

# ACTIVITY

## guide

### *Connecting* ALL COMMUNITIES

#### REGISTRATION:

- General Registration Starts  
Thursday, May 9 at 6:30am
- Celebrate Independence,  
Page 57
- Play All Day VA, Page 63
- July is Park & Recreation  
Month, Page 24

**SUMMER 2024**



[loudoun.gov/PRCS](http://loudoun.gov/PRCS)





# Summer 2024

Summer, the brightest season, is a time for fun, celebration and optimism. Whether you are beating the heat at one of our outdoor pools, finding community in one of our Caregiver support programs, or experiencing a new recreational activity, your Department of Loudoun County Parks, Recreation, and Community Services strives to serve you and your family this summer.


On June 20, the summer solstice, we hope you will join us in celebrating “play” through a statewide initiative from the Virginia Recreation and Park Society called *Play All Day VA*. In July, we will celebrate National Park and Recreation Month and connect all communities following this year's theme of “Where You Belong”. Be sure to join us throughout the month for exciting programs and activities across Loudoun County.

In addition to these programs, we look forward to our numerous fireworks celebrations and Independence Day festivities at your parks and facilities. Whether it is fireworks with Franklin Park, Lovettsville Community Park, Hal & Berni Hanson Regional Park, and the Sterling Community Center, or the 4th of July Celebration at Claude Moore Park, we hope you and your family will join PRCS to celebrate Independence Day.

We look forward to the improvements and progress of several facilities throughout the county, such as the Ashburn Recreation and Community Center, the Western Loudoun Recreation Complex, and the Dulles South Community Park. These projects will maintain our standard for excellence as we work to make Loudoun the community of choice through outstanding experiences.



Steve Torpy

Warmest regards,  
  
Steve Torpy, Director



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If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days notice.



# EVENT HIGHLIGHTS

Find more events in each site's pages under events.

## JUNE

- 6 Family Paint N' Create**  
Loudoun Valley Community Center, 6:00pm
- 9 Color Quest 5K**  
Franklin Park, 10:00am
- 10 Moon Bounce Movie Party**  
Loudoun Valley Community Center, 6:30pm
- 15 Pollinator Festival**  
Banshee Reeks Nature Preserve, 10:00am
- 18 Hot Wheelz Meetup**  
Douglass Community Center, 11:00am
- 19 PRCS On The Go**  
Philip A. Bolen Memorial Park, 10:00am
- 19 Bingo Night**  
Loudoun Valley Community Center, 6:00pm
- 20 Play All Day with your PRCS!**  
Visit page 63 for a list of activities
- 22 Family Olympics**  
Lovettsville Community Pool, 6:45pm
- 25 Tune In Tuesdays**  
Bluemont Community Center, 10:00am
- 27 Playground with Public Safety**  
Douglass Community Center, 11:00am
- 28 Outdoor Movie Mania**  
Douglass Community Center, 9:00pm
- 28 Star Spangled Sterling**  
Sterling Middle School, 6:00pm

## AUGUST

- 6 Tune In Tuesdays**  
Bluemont Community Center, 10:00am
- 6 National Night Out**  
Loudoun Valley Community Center, 7:00pm
- 10 Family Luau**  
Lovettsville Community Pool, 6:45pm
- 16 Back To School BINGO**  
Bluemont Community Center, 6:00pm
- 17 Enchanted Summer Adventures**  
Douglass Community Center, 10:00am & 1:00pm
- 17 National Honeybee Day**  
Banshee Reeks Nature Preserve, 10:00am
- 23 Family Campout**  
Douglass Community Center, 7:00pm
- 24 Dog Days Of Summer 5K**  
Philip A. Bolen Memorial Park, 8:00am

## JULY

- 3 Independence Day Celebration**  
Lovettsville Community Center & Park, 5:30pm
- 3 Independence Day Pool Bash**  
Lovettsville Community Pool, 6:30pm
- 4 Fourth Fest**  
Claude Moore Park, 10:30am
- 4 Red, White & Run 5K**  
Hal & Berni Hanson Regional Park, 8:00am
- 4 Independence Day**  
Franklin Park, 5:00pm
- 5 RC Car Races**  
Douglass Community Center, 1:00pm
- 16 Tune In Tuesdays**  
Bluemont Community Center, 10:00am
- 17 Family Nerf Battle Night**  
Loudoun Valley Community Center, 5:30pm
- 19 Skating Under The Stars**  
Douglass Community Center, 6:00pm
- 19 Ice Cream Day**  
Lucketts Community Center, 11:00am
- 19 Party In The Park**  
Philomont Community Center, 11:00am
- 20 Arcade Tournament**  
Douglass Community Center, 10:00am
- 21 Butterfly Showcase**  
Banshee Reeks Nature Preserve, 1:00pm
- 26 Family Dodgeball Night**  
Loudoun Valley Community Center, 5:00pm
- 26 Party in the Pavilion**  
Lucketts Community Center, 6:00pm
- 26 Cardboard Boat Regatta**  
Lovettsville Community Pool, 6:45pm



SEE  
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to Run Your  
PRCS Parks

# COMMUNITY CENTERS

## BLUEMONT COMMUNITY CENTER

33846 Snickersville Pike Bluemont, VA 20135  
540-554-8643 • loudoun.gov/BluemontCC  
Monday-Friday 7:00am-6:30pm  
Closed on Independence Day, 7/4  
facebook.com/BluemontCommunityCenter

### Child Care

Bluemont Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Childcare provides full-time care for children from 7:00am-6:00pm five days a week. Call 540-554-4838 for availability and pricing information.

### Preschool

Bluemont Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules. Call 540-554-4838 for availability and pricing information.

### CASA Academy

Bluemont Community Center offers a nine-month after-school program for elementary children in Loudoun County. Children can participate in indoor and outdoor activities including arts, STEM, games, and sports. Children can complete homework during dedicated times. Call 540-554-4838 for availability and pricing information.

## PRESCHOOL AGE

### Summertime Favorites To Bake

Blueberries, strawberries, apples and peaches are all favorites of the summer. Let's prepare a delicious dish to share. Instructor: Linda

W	12:00-1:30pm	7/3	\$15	406103-01
W	12:00-1:30pm	8/7	\$15	406103-02

### Bubbles Delight

Bubbles will be everywhere. Join us for bubble play and bubble art. Bring an extra set of clothes, lunch and a water bottle. Instructor: Linda

M	11:00am-1:00pm	7/15	\$15	406106-01
M	11:00am-1:00pm	8/5	\$15	406106-02

## ELEMENTARY AGE

### Elementary Sewing Class

In this class, children will learn the basics of machine and hand sewing while making interesting and useful things. Sewing builds confidence and lifelong skills. We will work with each individual student and pick

projects for them based on their skill level and experience. Materials and tools included. Instructor: Maria

M, W, F	2:00-5:00pm	6/17-6/21	\$72	406201-01
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### Illustrated Pop-Up Book Class

In this class, children will learn how to design and build three-dimensional paper sculptures to illustrate a very short story. Once all the pages are complete, students will bind them into book form. Materials and tools included. Instructor: Maria

M, W, F	2:00-5:00pm	6/24-6/28	\$72	406202-01
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### Sports & STEM Camp By Baroody Camps

Join Baroody Camps where we blend the thrill of sports and the excitement of STEM education! Experience the best in sports and PE games, including kickball, soccer, floor hockey and more. Simultaneously, we will embark on a STEM journey, exploring robotics, coding, gaming, and science experiments! Our goal is to motivate each participant to compete with high effort and a positive attitude, fostering both physical and intellectual growth. Don't miss the chance to join us and ignite a passion for sports and STEM exploration!

M-F	9:00am-4:00pm	8/12-8/16	\$380	406203-01
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## ADULT

### Get Fit With Linda

A fun ongoing workout that continues year-round. The first class is free. Instructor: Linda

M, W, F	8:00-9:00am	6/3-6/19	\$56	406501-01
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## MULTIAGE

### Line Dance 101

Learn the basic steps and dances to the newest dance craze. Bring a water bottle. Instructor: Linda

Th	8:00-9:00am	6/6-6/13	\$16	406704-01
M	6:15-7:15pm	7/8-7/29	\$32	406704-02
M	6:15-7:15pm	8/5-8/12	\$16	406704-03

### Parents Night Out

Let the kids join us for an evening while you treat yourself to a night out. We will provide a snack and the fun. Bring a water bottle.

F	6:00-8:30pm	6/21	\$15	406702-01
F	6:00-8:30pm	7/26	\$15	406702-02



Register at loudoun.gov/PRCSConnect



**Family Paint Night****Ages 3+**

What a great way to spend an evening at Bluemont. Enjoy a night of painting with family. All participants can follow along to create a perfect fall painting and each participant needs to register and pay. Instructor: Don

F	6:30-8:00pm	8/23	\$20	406701-01
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SPECIAL EVENTS

**Tune In Tuesdays****All Ages**

Come to Bluemont Community Center for a variety of fun free kid's entertainment. Bring a blanket and enjoy some summertime tunes. Stay afterwards and play on the playground or enjoy a picnic with friends. Shows vary 45 minutes to 1 hour and will be held outdoors. In the event of severe weather call 540-554-8643.

Tony M. Music				
Tu	10:00-11:00am	6/25	Free	406703-01
Drew Blue Shoes				
Tu	10:00-11:00am	7/16	Free	406703-02
Mr. Jon				
Tu	10:00-11:00am	8/6	Free	406703-03

**Back To School BINGO****All Ages**

Bring your family and join us for our first Back to School BINGO! Two rounds, five games each, with refreshments in between. Prizes will consist of all types of school supplies that kids normally need. The grand prize will be a backpack full of supplies. Bring unwanted supplies if you would like to contribute or donate. Registration fee is per family.

F	6:00-7:30pm	8/16	\$10	406705-01
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**Young Entrepreneurs At Bluemont Fair****Ages 6-17**

Calling all young entrepreneurs! Are you an emerging entrepreneur with a passion for creativity and innovation? We invite you to be a part of an exciting opportunity at Bluemont Community Center's 2024 Young Entrepreneur Vendor event, held at the Bluemont Fair. This venture offers young entrepreneurs the chance to showcase and sell their unique goods to the public. The cost of a 12'x12' space is \$30 – after an application is accepted. Once registered, you will receive further instructions regarding the next steps in the process. For more information, contact amanda.barr@loudoun.gov. Join us in empowering the next generation of business leaders.

Sa, Su	10:00am-5:00pm	9/21-9/22	406706-01
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**DOUGLASS COMMUNITY CENTER**

407 East Market Street, Leesburg, VA 20176  
703-771-5913 • loudoun.gov/douglasscc  
Monday-Friday 8:30am-10:00pm • Saturday 8:00am-4:00pm  
Closed for Independence Day, 7/4  
facebook.com/DouglassCommunityCenter

PRESCHOOL AGE

**Discover & Build – Tiny Tots Playdates****Ages 1.5-5**

Dive into a world of creativity with our big blue blocks and tiny tot blocks where every child becomes an architect of their own play paradise. Parents feel free to kick back knowing your children are in an enclosed space with the ability to have a free and open mind!

F	12:30-2:00pm	6/7	\$3	404104-01
F	12:30-2:00pm	6/14	\$3	404104-02
F	12:30-2:00pm	7/5	\$3	404104-03
F	12:30-2:00pm	7/12	\$3	404104-04

**National Donut Day Fun****Ages 2-3**

Indulge in a delectable celebration on National Donut Day! Join us for a mouthwatering adventure filled with donut delights. We'll munch on tasty treats, play hilarious donut games, and get crafty with deliciously creative designs!

F	10:00-11:00am	6/7	\$5	404101-01
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**Dino-Mite Days****Ages 2-3**

Step into the prehistoric world of imagination in our dino craft bonanza! Create your very own dinosaur bobble heads, complete with wobbly heads and fierce expressions. Then, unleash your creativity crafting paper bag dinosaur puppets, be ready to stomp and chomp through epic adventures.

M	10:00-11:00am	6/10	\$5	404103-01
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**Tiny Tides Water Play****Ages 2-4**

Let little one's revel in the joy of splashing, pouring, and romping through sprinklers, creating summer memories that sparkle like shimmering waves.

M	10:00-11:00am	6/17	\$5	404110-01
F	10:00-11:00am	6/21	\$5	404110-02
M	10:00-11:00am	7/22	\$5	404110-03
F	10:00-11:00am	7/26	\$5	404110-04

**Stars & Stripes****Ages 2-3**

Craft your own flags, adorned with vibrant stars and bold stripes. Then, ignite your creativity with dazzling fireworks crafts and other festive projects. Join us for a blast of red, white, and blue fun, celebrating the land of the free and the home of the brave!

W	10:00-11:00am	7/3	\$5	404109-01
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**LoCo Kids Fest**  
**Monday, September 2**  
**11:00am-3:00pm**  
**Segra Field Parking Lots**  
**Free Admission**



ELEMENTARY AGE

**Kids Night In, Parents Night Out****Ages 5-13**

Parents, it's time for a well-deserved night out while your child embarks on a thrilling Kids' Night In! Join us for an evening packed with games, playground adventures, and delicious dinner delights. While you savor your time out, rest assured knowing your child is in safe hands, making new friends and creating cherished memories.

Sa	5:00-9:30pm	6/8	\$20	404201-01
Sa	5:00-9:30pm	7/13	\$20	404201-02
Sa	5:00-9:30pm	8/10	\$20	404201-03

**Gaming With Friends****Ages 6-11**

Dive into a world of virtual excitement as we explore multiplayer games, conquer challenges, and share epic victories. From cooperative quests to competitive showdowns, this class is your ticket to endless fun, laughter, and unforgettable gaming memories with your squad!

W	9:00am-12:00pm	6/26	\$10	404202-01
W	9:00am-12:00pm	7/10	\$10	404202-02
W	9:00am-12:00pm	7/17	\$10	404202-03
W	9:00am-12:00pm	7/24	\$10	404202-04
W	9:00am-12:00pm	7/31	\$10	404202-05
W	9:00am-12:00pm	8/7	\$10	404202-06
W	9:00am-12:00pm	8/14	\$10	404202-07

MULTIAGE

**Yoga****Ages 18+**

Enhance your overall well-being by participating in our ongoing yoga sessions. Elevate your strength, flexibility, and mindfulness as you indulge in stress relief and meditation. Limited supply of mats will be available for use if participants do not have their own.

M, W, F	6:00-7:00pm	6/3-6/28	\$60	404500-01
M, W, F	6:00-7:00pm	7/1-7/31	\$60	404500-02
M, W, F	6:00-7:00pm	8/2-8/30	\$60	404500-03

**Clay Arts****Ages 8-12**

In this engaging and hands-on course, young artists will explore the fascinating world of clay and unleash their creativity in a supportive and fun environment. Students will learn the fundamentals of working with clay while developing their artistic skills and imagination.

Tu	1:30-3:00pm	6/18	\$15	404123-01
Tu	1:30-3:00pm	7/16	\$15	404123-02



**Arcade Tourney Prep****All Ages**

Get ready to level up your gaming skills with our Arcade Tournament Prep. Prepare to dominate the competition at our upcoming Arcade Tournament while enjoying the camaraderie of fellow gamers.

Tu	6:00-8:00pm	6/25	Free	404310-01
Th	6:00-8:00pm	6/27	Free	404310-02
Tu	6:00-8:00pm	7/2	Free	404310-03
Tu	6:00-8:00pm	7/9	Free	404310-04
Th	6:00-8:00pm	7/11	Free	404310-05

SENIORS

**Stay Active & Independent For Life (SAIL)****Ages 55+**

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance, and fitness program for adults 55 and older.

Th	10:00-11:00am	6/13	\$15	404401-01
F	11:00am-12:00pm	6/14	\$15	404401-02
Th	10:00-11:00am	6/27	\$15	404401-03
F	11:00am-12:00pm	6/28	\$15	404401-04
F	11:00am-12:00pm	7/5	\$15	404401-05
Th	10:00-11:00am	7/11	\$15	404401-06
F	11:00am-12:00pm	7/12	\$15	404401-07
Th	10:00-11:00am	7/18	\$15	404401-08

EVENTS

**Playground With Public Safety****All Ages**

Join us for a free family event in collaboration with the Leesburg Police Department, Loudoun County Sheriff's Office, and Loudoun County Fire & Rescue! Bring your loved ones and enjoy a day filled with outdoor activities, a hot dog cookout, moon bounces, stack cups, scooters, and more. Get an exclusive glimpse at emergency vehicles while meeting some of your local heroes.

Th	11:00am-1:00pm	6/27	Free	
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**Hot Wheelz Meetup****All Ages**

This action-packed event promises non-stop fun as kids rev up their miniature cars and race against each other, navigating through twists, turns, and loops. Whether they're racing against the clock or competing with friends, every moment is sure to be filled with excitement and laughter. Parents can relax and enjoy the spectacle as their children immerse themselves in the world of Hot Wheelz, fostering creativity, and friendly competition.

Tu	11:00am-1:00pm	6/18	Free	404703-01
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**PRCS On The Go****All Ages**

Celebrate the arrival of summer with us! Enjoy thrilling pop-up events at some of your local Loudoun Parks. Delight in outdoor adventures such as moon bounces, scooters, stack cups, crafts, music, and more! Excitement, laughter, and endless fun await! No registration required.

**Location: Philip A. Bolen Memorial Park**

W	10:00am-1:00pm	6/19	Free	
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**Location: Greg Crittenden Memorial Park**

W	10:00am-1:00pm	7/17	Free	
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**Location: Brambleton Park West**

W	10:00am-1:00pm	8/7	Free	
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**Outdoor Movie Mania****All Ages**

Discover some of the latest crowd-pleasers at our outdoor movie series in the amphitheater! Immerse yourself in the summer atmosphere while enjoying this exclusive screening. Indulge in complimentary



popcorn and slushies as you relish the warm breeze. It’s the perfect way to unwind and make the most of your summer evenings! No tickets are required, but please be aware that amphitheater capacity may be limited.

<b>Movie: Barbie (PG-13)</b>				
F	7:00-9:00pm	6/28	Free	
<b>Movie: Wonka (PG)</b>				
F	7:00-9:00pm	8/16	Free	

**RC Car Races****All Ages**

Gear up for high-speed thrills at the Douglass Community Center's Remote Control (RC) Car Races! Bring your own RC car and take our specially designed tracks. Show off your skills and compete against fellow enthusiasts. No car provided – just your passion for RC racing!

F	1:00-4:00pm	7/5	Free	404714-01
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**Skate Under The Stars****All Ages**

Join us for an enchanting evening of skating under the stars. Glide on wheels under the twinkling lights of our inline hockey rink. Feel the warmth of summer while moving to the rhythm of lively music, connecting with friends, and creating unforgettable memories. Rental Roller Skates: \$3, Skate Walker: \$5.

F	7:00-10:00pm	7/19	Free	
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**Arcade Tournament****All Ages**

Join us at DCC’s Arcade Tournament for 1v1 battles on retro arcade machines, a Star Wars-themed pinball challenge, and the chance to dominate Fortnite on our high-powered PCs. Complimentary popcorn and slushies provided. Don't miss out on the fun and prizes!

Sa	10:00am-12:00pm	7/20	\$5	404312-01
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**Enchanted Summer Adventures****Ages 2-11**

Step into a fairy tale world and join us for a magical time with not one, but two enchanting princesses! Sing, dance, and twirl alongside royalty as you create unforgettable memories. Don't miss your chance to have a picture-perfect moment with our princesses.

Sa	10:00am-12:00pm	8/17	\$10	404708-01
Sa	1:00-3:00pm	8/17	\$10	404708-02

**Family Campout****All Ages**

Join us for a Family Camp Out at DCC! Bring your tents for a night under the stars in our field. Enjoy late-night playground fun, indoor movies with movie boxes, and a delicious cookout at the pavilion. It's a perfect opportunity for family and community bonding and unforgettable memories!

F	7:00pm-7:00am	8/23-8/24	\$10/family	404702-01
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**LOUDOUN VALLEY COMMUNITY CENTER**

320 West School Street Purcellville, VA 20132  
571-367-8444 • [loudoun.gov/loudounvalleycc](http://loudoun.gov/loudounvalleycc)  
Monday-Thursday 7:00am-9:00pm, Friday 7:00am-6:00pm  
Saturday 8:00am-4:00pm  
Closed on Independence Day, 7/4  
[facebook.com/LoudounValleyCC](https://facebook.com/LoudounValleyCC)

**Child Care****Ages 3-5**

Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the

STREAMin3 curriculum. Childcare is offered at select locations and provides full-time care for children from 7:00am-6:00pm five days a week.

**Preschool****Ages 2.5-5**

Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part-time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules.

**TODDLER & PARENT**

**My Toddler & Me****Ages 1.25-2**

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 toddlers. Instructor: Veronica

Th	9:30-10:15am	6/6	\$8	401115-01
Th	10:45-11:30am	6/6	\$8	401115-02
W	9:30-10:15am	7/3	\$8	401115-03
W	10:45-11:30am	7/3	\$8	401115-04
Th	9:30-10:15am	8/8	\$8	401115-05
Th	10:45-11:30am	8/8	\$8	401115-06

**Build & Bounce****6 & Under**

Looking to get your child active and creative? Our gym will be filled with varies building materials and a moon bounce, Lego blocks, magnet tiles, train tracks, and building toys for different age groups will be available for participants to test their engineering skills. Participants can join in the moon bounce to get the creative juices flowing. This is not a drop off event, parents must be present at all times.

M	11:00am-1:00pm	6/3	\$5	401152-01
Tu	11:00am-1:00pm	6/4	\$5	401152-02
M	11:00am-1:00pm	7/8	\$5	401152-03
Tu	11:00am-1:00pm	7/9	\$5	401152-04
M	11:00am-1:00pm	8/12	\$5	401152-05
Tu	11:00am-1:00pm	8/13	\$5	401152-06

**MULTIAGE**

**Parents Night Out****Ages 4-10**

Parents, enjoy a night out on the town while your children enjoy a movie, fun games, crafts, activities, and pizza dinner!

F	6:00-9:00pm	6/14	\$20	401205-01
F	6:00-9:00pm	8/23	\$20	401205-02

**Crazy 8's Club****Ages 6–11**

Welcome to the Crazy 8's Club at Loudoun Valley Community Center! If you're looking for a unique and engaging way to help your child overcome their anxiety around math while having a blast, then this club is perfect for them. Inspired by the popular bedtime math concept, Crazy 8's Club takes a different approach by finding things that kids already find fun and incorporating math into them. Our goal is to make math enjoyable and exciting, rather than a daunting task. Each week, we will explore different math concepts through interactive and hands-on activities. From puzzles and games to real-life applications, your child will have the opportunity to discover the beauty of math in a social and supportive environment. Instructor: Kimberly

Ages 6-8				
Th	2:30-3:30pm	6/27 - 8/21	Free	401314-01
Ages 9-11				
Th	4:00-5:00pm	6/27 - 8/21	Free	401314-02

**Girls Who Code****Ages 11-14**

This club is a free offering for your Middle or High Schooler! Join a safe and supportive environment of peers and role models where students learn to see themselves as a computer scientist. You'll learn the concepts of loops, variables, conditionals, and functions that form the basis of all programming languages. Requirements: laptop or Chromebook equipped with Scratch or Python apps. Must have a 3rd grade reading skill or above. After registration, your instructor will email you closer to our start date to complete your registration. Instructor: Kimberly

Th	5:30-8:00pm	6/26 - 8/21	Free	401315-01
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**Paint N' Create****Ages 8-12**

Follow step-by-step instructions to paint wonderful works of art on canvas. You will learn tips and tricks along the way and have a finished art piece to take home. No experience necessary and all supplies are included. Each family member must be registered.

Tu	5:00-6:30pm	8/6	\$20	401127-01
Tu	5:00-6:30pm	8/13	\$20	401127-02
Tu	5:00-6:30pm	8/20	\$20	401127-03
Tu	5:00-6:30pm	8/27	\$20	401127-04

**HEALTH & FITNESS**

**Fitness Center****Ages 16+**

Come in and work out. Get back in shape or just tone up! New state-of-the-art fitness equipment.

<b>Daily Admission:</b>	
Adults (Ages 18-54)	\$3
Seniors (55+)	\$2
Students (16-24 with ID)	\$2
Students (12-15 with Guardian)	\$2
<b>Monthly Pass:</b>	
Adults (Ages 18-54)	\$30
Seniors (55+)	\$20
Students (16-24 with ID)	\$20
Students (12-15 with Guardian)	\$20
<b>6 Month Pass:</b>	
Adults (Ages 18-54)	\$150
Seniors (55+)	\$100
Students (16-24 with ID)	\$100
Students (12-15 with Guardian)	\$100
<b>Annual Pass:</b>	
Adults (Ages 18-54)	\$275
Seniors (55+)	\$150
Students (16-24 with ID)	\$150
Students (12-15 with Guardian)	\$150

**Senior Exercise Pass****Ages 55+**

This pass allows for unlimited punch card fitness classes for one year at Loudoun Valley Community Center. Call for more details. \$300 for 1 year.

**Boot Camp****Ages 15+**

A challenging program that focuses on improving your cardiovascular stamina and increasing your muscle tone and strength, while decreasing your body fat and changing your body composition. The program focuses on overall core strength and stability, as well as resistance and cardiovascular training. Flexibility and mobility are emphasized in each workout. Join the Boot Camp team by enrolling in one of our monthly pass options. Passes expire at the end of each month Instructor: Fitness Image Results

M, W, F	8:00-9:00am
<b>4 Visits</b>	<b>\$57</b>
<b>8 Visits</b>	<b>\$105</b>
<b>10 Visits</b>	<b>\$121</b>
<b>Unlimited</b>	<b>\$132</b>
<b>Unlimited for 2</b>	<b>\$220</b>
<b>Unlimited Family</b>	<b>\$275</b>
<b>Drop-In</b>	<b>\$16</b>

**Personal Training****Ages 16+**

LVCC offers personal training! Contact “Fitness Image Results” at [Jeff@fitnessimageresults.com](mailto:Jeff@fitnessimageresults.com) or 571-437-4350 to set up your appointment with our Certified Personal Trainer, Jeff Strahan. Free 45-minute session with your membership.

Program Development Package	\$199.00
1 session	\$120.00
4 sessions	\$400.00
8 sessions	\$720.00
12 sessions	\$960.00

**Tai Chi****Ages 16+**

Tai Chi is a martial art that teaches strength, balance, relaxation, flexibility, and mind-body unification involving a sequence of deliberate movements. No Class 7/4

Advanced				
Tu, Th	9:00-10:00am	3/26-5/23	\$110	301198-01
Advanced				
Tu, Th	9:00-10:00am	6/11-8/1	\$110	301198-03
Intermediate				
Tu, Th	10:00-11:00am	3/26-5/23	\$110	301198-02
Intermediate				
Tu, Th	10:00-11:00am	6/11-8/1	\$110	301198-04
Beginner				
Tu, Th	11:00am-12:00pm	3/26-5/23	\$110	301198-05
Beginner				
Tu, Th	11:00am-12:00pm	6/11-8/1	\$110	301198-06

**PUNCH CARD FITNESS**

Join us at LVCC for any of the 6 PUNCH CARD fitness classes. Purchase your card at LVCC or online for \$100 for 15 classes. If purchased online, you must activate your card at LVCC. You may pay a \$9 Drop-in Fee as another option for any of the PUNCH CARD fitness classes at LVCC. Must be ages 16+ to participate.

**Super 650**

This class consists of a full-body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching of all 650 muscles in a single workout. The technique develops lean, strong and flexible muscles with immediate changes to



your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. This equipment-free workout leaves you feeling energized, youthful, and healthy! Class is done in socks or bare feet. All fitness levels and genders are welcome!

Punch Card Pass
M 9:00am-9:45am
Th 10:15am – 11:00am

Yoga

This punch card class is a Mixed Level Vinyasa Flow style yoga class for beginner to advanced students. We will incorporate cardio, strength, balance, flexibility, and meditation in a small class environment. Join us to transform your body and mind!

Punch Card Pass
Tu 8:00am- 9:00am
Th 8:00am- 9:00am

Zumba

Zumba fuses hypnotic Latin and International rhythms with easy-to-follow moves to create a one-of-a-kind fitness program. It is an exciting hour of calorie-burning, body-energizing and inspiring movements designed to engage and motivate. All fitness levels welcome.

Punch Card Pass
F 10:00am – 11:00am

SPECIAL EVENTS

**Family Paint N' Create** **Ages: 8+**  
Follow step-by-step instructions to paint wonderful works of art on canvas. You will learn tips and tricks along the way and have a finished art piece to take home. No experience necessary and all supplies are included. Each family member must be registered.

Tu	5:00-6:30pm	6/6	\$20	401125-01
Tu	5:00-6:30pm	6/13	\$20	401125-02
Tu	5:00-6:30pm	6/20	\$20	401125-03
Tu	5:00-6:30pm	6/27	\$20	401125-04

Moon Bounce Movie Party

Bring the family and enjoy a movie, moon bounce and oversized building blocks!! Registration is required for children only. All children must be accompanied by a parent. This is not a drop off program.

Ages 5 & Under				
M	6:30-8:30pm	6/10	\$5	401126-01
Ages 6+				
M	6:30-8:30pm	8/12	\$5	401126-02



**Bingo Night** **All Ages**  
Bring your family and join us at LVCC for a Family Bingo Night. Winners of each round will receive a prize! Refreshments will be available during break times. Must Register by 6/18/24. Everyone attending must be registered.

W	6:00-7:30pm	6/19	\$5	401122-01
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**Play All Day - LVCC Water Play** **Ages All**  
Join us at LVCC for a fun filled day of water play and games! Enjoy water toys, a slip n' slide, lawn games and more outside at our pavilion! Bring sunscreen and wear your swimsuit.

Th	10:00am-4:00pm	6/20	Free	401123-01
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**Family Nerf Battle Night** **Ages 6+**  
Get ready to battle it out at LVCC. Bring your favorite Nerf blaster or rent one of ours. We will set up an obstacle room in our gym for the night! Parents must accompany their child.

W	5:30-7:30pm	7/17	\$5	401120-01
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**Family Dodgeball Night** **Ages 8+**  
Dodge, Duck, Dip, Dive and Dodge! Bring your family and enjoy a great night filled with dodgeball excitement! Have a chance to play against mom and dad in a fun and competitive environment!

F	5:00-7:00pm	7/26	\$5	401121-01
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**National Night Out** **Ages: All**  
Join LVCC and the Town of Purcellville to celebrate our local first responders with an ice cream event!

Tu	7:00-9:00pm	8/6	Free	401124-01
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LOVETTSVILLE COMMUNITY CENTER

57 E. Broad Way, Lovettsville, VA 20180  
540-822-5284 • [loudoun.gov/lovettsvillecc](http://loudoun.gov/lovettsvillecc)

Monday-Thursday 7:00am-8:00pm • Friday 7:00am-6:00pm  
Saturday 8:00am-4:00pm  
Closed for Independence Day, 7/4  
[facebook.com/LovettsvilleCC](https://facebook.com/LovettsvilleCC)

*Please call the center or visit our website for the most up to date drop-in gym schedule.*

**Preschool** **Ages 3-5**  
Our state licensed, nine-month preschool program operates September through May and mostly follows the Loudoun County School calendar. Our experienced staff follows the STREAMin3 Curriculum program for the enrichment of your preschool student.

**Child Care** **Ages 3-5**  
Are you looking for a community childcare solution for your family? LOVCC offers full-time childcare 7:00am-6:00pm five days a week. Our licensed professionals provide a safe and healthy learning environment that promotes the physical, social, and intellectual growth of children. Healthy breakfasts and snacks provided.

PRESCHOOL AGE

*Please pack a nut-free lunch for all 3-5 year old programs*

**Lil Sprouts** **Ages 2-3**  
This program focuses on helping children learn to socialize and

interact with each other and is designed for children to attend without a parent. Children do not need to be potty-trained; however, staff members are not permitted to change diapers or clean up accidents. Don't forget to pack a nut-free snack. Instructor: Ms. Donna

Tu-Th	8:30-10:00am	6/11-6/13	\$60	402101-01
Tu-Th	8:30-10:00am	6/18-6/20	\$60	402101-02
Tu-Th	8:30-10:00am	6/25-6/27	\$60	402101-03
Tu-Th	8:30-10:00am	7/9-7/11	\$60	402101-04
Tu-Th	8:30-10:00am	7/16-7/18	\$60	402101-05
Tu-Th	8:30-10:00am	7/23-7/25	\$60	402101-06
Tu-Th	8:30-10:00am	7/30-8/1	\$60	402101-07
Tu-Th	8:30-10:00am	8/6-8/8	\$60	402101-08

**Lil Gymnastics** **Ages 3-4**  
This fun and exciting class will teach your preschool-aged child basic gymnastics and tumbling skills! This program is designed for beginners and will introduce essential and fundamentals of gymnastics.

Tu, Th	9:00-10:00am	6/25-6/27	\$20	402122-01
Tu, Th	9:00-10:00am	7/9-7/11	\$20	402122-02
Tu, Th	9:00-10:00am	7/16-7/18	\$20	402122-03
Tu, Th	9:00-10:00am	7/23-7/25	\$20	402122-04
Tu, Th	9:00-10:00am	7/30-8/1	\$20	402122-05

ELEMENTARY AGE

**Kids Gymnastics** **Ages 5-10**  
This fun and exciting class will teach your elementary-aged child basic gymnastics and tumbling skills! This program is designed for beginners and will introduce essential and fundamentals of gymnastics.

Ages 5-7				
M,W,F	9:00-10:00am	6/24-6/28	\$30	402221-01
M,W,F	9:00-10:00am	7/1-7/5	\$30	402221-02
M,W,F	9:00-10:00am	7/8-7/12	\$30	402221-03
M,W,F	9:00-10:00am	7/15-7/19	\$30	402221-04
M,W,F	9:00-10:00am	7/22-7/26	\$30	402221-05
M,W,F	9:00-10:00am	7/29-8/2	\$30	402221-06

Ages 8-10				
M,W,F	10:15-11:15am	6/24-6/28	\$30	402224-01
M,W,F	10:15-11:15am	7/1-7/5	\$30	402224-02
M,W,F	10:15-11:15am	7/8-7/12	\$30	402224-03
M,W,F	10:15-11:15am	7/15-7/19	\$30	402224-04
M,W,F	10:15-11:15am	7/22-7/26	\$30	402224-05
M,W,F	10:15-11:15am	7/29-8/2	\$30	402224-06



**Girls Day** **Ages 6-9**  
Join us for music, dancing, a fun craft, and some pool time! Instructor: Mrs. Dant

M	10:00am-1:30pm	7/8	\$30	402211-01
M	10:00am-1:30pm	7/29	\$30	402211-02

**Dip-N-Dodge Days** **Ages 6-9**  
Looking for a fun way to mix up your week?! We'll play various types of dodgeball and then cool off by the pool! Instructor: Mrs. Dant

F	10:00am-1:30pm	7/12	\$30	402209-01
F	10:00am-1:30pm	7/26	\$30	402209-02
F	10:00am-1:30pm	8/9	\$30	402209-03

**What's Cooking?** **Ages 6-9**  
Are you ready to have some fun in the kitchen? Come make something delicious and then cool off by the pool! Instructor: Mrs. Dant

M	10:00am-1:30pm	7/15	\$30	402220-01
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**STEAM Fun** **Ages 6-9**  
Come join us for some fun with STEAM (Science, Technology, Engineering, Art, and Math) and then cool off by the pool! Instructor: Mrs. Dant

M	10:00am-1:30pm	7/22	\$30	402204-01
M	10:00am-1:30pm	8/5	\$30	402204-02

**Farewell To Summer** **Ages 6-9**  
It's almost time to bid farewell to summer! We will go swimming and enjoy many other fun activities! Please pack a lunch and a water bottle.

M	8:00am-5:00pm	8/12	\$40	402213-01
Tu	8:00am-5:00pm	8/13	\$40	402213-02
W	8:00am-5:00pm	8/14	\$40	402213-03
Th	8:00am-5:00pm	8/15	\$40	402213-04
F	8:00am-5:00pm	8/16	\$40	402213-05
M	8:00am-5:00pm	8/19	\$40	402213-06
Tu	8:00am-5:00pm	8/20	\$40	402213-07
W	8:00am-5:00pm	8/21	\$40	402213-08

ADULT

**Books & Tea** **Ages 18+**  
Join the LOVCC Books and Tea Club. We meet once a month to discuss the book club of choice and enjoy some tea and sweet treats! Email Chiara at [chiara.early@loudoun.gov](mailto:chiara.early@loudoun.gov) for more information!

**Pickleball** **Ages 18+**  
Enjoy playing pickleball with others from the local community. Play takes place in our gymnasium and equipment is provided if needed!

M,W,F	1:00-3:00pm	ongoing	\$20 for 10 visits or \$2 to drop in
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SENIOR

**Senior Lunch** **Ages 55+**  
Join us for a home-cooked meal and socialization!

Th	12:00-2:00pm	6/13	\$15	402600-01
Th	12:00-2:00pm	7/11	\$15	402600-02
Th	12:00-2:00pm	8/8	\$15	402600-03

**Senior Lunch Trips** **Ages 55+**  
Join us for a lunch trip! Pay for lunch on your own. Depart/Return: Heritage Highlands Club House

Tu	11:00am-3:00pm	7/23	\$15	402693-01
Tu	11:00am-3:00pm	8/20	\$15	402693-02



**Senior Social Hour** **Ages 55+**  
Join your fellow Lovettsville seniors for coffee, conversation, games, and more! These weekly gatherings are free and open to the public!

Tu, Th	10:00am-12:00pm	ongoing	Free
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**FITNESS**

**Fitness Center** **Ages 16+**  
Come in and work out! Get back in shape or just tone 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+)	\$2
Students (Ages 16-24 with ID)	\$2
Monthly Pass – unlimited use:	
Adults (Ages 18-54)	\$30
Seniors (Ages 55+)	\$20
Students (Ages 16-24 with ID)	\$20
6 Month Pass – unlimited use:	
Adults (Ages 18-54)	\$150
Seniors (Ages 55+)	\$100
Students (Ages 16-24 with ID)	\$100
Annual Pass – unlimited use:	
Adults (Ages 18-54)	\$275
Seniors (55+)	\$150
Students (Ages 16-24 with ID)	\$150

**Boot Camp** **Ages 16+**  
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 monthly pass visit options! Passes can be purchased and used at both Lovettsville Community Center and Loudoun Valley Community Center. Instructor: Fitness Image Results.  
**Passes expire at the end of each month**

M, W	5:45-6:45pm	6/3-8/28
Tu, Th	8:00-9:00am	6/4-8/29
Sa	8:00-9:00am	

<b>4 Visits</b>	\$57
<b>8 Visits</b>	\$105
<b>10 Visits</b>	\$121
<b>Unlimited</b>	\$132
<b>2 Family Members Unlimited</b>	\$220
<b>Multi-Family Members Unlimited</b>	\$275
<b>Senior Unlimited (Ages 55+)</b>	\$112
<b>Drop-In</b>	\$160

**Youth Boot Camp & Sports Conditioning** **Ages 8-14**  
This boot camp is perfect for kids in Grades 3-8 who want to learn about the joys of exercise and living a healthy, active lifestyle. Instructor: Fitness Image Results

13 Visits				
Tu, Th	9:15-10:15am	7/9-8/20	\$130	402350-01

10 Visits				
Tu, Th	9:15-10:15am	7/9-8/20	\$120	402350-02

**GROUP EXERCISE**

The following exercise classes are included with a LOVCC FitPass (\$75 for 10 visits) or \$9 Drop in. Please email lovcc@loudoun.gov or check Facebook @LovettsvilleCC for the updated monthly schedule. All class participants should wear athletic clothing, bring a water bottle and a yoga mat. Sneakers are required for participation in all classes except yoga. All of the programs listed below are for ages 16+.

**Chair Yoga**  
Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits include increased flexibility, balance and there is a strong focus on building overall strength.

**Fit4Life**  
This is a great introductory class to start your fitness journey! There is a combination with easy to follow aerobic moves, strength training exercises as well as balance and core training.

**Vinyasa Yoga**  
This is a dynamic, Vinyasa yoga-based class. You will connect movement to breath, actively flowing through sun salutations and a variety of standing and balancing postures, followed by deeper stretches and other floor work. Modifications will be offered to make the class accessible to people from a range of experience levels. Expect to feel energized and refreshed after class!

**Strength & Cardio**  
This class is an optimal mix of strength, cardio and core exercises designed to give you a full body workout. We will use a variety of equipment and exercises that changes every three weeks. This class is a challenging mix of functional training to take your workout to the next level.

**Water Workout**  
A low impact but high intensity water aerobics class designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance. In this class you will be using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

**Yoga**  
Join this one hour flow style yoga class. All levels are welcome. In this practice you will find yourself breathing and moving in various positions to release and expand your body and your mind. After this practice you will feel completely centered and relaxed.

**YOUTH FITNESS**

**Youth Fitness Orientation** **Ages 12-15**  
This 60-minute class (no workout involved) will teach your young adult what they need to know to work out at Lovettsville Community Center without a parent/guardian. Call the center at 540-822-5284 for updated schedule.

**Athletic Conditioning** **Ages 10-14**  
This conditioning and fitness class is designed to be a high-energy circuit training experience tailored specifically for kids in the upper elementary grades to middle school age range. This class aims to engage participants in a variety of exercises and activities that promote overall physical fitness, coordination, and endurance in a fun and dynamic setting. The exercises and activities incorporated into the circuit are chosen to be age-appropriate and engaging, utilizing equipment such as cones, agility ladders, jump ropes, and bodyweight exercises.

M, W	5:00-6:00pm	6/17-6/26	\$40	402300-01
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M, W	5:00-6:00pm	7/8-7/17	\$40	402300-02
M, W	5:00-6:00pm	7/22-7/31	\$40	402300-03

**SPECIAL EVENTS**

**Family Olympics** **All Ages**  
Enjoy some Summer Olympic fun here at the Lovettsville Pool! This fun family event will be a great way to enjoy our pool and spend time together. There will be games, music and more! All regularly sold concession items will be available for purchase.

Sa	6:45-8:45pm	6/22	\$5	402796-01
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**Independence Day Celebration** **All Ages**  
A hometown celebration parade kicks off the celebration. Awesome fireworks top off the evening at Lovettsville Community Park. Parade sponsored by the Lovettsville Community Center Advisory Board.

W	5:30-9:30pm	7/3	Free	
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**Independence Day Pool Bash** **All Ages**  
Celebrate Independence Day at this pool bonanza extravaganza! Party music, games and concessions. Space is limited to 185.

W	6:30-8:30pm	7/3	\$5/ages 2 & up	Pay at door
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**Cardboard Boat Regatta** **All Ages**  
Join the fun with your very own cardboard boat creation! Test the water and see if your masterpiece can make the voyage across the pool! This event is free for all!

F	6:45-8:45pm	7/26	Free	402704-01
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**Family Luau** **All Ages**  
The pool will be open late for this fun-filled evening of wacky games, swimming and music. All regularly sold concession items will be available for purchase.

Sa	6:45-8:45pm	8/10	\$5	402725-01
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**LUCKETTS COMMUNITY CENTER**

42361 Lucketts Road, Leesburg VA, 20176  
703-771-5281 • loudoun.gov/LuckettsCC  
Monday-Wednesday 7:00am-6:00pm  
Thursday 7:00am-9:30pm • Friday 7:00am-6:00pm  
Closed on Independence Day, 7/4  
facebook.com/LuckettsCC

**PRESCHOOL AGE**

**LUKCC Tiki Tots Luau Camp** **Ages 3-5**  
Join the festivities at Tiki Tots Luau, a tropical escape designed for potty-trained children aged 3-5. Immerse your little ones in the spirit of Hawaii with hula dancing, leis, and beachside adventures. From crafting colorful leis to discovering the wonders of island life, this luau-themed camp promises a summer filled with sunshine, laughter, and unforgettable memories. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	6/10-6/14	\$165	509123-01
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**LUKCC Galaxy Kids Camp** **Ages 3-5**  
Blast off into an out-of-this-world adventure at our Galaxy Kids Camp! Tailored for potty-trained children. This stellar program promises an intergalactic journey filled with cosmic crafts and celestial discoveries. Nurture your child’s curiosity about the universe and watch their imaginations soar as they embark on a space odyssey like no other. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	6/17-6/21	\$165	509124-01
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**LUKCC Critter Camp** **Ages 3-5**  
Welcome to Critter Camp, a paw-some adventure tailored for potty-trained animal lovers. Dive into the fascinating world of furry, feathery, and finned friends through hands-on activities, interactive learning, and gentle encounters. From playful puppies to curious critters, this camp is designed to nurture a love and understanding of animals, creating lasting connections between your little ones and the animal kingdom. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	6/24-6/28	\$165	509125-01
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**LUKCC Bug Bonanza Camp** **Ages 3-5**  
Engage your little entomologists in the captivating world of our Bug Bonanza Camp, designed for potty-trained children. Dive into the wonders of the insect kingdom through hands-on exploration, bug hunts, and interactive learning activities. From buzzing bees to delicate butterflies, this camp sparks curiosity, encourages respect for nature, and guarantees a summer filled with bug-tastic adventures. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	7/8-7/12	\$165	509126-01
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**LUKCC Pirate Adventures Camp** **Ages 3-5**  
Ahoy, Matey! Embark on a swashbuckling journey with our Pirate Adventures Preschool Camp, crafted for potty-trained pirates. Set sail for a world of treasure maps, daring quests, and feathered companions. Through imaginative play, your little buccaneers will discover the thrill of the high seas, fostering creativity, teamwork, and endless fun. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	7/15-7/19	\$165	509127-01
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**LUKCC Little Farmers Discovery Camp** **Ages 3-5**  
Join the adventure at our Little Farmers Discovery Camp, an experience tailored for potty-trained children aged 3-5. Immerse your little ones in the wonders of farm life, where they’ll interact with friendly animals, plant seeds, and explore the magic of growing their own food. Cultivate curiosity, creativity, and a love for nature in a hands-



on, farm-themed environment. A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	7/22-7/26	\$165	509128-01
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**LUKCC Enchanted Forest Explorers Camp** **Ages 3-5**

Step into a realm of wonder with our Enchanted Forest Explorers camp. Amidst towering trees and whimsical trails, your little ones will embark on a magical journey of discovery, learning, and play. From scavenger hunts to storytelling under the canopy, our forest adventures nurture a deep connection to nature, fostering imagination and a lifelong love for the great outdoors. Join us as we unlock the mysteries of the forest together! A non-refundable, non-transferrable \$25 deposit is due for each week at registration. Payment in full is due three weeks in advance. This is a licensed camp, we will use ePACT to collect additional documentation: participant information, school health form and ID verification are required BEFORE the participant may come to camp. An email directing you to ePACT will be sent after PRCS registration.

M-F	9:00am-1:00pm	7/29-8/2	\$165	509129-01
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**ADULT**

**Chair Yoga** **Ages 16+**

Relax, rejuvenate, and restore with our hour-long chair yoga class! This gentle practice focuses on seated stretches, breathwork, and relaxation techniques to promote flexibility, reduce stress, and enhance overall well-being. Join us for a peaceful journey towards improved mind-body harmony.

W, F	1:00-2:00pm	6/5-6/28	\$18	409522-01
W	1:00-2:00pm	6/5	\$6	409522-02
F	1:00-2:00pm	6/7	\$6	409522-03
W	1:00-2:00pm	6/12	\$6	409522-04
F	1:00-2:00pm	6/14	\$6	409522-05
W	1:00-2:00pm	6/19	\$6	409522-06
F	1:00-2:00pm	6/21	\$6	409522-07
W	1:00-2:00pm	6/26	\$6	409522-08
F	1:00-2:00pm	6/28	\$6	409522-09

**Yoga For Everyone** **Ages 16+**

Connect your body, mind, and breath through yoga postures that build strength and improve flexibility and balance. Breathing and relaxation techniques will also be integrated into our classes.

Th	6:30-7:30pm	6/6-6/27	\$36	409527-01
Th	6:30-7:30pm	6/13	\$12	409527-02
Th	6:30-7:30pm	6/20	\$12	409527-03
Th	6:30-7:30pm	6/27	\$12	409527-04
Th	6:30-7:30pm	5/23	\$12	409527-05
Th	6:30-7:30pm	5/30	\$12	409527-06

**Lucketts Line Dancing** **Ages 18+**

Step into the rhythm and let the good times roll! Join us for an invigorating Line Dancing class designed for any experience level at our vibrant community center. No dance experience required – just bring your enthusiasm and comfortable footwear. Led by an energetic instructor, you'll learn the foundations of various dances in a welcoming and supportive environment. It's a fantastic opportunity to meet new friends, stay active, and groove to some lively beats. Dust off those dancing shoes, come as you are, and let's make some memories on the dance floor together!

Th	1:00-2:30pm	6/6-8/29	Free	409717-01
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**Book Club** **Ages 18+**

Join us every month for a lively discussion of our featured Book of the Month in partnership with the Loudoun County Public Library. Call 703-771-5281 to learn about our latest book selection. Check out your book at the Lucketts Community Center while supplies last. Don't forget to bring your lunch, and we'll provide a sweet treat!

W	12:00-1:00pm	6/12	Free	409718-01
W	12:00-1:00pm	7/10	Free	409718-02
W	12:00-1:00pm	8/14	Free	409718-03

**MULTIAGE**

**Leaf Rubbing Watercolor** **Ages 3+**

We'll explore the wonders of nature through leaf rubbings with crayons and watercolors. Get ready to unleash your creativity as we gather around tables adorned with fallen leaves, ready to be transformed into beautiful works of art. We'll unveil the intricate textures of each leaf, then add a splash of color with watercolors to bring our creations to life. Whether you're a seasoned artist or a beginner, come join us for an evening of fun, laughter, and artistic exploration.

W	6:30-8:00pm	8/7	\$5	409716-01
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**EVENTS**

**Lucketts Splash Fest** **All Ages**

Experience a splashing good time at Lucketts Community Center as we celebrate Parks & Recreation Month with the Play All Day VA State Initiative! Join us for an unforgettable water extravaganza. Run through our Splash Zone to cool off, unleash your creativity at our water-themed crafts station, and don't forget to swing by our refreshing popsicle station. Best of all, this event is FREE for all ages, though children must bring their caregivers! Grab your swimsuit, sunscreen, and a towel, and join us for a splashing good time at Lucketts SplashFest!

Th	10:00am-12:00pm	6/20	Free	409799-01
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**Ice Cream Day At The Old Schoolhouse** **All Ages**

Celebrate National Ice Cream Day with us with a FREE bowl of ice cream and toppings of your choice!

F	11:00am-1:00pm	7/19	Free	409721-01
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**Party In The Pavilion** **All Ages**

Enjoy a Pavilion Party at the community center! Experience the magic of a summer sunset while gathering around campfires to roast hot dogs and enjoy s'mores. It's an evening of warmth, laughter, and community spirit. Bring your friends and family for a memorable evening under the Lucketts sky – we'll provide the cozy ambiance and treats; you bring the good vibes!

F	6:00-9:00pm	7/26	\$5	409719-01
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**PHILOMONT COMMUNITY CENTER**

36592 Philomont Road Philomont, VA 20131  
540-338-5882 • loudoun.gov/philomontcc  
Monday-Friday 8:30am-5:00pm  
Closed on Independence Day, 7/4  
facebook.com/PhilomontCommunityCenter

**Preschool**

Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part-time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules.

**ELEMENTARY AGE**

**Four Day Cheer Camps** **Ages 5-10**

Do you have a passion for cheer? Learn the basics of cheerleading. Cheers, chants, jumps, and tumbling will be introduced in a fun and interactive session taught by a competitive acrobatic cheer athlete. Athletes of all skill levels are welcome. A small performance routine for families will be held at the end of each week's camp session. Bring a snack and water bottle. Instructor: Gianna

M-Th	1:30-2:30pm	6/24-6/27	\$50	411201-01
M-Th	1:30-2:30pm	7/8-7/11	\$50	411201-02
Tu-Th	1:30-2:30pm	7/23-7/25	\$38	411201-03
M-Th	1:30-2:30pm	8/5-8/8	\$50	411201-04

**Fun Fridays** **Ages 6-9**

Summer "out-of-the-box" fun! Each Friday will be a new and different experience! Bring a water bottle, snack, and lunch and join us in our summer fun.

F	10:00am-1:00pm	6/28	\$30	411215-01
F	10:00am-1:00pm	7/26	\$30	411215-02
F	10:00am-1:00pm	8/9	\$30	411215-03

**MULTIAGE**

**Food Fridays!** **Ages 7-12**

Come join Ms. Roguen in the Philomont Kitchen! Each session you will learn how to make a new baked treat, while learning our concepts of cooking and other fun activities. Note: due to the variety of ingredients used, this class is not recommended for children with food allergies.

F	10:00am-1:00pm	7/12	\$30	411213-01
F	10:00am-1:00pm	7/19	\$30	411213-02
F	10:00am-1:00pm	7/26	\$30	411213-03

**EVENTS**

**Party In The Park Celebration** **All Ages**

Fun, food, and friends on Friday in the park at the Philomont Community Center. Enjoy the playground, basketball court, and our open area for a game of kickball or frisbee. Popcorn and sno-cones offered! Children 10 and under must be accompanied by an adult.

Th	11:00am-2:00pm	6/20	Free	411701-01
F	11:00am-2:00pm	7/19	Free	411701-02
F	11:00am-2:00pm	8/2	Free	411701-03

**STERLING COMMUNITY CENTER**

120 Enterprise Street, Sterling, VA 20164  
703-430-9480 • loudoun.gov/sterlingcc  
Monday-Friday 7:00am-9:00pm • Saturday 9:00am-5:00pm  
Closed for Star Spangled Sterling, 6/28  
Closed for Independence Day, 7/4  
facebook.com/SterlingVaCommunityCenter

**ELEMENTARY AGE**

**Ice Cream Social** **Ages 5-11**

Cool down and enjoy a summer night out with friends, family, and community members. Indulge in eating some delicious ice cream while reminiscing and saying your goodbyes to your school peers. This is the perfect way to kick off the summer break by enjoying one last memory together here at the Sterling Community Center.

Th	5:30-7:00pm	6/13	\$3	403217-01
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**MULTIAGE**

**Parents Escape Night** **Ages 5-11**

Head out for a night in the town while we take care of the little ones. Each month we will have a different craft project for kids to make. They'll also have pizza, play games, & watch a movie!

F	6:00-9:00pm	6/14	\$20	403715-01
F	6:00-9:00pm	7/12	\$20	403715-03
F	6:00-9:00pm	7/26	\$20	403715-04
F	6:00-9:00pm	8/09	\$20	403715-05
F	6:00-9:00pm	8/23	\$20	403715-06

**SENIORS**

**Tea Party Dance** **Ages 55+**

Come by the SCC and enjoy the perfect excuse to dress up and enjoy a social hour with some of your peers while enjoying some tea and light refreshments. DJ will be in attendance. Enjoy this time to mix and mingle.

Sa	5:00-9:00pm	7/20	\$10	403716-01
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**EVENTS**

**Star Spangled Sterling** **All Ages**

Join your fellow Sterling neighbors for an evening of family fun, food trucks and fireworks! Event will be held at Sterling Middle School soccer field. No registration required.

<b>Location: Sterling Middle School</b>				
F	6:00-9:30pm	6/28	Free	403718-01



# AQUATICS

## CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTER

### Facility

Monday-Friday 5:00am-9:30pm • Saturday-Sunday 8:00am-8:00pm

### Kid Kare

Monday-Friday 8:30am-1:30pm • Saturday 8:00am-12:00pm

### Competition Pool, Leisure Pool & Spa

Please visit [loudoun.gov/pool](http://loudoun.gov/pool) hours for the most up-to-date schedule

Open 11:00am-6:00pm on Memorial Day, 5/27 and Labor Day, 9/2  
Closing at Noon on Independence Day, 7/4

For Claude Moore & Dulles South closures see page 25.

## 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-percent discount is available for active duty and retired members of the military and first responders on annual, six-month, and monthly passes, as well as daily and 25-admission passes.

### Daily:

Ages 2 & under*	Free ( <i>plastic training pants required</i> )
Youth Ages 3-17*	\$4
Adults Ages 18-54	\$6
Seniors Ages 55+	\$4

\*Children 11 and under must be supervised by an adult at all times inside the facility. For children 5 and under and/or children wearing a lifejacket, an adult must be in the water within arms-reach of the child.

### Admission Pass (25 admissions no expiration):

Youth Ages 3-17	\$88
Adults Ages 18-54	\$132
Seniors Ages 55+	\$88

### Monthly Pass (unlimited use):

Single Adult	\$50
Two Adults-same household	\$85
Family Dependent	\$15
Family	\$125
Senior	\$40
Senior Couple	\$65
Adult & Senior	\$75
Student	\$40

### 6 Month Pass (unlimited use):

Single Adult	\$250
Two Adults-same household	\$450
Family Dependent	\$70
Family	\$575
Senior	\$200
Senior Couple	\$350
Adult & Senior	\$400
Student	\$200

### Annual Pass (unlimited use):

Single Adult	\$450
Two Adults-same household	\$800
Family Dependent	\$125
Family	\$1000
Senior	\$350
Senior Couple	\$600
Adult & Senior	\$700
Student	\$350



## GENERAL INFORMATION

### Swim Evaluations

Swim evaluations are recommended prior to a new enrollment in group swim classes. Please email the appropriate center to request a date and time.

At Claude Moore RCC, email [Cmrccaquatics@loudoun.gov](mailto:Cmrccaquatics@loudoun.gov)  
At Dulles South RCC, sign up on PRCS Connect - 405292

## ROUND HILL INDOOR AQUATIC CENTER

17010 Evening Star Drive, Round Hill, VA 20141  
571-258-3562 • [loudoun.gov/rhac](http://loudoun.gov/rhac)

Monday-Friday 6:30am-9:00pm • Saturday 8:00am-8:00pm  
Sunday 12:00pm-6:00pm

\*Please call or go to [loudoun.gov/rhac](http://loudoun.gov/rhac) for lane availability

Closing at Noon on Independence Day, 7/4  
Closed on Memorial Day, 5/27 and Labor Day, 9/2

## ADMISSION FEES

Full payment by cash, check, Visa, MasterCard, or Discover is due at time of purchase.

### Daily:

2 & under	Free ( <i>plastic training pants required</i> )
Youth Ages 3-17	\$3
Adults 18-54	\$4
Seniors Ages 55+	\$3

### Admission Pass (25 admissions no expiration):

2 & under	Free
Youth Ages 3-17	\$60
Adults 18-54	\$80
Seniors Ages 55+	\$60

## BIRTHDAY PARTIES

Swim and party with your guests! Party times are available on Saturday and Sundays for groups of 15 or less. Email [rhac@loudoun.gov](mailto:rhac@loudoun.gov) for more information. Stop by to secure a date. Full payment is due at time of reservation.



# MAKE A SPLASH THIS SUMMER IN OUR OUTDOOR POOLS

**FRANKLIN PARK POOL**

17501 Franklin Park Drive, Purcellville, VA 20132  
540-338-7492 • [loudoun.gov/FranklinParkPool](http://loudoun.gov/FranklinParkPool)

May 25-June 14: Monday-Friday 5:00-8:00pm  
Saturday & Sunday 11:00am-8:00pm

June 15-July 31: Monday-Friday 10:00am-8:00pm  
Saturday & Sunday 11:00am-8:00pm

August 1-August 22: Monday-Friday 11:00am-6:15pm  
Saturday & Sunday 12:00-6:30pm

August 22-September 2: Monday-Friday 5:00-7:00pm  
Saturday & Sunday 12:00-6:30pm

Open 11:00am-4:00pm on Independence Day, 7/4  
Open 11:00am-6:15pm on Labor Day, 9/2

## ADMISSION FEES

Daily:	
2 & under	Free (plastic training pants required)
Youth Ages 3-17	\$6
Adults 18-54	\$7
Seniors Ages 55+	\$6
After 6:00pm 3 & up	\$4

10 Admission Passes:	
Youth/Senior	\$55
Adult	\$63

25 Admission Passes:	
Youth/Senior	\$120
Adult	\$140

Season Passes:	
Family of 4*	\$330
Additional youth	\$25
Individual	\$75
*Family of 4 season passes can be used at both Franklin Park and Lovettsville Pool.	

**LOVETTSVILLE COMMUNITY POOL**

57 E. Broad Way, Lovettsville, VA 20180  
571-367-8396 • [loudoun.gov/LovettsvilleCC](http://loudoun.gov/LovettsvilleCC)

May 25-June 14: Monday-Friday 5:00-6:30pm  
Saturday & Sunday 12:00-6:30pm

June 15-August 21: Monday-Friday 11:00am-6:30pm  
Saturday & Sunday 12:00-6:30pm

August 22-September 2: Monday-Friday 5:00-6:30pm  
Saturday & Sunday 12:00-6:30pm

Open 11:00am-5:00pm for Independence Day Celebrations, 7/3  
Open Noon-6:30pm on Independence Day, 7/4  
and Labor Day, 9/2

## ADMISSION FEES

Daily:	
2 & under	Free (plastic training pants required)
Ages 3-17	\$4
Adults 18-54	\$5
Ages 55+	\$4
After 6:00pm 2 & up	\$2

10 Admission Passes:	
Youth/Senior	\$36
Adult	\$45

25 Admission Passes:	
Youth/Senior	\$80
Adult	\$100

Season Passes:	
Family of 4*	\$330
Additional youth	\$25
Individual	\$75
*Family of 4 season passes can be used at both Franklin Park and Lovettsville Pool.	



## STARBABIES & STARTOTS

**Star Babies** **Ages 6 months-1.5 years**  
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					
M, W	9:00-9:30am	6/10-6/26	\$68	473574-01	
M, W	9:00-9:30am	7/8-7/31	\$90	473574-02	
M, W	9:00-9:30am	8/12-8/28	\$68	473574-03	

**StarTots** **Ages 1.5-3**  
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					
M, W	9:40-10:10am	6/10-6/26	\$68	473575-01	
M, W	9:40-10:10am	7/8-7/31	\$90	473575-02	
M, W	9:40-10:10am	8/12-8/28	\$68	473575-03	

Location: Lovettsville Com Ctr					
Tu, Th	10:15-10:45am	7/2-7/11	\$45	428100-01	
Tu, Th	10:15-10:45am	7/16-7/25	\$45	428100-02	
Tu, Th	10:15-10:45am	7/30-8/8	\$45	428100-03	

## STARKIDS

**StarKids - White** **Ages 3-5**  
Students will practice submersion 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 StarKids RED class.

Location: Claude Moore Rec & Comm Ctr					
F	3:45-4:15pm	6/14-7/12	\$45	473576-01	
F	3:45-4:15pm	7/19-8/9	\$45	473576-02	

Location: Dulles South Rec & Comm Ctr					
M-Th	5:00-5:30pm	6/3-6/6	\$45	405275-01	

M-Th	5:00-5:30pm	6/10-6/13	\$45	405275-02	
M, Tu, Th, F	3:40-4:10pm	7/15-7/19	\$45	405275-03	
M, Tu, Th, F	3:40-4:10pm	7/22-7/26	\$45	405275-04	
M-Th	5:00-5:30pm	8/5-8/8	\$45	405275-05	
M-Th	5:00-5:30pm	8/12-8/15	\$45	405275-06	

Location: Lovettsville Comm Ctr					
Tu, Th	10:15-10:45am	6/18-6/27	\$45	428101-01	
Tu, Th	10:15-10:45am	7/2-7/11	\$45	428101-02	
Tu, Th	10:15-10:45am	7/16-7/25	\$45	428101-03	
Tu, Th	10:15-10:45am	7/30-8/8	\$45	428101-04	

**StarKids - Red** **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.

Location: Claude Moore Rec & Comm Ctr				
F	5:00-5:30pm	6/14-8/9	\$90	473577-01

Location: Dulles South Rec & Comm Ctr				
M, F	5:40-6:10pm	6/3-6/28	\$90	405276-01
M-Th	4:20-4:50pm	6/3-6/13	\$90	405276-02
M, F	3:40-4:10pm	7/8-8/2	\$90	405276-03
M, F	4:20-4:50pm	7/8-8/2	\$90	405276-04
Tu, Th	5:00-5:30pm	7/9-8/1	\$90	405276-05
M-Th	4:20-4:50pm	8/5-8/15	\$90	405276-06
M-Th	4:20-4:50pm	8/5-8/15	\$90	405276-07





Location: Lovettsville Comm Ctr				
M-Th	9:40-10:10am	6/17-6/27	\$90	428102-01
Tu, Th	6:30-7:00pm	6/18-7/2	\$57	428102-02
Tu, Th	7:10-7:40pm	6/18-7/2	\$57	428102-03
M-Th	9:40-10:10am	7/1-7/11	\$90	428102-04
Tu, Th	6:30-7:00pm	7/9-7/25	\$68	428102-05
M-Th	9:00-9:30am	7/15-7/25	\$90	428102-06

**StarKids - Yellow** **Ages 3-5**  
This class focuses on forward movement and changing direction in the water, and will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

Location: Claude Moore Rec & Comm Ctr				
F	5:40-6:10pm	6/14-8/9	\$90	473578-01

Location: Dulles South Rec & Comm Ctr				
M, F	5:40-6:10pm	6/3-6/28	\$90	405277-01
Tu, Th	5:40-6:10pm	7/9-8/1	\$90	405277-02
M, Tu, Th, F	4:20-4:50pm	7/15-7/26	\$90	405277-03
M, Tu, Th, F	4:20-4:50pm	7/15-7/26	\$90	405277-04
M-Th	5:40-6:10pm	8/5-8/15	\$90	405277-05

Location: Lovettsville Comm Ctr				
M-Th	9:00-9:30am	6/17-6/27	\$90	428103-01
M-Th	9:00-9:30am	7/1-7/11	\$90	428103-02
Tu, Th	7:10-7:40pm	7/9-7/25	\$68	428103-03
M-Th	9:40-10:10am	7/15-7/25	\$90	428103-04
Tu, Th	6:30-7:00pm	7/30-8/15	\$68	428103-05
Tu, Th	7:10-7:40pm	7/30-8/15	\$68	428103-06

**StarKids - Blue & Green** **Ages 3-5**  
This class focuses on rotary and integrated movement in the water. Students will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10 yds with some rotary breathing. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

Location: Claude Moore Rec & Comm Ctr				
F	6:15-6:45pm	6/14-8/9	\$90	473579-01

Location: Dulles South Rec & Comm Ctr				
M, F	6:20-6:50pm	6/3-6/28	\$90	405278-01
M, Tu, Th, F	5:00-5:30pm	7/15-7/26	\$90	405278-02
M, Tu, Th, F	5:00-5:30pm	7/15-7/26	\$90	405278-03
M, Tu, Th, F	5:00-5:30pm	8/5-8/16	\$90	405278-04

Location: Lovettsville Comm Ctr				
M-Th	10:15-10:45am	7/29-8/8	\$90	428104-01

STARFISH SWIMSCHOOL

**SwimSchool - White** **Ages 6-12**  
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, 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.

Location: Claude Moore Rec & Comm Ctr				
F	4:20-4:50pm	6/14-7/12	\$45	473580-01
F	4:20-4:50pm	7/19-8/9	\$45	473580-02

Location: Dulles South Rec & Comm Ctr				
M, W	6:20-6:50pm	6/3-6/12	\$45	405279-01
M, W	7:00-7:30pm	6/3-6/12	\$45	405279-02
M, Tu, Th, F	3:40-4:10pm	7/15-7/19	\$45	405279-03
M, Tu, Th, F	3:40-4:10pm	7/22-7/26	\$45	405279-04
M-Th	5:00-5:30pm	8/5-8/8	\$45	405279-05
M-Th	5:00-5:30pm	8/12-8/15	\$45	405279-06

Location: Lovettsville Comm Ctr				
Tu, Th	9:40-10:10am	6/18-6/27	\$45	428201-01
Tu, Th	9:40-10:10am	7/2-7/11	\$45	428201-02
Tu, Th	9:40-10:10am	7/16-7/25	\$45	428201-03
Tu, Th	9:40-10:10am	7/30-8/8	\$45	428201-04

**SwimSchool - Red** **Ages 6-12**  
This clinic will practice front and back float, front and back streamline, and rolling from front to back to front while focusing on body positioning and air recovery in the water. Pre-requisites for this class: Assisted submersion, relaxed for 5 seconds; then come up to breathe or swim evaluation needed for entry into this class.

Location: Claude Moore Rec & Comm Ctr				
M, W	4:30-5:00pm	6/10-6/26	\$68	473581-01
M, W	4:30-5:00pm	7/8-7/31	\$90	473581-02
M, W	4:30-5:00pm	8/12-8/28	\$68	473581-03

Location: Dulles South Rec & Comm Ctr				
M, F	7:00-7:30pm	6/3-6/28	\$90	405280-01
M-Th	5:40-6:10pm	6/3-6/13	\$90	405280-02
M, F	7:00-7:30pm	7/8-8/2	\$90	405280-03
Tu, Th	7:00-7:30pm	7/9-8/1	\$90	405280-04
M-Th	5:40-6:10pm	8/5-8/15	\$90	405280-05
M-Th	7:00-7:30pm	8/5-8/15	\$90	405280-06

Location: Lovettsville Comm Ctr				
M-Th	10:15-10:45am	6/17-6/27	\$90	428202-01
Tu, Th	6:30-7:00pm	6/18-7/2	\$57	428202-02
Tu, Th	7:10-7:40pm	6/18-7/2	\$57	428202-03
M-Th	10:15-10:45am	7/1-7/11	\$90	428202-04
Tu, Th	6:30-7:00pm	7/9-7/25	\$68	428202-05
M-Th	10:15-10:45am	7/15-7/25	\$90	428202-06
M-Th	9:40-10:10am	7/29-8/8	\$90	428202-07

**SwimSchool - Yellow** **Ages 6-12**  
This class focuses on forward movement and direction change in the water. Class will introduce treading water, swimming underwater, streamline kicking, arm pulls, combined kick and pull on front and back, and breath control. Pre-requisites for this class: Jump in, submerge, recover for air, roll onto back for 5 seconds.

Location: Claude Moore Rec & Comm Ctr				
M, W	5:10-5:40pm	6/10-6/26	\$68	473582-01
M, W	5:10-5:40pm	7/8-7/31	\$90	473582-02
M, W	5:10-5:40pm	8/12-8/28	\$68	473582-03

Location: Dulles South Rec & Comm Ctr				
M, F	6:20-6:50pm	6/3-6/28	\$90	405281-01
M, F	5:00-5:30pm	7/8-8/2	\$90	405281-02
Tu, Th	6:20-6:50pm	7/9-8/1	\$90	405281-03
M, Tu, Th, F	5:40-6:10pm	7/15-7/26	\$90	405281-04
M-Th	6:20-6:50pm	8/5-8/15	\$90	405281-05
M-Th	6:20-6:50pm	8/5-8/15	\$90	405281-06
M, Tu, Th, F	5:40-6:10pm	8/5-8/16	\$90	405281-07

Location: Lovettsville Comm Ctr				
M-Th	9:00-9:30am	6/17-6/27	\$90	428203-01
M-Th	9:00-9:30am	7/1-7/11	\$90	428203-02
Tu, Th	7:10-7:40pm	7/9-7/25	\$68	428203-03
M-Th	9:00-9:30am	7/29-8/8	\$90	428203-04
Tu, Th	6:30-7:00pm	7/30-8/15	\$68	428203-05
Tu, Th	7:10-7:40pm	7/30-8/15	\$68	428203-06

**SwimSchool - Blue & Green** **Ages 6-12**  
This class will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10yds with some rotary breathing and overarm pulls. Class will introduce diving and survival floating. Pre-requisites for this class: Jump in, submerge, recover for air, kick-and-pull forward 10 ft on front and back, change direction and return to wall, using swim-roll-swim to breathe technique.

Location: Claude Moore Rec & Comm Ctr				
M, W	5:50-6:20pm	6/10-6/26	\$68	473583-01
M, W	5:50-6:20pm	7/8-7/31	\$90	473583-02
M, W	5:50-6:20pm	8/12-8/28	\$68	473583-03

Location: Dulles South Rec & Comm Ctr				
M-Th	6:20-6:50pm	6/3-6/13	\$90	405282-01
M-Th	6:20-6:50pm	6/3-6/13	\$90	405282-02
M, F	6:20-6:50pm	7/8-8/2	\$90	405282-03
Tu, Th	6:20-6:50pm	7/9-8/1	\$90	405282-04
M, Tu, Th, F	5:40-6:10pm	7/15-7/26	\$90	405282-05
M, Tu, Th, F	6:20-6:50pm	8/5-8/16	\$90	405282-06
M-Th	6:20-6:50pm	8/5-8/15	\$90	405282-07
M-Th	7:00-7:30pm	8/5-8/15	\$90	405282-08

Location: Lovettsville Comm Ctr				
M-Th	9:00-9:30am	7/15-7/25	\$90	428204-01
M-Th	9:00-9:30am	7/29-8/8	\$90	428204-02

**Teen SwimSchool - White & Red** **Ages 13-17**  
This 45-min. beginning swim class for teens focuses on growing comfortable in the water while also learning essential water safety skills. 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.

Location: Claude Moore Rec & Comm Ctr				
M, W	6:30-7:15pm	6/10-6/26	\$101	473587-01
M, W	6:30-7:15pm	8/12-8/28	\$101	473587-03

**Teen SwimSchool - Yellow & Blue** **Ages 13-17**  
This 45-min. 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. Pre-requisites: Jump in, submerge, and recover for air, roll onto back for 5 seconds. Progresses into Teen Stroke Academy.

Location: Claude Moore Rec & Comm Ctr				
M, W	6:30-7:15pm	7/8-7/31	\$135	473588-01

**Adult SwimSchool - White & Red** **Ages 18+**  
This 45-min. beginning swim class for adults focuses on growing comfortable in the water while also learning essential water safety skills. 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.

Location: Dulles South Rec & Comm Ctr				
M, F	7:40-8:25pm	6/3-6/28	\$135	405575-01



M, F	7:40-8:25pm	7/8-8/2	\$135	405575-02
Tu, Th	7:40-8:25pm	7/9-8/1	\$135	405575-03
M-Th	7:40-8:25pm	8/5-8/15	\$135	405575-04

**Adult SwimSchool - Yellow, Blue & Green** **Ages 18+**  
This 45-min. 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. Pre-requisites: Jump in, submerge, and recover for air, roll onto back for 5 seconds. Progresses into Adult Stroke Academy.

Location: Claude Moore Rec & Comm Ctr				
Tu, Th	6:40-7:25pm	6/11-6/27	\$101	473592-01
Tu, Th	6:40-7:25pm	7/9-8/1	\$135	473592-02
Tu, Th	6:40-7:25pm	8/13-8/29	\$101	473592-03

STARFISH STROKE ACADEMY

**Stroke Academy - White & Red** **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.

Location: Claude Moore Rec & Comm Ctr				
Tu, Th	4:30-5:00pm	6/11-6/27	\$68	473584-01
Tu, Th	4:30-5:00pm	7/9-8/1	\$90	473584-02
Tu, Th	4:30-5:00pm	8/13-8/29	\$68	473584-03

Location: Dulles South Rec & Comm Ctr				
M-Th	7:00-7:30pm	6/3-6/13	\$90	405283-01
M-Th	7:00-7:30pm	6/3-6/13	\$90	405283-02
M, F	5:40-6:10pm	7/8-8/2	\$90	405283-03
M, F	6:20-6:50pm	7/8-8/2	\$90	405283-04
Tu, Th	5:00-5:30pm	7/9-8/1	\$90	405283-05
M-Th	5:40-6:10pm	8/5-8/15	\$90	405283-06
M-Th	7:00-7:30pm	8/5-8/15	\$90	405283-07

**Stroke Academy - Yellow & Blue** **Ages 6-12**  
This class will include a short review of freestyle and backstroke but will focus on learning the proper technique for breaststroke and butterfly. Pre-requisites: pass the Stroke Academy White/Red benchmarks, or pass a swim evaluation. Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy Green.

Location: Claude Moore Rec & Comm Ctr				
Tu, Th	5:10-5:40pm	6/11-6/27	\$68	473585-01
Tu, Th	5:10-5:40pm	7/9-8/1	\$90	473585-02
Tu, Th	5:10-5:40pm	8/13-8/29	\$68	473585-03

Location: Dulles South Rec & Comm Ctr				
M, F	5:00-5:30pm	6/3-6/28	\$90	405284-01
M, F	7:00-7:30pm	6/3-6/28	\$90	405284-02
M, F	5:00-5:30pm	7/8-8/2	\$90	405284-03
M, F	5:40-6:10pm	7/8-8/2	\$90	405284-04
Tu, Th	5:40-6:10pm	7/9-8/1	\$90	405284-05
M-Th	5:00-5:30pm	8/5-8/15	\$90	405284-06
M, Tu, Th, F	7:00-7:30pm	8/5-8/16	\$90	405284-07

**Stroke Academy - Green** **Ages 6-12**  
This 45-minute class is the most advanced Stroke Academy class and will incorporate all four strokes, freestyle, backstroke, butterfly, while working on building endurance. Students will also practice starts and turns and racing dives. Pre-requisites: Able to perform multiple lengths of freestyle and backstroke during class and perform at least 4 strokes of butterfly in good form.

Location: Claude Moore Rec & Comm Ctr				
Tu, Th	5:45-6:30pm	6/11-6/27	\$101	473586-01



Tu, Th	5:45-6:30pm	7/9-8/1	\$135	473586-02
Tu, Th	5:45-6:30pm	8/13-8/29	\$101	473586-03
<b>Location: Dulles South Rec &amp; Comm Ctr</b>				
M-Th	7:40-8:25pm	6/3-6/13	\$135	405285-01
M-Th	7:40-8:25pm	6/3-6/13	\$135	405285-02
Tu, Th	7:00-7:45pm	7/9-8/1	\$135	405285-03
M, Tu, Th, F	6:20-7:05pm	7/15-7/26	\$135	405285-04
M-Th	7:40-8:25pm	8/5-8/15	\$135	405285-05
M-Th	7:40-8:25pm	8/5-8/15	\$135	405285-06

STROKE CLINICS

**Teen Stroke Clinics**

**Ages 13-17**

These one-hour clinics will provide teenage participants the opportunity to work with an instructor on their lap swimming technique for all four strokes in a class like environment. Each clinic will be dedicated to one stroke, cycling through all four over the course of the month in the following order: freestyle, backstroke, breaststroke, and butterfly. Pre-requisites: participants need a working knowledge of each stroke and the ability to swim 25 yards of the stroke of the week.

Sa	8:45-9:45am	8/3	\$23	473594-01
Sa	8:45-9:45am	8/10	\$23	473594-02
Sa	8:45-9:45am	8/17	\$23	473594-03
Sa	8:45-9:45am	8/24	\$23	473594-04

**Adult Stroke Clinics**

**Ages 18+**

These one-hour clinics will provide adult participants the opportunity to work with an instructor on their lap swimming technique for all four strokes in a class like environment. Each clinic will be dedicated to one stroke, cycling through all four over the course of the month in the following order: freestyle, backstroke, breaststroke, and butterfly. Pre-requisites: participants need a working knowledge of each stroke and the ability to swim 25 yards of the stroke of the week.

Sa	10:00-11:00am	8/3	\$23	473595-01
Sa	10:00-11:00am	8/10	\$23	473595-02
Sa	10:00-11:00am	8/17	\$23	473595-03
Sa	10:00-11:00am	8/24	\$23	473595-04

LIFEGUARD TRAINING

**Certified Pool Operator CPO**

**Ages 16+**

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.

**Location: Claude Moore Rec & Comm Ctr**

Sa, Su	10:00am-6:00pm	8/24-8/25	\$350	473897-01
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**Lifeguard Review With Oxygen**

**Ages 15+**

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.

<b>Location: Claude Moore Rec &amp; Comm Ctr</b>				
F, Sa	9:00am-3:30pm	6/28-6/29	Free	473892-01
F, Sa	9:00am-3:30pm	8/9-8/10	Free	473892-02

**Lifeguarding With Oxygen**

**Ages 15+**

With successful completion of this course, students will be certified 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, tread water for 2 mins with legs only, get a 10lb brick from the bottom of at least 9ft of water and be able to swim it to the side. Attendance is mandatory and you must be on time for all classes to meet certification requirements. Bring a swimsuit and towel to every class. Pre-requisites: Must be 15 by the last class and pass the swim test.

**Location: Claude Moore Rec & Comm Ctr**

M-Th	9:00am-4:00pm	6/24-6/27	Free	473891-01
M-Th	9:00am-4:00pm	8/5-8/8	Free	473891-02

**Junior Lifeguarding Camp**

**Ages 11-14**

Are you looking to be a future lifeguard but are not quite old enough yet? This week-long camp will build the foundational knowledge and skills to be a future lifeguard. This camp includes the CPR/AED/First Aid certificate. Participants will develop water safety knowledge and swimming skills needed for the lifeguard test in addition to fun games and activities throughout the week. Please wear a bathing suit and bring: a towel, lunch, water, and a snack each day. Certificate of completion does not indicate an individual is trained to be a lifeguard.

M-F	9:00am-4:00pm	6/17-6/21	\$250	473899-02
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# How To Be A SWIM INSTRUCTOR

**Ages 15+**

Have you ever thought about teaching swim lessons? Have you ever wondered what it takes to teach swim lessons? Well, this is your opportunity! This class will give participants a glimpse of what it takes to be a Swim instructor with Loudoun County. Skills include teaching each stroke, how to create lessons plans, how to manage your space, and much more!

**Location: Claude Moore Rec & Comm Ctr**

M-Th	10:30-11:30am	6/24-6/27	Free	473890-01
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**Location: Dulles South Rec & Comm Ctr**

M-Th	5:00-6:00pm	6/10-6/13	Free	405291-01
M-Th	5:00-6:00pm	7/8-7/11	Free	405291-02

RECREATION CENTERS

CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTERS

**SHARED 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-percent discount is available for active duty and retired members of the military and first responders on annual, six-month, and monthly memberships, as well as daily and 25-admission passes.

**For admission fees see page 16.**  
**Spring Pass Sale May 13 through June 10**  
**15% off 6-month and annual passes**

SHARED 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 taken Youth Fitness Orientation. Ages 11 and under are not permitted unless in a programmed event or class.

**Climbing Wall**

Come climb at our Climbing Wall! Children 11 and under must be supervised by an adult or be in a programmed event or class. All climbers must have a Climbing Wall Release Form on file, signed by a parent or guardian if under 18 years old.

**Facility Rentals**

Rental options are available in our multi-purpose room, and small classrooms. Visit us for a tour and to schedule your event. Payment is due at the time of reservation.

**Kid Kare**

Kid Kare is a drop-in childcare service available to paid visitors and passholders with children ages 1-11 years who are using the gym, pools or fitness areas or taking a fitness class.

Fees: \$4 per child, per visit with a 2-hour maximum. Free for 6-month and annual passholders.

AQUATICS & SAFETY PROGRAMS

Find information on Swim Lessons, Lifeguard Classes, and Swim Clinics in the AQUATICS section of this guide!

# Group Exercise Schedule

CLAUDE MOORE RECREATION & COMMUNITY CENTER

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

**Facility**  
Monday-Friday 5:00am-9:30pm • Saturday-Sunday 8:00am-8:00pm

**Kid Kare**  
Monday-Friday 8:30am-1:30pm • Saturday 8:00am-12:00pm

**Climbing Wall**  
Monday-Friday 4:00pm-8:00pm • Saturday-Sunday 11:00am-7:00pm  
LCPS Holidays 11:00am-7:00pm

**Competition Pool, Leisure Pool & Spa**  
Please visit loudoun.gov/PoolHours for the most up-to-date schedule.

**Auxiliary Wing**  
Monday-Friday 8:00am-4:00pm  
facebook.com/ClaudeMooreRecCenter

Open 11:00am-6:00pm on Memorial Day, 5/27 and Labor Day, 9/2  
Closing at Noon on Independence Day, 7/4

**Note: Entire facility will be closed 5/27-6/9 for annual maintenance. Call ahead or check the website for updates.**

PARENT & CHILD

**Itty Bitty**

**Ages 1.5-4**

Bring your little one and make memories! Enjoy story time, songs, circle time, a themed activity and more! Adult participation required. The fee is per child and adults are free. Instructor: Fatma

Tu	10:00-11:30am	6/11-6/25	\$30	473107-01
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ELEMENTARY

**Art Exploration**

**Ages 6-11**

Unleash your child's creativity with our inspiring art exploration classes! Through a mix of guided projects and free expression, the students will learn about different art techniques, styles, and mediums. This class is designed to nurture their imagination, build confidence, and develop their artistic skills. Instructor: Adonis

M	5:00-6:00pm	6/10-6/17	\$30	473202-01
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**Intro To Acrylic Painting**

**Ages 6-11**

Join us for a fun and creative acrylic painting class designed specifically for kids! In this class, children will learn the basics of acrylic painting techniques, color mixing, and brushwork. They will have the opportunity to unleash their creativity and create beautiful masterpieces on canvas. The instructor will guide them through step-by-step instructions and provide individualized feedback to help them improve their skills. Let your child's imagination soar in our acrylic painting class for kids! Instructor: Adonis

Th	5:00-6:00pm	6/13-6/27	\$30	473201-01
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**International Breakfast Club**

**Ages 7-12**

The most important meal of the day with an international twist. Calling all chefs who are curious and adventurous in the kitchen. Each class will explore and prepare a breakfast from different countries around





# July is Park and Recreation Month



SUN	MON	TUE	WED	THU	FRI	SAT
July is filled with FUN, ACTIVITIES, PRIZES, EVENTS, and more!	<b>1</b> Congregate Meal Program Ashburn Senior Center, Ages 55+, 12:00pm	<b>2</b> Pathway Of Pages Lovettsville Comm Park	<b>3</b> Ice Cream Social Carver Sr Ctr, 1:00pm <b>Independence Day Celebrations</b> Lovettsville Comm Center, 5:30pm	<b>4</b> Fourth Fest Claude Moore Park, 10:30am <b>Red, White &amp; Run</b> Hal & Berni Hanson Regional Park, 8:00am <b>Independence Day Celebration</b> Franklin Park, 5:00pm	<b>5</b> RC Car Races Douglass Community Center, 1:00pm	<b>6</b> Climbing Wall Claude Moore Recreation & Community Center, Call For Availability
<b>7</b> Fairy Folk Trail Evergreen Mills Hiking Trail	<b>8</b> Pool Day! Franklin Park Pool, 10:00am-8:00pm	<b>9</b> Quest For Critters Lucketts Community Park	<b>10</b> Splash Pad Fun! Hal & Berni Hanson Regional Park, 10:00am-8:00pm	<b>11</b> Sculpture Garden Franklin Park Arts Center, Park Hours	<b>12</b> Senior Cooling Program, Email to apply aaa@loudoun.gov	<b>13</b> Dodgeball Tournament Dulles South Rec & Comm Ctr, 11:00am
<b>14</b> Trails & Tales Lovettsville Comm Park, 10:00am	<b>15</b> Playground Adventures Douglass Comm Center, 9:00am	<b>16</b> Tune In Tuesdays Bluemont Comm Center, 10:00am <b>Party In The Park</b> Philomont Comm Center, 11:00am	<b>17</b> Family Nerf Battle Night Loudoun Valley Comm Center, 5:30pm <b>PRCS on the Go</b> Greg Crittenden Memorial Park, 10:00am	<b>18</b> Stay Active & Independent for Life Senior Center at Cascades, 10:00am	<b>19</b> Skating Under The Stars Douglass Comm Center, 7:00pm <b>Ice Cream Day</b> Lucketts Comm Center, 11:00am	<b>20</b> Arcade Tournament Douglass Comm Center, 10:00am <b>Indoor Swim</b> Dulles South Rec & Comm Ctry
<b>21</b> Meet A Monarch Butterfly Banshee Reeks Nature Preserve, 1:00pm	<b>22</b> Rent A Pavilion Host a family gathering at one of our park pavilions. loudoun.gov/pavilions	<b>23</b> Congregate Meal Program The Senior Center of Leesburg, 55+ 12:00pm	<b>24</b> Lunch in the Park & Tours Senior Center at Cascades, 55+ 10:00am	<b>25</b> Volunteer for Home-Delivered Meals <b>Popsicles on the Playground</b> Dulles South Rec & Comm Ctr, 5:00pm	<b>26</b> Cardboard Boat Regatta Lovettsville Comm Center, 6:45pm <b>Party In The Pavilion</b> Lucketts Comm Center, 6:00pm	<b>27</b> Family Cook Out at Hanson Park Contact Sterling Comm Center to register.
<b>28</b> Pool Day! Lovettsville Comm Pool, 12:00-6:30pm	<b>29</b> Park Bingo Hal & Berni Hanson Regional Park	<b>30</b> Senior Center Membership Dulles South Senior Center, Purchase Anytime	<b>31</b> Indoor Swim Claude Moore Recreation & Community Center	loudoun.gov/PRCSevents		



Scan QR Code to Access Form

Starting July 1 show us how you are having fun with PRCS! Share photos of you, family, friends, and furry friends enjoying PRCS parks, programs, and facilities.

Enter to win by scanning the QR code to access an online form, or visit loudoun.gov/prcsevents to upload photos. You can also post on Facebook or Instagram and tag PRCS.

Fill out the form or share photos to be entered to win great PRCS prizes. Enter by Wednesday, July 31.

the world. Please see PRCS Connect to see what we are making in each class. Notify us about any food allergies at least two weeks prior to the class. Instructor: Melissa

Tu	10:00am-12:00pm	7/2	\$30	473200-01
Tu	1:00-3:00pm	7/2	\$30	473200-02
Tu	10:00am-12:00pm	7/16	\$30	473200-03
Tu	1:00-3:00pm	7/16	\$30	473200-04
Tu	10:00am-12:00pm	7/30	\$30	473200-05
Tu	1:00-3:00pm	7/30	\$30	473200-06

## DANCE

### Tiny Tap & Tutu

**Ages 2.5-3**

Yes, we said tap for a 2-year-old, and nothing could be better! In our Baby Ballerina classes, there's lots of tutu twirling and princess dancing too! Leotard or tutu, tights and ballet and tap shoes recommended. Classes are held at Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding. No Class 7/1, 7/2, 8/5 or 8/6

M	9:30-10:15am	6/17-8/19	\$190	473101-01
Tu	4:30-5:15pm	6/18-8/20	\$190	473101-02

### Twirly Tap & Jazzy Jazz

**Ages 3-4**

Let's just do it all! Ballet, tap and jazz all rolled into one super fun Baby Ballerina class! Leotard or tutu, tights and ballet and tap shoes recommended. Sessions are held at Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding. No Class 7/1, 7/2, 8/5 or 8/6

M	10:30-11:15am	6/17-8/19	\$190	473102-01
Tu	5:30-6:15pm	6/18-8/20	\$190	473102-02

### All Grown Up

**Ages 4-5**

These 1-hour ballet, tap and jazz classes will be taught in the same wonderful Baby Ballerina way, but will have a few changes to help get us more prepared for 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, we already do! Leotard or tutu, tights and ballet shoes recommended. Classes are held at Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding No Class 7/1, 7/2, 8/5 or 8/6

M	11:30am-12:30pm	6/17-8/19	\$190	473103-01
Tu	6:30-7:30pm	6/18-8/20	\$190	473103-02

## FIRST AID COURSES

### Adult & Pediatric First Aid/CPR/AED

**Ages 12+**

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 skill 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.

Sa	4:00-6:00pm	6/29	\$80	473895-01
F	4:00-6:00pm	8/9	\$80	473895-02

### Babysitter's Training & Pediatric First Aid/CPR

**Ages 11-15**

This class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give 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.

Sa	9:00am-4:00pm	6/22	\$80	473896-01
Sa	9:00am-4:00pm	8/17	\$80	473896-02

## FITNESS TRAINING

### Personal Training

**Ages 12+**

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 can provide as much help as necessary to develop a consistent & efficient workout plan to achieve your fitness goals and to help make exercise a life-long habit. Patrons can sign up for 4, 8, or 12 personal training sessions by appointment only. Please contact katie.rubio@loudoun.gov or call (571)258-3600 for more information.

### Youth Fitness Orientation

**Ages 12-15**

The Youth Fitness Orientation class that will cover the basics of safe and effective exercise, equipment usage, and gym etiquette. Upon successful completion of this orientation, a card will be issued that allows the card holder use of the fitness areas without a parent or guardian.

Sa	9:00-10:00am	6/15	\$45	473360-01
Sa	9:00-10:00am	7/20	\$45	473360-02
Sa	9:00-10:00am	8/17	\$45	473360-03

## GROUP EXERCISE CLASSES

Group Exercise 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-in. Please check our website for the most up-to-date schedule. Class Entrance Cards (CEC) can be obtained at the front desk thirty minutes before the start time of class. A copy of the monthly schedule can be found on our website, or at the front desk. All of the classes listed are for ages 16+.



### Claude Moore Recreation & Community Center

The entire facility will be closed 5/27-6/9 for annual maintenance.

### Dulles South Recreation & Community Center

The facility will be closed for annual maintenance on the following dates

Competition Pool: 8/19-9/2

Leisure Pool: 8/19-9/2

Fitness Center: 8/19-8/27

Community Center: 8/12-8/18



Register at loudoun.gov/PRCSConnect



LAND EXERCISE

**AbsoGlutely**  
Shape, sculpt, strengthen your glutes, abdominals, thighs, and core muscles in this focused and energizing workout.

**Barre**  
This class mixes elements from Pilates, yoga, and dance where the moves are choreographed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt, slim and stretch your entire body.

**Belly Bliss**  
This total body workout combines the movements of belly dance with strength training, cardio, flexibility, balance, and core conditioning. This is a great way to tone and strengthen your muscles, improve your flexibility, and boost your overall health and fitness.

**Body By Kekee**  
This mix of yoga, strength and interval training will have you feeling great! Create lean muscle and increase your metabolism with this total body workout.

**Bootcamp**  
In this circuit training class you will rotate through stations to work on muscles strength, endurance, cardio, and core. Great for all fitness levels.

**Cardio Kickboxing**  
This high-energy, full body cardiovascular workout that blends boxing, martial arts techniques, and basic calisthenics to leave you sweating and feeling amazing!

**Cardio Strength**  
A challenging mix of cardio machines with strength training and core work to give you the ultimate all in one workout!

**Chair Yoga**  
An adaptive Yoga practice that allows you to stay seated for most poses. Performing movements in the seated position enhances mobility and balance and allows for an improved range of motion. This class is best suited for seniors and beginners.

**Circuit Fusion**  
This 45-minute circuit training class will help you increase your lean muscle, shape your body, and increase your metabolism.

**Fit Factory**  
Get in and out with this 45-minute strength training and power packed HIIT session on the fitness floor. This is a dynamic full-body workout making use of kettlebells, free weights, resistance bands, plyometrics, and loads of body weight exercises. This program is designed to be fun and challenging for a broad range of fitness levels.

**Gentle, Low Impact**  
GLO is our specialty class focused on strength and mobility for those looking for a gentler workout routine.

**Hatha Yoga**  
Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation.

**Pilates Fusion**  
Get ready to improve mobility, flexibility, and core strength. Tone your physique and enhance the mind-body connection with a wide variety of calisthenics and resistance exercises to improve posture, balance, and stamina.

**Pound**  
A full-body workout designed for all fitness levels, combining cardio, conditioning, and strength training with Pilates-inspired movements. Light weight drumsticks (Ripstix) are provided to drum to the beat of fun and engaging music. This is a high energy class open to all fitness levels.

**Power Up 60**  
Build, sculpt and tone your body with a high energy mix of resistance and interval training. Power Up 60 classes are led by certified personal trainers. Learn safe, effective techniques and form to optimize your training.

**Qigong For Health**  
Start your Sunday with standing, stretching, breathing, and meditation with Ancient Qigong techniques.

**Tai Chi/Qigong**  
A practice of slow gentle movements and physical postures aiming to strengthen the whole body as well as the mind-body connection.

**Tai Chi II**  
Long form Introduction, with refinement of Tai Chi principles into Intro to Pushing Hands. This class is designed for those who have been practicing Tai Chi/Qigong and are ready to move into more progressive movements.

**Vinyasa Yoga**  
Find your flow by stringing together relaxing and rejuvenating yoga poses. Power meets peace in learning to sync breath and movement. This practice is very fluid and is suitable for all levels.

**Warrior Workout**  
Challenge yourself in this fun and energetic class using battle ropes, kettlebells, agility ladders and more.

**Xtreme Hip Hop Step**  
This 60-minute-high energy group cardio workout set to upbeat hip hop music will have you second kicks, punches, jumping jacks and more are guaranteed to raise your heartbeat to anaerobic levels and assure maximum caloric expenditure.

**Yin Yoga**  
Beautiful meditative practice designed to open fascia and joints by sitting quietly in poses for 3 to 5 minutes. Class includes an hour of poses followed by an optional 15 minutes of meditation.

**Zumba**  
A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue, and Hip Hop. This class is guaranteed to whip you into shape and energize your day.

AQUATIC FITNESS

**Deep Water Splash**  
Join us in Deep Water Splash to add gentle impact cardio and resistance training to your fitness routine in the deep end of the pool. Participants must wear floatation belts and be able to swim.

**H2O Fit**  
This class is Low Impact but High Intensity FUN in the pool. H2O Fit combines cardio and strength training in the comfort and ease of the water. Fun routines and specific exercises are incorporated to improve coordination and joint stability.

DULLES SOUTH RECREATION & COMMUNITY CENTER

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

**Facility**  
Monday-Friday 5:00am-9:30pm • Saturday-Sunday 8:00am-8:00pm

**Kid Kare**  
Monday-Friday 8:30am-1:30pm; 4:30pm-8:30pm  
Saturday 8:00am-12:00pm

**Climbing Wall**  
Monday-Friday 4:00pm-8:00pm • Saturday-Sunday 11:00am-7:00pm  
\*Monday-Friday 11:00am-7:00pm when LCPS is closed

**Competition Pool**  
Monday-Friday 5:00am-9:15pm • Saturday-Sunday 8:00am-7:45pm

**Leisure Pool & Spa**  
Monday-Friday 9:00am-8:45pm  
Saturday-Sunday 11:00am-7:45pm  
facebook.com/DullesSouthMultipurposeCenter

Open 11:00am-6:00pm on Memorial Day, 5/27  
Closing at Noon on Independence Day, 7/4 and Labor Day, 9/2

**Note: Dulles South Recreation and Community Center will be closed for annual maintenance on the following dates:**  
**Competition Pool – 8/19-9/2**  
**Leisure Pool – 8/19-9/2**  
**Fitness Center – 8/19-8/27**  
**Community Center – 8/12- 8/18**  
**Call or follow the progress on Facebook for updates.**

FITNESS TRAINING

**Private Training** **Ages 12+**  
We offer 30 and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide customers with as much help as necessary to develop a consistent & efficient workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for 4, 8, or 12 personal training sessions by appointment only. Please contact dsrccprograms@loudoun.gov or call 571-258-3456 for more information.

**Inbody Test** **Ages 12+**  
Go beyond the scale with the InBody Test, a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water on an InBody Result Sheet. Get results you can trust so you can reach your health and fitness goals. InBody tests can be scheduled or done on a walk-in basis. To schedule your InBody assessment, please contact dsrccprograms@loudoun.gov or call 571-258-3456.

YOUTH FITNESS

**Youth Fitness Orientation** **Ages 12-15**  
The Youth Fitness Orientation will cover the basics of safe and effective exercise, equipment usage, and gym etiquette. Upon successful completion of this orientation, a card will be issued that allows the card holder use of our fitness areas without a parent or guardian.

Sa	9:00-10:00am	6/8	\$45	405550-01
Sa	9:00-10:00am	7/6	\$45	405550-02
Sa	9:00-10:00am	8/3	\$45	405550-03

Register at loudoun.gov/PRCSConnect

GROUP EXERCISE CLASSES

The following Land and Aqua classes are included with an admission pass or membership. 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. A copy of the monthly schedule can be found on our website, or at the front desk.

LAND EXERCISE

**Aerobic Toning**  
Aerobic exercise choreographed to great music. This ultra-fun dance workout will give you a full body cardio workout.

**Barre**  
A mix of elements from Pilates, yoga, and dance where moves are choreographed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt, slim, and stretch your entire body.

**Body Sculpt**  
A total body and conditioning class using free weights, body bars, resistance bands and your own body weight. Great for beginner to advanced.

**Cardio Kickboxing**  
This is a high-energy, full-body cardiovascular workout that blends boxing, martial arts techniques, and basic calisthenics to leave you sweating and feeling energized!

**Core Power**  
Got 45-minutes? Take the time to make it count with our high-intensity strength and conditioning class designed to transform your body.





Cycle

Work on building your muscular and cardio endurance while rockin' it out to your favorite music! Sprint and climb while navigating high intensity intervals. All cycling classes are beginner friendly.

Dance Fit

A hi-lo impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

Fit Mix

Fit Mix is a mix of arm, leg toning, core strength, balance, boxing & easy to follow cardio dance (Zumba and Bolly X) done to awesome music. This is a fun, total-body workout!

Gentle Yoga

"Easy does it". We will be gently opening and strengthening the body, connecting with our breath, and calming the mind.

Gentle Yoga With Breathing Practices

This gentle class will incorporate slower paced movements that focus on alignment, strength, balance, and flexibility. Yogic breathing practices will be introduced with Mudras and Bandha to improve lung capacity.

Hatha Yoga Flow

This class incorporates energetic movement through a series of asanas (yoga postures) and breathwork to energize your day.

Hatha Yoga

Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. This class is designed for all levels.

HIIT Express

Want big results in a short amount of time? Burn calories and get fit with this high intensity interval class.

HIRT Express

High Intensity Resistance Training. Want all the benefits of interval training, but looking to build muscle? HIRT training puts the best of cardio and resistance training together.

Power Cardio

Increase your stamina and burn calories during this fun and powerful cardio workout set to amazing music.

Score!

Designed to strengthen the abs, glutes, and back muscles through a variety of exercises set to fun music. Suitable for all levels.

Slay

Want to burn calories even after your workout? Come meet SLAY!! A high intensity mix of cardio and weight training for a targeted heart rate. Burn fat and build muscle at the same time. Suitable for all levels.

Strength Express

This 45-minute class focuses on muscular strength and endurance. Create lean muscle that will increase your metabolism and shape your body.

Strong Nation

A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

Sunset Flow

Unwind and put aside the tensions of the day with this relaxing flow suitable for all levels. You will leave feeling focused and relaxed.

Vinyasa Yoga

Find your flow by stringing together relaxing and rejuvenating yoga poses. Power meets peace in learning to sync breath and movement. This practice is very fluid and suitable for all levels.

Yogalates

Yogalates is a mixture of Yoga and Pilates. You will get a workout that increases core strength and improves posture while increasing flexibility and reducing stiffness.

Yoga Strength

Enhance your yoga poses with a variety of strength equipment including light dumbbells, resistance bands, and bodyweight exercises. This class is designed to help you build muscle strength and endurance, better balance, and posture.

Zumba

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

Zumba Tone

A powerful and calorie-torching fitness class. Target all the training zones by using lightweights to enhance your rhythm, tone your body, and define muscles.

AQUA EXERCISE

Water Fit

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



*Book Your Pavilion Online!*

For pricing, a list of available pavilions, and instructions on renting online go to [loudoun.gov/Pavilions](http://loudoun.gov/Pavilions)





## KID KARE

Now Available

Kid Kare is open to all paid visitors with children ages 12 months - 11 years. Kids will have fun while parents/guardians exercise in the facility.

\$4 per visit per child with a 2-hour maximum per visit.

And Kid Kare is FREE for all 6-month and annual pass holders.

## KID KARE HOURS

Claude Moore Recreation & Community Center  
Monday-Friday 8:30am-1:30pm  
Saturday 8:00am-12:00pm

Dulles South Recreation & Community Center  
Monday-Friday 8:30am-1:30pm & 4:30pm-8:30pm  
Saturday 8:30am-12:00pm

# Let's Do This!

**MAY 13**  
thru  
**JUNE 10**

## PASS SALE!

15% OFF 6-MONTH & ANNUAL PASSES



Two Modern, Convenient Recreation and Community Centers:

- South Riding  
Dulles South Recreation and Community Center
- Sterling  
Claude Moore Recreation and Community Center

[Details at loudoun.gov/RecCenterFees](http://loudoun.gov/RecCenterFees)

**INCLUDED WITH ALL PASSES:**

- Group Exercise Classes Land & Water
- Cardio & Fitness Equipment
- Free Weights
- Competition & Leisure Pools
- Hot Tub
- Gymnasium
- Rock Climbing Walls



# SENIOR CENTERS

## ASHBURN SENIOR CENTER

20880 Marblehead Drive, Ashburn, VA 20147  
571-367-8340 • [loudoun.gov/seniors-ashburn](http://loudoun.gov/seniors-ashburn)  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm

Closed on Memorial Day, 5/27, Juneteenth, 6/19,  
Independence Day, 7/4

[facebook.com/AshburnSeniorCenter](https://facebook.com/AshburnSeniorCenter)

## SENIOR MEMBERSHIP & PROGRAMS

(Ages 55+) Senior members and program participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Please note some activities are not open for drop-ins. Memberships are processed during operating hours. Membership fee: \$36 resident, \$54 non-resident, \$3 drop-in fee. All classes/activities are subject to change.

## CARDS & GAMES

### Bingo

Join us for some Bingo fun! Purchase cards for \$.50 per card at the senior center. No registration necessary.

M	12:45-1:45pm	ongoing	Free	944601-01
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### Mexican Train

Join us for Mexican Train. No registration necessary, walk-ins welcome!

W	10:00-11:30am	ongoing	Free	944602-01
F	10:00-11:30am	ongoing	Free	944602-02

### Party Bridge

Join us for Party Bridge. No registration necessary, walk-ins welcome!

Tu	1:30-4:30pm	ongoing	Free	944603-01
Th	1:30-4:30pm	ongoing	Free	944603-02

### Mah Jong - American Version

Join us for the American version of Mah Jong. No registration necessary and all are welcome.

Tu	1:30-4:30pm	ongoing	Free	944604-01
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## CULTURAL & SOCIAL ACTIVITIES

### Book Club #1

Join us for our ongoing Tuesday book club. No registration necessary and all are welcome to attend.

Tu	11:00am-12:00pm	ongoing	Free	944605-01
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### Book Club #2

Join us for Thursday book club. No registration necessary and all are welcome to attend.

Th	10:30-11:30am	ongoing	Free	944606-01
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### Conversational Spanish

For those who would like to practice Spanish skills this free activity offers a great opportunity to converse and discuss current topics while improving grammar skills.

Th	11:00am-12:00pm	ongoing	Free	944607-02
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### Creative Corner

Indulge your creative side with these easy-to-do craft projects. Dates vary and a fee is required for most offerings. Visit the Ashburn Senior Center website or contact us for more information.

M-F	10:00-11:00am	ongoing	Free	944608-01
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### Current Events Discussion

Please bring an article, past or current, to discuss with the group. No registration required and all are welcome to attend.

F	10:00-11:00am	ongoing	Free	944609-01
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### Knitting & Crocheting Club

Socialize as you work on your own project or contribute to our collection of charitable donations to community hospitals, shelters and services that help those in need. Limited supplies available. No registration required and all are welcome to attend.

F	10:00am-12:00pm	ongoing	Free	944610-01
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## EDUCATION & INFORMATION

### Monthly Blood Pressure Check

Monitor your blood pressure and heart rate monthly with these free screenings on the 3rd Tuesday of the month. No registration required. Drop ins welcome.

Tu	10:00am-12:00pm	ongoing	Free	944611-01
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### Sewing Open Studio

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. No registration necessary. Drop ins welcome.

Tu	10:00am-12:00pm	ongoing	Free	944612-01
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### Mindful Meditation

If you are looking for peace and tranquility, join us for this meditation group. No registration required. Drop ins welcome.

Th	1:00-2:00pm	ongoing	Free	944613-01
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### Intermediate Painting

Instructor led painting class. Supply list provided at first class attended. Registration online is not available, this class is drop-in.

Tu	1:30-3:00pm	ongoing	Free	944614-01
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### Services For Seniors

Elder Resource Case Manager, Erin Nesbitt, from the Area Agency on Aging is available to offer confidential support and link seniors to community services and resources. She is available the 3rd Monday of each month at the Ashburn Senior Center. Please call or sign up in person for an appointment.

M	9:00am-12:00pm	ongoing	Free	944615-01
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### Tech Time

Learn how to use Uber as your personal chauffeur or how to navigate your personal computer and phone with the guidance of a patient and knowledgeable instructor. No registration required. Drop ins welcome.

W	11:30am-1:00pm	ongoing	Free	944616-01
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### Ukulele Instruction

Have you always wanted to learn to play a musical instrument? Here's your chance! Bring your own ukulele or borrow one of ours (in class only) for a limited time. Sign up at the front desk. Please check the monthly newsletter on the Ashburn Senior Center website for more information.

M	11:00am-12:00pm	ongoing	Free	944617-01
M	1:00-2:00pm	ongoing	Free	944617-02

## EXERCISE ACTIVITIES

### Badminton

No registration required. Drop-ins welcome.

Tu	1:00-3:00pm	ongoing	Free	944618-01
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### Chinese Folk Dance

Guided exercise/dance with limited verbal instruction. No registration necessary. Drop-ins welcome.

Th	11:00am-1:00pm	ongoing	Free	944619-01
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### Beginner Line Dancing

No registration necessary. Drop-ins welcome.

Th	10:00-11:15am	ongoing	Free	944620-01
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### Advanced Beginner Line Dance

No registration necessary. Drop-ins welcome.

W	1:00-2:00pm	ongoing	Free	944621-01
F	10:00-11:00am	ongoing	Free	944621-02

### Beginner Pickleball Instruction

No registration necessary. Drop-ins welcome. Please wear appropriate attire and footwear.

Th	1:00-3:00pm	ongoing	Free	944622-01
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### Beginner Pickleball Open Court

Drop-in players rotate after each game. No registration necessary. Drop-ins welcome. Please wear appropriate attire and footwear. This open court time is appropriate for beginner players. Please self-assess skills and be mindful of skill level.

Tu	9:00-11:30am	ongoing	Free	944623-01
Th	3:00-5:00pm	ongoing	Free	944623-03
F	9:00-11:30am	ongoing	Free	944623-04

### Intermediate Pickleball Open Court

Drop-in players rotate after each game. No registration necessary. Drop-ins welcome. Please wear appropriate attire and footwear. This open court time is appropriate for intermediate players. Please self-assess skills and be mindful of skill level.

M	1:00-5:00pm	ongoing	Free	944624-01
Th	9:00-10:15am	ongoing	Free	944624-02
Tu	3:00-5:00pm	ongoing	Free	944624-03

### Advanced Pickleball Open Court

Drop-in players rotate after each game. No registration necessary.

# Senior Trips

## ADULTS 55+



## Plan Your Next Trip Led By PRCS Staff!

### KENTUCKY EXPERIENCE

- May 4-9, 6 Days - 5 Nights

### THE MAINE ADVENTURE

- May 31-June 7, 8 Days - 7 Nights

### PITTSBURGH & THE LAUREL HIGHLANDS

- August 14-18, 5 Days - 4 Nights

### PORTUGAL & SPAIN

- August 26-September 9, 15 Days - 14 Nights

[SeniorTrips@loudoun.gov](mailto:SeniorTrips@loudoun.gov)  
571-258-3050 | 571-258-3051

Ask to join our email list and  
get the latest updates.

Trips now listed online at [loudoun.gov/SeniorTrips](http://loudoun.gov/SeniorTrips)



Drop-ins welcome. Please wear appropriate attire and footwear. This open court time is appropriate for advanced players. Please self-assess skills and be mindful of skill level.

W	1:00-5:00pm	ongoing	Free	944625-01
F	1:00-5:00pm	ongoing	Free	944625-02

Ping Pong

No registration necessary. Drop-ins welcome.

M	9:00-11:30am	ongoing	Free	944626-01
W	9:00-11:30am	ongoing	Free	944626-02

Tai Chi

No registration necessary. Drop-ins welcome.

W	11:00am-12:00pm	ongoing	Free	944627-01
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Yoga

No registration necessary. Drop-ins welcome.

M	11:00-11:50am	ongoing	Free	944628-01
W	1:00-11:50am	ongoing	Free	944628-02


Stay Active & Independent For Life (SAIL)

This evidence-based falls prevention group fitness program combines aerobics, balance, strength and stretching exercises to help older adults improve balance and mobility while helping to reduce the risk of falls. Fee is \$25 for a 12-week session. Participants are encouraged to attend 2-3, 60-minute classes per week. Schedule can be found online in the monthly newsletter on the Ashburn Senior Center website. Registration is not available online. Participants MUST register in person at the senior center. Call for more information.

M-Sa	10:00-11:00am	ongoing	Free	944633-01
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Summer

SENIOR COOLING PROGRAM



May 1 – October 30

What is Senior Cool Care?

Senior Cool Care helps reduce risk to extreme heat conditions. 2024 marks the 34th year Dominion Energy has provided fans, window air conditioners, and now portable air conditioners, for eligible adults, age 60 and older, who need additional cooling in their homes.

General Information

- Sponsored by Dominion Energy
- The program runs from May 1 through October 31, 2024

Provides

- Electric fans and air conditioners

Eligibility

- 60+ and lives in Loudoun County
- Meets monthly income guidelines

TO APPLY FOR A FAN OR AIR CONDITIONER EMAIL OR CALL

Loudoun County Area Agency on Aging

703-777-0257

aaa@loudoun.gov

Fit Mix

This mix of strength, balance, and cardio exercise will give you a full body workout. Registration recommended. No online registration available. Participants must register in person at the Ashburn Senior Center. Drop-in fee \$13/class.

Th	1:00-2:00pm	6/6-8/22	\$100	444604-01
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Zumba Gold

Join us for this lower-intensity version of the typical Zumba class which utilizes Latin styles of music and dance. Registration recommended. No online registration available. Participants must register in person at the Ashburn Senior Center. Drop-in fee \$13/class.

M	10:00-11:00am	6/3-8/19	\$100	444605-01
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OUTINGS & SPEAKERS

Monthly Lunch Bunch

There is no better way to get to know others and socialize than sharing a meal together. Join us as we explore local area restaurants. There is a small cost for transportation that varies with distance. Lunch is self-pay. Sign up at the front desk. Check the monthly newsletter on the Ashburn Senior Center website for dates and restaurant locations.

M-F	10:00am-1:30pm	ongoing	Free	944629-01
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Out on the Town

Join us for scenic drives, picnics, farmers' markets, and other outings about town. There is a small cost for transportation that varies with distance. All activities are self-pay. Please check the monthly newsletter on the Ashburn Senior Center website for more information. Sign up at the front desk in person or call.

M-F	10:00am-1:30pm	ongoing	Free	944630-01
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Shopping Spree

Shop local area stores like Walmart, Leesburg Premium Outlets, Patel Brothers and more. There is a small cost for transportation that varies with distance. All shopping is self-pay. Sign up at the front desk. Please check the monthly newsletter on the Ashburn Senior Center website for dates and locations.

M-F	10:00am-12:00pm	ongoing	Free	944631-01
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Lunch & Learn

Guest speakers including dietitians, nurses and others provide information on a variety of topics to help keep us informed and engaged. No registration necessary. Drop-ins welcome. Please check the monthly newsletter on the Ashburn Senior Center website for speakers, topics and dates.

M-F	10:30-11:30am	ongoing	Free	944632-01
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EVENTS

Father's Day Field Day

It's all fun and games as we celebrate fathers everywhere! We have hot shot basketball, giant Jenga, a putting green, ax throwing, balloon tennis and more. No registration required. Drop-ins welcome.

F	10:30-11:30am	6/14	Free	444606-01
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Juneteenth Celebration with Jona Masiya

Feel the beat and join in the celebration with African drummer Jona Masiya. Tickets are \$3 and can be purchased in person at the Ashburn Senior Center. No online registration available.

F	10:00-11:30am	6/21	\$3	444607-01
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July 4th Patriotic Ice Cream Social

Wear your red, white and blue as we enjoy some cool treats and sing along to some patriotic favorites! No registration required. Drop-ins welcome.

W	12:30-1:00pm	7/3	Free	444608-01
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CARVER SENIOR CENTER

200 Willie Palmer Way, Purcellville, VA 20132  
571-258-3400 • loudoun.gov/seniors-carver  
  
Monday-Friday 9am-5pm • Saturday 8am-12pm  
  
Closed on Memorial Day, 5/27, Juneteenth, 6/19, Independence Day, 7/4  
  
All classes/activities are subject to change.  
facebook.com/CarverSeniorCenter

SENIOR MEMBERSHIP & PROGRAMS

(Ages 55+) Senior members and program participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Please note some activities are not open for drop-ins. Memberships are processed during operating hours. Membership fee: \$36 resident, \$54 non-resident, \$3 drop-in fee. All classes/activities are subject to change.

ARTS & MUSIC

Drawing

Learn the basics of drawing and composition from Alice Power. Must bring your own charcoal, charcoal pencils, erasers, and ruler. Sign up before Friday, May 31.

F	10:00-11:30am	6/7-6/28	\$50	430602-01
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Beginner Watercolor

Learn the basics of watercolor techniques and composition. All materials provided, \$100 for members. Must sign up before Friday, June 28.

F	10:00-11:30am	7/5-7/26	\$100	430604-01
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Advanced Watercolor

Hone your watercolor skills through individual and group critiques. Instruction by Alice Power. No materials provided, must have previous watercolor experience. Must sign up no later than one week prior to class start date. No class June 19.

W	1:15-2:45pm	6/5-7/3	\$45	430659-01
W	1:15-2:45pm	7/10-7/31	\$45	430659-02

Art By DVD

Watercolor instruction through DVDs. Must have previous watercolor experience. No materials provided by the center. Active membership required.

F	2:15-4:45pm	6/7-12/27	Free	930619-01
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Acrylic Painting

Create a monthly themed painting with acrylics in a relaxed and welcoming atmosphere. All materials provided and open to all ability levels.

Tu	1:00-2:30pm	6/25	\$12	430631-01
Sa	9:30-11:30am	7/20	\$12	430631-02
Sa	9:30-11:30am	8/17	\$12	430631-03

Clay Classes

Create your own ceramic pieces from clay. All materials provided and open to all ability levels. First session: hand build your piece, second session: return to paint your piece. Pieces will be fired off-site and available for pick up the following week.

M	10:00-11:30am	6/10-6/24	\$22	430665-01
Tu	1:00-2:30pm	7/23-7/30	\$22	430665-02
M	10:00-11:30am	8/12-8/26	\$22	430665-03

Ukulele Jam Session

Laid back group play. Other instruments and vocalists welcome! No online registration.

F	1:00-3:00pm	ongoing	Free	930618-01
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Lunch & Music

Enjoy live music from the One Man Dan Band during lunch. No online registration. You must sign up for lunch by calling 571-258-3407 before 12:00 pm at least one business day in advance.

Tu	12:00-1:00pm	6/25	Free	430668-01
Tu	12:00-1:00pm	7/23	Free	430668-02
Tu	12:00-1:00pm	8/27	Free	430668-03

FITNESS & HEALTH

Blood Pressure Checks

Free blood pressure checks and advice from an Inova Health representative. 4th Thursday of the month. No online registration.

Th	10:00-11:30am	6/27	Free	430666-01
Th	10:00-11:30am	7/25	Free	430666-02
Th	10:00-11:30am	8/22	Free	430666-03

Balance & Stability

Improve your balance and overall fitness with this upbeat class suitable for all fitness levels. Exercises may be done seated or standing. No registration needed. Video instruction on Wednesdays and afternoon sessions.

M, W, F	10:30-11:15am	ongoing	Free	930601-01
M, F	3:15-4:00pm	ongoing	Free	930601-02
W	1:00-1:45pm	ongoing	Free	930601-03

Qigong

The gentle practice of aligning breath, movement, and awareness during a series of standing movements. No online registration.

M, W, F	10:00-11:00am	ongoing	Free	930604-01
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Beginner Tai Chi

Slow motion routines practiced in a group to promote strength, balance, and flexibility. New students welcome! No online registration.

Tu	9:00-10:00am	ongoing	Free	930608-01
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Intermediate Tai Chi

Must have previous experience or speak with the instructor prior to attending. Faster paced instruction with more advanced moves. No online registration.

Tu	10:00-11:00am	ongoing	Free	930608-02
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**IntroTo Ballroom**  
Free for senior center members, no previous experience necessary. Formal wear not required but you should wear clothing and shows you feel comfortable dancing in. No partner required.

M	3:00-4:00pm	ongoing	Free	430618-01
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**Slow & Easy Line Dance**  
Relaxed line dancing for those with mobility limitations.

Th	11:15-11:45am	ongoing	Free	930603-01
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**Beginner Line Dance**  
For those with no previous line dancing experience. Learn 2 to 3 new dances per class in a slow paced and welcoming environment.

Th	1:00-2:00pm	ongoing	Free	930605-01
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**Intermediate Line Dance**  
Continuation of the beginner line dance class. Learn 3 to 5 dances per class. Must have previous line dancing experience. Instruction by Carolyn.

M	1:00-2:00pm	ongoing	Free	930606-01
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**Advanced Line Dance**  
Faster paced line dancing, must have previous line dancing experience. Instruction by Dick Sherman.

M, Th	2:00-3:00pm	ongoing	Free	930607-01
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SPORTS & GAMES

**Pokeno**  
Bingo style playing card themed game.

Tu	1:00-2:00pm	6/11	\$1	430621-01
Tu	1:00-2:00pm	7/16	\$1	430621-02
Tu	1:00-2:00pm	8/13	\$1	430621-03

**Bingo**  
Monthly themed bingo.

M	1:00-2:00pm	6/10	\$1	430635-01
W	1:00-2:00pm	7/31	\$1	430635-02
W	1:00-2:00pm	8/21	\$1	430635-03

**Brain Games**  
Attendees are challenged with visual puzzles and group solved word games. Expect plenty of wisecracks and banter!

Th	10:00-11:00am	ongoing	Free	930609-01
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**Cornhole**  
Indoor cornhole, new players always welcome!

Tu	10:00-11:30am	ongoing	Free	930610-01
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**Ping Pong**  
New players welcome, paddles and extra ping pong balls available for use.

W	9:00-11:30am	ongoing	Free	930611-01
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**Pickleball**  
Single court, indoor pickleball played round robin style. Must have an active senior center membership to play.

Tu, Th	2:00-4:45pm	ongoing	Free	930614-01
W	2:15-4:45pm	ongoing	Free	930614-02
Sa	8:00-11:45am	ongoing	Free	930614-03

**Board Games & Cards**  
Scrabble, Dominoes, Uno, and more!

M-F	1:00-4:45pm	ongoing	Free	930613-01
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**Beginner Bridge**  
Learn to play bridge, experienced players also welcome!

Tu	1:00-4:00pm	ongoing	Free	930615-01
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**Party Bridge**  
For more experienced bridge players.

M, Th	1:00-4:00pm	ongoing	Free	930616-01
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EDUCATIONAL

**Services For Seniors**  
Loudoun County's Area Agency on Aging Case Manager, Lori Stahl offers advice on area resources and services for seniors. In person visits on the first Monday of the month, also available by phone during normal business hours. Sign up by phone or at the front desk. No online registration.

M	9:00am-12:00pm	6/3	Free	430615-01
M	9:00am-12:00pm	7/1	Free	430615-02
M	9:00am-12:00pm	8/5	Free	430615-03

**Medicare Counseling**  
Meet with a representative from Loudoun County's branch of the Virginia Insurance Counseling and Assistive Program (VICAP) to discuss Medicare questions and get advice from a non-biased source. Meet the 4th Tuesday of the month. Sign via phone or by stopping by the front desk, no online registration.

Tu	10:00am-12:00pm	6/25	Free	430616-01
Tu	10:00am-12:00pm	7/23	Free	430616-02
Tu	10:00am-12:00pm	8/27	Free	430616-03

**Library Outreach**  
The Rust Library brings books and movies for easy check out and returns. 2nd Wednesday of the month, no online registration.

W	11:00-11:30am	6/12	Free	430624-01
W	11:00-11:30am	7/10	Free	430624-02
W	11:00-11:30am	8/14	Free	430624-03

**Tech Tuesday**  
Get help with common phone and tablet issues with the Purcellville Library. 1st Tuesday of the month, no online registrations.

Tu	11:00-11:45am	6/4	Free	430650-01
Tu	11:00-11:45am	7/2	Free	430650-02
Tu	11:00-11:45am	8/6	Free	430650-03

**Decluttering For Seniors**  
It's time to take charge of your household clutter and get organized with Carolyn! This 8 week decluttering boot camp breaks things down into manageable steps and is perfect for those who are just starting to downsize and those would like to revisit topics to further their goals.

F	1:00-2:00pm	6/7-7/26	Free	430605-01
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**Carver Center Advisory Board**  
Meets the 2nd Tuesday of the month to discuss how to best support Carver Senior Center Programs. No online registration.

Tu	10:00-11:00am	6/11	Free	430660-01
Tu	10:00-11:00am	7/9	Free	430660-02
Tu	10:00-11:00am	8/13	Free	430660-03

**Book Club**  
Monthly book club with the Purcellville Library. 2nd Tuesday of the month, no online registration.

Tu	11:00-11:45am	6/11	Free	430663-01
Tu	11:00-11:45am	7/9	Free	430663-02
Tu	11:00-11:45am	8/13	Free	430663-03

**Puzzles & Adult Coloring**  
Word puzzles, brain teasers, and coloring pages. Materials provided. No online registration.

M-F	9:00-10:00am	ongoing	Free	930612-01
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SOCIAL & SPECIAL EVENTS

**Congregate Lunch**  
You must sign up for lunch by 12:00pm one business day in advance by calling 571-258-3407. Age 55 to 59 must purchase a meal ticket for \$4 before lunch. Ages 60+ meals by donation, suggested donation amount of at least \$1.00. No online registrations! No lunch 6/19, 7/4

M-F	12:00-12:45pm	ongoing	Free	930602-01
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**Morning Social**  
Enjoy coffee, tea, & conversation.

M-F	9:00-10:00am	ongoing	Free	930617-01
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**Lunch and a Movie**  
Enjoy a movie with your lunch. Must register for both the movie and lunch by 12:00 pm one business day in advance! \$1.00 for members

F	12:00-2:00pm	6/28	Free	430669-01
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HOME-DELIVERED MEALS

VOLUNTEERS NEEDED

CONTACT

Loudoun County  
Area Agency on Aging  
703-771-5984  
Volunteer4PRCS@loudoun.gov  
loudoun.gov/AdultVolunteers

F	12:00-2:00pm	7/26	Free	430669-02
F	12:00-2:00pm	8/30	Free	430669-03

**Local Excursions**  
June - Fishing at Franklin Park for Virginia Free Fishing Day - No fishing permit required! Catch and release only. July - Fruit picking & lunch at Macintosh Fruit Farm. Wear comfortable walking shoes and dress for the outdoors. Must pay for own purchases, meal & tips. August - Ice cream at Tipped Cow, must pay for own purchases. Most trips require walking on uneven surfaces, stop by the front desk before registering if you have mobility concerns. Purchases limited to what you can carry without assistance. Active Senior Center membership required, no day of event registrations!

F	10:15-11:45am	6/7	\$2	430626-01
Th	10:15-1:45pm	7/18	\$4	430626-02
Tu	12:45-1:45pm	8/20	\$1	430626-03

**Coffee With A Cop**  
Enjoy coffee and tea with members of the Purcellville Police. No online registration.

W	1:00-2:00pm	6/12	Free	430612-02
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**Father's Day**  
Celebrate the fathers in our lives, both past and present! \$1 for men, \$3 for women, \$6 for non-members. Must register in person for the \$1 pricing. You must register before the end of the day on Friday, June 7.

F	10:15-11:30am	6/14	\$3	430638-01
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**4th Of July Ice Cream Social**  
Enjoy ice cream sundaes, corn-hole and other fun games. \$5 for members, \$8 for non-members.

W	1:00-2:30pm	7/3	\$5/\$8	430609-01
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**Life's A Beach Luau**  
Celebrate summer with our beach themed luau party! Entertainment by DJ Dion. \$3 for members, \$5 for non-members

W	1:00-2:30pm	8/14	\$3/\$5	430603-01
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DULLES SOUTH SENIOR CENTER

24950 Riding Center Drive, South Riding, VA 20152  
571-258-3883 • loudoun.gov/seniors-dulles

Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm

Closed for Memorial Day, 5/27, Juneteenth, 6/19, Independence Day, 7/4

Facebook.com/DullesSouthSeniorCenter

SENIOR MEMBERSHIP & PROGRAMS

(Ages 55+) Senior members and program participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Please note some activities are not open for drop-ins. Memberships are processed during operating hours. Membership fee: \$36 resident, \$54 non-resident, \$3 drop-in fee. All classes/activities are subject to change.



FITNESS

**Yoga For Seniors With Marilyn**  
Exercise includes a strength band component. Band available for purchase, \$6, from the front desk. Instructor: Marilyn

M	10:30-11:30am	ongoing	Free	929601-01
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**Tai Chi**  
Tai Chi involves a series of slow gentle movements and physical postures, meditation, and focused breathing. Often recommended as good balance exercise. Instructor: Cindy and Jim

Tu	10:00-11:00am	ongoing	Free	929605-01
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**Yoga For Seniors With Jaya**  
Exercises include breathing techniques, standing asanas and chair asanas. Instructor: Jaya

Tu	10:30-11:30am	ongoing	Free	929602-01
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**Polynesian Fitness**  
Join instructor Josefina for this 45-minute total body workout. Enjoy the music of the islands while performing exercises that isolate your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, quads and arms. Instructor: Josefina

Tu	1:00-1:45pm	6/4-8/27	\$15	429623-01
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**Yoga For Seniors With Sudarshana**  
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. Instructor: Sudarshana No Class 6/19

W	10:00-11:00am	ongoing	Free	929603-01
F	11:00am-12:00pm	ongoing	Free	929603-02

**Mat Yoga With Marilyn**  
Bring your yoga mat or grab a chair for a seated mix of chair and mat yoga poses for any ability. Instructor: Marilyn No Class 7/4

Th	10:30-11:30am	ongoing	Free	929604-01
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**Exercise Equipment Room**  
Get fit using the treadmill, bicycle, crank cycle, and free weights. A fifteen-minute time limit in effect when others are waiting. No Class 6/19, 7/4

M-F	9:00am-4:45pm	ongoing	Free	929610-01
Sa	8:15-11:45am	ongoing	Free	929610-02

**Table Tennis**  
Enjoy a game of table tennis with friends. Daily play time varies based on availability of space. Call 571-258-3883 for availability. No Class 6/19, 7/4

M	12:30-4:30pm	ongoing	Free	929608-01
Tu	12:15-12:45pm	ongoing	Free	929608-02
Tu	2:00-4:30pm	ongoing	Free	929608-03
W	12:30-4:30pm	ongoing	Free	929608-04
Th	12:00-12:45pm	ongoing	Free	929608-05
Th	3:00-4:30pm	ongoing	Free	929608-06
F	12:15-12:45pm	ongoing	Free	929608-07
Sa	8:15-11:45am	ongoing	Free	929608-09

**Beach Ball Volleyball**  
Beach Ball Volleyball is suited for individuals of all skill levels. Benefits include improving stress levels, cardiovascular health, joint flexibility, balance problems, and muscle tone. Not to mention, you will have

loads of FUN! Call 571-258-3883 to confirm meeting dates. No Class 7/4

M, Tu, Th, F	1:00-2:00pm	ongoing	Free	929606-01
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**Pickleball**  
The fastest growing sport in the U.S. has made its way to Dulles South Senior Center. Come drop in and play this indoor version of tennis played with a paddle and a whiffle ball. All skill levels are welcome to play.

Sa	8:30-11:30am	ongoing	Free	929607-01
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DANCE

**Dance Fitness**  
Take your line dance skills to a new level in this class that incorporates a combination of line dancing, salsa, cha-cha, tango, and many other styles. Dance your way to fitness and fun! Instructor: Judy on Mondays, Videotape of routine on Wednesdays No Class 6/19

M	11:00-11:45am	ongoing	Free	929611-01
W	11:00-11:45am	ongoing	Free	929611-02

**Beginner Line Dance**  
New to Line Dancing? Try this class to learn some basic line dance routines at a slower pace. Instructor: Sue M.

F	10:00-11:00am	ongoing	Free	929615-01
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**Intermediate Line Dance**  
This class is for a more advanced dancer who has a basic knowledge of dance steps. Learn new line dance routines and have some fun. Instructor: Susan Lee No Class 7/4

Th	1:00-2:00pm	ongoing	Free	929616-01
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**Beginner Hula**  
New to Hula and Polynesian Dance? Join this class to learn basic hula steps and movements. Instructor: Patti B No Class 7/4

Th	10:00-10:30am	ongoing	Free	929612-01
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**Polynesian Dance**  
Improve your hula movements and learn new dances. Get in the aloha spirit-bring a sarong or large scarf, a lei, or hair flower to wear if you have them. Instructor: Josefina No Class 7/4

Th	10:30-11:30am	ongoing	Free	929613-01
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**Aloha Ladies**  
Become a part of this Dulles South Senior Center dance group – learn dances and perform at special events at the center and local care facilities. This group is a subset of the Polynesian Dance Class.

	10:30-11:30am	ongoing	Free	929614-01
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EDUCATION & INFORMATION

**Beginning English With Deepika**  
Volunteer instructor Deepika introduces the fundamentals of the English language, working on letter recognition, sounds and simple phrases. Fee is for print materials. Instructor: Deepika

M	1:00-2:00pm	6/3-8/26	\$10	429609-01
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**Bible Study**  
This class is part of our yearly membership fee or daily drop-in use fee. Instructor: Marlene R. No Class 6/19 or 7/4

M-F	10:00-11:00am	ongoing	Free	929621-01
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**Spanish Bible Study**  
Instructor: Spanish Speaking Volunteer No Class 6/19

M, W, F	11:00am-12:00pm	ongoing	Free	929622-01
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**Conversational English With Jim**  
This class focuses on building conversational English skills. All levels welcome. Material Fee \$15 quarterly. No Class 7/4

Tu, Th	10:00am-12:00pm	6/4-8/29	\$15	429620-01
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**Dulles South Advisory Board**  
Dulles South Senior Center Advisory Board meets the first Tuesday monthly.

Tu	1:00-2:00pm	6/4	Free	929620-06
Tu	1:00-2:00pm	7/2	Free	929620-07
Tu	1:00-2:00pm	8/6	Free	929620-08

**Blood Pressure Check**  
Stop by and have your blood pressure and heart rate monitored monthly by the nurses from Inova Mobile Health Services. Visits are on the first Tuesday and third Thursday of each month, no online registrations available.

Tu	9:00am-12:00pm	6/4	Free	429642-01
Th	9:00am-12:00pm	6/20	Free	429642-02
Tu	9:00am-12:00pm	7/2	Free	429642-03
Th	9:00am-12:00pm	7/18	Free	429642-04
Tu	9:00am-12:00pm	8/6	Free	429642-05
Th	9:00am-12:00pm	8/15	Free	429642-06

**Services For Seniors**  
Loudoun County's Area Agency on Aging, Elder Resources Case Manager, Lori Stahl, offers advice and confidential supportive assistance for aging issues and situations. In person visits on the first and third Wednesday of the month, also available by phone during normal business hours. Sign up in person at the front desk or via phone 571-258-3883, no online registrations available. No Meeting 6/19

W	9:00am-12:00pm	6/5	Free	429640-01
W	9:00am-12:00pm	7/3	Free	429640-03
W	9:00am-12:00pm	7/17	Free	429640-04
W	9:00am-12:00pm	8/7	Free	429640-05
W	9:00am-12:00pm	8/21	Free	429640-06

**G.S. Library Book Club**  
This program meets on the first Thursday of each month. Check out the book of the month from the staff office (or from the leader.) Read and return to discuss at the monthly meeting. Instructor: Gum Spring Library. No Class 7/4

Th	10:30-11:30am	6/6	Free	429621-01
Th	10:30-11:30am	8/1	Free	429621-03

**Memoir Writing**  
Ashburn Librarian leads this monthly memoir writing group at Dulles South Senior Center. This program is part of our yearly membership fee or daily drop-in use fee. Instructor: Ashburn Library

Tu	10:00-11:00am	6/11	Free	429622-01
Tu	10:00-11:00am	7/9	Free	429622-02
Tu	10:00-11:00am	8/13	Free	429622-03

**Dave's Book Club**  
This club will focus on great youth literature and reading books such as Alice in Wonderland, the Hobbit and more. Club meets monthly for discussions. Instructor: Dave B.

W	10:30-11:30am	7/17	Free	429624-02
W	10:30-11:30am	8/21	Free	429624-03

**Medicare Counseling**  
Sign up to meet 1-1 with one of Loudoun County's Area Agency on Aging VICAP (Virginia Insurance Counseling and Assistance Program) counselors to discuss Medicare questions and get advice from a non-biased source. Health insurance can be confusing. In person visits on the fourth Wednesday of the month. Sign up in person at the front desk or via phone 571-258-3883, no online registrations available.

W	9:00am-12:00pm	6/26	Free	429641-01
W	9:00am-12:00pm	7/24	Free	429641-02
W	9:00am-12:00pm	8/28	Free	429641-03

**Korean Computer Class**  
Learn computer skills in a classroom environment with volunteer instructor, in Korean Language. Class does not meet the first week of each month. Instructor: David L. No Class 6/6, 7/4, 8/1

Th	10:30-11:30am	ongoing	Free	929617-01
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**Teen Tech 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. Instructor: High School Student Volunteers

Sa	9:00-11:30am	ongoing	Free	929618-01
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**E-Comment**  
Seniors can record a 2-minute video message to the Board of Supervisors for their review. See Trish Mock, manager.

W	12:30-1:00pm	ongoing	Free	929699-01
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**Guest Speakers**  
Check monthly newsletter for guest speaker presentations on a variety of topics. See monthly newsletter for date, time and topic.

	Times vary	Dates vary	Free	929698-01
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FINE ARTS

**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. Cost of this program goes towards printing material. Players can choose to waive the fee and print at home. Instructor: Don G. No Class 7/4

Th	1:00-2:00pm	6/6-8/29	\$15	429614-01
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**Scrapbooking**  
Drop in and get assistance with your scrapbooking project from Patti or just come for the company. Bring your own tools, or just your photos. Scrapbooks (\$10) and page material (\$1) are also available to purchase. Instructor: Patti B.

M	10:00am-3:00pm	6/10	Free	429601-01
M	10:00am-3:00pm	7/--	Free	429601-02
M	10:00am-3:00pm	8/--	Free	429601-03

**Knit 'N' Stitch Club**  
Bring your own supplies. Interested in learning to knit, crochet, or sew? Help is available from volunteer instructors. Instructor: Uta R., Susan D. or Cathy D. No Class 7/4

Tu, Th	11:00am-2:00pm	ongoing	Free	929630-01
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DSSC Rock Band

With inspiration by Dolly Parton being inducted into the Rock and Roll Hall of Fame, a small group of instrumentalists decided to form a rock band at the Dulles South Senior Center. The band will include electric guitarists (lead and rhythm), bass guitarist, keyboardist and drummer. We will focus on rock and roll songs from the 1950's, 1960's up to popular songs today. Players must provide their own instruments and amplifier equipment. Instructor: Don G. No Class 6/19

W	1:00-2:00pm	7/1-6/30	Free	929634-01
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Beginner Ukulele

Have you ever wanted to learn to play a musical instrument and become part of a band? Join us after Ukulele Club and learn the basic chords of the ukulele. By being able to play a few simple chords, it will open hundreds of songs that you can play and sing. We have a few loaner ukuleles for a nominal fee. Instructor: Don G. No Class 7/4

Th	2:00-3:00pm	7/1-6/30	Free	929633-01
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Poetry & Song Recitation

This weekly meet up welcomes everyone from any country or any language to practice/recite songs or poems. Sign up with organizers to perform. Organizers: Jagdish J. and Bushan B

F	10:15-11:30am	ongoing	Free	929632-01
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SOCIALIZING & ENTERTAINMENT

Congregate Meal Program

Meals in a group setting., Monday through Friday. Age 55-59, \$4.00. Age 60+ meals by donation, suggested amount of at least \$1.00 per meal. Must request lunch before 12pm, the business day before, by calling 703-771-5874. No online registration available! No program 6/19 or 7/4.

M-F	12:00-12:30pm	ongoing	Donation	929600-01
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D.L. Shopping

Trips to Dulles Landing or local grocery stores. Shops including Walmart, Ross, Dick's, Home Goods and more. Call the center for dates & times of specialty shopping trips. Transportation fee is required.

M	10:30am-12:00pm	Dates vary	\$1	429617-01
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Rummikub

Join this popular tile game-easy and fun to play. No Class 6/19, 7/4

M-F	10:00am-4:30pm	ongoing	Free	929640-01
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Mahjong

A fun, tile-based game. Interested in learning how to play? The group will teach you. No Class 6/19, 7/4

M-F	10:00am-2:00pm	ongoing	Free	929641-01
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Shanghai Rummy

Join the group and play a version of the card game Rummy. No Class 6/19, 7/4

M-F	1:00pm-4:30pm	ongoing	Free	929642-01
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Mexican Train Dominos

Senior Olympic Rules apply. No Class 6/19, 7/4

M-F	1:00-4:30pm	ongoing	Free	929646-01
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Party Bridge

Join the group for bridge games. Are your bridge skills rusty? No problem, skills refresher, and game introduction are available on Wednesday mornings.

M	10:00am-12:00pm	ongoing	Free	929643-01
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Beginner Bridge

Interested in learning how to play bridge or refresh your skill. Join experienced players of the Party Bridge group on Wednesday mornings. No Class 6/19

W	10:00am-12:00pm	ongoing	Free	929644-01
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Bingo

Join this popular game, money towards cards, is divided out to all the winning games during the hour. \$1/card or buy two cards, get a third FREE. Dates and times vary, usually on Wednesdays and one Saturday a month.

W	10:30-11:30am	Dates vary	\$1	929645-01
W	1:00-2:00pm	Dates vary	\$1	929645-02
Sa	10:00-11:00am	Dates vary	\$1	929645-03

Monthly Birthday Party

Enjoy cake and ice cream during the celebration of members' birthdays, usually on the 3rd Wednesday of each month.

W	12:30-1:00pm	7/17	Free	929650-01
W	12:30-1:00pm	8/21	Free	929650-02
W	12:30-1:00pm	9/18	Free	929650-03

Weekly Movies

Enjoy a movie with friends at the center. A variety of movies are offered monthly from old classics to new favorites. Movie dates vary on Tuesdays at 1pm or Saturdays at 10am.

Sa	10:00am-12:00pm	Dates vary	Free	929651-01
Tu	1:00-3:00pm	Dates vary	Free	929651-03



SENIOR CENTER AT CASCADES

21060 Whitfield Place, Sterling, VA 20165  
571-258-3280 • loudoun.gov/seniors-cascades  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed on Memorial Day, 5/27, Juneteenth, 6/19, Independence Day, 7/4  
Facebook.com/CascadesSeniorCenter

SENIOR MEMBERSHIP & PROGRAMS

(Ages 55+) Senior members and program participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Please note some activities are not open for drop-ins. Memberships are processed during operating hours. Membership fee: \$36 resident, \$54 non-resident, \$3 drop-in fee. All classes/activities are subject to change.

CARDS & GAMES

Bingo

Have fun playing BINGO!

M, Th	10:30-11:30am	ongoing	.50 per card	945600-01
F	12:50-1:50pm	ongoing	.50 per card	945600-02

O'Heck / Game Time

Trick-taking card game in which the object is to take exactly the number of tricks bid.

W	10:00am-12:00pm	ongoing	Free	945601-01
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Pinochle

Trick-taking, Ace-Ten card game typically for two to four players and is played with a 48-card deck.

Th	11:00am-1:00pm	ongoing	Free	945602-01
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Bunco

A dice game is generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds.

F	2:00-4:00pm	ongoing	Free	945603-01
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Game Time

Participate in board games or card games.

M, Th	1:00-3:00pm	ongoing	Free	945604-01
F	2:00-4:00pm	ongoing	Free	945604-02

CULTURAL AND SOCIAL ACTIVITIES

Knit & Crochet Group

Join an active knit and 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	9:30-11:30am	ongoing	Free	945609-01
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Crochet Instruction Activity

Get help with crochet patterns and different projects that you are currently working on. Instructor: Sandi and Lynn

M	1:30-3:00pm	ongoing	Free	945610-01
Sa	9:30-11:45am	ongoing	Free	945610-02

Movie Day

Recent and classic movies shown on 8-foot screen.

W	12:30-2:30pm	6/19	Free	945611-01
W	12:30-2:30pm	7/17	Free	945611-02
W	12:30-2:30pm	8/21	Free	945611-03

Senior Center Advisory Board

The Advisory Board meets monthly to discuss how to support the center and different ways to enhance members. All are welcome to attend the meeting and voice their opinions and suggestions.

Th	10:00-11:30am	6/20	Free	945612-01
Th	10:00-11:30am	7/18	Free	945612-02
Th	10:00-11:30am	8/15	Free	945612-03

Book Club

Discuss the month's book selection with a group of people. Contact the center to ask about the current book read.

Tu	1:00-2:00pm	6/18	Free	945613-01
Tu	1:00-2:00pm	7/16	Free	945613-02
Tu	1:00-2:00pm	8/20	Free	945613-03

Morning Coffee

Enjoy coffee in the morning with friends in the café.

M-F	9:30-10:30am	ongoing	Free	945614-01
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Current Events Discussion Group

Talk about current events happening in the world with other members.

Th	1:00-2:00pm	ongoing	Free	945615-01
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Intermediate Conversational Spanish

For those who would like to practice their Spanish skills. This activity offers a great opportunity to converse and discuss current topics while improving grammar skills. Designed for the intermediate student. New students are always welcome! Instructor: Ana

Tu	10:00-11:00am	ongoing	Free	945616-01
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Advanced Conversational Spanish

For those who would like to practice their Spanish skills. This activity offers a great opportunity to converse and discuss current topics while improving grammar skills. Designed for the advanced student. New students are always welcome! Instructor: Ana

Tu	11:00am-12:00pm	ongoing	Free	945617-01
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EXERCISE ACTIVITIES

Stay Active & Independent For Life (SAIL)

SAIL is a program with exercises specifically designed to help maintain and improve balance while listening to great music. Instructor: Debra and Haley

Tu, Th	10:00-11:00am	6/4-8/22	\$25	445610-01
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Cardio Drumming

Cardio Drumming combines cardio exercise and drumming to the rhythm of the music in an easy, but effective workout. Call or visit the center to register.

W	3:00-4:00pm	6/5-7/3	Free	445611-01
W	3:00-4:00pm	7/31-8/28	Free	445611-02

Aerobics

Richard Simmons DVD is played for in the aerobics room for members to follow along with.





M-F	9:00-10:00am	ongoing	Free	945631-01
M, W, F	10:00-11:00am	ongoing	Free	945631-02
Sa	8:00am-12:00pm	ongoing	Free	945631-03

Ballroom Dancing

Practice different ballroom dances.

W	11:00am-12:00pm	ongoing	Free	945632-01
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Line Dance Step Prep (Level 1)

Learn the steps that go into Line Dancing. Instructor: Celeste

Th	9:00-10:00am	ongoing	Free	945633-01
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Intro To Line Dancing (Level 1)

Line Dancing for beginners. Learn your first line dance in class and improve on your line dancing. Instructor: Celeste

Th	10:00-11:00am	ongoing	Free	945634-01
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Beginner Line Dancing (Level 2)

Line Dancing for beginners and builds on the intro to line dancing class. Instructor: Steve

M	9:30-10:30am	ongoing	Free	945635-01
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High Beginner Line Dancing (Level 2)

A high beginners line dancing class that builds off the beginners line dancing class. Instructor: Terry

W	10:15-11:30am	ongoing	Free	945636-01
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Happy Yoga

Yoga that can be modified for all participants using chairs. Mats are provided. Instructor: Jagdish & Kailash

Tu	11:00-11:50am	ongoing	Free	945637-01
F	11:00-11:50am	ongoing	Free	945637-02

Yoga With Tatis

Join friends and participate in a yoga class that is led by a video played on a TV screen. Yoga that can be modified for all participants using chairs. Mats are provided.

M, W	1:00-2:00pm	ongoing	Free	945638-01
Th	10:00-11:00am	ongoing	Free	945638-02

Beach Ball Volleyball

Join the fun and become a team player in chair volleyball using a beach ball. Great upper body workout. See how long you can keep the ball on volley. Registration in advance.

Tu	1:00-2:00pm	ongoing	Free	945640-01
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Pickleball

A very popular paddle sport in which two to four players hit a plastic ball over a net.

Tu, Th	2:00-4:00pm	ongoing	Free	945641-01
Sa	8:15-11:30am	ongoing	Free	945641-02

Beginners Tai Chi & Qi Gong

Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises for beginners. Led by Marlene Burkgren.

Tu	11:00am-12:00pm	ongoing	Free	945642-01
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Tai Chi & Qi Gong

Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises. Led by Marlene Burkgren.

F	11:00am-12:00pm	ongoing	Free	945643-01
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Scottish Country Dance

If you enjoy line dancing or aerobics, Scottish Country Dance is a fun exercise activity that will get you stepping. It's broken down into simple steps that are woven into a larger dance group. Instructor: Alison

M	10:30-11:45am	ongoing	Free	945644-01
Tu	12:45-2:00pm	ongoing	Free	945644-02

Beginner Flamenco / Fan

Learn to play Castanets; a percussion instrument used in Spanish music. Instructor: Nancy

Th	1:00-2:00pm	ongoing	Free	945645-01
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Level 2: Flamenco / Castanets

An ongoing practice of traditional folkloric arm and footwork for those who have taken the beginners class. Instructor: Nancy

Tu, Th	12:00-1:00pm	ongoing	Free	945646-01
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Rejuvenating Exercise

Rejuvenating exercise helps to improve and maintain balance. The moves are slow and help to stretch. Join this video led class with others.

Tu, F	1:00-2:00pm	ongoing	Free	945648-01
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SELF-HELP AND RESOURCES

Inova Blood Pressure Check

Loudoun Healthcare provides blood pressure checks and referrals.

Tu	10:00am-12:00pm	6/11	Free	945653-01
Tu	10:00am-12:00pm	7/9	Free	945653-02
Tu	10:00am-12:00pm	8/13	Free	945653-03

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	9:00am-12:00pm	6/4	Free	945654-01
Tu	9:00am-12:00pm	6/18	Free	945654-02
Tu	9:00am-12:00pm	7/2	Free	945654-03
Tu	9:00am-12:00pm	7/16	Free	945654-04
Tu	9:00am-12:00pm	8/6	Free	945654-05
Tu	9:00am-12:00pm	8/20	Free	945654-06

Computer Tech Help

Tech help is available in the computer lab. Helping our members embrace technology. Call the center to obtain the link to the virtual class. Instructor: Mike

W	10:00-11:00am	ongoing	Free	945655-01
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English As A Second Language (ESL)

Offered to beginner and advanced members who are learning to speak English for the first time. Basic vocabulary and common phrases, inflection and proper grammar are taught to interested participants. Instructor: Debra

M	11:30-12:30pm	ongoing	Free	945656-01
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Life Transition Empowerment Group

Enjoy discussions with peers on various topics important to active seniors (eg: relationships, family, health and wellness, finances, dating, etc). Make new friends, improve self-esteem, ward off depression and anxiety, and come up with strategies for a more meaningful life. Registration required. Led by: Linda

Th	10:30-11:30am	6/6	Free	945657-01
Th	10:30-11:30am	7/11	Free	945657-02
Th	10:30-11:30am	8/1	Free	945657-03

Mindful Meditation

Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future. 1st and 3rd W of the month. Registration Required. Led by: Linda

W	1:00-1:45pm	ongoing	Free	945658-01
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Monthly Wellness Series

Every month join for a different wellness/health seminar. Call the center or check the newsletter for specific information on a specific date. Led by: Linda

F	10:30-11:30am	6/14	Free	945659-01
F	10:30-11:30am	7/12	Free	945659-02
F	10:30-11:30am	8/9	Free	945659-03

Falls Prevention Presentation

Falls are the leading cause of fatal and non-fatal injuries for older adults, but the good news is that they are also preventable. Learn more about how you or your loved one can reduce their fall risk. Presentation by Lisa from the fire and rescue department.

W	10:30-11:30am	7/31	Free	445612-01
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EVENTS

Play All Day

Celebrate the longest day of the year by “playing” all day at the center. Play fun games of cornhole and ping pong, or enjoy all your favorites, like line dancing, bingo, card games, and pickleball.

Th	9:00am-5:00pm	6/20	Free	445606-01
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Luau Luncheon

Join us for a summer Luau Luncheon! Enjoy fun summer music. Lunch sign-up is required. Lunch donaqtion is requested. Call or visit the center to register for the Luau Luncheon.

F	12:00-1:00pm	6/14	Free	445600-01
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Mothers & Father's Day Picnic

Celebrate Mother's and Father's Day by having a picnic at a park. Bus transportation will be provided.

W	10:30am-1:30pm	6/26	\$3/\$6	445601-01
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Independence Day Luncheon

Celebrate Independence Day with a special luncheon. Lunch sign-up is required. Lunch donation is requested. Call or stop by the center to register for lunch.

W	12:00-1:00pm	7/3	Free	445602-01
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Visit Hal & Berni Hanson Regional Park

Visit the new park in Loudoun County and learn about what it has to offer. Enjoy lunch at the park before returning to the senior center.

W	10:00am-1:30pm	7/24	\$3/\$6	445607-01
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Ice Cream Social

Ice cream is the best way to enjoy the summer months. Take a trip for some delicious ice cream to cool off during the hot months.

W	10:15am-12:00pm	8/21	\$3/\$6	445603-01
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End Of Summer BBQ

As summer comes to an end, enjoy one more BBQ with your friends. Enjoy a special summer BBQ lunch and end of summer tunes. Lunch sign-up is required. Lunch donation is requested. Call or stop by the center to sign up for lunch.

W	12:00-1:00pm	8/14	Free	445604-01
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Birthday Luncheon

Celebrate friends with a monthly birthday celebration. Enjoy a special treat and goodies for those with a birthday during that month. Lunch registration is required. Lunch donation is requested. Call or stop by the center to register for lunch.

W	12:00-12:45pm	6/26	Free	445605-01
W	12:00-12:45pm	7/31	Free	445605-02
W	12:00-12:45pm	8/28	Free	445605-03



THE SENIOR CENTER OF LEESBURG

102 North Street, NW, Suite B, Leesburg, VA 20176  
703-737-8039 • loudoun.gov/seniors-leesburg  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/27, Juneteenth, 6/19, Independence Day, 7/4  
Facebook.com/leesburgsenior

SENIOR MEMBERSHIP & PROGRAMS

(Ages 55+) Senior members and program participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Please note some activities are not open for drop-ins. Memberships are processed during operating hours. Membership fee: \$36 resident, \$54 non-resident, \$3 drop-in fee. All classes/activities are subject to change.

ARTS & CRAFTS

**Ceramics Hand-Building**  
Create your own hand-built art using Ceramic Studio's slab roller, forms, and tools. Kiln fire and glaze using studio supplies.

M-F	9:00am-5:00pm	ongoing	Free	927670-01
Sa	8:00am-12:00pm	ongoing	Free	927670-02

**Sewing**  
For the beginner level. Sewing machines provided. Bring in your sewing project. Assistance provided by Carol.

M, F	9:00am-12:00pm	ongoing	Free	927671-01
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**Stitch 'N B**  
Sew, knit, crochet, and needlework. Assistance provided by Carol.

M, F	9:00am-12:00pm	ongoing	Free	927672-01
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**Art Studio With Carol**  
Share techniques and learn new skills from each other. Bring your supplies and work with expert help from Carol. No registration is required.

M	12:30-1:30pm	ongoing	Free	927674-01
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**Adult Coloring**  
All supplies are provided. Instructor: Bob

Tu	10:30-11:30am	ongoing	Free	927673-01
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**Drawing**  
Learn techniques and tricks as you learn how to draw with Karen. Meets the 2nd and 4th Tuesdays at 12:30pm.

Tu	12:30-1:30pm	ongoing	Free	927616-01
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**Sketch Club**  
NEW! Group meeting weekly for sketching.

Tu	11:15am-12:00pm	ongoing	Free	927617-01
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**Quilt Makers Club**  
Come to chat and exchange ideas. Bring in your own project. Make use of the large table to spread out your project. Meeting on the 1st, 3rd, and 4th Wednesday of each month.

W	9:30am-12:00pm	ongoing	Free	927618-01
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**Crochet Club**  
Bring your hooks and yarn. Work together on your own projects. Share ideas and patterns.

W	1:00-3:00pm	ongoing	Free	927619-01
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DANCE

**Line Dance With Minda**  
Learn new dances from all over the world. No Partner is required. Instructor: Minda.

W, F	2:00-3:00pm	ongoing	Free	927691-01
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**Fun! Square Dance**  
Experience the joy, camaraderie, and fun of square dancing. Dance to calls in simple patterns. No Partner is required. Please check our newsletter for details. Instructor: Robert

W	3:00-4:00pm	ongoing	Free	927605-01
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EDUCATIONAL

**Teen Tech Help**  
Loudoun County High School Students from the CAMPUS Program provide one-on-one assistance for your laptop, tablet, or cell phone. Bring in your devices and your questions. Sign up monthly in the lobby.

Monthly	9:45-10:30am	ongoing	Free	927629-01
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**Advisory Board**  
The Senior Center of Leesburg Advisory Board provides support for events and activities. Meeting monthly on the first Thursday of each month.

Th	1:00-3:00pm	ongoing	Free	927628-01
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HEALTH & WELLNESS

**Let's Talk Circle Of Support**  
We all are in transition. We all are learning how to deal with the challenges of life. Join the Circle of Support. Mary Ellen will guide the discussion. Join us online by typing in your browser: <https://global.gotomeeting.com/join/303279485> or by telephone: just call 571-317-3122, access code 303-279-485. Meeting on the 3rd Monday of the Month.

3 <sup>rd</sup> M	10:30-11:30am	ongoing	Free	927632-01
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**Inova Mobile Health Services**  
INOVA Nurse comes to offer blood pressure checks. Free on the 1st Wednesday of the Month. Please call to register 703-737-8039.

W	10:00am-12:00pm	ongoing	Free	927630-01
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**Diabetes Support Group**  
Come to discuss your challenges and solutions with others. Share ideas. To Register call 703-737-8039.

1 <sup>st</sup> Th	11:00am-12:00pm	ongoing	Free	927639-01
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**Case Management For Seniors**  
Elder Resources Case Manager, Lori Stahl, from Loudoun County Area Agency on Aging is available to assist seniors in finding community services and support. Registration Required by calling 703-737-8039 to sign up for a private 30-minute meeting on the 1st or 3rd Thursday between 9:00am and 11:30am.

1 <sup>st</sup> & 3 <sup>rd</sup> Th	9:00am-12:00pm	ongoing	Free	927631-01
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**Medicare Services For Seniors**  
Jane Bretzin with the Loudoun County Agency on Aging is available to assist seniors with their Medicare questions. Schedule a time between 9:00-11:30am on the 2nd Thursday of each month.

2 <sup>nd</sup> Th	9:00am-12:00pm	ongoing	Free	927633-01
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**Health & Wellness Guest Speaker**  
Members will learn and benefit from listening to our monthly health guest speakers. Topics vary from month to month. Check your newsletter for details. Sign-up in the lobby.

Th	12:45-1:45pm	ongoing	Free	927634-01
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FITNESS

**Tai Chi - 1**  
An introduction to Tai Chi Chuan and Qi Gong with emphasis on learning the Beijing Standard 24 Form. These ancient Chinese disciplines have been shown to improve general health and are especially valuable for seniors to improve strength and balance. Instructor: Bill

M	10:30-11:30am	ongoing	Free	927606-01
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**Aerobics**  
Full body workout with emphasis on aerobics and fun! Bring a towel and bottle of water.

M	10:15-11:00am	ongoing	Free	927613-01
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**Sit 'N Fit**  
A half-hour dance party from your chair for those with limited mobility.

Tu, Th	10:30-11:00am	ongoing	Free	927611-01
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**Chair Yoga**  
Improve strength, range of motion, and balance. Members will use a chair during the yoga exercise. Please bring a towel and a bottle of water.

Tu	2:00-3:00pm	ongoing	Free	927614-01
Th	3:30-4:30pm	ongoing	Free	927614-02

**Fit 'N Fun**  
Workout seated, standing or on the floor. Intermediate exercise for strength, flexibility, balance, laughter, and meditation for mental well-being. Make new friends in this caring and supportive group.

W, F	10:30-11:30am	ongoing	Free	927609-01
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**Stay Active & Independent For Life (SAIL)**  
This evidence-based fall prevention group fitness program is designed for adults 55+. It combines aerobics, strength, and stretching exercises to help older adults improve balance and mobility while helping to reduce the risk of falls. Class sizes are limited. Please bring water. A pre-test and post-test will be given at the beginning and end of 3 months.

Tu, Th, F	9:15-10:15am	ongoing	\$25	427603-01
Tu, Th	1:00-2:00pm	ongoing	\$25	427603-02

**Cardio-Drumming**  
Have fun, increase your energy, use drumsticks and noodles, and exercise balls inside a bucket. Improve rhythm, range of motion, and balance. Bring your own towel and bottle of water.

W	10:30-11:30am	ongoing	Free	927615-01
Sa	10:00-11:00am	ongoing	Free	927615-02

**Tai Chi - 2**  
For those with some experience with the Beijing Standard 24 form. This class will teach more advanced Tai Chi Chuan (empty hand), introduce Tai Chi Jian (sword), and explore more styles of Qi Gong. Instructor Bill.

F	10:30-11:30am	ongoing	Free	927608-01
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MUSIC

**Chime In With AAA Rhythm Makers**  
No music experience is needed just the joy of creating music together. Please call 571-233-2583 for more details. 2nd Tuesday of each month.

2 <sup>nd</sup> Tu	9:45-11:00am	ongoing	Free	927638-01
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**Drum Circle**  
Feel the rhythms and share the beat. Bring your own drum to share with others. 4th Thursdays only.

4 <sup>th</sup> Th	10:30-11:45am	ongoing	Free	927665-01
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**Uke Group**  
For the more advanced players. Focusing on challenging songs, strumming patterns, and finger picking. This class is instructed by class members.

Th	1:00-2:00pm	ongoing	Free	927636-01
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**Guitar With Kurt**  
Discover harmonies and tight arrangements while having fun playing together.

F	1:00-2:00pm	ongoing	Free	927637-01
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ONGOING CLUBS & GROUPS

**“Reading Between The Spines” - Book Club**  
Come join Susan and Beth from Loudoun County Library Outreach Services along with other book club members to engage in stimulating conversation about the monthly book selection. Meeting on the 2nd Monday of each month. Return last month's book and pick up next month's book while attending.

2 <sup>nd</sup> M	1:00-2:00pm	ongoing	Free	927642-01
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**“A Few Good Men” – Men's Club Meeting**  
Come join the group. Coffee will be provided.

Th	10:00-11:00am	ongoing	Free	927644-01
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**Photography Club**  
Interested in taking pictures? Come join our photography club. You never know when that next Kodak moment may be. Meet on the 4th Friday of each month. No Registration Required.

4 <sup>th</sup> F	10:00-11:30am	ongoing	Free	927640-01
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RECREATION, SOCIAL & GAMES

**Billiards**  
Make use of our two regulation slate billiard tables.

M-F	9:00am-4:55pm	ongoing	Free	927655-01
Sa	8:00am-12:00pm	ongoing	Free	927655-02

**Pickleball**  
Pickleball court time is shared for experienced players who know how to play the game. Mondays, Tuesdays, Thursdays, and Saturdays.

M, Tu, Th	2:00-4:45pm	ongoing	Free	927661-01
Sa	8:00-11:45am	ongoing	Free	927661-02



**Table Tennis**  
Play using two regulation tables. Equipment and balls provided.

M, W	9:00-10:15am	ongoing	Free	927663-01
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**Texas Hold'em**  
Start with a stack of chips. Play Texas Hold'em poker with old and new friends. Who will win?

Tu, Th	9:00-11:45am	ongoing	Free	927647-01
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**Mexican Train**  
Round table game played with up to 8 players. Can you get your train into the station?

Tu	10:00-11:45am	ongoing	Free	927650-01
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**Canasta - Hand & Foot**  
Come play this card game every Friday.

F	10:00-11:45am	ongoing	Free	927651-01
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**Bingo**  
B-I-N-G-O! Laugh and have fun but, listen, your number might be called. Cards \$1 each. Fridays at 12:45pm.

F	12:45-1:50pm	ongoing	Free	927652-01
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**Pokeno**  
Play BINGO with cards. Have fun with old and new friends.

W	12:45-1:50pm	ongoing	\$1 a card	927653-01
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**Bidwist**  
Card game for four players. keep score to see who will win.

F	1:00-3:00pm	ongoing	Free	927654-01
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**Phase 10**  
Phase 10 is a card game. Play with friends.

Tu	1:00-4:30pm	ongoing	Free	927657-01
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**Badminton / Beach Volleyball**  
Play this backyard sport indoors. Have fun! Equipment provided.

W	2:00-4:45pm	ongoing	Free	927662-01
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**Beginner's Pickleball**  
Drop in and play the indoor version of tennis. Played using a paddle and a wiffleball. Space is limited to one court=4 players.

F	2:00-4:30pm	ongoing	Free	927660-01
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OUTINGS

**Shopping**  
Rotating each week, shop at local supermarkets. The bus departs at 12:30pm and returns by 2:00pm. Sign up in the lobby.

Tu	12:30-2:00pm	ongoing	Free	927664-01
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**Lunch Bunch**  
Going out to lunch and sharing a meal with friends at different restaurant locations monthly. The fee is for transportation. Members pay the restaurant for their meal. drink, tax, and tip. June: Cracker Barrel in Sterling, July: Leesburg Public House and August: Blue Ridge Grill.

F	10:30am-1:45pm	6/21	\$2	427625-01
F	10:30am-1:45pm	7/19	\$2	427625-02
F	10:30am-1:45pm	8/16	\$2	427625-03

EVENTS

**Birthday Party**  
Celebrate birthdays each month with lunch and cake. Lunch reservations are required. 4th Thursday of the month.

4 <sup>th</sup> Th	12:00-12:30pm	ongoing	Free	927645-01
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**Senior Prom**  
Come dance the afternoon away with a live band. Enjoy light refreshments and mocktails. Tickets purchased at the door on the day of the event will be an additional \$3. Late bus will be available for bus riders. Please register in advance of the event.

F	2:00-4:00pm	6/7	\$5/\$8	427620-01
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**Father's Day Celebration & Luncheon**  
Please join us as we celebrate our fabulous fathers everywhere with a special performance from the World View Band from Park View High School. Lunch sign-up is required one day in advance.

F	11:30am-12:30pm	6/14	Free	427621-01
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**Summer Olympics**  
Please join us at the senior center for Olympic fun and games. Please see the newsletter for details.

M-F	9:00am-4:30pm	7/25-8/9	Free	427622-01
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**Western Lunch Party**  
Come dressed in your best western gear and cowboy/cowgirl hat and enjoy lunch with your friends. The sheriff and his posse might be in town, be on the lookout. Lunch sign-up is required one day in advance. Lunch donations apply.

W	11:30am-1:00pm	8/14	\$3/\$6	427623-01
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**EARLY BIRDS IN THE PARK**

**BLES PARK**  
Monthly, 10:00-11:00am  
2nd Thursdays & 4th Wednesdays  
May - September

**A FREE PROGRAM**  
FOR PEOPLE LIVING WITH DEMENTIA & THEIR CARE PARTNERS

**Join us for an easy hike on the park trail, guided by our professional Adult Day Center staff.**

**BLES PARK**  
44830 BLES PARK DR  
ASHBURN, VA 20147

Hosted by Eastern Loudoun Adult Day Center  
Loudoun County Area Agency on Aging  
Advance registration required. Call 571-258-3232

AREA AGENCY ON AGING

**LOUDOUN COUNTY AREA AGENCY ON AGING**

742 Miller Drive SE, Leesburg, VA 20175  
703-777-0257 • loudoun.gov/AAA  
Monday-Friday 8:30am-5:00pm  
Closed for Juneteeth, 6/19, Independence Day, 7/4

The Loudoun County Area Agency on Aging (AAA) is the central point of contact for seniors, caregivers, and their families. The mission of the agency is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services. AAA provides the following programs and services:

- Adult Day Centers
- Caregiver Services
- Case Management Services
- Congregate Lunch Programs
- Disease Prevention & Health Promotion
- Home-Delivered Meals

- Information & Assistance
- Medicare Counseling
- Senior Centers
- Senior Cool Care
- Senior Trips
- Volunteer Opportunities

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**  
Adult Day Centers are open Monday-Friday 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 early stage support groups are available to provide guidance, companionship, and resources. For more information on support groups, call 703-777-0257 or email aaasupport@loudoun.gov.

CAREGIVER SERVICES

**Family Caregiver Education Series**  
Caregiver education programs offer learning opportunities for older adults, caregivers and family members on topics related to aging. These programs enhance the ability of caregivers and family members to provide (informal) care for as long as appropriate. For more information about these programs, call 703-777-0259 or email aaasupport@loudoun.gov.

**Virtual Caregiver Support Groups**  
Meets the third Saturday of the month from 10:00am-11:30am. Please pre-register by calling 703-777-0259 or email aaasupport@loudoun.gov.  
Meets the first Wednesday of the month from 4:00pm-5:00pm. Please

pre-register by calling 703-771-5334.  
Meets the fourth Thursday of every month from 3:00pm-4:00pm. Please pre-register by emailing bcarducci@comcast.net.

**Virtual Early Stage Dementia Support Group**  
Meets the second Wednesday of the month from 10:00am-11:00am. Please pre-register by calling at 703-737-8741 or email aaasupport@loudoun.gov.

**Chime In With The AAA Rhythm Makers**  
Join the AAA Rhythm Makers and experience the joy of playing the hand chimes. This hand chime group is for individuals with early to moderate stage cognitive impairment and their care partners. Musical ability is not needed – just the willingness to have fun and create music together. This group meets monthly at the Senior Center of Leesburg (102 North Street NW). Must pre-register by calling 571-233-2583 or email aaasupport@loudoun.gov.

Free	2nd Tu	10:00am-11:00am
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**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. These 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.

**Information & Assistance**  
The Elder Resources Information and Assistance program is a confidential service that helps inquirers identify their specific needs through assessment, education, advocacy and assistance. Aging Program Specialists empower individuals, caregivers and allied professionals in the decision making process to determine the best possible options for their particular needs.

**Senior Cool Care**  
Fans and limited summer cooling assistance is available May 1 - Oct 31 for Loudoun County residents aged 60 years and older who are income eligible.

SENIOR CENTERS

**Activities & Fees**  
Five full-service senior centers offering a variety of programs and activities for adults 55 and over. The annual membership fee is \$36 resident; \$54 non-resident. Members receive reduced rates for trips and classes, a monthly newsletter and membership privileges at all senior centers. There is a cost of \$4 per 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 five full service senior centers in Ashburn, Dulles South, Leesburg, Sterling and Purcellville for meetings, family reunions, special events, birthday parties and more. Please call the individual senior center for further information.

SENIOR TRIPS

The County offers a diverse selection of day and overnight trips, taking seniors ages 55+ to points of interest and special events near and far. Trips are planned and led by PRCS experienced Tour Managers. New interesting and exciting trips are available quarterly on loudoun.gov/ SeniorTrips. For more information, call 571-258-3050 or 571-258-3051. Email SeniorTrips@loudoun.gov to join our email list.

571-258-3050

Register at loudoun.gov/PRCSConnect

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LOUDOUN COUNTY AREA AGENCY ON AGING



# LOUDOUN COUNTY AREA AGENCY ON AGING PROGRAMS & SERVICES FOR OLDER ADULTS & ADULTS WITH DISABILITIES



The Loudoun County Area Agency on Aging (AAA) is the central point of contact for older adults (55+) and their families. The mission of the Area Agency on Aging is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services.

- ADULT DAY CENTERS
- ADVISORY BOARDS
- CAREGIVER SERVICES
- CARE COORDINATION SERVICES
- CHORE CORPS
- COMMUNICATION, REFERRAL, INFORMATION & ASSISTANCE
- CONGREGATE MEAL PROGRAM
- DISEASE PREVENTION & HEALTH PROMOTION
- ELDER ABUSE PREVENTION & INTERVENTION
- HOME-DELIVERED MEALS
- NORTHERN VIRGINIA LONG-TERM CARE OMBUDSMAN PROGRAM
- OPTIONS COUNSELING
- SENIOR OUTREACH TO SERVICES (S.O.S)
- SENIOR CENTERS
- SENIOR COOL CARE
- SENIOR MEDICARE PATROL
- SENIOR TRIPS
- VIRGINIA INSURANCE COUNSELING AND ASSISTANCE PROGRAM (VICAP)
- VOLUNTEER SERVICES

## PARKS



### BANSHEE REEKS NATURE PRESERVE

21085 The Woods Road, Leesburg, VA 20175  
703-737-8894 • loudoun.gov/BansheeReeks  
Summer Hours: 8:00am-8:00pm  
Open: Tuesday-Thursday, Saturday & Sunday  
Closed: Monday, Friday and County Holidays  
facebook.com/BansheeReeksNaturePreserve

#### PRESCHOOL AGE

**Storytime Gone Wild** **Ages 6 & under**  
There's never been a storytime like this! We explore nature stories and wildlife topics each month through interactive hands-on play and crafts. Storytime takes place outdoors in the children's play area on the 4th Tuesday each month. After storytime, we'll embark on an easy walk in the woods connected to the seasonal stories we share. In the event of rain, meet in the Education Complex.

Tu	9:30-11:30am	6/25	Free	467211-01
Tu	9:30-11:30am	7/23	Free	467211-02
Tu	9:30-11:30am	8/27	Free	467211-03

**Wildschooling & Nature Crafts** **Ages 6 & under**  
Join us for experiential learning and hands-on fun outdoors! Every first Thursday of the month we will explore a different nature theme. All ages and experience levels are encouraged to attend. Program fee is per preschool-age participant; parents/guardians are free. Meet in the Education Complex. \*No class in July.

Th	9:30-10:30am	6/6	\$5	467212-01
Th	9:30-10:30am	8/8	\$5	467212-02

#### ELEMENTARY AGE

**Junior Ranger Class** **Ages 6-12**  
Learn new outdoor skills from a Virginia Master Naturalist while exploring Banshee Reeks. You'll set up a tent, find your way out of the woods, and identify wildlife tracks. Class will end with a lesson on how to build a campfire and optional s'mores. Youth can be dropped off at the Visitor Center. Advanced registration required.

Sa	4:00-6:00pm	8/3	\$12	467241-01
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**Archaeology For Kids** **Ages 8-12**  
Designed for upper elementary students, this program includes a hands-on dig, a short history hike, and real-world techniques to demonstrate what archaeology has revealed about the history of Banshee Reeks. Meet at the Education Complex.

Sa	2:00-3:00pm	8/24	\$10	467243-01
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#### ADULT

**Forest Bathing** **Ages 16+**  
Relax and recharge by connecting with the natural world under the direction of a certified Nature and Forest Therapy Guide. Forest bathing can increase immune function, regulate heart rate and blood pressure, lower stress levels, and increase mood and mental clarity. Participants will be guided through a series of invitations to connect with nature through the senses. The walk will be nearly one mile and will end with a forest tea, an herbal blend of a locally foraged plant. Sessions are geared for mature participants. Meet at the Visitor Center.

Sa	8:30-11:30am	7/13	\$18	467510-01
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**Nature Sketching** **Ages 16+**  
Join us for an in-depth nature sketching course from a Virginia Master Naturalist. Learn drawing techniques including color blending, shading, and perspective while practicing your plein-air sketch skills on the trail. Each class is different, and participants are encouraged to attend multiple classes. All art supplies are included in the registration fee. Meet at the Visitor Center.

Su	10:00am-12:00pm	6/9	\$10	467703-01
Su	10:00am-12:00pm	7/14	\$10	467703-02
Su	10:00am-12:00pm	8/11	\$10	467703-03

**Senior "Seasoned" Hikers League** **Ages 50+**  
This monthly series invites active adults to join a Virginia Master Naturalist on a nature hike that blends outdoor exercise, social engagement, and hands-on learning. Meet at the Visitor Center.

Sa	10:00-11:00am	6/8	Free	467704-01
Sa	10:00-11:00am	7/13	Free	467704-02
Sa	10:00-11:00am	8/10	Free	467704-03



MULTIAGE NATURE PROGRAMS

**Sounds Of Nature Walk** **Ages 5+**  
Learn to recognize common nature noises like frog calls and bird songs while exploring Banshee Reeks. Expect to hike 1-2 miles while you practice listening to outdoor sounds and identifying wildlife calls.

Sa	4:00-5:00pm	6/8	Free	467742-01
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**Bat Night** **All Ages**  
Explore the secret life of bats through an interactive presentation and then hit the trail to identify individuals. Instructors will have sonar detectors to listen for bats and identify what species are flying around. Children must be accompanied by an adult. Meet at the Education Complex.

Su	6:30-8:00pm	6/9	\$5	467711-01
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**Full Moon Hike** **Ages 5+**  
Experience wildlife after hours during this magical evening adventure! Join a Virginia Master Naturalist on a hike through moonlit woodlands while using bionic ears to amplify the sounds of night. Stay after for a campfire and s'mores, depending on weather. Rain date is the day after. Contact BansheeReeks@loudoun.gov for private group information.

F	8:30-10:00pm	6/21	\$7	467715-01
Su	8:30-10:00pm	7/21	\$7	467715-02
M	8:00-9:30pm	8/19	\$7	467715-03

**Branching Out Tree Hike** **Ages 8+**  
Learn to identify common local tree species from a Virginia Master Naturalist as you explore different habitats at Banshee Reeks. Expect to hike 1-2 miles over varied terrain. Meet at the Visitor Center.

Sa	4:00-5:00pm	7/20	Free	467741-01
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**Butterfly Walk** **All Ages**  
Join Loudoun Wildlife Conservancy for a leisurely walk around the meadow in search of butterflies. Led by a Virginia Master Naturalist, this event is family friendly and all levels of experience welcome. Participants should be able to walk 1-2 miles over uneven terrain. Meet at the Visitor Center. Advanced registration required at loudounwildlife.org/events.

Tu	9:30-11:30am	7/30	Free	467712-01
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**Birding For Beginners** **Ages 10+**  
Birding can be intimidating, so let us help get you started! Learn the basics of bird identification and what to look for in the field so that you can confidently call yourself a "birder". Binoculars NOT required. Each participant will take home their own field notebook and local bird list. Class includes field time on the trails, rain or shine. Meet at the Education Complex. The class is aimed for ages 10 and older.

Sa	8:00-10:00am	8/3	\$5	467786-01
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**Live Animal Ambassadors** **All Ages**  
Meet your wildlife neighbors and learn how to help them thrive! This special program will give you an up-close introduction to various rehabilitated animals from Blue Ridge Wildlife Center. Meet at the Education Complex.

Su	1:00-2:00pm	8/18	\$5	467713-01
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**Garden Learn & Play - Let's Get Growing!** **All Ages**  
Join our garden specialist in the Banshee Reeks demonstration garden for a child and parent interactive session where you will learn traditional gardening basics as well as native plant cultivation and care. Help with basic tasks such as seeding and weeding with plenty of time to play as well. Plan to dress to make a mess!

Th	10:00-11:00am	6/20	Free	467220-01
Sa	1:00-2:00pm	6/22	Free	467220-02
Th	10:00-11:00am	7/18	Free	467220-03
Sa	1:00-2:00pm	7/20	Free	467220-04
Th	10:00-11:00am	8/1	Free	467220-05
Sa	1:00-2:00pm	8/3	Free	467220-06

GUIDED HIKES - 1000 HOURS OUTSIDE

*Banshee Reeks hosts monthly themed hikes to help you join the 1000 Hours Outside challenge. Let's go!*

**June Binoculars Hike** **All Ages**  
Adventurers of all ages are invited to bring binoculars and hiking boots to enjoy a walk in the woods! Along the trail, we'll be identifying many creatures from birds to butterflies. Expect to hike 1-2 miles with an experienced trail guide. Children and families are encouraged to attend!

Su	9:30-11:00am	6/9	Free	467701-01
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**July Watermelon Hike** **All Ages**  
July is National Watermelon Month and for good reason! Swing by for a short summer hike and enjoy some refreshing watermelon afterwards. Expect to hike 1-2 wooded miles with an experienced trail guide. Children are encouraged to attend!

Sa	9:30-11:00am	7/27	Free	467701-02
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**August Popsicle Hike** **All Ages**  
Summer popsicles pair perfectly with a summer hike! Hikers of all ages are invited to enjoy a walk in the woods where we'll stop to enjoy a refreshing popsicle at Banshee Reeks' Lookout Rock. Expect to hike 1-2 miles while enjoying a winding woods trail and beautiful Goose Creek. Children and families are encouraged to attend!

Su	9:30-11:00am	8/18	Free	467701-03
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MONTHLY & ONGOING PROGRAMS

**Saturday Hiking League** **Ages 12+**  
Meet up with other outdoor enthusiasts every Saturday for a social hike along Banshee's extensive network of nature trails. Expect to hike 2+ miles at a moderately brisk pace, weather permitting. Well-behaved dogs may join. Meet at the Visitor Center. No registration required.

Sa	10:00-11:00am		Free	967709-01
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**Birding Banshee** **Ages 12+**  
Join Loudoun Wildlife Conservancy for this regular outing that takes place the second Saturday of every month. Varied habitats including streams, woodlands, and fields makes Banshee a birding hotspot. Bring binoculars if you have them. Advanced registration required at https://loudounwildlife.org/events/

Sa	8:00-10:00am	6/8, 7/13, 8/10	Free	967714-01
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**Volunteer Workdays** **All Ages**  
Lend your hands to care for our lands! Join us on the third Saturday of every month and help with multiple projects around the preserve. Possible volunteer tasks include invasive plant removal, gardening, painting, trail maintenance, and more. Please dress to work outdoors (closed-toe shoes, long pants, sunscreen, etc.) Minors under 18 years must be accompanied by an adult. No registration required.

Sa	9:00am-12:00pm	6/15, 7/20, 8/17	Free	967780-01
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EVENTS

**Pollinator Festival** **All Ages**  
Join us for a family-friendly celebration of pollinators to raise awareness about protecting natural areas and to promote Banshee Reeks. This free event includes hands-on activities, educational exhibits, native plants for purchase and outdoor entertainment including music, food, face painting, and more!

Sa	10:00am-2:00pm	6/15	Free	467730-01
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**Butterfly Showcase** **All Ages**  
Get up close with live monarch butterflies and caterpillars as you learn about their incredible life cycle. A Virginia Master Naturalist will talk about what makes these creatures special and share her journey as a monarch ambassador. Stop by the Visitor Center to "Meet a Monarch"!

Su	1:00-3:00pm	7/21	Free	467731-01
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**National Honeybee Day** **All Ages**  
Come celebrate the bees at Banshee! Check out the see-thru demonstration beehive in our Visitor Center, make your own honeybee craft, and answer bee trivia to win a prize. You better "bee" there!

Sa	10:00am-2:00pm	8/17	Free	467732-01
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CLAUDE MOORE PARK

Visitor Center: 21544 Old Vestal's Gap Road, Sterling, VA 20164  
Athletic Fields: 46150 Loudoun Park Lane  
571-258-3700 • loudoun.gov/ClaudeMoorePark  
Visitor Center/Discovery Room: Daily 9:00am-5:00pm  
Park Hours: Daily 7:00am-Dusk  
faceook.com/ClaudeMoorePark

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 fulfil requirements for many adventures, journeys, badges, etc. Adult must accompany scouts. Leaders and chaperones are free. Minimum fees apply. Call 571-258-3700 for information and to make reservations.

CAMPFIRES

**Group Campfires** **All Ages**  
Bring your group to join a naturalist for some campfire fun. We'll build the fire and supply the marshmallows and sticks. Games and activities available, or just have us build and tend a fire for your special event. Call 571-258-3700 for information and to schedule.

MULTIAGE INTERPRETIVE PROGRAMS

*For the following programs, children MUST be accompanied by an adult unless noted.*

**Discovery Room Adventures** **All Ages**  
Stop by the Visitor Center any day of the week between 9:00am-5:00pm to visit with our live animals and explore a wealth of interesting items. Check out interesting displays, partake in activities, or join in on a Community Science Project. Themes vary so stop by often!

**CMP Open Houses** **All Ages**  
Find out what life was like in our 1779 Lanesville farmhouse or comb through 100s of natural items in our Frogshackle Nature Center. Enjoy this hands-on experience for all ages every second Saturday of the month.

Sa	1:00-3:00pm	6/8	Free	
Sa	1:00-3:00pm	7/13	Free	
Sa	1:00-3:00pm	8/10	Free	

**Field Trips for Preschool, Elementary, & Homeschool Students** **All Ages**  
Have a group looking for some exciting nature, science, or history fun? Join a park naturalist for themed educational and SOL related field trips. Call for information, prices, and reservations.

**Create Your Own Experience** **All Ages**  
Have a special interest you would like to explore here at Claude Moore Park? Join together with a Park Naturalist and create your own unique park experience. Activities can range from archery, campfires, hiking, fishing, historic tours, and much more. Want to combine activities and try a bit of everything? Ask us how! We work directly with you to make your experience truly unique. Call 571-258-3700 for more information.

EVENTS

**Fourth Fest** **All Ages**  
Celebrate the 4<sup>th</sup> of July with music, crafts, nature exhibits, attractions, carnival games, and more. Food available for purchase. Use Loudoun Park Lane entrance.

Th	10:30am-3:00pm	7/4	Free	
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**Fall Fest** **All Ages**  
We are looking for crafters to sell their handmade items at CMP's Fall Fest. A 10' x 10' booth space is \$25. Email ClaudeMoore@loudoun.gov for more information.

Sa	10:00am-3:00pm	9/21		
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DISCOVER YOUR PRCS PARKS

Parks Throughout Loudoun County  
540-338-7603 • loudoun.gov/parks  
Monday-Sunday 7:00am-Dusk

NATURE

**Celebrate Eastern Bluebirds** **All Ages**  
Lovettsville Community Park is pleased to welcome Loudoun Wildlife Conservancy Representatives as we celebrate Eastern Bluebirds in Loudoun County parks. Learn what makes these lovely birds special and the conservation efforts that have taken place in Loudoun County to replenish its population.

**Location: Lovettsville Community Park**  
Su 9:00-10:00am 6/9 Free 476715-01

**Trails & Tales** **Ages 5+**  
Meet us at the trail and let the staff regale you with tales. Discover interesting facts about the park as you enjoy the setting. We will provide treats along the way.

**Location: Lovettsville Community Park**  
Su 10:00am-12:00pm 6/23 \$5 476713-01



**Location: Bazil Newman Riverfront Park**  
Su 10:00am-12:00pm 7/14 \$5 476713-02

**Location: Evergreen Mills Trail Head**  
Su 10:00am-12:00pm 8/23 \$5 476713-03

**Fascinating Fireflies** **All Ages**  
Summer nights are illuminated by the glow of fireflies as they treat us to a magnificent light show display. Participate in the citizen science program “Firefly Watch” and uncover the mystery of this beautiful beetle.

**Location: Ashburn Park**  
Sa 8:00-9:00pm 7/13 \$5 476714-01

**Location: Potomac Green Neighborhood Park**  
Sa 8:00-9:00pm 6/29 \$5 476714-02

**Location: Lovettsville Community Park**  
Sa 8:00-9:00pm 7/20 \$5 476714-03

**Dog Water Play Day** **All Ages**  
Bring your dog friend out for some water play. Friendly canine companions will enjoy playing in doggie pools, romping through the doggie splash pad and playing with doggie bubbles.

**Location: Potomac Green Neighborhood Park**  
Sa 12:00-2:00pm 8/31 Free 476716-01

**Location: Lovettsville Community Park**  
Sa 12:00-2:00pm 7/27 Free 476716-02

**Summer Night Sky Astronomy** **All Ages**  
Spend a night under the stars with Northern Virginia Astronomy Club as we observe summer night skies.

**Location: Lovettsville Community Park**  
Sa 8:00-10:30pm 8/24 Free 476717-01



**PRCS includes many programs to allow you to discover our parks with interactive, educational and passive activities!**

**Pathway Of Pages**

Walk your way through this program. Let each of your footsteps be a page-turner and enjoy the setting that nature has provided.

**Lyndora Park: 6/10-6/24**  
**Lovettsville Community Park: 7/1-7/12**  
**Conklin Community Park: 8/19-8/31**

**Fairy Folk Trail**

Fairy folk are visiting your PRCS parks. Can you find each of their houses before it is dark? Look for the sign that points the way to the fairy folk.

**Bazil Newman Park: 6/10-6/24**  
**Evergreen Mills Hiking Trail: 7/1-7/12**  
**Mickie Gordon Memorial Park: 8/19-8/31**

**Quest For Critters**

Discover the signs of these cute critters along these PRCS park trails. Learn fun facts about native wildlife along your way.

**Brambleton Community Park: 6/10-6/24**  
**Lucketts Community Park: 7/1-7/12**  
**Meadow Glen Park: 8/19-8/31**

EVENTS

**Play All Day** **All Ages**  
Come join your PRCS for a full day of fun on the longest day of the year. Activities throughout the day including hikes, games, and crafts.

**Location: Lovettsville Community Park**  
Th 7:00am-9:00pm 6/20 Free 476712-01

**Dog Days Of Summer 5K** **All Ages**  
Racers are welcome to participate in this timed 5K event. Dedicated dogs may have their day as your well-behaved, licensed canine companions may join you for this race. All dogs must be controlled on a standard leash no longer than 6 feet long. PLEASE NO RETRACTABLE LEASHES. Race lineup will be at the sports complex.

**Location: Philip A. Bolen Memorial Park**  
Sa 8:00-10:00am 8/24 \$35 Early Registration 476719-01  
\$40 Late Registration

FRANKLIN PARK

17501 Franklin Park Drive, Purcellville, VA 20132  
540-338-7603 • loudoun.gov/FranklinPark

Park Hours: 7:00am - Dusk  
Office hours: Monday-Friday 9:00am-5:00pm

facebook.com/FranklinParkLoudoun

ART & MUSIC

**Beginning Photography** **Ages 9-12**  
Join us for this 3-part photography class. You will learn about composition and how to take great photos no matter what the subject is or what camera you have. Bring your camera (digital or phone), we will be capturing images around the park.

Th 5:00-6:15pm 7/11-7/25 \$45 462715-01

NATURE

**Crepuscular Animal Walk & Campfire** **All Ages**  
What are animals doing during dawn and dusk? Who is awake and active? Come join us for an educational program to learn about what a crepuscular animal is and when it is most active. We will learn about the local animals through a hands-on program and a short hike/walk to try to see signs of life we might be able to discover. This program will culminate with a stop by a campfire overlooking the Franklin Park Pond with some s'mores and hot chocolate. Children must be accompanied by an adult.

F 4:30-5:30pm 6/7 \$5 462716-01

**Campfire Hangout & Fun** **All Ages**  
Come out to experience Franklin Park right before dusk for some family and friends' fun with lawn games and campfires. Roast s'mores and drink hot chocolate, listen to music, look out for fireflies, and explore the park. Make Franklin Park your next favorite hangout spot!

F 5:00-6:00pm 8/22 \$5 462717-01

EVENTS

**Color Quest 5k** **All Ages**  
Looking for a fun and colorful way to spend time with your friends and family this Summer? Join us for the Color Quest at Franklin Park.

The event is a family friendly 5k run/walk where participants are showered with colored powder - it's as fun as it sounds. Participants will receive an event package including a color packet (for a pre-event color toss), sunglasses, and bandana! This is an off-road course with varying terrain, so strollers are not recommended.

Ages 12 & under  
Su 10:00am-12:00pm 6/9 \$15 462714-01

Ages 13+  
Su 10:00am-12:00pm 6/9 \$25 462714-02

HAL & BERNI HANSON REGIONAL PARK

22831 Hanson Park Drive, Aldie, VA 20105  
571-367-8360 • loudoun.gov/HansonPark

Park Hours Dawn-Dusk  
Office Hours 9:00am-4:00pm  
Nature Center Hours Tuesday-Saturday 10:00am-4:00pm  
Splash Pad Hours: May 4-Aug. 21 10:00am-8:00pm  
Aug. 22-Sep. 2 10:00am-7:00pm  
Sep. 3-29 12:00-6:00pm

Facebook: @HansonRegionalPark  
Instagram: @Hanson\_Regional\_Park

ADULTS

**Yoga Hike With Jody** **Ages 18+**  
Explore the Hanson Park trails while Jody leads a gentle yoga practice along the way, ending with a guided relaxation. Yoga mats provided.

Th 5:00-6:00pm 5/30 \$9 474504-01

**Snake Safety** **Ages 18+**  
Do you enjoy hiking and being outdoors? Have you ever stumbled across a snake? Learn what you should do if you encounter a snake. Join us as we learn about snake behavior, anatomy, identification, and safety.

Sa 1:00-2:00pm 6/22 \$3 474502-01

**Full Moon Yoga** **Ages 18+**  
Soak in the glow of the full moon in this gentle outdoor yoga class with instructor Sharlene. This class will entail a full body flow to stretch and strengthen the muscles, with a focus on the breath, mindful movement, and relaxation. Yoga mats provided.

Sa 8:15-9:15pm 6/22 \$9 474505-01

MULTIAGE

**Welcome Summer** **All Ages**  
Join us at the Hanson Park Nature Center to welcome summer. We will read books, create crafts, and switch our themed wall from spring to summer with your help. Afterward, join a guided outdoor walk to learn about the changing seasons in Hanson Park.

Sa 10:30-11:30am 6/1 Free 474710-01

**Planetarium - Planet Ocean** **All Ages**  
Our “Pale Blue Dot” Earth sparkles blue from space because of our beautiful, liquid oceans. Explore sea life then search the cosmos for alien oceans. The Planetarium is usually experienced by sitting on a cushion or lying on the floor. Chairs are available upon request to hansonpark@loudoun.gov. Registration is required; no drop-ins are available.

Fr 6:00-7:00pm 6/7 \$10 474701-01

**The Chorus Of The Forest** **All Ages**  
The music of nature can be the whispering wind, singing birds, the musical songs of the cicadas, and so much more! Find out exactly who, or what, is making all the beautiful sound outside. On this guided walk you will learn about the musical ecosystem at Hanson Park.

Sa 1:00-2:00pm 6/8 \$5 474712-01

**Free Nature Walk** **All Ages**  
Join a Master Naturalist for a free nature walk through our wooded trails. During the walk, you will learn about the plants and animals that make our park a thriving ecosystem. Please dress for the weather and mulched trails. This program begins at the Hanson Park Nature Center.

W 10:30-11:00am 6/12 Free 474711-01  
W 10:30-11:00am 7/10 Free 474711-02  
W 10:30-11:00am 8/14 Free 474711-03

**Library Storytime** **All Ages**  
The library is coming to Hanson Park! Bring a picnic blanket to the Nature Center for an unforgettable storytime with music, dancing, and a whole lot of fun.

F 10:00-10:30am 6/28 Free 474714-01  
F 10:00-10:30am 7/12 Free 474714-01  
F 10:00-10:30am 8/9 Free 474714-01

**Planetarium - Space Art** **All Ages**  
Get inspired in the Hanson Park Planetarium! In this show, we will tour the beauty of our galaxy and beyond. After, we will learn how to create our own universe using cotton balls and paint. The Planetarium is usually experienced by sitting on a cushion or lying on the floor. A chair can be provided if requested ahead of time by contacting hansonpark@loudoun.gov. Registration is required; no drop-ins are available.

F 5:30-7:00pm 7/5 \$15 474701-02

**Snakes Are SSSSuper** **Ages 3-13**  
Do you think snakes are ssssuper or sssscary? Find out why snakes look and behave differently than you. Meet a real snake and learn about the types of snakes you might encounter in your parks and neighborhoods.

Sa 1:00-2:00pm 7/13 \$3 474704-01







# Your PRCs Parks!

**TIMED RACE EVENTS**

**Fun RUNS**

**Thursday 7/4 “Red, White, and Run 5K”**

- Hal & Berni Hanson Regional Park

**Saturday 8/24 “Dog Days of Summer 5K”**

- Philip A. Bolen Memorial Park

**Saturday 11/23 Race**

- Claude Moore Park

**Saturday 12/7 Winter Fest 5K**

- Hal & Berni Hanson Regional Park

**Sunday 6/9 “Color Quest 5K”**

- Franklin Park

**Sunday 12/8 “Elf Scramble 5K”**

- Lovettsville Community Park

For more race information and registration visit

[loudoun.gov/PRCSConnect](https://loudoun.gov/PRCSConnect)

**Fun With Fossils** **Ages 6-10**

What is a fossil, and what do fossils tell us about the past? Explore the prehistoric world and find out what Hanson Park looked like millions of years ago. Participants can practice paleontology by excavating fossils and making observations.

Sa	1:00-2:30pm	7/20	\$10	474705-01
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**Chickadee Celebration** **Ages 5 & under**

Meet the author of *Cassie Chickadee's First Flight* in this very special Nature Center storytime. After the storytime you will be able to create a chickadee craft and go on a guided walk.

Sa	11:30am-12:30pm	7/ 27	Free	474101-01
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**Planetarium - Solar System Tour** **All Ages**

Embark on a tour of our solar system and learn about the extremes of our neighboring planets. The Planetarium is usually experienced by sitting on a cushion or lying on the floor. A chair can be provided if requested ahead of time by contacting [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov). Registration is required; no drop-ins are available.

F	6:00-7:00pm	8/2	\$10	474701-03
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**Watercolor Bookmarks** **Ages 8-12**

Calling all book lovers! Try your hand at creating a beautiful bookmark with some simple art and watercolor to create beautiful bookmarks. We'll teach you the steps and provide you with the materials. These bookmarks are perfect to use in your favorite book or to gift another book lover in your life.

Sa	1:00-2:30pm	8/3	\$20	474716-01
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**Garden Community Day** **All Ages**

The Hanson Park Nature Center invites you to tour our Demonstration Garden and meet the people who take care of it. Find out what plants

are growing, why we chose these plants for the garden, and what it takes to care for such a large garden.

Sa	10:00am-12:00pm	8/10	Free	474717-01
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**Secret Garden - Raptor Ecology** **All Ages**

Meet the raptors of Secret Garden Birds and Bees and learn all about their ecology. You will learn what makes these birds such incredible hunters, as well as find out about the threats they are facing today. At the end of the program, there will be an opportunity to take photos with the raptors.

Sa	4:30-6:00pm	8/17	\$15	474718-01
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**EVENTS**

**Play All Day** **All Ages**

For the summer solstice, Hanson Park is joining a statewide initiative to Play All Day. From dawn until dusk, there will be activities to enjoy at Hanson Park including disc golf, guided walks, lawn games, and more. For a full list of activities, please visit the Hanson Park Facebook and Instagram pages.

Th	7:00am-9:00pm	6/20	Free	474713-01
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**Red, White & Run 5K** **All Ages**

Start your Fourth of July with us for the 2<sup>nd</sup> Annual Red, White, and Run 5K. This certified, multi-terrain course will take runners of all ages throughout the north complex of Hanson Park. Register now through June 15: \$35.00, June 16 – July 2: \$40.00, and during packet pick-up and on race day only: \$45.00 (day of cash or check only) Registration for this race can be completed <https://potomac.enmotive.com/events/register/2024-red-white-and-run-5k> or by emailing [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for a registration link.

Th	8:00-9:00am	7/4	\$35-45	474715-01
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# ADAPTIVE RECREATION

**PRCS ADMIN OFFICE**

742 Miller Drive SE, Leesburg, VA 20175  
703-737-8042 • [loudoun.gov/AdaptiveRec](https://loudoun.gov/AdaptiveRec)

Closed on Juneteenth, 6/19  
Closed on Independence Day, 7/4  
Call for pick-up and departure times.

Open to anyone who would like to work with Arts for Loudoun. We encourage people to join us and learn about Arts for All and the many opportunities that exist to volunteer with our programs. Please contact Michelle Waugh for more information.

**Location: Franklin Park Performing & Visual Arts Center**  
4<sup>th</sup> M 7:00-9:00pm ongoing

**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 SE, Leesburg, VA**  
4<sup>th</sup> 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](mailto:Chris.Caesar@loudoun.gov)

**GENERAL INTEREST**

**California Dreams** **Ages 16+**

Levels 1 & 2: Join us for an afternoon of listening to the distinctive sounds, vocal harmonies, and song lyrics of The Beach Boys. The Beach Boys are known for songs about southern California youth culture, surfing, cars, and romance. The concert will be held at Wolf Trap and lunch is included.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
Su 12:00–7:00pm 6/2 \$95 441711-01

**Loudoun United** **Ages 16+**

Levels 1 & 2: Join us for a fun filled day of soccer and VIP treatment. We will have midfield seating to give us a great view of the entire field and game. We enjoy a buffet lunch at the venue in the pitch party tent.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
Sa 5:00–10:00pm 8/3 \$90 441721-01

**Movie Madness** **Ages 16+**

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. The movies and dinner will be indoors in the program room. If the weather permits, we may move outdoors.

**Location: 742 Miller Drive SE, Leesburg, VA 20177**

F	5:30-9:00pm	6/7	\$45	441713-01
F	5:30-9:00pm	8/9	\$45	441713-02
F	5:30-9:00pm	8/23	\$45	441713-03

**Kings Dominion** **Ages 16+**

Levels 1 & 2: Unforgettable adventures await at Kings Dominion, home to some of the best things to do around Richmond, Virginia. With more than 60 rides, shows, attractions, a kid's area, and a waterpark, Kings Dominion has amazing fun for everyone. Please bring money for souvenirs.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
Sa 8:30am–7:30pm 8/17 \$100 441712-01

**SPORTS**

**Spare Time Bowling** **Ages 16+**

All Levels: Relax on a Friday afternoon while 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. The bus departs at 2:15pm from ECHO on Fridays. No transportation provided after bowling unless registered for Movie Madness. The bus will depart between 5:00pm and 5:15pm for Movie Madness. Participants not registered for Movie Madness must be picked up at the bowling alley.

**Location: BOWLERO Bowling Alley**

F	2:30-5:00pm	6/7	\$40	441710-01
F	2:30-5:00pm	8/9	\$40	441710-02
F	2:30-5:00pm	8/23	\$40	441710-03





# SPORTS

### PRCS ADMIN OFFICE

742 Miller Drive SE, Leesburg, VA 20175  
703-737-8042 • loudoun.gov/teens  
Monday-Friday 8:30am-5:00pm

Age is just a number and for many adults their glory days are behind them...or are they? Whether your goal is to meet new friends, socialize, or reignite your competitive fire, PRCS offers a variety of adult sports leagues and tournaments for people 18 and up.

Spring	Summer	Fall	Winter
Cricket	Cricket	Cricket	Basketball
Kickball	Softball	Pickleball	Volleyball
Pickleball	Ultimate	Softball	
Soccer	Frisbee	Soccer	
Softball		Tennis	
Tennis		Ultimate	
Ultimate		Frisbee	
Frisbee			

### YOUTH

All youth sport camps are coed unless otherwise noted.

### BASKETBALL

**Rock Ridge Phoenix Boys Basketball Camp** **Ages 12-18**  
Join the Rock Ridge Basketball Coaches for the annual 3 day mini-camp to kick off the summer. Camp will include individual workouts, team offense, team defense, and 5-5 games. This camp is intended for Boys Ages 12-18

<b>Location: Rock Ridge HS</b>				
Age 12-15				
W-F	8:30-10:30am	6/19-6/21	\$75	621026-01
Age 14-18				
W-F	10:30am-12:30pm	6/19-6/21	\$75	621026-02

**Briar Woods Boys Basketball Camp** **Ages 10-18**  
The Briar Woods Basketball Camp is designed to develop the fundamental basketball skills of rising 5th-8th grade boys. The mission of the camp is to provide student-athletes with the tools to become complete basketball players. The coaching staff will work individually with players to develop fundamental offensive/defensive skills including ball handling, shooting, defensive skills/positioning and rebounding. Ultimately each player will learn the tools to be a successful member of the Briar Woods Falcons' basketball team. Camp counselors will be comprised of the Briar Woods' basketball coaching staff and former high school players. Each camper will receive a T-shirt and there will be individual and team awards given on the last day of camp.

<b>Location: Briar Woods HS</b>				
Age 10-14				
M-F	9:00am-12:00pm	6/24-6/28	\$200	621150-01
Ages 14-18				
M-F	1:00pm-4:00pm	6/24-6/28	\$200	621151-01

**Giant Basketball Summer League** **Ages 6-9**  
Join Gheorghe Muresan and our Giant Basketball Academy coaches for a fun 6-weeks of 5v5 summer league basketball. This league emphasizes teamwork while playing 5v5 basketball. There is one game per week on Tuesdays. For questions about the League email gba@giantbasketball.com.

<b>Location: Brambleton MS &amp; 7/23 - Stone Hill MS</b>				
Tu	5:00-6:00pm	7/2-8/6	\$130	421023-01
Tu	6:00-8:00pm	7/2-8/6	\$130	421023-02

**Stone Bridge Lady Bulldogs Basketball Camp** **Ages 7-14**  
Stone Bridge Girls Basketball Camp will have daily fundamental stations focusing on skill instruction, 3v3 games, 5v5 games, a different individual competition every day, and a 5v5 championship tournament. Campers will receive a camp T-shirt. Please email questions about camp details to emily.thompson@lcps.org. For girls rising to 2<sup>nd</sup>-8<sup>th</sup> grade.

<b>Location: Stone Bridge HS</b>				
M-F	9:00am-2:30pm	7/15-7/19	\$210	621049-01

### CRICKET

**Washington Cricket Academy-Cricket Training** **Ages 8-14**  
Washington Cricket Academy is an established youth cricket academy in NOVA aiming to grow the game of cricket. This training introduces the game of cricket and develops fundamental skills for the game.

<b>Location: Hal &amp; Berni Hanson Regional Park Field #13</b>				
Tu	4:30-6:00pm	6/4-8/27	\$260	421039-01
W	4:30-6:00pm	6/5-8/28	\$260	421039-02
Th	4:30-6:00pm	6/6-8/29	\$260	421039-03
F	4:30-6:00pm	6/7-8/30	\$260	421039-04

### FIELD HOCKEY

**Lightridge HS Field Hockey Camp** **Ages 8-14**  
Whether you are a beginner or you have been playing for a few years, we welcome you to join us to improve your skills and game. Play will happen on a turf field, which will provide High School field level experience. This camp is accepting players going into 3<sup>rd</sup>-9<sup>th</sup> grades for the 2024-2025 school year.

<b>Location: Lightridge HS</b>				
M-W	8:00-11:00am	6/24-6/26	\$100	621603-01

**Freedom Field Hockey Camp** **Ages 6-13**  
You will learn the basics of the game while also participating in scrimmages and fun games. Our goal is to get young girls excited about field hockey and give them a chance to meet new friends. Contact Coach Bielecki for more information amanda.bielecki@yahoo.com.

<b>Location: Freedom HS</b>				
M-Th	9:00am-12:30pm	7/15-7/18	\$100	621601-01

### FOOTBALL

**Loudoun Valley Football Team Camp (LVHS)** **Ages 13-18**

This football camp is for rising 9<sup>th</sup>-12<sup>th</sup> graders attending Loudoun Valley High School in the Fall 2024. All athletes will run through individual, position, group and team drills while being coached by the Loudoun Valley HS coaching staff. Due to Loudoun Valley's stadium turf being resurfaced, the team camp will be at our neighbor school Woodgrove High School. A detailed agenda will be sent to all parents and athletes prior to the camp. Questions about the camp can be emailed to Coach Bishop David.Bishop@lcps.org.

<b>Location: Woodgrove HS</b>				
F-Sa	7:00am-12:00pm	7/26-7/27	\$100	621591-01

### SOCCER

**Broad Run Soccer Skills Clinic** **Ages 8-18**  
The Broad Run Soccer Skills Clinic will be led by Head Varsity Boys Soccer Coach Chris Pudén. The clinic will be geared towards individual player development. Each session will include technical and tactical skills, small-sided games, position-specific concepts and instruction. For our youngest players, there will be a strong emphasis on ball mastery, ball striking, and movement principles with and without the ball. Players will be grouped by skill level and if teams of players sign up, they can request to be together for the clinic if they sign up for the same day(s).

<b>Location: Broad Run HS</b>				
W	6:00-8:00pm	6/19-7/31	\$100	421001-01
Sa	9:00-11:00am	6/22-8/3	\$100	421001-02



# TEEN SERVICES

### PRCS ADMIN OFFICE

742 Miller Drive SE, Leesburg, VA 20175  
703-737-8042 • loudoun.gov/teens  
Monday-Friday 8:30am-5:00pm

**Youth Advisory Council**  
Members of the Loudoun Youth Advisory Council have the opportunity to develop leadership skills, meet new people, and be a voice for Loudoun's teens. Members work with local nonprofits to plan special events, (e.g., Loudoun's Battle of the Bands and Step Up), work on community service projects, participate in leadership field trips, and promote teen-centered events. Spaces are limited in this competitive program; applications are accepted on a rolling basis. For more information and applications, please visit loudoun.gov/teens.

**Teen Volunteer Program**  
The Teen Volunteer Program provides an opportunity to complete your community service hours in a dynamic setting. Volunteer opportunities vary and may include service hours in children's programs, parks and community centers. Current volunteer opportunities are for high school teens. Visit loudoun.gov/teens to submit the PRCS volunteer application.

# PRCS NOTIFICATIONS



Sign Up!







# ADULT SPORTS

**FALL REGISTRATION COMING SOON**

## BASKETBALL

Ignite your competitive fire in our Men's, Women's, and Over 35 5v5 basketball leagues. Games are held on Sunday afternoons at Stone Bridge High School.



## KICKBALL

Reminisce over the playground glory days every Monday or Friday night in our COED Kickball league held at Hal and Berni Hanson Regional Park for 8 weeks.



## SOCCER

Reignite your competitive fire at our Hal and Berni Hanson Regional Park in our 7v7 soccer league on Wednesday (Men's Open) & Thursday (COED Open) nights. Full team 11v11 Coed is also offered on Sundays.

## UPCOMING TOURNAMENTS



### PICKLEBALL

Our Fall Pickleball Tournament will be held in the early Fall at Hal & Berni Hanson Regional Park. Registration coming soon!



### TENNIS

Please check our Adult Sports PRCSCConnect section for information on our upcoming Summer Tennis Tournaments.

Join the free agents list for most leagues by contacting:  
[ADULTSPORTS@LOUDOUN.GOV](mailto:ADULTSPORTS@LOUDOUN.GOV)  
 703-777-0343

# Celebrate Independence!



Visit [loudoun.gov/PRCSEvents](http://loudoun.gov/PRCSEvents)

No personal fireworks including sparklers  
No alcoholic beverages

# Across Your County!

*Star Spangled Sterling*

★ **Friday, June 28**  
 5:30-10:00pm  
 9:20pm Fireworks  
 Sterling Middle School

*What a Blast!*

★ **Saturday, June 29**  
 6:00-10:00pm  
 9:30pm Fireworks  
 Hal & Berni Hanson Regional Park

*Independence Day Celebration*

★ **Wednesday, July 3**  
 5:30-10:00pm  
 Parade, Activities & Pool Party  
 9:30pm Fireworks  
 Lovettsville Community Park  
 Lovettsville Community Center

*Independence Day at Franklin Park*

★ **Thursday, July 4**  
 5:00-10:00pm  
 9:30pm Fireworks  
 Franklin Regional Park

*Fourth Fest!*

★ **Thursday, July 4**  
 10:30am-3:00pm  
 Claude Moore Park

*Red, White & Run 5K*

★ **Thursday, July 4**  
 8:00am  
 Hal & Berni Hanson Regional Park





# Franklin Park

Franklin Park Arts Center will be closed to the public from June 10–July 31. Summer events and art exhibits will be held outdoors during this time.



## Western Loudoun Art & Studio Tour All Ages

Franklin Park Arts Center will be hosting five guest artists as one of thirty-one stops on the 2024 Studio Tour. Maps and booklets available for the entire Tour. We will be hosting Andrea Falzarano, glass artist; Hope Hanes, pastels; Penny Hauffe, painting; Yousung Largent, ceramics; Patricia Stephenson, fiber arts.

F-Su 10:00am-5:00pm 6/7-9 Free

## Decorate Your Wheels Workshop All Ages

Bring your bikes and other wheels – scooters, wheelchairs, strollers, wagons – to our decorating workshop. All materials provided to ensure your wheels are “parade ready” for the Red, White & Blue Parade that begins at 4:00pm. Meet in the Pool parking lot.

F 3:00-3:45pm 6/28 \$5 463772-01

## Painted Patriotic Quilt Square All Ages

Artists are invited to pick up a 2'x2' wooden square to be painted in your own quilt square design using patriotic theme or colors. These painted quilt squares will be displayed throughout Franklin Park. Please call to reserve your square 540-338-7973; available for pick up on June 3, 2024.

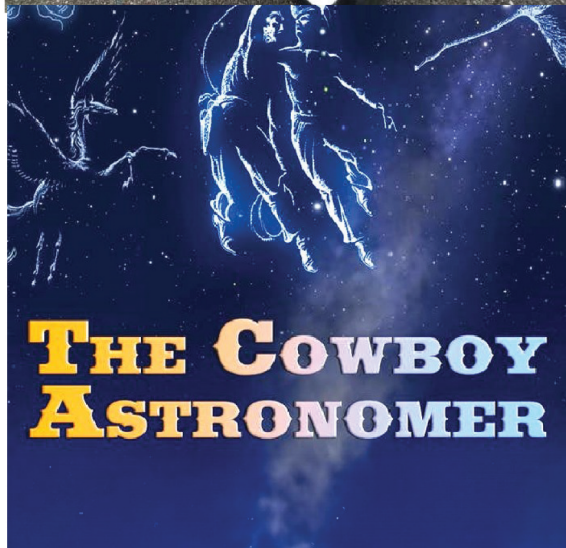
Drop off dates: June 14-July 1, Mon-Fri between 9:00am and 4:30pm  
Artwork pick up: July 8, 2024 between 9:00am and 4:30pm

M-F 9:00am-4:30pm 6/14-7/7 Free

## Planetarium Programs Ages 4 +

Step inside our inflatable dome planetarium to experience the wonder of space with our interactive programs. Set up on the stage of our theater, with mostly floor seating, each program lasts about 40 minutes. Learn to navigate the summer skies, finding constellations and planets visible at this time of year. You'll feel like you are seated around the campfire with Baxter Black himself, narrator of The Cowboy Astronomer, an immersive 360 degree film. Or sit peacefully, observe a bit of the summer skies and follow the Sunset Meditation program (recommended for ages 13+).

W	4:00pm, 6:00pm	Navigating the Summer Skies	8/7	\$10
W	5:00pm	Film: The Cowboy Astronomer	8/7	\$10
W	7:00pm	Sunset Meditation	8/7	\$10



# Arts Center

Purchase Tickets Online: [franklinparkartscenter.org](http://franklinparkartscenter.org) 540-338-7973  
Scan QR Code for ticket information



## Gallery

The Franklin Park Arts Center Gallery will be closed June 10–July 31. Beginning August 1, we are open Monday-Friday 9:00am-5:00pm and weekends during performances. Artists interested in exhibiting may call 540-338-7973 or email [Elizabeth.Bracey@loudoun.gov](mailto:Elizabeth.Bracey@loudoun.gov).

## Yarn Mural Project All Ages

Be a part of this community art project! Pick up yarn supplies from the Arts Center and add to the fence mural. Ideas and directions will be provided or use your own design and inspiration.

M-F 9:00am-4:30pm 6/14-8/16 Free

## “On Vacation” Exhibit Ages 18 +

Artists in all mediums are invited to submit artwork that depicts places, memories or feelings of being on vacation, real or imagined. Famous cities, beach landscapes, national parks, kids splashing in the pool, fishing with grandpa—show us your idea of being on vacation.

Artwork in both 2D and 3D mediums are accepted; artwork using or created with AI must be noted on the entry form. Artwork drop off: Monday, July 29 and Tuesday, July 30.

M-F 9:00am-4:30pm 8/2-9/8 \$20/artist

## Family Programs

### Red, White & Blue Bike Parade & Puppet Show All Ages

Bring your family to the Patriotic Parade featuring your decorated bicycles & wheeled items. Parade begins in the Pool parking lot and ends by the pond. Free frozen treat to enjoy at the end. Families can then picnic on the lawn and watch a puppet show.

F 4:00-5:00pm 6/28 Free 463773-01

### Independence Day at Franklin Park All Ages

A celebration of July 4th in the Park. Outdoor activities include games and large inflatables, food trucks, music with DJ Bifocals. Fireworks accompanied by live music from Loudoun Symphonic Winds.

\*Parking may not be available after 7:30pm.

\*Personal fireworks, including sparklers, alcoholic beverages and grills are strictly prohibited.

Th 5:00-10:00pm 7/4 Free

### Tanabata: A Japanese Celebration All Ages

Celebrate this Japanese festival with a traditional tea ceremony and floating water lanterns release in Franklin Park pond. A peaceful, magical, and cultural evening for all generations.

Th 6:30-8:30pm 8/8 \$10





# PRESCHOOL PROGRAMS

September 3, 2024 - May 30, 2025

## SERVICES

Variety of Half-Day Classes Offered:  
Monday-Friday  
Monday, Wednesday, Friday  
Tuesday, Thursday

Fall-Spring  
Enrollment = 36 weeks

Serving Ages 2.5-5 Years

## 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

# CHILD CARE

## SERVICES

Child Care Hours of Operation:  
Monday-Friday  
7:00am-6:00pm

Year Round  
Enrollment = 52 weeks

Serving Ages 3-5 Years

## LOCATIONS

- Bluemont Community Center
- Dulles South Recreation & Community Center
- Loudoun Valley Community Center
- Lovettsville Community Center
- Lucketts Community Center

# AFTER-SCHOOL PROGRAMS

2024-25 School Year

## Early Registration Week 1

- Families currently in CASA, CASA Academy, and YAS with their siblings, and all PRCS CARES families (PRCS CARES Program provides discounted fees for eligible participants).

Tuesday, April 30 at 8:30am to Friday, May 3 at 5:00pm

## Early Registration Week 2

- Families from week one. Rising kindergarteners in PRCS Preschool and Child Care.

Tuesday, May 7 at 8:30am to Friday, May 10 at 5:00pm

## Open Registration

- All Families

Tuesday, May 14 at 8:30am

First month's payment due in full to register.



Algonkian	850201	◆ Loudoun Valley CC	850228
Arcola	850202	Lovettsville	850229
Ashburn	850203	Lowes Island	850230
Ball's Bluff	850204	Madison's Trust	850231
Belmont Station	850205	Meadowland	850232
Buffalo Trail	850206	Mill Run	850233
Cardinal Ridge	850207	Moorefield Station	850234
Catoctin	850208	Mountain View	850235
Cedar Lane	850209	Newton-Lee	850236
Cool Spring	850210	Pinebrook	850237
Countryside	850211	Potowmack	850238
Creighton's Corner	850212	Frances Hazel Reid	850239
◆ Kenneth W. Culbert	850213	Rosa Lee Carter	850240
Discovery	850214	Round Hill	850241
Dominion Trail	850215	Sanders Corner	850242
Evergreen Mill	850216	Seldens Landing	850243
◆ Forest Grove	850217	Steuart W. Weller	850244
Frederick Douglass	850218	Sycolin Creek	850245
Goshen Post	850219	Elaine E. Thompson	850246
Hillside	850220	John W. Tolbert Jr.	850247
Horizon	850221	Waterford	850248
Hovatter	850222	Waxpool	850249
Hutchison Farm	850223	Henrietta Lacks	850250
Leesburg	850224	Serving the following elementary schools:	
Legacy	850225	◆ Hamilton	
Liberty	850226	◆ Guilford & Sully	
Little River	850227	◆ Emerick & Lincoln	

**\$385 Monthly**  
**\$50 Cancellation Fee**

CASA is a fun after-school program for elementary school students (K-5) that provides a safe, activity-based environment for children. From school dismissal until 6:00pm, CASA activities focus on recreation, and developing social and physical skills. Sign up on PRCS Connect and select the activity number the corresponds to your child(ren)'s school location.



◆ Bluemont CC	806248
◆ Claude Moore RCC	873250
◆ Dulles South RCC	805249
◆ Lucketts CC	809248
◆ Philomont CC	811248

Serving the following elementary schools:

- ◆ Round Hill
- ◆ Guilford, Sterling, and Sugarland
- ◆ Liberty
- ◆ Lucketts
- ◆ Banneker

All Transportation Requests From LCPS Must Be Made Through ParentVue By Parent/Guardian



For more information visit [loudoun.gov/CASA](https://loudoun.gov/CASA)

**[loudoun.gov/PRCSconnect](https://loudoun.gov/PRCSconnect)**

**703-737-8042, TTY: 711 | [CASA@loudoun.gov](mailto:CASA@loudoun.gov)**



More information at [loudoun.gov/PRCS](https://loudoun.gov/PRCS)  
or email [ece.programs@loudoun.gov](mailto:ece.programs@loudoun.gov)





# AFTER-SCHOOL PROGRAMS

2024-25 School Year

Have Fun After-school | Make Friends | Learn New Skills

Now Registering!

\$50 Monthly

Call or email for availability

**YAS**  
YOUTH AFTER-SCHOOL

Belmont Ridge	812301
*Blue Ridge	812302
Eagle Ridge	812303
Farmwell Station	812304
**Harper Park	812305
***Mercer	812306
River Bend	812307
Seneca Ridge	812308
****Stone Hill	812311
Trailside	812312

Also serving the following middle schools

\*Harmony  
\*\*Simpson  
\*\*\*Lunsford & Willard  
\*\*\*\*Brambleton & Watson Mountain

From school dismissal until 6:15pm, YAS offers middle school students a wide variety of recreational activities! With guidance and supervision by professional staff members, students will find a safe community with friends. YAS focuses on recreation, team building, and weekly activities designed to help prepare students for high school, higher education, and beyond.



All Transportation Requests From LCPS Must Be Made Through ParentVue By Parent/Guardian

For more information visit [loudoun.gov/YAS](https://loudoun.gov/YAS)



[loudoun.gov/PRCSConnect](https://loudoun.gov/PRCSConnect)

703-737-8042, TTY: 711 | [YAS@loudoun.gov](mailto:YAS@loudoun.gov)



[loudoun.gov/PRCS](https://loudoun.gov/PRCS)

# Play All Day With Your PRCS

Thursday, June 20 is the longest day of the year, make time to play.

## Claude Moore Rec & Comm Ctr

Family Fun Activities, 9:00am-12:00pm  
& 1:00-4:00pm Explore CMRCC

## Claude Moore Park

Story Stroll & Play Space, 7:00am-8:00pm

## Lovettsville Community Park

Hikes, Games & Crafts, 7:00am-9:00pm

## Douglass Community Center

Gaming With Friends 9:00am-5:00pm

## Franklin Park Arts Center

Yarn Mural Project, 9:00am-4:30pm

## Senior Center at Cascades

Cornhole & Ping Pong, 9:00am-5:00pm

## Loudoun Valley Community Center

LVCC Water Play Day, 10:00am-4:00pm

## Hal & Berni Hanson Regional Park

Hanson's Big Splash, 10:00am-2:00pm

## Bluemont Community Center

Bluemont's Play Day, 10:00am-4:00pm

## Banshee Reeks Nature Preserve

Garden Learn & Play, 10:00-11:00am

## Sterling Community Center

Sterling Splashpad, 10:00am-3:00pm

## Lovettsville Community Center

Family Activities, 10:00-4:00pm, Zumba at 7:00pm

## Lucketts Community Center

Lucketts Splash Fest, 10:00am-12:00pm

## Philomont Community Center

Party In The Park, 12:00-3:00pm

## Ashburn Senior Center

Beginner Pickleball, 1:00-3:00pm  
Beginner Open Court 3:00-5:00pm

## Dulles South Senior Center

Intermediate Line Dance, 1:00-2:00pm

## Carver Senior Center

Pickleball, 2:00-4:45pm

## Dulles South Rec & Comm Ctr

Moon Bounce 10:00am-2:00pm, Swim Evaluations  
3:00pm-7:00pm, and Sunset Yoga (\$15 per person)  
7:00-8:30pm

## The Senior Center of Leesburg

Open House, 9:00am-5:00pm



For more ways to play visit  
[loudoun.gov/PRCSEvents](https://loudoun.gov/PRCSEvents)



Register at [loudoun.gov/PRCSConnect](https://loudoun.gov/PRCSConnect)



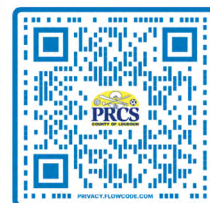
# HOW to REGISTER

using  **connect**

- 1 Go to [loudoun.gov/PRCSConnect](http://loudoun.gov/PRCSConnect)
- 2 Log in with your username and password or create an account
- 3 On the upper left click "Search" and select "Activity Search"
- 4 Find your activity number, type the six-digit number in the Search/Activity Number box, or search by activity type and click "Search" at the bottom of the screen
- 5 Click on the "Add to Cart" squares for each session you wish to register for
- 6 Click on "Add to Cart" again at the bottom left of your screen
- 7 Select participating family member(s) and then click "Continue"
- 8 Answer any applicable program-specific questions and agree to the "Notice to Participants" then click continue
- 9 Click on "Proceed to Checkout"
- 10 Click "Continue" to initiate the payment authorization process and generate a confirmation receipt



If you need help using PRCS Connect  
email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) or call 703-777-0343  
[loudoun.gov/PRCSConnect](http://loudoun.gov/PRCSConnect)



Creating Communities For Older Adults & Their Families

*Loudoun County*

## Adult Day Centers

For Seniors with Memory Loss or Physical Impairment



### Our licensed Adult Day Centers Provide:

- A safe, social environment with therapeutic activities
- Respite for caregivers needing support and free time
- Reasonable sliding scale fees

Offering engaging activities, individualized personal care, nutritious lunch and snacks, exercise, medication administration, health monitoring and limited transportation.



#### EASTERN LOUDOUN ADULT DAY CENTER

45140 Bles Park Drive  
Ashburn, Virginia 20147  
571-258-3232



#### MAC BROWNELL ADULT DAY CENTER

200 E. Willie Palmer Way  
Purcellville, Virginia 20132  
571-258-3402



#### LOUDOUN COUNTY ADULT DAY CENTER AT LEESBURG

16501 Meadowview Court  
Leesburg, Virginia 20175  
703-771-5334



For more information visit  
[loudoun.gov/AdultDay](http://loudoun.gov/AdultDay)



# MISSION

Connect all communities through exceptional people, parks and programs.

# VISION

To make Loudoun the community of choice through outstanding experiences.

# EQUITY

We promote diversity, equity, inclusion and accessibility to remove barriers and create a welcoming environment that celebrates uniqueness and collaboration.

# VALUES

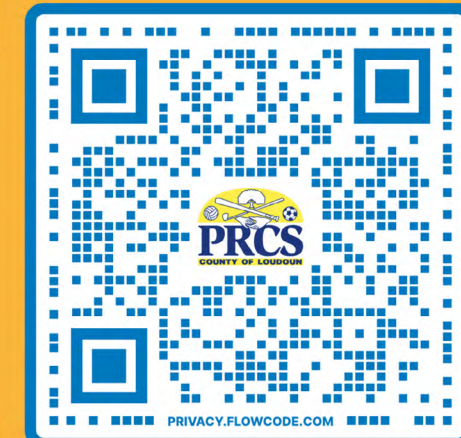
- Excellence** We give our best every time.
- Collaboration** We create more, do more and achieve more together.
- Innovation** We reach forward with the willingness to learn, grow and improve.
- Integrity** We lead with honesty and respect through accountability and transparency.
- Resilience** We rise to the occasion, and we find a way.

Since 1966, the Department of Parks, Recreation and Community Services (PRCS) has worked to meet Loudoun County's needs for recreation and leisure opportunities and supportive community services.

WE WANT TO KNOW MORE ABOUT  
YOUR EXPERIENCE WITH PRCS.  
SHARE YOUR FEEDBACK WITH US!

*tell us* **MORE**

SCAN  
HERE



OR  
VISIT

[loudoun.gov/PRCSFeedback](http://loudoun.gov/PRCSFeedback)



PARKS,  
RECREATION  
& COMMUNITY  
SERVICES



# GENERAL INFORMATION

what you need to know about...

## WHERE TO FIND YOUR ACTIVITY GUIDE

Activity Guides are available at PRCS centers, park visitor centers, and the Administrative Office located in Leesburg. Copies are also available at Loudoun County Libraries and the County Government Center. The current issue is always available online at [loudoun.gov/activityguide](http://loudoun.gov/activityguide).

## RECEIVE INFORMATION

Visit [loudoun.gov/prcs](http://loudoun.gov/prcs) to sign up to receive text and email messages about PRCS events, program registration dates, and other news. For announcements regarding information about County Government updates sign up for Alert Loudoun at [loudoun.gov](http://loudoun.gov). For questions related to any PRCS program, event, or reservation, please email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) or call 703-777-0343.

## REGISTRATION

Online and registration for all activities begins at 6:30am on Thursday, 5/9/24 for county residents and begins at 6:30am on Thursday, 5/16/24 for out-of-county residents. Walk-in registrations are available during business hours by location.

Senior Day and Overnight Trips: online and walk-in registration begins at 9:00am on Wednesday, 5/8/24 for County residents and senior center members (County or out-of-county). Senior Trips registration begins at 9:00am on Thursday, 5/15/24 for out-of-county residents (who are not members). Overnight trips require in person registration. Annual Senior Center Membership fees are \$36 for County residents and \$54 for out of County residents.

## PRCS CONNECT ONLINE REGISTRATION

PRCS Connect is our online registration system for enrolling in PRCS activities, using a household identification number and password. A new household account can be requested online at [loudoun.gov/PRCSconnect](http://loudoun.gov/PRCSconnect) under "Create a new Account." The first person listed in each household should be an adult. Each household account can host multiple members and will be utilized to register and pay for activities using VISA, Discover, or MasterCard. For forgotten account IDs or passwords select "Login" for assistance. If additional assistance is required, please contact a local PRCS center, park or the Administrative Office before the first day of registration!

## ADDITIONAL FORMS

Additional forms are required for licensed and exempt programs. Please refer to [loudoun.gov/prcs](http://loudoun.gov/prcs) for specific registration guidelines for Licensed Preschool, Child Care, CASA, CASA Academy, YAS, Daze and Fest summer camps, Adaptive Recreation camp, and licensed camps. To be eligible for financial assistance for licensed programs, proof of participation (in the current school year) in the form of an approved letter of eligibility in the Free & Reduced Lunch Program is required.

## PAYMENTS

Registration fees are due at the time of registration, unless otherwise noted. Online registrations must be paid by credit card. In-person payments can be made by cash and credit card, or check and money order, made payable to "County of Loudoun." Payments by check or money order can also be mailed to the PRCS Administrative Office but do not send cash or credit card information by mail. The cost of supplies and materials is included in the class or activity fee unless otherwise indicated.

## ANNUAL CHILDCARE STATEMENT

Childcare statements can be run and printed using PRCS Connect at [loudoun.gov/PRCSconnect](http://loudoun.gov/PRCSconnect), under "My Account > Reports > Childcare Statement." The report will be sent to the email address associated with your PRCS Connect account, and a statement can be printed for any calendar year but, the desired tax year must be selected.

## PROGRAM REFUNDS & CANCELATIONS

If you need to cancel a class/program registration, and you can make the request 15 or more days before the start date, a full refund will be offered. If you cancel a class/program registration 14 or fewer days before the start date, a 50% refund will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email, fax, or mail directly to the facility or program manager offering the class/program. 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 refund policy or policy provided by the specific program. Our goal is to ensure quality programs.

For Senior Trips: there are no refunds, although a refund minus an 25% administrative fee may be issued if the spot is resold. If a participant needs to forward a spot for medical reasons, please call 571-258-3050 or 571-258-3051 at least one week prior to trip.

For Community and Recreation Center Trips: Refunds can be requested 15 or more days before the start date, a 50% refund will be offered and 14 or less there no refunds will be offered. The Department reserves the right to cancel, postpone or change a class or activity due to insufficient enrollment, inclement weather, public holidays or emergencies or other reasonable causes. A full refund (including any applicable fees) will be offered if PRCS cancels.

## 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 and videos of themselves or their children for publicity in publications and other media, including social media, without limitation to increase community awareness of PRCS programs and services.

## TRANSPORTATION & TRIPS

There will be no smoking or alcoholic beverages allowed on any vehicles used for Department trips including motor buses. For questions regarding the Senior Trips program please email [seniortrips@loudoun.gov](mailto:seniortrips@loudoun.gov).

## 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 staffed park directly for available dates, times, and cost. Rental rates can be found in the current Fee Schedule at [loudoun.gov/prcs](http://loudoun.gov/prcs). For information about unstaffed facilities, please call 703-777-0343.

## VOLUNTEERS

For information on volunteer opportunities, including PRCS advisory boards and councils, Aging Services, and the teen volunteer program 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 Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA).

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days notice.

Si usted requiere asistencia para cualquier tipo de discapacidad o asistencia en su idioma para participar, comuníquese con [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. Haga su solicitud con tres días hábiles de anticipación; algunas solicitudes pueden requerir más de tres días.

## CLOSINGS / POSTPONEMENTS

In case of inclement weather, public holidays or emergencies, the Department will determine program cancellations or postponements. For more details, visit [loudoun.gov/prcs](http://loudoun.gov/prcs), consult your parent handbook, or call the program location or PRCS Administration at 703-777-0343. For athletic field conditions, visit [loudoun.gov/fieldstatus](http://loudoun.gov/fieldstatus). For up-to-date announcements regarding County Government closings and cancellations, sign up for Alert Loudoun at [loudoun.gov](http://loudoun.gov).

## PHONE DIRECTORY

**ADMINISTRATIVE OFFICE**  
Main Number.....703-777-0343  
TDD/for deaf or hearing impaired.....TTY-711

**PROGRAMS & SERVICES**  
Adaptive Recreation.....703-737-8042

**After-School Programs**  
CASA Grades K-5.....703-737-8042  
YAS Grades 6-8.....703-777-0343

Area Agency on Aging/Senior Services Adult Day Centers.....703-777-0257  
Children's Programs and Camps.....703-737-8042  
Facilities Planning & Development.....703-737-8992  
Licensed Childcare/Preschool.....703-737-8006  
Sports, Youth & Adult.....703-777-0343  
Sports Postponements/Cancellations.....703-777-0456  
YouthServices.....703-777-0343

**CENTERS**  
Ashburn Senior Center.....571-367-8340  
Bluemont Community Center.....540-554-8643  
Carver Senior Center.....571-258-3400  
Claude Moore Recreation & Community Center.....571-258-3600  
Douglass Community Center.....703-771-5913  
Dulles South Recreation & Community Center.....571-258-3456  
Dulles South Senior Center.....571-258-3883  
Eastern Loudoun Adult Day Center.....571-258-3232  
Franklin Park Performing & Visual Arts Center.....540-338-7973  
Leesburg Adult Day Center.....703-771-5334  
Loudoun Valley Community Center.....540-338-4122  
Lovettsville Community Center.....540-822-5284  
Lucketts Community Center.....703-771-5281  
Mac Brownell Adult Day Center.....571-258-3402  
Old Waterford School.....540-882-3018  
Philomont Community Center.....540-338-5882  
Senior Center at Cascades.....571-258-3280  
Sterling Community Center .....703-430-9480  
The Senior Center of Leesburg.....703-737-8039

**REGIONAL & STAFFED PARK SITES**  
Banshee Reeks Nature Preserve.....703-737-8894  
Claude Moore Park.....571-258-3700  
Franklin Park.....540-338-7603  
Hal & Berni Hanson Regional Park.....571-367-8360  
Philip A. Bolen Memorial Park.....571-258-3487  
Potomack Lakes Sportsplex.....703-444-1459



# FACILITY & PARKS

**PRCS Administration**  
742 Miller Drive, SE  
Leesburg, VA 20175  
703-777-0343

**Ashburn Park**  
43645 Partlow Road  
Ashburn, VA 20147  
703-777-0343

**Banshee Reeks Nature Preserve**  
21085 The Woods Road  
Leesburg, VA 20176  
703-737-8894

**Bazil Newman Riverfront Park**  
44105 Heron Way  
Leesburg, VA 20176  
703-777-0343

**Beth Miller Park**  
20270 Leier Place  
Ashburn, VA 20147  
703-777-0343

**Bles Park**  
44830 Bles Park Drive  
Ashburn, VA 20147  
703-777-0343

**Bluemont Community Center**  
33846 Snickersville Turnpike  
Bluemont, VA 20135  
540-554-8643

**Brambleton Community Park**  
22388/22389 Belmont Ridge Road  
Ashburn, VA 20148  
703-777-0343

**Byrne’s Ridge Park**  
24915 Mineral Springs Circle  
Aldie, VA 20105  
703-777-0343

**Carver Center**  
200 Willie Palmer Way  
Purcellville, VA 20132  
571-258-3400

**Chick Ford & Ryan Bickel Fields**  
43950 Grace Bridge Drive  
Ashburn, VA 20147  
703-777-0343

**Claude Moore Park**  
21544 Old Vestals Gap Road  
Sterling, VA 20164  
571-258-3700

**Claude Moore Recreation and Community Center**  
46105 Loudoun Park Lane  
Sterling, VA 20164  
571-258-3600

**Conklin Community Park**  
25701 Donegal Drive  
Chantilly, VA 20152  
703-777-0343

**Corner Hall Park (Kirkpatrick West)**  
41381 Gardenia Dr.  
Aldie, VA 20105

**Countryside Park**  
20756 Countryside Boulevard  
Sterling, VA 20164  
703-777-0343

**Dawson Corner Neighborhood Park**  
42349 Madturkey Run Place  
Chantilly, VA 20152  
703-777-0343

**Douglass Community Center**  
405 E. Market Street  
Leesburg, VA 20175  
703-771-5913

**Dulles South Recreation & Community Center**  
24950 Riding Center Drive  
South Riding, VA 20152  
571-258-3456

**Dulles South Senior Center**  
24950 Riding Center Drive  
South Riding, VA 20152  
571-258-3883

**East Gate Park**  
43664 Tall Cedars Parkway, Chantilly VA,  
20152, 703-777-0343

**Eastern Loudoun Adult Day Center**  
45140 Bles Park Drive  
Ashburn, VA 20147  
571-258-3232

**Edgar Tillett Memorial Park**  
21561 Belmont Ridge Road  
Ashburn, VA 20147  
703-777-0343

**E.E. Lake General Store**  
18351 Railroad Street  
Bluemont, VA 20135  
703-777-0343

**Evergreen Mills Trail Head**  
21332 The Woods Road  
Leesburg, VA 20176

**Evermoore Neighborhood Park**  
22395 Foundation Drive  
Ashburn, VA 20147

**Franklin Park**  
17501 Franklin Park Drive  
Purcellville, VA 20132  
540-338-7603

**Franklin Park Performing & Visual Arts Center**  
36441 Blueridge View Lane  
Purcellville, VA 20132  
540-338-7973

**Goshen Corner Park**  
41430 Braddock Road  
Aldie, VA 20105  
703-777-0343

**Greg Crittenden Memorial Park**  
21401 Windmill Drive  
Ashburn, VA 20147  
703-777-0343

**Gwen Thompson Briar Patch Park**  
21660 Sterling Boulevard  
Sterling, VA 20164  
703-777-0343

**Hal & Berni Hanson Regional Park**  
23345 Hanson Park Drive  
Aldie, VA 20105  
571-367-8360

**Hampshire Park**  
21315 Smith Switch Road  
Ashburn, VA 20147  
703-777-0343

**Keep Loudoun Beautiful Park**  
43055 Golf Club Road  
Leesburg, VA 20176  
703-777-0343

**Kephart Bridge Landing**  
43942 Riverpoint Drive  
Leesburg, VA 20176  
703-777-0343

**Leesburg Adult Day Center**  
16501 Meadowview Court  
Leesburg, VA 20175  
703-771-5334



**Leesburg Annex Ballfield**  
102 North Street, N.W.  
Leesburg, VA 20175  
703-777-0343

**Loudoun Valley Community Center**  
320 W. School Street  
Purcellville, VA 20132  
540-338-4122

**Lovettsville Community Center**  
57 E. Broad Way  
Lovettsville, VA 20180  
540-822-5284

**Lovettsville Community Park**  
12565 Milltown Road  
Lovettsville, VA 20150  
703-777-0343

**Lucketts Community Center**  
42361 Lucketts Road  
Leesburg, VA 20176  
703-771-5281

**Lucketts Community Park**  
14560 James Monroe Highway  
Leesburg, VA 20176  
703-777-0343

**Lyndora Park**  
43624 Lucketts Bridge Circle  
Ashburn, VA 20148  
703-777-0343

**Mac Brownell Adult Day Center**  
200 Willie Palmer Way  
Purcellville, VA 20132  
571-258-3402

**Meadow Glen Park**  
41574 Conejo Way  
Aldie, VA. 20105  
703-777-0343

**Mickie Gordon Memorial Park**  
23229 Carter’s Farm Lane  
Middleburg, VA 20118  
703-777-0343

**Moorefield Station Community Park**  
43240 Clarendon Square  
Ashburn, VA 20148

**Nations Neighborhood Park**  
42691 Nations Street  
Chantilly, VA 20152  
703-777-0343

**Nell Boone Park**  
11756 Harper’s Ferry Road  
Purcellville, VA 20132 (Neersville)  
703-777-0343

**Philip A. Bolen Memorial Park**  
42405 Claudia Drive  
Leesburg, VA 20175  
571-258-3487

**Philomont Community Center**  
36592 Jeb Stuart Road  
Philomont, VA 20131  
540-338-5882

**Potomac Green Neighborhood Park**  
20750 Marblehead Drive  
Ashburn, VA 20147  
703-777-0343

**Potomack Lakes Sportsplex**  
20280 Cascades Parkway  
Sterling, VA 20164  
703-777-0343

**Ray Muth Sr. Memorial Park**  
20971 Marblehead Drive  
Ashburn, VA 20147  
703-777-0343

**Round Hill Indoor Aquatic Center**  
17010 Evening Star Drive  
Round Hill, VA 20141  
571-258-3562

**Scott Jenkins Memorial Park**  
39480 East Colonial Highway  
Hamilton, VA 20158  
703-777-0343

**Senior Center at Cascades**  
21060 Whitfield Place  
Sterling, VA 20165  
571-258-3280

**Settle-Dean Cabin (no interior access)**  
25625 Loudoun County Parkway  
Chantilly, VA 20152  
703-777-0343

**Shale Ridge Neighborhood Park**  
21335 Shale Ridge Court  
Ashburn, VA 20147  
703-777-0343

**(Arcola) Slave Quarters (no interior access)**  
24837 Evergreen Mills Road  
Sterling, VA 20166  
703-777-0343

**Sterling Community Center**  
120 Enterprise Street  
Sterling, VA 20164  
703-430-9480

**Sugarland Run Stream Valley Park**  
20750 Meadowland Lane  
Sterling, VA 20165  
703-777-0343

**The Senior Center of Leesburg**  
102 North Street, N.W.  
Leesburg, VA 20175  
703-737-8039

**Toby Atwell Field**  
240 Old Waterford Road, NW  
Leesburg, VA 20175  
703-777-0343

**Trailhead Park at Belmont Ridge**  
42555 Sungrove Terrace  
Ashburn, VA 20148  
703-777-0343

**Trailside Park**  
20375 Claiborne Parkway  
Ashburn, VA 20147  
703-777-0343

**Vestals Gap Overlook Park**  
45335 Century Blvd.  
Sterling, VA. 20166  
703-777-0343

**Woodgrove Park**  
17020 Evening Star Drive  
Round Hill, VA 20141  
703-777-0343





# NOW HIRING

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people, parks  
and programs.

## OPEN POSITIONS

### After-School Supervisor

Minimum Qualification: Bachelor's degree in Early Childhood Education or related field (Elementary Education, Nursing, Psychology, Recreation) and one (1) year of program experience supervising children ages 12 and under.

### After-School Leader

High school diploma or equivalent; six (6) months of program experience with children ages 12 and under.

### Preschool Teacher

Bachelor's degree in Early Childhood Education or a related field; six (6) months programmatic experience with children or equivalent combination of education and experience.

### Preschool Aide

High school diploma or equivalent; six (6) months of program experience with children.

### Lifeguard I & II

A minimum age of 15. Lifeguard training and certification provided.



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