/29.
Location: 742 Miller Drive Leesburg, VA 20177
141716-01 $100 Sa 10/8, 10/15, 10/22 10:30am-2:30pm

DINNER & A MOVIE
(Ages 16 & up, All Levels) Join us for a movie night! Before the show enjoy dinner with great friends! Movies will be decided closer to the date of the showing. Dinner will be provided. Movies & dinner will be indoor in the program room. If weather permits, we may move outdoors.
Location: 742 Miller Drive Leesburg, VA 20177
141731-01 $65 Sa 10/15 5:00pm-9:45pm

BINGO NIGHT
(All Ages All Levels) Bingo is a popular game of chance and a game that is easy to learn and encourages social interaction. Join us for a fun night with prizes for winners. Dinner will be provided.
Depart/Return: 742 Miller Drive Leesburg, VA 20177
141701-01 $35 Sa 11/19 3:00pm-7:00pm

GHOST THE MUSICAL
(Ages 16 & up, Levels 1,2) A timeless fantasy about the power of love. Based on the hit 1990 romantic film of the same name, starring Demi Moore and Patrick Swayze, and featuring the classic song, Unchained Melody.
Depart/Return: 742 Miller Drive Leesburg, VA 20177
141735-01 $120 Su 11/06 10:45pm-6:45pm

SPORTS
SPARE TIME BOWLING
(Ages 16 & up, All levels) Relax on a Friday afternoon with bowling! This program teaches the basics of the game, promotes socialization and community awareness. If you work at ECHO and need transportation to bowling on Friday, please report request while registering. Bus departs at 2:15pm from ECHO on Fridays. No transportation provided AFTER bowling. Participants must be picked up at The Branch.
Location: The Branch Bowling Alley
141710-01 $35 F 9/16 2:30pm-5:00pm
141710-02 $35 F 9/30 2:30pm-5:00pm
141710-03 $35 F 10/14 2:30pm-5:00pm
141710-04 $35 F 10/28 2:30pm-5:00pm
141710-05 $35 F 11/18 2:30pm-5:00pm

Register at www.loudoun.gov/webtrac

Page 60 | General Registration Begins August 11
Register ONLINE!
VISIT WWW.LOUDOUN.GOV/WEBTRAC
PARTY IN THE PARK
(All Ages) Start your weekend out the right way by joining all your friends at Philomont Community Center’s Party in the Park! Join your friends on our large play-ground, outdoor basketball court or open area for ball games, flag football and kickball! Just six miles from Purcellville for a Party at the Park at Philomont Community Center. Admission includes popcorn, and a slice of pizza or a Hot Dog! Ask about all you must be accompanied by an adult. Call 924-9896 for more information.

Philomont Community Center
111702-02 $5 F 9/16 4:00pm–5:30pm
111703-03 $5 F 10/28 4:00pm–5:30pm
111704-03 $5 F 11/18 4:00pm–5:30pm

FALL FESTIVAL
(All ages) Spend a beautiful fall day outdoors at CMP! Enjoy music and pumpkin painting, be an interesting trade with fiber arts. Shop from hand-made crafts or sale by local artists. View the amazing work of entrants to the Friends of CMP’s 4th Annual Photo Expo. Food available for purchase. No registration required. Enjoy the Loudoun Park Lane entrance and follow the signs. Event will be held rain or shine. Call 571-285-3700.

Claude Moore Park Historic Area
Free Sa 9/17 10:00am–3:00pm

14TH ANNUAL PHOTO EXPO AT CMP
(All Ages) See the extraordinary work of local photographers as they capture the theme “Natural Spaces & Old Places.” In this juried show, sponsored by the Friends of Claude Moore Park, the winning photos will be on display in the historic Lanesville Ordinary and Caretakers House. Viewers can vote for their favorite photo to win the Paul Glasscock Memorial People’s Choice Award. Photos may be entered into the contest until Friday, 9/23/22. For information, rules, and entry forms go to www.loudoun.gov/claudemoorepark or call the park at 571-285-3700.

Claude Moore Park Historic Area
Free Sa 9/17 10:00am–3:00pm

BLUENUMPT FAIR
(All Ages) Bring your family and friends to the 52nd Annual Bluenumpt Fair! Browse artisan crafts and enjoy local refreshments, beer and wine while experiencing the history and traditions of the area. Gate will be open to eat while children enjoy the Children’s Fair. Breathe in some mountain air, have fun, learn something new, and start checking off that holiday gift list, all for less than the price of a movie. Call 545-554-9843 for more information.

Bluenumpt Community Center-Town of Bluemont
Pay at Door $10/person, ages 9 & under free Sa 9/17-9/18 10:00am–5:00pm

AUTUMN’S ARRIVAL IN THE PARK
(All Ages) Join us for a celebration of all things Autumn. Games, crafts and fun for all call 703-430-9480 for more information.

Sterling Community Center
Free Th 9/22 6:00pm–8:00pm

HEALING MEDITATION EVENT
Satira Davis, Chopra certified meditation and Ayurveda instructor a certified breath-work instructor from Yoga Teachers College, will lead this community meditation event focused on remembering the unconditioned self. Expand your consciousness and thus your life experiences through meditation so you can see for yourself the wisdom not available for the unconditioned mind of your conditioning. This 90-minute event will include breathing exercises and simple meditation practice while seated in the theater. Limited capacity to allow for personal space.

Franklin Park Recreation Center
Free Sa 9/24 1:00pm–5:00pm

LATINO AMERICANS DOCUMENTARY SHOWING
(All Ages) LATINO AMERICANS is the first major documentary series to chronicle the rich and varied history and experiences of Latincos, who have helped shape North America over the last 50-plus years and have become, with more than 50 million of us, the fastest growing minority group in the U.S. The changing and yet re- peating context of American history provides a backdrop for the drama of individual lives. It is a story of immigration and redemption of anguish and celebration, of the gradual construction of a new American identity that connects and empowers millions of people today. Refreshments will be served. Call 703-430-9480 for more information.

Sterling Community Center
Free F 9/30 6:00pm–8:30pm

COMMUNITY SPAGHETTI DINNER
(All Ages) Come join us for dinner at SCC as we celebrate National Pasta Day with a FREE spaghetti dinner. Pre-registration is required. Call 703-430-9480 for more information.

Sterling Community Center
Free M 10/17 6:00pm–8:00pm

SCARECROW BUILDING CONTEST
(All Ages) Put your creativity to the test, jump into autumn with us, and maybe win some single-use passes to the Franklin Park Pool next summer! Build a scarecrow using materials provided or use your own. Funny, scary, cute – all scarecrows are wel- come! Supplies will be available at the Franklin Park Office by 10/19, 5:00pm. First come, first serve for provided materials.

Franklin Regional Park
Free W 10/19 9:00pm–5:00am

MOMENT MASH - TRICK OR TREAT
(All Ages) Try on your halloween costume early and trick or treat at the Sterling Community Center’s indoor trick or treat! Local charitable organizations will run stations with crafts, candy, or activities. Admission is one canned good per trick-or- treater; and free for the rest of the family! If you run a non-profit in Loudoun County interested in participating email Sterling@loudoun.gov or call 703-430-9480.

Sterling Community Center
Free F 10/21 6:00pm–8:00pm
OUTDOOR LASER LIGHT SHOW - HALLOWEEN SPOOKTACULAR!
Treat your kids to the laser Halloween BOO-nanza – more than just scary – featuring brilliant animations of classic spooky characters growing to today's favorite tunes. A forty-minute extravaganza that is exactly what Dr. Frankenstein ordered. The Halloween Spooktacular is a spirited sing-along suitable for children of all ages, offering a balance of ghostly great music and frightfully fun laser imaging. Wild laser caricatures of festive, Halloween monsters dancing to creepy classics like "Monster Mash", "Thriller", "Purple People Eater", and the ever-popular "Ghostbusters." We present exclusively age-appropriate pop hits and spooky (but not scary) music to ensure that everyone has a safe and fun Halloween. Costumes encouraged!
Franklin Regional Park
$6
Sun
10/30
7:00pm-8:00pm

Lucketts Community Center
October 15, October 22, November 5, November 12, December 3 & December 10
PUPPIES & PUMPKINS
All ages) Come celebrate fall with your canine friends including a costume contest for dogs and their owners, hayrides, and pumpkin decorating. Talk with pet professionals about obedience training and pet first-aid. Partner organizations will also have animals seeking a forever home in honor of Adopt-a-Dog month.
Banshee Reeks Nature Preserve
Free
Sa
10/22
1:00pm-4:00pm

COSTUME PARTY
(Ages 5 & under) Nothing scary, just fun! Practice trick-or-treating, play games, & make spooky crafts. Call 703-430-9480 for more information.
Sterling Community Center
103710-01
$5
Tu
10/25
11:00am-12:00pm

DULLES SOUTH TRICK OR TREAT OR TREAT
(Ages 2-12) "Outdoor Event" Join DSRCC for a spooktacular trick or treating event on Friday October 28th! Accompany your child dressed in their Halloween finest as they trick or treat on the Dulles South paths. Children will gather treats and a pumpkin from the pumpkin patch, run through a maze, and an optional spooky hayride. Registration ends at 5pm October 27th or until full. Must register in advance, no same day registration. Call 571-258-3546 for more information!
Dulles South Recreation & Community Center
105700-01
$5
F
10/28
4:00pm-7:00pm

PUMPKIN SWIM
(All Ages) Join us for our Annual Pumpkin Swim! Halloween-themed fun, music and activities at the Leisure pool and everyone gets a Pumpkin! Everyone attending should be registered. Adults $5, Children $5, 2 years and younger free.
Claude Moore Recreation & Community Center
172770-01
$5
Sa
10/29
9:30am-10:30am

TRUNK OR TREAT
(All Ages) Join us for trunk or treat at the Lovettsville Community Park. Register to hand out candy from your decorated vehicle or bring the kids for trick or treating! This event will be held rain or shine. Call 540-822-2054 or email Lovecc@loudoun.gov for more information on the event and to register your trunk.
Location: Lovettsville Community Park
Free
Sa
10/29
6:00pm-7:30pm

HALLOWEEN HAYRIDE
(All Ages) Come and join us for our awesome annual Philomont Village tradition of Halloween trick-or-treating fun on our Halloween Hayride! You will have fun with your friends and family riding a hayride around Philomont. Come in your best Halloween costume and enjoy eating some snacks with all your friends. Register early because space is limited! All children must be accompanied by an adult. Children, 2 and under are free! Last wagon leaves center at 7:15pm. Call 540-338-5882 for more details.
Philomont Community Center
111704-00
$25
Family (1 Adult, 2 children)
111704-02
$15 Each additional person

| NOVEMBER |

VETERANS DAY CELEBRATION
(All Ages) Let’s Celebrate our Veteran’s by serving them lunch and letting them share their stories. Pre-registration is required. Call 703-430-9480 for more information.
Sterling Community Center
Free Class Trip
11/10
12:00pm-2:00pm

FAMILY PAINT NIGHT
(Ages 3 & up) Blumentor is offering an enjoyable family night of painting. Children and parents will have the opportunity to create the perfect fall painting. Children must be accompanied by a painting adult. Call 540-554-9643 for more information.
Blumentor Community Center
106719-01
$15
F
11/4
6:30pm-8:30pm

SESEME STREET ANNIVERSARY
(Ages 5 & Under) Celebrate the 53rd Anniversary of Sesame Street! Join us for games, activities, and crafts based on your favorite characters. Call 703-430-9480 for more information.
Sterling Community Center
103721-01
$5
Tu
11/8
11:00am-12:00pm

NEW YORK CITY DAY TRIP
(All Ages) Enjoy a day trip to New York City! Spend the day shopping, visiting landmarks, seeing a show and enjoying the city! It’s all up to you! We will travel by charter bus, leaving the Dulles South Recreation & Community Center at 5 a.m., and leaving NYC promptly at 7 p.m. This is a non-chaperoned event; minors MUST be accompanied by a parent. Call 571-258-3546 for more information.
Dulles South Recreation & Community Center
109006-01
$60
Sa
11/19
5:00pm-11:45pm

2022 TURKEY BURN
(Ages 16 & up) Fitness goals don’t take a holiday. Stay on track with our special Turkey Burn Event. Shake your tailfeathers in a 90 minute Zumba. Free event for Annual and 6 month passholders. Daily rates apply for monthly and non-passholders. Class entrance cards will be given out thirty minutes before the start time of class. Registration is recommended, but not required.
Dulles South Recreation & Community Center
105504-01
Daily Admission
11/25
10:00am-11:30am
105504-02
Daily Admission
11/25
12:00pm-1:00pm

BLUERMONT’S HOLIDAY - JURIED - CRAFT SHOW
(All Ages) Find one of a kind holiday gifts at Bluemont’s Juried Holiday Craft Show. Admission for shoppers is free. Table and space rentals are available by calling 540-554-9643 or email mail to Linda.Sapp@loudoun.gov.
Bluemont Community Center
Sa
11/26
10:00am-4:00pm

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

PRCS facilities are perfect for family or group events and meetings.

Register at www.loudoun.gov/webtrac
Douglass Community Center (All Ages) Travel by motor coach to New York City. The bus will drop off on Eighth NY CITY DAY TRIP new hat or gloves for the “Winter Warmth Tree”. Call 571-258-3700. Hop on our wagon for a ride through the park. Help your neighbors by donating a (All ages) Celebrate the holiday season with Claude Moore Park. You can visit Co- HOLIDAY IN THE PARK more information. Town to the Town Square for WintertainmentFest (refreshments, a community (All ages) Make this German custom part of your family’s holiday tradition! Meet Lovettsville Community Center (Ages 3 & up) Create ornaments and decorate your own lantern for Lovettsville’s 103764-01 703-430-9480 for more information. Christmas tree at the Lovettsville Community Center with your own lantern and then walk-through more information. Lovettsville Community Center 202201-01 Free Sa 12/3 6:15pm-7:45pm HOLIDAY IN THE PARK (All ages) Celebrate the holiday season with Claude Moore Park. You can visit Co- nected Lanterns Ordinary and explore Frog hypoth Nature. Make crafts, enjoy hot chocolate, cider, and toasting marshmallows, Hop on our wagon for a ride through the park. Help your neighbors by donating a new hat or gloves for the “Winter Warmth Tree”. Call 571-258-3700. Claude Moore Park Historic Area Free Sa 12/3 4:00pm-7:00pm NY CITY DAY TRIP (All Ages) Travel by motor coach to New York City. The bus will drop off on Eighth Avenue, between 50th and 51st Streets. We will be in New York for a total of eight hours. Call 703-771-5913 for more information. Depart/Return: Loudoun County Park & Ride, Leesburg Douglass Community Center 204705-02 $68 Sa 12/17 6:00am-12:30am PLANETARIUM/PROGRAMS Ages 4 & up Step inside our rotatable dome planetarium to experience the won- der of space in the interactive programs. Set up on the stage of our theater with mostly floor seating, the program lasts about 40 minutes. $8 Goldilocks & the 3,000 Explanats Su 9/18 1:00pm, 2:00pm, 3:00 pm, 4:00 pm, 5:00 pm Seeing in the Dark Su 10/16 1:00pm, 2:00pm, 3:00pm, 4:00pm Discovering the Sky Su 11/13 1:00pm, 2:00pm, 3:00pm, 4:00pm READERS THEATRE COFFEEHOUSE - RICH FINK “THOUGHT YOU WERE DEAD” Ages 16 & up Loudoun playwright Rich Fink presents an original script “Thought You Were Dead” about three friends with an unusual dementia. Refreshments included. $8 Su 9/18 6:30pm BLUE SKY PUPPETS - BANANAS! Ages 2 & up in this interactive show, Dr. Broccolli tells Little Yellow and his mom about a talent show and fair he’s sponsoring, her other two children, Little Blue and Little Red, want to participate in the talent show as well. After each makes their pitch for the talent show, the audience gets to pick their favorite! Get excited about healthy food around us! $5 W 9/21 10:00am LAST HAM STANDING COMEDY IMPROV 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 fun improv games. If you like Whose Line Is It Anyway? You’ll love Last Ham Standing...the other comedy meat! $14 Adults, $12 Seniors, $10 kids F 9/23 8:00pm F 10/28 8:00pm Sa 11/19 8:00pm LINDA LAY & SPRINGFIELD EXIT WITH DARREN BEACHLEY (All Ages) Vocalist Linda Lay heads an all-star ensemble of award winning instrument- alists. She is recognized as a Master Artist in traditional singing for the Virgin- November 204705-01 $5 Th 9/29 10:00am, 7:00pm MANHATTAN SHORT FILM FESTIVAL Be a part of this global event as 100,000 film lovers in over 500 cities across six continents gather for one purpose...to view and vote on the Finalists’ Films in the 25th Annual MANHATTAN SHORT Film Festival. View 2 hours of short films and vote for your favorite film and best actor! $8 $8 Th 9/29 10:00am, 7:00pm OCTOBER GREY SEAL PAPERS - BATHUB PIRATES Ages 2 & up Some of the best times in a child’s life are spent playing in the bathtub. Surrounded by toys and a sea of bubbles, the imagination runs wild with adventure stories. No different here! Follow the antics of Blackbeard and his crew as they commandeer a bathtub to carry out their daring plan. It’s good clean fun for the whole family! $5 W 10/19 10:00am KENNY ROGERS - THE GAMBLER RETURNS Join us as, award winning country recording artist Alan Turner, recreates the magic of a night with Kenny in the Ultimate Kenny Rogers Tribute Show. “The Gambler Returns”. This show will take you on a journey through the career of an American Icon and Legend who sold over 200 million albums worldwide and racked up over 24 No 1 hits (including “The Gambler,” “Lady,” Islands In The Stream,” “Lucille,” “She Believes In Me” and so many more!) Friends of Franklin Park Arts Center sponsors this gold star performer $22 Sa 10/29 7:30pm SEPTEMBER DECEMBER SPECIAL EVENTS/FUN IN THE PARK Register at www.loudoun.gov/webtrac | Page 67
**CAREGIVER 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 abilities of caregivers and family members to provide informal care as long as appropriate. For more information about these programs, call 703-771-5407 or email aaasupport@loudoun.gov.

**CAREGIVER SUPPORT GROUPS**

Meets the first Wednesday of the month at 4:00pm 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 10:00am at the Waterwood (44141 Russel Branch Parkway, Ashburn, VA 20147). For information, call 703-771-5407.

**VIRTUAL CAREGIVER SUPPORT GROUPS**

Meet the first Saturday of the month. Please pre-register in advance by contacting Erin Nesbit at erin.nesbitt@loudoun.gov.

Meet the third Saturday of the month at 4:00pm-5:00pm. Please pre-register by calling Jaimee Conner at 703-771-5334.

Meets the fourth Thursday of every month from 3:00pm-4:00pm. Please pre-register by contacting Bobbi Carducci at bcarducci@comcast.net.

**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 & 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**

Four 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 is $32/person ($48/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 $44/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 ........................................... 703-771-5334
Mac Brownell Adult Day Center (Purcellville) ............................................. 571-258-3402

**PARTICIPANTS**

Our centers are open M-F from 7:30am-5:30pm 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.

**SENIOR TRIPS**

**ABOUT**

The Senior Trips Program is designed for independent adults 55 years of age or over. Day or overnight trips are available. All transportation is provided by Senior Center buses unless otherwise noted. Most trips have pick-up and drop-off points at Cascades Senior Center in Sterling, the Wal-Mart in Leesburg and the Carver Center in Purcellville.

**REGISTRATION**

Registration is required for all trips. Sign up online with the activity number and WebTrac or in person at any PRCS office. Early registration is suggested since trips can fill quickly. Once you register, please note there are no refunds issued by the county. However, a refund minus an administrative fee may be issued if your seat is resold.

**CONTACT**

Contact the senior trip coordinator at 571-258-3050 -TTY 711 for more information.

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 child-care statement
- Print old receipts
- Purchase performance tickets

Register at www.loudoun.gov/webtrac
SERVICES
Child care hours of operation:
Monday - Friday
7:00am-6:00pm
Year round enrollment = 52 weeks

LOCATIONS
- BLUEMONT COMMUNITY CENTER
- DULLES SOUTH RECREATION & COMMUNITY CENTER
- LOUDOUN VALLEY COMMUNITY CENTER
- LOVETTSVILLE COMMUNITY CENTER
- LUCKETTS COMMUNITY CENTER

VALUES
- Provide a safe, healthy learning environment for children and staff.
- Support all domains of child development.
- Develop and implement age and stage developmentally appropriate activities to include large and small motor skills, creative play, music, drama and art exploration.
- Establish positive relationships with families and encourage their active involvement in the program.
- Provide inclusion opportunities for all children.
- Be an asset to the community

MORE INFORMATION AT HTTPS://WWW.LOUDOUN.GOV/1196/CHILD-CARE

MORE INFORMATION AT HTTPS://WWW.LOUDOUN.GOV/1196/CHILD-CARE

SERVICES
Variety of half-day Classes offered:
M, W, F
T, Th
Monday-Friday
Fall - Spring enrollment = 36 weeks

LOCATIONS
- BLUEMONT COMMUNITY CENTER
- CLAUDE MOORE RECREATION & COMMUNITY CENTER
- DOUGLASS COMMUNITY CENTER
- DULLES SOUTH RECREATION & COMMUNITY CENTER
- LOUDOUN VALLEY COMMUNITY CENTER
- LOVETTSVILLE COMMUNITY CENTER
- LUCKETTS COMMUNITY CENTER
- PHILOMONT COMMUNITY CENTER

VALUES
- A commitment to excellence in all aspects of our programs with safety at the forefront of our minds to ensure the highest quality programs are provided to our participants.
- The diversity and inclusion of our participants and staff and working to ensure all are treated with dignity and respect.
- Positive staff engagement with our participants to create a recreational and educational environment that is warm and welcoming for all.
- A commitment as a team and we work toward the same end goal.

MORE INFORMATION AT LOUDOUN.GOV/PRESCHOOL

SCAN ME!
YOUTH AFTER SCHOOL

FROM SCHOOL DISMISSAL TIL 6:15PM. YAS OFFERS MIDDLE SCHOOL STUDENTS A WIDE VARIETY OF RECREATIONAL ACTIVITIES! WITH THE GUIDANCE AND SUPERVISION OF PROFESSIONAL STAFF MEMBERS. STUDENTS WILL FIND A SAFE COMMUNITY WITH FRIENDS.

LOCATIONS

BELMONT RIDGE
BLUE RIDGE
EAGLE RIDGE
FARNWELL STATION
HARPER PARK
MERCER
RIVER RNd
SENCA RIDGE
SMART’S MILL
STERLING
STONE HILL
TRAILSIDE

*ALSO SERVING HARMONY
*ALSO SERVING GROVE
*ALSO SERVING LUNGFOURD & WILLARD
*ALSO SERVING BRAMLETON

MONTHLY

$50
REGISTER
CALL 703-777-0343
EMAIL YAS@LOUDOUN.GOV

SCAN ME!

Register at www.loudoun.gov/webtrac
CHIME IN!
WITH THE AAA RHYTHM MAKERS

WHEN
10am - 11am
2nd Tuesday of every month

WHERE
Senior Center of Leesburg
102 North Street NW
Leesburg, 20176

REGISTER
Call 571-233-2583 or send an email to
aaasupport@loudoun.gov

This hand chime group is for individuals with early to moderate stage cognitive impairment and their care partners.
No music experience is needed, just the joy of creating music together.

LOUDOUN COUNTY AREA AGENCY ON AGING

DAYS OF CELEBRATION

¡Fiesta!
Sterling

STERLING COMMUNITY CENTER
120 ENTERPRISE ST
STERLING, VA
SATURDAY, SEPTEMBER 24
1:00pm-5:00pm
Hosted by STERLING COMMUNITY CENTER

FREE!

LATINO FESTIVAL
Leesburg

SHENANDOAH BUILDING
102 HERITAGE WAY NE
LEESBURG, VA
SUNDAY, OCTOBER 23
12:00pm-5:00pm
Sponsored by DOUGLAS COMMUNITY CENTER
GENERAL INFORMATION

what you need to know about...

WHERE TO FIND YOUR ACTIVITY GUIDE

Copies of the Activity Guide are available at PRCS centers and parks, as well as Loudoun County libraries and the County Government Center. The current issue is always available online at www.loudoun.gov/prcs where you can sign up to receive text and email messages about PRCS events, registration and other news.

GENERAL REGISTRATION

Online and walk-in registration for senior activities only begins at 9:00am on 8/10/22 for county residents. Online registration for all activities begins at 12:01am on 8/11/22 for county residents.

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 two to five 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/prcs 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 Programs (only 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 payable to “Loudoun County.” Payments by check or money order cannot 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 instructors 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 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 sent 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 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. A 50% refund of fees will be offered if you cancel a class/program 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 receive is MR diagnosis. For more information, call MR Services at 703-777-0377.

NOTICE TO PARTICIPANTS

All activities of a physical nature involve some risk. By registering for a county-sponsored class requiring physical activity, you, as the participant or parent of a participant under the age of 18, assume the risk involved in participating in these activities. The Loudoun County Department of Parks, Recreation and Community Services is dedicated to providing safe facilities and equipment for all participants, as well as qualified instructional staff to enhance your experience. Unless specifically declined, by registering for or participating in a PRCS-sponsored activity, participants give permission for the Loudoun County Department of Parks, Recreation and Community Services to use photographs, videos, drawings, and other works about or of participants in publications and other media, including social media, without limitation in order to increase community awareness of PRCS programs and services.

TRANS榔PORTATION

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 vehicle used for Department trips including motor buses. Due to outside costs associated with arranging and booking trips, there will be no refunds 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 Arts for All Loudoun, should call 703-771-5013 or 703-771-5010.

PROGRAM ACCESSIBILITY - ADA

The Loudoun County Department of Parks, Recreation and Commmunty Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation for 508 compliance or desire confidentiality in order to participate in PRCS activities or programs, 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: adaptrec@loudoun.gov.

CLOSING/SUBSCRIPTIONS

In case of inclement weather, public holidays or emergencies, the Department will determine program cancellations or postponements. For more details, visit www.loudoun.gov/prcs, consult your parent handbook, or call the program location or PRCS administration at 703-777-0343. For athletic field conditions, visit www.loudoun.gov/fieldsstatus.gov. For up-to-date announcements regarding County Government closures 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
CASAS 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 ............ 703-737-8999
Licensed Childcare/Preschool ............ 703-737-8006
Sports, Youth & Adult .................. 703-777-0343
Sports Postponements/Cancellations ............ 703-777-0456
Youth Services .................. 703-777-0343

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For more information, call MR Services at 703-777-0377.

Registra at www.loudoun.gov/webtrac | Page 77

General Registration Begins August 11
CREATING COMMUNITY THROUGH PEOPLE, PARKS & PROGRAMS

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 is designed with you and your family in mind. Reach out to prcs@loudoun.gov with comments or suggestions.

El Departamento de Parques, Recreación y Servicios a la Comunidad puede brindarle asistencia en Español. Por favor, llame al 703-777-0343 y solicite un intérprete.

742 MILLER DRIVE SE
LEESBURG, VA 20175
703-777-0343/TTY 711
MONDAY-FRIDAY
8:30AM-5:00PM