

SUMMER 2022

ACTIVITY *guide*

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

creating
COMMUNITY

SUMMER REGISTRATION
loudoun.gov/prcs

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LOUDOUN.GOV/PRCSJOBS



WHAT'S INSIDE

Events, Classes & Activities: June-August
General Registration Begins May 20
Senior Registration Begins May 19
Keep this issue until September

NOTICE:

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

Classes & Activities

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COMMUNITY & RECREATION CENTERS

Across Your County



1. BLUEMONT COMMUNITY CENTER
2. CLAUDE MOORE RECREATION & COMMUNITY CENTER
3. DOUGLASS COMMUNITY CENTER
4. DULLES SOUTH RECREATION & COMMUNITY CENTER
5. LOUDOUN VALLEY COMMUNITY CENTER
6. LOVETTSVILLE COMMUNITY CENTER
7. LUCKETTS COMMUNITY CENTER
8. PHILOMONT COMMUNITY CENTER
9. STERLING COMMUNITY CENTER

General Registration Begins May 20



BLUEMONT COMMUNITY CENTER

33846 Snickersville Pike, Bluemont, VA 20135
540-554-8643
M-F 7:00am-6:30pm

LICENSED CHILDCARE PROGRAMS

PRESCHOOL CLASSES

(Ages 2.5-5) Bluemont Community Center offers a nine-month preschool program from September-May. Classes are offered for 2.5 to 5-year-old children. The State Department of Social Services requires proof of current immunizations, proof of age and a child care application form. Our program follows the National Association for the Education of Young Children's recommended Creative Curriculum Approach to Learning. Call Bluemont Community Center for available openings.

CHILDCARE

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

CASA ACADEMY

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

PRESCHOOL AGE PROGRAMS

SCHOOLS OUT!

(Ages 3-5) Let's say goodbye to the school year and talk about summer plans. All activities will be fun and engaging for each child. Bring a snack and water bottle. Instructor: Linda Garcia.

706133-01 \$90 Tu-Th 6/7-6/9 9:00am-12:00pm

FLAGS, FATHERS & FLOWERS

(Ages 3-5) Lots to talk about this week, including Flag Day, Father's Day and planting flowers. Bring a snack and water bottle. Instructor: Linda Garcia.

706134-01 \$90 Tu-Th 6/14-6/16 9:00am-12:00pm

SUMMER SOLSTICE

(Ages 3-5) Students will develop essential knowledge and understanding of the beginning of summer. Activities will include stories and arts and crafts. Bring a snack and water bottle. Instructor: Linda Garcia.

706135-01 \$90 Tu-Th 6/21-6/23 9:00am-12:00pm

CELEBRATE AMERICA

(Ages 3-5) Let's talk about and celebrate our flag and Independence Day. Bring a snack and water bottle. Instructor: Linda Garcia.

706136-01 \$90 Tu-Th 6/28-6/30 9:00am-12:00pm

SOCCER, SHOT & GOAL

(Ages 3-5) This class is for beginner soccer players. The focus will be on basic soccer skills and fundamentals. Bring a water bottle.

406128-01 \$24 Tu-Th 6/28-6/30 12:00pm-1:00pm

MOVING & SHAKING

(Ages 3-5) Let's keep the kids moving and shaking while playing quick and creative physical activities. Bring a snack and water bottle. Instructor: Linda Garcia.

706137-01 \$90 Tu-Th 7/5-7/7 9:00am-12:00pm

SUMMER TEE BALL

(Ages 3-5) Young baseball players will develop safety, hitting, fielding, throwing, and running skills. Bring a water bottle.

406125-01 \$24 Tu-Th 7/5-7/7 12:00pm-1:00pm

PREHISTORIC TIMES

(Ages 3-5) Explore the wonderful world of dinosaurs. Bring a snack and water bottle. Instructor: Linda Garcia.

706138-01 \$90 Tu-Th 7/12-7/14 9:00am-12:00pm

PRESCHOOL BASKETBALL

(Ages 3-5) Young players will develop safety, passing, dribbling, shooting, and running skills. Bring a water bottle.

406127-01 \$24 Tu-Th 7/12-7/14 12:00pm-1:00pm

WATERPLAY & BUBBLES

(Ages 2.5-5) Join us for a morning of bubbles and water play. Wear a swimsuit and bring a towel and lunch and a water bottle. Instructor: Linda Sapp.

406106-01 \$12 M 7/18 11:00am-1:00pm

406106-02 \$12 M 8/15 11:00am-1:00pm

LET'S GO CAMPING

(Ages 3-5) Camping can be a great adventure for kids. Let's explore all things camping. Bring a snack and water bottle. Instructor: Linda Garcia.

706139-01 \$90 Tu-Th 7/19-7/21 9:00am-12:00pm

PRESCHOOL HOCKEY

(Ages 3-5) It's hockey season for preschoolers! The class will focus on basic hockey skills. Bring a water bottle.

406118-01 \$24 Tu-Th 7/19-7/21 12:00pm-1:00pm

BUGS & INSECTS

(Ages 3-5) Let's discover and understand our outdoor critters. Bring a snack and water bottle. Instructor: Linda Garcia.

706140-01 \$90 Tu-Th 7/26-7/28 9:00am-12:00pm

LIONS, TIGERS & BEARS

(Ages 3-5) The animals in the jungle are so fascinating. Let's learn about them. Bring a snack and water bottle. Instructor: Linda Garcia.

706141-01 \$90 Tu-Th 8/2-8/4 9:00am-12:00pm

DOLPHINS, SHARKS, & WHALES

(Ages 3-5) Join us as we explore the beautiful world of the sea. Bring a snack and water bottle. Instructor: Linda Garcia.

706142-01 \$90 Tu-Th 8/9-8/11 9:00am-12:00pm

ELEMENTARY AGE PROGRAMS

NATURE DETECTIVES

(Ages 5-6) This program will help build a foundation of caring for the environment and excitement for the great outdoors. The class will read stories, sing songs, crafts and explore the community center's "backyard" through nature walks and scavenger hunts. Bring a snack and water bottle. Instructor: Charity Danjczek.

406202-01 \$90 Tu-Th 6/21-6/23 9:00am-12:00pm

406202-02 \$90 Tu-Th 6/28-6/30 9:00am-12:00pm

406202-03 \$90 Tu-Th 7/5-7/7 9:00am-12:00pm

ELEMENTARY SPORTS & FUN CAMP

(Ages 6-10) We will develop skills in baseball, basketball, soccer, and hockey. Campers will also learn new games to play.

406201-01 \$80 M-F 7/11-7/15 9:00am-11:00am

SCIENCE SLEUTHS

(Ages 5-6) In this program, participants will understand science and discover how things are made and work. The class will read stories, sing songs, do crafts, and try out fun science experiments. Bring a snack and water bottle. Instructor: Charity Danjczek.

406203-01	\$90	Tu-Th	7/12-7/14	9:00am-12:00pm
406203-02	\$90	Tu-Th	7/19-7/21	9:00am-12:00pm
406203-03	\$90	Tu-Th	7/26-7/28	9:00am-12:00pm

SKETCHING CHARCOAL

(Ages 6-11) Sketching with charcoal is fun because it's so freeing to make big, sweeping movements across your paper while getting messy. In this tutorial, we'll discuss the basics of sketching with charcoal.

406217-01	\$16	W	8/10-8/17	4:00pm-5:00pm
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ELEMENTARY PAINTING

(Ages 6-11) Want to learn how to paint? These painting lessons will demonstrate how to paint using different techniques to create art in many different styles.

406211-01	\$16	Th	8/11-8/18	4:00pm-5:00pm
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ADULT PROGRAMS

GET FIT WITH LINDA

(Ages 18 & up) Ongoing year-round. Class for all ages. Class includes stretching, weights, and cardio, all to great music. The first class is free. Instructor: Linda Sapp.

406501-01	\$56	M,W,F	6/1-6/17	8:00am-9:00am
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PAINTING WITH ACRYLICS

(Ages 18 & up) Always wanted to learn to paint but were afraid to enroll in a class? Our program will help you get comfortable with basic painting techniques. Students must provide their canvas, brushes, and acrylic paints.

406505-01	\$30	W	6/8-6/22	7:00pm-8:30pm
406505-02	\$30	W	7/13-7/27	7:00pm-8:30pm
406505-03	\$30	W	8/10-8/24	7:00pm-8:30pm

MULTIAGE PROGRAMS

FOOT GOLF

(All Ages) We have the only nine-hole footgolf course in western Loudoun County. Mixing soccer and golf is fun and challenging.

Pay at Door	Adults: \$2 Children: \$1
M-F	6/20-8/19 12:00pm-5:30pm

BEGINNER IMPROV

(Ages 10-13) Do you enjoy entertaining? Learn the basics of improv at BCC! Learn public speaking tips, quick thinking skills and more! Instructor: Amanda Barr.

406704-01	\$30	M	7/11-7/25	1:00pm-2:00pm
406704-02	\$30	M	8/1-8/15	1:00pm-2:00pm

FURRY FRIENDS TREATS

(Ages 4-6) Let's not forget about our four-legged family members. We will make healthy dog and cat treats for our pets. Bring a lunch and drink. Instructor: Linda Sapp.

406710-01	\$15	Canine Cooks
M	7/25	12:00pm-1:30pm
406710-02	\$15	Feline Fixins
M	8/1	12:00pm-1:30pm



DOUGLASS COMMUNITY CENTER

705 H East Market Street, Leesburg, VA 20176
703-771-5913
www.loudoun.gov/dcc
M-F 8:30am-9:00pm • Sa. 8:00am-4:00pm

LICENSED PROGRAMS

PRESCHOOL

(Ages 3-5) Douglass Community Center offers a 9-month state-licensed preschool program from September through May. Our experienced staff facilitates age-appropriate activities using the National Association for the Education of Young Children recommended Creative Curriculum Approach to learning. The 2022-23 preschool program begins September 1, 2022. Fee Reductions available to qualifying applicants. Please call 703-771-5913 for available openings.

PRESCHOOL AGE PROGRAMS

PARACHUTES, BALLS & HOOPS

(Ages 1.5-3) Looking for something fun and entertaining to do with your toddler? Join us in our multipurpose room on Monday's. You and your child will enjoy playing with hoops, balls, and parachutes and jumping in a moon bounce. Parent participation required. This is not a teacher lead activity.

404103-01	\$15	Tu	6/7-6/28	10:30am-11:30am
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NATIONAL DONUT DAY

(Ages 2-5) It's National Donut Day. Join us at the Douglass donuts and juice then enjoy playing games, jumping in the moon bounce, and crawling through tunnels.

404101-01	\$8	F	6/3	10:00am-11:00am
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TINY TAP & TUTU

(Ages 2.5-3) Yes. We said tap for a 2-year-old. And nothing could be better! Lots of tutu twirling and princess dancing too! Leotard or tutu, tights and ballet and tap shoes recommended.

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

404111-01	\$185	M	6/20-8/15	9:30am-10:15am
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Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding

404111-02	\$185	Tu	6/21-8/23	4:30pm-5:15pm
404111-03	\$185	F	6/24-8/19	9:30am-10:15am

MY FIRST SCHOOL BUS RIDE TO THE LANDFILL

(Age 3-5) Join for an exciting ride on a school bus to the Loudoun County Landfill. The children will get to experience their first bus ride and see how our Landfill operates. After our filled trip we will return to Douglass for lunch and create a recyclable craft. Parents are not required to stay.

404711-01	\$10	F	6/10	10:00am-12:30pm
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MY FIRST SCHOOL BUS TRIP TO LUCK STONE QUARRY

(Ages 3-5) Meet us at the Douglass Community Center for a field trip to the Luck Stone Quarry in Leesburg! Enjoy a tour and get up close and personal with materials that make up some of Loudoun's roads, bridges, and buildings. Please pack a water bottle and a light snack. Parent participation required. Call 703-771-5913

JAMMIN'

ON THE PORCH

FREE!

BLUEMONT COMMUNITY CENTER

MUSICAL EVENINGS ON THE PORCH

6:30-8P

May 20 Will Harken

June 24 Julia Kasdorf

July 15 Jazz Trio

August 26 Tony Martirano

for more information.
304705-01 \$10 F 7/29 12:30pm-2:30pm

TWIRLY TAP & JAZZY JAZZ -8-WEEK SESSION

(Ages 3-4) Let's just do it all!! Ballet, tap and jazz all rolled into one super fun class! Plus, a show on stage like the big kids! Costume/Recital fee due in March. Leotard or tutu, tights and ballet and tap shoes recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn
404120-01 \$185 M 6/20-8/15 10:30am-11:15am
Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding
404120-02 \$185 Tu 6/21-8/23 5:30pm-6:15pm
404120-03 \$185 F 6/24-8/19 10:30am-11:15am

ALL GROWN UP -8 WEEK SESSIONS

(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.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn
404121-01 \$185 M 6/20-8/15 11:30am-12:30pm
Creative Dance Center, 43130 Amberwood Plaza, Suite 110, South Riding
404121-02 \$185 Tu 6/21-8/23 6:30pm-7:30pm
404121-03 \$185 F 6/24-8/19 11:30am-12:30pm

LAST CHANCE HOO-RAH

(Ages 3-5) School is right around the corner, so let's enjoy what is left of summer! Enjoy time with your friends' playing games, making crafts, and enjoying making our own dessert for lunch. Bring a lunch and a drink.

404102-01 F 8/19 9:00am-1:00pm

ELEMENTARY AGE PROGRAMS

SCHOOL BUS RIDE TO THE LANDFILL

(Ages 5-9) Is your child interested in Recycling and how the public landfill operates. Let them join us on this adventurous trip to the Loudoun County Landfill. After the trip, we will return to Douglass for lunch and create a recyclable craft.

404201-01 \$10 F 7/22 9:30am-1:00pm

WE SCREAM FOR ICE CREAM

(Ages 6-13) Treat your child to this delicious class! We'll create a tasty new ice cream-based dessert each class. While enjoying our delicious treat we will watch a movie, playing games and enjoy meeting new friends. Parents are not required to stay.

404106-01 \$20 F 6/10 6:00pm-9:00pm
404106-02 \$20 F 7/15 6:00pm-9:00pm
404106-03 \$20 F 8/12 6:00pm-9:00pm

MULTIAGE PROGRAMS

SUMMER DANCE TRAINING -6 WEEK SESSIONS

(Ages5-7) Dancers will learn to practice various techniques to popular music: Ballet/Jazz for ages 5-7. Jazz/Hip Hop for ages 7-10. Dance Technique for age 9+ is for dancers to build their skills like flexibility, conditioning, leaps and turns, and some hip hop. Bring a water bottle. Ballet shoes, or Jazz shoes or sneakers recommended.

Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn
 Ages 5-7 -Ballet/Jazz
404203-01 \$120 Tu 6/21-8/16 4:30pm-5:30pm
 Ages 7-10 -Jazz/Hip Hop
404203-02 \$120 Tu 6/21-8/16 5:30pm-6:30pm
 Ages 9+ -Dance Technique
404203-03 \$185 Tu 6/21-8/16 6:30pm-8:00pm

CO.B.R.A. CHILD SAFETY & SELF-DEFENSE

(Ages 5-12) Child Safety and Self-Defense class will teach your child real life pre-

ventative and hands-on techniques to defend themselves and their safety.
404123-01 \$83 Tu 6/21 1:00pm-3:00pm
404123-02 \$83 Tu 7/19 11:00am-1:00pm
404123-03 \$83 Tu 8/16 3:00pm-5:00pm

C.O.B.R.A. COLLEGE BOUND TEEN SAFETY & SELF-DEFENSE

College Bound Teen Safety and Self-Defense class will provide your teen with the necessary skills, preventative techniques, and hands on self-defense to stay safe in various situations.

404124-01 \$119 Tu 6/14 1:00pm-3:30pm
404124-02 \$119 Tu 7/12 11:00am-1:30pm
404124-03 \$119 Tu 8/2 3:00pm-5:30pm

CO.B.R.A. MOTHER & DAUGHTER SELF-DEFENSE

(Ages 14+) Mother and Daughter Self-Defense class focuses on awareness and avoidance as the first line of self-defense as well as hands on and escape techniques.

404125-01 \$99/Duo Tu 6/28 1:00pm-3:00pm
404125-02 \$99/Duo Tu 7/26 11:00am-1:00pm
404125-03 \$99/Duo Tu 8/9 3:00pm-5:00pm



LOUDOUN VALLEY COMMUNITY CENTER

320 West School Street, Purcellville, VA 20132
 540-338-4122
www.loudoun.gov/loudounvalleycc
 M-Th 7:00am-9:00pm • F 7:00am-6:00pm • Sa 8:00am-4:00pm

CHILD CARE

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

TWO.5 PRESCHOOL

Two.5 Preschool is the perfect first preschool experience for your young beginner! Social skills, music, crafts, sharing, and making new friends are all included in this wonderful toddler program. Children must be 2.5 to enter this program. To register call LVCC at 540-338-4122 or stop by School Street.

PRESCHOOL

(Ages 3-5) Our State Licensed, nine-month preschool program operates September through May that follows the Loudoun County School calendar. Our experienced staff follows the Creative Curriculum program for the enrichment of your preschool student. Registration is currently available to all.

PRESCHOOL & ELEMENTARY AGE PROGRAMS

PIRATES & MERMAIDS

(Ages 3.5-12) Ahoy maties! Join the pirate and mermaid adventure for a fun filled morning of exciting treasure hunts, face painting, cork boat and mermaid and pirate craft projects. Ms. Amy will transform your face into your favorite ocean loving

character! Instructor: Amy Jackson

Ages 3.5-5.5

401103-01	\$35	W	6/15	8:45am-11:30am
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Ages 5-7

401202-01	\$35	W	6/22	8:45am-11:30am
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Ages 8-12

401202-02	\$35	Th	6/23	8:45am-11:30am
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ACTIVE ART

(Ages 3.5-12) Get busy with active art! Always creating while in motion. You may be making a sand art masterpiece or throwing paint filled cotton balls to create one-of-a-kind painting! Watch out for the paint filled eggs, they can really make a design like you have never seen before! Just lots and lots of ideas Ms. Amy will show you in this class as you stay on the move! Instructor: Amy Jackson

Ages 3.5-5

401105-01	\$35	W	6/29	8:45am-11:30am
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Ages 7-12

401105-02	\$35	Th	6/30	8:45am-11:30am
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SCULPTURE ART

(Ages 5-12) Call all budding designers and architects! In this creative class use your imagination to build some unusual sculptures out of everyday items. Solo cup tower challenge, marshmallow bridges or a colorful crayon tower to name a few! Instructor: Amy Jackson

Ages 5-7

401205-01	\$35	W	7/6	8:45am-11:30am
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Ages 8-12

401205-02	\$35	Th	7/7	8:45am-11:30am
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OUTDOOR GARDEN ART

(Ages 4-12) Dress up the outdoors with the fancy garden art that you create! So many different items to make for your special outdoor garden space. Colorful garden markers painted planters and those fabulous painted rocks that you can hide just about anywhere to make someone's day! Ms. Amy will show you how to dress up everyday items with your special artistic style to use in your garden! Instructor: Amy Jackson

Ages 4-6

401301-01	\$35	W	7/13	8:45am-11:30am
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Ages 7-12

401301-02	\$35	Th	7/14	8:45am-11:30am
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MONSTER MADNESS

(Ages 3.5-12) Our wacky monster art is so much fun you won't even think of being scared! Ms. Amy will help you make monster hand and footprints, googly eye T-shirts, monster head bands and monster "blow art". Your imagination will go wild! Instructor: Amy Jackson

Ages 3.5-5

401106-01	\$35	W	7/20	8:45am-11:30am
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Ages 6-12

401106-02	\$35	Th	7/21	8:45am-11:30am
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ART KICKBALL

(Ages 5-12) Try this fun outdoor action art activity! Art kickball lets you play kick ball with a twist. Each base is filled with paint colored water you must pass through as you are running the course. We also will do some paint projects too. Lots of outdoor summer fun! Instructor: Amy Jackson

Ages 5-8

401204-01	\$35	W	7/27	8:45am-11:30am
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Ages 9-12

401204-02	\$35	Th	7/28	8:45am-11:30am
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WINTER WONDERLAND ART

(Ages 4-12) Cool down this summer doing winter wonderland art. We will get into a snowball fight and jump over to some slip and slide sledding! Let's get together our rainbow sugar cubes and build a winter igloo. Ms. Amy has lots of winter wonderland art projects instore. Instructor: Amy Jackson

Ages 4-6

401302-01	\$35	W	8/3	8:45am-11:30am
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Ages 7-12

401302-02	\$35	Th	8/4	8:45am-11:30am
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SUMMER TEA PARTY

(Ages 4-12) Join Ms. Amy and friends as you prepare and participate in an enchanting summer tea party! The fun you will have creating head wreaths and specially made ties, decorating teacups, setting the proper tea table and enjoying all the royal food for proper teatime! You are welcome to wear a special teatime outfit or come as you are! We can't wait to see you at Ms. Amy's summer teatime! Instructor: Amy Jackson

Ages 4-6

401203-01	\$35	W	8/10	8:45am-11:30am
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Ages 7-12

401203-02	\$35	Th	8/11	8:45am-11:30am
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TYE DYE ART

(Ages 4-12) Join this tie die art adventure that includes all kind of ways to create tie dye projects. You can use sharpies, Kool aid, paints even water pistols! So many cool designs! This is a fun summer craft project class! Instructor: Amy Jackson

AGES 4-6

401104-01	\$35	W	8/17	8:45am-11:30am
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Ages 7-12

401104-02	\$35	Th	8/18	8:45am-11:30am
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MULTIAGE

MIDDLE SCHOOL BASKETBALL DAY CAMP

(Ages 11-14) Join us for a fun summer afternoon of basketball! We will have both team and individual games for participants to play in to expand their skill set in a fun and competitive environment!

401147-01	\$15	Th	6/2	1:00pm-4:00pm
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LYRICAL, HIP HOP, JAZZ DANCE CAMP

(Ages 8-16) We will have fun exploring all three dance techniques with a performance at the end of the week at LVCC. We provide professional high quality performing arts education classes in a fun and positive atmosphere. Students should pack a lunch and water bottle.

701203-01	\$250	Tu-F	7/5-7/8	9:30am-3:00pm
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MUSICAL THEATRE-LITTLE MERMAID

(Ages 8-16) Actors will get to create and explore set design, costumes, lighting, and sound. Please bring a lunch, snack, and water bottle.

701201-01	\$330	M-F	6/20-6/24	9:30am-3:00pm
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MUSICAL THEATRE-FROZEN

(Ages 8-16) Actors will get to create and explore set design, costumes, lighting, and sound. We provide professional high quality performing arts education classes in a fun and positive atmosphere. Please bring a lunch, snack, and water bottle.

701202-01	\$330	M-F	6/27-7/1	9:30am-3:00pm
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701202-02	\$330	M-F	7/11-7/15	9:30am-3:00pm
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MUSICAL THEATRE - ARISTOCATS

(Ages 8-16) Actors will get to create and explore set design, costumes, lighting, and sound. We provide professional high quality performing arts education classes in a fun and positive atmosphere. Bring a lunch, snack, and water bottle.

701205-01	\$330	M-F	8/1-8/5	9:30am-3:00pm
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ACTING THEATRE - LION KING

(Ages 7-15) Actors will get to create and explore set design, costumes, lighting, and sound. We provide professional high quality performing arts education classes in a fun and positive atmosphere. Please bring a lunch, snack, and water bottle.

701206-01	\$330	M-F	8/8-8/12	9:30am-3:00pm
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701206-02	\$330	M-F	8/15-8/19	9:30am-3:00pm
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SCHOOL STREET MOVEMENT-DANCE & DRAMA 2022-23

Dancers in Efx, Starz, Inmotion, and Performance Hip Hop will have the opportunity to perform in the winter recital at the Franklin Park Arts Center. Bring a water bottle to class. Contact Heather Orr at sohoperformingarts@gmail.com with inquiries. Please bring a water bottle

CREATIVE MOVEMENT BALLET-TAP

(Ages 4-6) Young Dancers will have fun learning and exploring the joy of creative movement, ballet, lyrical, tap and jazz through storytelling and imagery improvisation. Dancers will develop and learn the basic skills of dance including developing gross and fine motor skills. This first-time dance class is a cumulative skill process through two semesters of instruction. In preparation for a Spring 2023 recital at the Franklin Park Arts Center.

101204-01	\$324	M	8/29-1/9	3:30pm-4:30pm
101204-02	\$324	Th	9/1-1/12	3:30pm-4:30pm

EFX HIP HOP DANCE TEAM ADVANCED

(Ages 11-17) This advanced class is a high energy group of talented dancers. An upbeat and fun class that focuses on building technique, strength, balance, coordination, and performance technique for the intermediate to advanced level dancer. Dancers will have an opportunity to perform in parades and festivals. This is a competitive team that does require experience.

101206-01	\$396	Tu	8/30-1/10	6:15pm-7:15pm
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EFX HIP HOP DANCE TEAM INTERMEDIATE

(Ages 9-17) This intermediate class is a high energy group of talented dancers. This is an upbeat and fun class that focuses on building technique, strength, balance, coordination, and performance technique for the Intermediate to advanced level dancer. Dancers will have an opportunity to perform in parades and festivals. This is a dance team that does require experience

101207-01	\$396	Tu	8/30-1/10	5:00pm-6:00pm
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STARZ LYRICAL/JAZZ/BALLET/TAP DANCE TEAM

(Ages 6-9) Starz dance company is a class for beginner to intermediate dance level students. Dancers will learn the discipline and techniques of lyrical, ballet, tap and jazz while focusing on building strength, balance, coordination, and performance technique in all dance styles.

101208-01	\$360	Tu	8/30-1/10	3:45pm-4:45pm
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PERFORMANCE BEGINNER HIP HOP CREW

(Ages 6-11) Performance beginner hip hop crew is a high energy group of talented dancers. This is an upbeat and fun class that focuses on building technique, strength, balance, coordination, and performance technique for the beginner dancer.

101209-01	\$360	W	8/24-1/11	3:45pm-4:45pm
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INMOTION BEGINNER-INTERMEDIATE DANCE COMPANY

(Ages 9-17) InMotion dance company focuses on lyrical, ballet and jazz dance technique for the beginner to intermediate level dancer. Dancers will learn proper technique in all 3 dance styles as well as proper alignment, strength, balance, coordination, and performance technique.

101210-01	\$396	W	8/31-1/11	5:00pm-6:00pm
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INMOTION INTERMED-ADVANCED DANCE COMPANY

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

101211-01	\$396	W	8/31-1/11	6:15pm-7:15pm
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KIDS MUSICAL THEATRE WILLY WONKA

(Ages 7-10) Ages 7-10 New! Kids Musical Theatre Willy Wonka is a group of talented youth who will have fun dancing, singing, and acting in this musical theater troupe. Come prepared to explore various Broadway musicals and plays. Students will also get to create and explore set design, costumes, lighting, sound with various story themes. Students will perform on stage at Franklin Park Arts Center at the end of the session! Production cost and 4 tickets are included with tuition.

There are 2 seasons of Kids Musical Theatre, #1 August 2022-January 2023 & #2 January 2023-May 2023. Direct inquiries to Heather Orr at sohoperformingarts@gmail.com

101215-01	\$396	M	8/29-1/9	4:45pm-5:45pm
101215-02	\$396	Th	9/1-1/12	4:45pm-5:45pm

MUSICAL THEATRE ELF JUNIOR PRODUCTION

(Ages 10-17) Musical Theatre Elf Junior Production Musical Theatre is a group of talented youth who will have fun dancing, singing, and acting in this musical theater troupe. Come prepared to explore various Broadway musicals and plays. Students will also get to create and explore set design, costumes, lighting, sound with various story themes. Students will perform on stage at Franklin Park Arts Center at the end of the session! Production cost and 4 tickets are included with tuition. There are 2 seasons of Kids Musical Theatre, #1 August 2022-January 2023 & #2 January 2023-May 2023. Direct inquiries to Heather Orr at sohoperformingarts@gmail.com

101216-01	\$396	M	8/29-1/9	6:00pm-7:15pm
101216-02	\$396	Th	9/1-1/12	6:00pm-7:15pm

HEALTH & FITNESS PROGRAMS

FITNESS CENTER 2022

(Ages 16 & up) Come in and work out. Get back in shape or just tone up! New state of the art fitness equipment.

Membership options:

Adults (Ages 16-54)	\$150 for 6 months; \$275 for 1 year
Seniors (55+)	\$100 for 6 months; \$150 for 1 year
Students (16-24 with ID)	\$100 for 6 months; \$150 for 1 year

SENIOR EXERCISE PASS

(Ages 55 & up) 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 & up) A challenging program that focuses on improving your cardiovascular stamina and increasing your muscle tone and strength, while decreasing your body fat and changing your body composition. The program focuses on overall core strength and stability, as well as resistance and cardiovascular training. Flexibility and mobility are emphasized in each workout. What makes our program unique and successful is that every single day is different! Every week is different! Every month is different! Join the Boot Camp team by enrolling in one of our monthly pass options. Passes expire at the end of each month Instructor: Fitness Image Results

4 Visits	\$52
8 Visits	\$96
10 Visits	\$110
Unlimited	\$120
Drop-In	\$15
M,W,F	8:00am-9:00am

TAI CHI

(Ages 16 & Up) Tai Chi is a martial art that teaches strength, balance, relaxation, flexibility, and mind-body unification involving a sequence of deliberate movements. Instructor: Bob Gardner

401516-01	\$110	Tu,Th	5/31-7/21	9:00am-10:00am Adv
401516-02	\$110	Tu,Th	5/31-7/21	10:00am-11:00am Int
401516-03	\$110	Tu,Th	5/31-7/21	11:00am-12:00am Beg

MUSCLE REPAIR & MOBILITY

(Ages 15 & up) Move more efficiently, prevent injury, and enhance your athletic performance through muscle repair. Myofascial release with deep stretch postures and sequences to activate weak, tight, muscles and improve posture. No weights required. Instructor: Fitness Image Results

Full Month:	\$60
Drop In:	\$20
Tu	8:00am-9:00am

PERSONAL TRAINING

(Ages 16 & Up) LVCC offers personal training! Contact "Fitness Image Results" at Jeff@firesults.com or 571-437-4350 to set up your appointment with our Certified Personal Trainer, Jeff Strahan. Free 45 min session with your membership. Program Development Package \$199.00

1 session.....	\$80
4 sessions.....	\$304
8 sessions.....	\$576
12 sessions.....	\$816

PUNCH CARD FITNESS

(Ages 16 & up) Join us at LVCC for any of the 6 PUNCH CARD fitness classes. Purchase your card at LVCC or on-line 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.

YOGA

(Ages 16 & up) 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	Th	8:30am-9:30am
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FULL BODY STRENGTH

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

Punch Card Pass	W	8:30am-9:30am
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ZUMBA

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

Punch Card Pass	Tu,W,F	9:30am-10:30am
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STRONG NATION

Strong Nation combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music designed to match every move. You will burn calories while toning arm, legs, abs, and glutes Explosive moves like high knees and burpees are interchanged with isometric moves like lunges, squats, and kickboxing.

Punch Card Pass	M	11:00am-12:00pm
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Planning a Birthday Party?

Book a PRCS Birthday Party Package and leave the planning to us!
For more information, contact PRCS at 703-777-0343



LOVETTSVILLE COMMUNITY CENTER

57 E. Broad Way, Lovettsville, VA 20180

540-822-5284

M-Th 7:00am-7:00pm • F 7:00am-6:30pm

PRESCHOOL AGE PROGRAMS

KIDZ CREW

(Ages 3-5) Have a blast with your friends this summer! We will enjoy creative crafts, music, games, and indoor and outdoor play. Don't forget to pack a nut-free snack and a water bottle. This is a licensed program so children must be potty-trained, able to separate with ease and be three years old by the first day of camp. All required paperwork must be completed prior to the first day of camp. Instructor: Barbara Ray, Christine White, or other staff.

402100-01	\$75	Tu-Th	6/7-6/9	9:00am-12:00pm
402100-02	\$75	Tu-Th	6/14-6/16	9:00am-12:00pm
402100-03	\$75	Tu-Th	6/21-6/23	9:00am-12:00pm
402100-04	\$75	Tu-Th	6/28-6/30	9:00am-12:00pm
402100-05	\$75	Tu-Th	7/5-7/7	9:00am-12:00pm
402100-06	\$75	Tu-Th	7/12-7/14	9:00am-12:00pm
402100-07	\$75	Tu-Th	7/19-7/21	9:00am-12:00pm
402100-08	\$75	Tu-Th	7/26-7/28	9:00am-12:00pm
402100-09	\$75	Tu-Th	8/2-8/4	9:00am-12:00pm
402100-10	\$75	Tu-Th	8/9-8/11	9:00am-12:00pm
402100-11	\$75	Tu-Th	8/16-8/18	9:00am-12:00pm

ELEMENTARY AGE PROGRAMS

KIDZ ZONE

(Ages 6-10) Join us for swimming, arts, crafts, games and more. Please pack a nut-free lunch and a water bottle. Instructor: Denise Dant.

402200-01	\$90	Tu-Th	6/21-6/23	9:30am-1:30pm
402200-02	\$90	Tu-Th	6/28-6/30	9:30am-1:30pm
402200-03	\$90	Tu-Th	7/12-7/14	9:30am-1:30pm
402200-04	\$90	Tu-Th	7/19-7/21	9:30am-1:30pm
402200-05	\$90	Tu-Th	7/26-7/28	9:30am-1:30pm
402200-06	\$90	Tu-Th	8/2-8/4	9:30am-1:30pm

DIP-N-DODGE DAYS

(Ages 6-10) Looking for a fun way to mix up your week!? We'll play various games of dodge ball and then cool off at the pool. Please pack a nut-free lunch and a water bottle. Instructor: Denise Dant.

402209-01	\$30	F	6/24	10:00am-1:30pm
402209-02	\$30	F	7/15	10:00am-1:30pm
402209-03	\$30	F	7/29	10:00am-1:30pm
402209-04	\$30	F	8/5	10:00am-1:30pm

GIRLS DAY OUT

(Ages 6-10) Join us for a music, dancing, a fun craft, and some pool time! Please pack a nut-free lunch and a water bottle. Instructor: Denise Dant.

402211-01	\$30	M	6/27	10:00am-1:30pm
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402211-02	\$30	M	7/25	10:00am-1:30pm
402211-03	\$30	M	8/8	10:00am-1:30pm

CAMP NERF

(Ages 6-10) Pack your Nerf gun and darts. We'll have a morning of Nerf games and battles, and then we're off to the pool to cool off and relax. Bring a nut-free lunch, a water bottle, your own Nerf equipment and darts. Instructor: Denise Dant.

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

DIP-N-DODGE CAMP

(Ages 6-10) Come join us for Classic, Scramble, War, Dr. Dodge, Ultra Ball, Battleship -we'll play all these versions of dodgeball! Once we are done, we'll cool off at the pool. Please pack a nut-free lunch and a water bottle. Instructor: Denise Dant.

402202-01	\$80	Tu-Th	7/5-7/7	10:00am-1:30pm
402202-02	\$80	Tu-Th	8/9-8/11	10:00am-1:30pm

WHAT'S COOKING?

(Ages 6-10) Are you ready to have some fun in the kitchen? Come make something delicious and then cool off by the pool! Please pack a nut-free lunch and a water bottle. Instructor: Denise Dant.

402220-01	\$30	M	7/18	10:00am-1:30pm
402220-02	\$30	M	8/1-8/1	10:00am-1:30pm

MULTIAGE PROGRAMS

WACKY WEDNESDAY

(All Ages) Wacky Wednesday at the Lovettsville Pool – Join Community Center staff at the pool each Wednesday this summer for a wacky good time! Our staff will have games to play with anyone who wishes to participate. Times will be posted at the pool weekly. Included in Pool Admission

W	6/22-8/31	Varies
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WATER WORKOUT

(Ages 15 & up) A well-balanced and thorough water exercise program. Instructor: Barbara Talbott.

\$75/Fit Pass, \$9/Drop-in		
M,W,F	6/20-8/19	9:30am-10:30am
Tu, Th	6/21-8/18	6:45pm-7:45pm

BOOT CAMP FOR YOUTH

(Ages 5-15) BOOTCAMPERS! Is your child looking to take their conditioning to the next level? How about just getting FIT? Coach Jeff with Fitness Image Results will get your kid FIR-FIT!! This club will keep the children moving and teach them fun ways to become stronger and healthier. Instructor: Fitness Image Results. Passes expire at the end of each month

Tu,Th	6/16-8/23	9:00am-10:00am
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Prices listed with BOOT CAMP

ADULT PROGRAMS

BOOT CAMP

(Ages 16 & up) Are you bored with your workout? Are you not seeing the results you want? Then Fitness Image Results Boot Camp program is a perfect fit! Their 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	6/1-8/31	5:30pm-6:30pm
Tu,Th	6/2-8/30	8:00am-9:00am
Sa	6/5-8/28	8:00-9:00am & 9:00-10:00am
4 Visits		\$52
8 Visits		\$96
10 Visits		\$110
Unlimited		\$120

2 Family Members Unlimited	\$200
Multi-Family Members Unlimited	\$250
Drop-In	\$15

SENIOR PROGRAMS

PICKLEBALL

(Ages 55 & up) Enjoy playing pickleball with others from the local community. Play takes place in our gymnasium and equipment for play is provided if needed!

\$20/Pickleball Pass, \$2/drop-in		
M,W	6/1-8/31	1:00pm-3:00pm

STRENGTH FOR SENIORS

(Ages 55 & up) This total body workout is a great way for seniors to get started with strength training. The exercises focus on building total body strength with an emphasis on improving balance, stability and flexibility. Wear comfortable clothing and bring water. Instructor: Katharina Connor.

\$75/Fit Pass, \$9/drop-in		
Th	6/2-8/25	9:30am-10:30am

DANCE FITNESS

(Ages 55 & up) Combining several music styles to create a great workout! A total body fitness class for beginner to advanced levels. This class offers time to dance as well as a time to use weights to build strength. Instructor: Kelly Nash.

\$75/Fit Pass, \$9/drop-in		
Tu	6/7-8/30	9:30am-10:30am



LUCKETTS COMMUNITY CENTER

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

LICENSED PROGRAMS

PRESCHOOL

(Ages 3 – 5) Ask us about enrolling in preschool for Fall of 2022-2023. Our state-licensed 3-year-old and 4-year-old preschool programs operate September through May. Our warm and experienced staff facilitate age-appropriate activities that foster a positive self-image in each child.

CHILD CARE

(Ages 3 – 5) Currently enrolling! Looking for the perfect childcare solution? Our full and part-time childcare program provides a safe, healthy learning environment guided by caring teachers in the historic and beautifully renovated Lucketts Schoolhouse. Hourly drop-in care is available on a space available basis.

CASA ACADEMY

(Entering grades K – 5) Join CASA Academy @ Lucketts. Your child will have a great time in our afterschool program includes recreational activities, outside play, games, crafts and homework help for students at Lucketts Elementary School. The program enrolls year-round. Ask us about Fall 2022 enrollment.

A vibrant, colorful graphic featuring a silhouette of a child running to the right. The silhouette is filled with a rainbow gradient. The background is a large, abstract splash of various colors including blue, green, yellow, orange, and pink. The text "LOCO KIDS FEST" is written in a white, hand-drawn, blocky font across the center of the graphic.

LOCO KIDS FEST

MONDAY, SEPTEMBER 5
**SEGRA FIELD
PARKING LOTS**



WWW.LOUDOUN.GOV/PRCSEVENTS

SUMMER CAMPS

Your ticket to summer fun is right here! Register for Summer Camps at the Old Schoolhouse beginning now.

PRESCHOOL AGE PROGRAMS

PRESCHOOL FUN CAMP -I LOVE STEM!

(Ages 3-5) Join us for a stem-filled week! Your child will put their creativity and problem-solving into action, as complete fun stem-filled activities and games. Please bring a lunch and a water bottle each day. Campers must be potty-trained.

709139-01	\$135	M-F	6/6-6/10	9:00am-1:00pm
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PRESCHOOL FUN CAMP: LITTLE ATHLETES

(Ages 3-5) Soccer, Basketball, Football oh my! Join us for a sport filled week. Campers will learn different sports though fun games, that focus on hand-eye coordination and motor development. This camp will focus on learning, emphasizing patience, teamwork, and self-confidence. Campers will need to bring a lunch and a water bottle and wear closed-toe shoes.

709131-01	\$135	M-F	6/13-6/17	9:00am-1:00pm
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PRESCHOOL FUN CAMP -SPACE IS THE PLACE

(Ages 3-5) Here's a camp that's out of this world! Spend the week celebrating all things outer space with activities investigating the Solar System, Planets, Astronauts, and Rocket Ships. Campers will need to pack a lunch and a water bottle each day.

709132-01	\$135	M-F	6/20-6/24	9:00am-1:00pm
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PRESCHOOL FUN CAMP -BUGGIN' OUT

(Ages 3-5) Insects are the most abundant animals on earth! We will learn all about insects through crafts, games, and stories in this creepy crawly camp. Campers will need to bring a lunch and water bottle.

709133-01	\$135	M-F	6/27-7/1	9:00am-1:00pm
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PRESCHOOL FUN CAMP -WILD & CRAZY ART

(Ages 3-5) Join us as we explore the world of art. Campers will create beautiful works of art using different mediums like clay, pastels, and paint. Campers will need to bring a lunch and water bottle.

709134-01	\$135	M-F	7/11-7/15	9:00am-1:00pm
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PRESCHOOL FUN CAMP -GAMES GALORE

(Ages 3-5) Are you ready for some gaming good fun! Campers will enjoy classic board games and exciting recreation games. Campers will need to bring a lunch and a water bottle each day.

709135-01	\$135	M-F	7/18-7/22	9:00am-1:00pm
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PRESCHOOL FUN CAMP -CHRISTMAS IN JULY

(Ages 3-5) Santa and Sun, What Could be better! Join us for merry good time as we enjoy all the fun of Christmas 5 months early. Campers will need to bring a lunch each day and a water bottle.

709136-01	\$135	M-F	7/25-7/29	9:00am-1:00pm
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PRESCHOOL FUN CAMP -COOKING AROUND THE WORLD

(Ages 3-5) Join us as we cook tasty cuisine from around the world! Each day we will discover a new country and try tasty food native to that country. Camper will need to bring a lunch and a water bottle each day.

709137-01	\$135	M-F	8/1-8/5	9:00am-1:00pm
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PRESCHOOL FUN CAMP -SUPERHERO ACADEMY

(Ages 3-5) Welcome to the Superhero Academy! Superhero boys and girls will receive the training they need to tap into their superhero potential! They will have the chance to create a "secret identity", improve their "superpowers", make new friends, and more! At the end of the week, campers will graduate from the Academy and receive a superhero certificate. Campers will need to bring a lunch and a water bottle each day.

709138-01	\$135	M-F	8/8-8/12	9:00am-1:00pm
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ELEMENTARY AGE PROGRAMS

MORNING CAMP EXTENDED

(Ages 6-11) Weekly Extended Morning Care for Summer Camps at Lucketts. Drop your child off to enjoy activities and quiet games before the camp day kicks off. Bring a light morning snack.

709231-01	\$25	M-F	6/20-6/24	7:30am-9:00am
709231-02	\$25	M-F	6/27-7/1	7:30am-9:00am
709231-03	\$25	Tu-F	7/5-7/8	7:30am-9:00am
709231-04	\$25	M-F	7/11-7/15	7:30am-9:00am
709231-05	\$25	M-F	7/18-7/22	7:30am-9:00am
709231-06	\$25	M-F	7/25-7/29	7:30am-9:00am
709231-07	\$25	M-F	8/1-8/5	7:30am-9:00am
709231-08	\$25	M-F	8/8-8/12	7:30am-9:00am
709231-09	\$25	M-F	8/15-8/19	7:30am-9:00am

AFTERNOON CAMP EXTENDED

(Ages 6-11) Weekly extended Afternoon care for Summer Camp at Lucketts. Campers enjoy a continuation of the camp day with supervised free time, outdoor play, games and crafts.

709232-01	\$35	M-F	6/20-6/24	4:00pm-6:00pm
709232-02	\$35	M-F	6/27-7/1	4:00pm-6:00pm
709232-03	\$35	Tu-F	7/5-7/8	4:00pm-6:00pm
709232-04	\$35	M-F	7/11-7/15	4:00pm-6:00pm
709232-05	\$35	M-F	7/18-7/22	4:00pm-6:00pm
709232-06	\$35	M-F	7/25-7/29	4:00pm-6:00pm
709232-07	\$35	M-F	8/1-8/5	4:00pm-6:00pm
709232-08	\$35	M-F	8/8-8/12	4:00pm-6:00pm
709232-09	\$35	M-F	8/15-8/19	4:00pm-6:00pm

LAZY DAYS AT LUCKETTS

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

709240-01	\$175	M-F	6/20-6/24	9:00am-4:00pm
709240-02	\$175	M-F	6/27-7/1	9:00am-4:00pm
709240-03	\$140	Tu-F	7/5-7/8	9:00am-4:00pm
709240-04	\$175	M-F	7/11-7/15	9:00am-4:00pm
709240-05	\$175	M-F	7/18-7/22	9:00am-4:00pm
709240-06	\$175	M-F	7/25-7/29	9:00am-4:00pm
709240-07	\$175	M-F	8/1-8/5	9:00am-4:00pm
709240-08	\$175	M-F	8/8-8/12	9:00am-4:00pm

FISHING CAMP

(Ages 6-11) Come join us for a fun day of fishing, we will travel to different locations, catch some fish and have a lot of fun doing it. Please bring bottled water, a bagged lunch, a hat (for sun protection), sunscreen and bug spray. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can't wait to see you at camp!

709233-01	\$225	M-F	7/18-7/22	9:00am-4:00pm
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MULTI-SPORT CAMP

(Ages 8-12) Does your child enjoy sports, or have the desire to learn new sports? Well bring your child to Lucketts for Multi-Sport Camp. Your child will have fun learning and playing basic and new sports such as flag football, soccer, wiffleball, kickball, dodgeball and much more. Please bring bottled water, a bag lunch, a hat (for sun protection), sunscreen and bug spray. We ask for a \$25 non-refundable deposit per week to reserve your camper's spot and that deposit will be applied to your session(s). Extended care is offered in the morning and afternoon. See this

section for details. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can't wait to see you at camp!

709238-01	\$175	M-F	6/27-7/1	9:00am-4:00pm
709238-02	\$175	M-F	7/11-7/15	9:00am-4:00pm
709238-03	\$175	M-F	7/25-7/29	9:00am-4:00pm
709238-04	\$175	M-F	8/8-8/12	9:00am-4:00pm

TEEN PROGRAMS

TEEN ADVENTURERS CAMP

(Ages 11.99-14) Middle School Trip Campers will travel to a different location around the D.C. Metro region. Traveling to water parks and adventure sites, indoor and outdoor. Your Middle Schooler is sure to have a fun time. Please bring a bottled water, a bag lunch, a hat (for sun protection), sunscreen and bug spray. Call 703-771-5281 or email Lucketts@loudoun.gov for more information.

709330-01	\$300	Tu-F	7/5-7/8	8:00am-5:00pm
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SENIOR PROGRAMS

BINGO AT THE OLD SCHOOL HOUSE

(Ages 55-99) Come join us at the Old School House for some Bingo. .50 cent per card! To register visit loudoun.gov/webtrac or call us at 703-771-5281

Location: Lucketts Community Center

409610-01	\$.50	Th	8/4-8/4	10:00am-11:00am
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OLD WATERFORD SCHOOL

40222 Fairfax Street, Waterford, VA 20197

540-882-3018

Craftschool.waterfordfoundation.org

PRESCHOOL PROGRAMS

PRESCHOOL FUN CAMP: KITCHEN CREATIONS WEEK

(Ages 3-5) Do you have a Kitchen helper at home? Well bring your child to Kitchen Creations Week for a day of hands-on measuring, mixing, cooking, and baking using a variety of ingredients and techniques. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can't wait to see you at camp!

709112-01	\$75	Tu,Th	6/7-6/9	9:00am-11:30am
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PRESCHOOL FUN CAMP: SCIENCE LAB WEEK

(Ages 3-5) Bring your Little Scientist to Science Lab Week at Old Waterford School. Your little scientist will experience exciting hands-on experiments, learning about different reactions-guess what will happen! Then see the actual Explosive results, all while learning and having fun. Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can't wait to see you at camp!

709113-01	\$75	Tu,Th	6/21-6/23	9:00am-11:30am
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PRESCHOOL FUN CAMP: MESSY MASTERPIECES WEEK

(Ages 3-5) Let's make a summertime Mess or better yet, Messy Masterpieces.

Spray, Splash, Stomp, throw and Stomp. We will be painting and getting messy making amazing art. Call 703-771-5281 or email lucketts@loudoun.gov for more information. Campers Must be potty-trained.

709114-01	\$75	Tu,Th	7/19-7/21	9:00am-11:30pm
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ELEMENTARY AGE PROGRAMS

CAMP WATERFORD

(Ages 6-11) Camp Waterford at Old Waterford School will be jammed-packed with summer fun: Arts and Crafts, STEM Activities, Nature Exploration, Outdoor Games, Cooking, Board games, and Storytelling are just a few activities on-hand. Please bring bottled water, a bag lunch, a hat (for sun protection), sunscreen and bug spray. We ask for a \$25 non-refundable deposit per week to reserve your camper's spot and that deposit will be applied to your session(s). Call 703-771-5281 or email lucketts@loudoun.gov for more information. We can't wait to see you at camp!

709251-01	\$150	M-F	6/20-6/24	9:00am-1:00pm
709251-02	\$150	M-F	6/27-7/1	9:00am-1:00pm
709251-03	\$150	M-F	7/11-7/15	9:00am-1:00pm
709251-04	\$150	M-F	7/18-7/22	9:00am-1:00pm
709251-05	\$150	M-F	8/8-8/12	9:00am-1:00pm

MULTIAGE

FIBER ARTS CRAFT CAMP

(Ages 8-10) Explore the world of fiber arts! Each day will include time for creativity, education, fiber arts-related story telling, and overall hands-on fun with fiber. For more Camp details, visit craftschool.waterfordfoundation.org/camps. A \$40 materials fee will be due to the Waterford Foundation on the first day of camp. Instructor: Susan Withnell.

709250-01	\$150	M-F	8/1-8/5	9:00am-12:00pm
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FIBER ARTS CRAFT CAMP

(Ages 11-13) Explore the world of fiber arts! Each day will include time for creativity, education, fiber arts-related story telling, and overall hands-on fun with fiber. For more Camp details, visit craftschool.waterfordfoundation.org/camps. A \$40 materials fee will be due to the Waterford Foundation on the first day of camp. Instructor: Susan Withnell.

709350-01	\$150	M-F	8/1-8/5	1:00pm-4:00pm
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SURVIVAL CAMP

(Ages 11-15) Explore a preserved 19th century village and surrounding landscape while learning essential survival skills. Water & fire, food, medicine, signaling & navigation, and survival kits will be covered in depth. Campers will receive a kit that includes a fire-safe drinking cup, compass, and 3.6" fixed blade knife. For more Camp details, visit craftschool.waterfordfoundation.org/camps. Wear closed-toe shoes; bring a bag lunch and at least 1 liter of drinking water. A \$40 materials fee will be due to the Waterford Foundation on the first day of Camp. Instructor: Laura Handley.

709734-01	\$300	M-F	8/1-8/5	8:00am-2:00pm
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EXTENDED DAY AT THE OLD WATERFORD SCHOOL

(Ages 8-13) Extend your camp day at the Old Waterford School! Meets before or after Fiber Arts Craft Camp, so choose section 01 for ages 11-13; section 02 for ages 8-10. We'll take time for lunch, play games, cook, craft and more. Please pack a lunch and bring a bottle of water. Call 703-771-5281 or email lucketts@loudoun.gov for more information.

Ages 8-10

709450-01	\$150	M-F	8/1-8/5	9:00am-1:00pm
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Ages 11-13

709450-01	\$150	M-F	8/1-8/5	Noon to 4:00pm
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PHILOMONT COMMUNITY CENTER

36592 Jeb Stuart Road, Philomont, VA 20131
540-338-5882
pcc@loudoun.gov
M-F 8:30am-5:00pm

PRESCHOOL PROGRAMS

SUMMER FUN AT PHILOMONT CAMPS

(Ages 3-5) Each week we will feature a different theme, spanning across arts, crafts, stories, make believe, music, science and more! In our half-day camps, campers will enjoy indoor and outdoor play. Bring a snack, lunch, water bottle and change of clothes.

811101-01	\$110	Tu-F
Welcome Summer	5/31-6/4	9:30am-1:30pm
811101-02	\$110	M-Th
All About Colors	6/6-6/9	9:30am-1:30pm
811101-03	\$110	M-Th
Little Painters	6/13-6/16	9:30am-1:30pm
811101-04	\$110	Tu-F
Discover Dinosaurs	6/21-6/24	9:30am-1:30pm
811101-05	\$110	M-Th
Party In The Usa	6/27-6/30	9:30am-1:30pm
811101-06	\$110	Tu-F
Woodland Animals	7/5-7/8	9:30am-1:30pm
811101-07	\$110	M-Th
Explore The Garden	7/11-7/14	9:30am-1:30pm
811101-08	\$110	M-Th
Play Doh & Slime	7/18-7/21	9:30am-1:30pm
811101-09	\$110	M-Th
Space Is The Place	7/25-7/28	9:30am-1:30pm
811101-10	\$110	M-Th
Rainforest Fun	8/1-8/4	9:30am-1:30pm
811101-11	\$110	M-Th
Water, Water!	8/8-8/11	9:30am-1:30pm

ELEMENTARY PROGRAMS

MAKER/MAKE-IT CAMPS

(Ages 6-9) Discover the world around you using hands-on experiences! Arts, crafts, cooking, gardening, space, electricity, wood working, there is something for everyone! Each week is a new theme different than the previous. Bring a lunch and a water bottle and bring a change of clothes.

811201-01	\$110	Tu-F
Small Garden Fun	6/21-6/24	9:30am-1:30pm
811201-02	\$110	M-Th
Wood Working	6/27-6/30	9:30am-1:30pm
811201-03	\$110	Tu-F
Hands-On Crafts	7/5-7/8	9:30am-1:30pm
811201-04	\$110	M-Th
Electricity	7/11-7/14	9:30am-1:30pm
811201-05	\$110	M-Th

Food & Cooking	7/18-7/21	9:30am-1:30pm
811201-06	\$110	M-Th
Outer Space	7/25-7/28	9:30am-1:30pm
811204-03	\$110	M-Th
Visual Art	8/1-8/4	9:30am-1:30pm
811204-05	\$110	M-Th
Water, Water!	8/8-8/11	9:30am-1:30pm

FUN FRIDAYS

(Ages 6-9) Join us for some 'out-of-the-box fun! Each day will be a different experience. Walks to the creek, try our hand at fishing, creative arts, etc. Bring a water bottle & lunch and join us in our summer fun

811204-07	\$30	F	6/17	9:30am-1:30pm
811204-08	\$30	F	7/22	9:30am-1:30pm
811204-09	\$30	F	8/5	9:30am-1:30pm
811204-10	\$30	F	8/12	9:30am-1:30pm



STERLING COMMUNITY CENTER

120 Enterprise Street, Sterling, VA 20164
703-430-9480
Fax: 571-258-3997
www.loudoun.gov/sterlingcc
M-F 8:00am-9:00pm • Sa 9:00am-5:00pm

PRESCHOOL AGE PROGRAMS

JUST FOR 2s & 3s – TU, TH

(Age 2-3) A different theme will be explored each month. Children will learn through play and explore the world around them in a fun and safe environment. This will all be accomplished through arts and crafts, music, social interaction, sensory play, and games. Remember to pack a snack! Register in person at SCC. Call for more information.

303186-01	\$96	Tu,Th	9/6-9/29	9:30am-11:00am
303186-02	\$96	Tu,Th	10/4-10/27	9:30am-11:00am
303186-03	\$72	Tu,Th	11/3-11/29	9:30am-11:00am

JUST FOR 2s & 3s – M, W, F

(Age 2-3) A different theme will be explored each month. Children will learn through play and explore the world around them in a fun and safe environment. This will all be accomplished through arts and crafts, music, social interaction, sensory play, and games. Remember to pack a snack! Register in person at SCC. Call for more information.

303186-01	\$120	M,W,F	9/7-9/30	9:30am-11:00am
303186-02	\$108	M,W,F	10/3-10/28	9:30am-11:00am
303186-03	\$120	M,W,F	11/2-11/30	9:30am-11:00am

JUST FOR 2s & 3s INFO SESSION

Interested in learning more about our Just For 2s & 3s program? Call us to schedule an info session and tour with one of our programmers.

ELEMENTARY AGE PROGRAMS

LET'S BUILD TOGETHER

(Ages 5-10) Open play using magnets, Legos, blocks, and some unconventional items. Building challenges strengthen those all-important critical thinking skills. Call for more information.

Free	Sa	6/4	10:00am-11:00am
Free	Sa	7/2	10:00am-11:00am
Free	Sa	8/6	10:00am-11:00am

MULTIAGE PROGRAMS

FAMILY CRAFT TIME

(All Ages) If you like to craft with your kids, but don't like the mess, come join us at SCC on Saturday mornings. You bring your creativity and artistic vision, we'll bring the supplies and ideas and clean up crew. Call for more information.

Free	Sa	6/4	11:00am-12:00pm
Free	Sa	7/2	11:00am-12:00pm
Free	Sa	8/6	11:00am-12:00pm

PARENTS' ESCAPE NIGHT

(Ages 2-12) Head out for a night on the town while we take care of the little ones. Each month will have a different craft project for kids to make. They'll also have pizza, play games, & watch a movie! Ask about our potty training policy. \$15.00 for first child, \$13.00 for additional siblings. Call for more information.

403708-01	\$15	F	6/14	5:30pm-9:00pm
403708-02	\$13	F	6/14	5:30pm-9:00pm
403708-03	\$15	F	7/15	5:30pm-9:00pm
403708-04	\$13	F	7/15	5:30pm-9:00pm
403708-05	\$15	F	8/19	5:30pm-9:00pm
403708-06	\$13	F	8/19	5:30pm-9:00pm

ADULT PROGRAMS

CRAFTING CLUB

(Ages 18 & up) Do you crochet, knit, or craft? Bring a project you're working on and create in a welcoming and supportive environment. All crafts and skill levels are welcome!

Free	2nd,4th Th	ongoing	7:00pm-8:30pm
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LADIES ESCAPE NIGHT

(Ages 18 & up) Ladies, join us for an evening of refreshments, conversations, and a fun movie!

Free	M	6/20	7:00pm-9:00pm
Free	M	7/18	7:00pm-9:00pm
Free	M	8/15	7:00pm-9:00pm



CLAUDE MOORE RECREATION & COMMUNITY CENTER

46105 Loudoun Park Lane, Sterling, VA 20164
571-258-3600

<http://www.loudoun.gov/claudemoorerec>

Facility

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

Kid Kare

M-F 8:30am-1:30pm • Sa 8:00am-12:00pm

Climbing Wall

M-F 4:00pm-8:00pm • Sa-Su 11:00am-7:00pm

Competition Pool

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

Leisure Pool & Spa

M-F 9:00am-8:45pm • Sa-Su 11:00am-7:45pm

Auxiliary Wing

M-F 8:00am-4:00pm

Closing at Noon on Independence Day, 7/4
Memorial Day & Labor Day 11am-6pm

Pass Sale May 9 - June 13

15% off Annual and 6 month passes

ADMISSION FEES

All admissions include age-appropriate access to the fitness center, group fitness classes, 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.

Daily

2 & under.....	Free
(plastic training pants required)	
Ages 3 -17	\$4
Adults 18-54	\$6
Ages 55+	\$4
(Children 11 and under must be always supervised by an adult 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

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

Monthly Pass -unlimited use

Single Adult	\$50
Two Adults (family)	\$85
Family Dependent	\$15
Family	\$125
Senior/Youth	\$40

Looking for
Haliday
Happenings?

Turn to the Special Events Section on page 52.

Senior Couple	\$65
Adult/Senior	\$75
Student	\$40

6 Month Pass -unlimited use

Single Adult	\$250
Two Adults (family)	\$450
Family Dependent	\$70
Family	\$575
Senior/ Youth	\$200
Senior Couple	\$350
Adult/Senior	\$400
Student	\$200

Annual Pass -unlimited use

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

GENERAL INFORMATION

FITNESS AREAS & TRACK AGE POLICY

Ages 16 and up can be unsupervised. Youth ages 12-15 must be supervised by an adult 16 years and older or have completed a Youth Fitness Orientation with a PRCs trainer. Ages 11 and under are not permitted unless they are in a programmed event or class.

CLIMBING WALL

Come climb our 30 foot high Freeform 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 include a carpeted, multipurpose room, catering kitchen, gymnasium, and small classrooms. Visit us for a tour and schedule your event. Payment is due at time of reservation.

KID KARE

Kid Kare is a drop-in childcare service for members of Dulles South Recreation and Claude Moore Recreation and Community Centers. Kid Kare is available only to members with a six-month or annual passholders only while they are using the fitness and aquatic areas or taking a class.

AQUATICS & SAFETY PROGRAMS

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

QUESTIONS ABOUT PROGRAMS?

Please contact cmrccprograms@loudoun.gov if you have any questions about programs listed in this guide.

SPORT PROGRAMS

PRIVATE BASKETBALL LESSONS

(Ages 6-17) Our private basketball training consists of 4 sessions, 45 minutes each and will be tailored to each client. Private lessons are on a first come, first served basis and enrollment is not guaranteed.

473210-01	\$150	4 sessions
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ART CLASSES

JEWELRY MAKING WITH POLYMER CLAY

(Ages 18 & up) Learn everything about polymer clay, how to condition, cut, shape, bake, and sand. You will get to create your own unique jewelry, learn all the tips and tricks, and master a new craft that you can potentially pursue as a business! Polymer clay is easy to work with, inexpensive, and versatile. It can be made to mimic many other materials such as stone, gemstones and glass almost anything you can imagine can be created with polymer clay. The world of polymer clay is amazingly beautiful, and you'll enjoy your new craft and skill.

473525-01	\$25	Su	6/5	10:00am-12:00pm
473525-02	\$25	F	7/15	10:00am-12:00pm
473525-03	\$25	F	8/12	10:00am-12:00pm

PIGMENT & WATER: AN INTRO TO WATERCOLOR

(Ages 16 & up) This is an excellent introduction to the unique world of watercolors! As one of the oldest art forms, watercolors can be an incredibly versatile medium, not to mention a portable one. Whether you've never picked up a brush, or enjoy doodling and sketching, watercolor is a great next step to add a unique touch to your art or to dip your toes into a creative outlet. Join this workshop to create a beautiful summer-themed piece of art, each workshop will be different!

473721-01	\$25	W	6/15	6:30pm-8:30pm
473721-02	\$25	Th	6/30	4:00pm-6:00pm
473721-03	\$25	W	7/13	4:00pm-6:00pm
473721-04	\$25	Th	7/28	6:30pm-8:30pm

FITNESS TRAINING

PERSONAL TRAINING

(Ages 12 & up) We offer 30-and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide as much help as necessary to develop a consistent & efficient workout plan. Patrons may purchase 4, 8, or 12 personal training sessions which are all by appointment only.

ADULT GROUP FITNESS CLASSES

Group Fitness classes are included in long-term or day passes. Please check our website for the most up-to-date schedule.



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.

"BODY BY"

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

DEEP WATER SPLASH

Add gentle no-impact cardio and resistance training to your fitness routine in the deep end of the competition pool. Deep water flotation belts and all other equipment will be provided. Participants must be able to swim.

GENTLE, LOW IMPACT

GLO is our specialty class focused on strength and mobility for those looking for a gentler workout routine.

H2O FIT

Welcome back to Water Fitness here at Claude Moore. 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.



Pass

SALE!

15%
off

MAY 9 - JUNE 13

Annual & 6-month recreation center memberships discounted 15%

Dulles South Recreation
& Community Center
24950 Riding Center Drive
South Riding, Virginia 20152
571-258-3456

Claude Moore Recreation
& Community Center
46105 Loudoun Park Lane
Sterling, Virginia 20164
571-258-3600

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

HATHA YOGA

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

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.

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.

YIN YOGA

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

ZUMBA

A total workout combining all the elements of fitness, cardio, muscular endurance, balance and boosted energy with a serious dose of awesome every time you come to class.

ZUMBA STRONG

A combination of body weight exercises, muscle conditioning, cardio training and plyometrics all put together to the beat of the music. No more counting reps -every lunge, curl, and press is synced to music making your road to fitness more fun



DULLES SOUTH RECREATION & COMMUNITY CENTER

24950 Riding Center Drive, South Riding, VA 20152
571-258-3456

<http://www.loudoun.gov/dullessouthrecenter>

Facility Hours:

M-F 5:00am-9:30pm – Sa-Su 8:00am-8:00pm

Kid Kare:

M-F 8:30am-1:30pm/4:30pm-8:30pm • Sa 8:00am-12:00pm

Competition Pool:

M-F 5:00am-9:15pm – Sa-Su 8:00am-7:45pm

Leisure Pool & Spa:

M-F 9:00am-8:45pm – Sa-Su 11:00am-7:45pm

Closing at Noon on Independence Day, 7/4

Pass Sale May 9 -June 13

15% off Annual and 6 month passes

ADMISSION FEES

All admissions include age-appropriate access to the fitness center, group fitness classes, 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.

Daily

2 & under.....Free
(plastic training pants required)
Ages 3 -17 \$4
Adults 18-54..... \$6
Ages 55+ \$4
(Children 11 and under must be always supervised by an adult 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

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

Monthly Pass -unlimited use

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

6 Month Pass -unlimited use

Single Adult \$250
Two Adults (family) \$450
Family Dependent \$70
Family \$575
Senior/ Youth \$200
Senior Couple \$350
Adult/Senior..... \$400
Student \$200

Annual Pass -unlimited use

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

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 our 40 foot high Freeform Climbing Wall! Open daily, Monday through Friday 4pm-8pm and Saturdays and Sundays 11am-7pm. Children 11 and under must be supervised by an adult or be in a programmed event or class. All climbers must have a Climbing Wall Release Form on file, signed by a parent or guardian if under 18 years old.

FACILITY RENTALS

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

KID KARE

Kid Kare is a drop-in child care service for members of Dulles South Recreation and Community Center and Claude Moore Recreation and Community Center. Kid Kare is available only to passholders with a six-month or annual pass only while they are using the fitness and aquatic areas or taking a class.

AQUATICS & SAFETY PROGRAMS

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

Check out the PRCS Summer Camp Guide for more summer programs at Dulles South!

PRESCHOOL AGE PROGRAMS

The below listed activities are licensed camps. Additional paperwork: online registration form, school health form, and ID verification are required before the participant may come to camp. A link for the forms will be emailed after registration. Dress for both indoor and outdoor activities, including sunscreen. Please pack a peanut free snack and drink.

PRESCHOOL FUN CAMP

(Ages 3-5) Come and make your own cool summer crafts, play fun games, read stories and listen to music. Campers will practice their math skills with math games and activities. Instructor: Suman Khandelwal

705125-01	\$105	W-F	6/8-6/10	9:00am-2:00pm
705125-02	\$175	M-F	6/13-6/17	9:00am-2:00pm

CRAZY CRAFTS

(Ages 4-6) Join Miss Ana for some fun with crafts. Make new friends and try some new things! Instructor: Ana Caballero

705105-01	\$140	M-F	6/13-6/17	9:00am-1:00pm
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SPANISH FOR PRESCHOOLERS

(Ages 4-5) Hola! Come and learn the basics of Spanish! Become familiar with the language with songs, games, poems, and activities! Instructor: Ana Caballero

705103-01	\$105	M-F	6/20-6/24	9:00am-12:00pm
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INTRODUCTION TO ARABIC CAMP

(Ages 4-6) Come and learn the basics of Arabic! Children will learn the alphabet and basics of the language in a fun way, while engaging in activities, songs, poems, and games! We will also play outside, play games, dance, listen to music and play with our friends! Instructor: Aida Hamad

705120-01	\$175	M-F	7/11-7/15	9:00am-2:00pm
705120-02	\$175	M-F	7/25-7/29	9:00am-2:00pm

FUN WITH PETE THE CAT

(Ages 3-5) Join us for some Pete The Cat fun! We will read stories, sing songs, and have fun with some Pete activities. "It's all good!" when you are hanging with Pete. Plan for indoor and outdoor activities. Instructor: Donna Myers

705113-02	\$112	M-Th	7/25-7/28	9:00am-1:00pm
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YOUTH PROGRAMS**SILVER KNIGHTS CHESS CAMP**

(Ages 6-13) Play and learn chess with Silver Knights! We've taught 100,000+ children of all levels from absolute beginners to national champions! Chess lessons and practice games will be done throughout the day, along with breaks for fresh air. All campers receive a t-shirt and chess set. All equipment provided. Please pack a peanut-free lunch and water. Instructor: Silver Knights Chess

705204-01	\$399	M-F	6/20-6/24	9:00am-4:00pm
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705204-02	\$399	M-F	7/11-7/15	9:00am-4:00pm
705204-03	\$399	M-F	7/18-7/22	9:00am-4:00pm

STEM EXPLORATIONS BY PLAY-WELL TEKNOLOGIES

(Ages 7-12) Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Gear Cars, Merry-Go-Rounds, and Tower Cranes. Design and build as never before and explore your craziest ideas. Instructor: Play-Well TEKologies

705251-01	\$179	M-F	6/20-6/24	1:00pm-4:00pm
705251-02	\$179	M-F	8/8-8/12	1:00pm-4:00pm

INTRODUCTION TO COMPUTER-AIDED DESIGN

(Ages 8-14) Campers will use computer-aided design software, 3D printers, and design thinking method -to create, customize, prepare, and print digital objects. Required equipment and materials included. Instructor: Youth Technology Network.

705211-01	\$225	M-F	6/27-7/1	9:00am-12:00pm
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LEARN TO CODE WITH LAD COMMUNICATIONS

(Ages 11-16) All the tech greats started coding during their teen years, Zuckerberg, Gates & Jobs! Learn how to start writing Javascript and Python code, program with Scratch, an MIT developed program and Microsoft Kodu, an Xbox like development platform. Coding helps build critical thinking skills. Also covered will be computer maintenance and the basics of computer hardware and operating systems. Participants must bring their own laptop. Instructor: LAD Communications

705221-01	\$295	M-F	6/27-7/1	9:00am-12:00pm
705221-02	\$295	M-F	8/1-8/5	9:00am-12:00pm
705221-03	\$295	M-F	8/15-8/19	9:00am-12:00pm

COMPUTER TECHNOLOGY FOR THE CREATIVE TEEN WITH LAD COMMUNICATIONS

(Ages 11-16) Learn & Do PRODUCTIVE computer projects: PRODUCE a Podcast, shoot & EDIT video, CREATE your own flash website, make your own 3D landscape, DESIGN your own T-shirt, hat, CREATE your own music beats & room design! Great entrepreneurial/creative fun to be had by all! You never know what career this might lead to? Movie producer, writer, graphic/web designer, architect or audio/video production OR their own company! Participant must bring their own laptop. Instructor: LAD Communications

705222-01	\$295	M-F	6/27-7/1	1:00pm-4:00pm
705222-02	\$295	M-F	8/1-8/5	1:00pm-4:00pm
705222-03	\$295	M-F	8/15-8/19	1:00pm-4:00pm

PAWS FOR ART BY ABRAKADOODLE

(Ages 6-11) Calling all animal lovers! Make your favorite animals come to life using paints, collage, sculpture and more. If you LOVE animals and nature, then this is the camp for you! Campers will make two new art projects each day to take home. NO CLASS ON 7/4. Additional \$25 supply fee payable to Abakadoodle is due at first class. Call 571-367-3100 for more information. Instructor: Abakadoodle

705200-02	\$165	Tu-F	7/5-7/8	1:00pm-4:00pm
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ENGINEERING DESIGN PROCESS

(Ages 8-14) Campers will learn about engineers and the engineering design process and will use it to solve a real-world problem in their community. Participants will use virtual reality systems and software applications to help them study, develop, and solve a real-world problem. Required equipment and materials included. Instructor: Youth Technology Network.

705212-01	\$200	M-F	7/11-7/15	9:00am-12:00pm
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UNDER THE SEA ART CAMP BY ABRAKADOODLE

(Ages 6-11) Explore the mystical world under the sea through art! Create magical mermaids, sea horses, jellyfish and much more, with a variety of art materials and techniques! Campers will make two new art projects each day to take home. Additional \$25 supply fee payable to Abakadoodle is due at first class. Call 571-367-3100 for more information. Instructor: Abakadoodle

705201-02	\$165	M-F	8/1-8/5	1:00pm-4:00pm
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RED HOT ROBOTS CAMP BY MAD SCIENCE

(Ages 6-11) Join Mad Science and our Radical Robots for a scientific journey

through circuitry and sensors. Explore several different types of robots, robots that follow lines and sounds and robotic arms like the ones you see in the big factories on TV (well, smaller than that, but you get the picture). You will even play tag with robots that you control! Complete the camp by building your own robot to take home! Please pack a lunch and water bottle. Instructor: Mad Science

705237-01 \$410 M-F 8/8-8/12 9:00am-4:00pm

FITNESS TRAINING & PROGRAMS

PERSONAL TRAINING

(Ages 12 & up) We offer 30 and 60-minute individual and semi-private training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide customers with as much help as necessary to develop a consistent & efficient workout plan, achieve their desired fitness goals, and learn how to make exercise a life-long habit. Customers can sign up for 4, 8, or 12 personal training sessions by appointment only.

INBODY TEST

(Ages 12 & up) 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.

NUTRITION COACHING

(Ages 12 & up) We offer 30 and 60-minute individual and semi-private nutrition packages to help you reach your health and fitness goals. Our team of nutrition specialists can provide customers with as much help as necessary to develop consistent and effective eating plans, achieve their desired wellness and fitness goals, and learn how to make wellness a life-long habit. Customers can sign up for 4, 8, or 12 personal nutrition sessions by appointment only. Please contact dsrccprograms@loudoun.gov for more information.

MIDSUMMER NIGHT YOGA

(Ages 16 & up) Come celebrate the summer solstice! To make the most of summer solstice, we celebrate the light, life, and nature. Join us on the sundeck for this special Yoga class that will include a flow, meditation, and more! No need to register for this free class, but space is limited and class entrance cards will be handed out 30 minutes prior to class time.

405500-01 Free w/admission F 6/16 6:00pm-7:30pm

WALK WITH A DOC

(All Ages) This doctor-led group is a fun and safe way to go for a walk, learn about healthier living, and meet new friends. Dr. Donna Michel will spend a few minutes to talk about a health topic, then join her for a walk around the grounds of the Dulles South Recreation and Community Center for conversation. Enjoy the health benefits of walking at your own pace and distance. This event is free, but registration is recommended.

405502-01 M 8/24 1:30pm-2:30pm

WOMEN WITH WEIGHTS

(Ages 16 & up) This class is designed to introduce women to strength training exercise and techniques to build strong muscles, bones, and have confidence in the gym. The focus is on basic movement patterns and you will learn how to incorporate strength training into your existing fitness routine for better movement results. No session on 7/19, 7/21, and 7/26.

405541-01 \$120 Tu,Th 6/7-6/30 9:30am-10:30am

405541-02 \$75 Tu,Th 7/5-7/28 9:30am-10:30am

405541-03 \$135 Tu,Th 8/2-8/30 9:30am-10:30am

FIT FOURTH WITH COACH NICK

(Ages 16 & up) Join Coach Nick for this special firecracker of a workout. A special small group training designed to help you reach your fitness goals.

405546-01 \$15 M 7/4-7/4 8:00am-9:00am

TRANSFORMERS WITH COACH NICK

(Ages 16 & up) Metabolic Conditioning to burn the maximum amount of calories while building muscle strength and endurance. The most effective workout you can get to increase metabolism and change your body composition.

405548-01 \$105 M,W 6/8-6/29 7:00am-8:00am

405548-02 \$78.75 M,W 6/8-6/29 9:00am-9:45am

405548-03 \$45 Th 6/9-6/30 5:15am-6:00am

405548-04 \$45 Sa 6/11-6/25 8:00am-9:00am

405548-05 \$105 M,W 7/6-7/27 7:00am-8:00am

405548-06 \$78.75 M,W 7/6-7/27 9:00am-9:45am

405548-07 \$45 Th 7/7-7/28 5:15am-6:00am

405548-08 \$75 Sa 7/2-7/30 8:00am-9:00am

405548-09 \$150 M,W 8/1-8/31 7:00am-8:00am

405548-10 \$112.50 M,W 8/1-8/31 9:00am-9:45am

405548-11 \$45 Th 8/4-8/25 5:15am-6:00am

405548-12 \$60 Sa 8/6-8/27 8:00am-9:00am

TRANSFORMERS WITH COACH MITCH

(Ages 16 & up) Metabolic Conditioning to burn the maximum amount of calories while building muscle strength and endurance. The most effective workout you can get to increase metabolism and change your body composition. No session on 6/27, 7/7, and 7/8.

405549-01 \$120 Tu,Th 6/7-6/30 12:00pm-1:00pm

405549-02 \$120 Tu,Th 6/7-6/30 5:00pm-6:00pm

405549-03 \$120 Tu,Th 6/7-6/30 6:15pm-7:15pm

405549-04 \$90 M,W 6/8-6/29 5:15pm-6:15pm

405549-05 \$135 M,W,F 6/8-6/29 6:30pm-7:30pm

405549-06 \$45 F 6/10-6/24 5:15pm-6:15pm

405549-07 \$105 Tu,Th 7/5-7/28 12:00pm-1:00pm

405549-08 \$105 Tu,Th 7/5-7/28 5:00pm-6:00pm

405549-09 \$105 Tu,Th 7/5-7/28 6:15pm-7:15pm

405549-10 \$105 M,W 7/6-7/27 5:15pm-6:15pm

405549-11 \$165 M,W,F 7/1-7/29 6:30pm-7:30pm

405549-12 \$60 F 7/1-7/29 5:15pm-6:15pm

405549-13 \$135 Tu,Th 8/2-8/30 12:00pm-1:00pm

405549-14 \$135 Tu,Th 8/2-8/30 5:00pm-6:00pm

405549-15 \$135 Tu,Th 8/2-8/30 6:15pm-7:15pm

405549-16 \$150 M,W 8/1-8/31 5:15pm-6:15pm

405549-17 \$210 M,W,F 8/1-8/31 6:30pm-7:30pm

405549-18 \$60 F 8/5-8/26 5:15pm-6:15pm

YOUTH FITNESS PROGRAMS

P.R. PERFORMANCE WITH COACH NICK

(Ages 12-16) Learn to move well, increase strength, improve agility and coordination. Whether a beginner or advanced, the small group size allows for individualized and custom programming by a certified personal trainer. Earn the competitive advantage in your sport.

405547-01 \$45 M 6/13-6/27 4:45pm-5:45pm

405547-02 \$60 Tu 6/7-6/28 4:45pm-5:45pm

405547-03 \$45 M 7/11-7/25 4:45pm-5:45pm

405547-04 \$60 Tu 7/5-7/26 4:45pm-5:45pm

405547-05 \$60 W 7/6-7/27 10:00am-11:00am

405547-06 \$75 M 8/1-8/29 4:45pm-5:45pm

405547-07 \$75 Tu 8/2-8/30 4:45pm-5:45pm

YOUTH FITNESS ORIENTATION

(Ages 12-15) The Youth Fitness Orientation is a one-hour class that will cover the basics of safe and effective exercise, equipment use, 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.

405550-01 \$45 Sa 6/11 8:30am-9:30am

405550-02 \$45 M 6/13 6:00pm-7:00pm

405550-03 \$45 Sa 7/9 8:30am-9:30am

405550-04 \$45 M 7/11 6:00pm-7:00pm

405550-05 \$45 Sa 8/6 8:30am-9:30am

405550-06 \$45 M 8/8 6:00pm-7:00pm

GROUP EXERCISE

The following Land & Aqua Fit classes are included for passholders or with daily admission fees. Please check our web page and Facebook for the updated monthly schedule or sign up for the fitness newsletter to receive updates to the class schedule including changes or cancellations. Participants must be 16 years or older to participate in these classes. Stop by the front desk 30 minutes before the class starts and pick up a Class Entrance Card (CEC) which will be given to instructor to ensure spot in the class.

LAND FIT CLASSES

AEROBIC RHYTHM

(Ages 16 & up) Aerobic exercise choreographed to the music. This ultra fun dance workout will give you a full body cardio workout.

BARRE

(Ages 16 & up) Get a strong, lean body by mixing cardio and ballet. Barre is an upbeat workout with amazing results. A class that's suitable for all levels and experience.

BODY SCULPT

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

CYCLE

(Ages 16 & up) Work on building your muscular and cardio endurance while rock-in' it out to your favorite music! Sprint and climb while navigating high intensity intervals.

DANCE FIT

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

GENTLE YOGA

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

HATHA MORNING FLOW

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

HATHA YOGA

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

HIIT EXPRESS

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

HIRT EXPRESS

(Ages 16 & up) 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.

KICKBOXING

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

POUND WITH RIPSTIX

(Ages 16 & up) Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

REFIT

(Ages 16 & up) Movement plus music experience that adds resistance training elements to give you a total body workout. Easy to learn movements, inspiring music and a calorie burning workout for all levels.

SCORE!

(Ages 16 & up) This class is designed to strengthen core muscles including abs, glutes, and back through a variety of dynamic and isometric exercises set to fun music. It will end with restorative stretching to improve flexibility and help prevent injury.

SOUTHSIDE BOOTCAMP

(Ages 16 & up) Join this fast-paced class that is appropriate for all fitness levels. The focus is on increasing strength and endurance using various training methodologies.

STRENGTH EXPRESS

(Ages 16 & up) This 45-minute class focuses on muscular strength and endurance. Create lean muscle that will increase your metabolism and shape your body.

STRONG NATION

(Ages 16 & up) A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. NOT A DANCE CLASS!

SUNSET FLOW

(Ages 16 & up) Unwind and put aside the tensions of the day with this relaxing flow suitable for all levels. You will leave feeling focused and relaxed. Please bring a Yoga mat.

VINYASA YOGA

(Ages 16 & up) Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement. Please bring a Yoga mat.

ZUMBA

(Ages 16 & up) 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.

AQUA FIT PROGRAMS

AQUA HIIT

(Ages 16 & Up) Get the heart pumping with this full body workout. All the benefits of a cardio workout with the added resistance of water. This class is suitable for all levels.

AQUA-YOGA/PILATES

(Ages 16 & up) Find mindfulness in the perfect waters of the leisure pool. Yoga and Pilates movements to strengthen the body and mind. Class is suitable for all levels.

WATER FIT

(Ages 16 & up) Water Fit is a fun, fast-paced water class that combines cardio, core and strength all while using the water's resistance to create a low impact workout. This class is ideal for all fitness levels.

SENIOR PROGRAMS

DULLES SOUTH SENIOR CENTER

(Ages 55 & up) For information, look under "Loudoun County Senior Center at Dulles Senior Center" in this activity guide or call 571-258-3883.

SENIOR & ADULT DAY CENTERS

Across Your County



1. ASHBURN SENIOR CENTER
2. CARVER SENIOR CENTER
3. DULLES SOUTH SENIOR CENTER
4. SENIOR CENTER AT CASCADES
5. THE SENIOR CENTER OF LEESBURG
6. EASTERN LOUDOUN ADULT DAY CENTER
7. LOUDOUN COUNTY ADULT DAY CENTER AT LEESBURG
8. MAC BROWNELL ADULT DAY CENTER



ASHBURN SENIOR CENTER

20880 Marblehead Drive, Ashburn, VA 20147
571-367-8340

Monday-Friday 9:00am-5:00pm • Saturday 8am-12pm
The Ashburn Senior Center will be closed on 6/20 & 7/4.

Registration is not required, unless otherwise noted, for the following general interest activities for participants 55 and over. Also, they are free, unless otherwise noted, (although annual membership or daily drop-in fee applies).

CARDS & GAMES

BINGO

Fee required. Alternating weeks/see monthly newsletter.

M	ongoing	12:30pm-1:45pm	10:00am-11am
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CANASTA & MEXICAN TRAIN

W	ongoing	10:00am-11:30am
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EUCHRE

M	ongoing	2:00pm-4:00pm
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O'HECK

F	ongoing	1:30pm-4:30pm
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PARTY BRIDGE

Tu & Th	ongoing	1:30pm-4:30pm
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POKER

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

Tu	ongoing	1:30pm-4:30pm
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CULTURAL & SOCIAL ACTIVITIES

BOOK CLUB

Tu	ongoing	11:00am-12:00pm
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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.
Free Th ongoing 10:00am-11:00am

CREATIVE CORNER

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

CURRENT EVENTS DISCUSSION

Please bring an article, past or current, to discuss with the group.

F	ongoing	10:00am-11:00am
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GARDENING CLUB

Th	ongoing	11:00am-12:00pm
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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. Volunteer instructor often available.

M	ongoing	10:00am-12:00pm
F	ongoing	10:00am-12:00pm

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.

Dates vary	ongoing	10:30am-1:30pm
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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. Sign up at the front desk.

Dates vary	ongoing	10:00am-1:30pm
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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.

Dates vary	ongoing	10:00am-12:00pm
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EDUCATION & INFORMATION

INOVA BLOOD PRESSURE CHECK

Monitor your blood pressure and heart rate monthly with these free screenings.

3rd Tu	ongoing	10:00am-12:00pm
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ASHBURN STITCHERS SEWING CLUB

Bring a project of your own or choose a pattern from our stock and receive instruction on how to use a sewing machine to create your own look or craft project.

Tu	ongoing	10:00am-12:00pm
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LIBRARY OUTREACH SERVICES

Browse titles and check out books, DVDs, and CDs with the Loudoun County Public Library system as they visit the Ashburn Senior Center monthly.

1st Th	ongoing	11:15am-12:00pm
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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.

Dates vary	ongoing	11:00am-12:00pm
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MANDARIN INSTRUCTION

Learn beginning or intermediate Mandarin with native speakers in this free class.

Th	ongoing	10:00am-11:00am
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MEMOIR WRITING

Join Amanda from the Ashburn Library as she leads you on a journey to paint the mosaic of your life through stories.

4th Tu	ongoing	10:00am-11:00am
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MINDFUL MEDITATION

1st & 3rd M	ongoing	11:00am-12:00pm
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PAINTING BASICS

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

SERVICES FOR SENIORS

Elder Resource Case Manager, Lori Stahl, from the Area Agency on Aging is available to offer confidential support and link seniors to community services and resources. Sign up at the front desk.

3rd M ongoing 9:00am-12:00pm

SPANISH INSTRUCTION

Whether you are a beginning student or want to brush up on your skills, join us for this 10-session class with native speaker, Francisco. Fee \$100. Registration required. Students will need to purchase a textbook.

444600-01 Intermediate M 5/23-8/15 10:00-11:00pm

444600-04 Beginner M 5/23-8/15 11:00-12:00pm

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. Classes alternate between topic related lectures and drop-in consulting.

W ongoing 10:00am-11:00am

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.

M Beginner ongoing 11:00am-12:00pm

M Intermediate ongoing 1:00pm-2:00pm

EXERCISE ACTIVITIES

BADMINTON

Tu ongoing 12:00pm-2:00pm

CHINESE FOLK DANCE

Guided exercise with limited verbal instruction.

Th ongoing 11:00am-12:00pm

BEGINNER LINE DANCING

Th ongoing 10:00am-11:15am

INTERMEDIATE LINE DANCING

F ongoing 10:00am-11:00am

BEGINNER PICKLEBALL INSTRUCTION

Th ongoing 1:00pm-2:00pm

BEGINNER PICKLEBALL OPEN COURT

Drop-in players rotate after each game.

Tu ongoing 9:00am-12:00pm, 2:00pm-4:30pm

Th ongoing 2:00pm-4:30pm

F ongoing 9:00am-12:00pm

Sa ongoing 8:00am-10:00am

INTERMEDIATE & ADVANCED PICKLEBALL OPEN COURT

Drop-in players rotate after each game.

M ongoing 12:00pm-4:30pm

W ongoing 12:00pm-4:30pm

Th ongoing 9:00am-1:00pm

F ongoing 12:00pm-4:30pm

Sa ongoing 8:00am-11:30am

PING PONG

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

REFIT

This mix of strength, balance, and cardio exercise will give you a full body workout. Fee \$100. Registration recommended. Drop-in \$13/class.

444600-03 Th 6/2-8/18 1:00pm-2:00pm

TAI CHI

Tu ongoing 11:00am-12:00pm

W ongoing 11:00am-12:00pm

YOGA

M ongoing 10:30am-11:30am

W ongoing 10:30am-11:30am

ZUMBA GOLD

Join us for this lower-intensity version of the typical Zumba class which utilizes Latin styles of music and dance. Fee \$100. Registration recommended. Drop-in \$13/class.

444600-02M 6/6-8/29 10:00am-11:00am

SPECIAL EVENTS AT ASHBURN SENIOR CENTER

FILIPINO INDEPENDENCE DAY CELEBRATION

Join us to celebrate with traditional food and entertainment!

444601-01 \$5/member, \$8/non-member

Fr 6/10 1:30pm-4:30pm

JUNETEENTH CELEBRATION

Feel the beat of the drums with African drumming master Jona Masiya!

444601-02 \$3/member, \$6/non-memberTh 6/16 10:00am-11:30am

FATHER'S DAY FIELD DAY

What are we going to play today? Enjoy games, treats and music as we celebrate fathers everywhere! Regular lunch donation applies.

Fr 6/17 11:00am-1:00pm

ASHBURN SENIOR CENTER ANNIVERSARY & MONTHLY BIRTHDAY BASH

ASC is one year old! Also, join us to celebrate our members with birthdays in June! Music by the talented DIAN! Regular lunch donation applies.

444601-03 \$3/member, \$6/non-member

Fr 6/24 11:30am-1:00pm

PATRIOTIC SING-ALONG & ICE CREAM SOCIAL

444601-04 \$1/member, \$4/non-member

W 7/6 12:30pm-1:00pm

FLIP FLOP LUAU

Wear your flip flops and celebrate the end of the summer with the cool sounds of the band Paradise Bill!

444601-05 \$10/member, \$13/non-member

F 8/26 6:00pm-8:00pm

**Loudoun County
PRCS
Like us on**

facebook

www.facebook.com/loudounprcs



CARVER SENIOR CENTER

200 Willie Palmer Way, Purcellville, VA 20132
571-258-3400
loudoun.gov/carver
Monday through Friday 9:00am-5:00pm.
Saturday 8:00am-12:00pm.

SENIOR MEMBERSHIP (Ages 55 & up)

Senior participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Memberships are processed Monday through Friday between 9:00 and 2:00 pm.
DROP-IN FEE \$2.00 Please note some activities are not open for drop-ins.

ARTS

BEGINNER WATERCOLOR

Learn the basics of watercolor techniques and composition. All materials provided. \$70 for members. \$80 for non-members.

430604-01 \$70/\$80 F 6/3-6/24 10:00 am-11:30 am

INTERMEDIATE WATERCOLOR

Continuation from Basic Watercolor. Must have taken a watercolor course previously. Paper provided. \$45 for members. \$55 for non-members.

430607-01 \$45/\$55 F 7/8-7/29 10:00am-11:30 am

ADVANCED WATERCOLOR

Perfect your watercolor skills through individual instruction and group critiques. Paper provided. \$45 for members. \$55 for non-members.

430659-01 \$45/\$55 W 6/1-6/22 1:15 pm-2:45 pm

430659-02 \$45/\$55 W 7/6-7/27 1:15 pm-2:45 pm

430659-03 \$45/\$55 W 8/3-8/24 1:15 pm-2:45 pm

SAT. ACRYLIC PAINTING

Laid back guided acrylic painting. All materials provided; no previous art experience necessary. \$20 for members \$30 for non-members.

430631-01 \$20/\$30 Sa 6/4 10:00 am-11:30 am

430631-02 \$20/\$30 Sa 7/16 10:00 am-11:30 am

430631-03 \$20/\$30 Sa 8/20 10:00 am-11:30 am

PAINT YOUR OWN POTTERY

Paint your own ceramic piece. All materials provided. Pieces will be fired offsite and returned to the center the following week. \$20 for members \$30 for non-members.

430623-01 \$20/\$30 Th 7/21 10:00 am-11:30 am

430623-02 \$20/\$30 Th 8/25 10:00 am-11:30 am

CERAMIC BIRD HOUSE

First session -hand build your own clay birdhouse. Pieces will be dried and fired offsite. Second session -paint your bird house. Pieces will be fired offsite and available for pick up after June 21st. All materials provided; no previous art experience necessary. \$30 for members \$40 for non-members

430665-01 \$30/\$40 Th 6/2, 6/23 10:00 am-11:30 am

MUSIC

CARVER MUSIC SCHOOL

Learn basic music chords, notes, and musical trivia with instructor John Sanger.

430654-01 Tu 6/7-8/30 10:00 am-11:00 am

BASIC UKULELE

Learn to play the ukulele with Guy Masters. Rental instruments available.

430643-01 W 6/1-8/31 1:00 pm-2:00 pm

BRMS CHOIR PERFORMANCE

Blue Ridge Middle School shows off their musical talent with a free performance from their choir class

430606-01 W 6/1 1:00pm-2:00pm

LUNCH & MUSIC

Enjoy live music from the Chuck & Dan Band during lunch!

430668-01 Tu 6/7 12:15 pm-1:30 pm

UKULELE JAM SESSION

Enjoy group play in a low-key environment.

430644-01 F 6/3-8/26 1:00 pm-2:00 pm

LUNCH & MUSIC

Enjoy live music from the Chuck & Dan Band during lunch!

430668-01 Tu 6/7 12:15 pm-1:30 pm

430668-02 Tu 8/30 12:15 pm-1:30 pm

FITNESS & HEALTH

YOGA FOR EVERY BODY

Relax your mind and body with simple yoga instruction. All mobilities welcome. Meets on the 2nd and 4th Saturday of the month.

430610-01 Sa 6/11,6/25,7/9,7/23,8/13,8/27
10:00 am-11:00 am

TAI CHI

Slow-motion routines practiced in a group to promote strength, balance and flexibility. New students welcome. Instructor Trudy Weaver

430652-01 Tu 6/7-8/30 9:00 am-10:00 am

BALANCE & STABILITY

Physical therapist designed sequence of exercises designed to improve balance and stability. The music alone will brighten your day! Video instruction Wednesdays.

430637-01 M,W,F 6/1-8/31 11:15 am-11:45 am

QIGONG

The gentle practice of aligning breath, movement, and awareness during the practice of a series of standing movements. Video instruction Mondays.

430645-01 M,W,F 6/1-8/31 10:00 am-11:00 am

BEGINNER LINE DANCE

Learn the basic steps of line dancing in this low impact exercise course.

430630-03 M 6/6-8/29 1:00 pm-2:00 pm

NEW STUDENT LINE DANCE

Learn the basic steps of line dancing in slower paced setting specifically for new students.

430640-01 Th 6/2-8/25 1:00pm-2:00pm

SLOW & EASY LINE DANCE

Laid back line dancing for those with mobility issues

430647-01 Th 6/2-8/25 11:15 am-11:45 am

INTERMEDIATE LINE DANCE

Must have previous line dancing experience.

430651-01 M,Th 6/2-8/29 2:00 pm-3:00 pm

GIANT HEALTH TALKS

Learn about different diet and health issues with a licensed nutritionist from Giant Foods.

430653-01 Eating Healthy on a Budget
W 6/22 1:00 pm-2:00 pm
430653-02 Reading Nutrition Labels
W 7/13 1:00 pm-2:00 pm
430653-03 Treat Yourself!
W 8/10 1:00 pm-2:00 pm

BLOOD PRESSURE CHECKS

Get your blood pressure checked by an Inova Health representative. 4th Thursday of the month

430666-01 Th 6/23 10:00 am-11:30 am
430666-02 Th 7/28 10:00 am-11:30 am
430666-03 Th 8/25 10:00 am-11:30 am

HEARING HELP

The Northern Virginia Resource Center for Deaf and Hard of Hearing Persons visits with information on local resources, assistance devices, and hearing aid options.

430602-01 Information Session
W 6/15 1:00 pm-2:00 pm
430602-02 Hearing Tests & Advice
M 7/18 10:00 am-1:30 pm
430602-03 Hearing Tests & Advice
M 8/22 10:00 am-1:30 pm

SPORTS & GAMES

CARD PLAYERS

All card games welcome!

430603-01 Tu 6/7-8/30 3:00 pm-4:45 pm

PUZZLES & ADULT COLORING

Adult coloring pages, word puzzles, and more!

430625-02 M-F 6/1-8/31 9:00 am-11:00 am

PING PONG

Indoor Ping-Pong, new players welcome!

430629-02 M,W 6/1-8/31 9:00 am-11:00 am

SCRABBLE & BOARD GAMES

Scrabble, Majong, and more!

430632-02 M-F 6/1-8/31 1:00 pm-4:00 pm

BINGO

Monthly themed bingo with fun prizes and plenty of laughs!

430635-01 W 6/29 1:00 pm-2:00 pm
430635-02 W 7/27 1:00 pm-2:00 pm
430635-03 W 8/24 1:00 pm-2:00 pm

BRAIN GAMES

Attendees are challenged with visual puzzle warmups followed by a series of group solved word games. Expect wisecracks and banter!

430639-01 Th 6/2-8/25 9:45 am-10:45 am

PARTY BRIDGE

For more experienced bridge players

430642-01 Th 6/2-8/25 1:00 pm-4:45 pm

BEGINNER BRIDGE

Learn the rules and basics of this challenging card game. Experienced players are always welcome!

430643-01 Tu 6/7-8/30 1:00 pm-3:00 pm

CORN HOLE

Indoor games, new players always welcome!

430667-01 Tu 6/7-8/30 10:00 am-11:45 am

PICKLEBALL

Indoor pickleball. Must be a current senior center member, no drop-ins.

430670-01 Tu 6/7-8/30 2:00 pm-4:45 pm
430670-02 Th 6/2-8/25 3:15 pm-4:45 pm
430670-03 Sa 6/4-8/27 8:30 am-11:45 am

EDUCATIONAL

DECLUTTERING FOR SENIORS

Carolyn Masters leads this class on how to declutter your home and life. No new sign ups after week 1.

430605-01 Sa 6/4-8/27 8:30 am-9:30 am

SCAMS & FRAUD PREVENTION

Deputy Ethan Martin from the Loudoun County Sheriff's Office gives advice on how to avoid getting scammed.

430612-01 F 6/3 1:00 pm-2:00 pm

LIBRARY OUTREACH

Rust library brings books to check out and accepts returns. 2nd Wednesday of the month.

430624-02 W 6/8, 7/13, 8/10 11:30 am-12:00 pm

TECH TUESDAY

The Purcellville Library offers free technology advice and assistance with common phone or tablet issues. 1st Tuesday of the month.

430650-01 Tu 6/7,7/5,8/2 11:00 am-11:45 am

HISTORY CLUB

Learn about the history of the Purcellville Library.

430636-01 F 6/10 11:00am-11:45am

GENEALOGY

Learn the basics of genealogy research with help from the Purcellville Library.

430661-01 Tu 6/21 11:00 am-11:45 am

BOOK CLUB

The Purcellville Library brings a new book each month. Meets every 2nd Tuesday

430663-01 Tu 6/14, 7/12, 8/9 11:00 am-11:45 am

SERVICES FOR SENIORS

Lori Stahl offers advice and guidance on helpful area resources for seniors. 1st Monday of the month.

430615-01 M 6/6, 7/11, 8/1 9:00 am-12:00 pm

SOCRATES CAFE

Get together and exchange philosophical perspectives based on your experiences, using the Socratic Method. Led by the Purcellville Library.

430646-01 F 8/5 11:00am-11:45am

CARVER CENTER SPECIAL EVENTS

CONGREGATE LUNCH

Donations welcome! Must call to register by 12:00 pm the day before.

430622-01 M-F 6/1-8/31 12:00 pm-12:45 pm

MORNING SOCIAL

Coffee and conversation.

430618-01 M-F 6/1-8/31 9:00 am-11:00 am

SUMMER SENIOR COOLING PROGRAM



MAY 1 – OCTOBER 30

WHAT IS SENIOR COOL CARE?

2022 MARKS THE 32ND 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
- PROGRAM RUNS FROM MAY 1 THROUGH OCTOBER 31, 2022
- AREA AGENCIES ON AGING COLLABORATE WITH THEIR LOCAL RETAILERS TO PURCHASE WINDOW AIR CONDITIONERS, PORTABLE AIR CONDITIONERS, AND FANS AT THE BEST PRICE

LOUDOUN COUNTY AREA AGENCY ON AGING
703-777-0257
AAA@LOUDOUN.GOV



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711

LOCAL SHOPPING

Shopping trips to local stores. Bus leaves the center at 10:00 and will leave the store by 11:15. \$1.00 bus fee. Purchases limited to small items and no more than two shopping bags. No perishable items that need cold storage!

430626-01	Blue Ridge Hospice Thrift Store	
Tu	6/14	10:00am-11:15am
430626-02	Blue Ridge Hospice Thrift Store	
Th	7/7	10:00am-11:15am
430626-03	Blue Ridge Hospice Thrift Store	
Tu	8/9	10:00am-11:15am
430626-04	Giant Foods	
Th	6/30	10:00am-11:15am
430626-05	Giant Foods	
Tu	7/19	10:00am-11:15am
430626-06	Nall's Farm Market	
Th	8/18	9:45am-11:15am

AARP DRIVER SAFETY COURSE

\$20 for AARP Members \$25 For Non-AARP Members. Free for those with AARP United HealthCare Supplemental Insurance. Must bring a copy of your Driver's License and AARP membership cards if applicable. Payable by Check or Cash to AARP. No registrations after May 27th! There will be a short lunch break at 12:00 pm \$2.00 drop-in fee for non-senior center members.

430662-01	W	6/1	8:00 am-5:00 pm
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SENIOR PROM

Come dressed in your formal best for Carver's Senior Prom Dance! Refreshments provided and professional DJ services from Back Creek Audio Visual. \$3.00 for members \$5.00 for non-members. You must register in advance for this event!

430616-01	\$3/\$5	F	6/10	1:00 pm-2:30 pm
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JUNETEENTH PRESENTATION

Dr. Shawn Stephens visits for this lively discussion on the history of Juneteenth. Pre-registration is required!

430614-01	F	6/17	1:00 pm-2:00 pm
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4TH OF JULY ICE CREAM SOCIAL

Celebrate Independence Day with ice cream sundaes and live music from Chuck and Dan

430609-01	F	7/1	1:00 pm-2:00 pm
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SAFETY BINGO

Loudoun County Fire and Rescue brings a fun game of safety bingo

430656-01	W	7/6	1:00pm-2:00pm
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COFFEE WITH A FIRST RESPONDER

Join local first responders for coffee, snacks, and conversation. Open to the public aged 55+.

430617-01	W	6/8	9:30 am-11:00 am
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CARVER CARNIVAL

Join us for carnival style fun and prizes! \$3.00 for members \$5.00 for non-members

430633-01	\$3/\$5	W	8/17	1:00 pm-2:00 pm
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LUNCH & A MOVIE

Monthly Lunch and a Movie. Must also register for lunch!

430669-01	W	6/8	12:00 pm-2:00 pm
430669-02	F	7/22	12:00 pm-2:00 pm
430669-03	F	8/19	12:00 pm-2:00 pm

SUMMER COUNTRY PARTY

Enjoy live music from Chuck & Dan with a short break for lunch at 12:00. Bring your dancing shoes and celebrate the end of summer – country style!

430668-02	T	8/30	11:15 am-1:30 pm
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DULLES SOUTH SENIOR CENTER

24950 Riding Center Drive, South Riding, VA 20152
571-258-3883

Mon-Fri 9:00am-5:00pm; Sat 8:00am-12:00pm

Membership fee: \$32 resident; \$48 non-resident

Unless otherwise noted, the following classes, activities, and programs are offered for free to participants ages 55 and older, although membership or drop-in fees apply. The Dulles South Senior Center will be closed on 6/4, 6/20 & 7/4

FITNESS

YOGA FOR SENIORS

Enjoy the benefits of a life with Yoga. This class practices yoga while seated. Improve your strength, balance and flexibility. End this class with a good laugh.

M-W,F	ongoing	10:30am-11:30am
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MAT YOGA

Traditional Mat Yoga. Please bring your Yoga mat.

Th	ongoing	10:30am-11:30am
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EXERCISE EQUIPMENT ROOM

Get fit using the treadmill, bicycle, crank cycle, and free weights.

Daily	ongoing	9:00am-4:30pm
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TABLE TENNIS

Enjoy a game of ping pong with friends.

M-W	ongoing	12:30pm-4:30pm
Th, F	on going	2:30pm-4:30pm

BEACH BALL VOLLEYBALL

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

M & Th	ongoing	1:15pm-3:00pm
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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. Call center or see monthly newsletter for dates.

Sa	dates vary	9:00am-11:00am
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TAI CHI

Join us in this beautiful form of exercise from the mainland of China. Class will begin in October.

Tu	ongoing	10:00am-11:00am
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FITNESS & CONDITIONING WITH ROSHAN

Fitness & Conditioning is back with Dr. Roshan Patel, DPT. This exercise class will focus on both upper and lower extremity strengthening and is suitable for all fitness levels.

F	ongoing	11:00am-12:00pm
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DANCE**BEGINNING LINE DANCE**

New to Line Dancing? Try this class to learn some basic line dance routines at a slower pace.

F ongoing 10:00am-11:00am

INTERMEDIATE LINE DANCE

Learn new line dance routines and have some fun.

Th ongoing 1:00pm-2:00pm

BEGINNER HULA

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

Th ongoing 10:00am-10:30am

POLYNESIAN FITNESS DANCE

Hula, Tahitian Samoan dance styles, new and exciting dance workout inspired by the dances of the Pacific Islands. It is a 60-minute total body workout that isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, quads and arms.

Th ongoing 10:30am-11:30am

DANCE FITNESS

Take your line dance skills to a new level in this class that incorporates a combination of line dancing, salsa, cha-cha, tango and many other styles. Dance your way to fitness and fun!

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

EDUCATION & INFORMATION**COMPUTER ONE-ON-ONE HELP**

Computers help for beginners and more. If you are interested in learning how to use your phone, computer, or tablet to its fullest capacity, get help from different volunteers. Call the center to set up an appointment.

COMPUTER CLASS -TAUGHT IN KOREAN

Learn computer skills in a classroom environment with volunteer instructor. Class does not meet the first week of each month.

Th ongoing 10:30am-12pm

ADVISORY BOARD MEETING

Dulles South Senior Center Advisory Board meets the first Tuesday monthly.

1st Tu ongoing 1:00pm

SERVICES FOR SENIORS

See an Elder Resources Case Manager for confidential supportive assistance and questions for aging issues and situations. Sign up at the Dulles South Senior Center desk.

1st W ongoing 10:30am-1pm

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

INOVA MOBILE HEALTH SERVICES

Stop by and have your blood pressure and heart rate monitored monthly.

1st Tu ongoing 9:00am-12:00pm

CONVERSATIONAL ENGLISH W/JIM

Material Fee \$15

Tu & Th 6/2-8/30 10:00am-12:00pm

GUM SPRINGS LIBRARY BOOK CLUB

Check out the book of the month from the staff office (or from the leader.) Read and return to discuss at the monthly meeting.

1st Th ongoing 10:30am-11:30am

MEMOIR WRITING

Ashburn Librarian leads this monthly memoir writing group at Dulles South Senior Center.

2nd Tu ongoing 10:00am-11:00am

CHILDREN'S LITERATURE BOOK CLUB WITH DAVE

This club will focus on great youth literature and read books such as Alice in Wonderland, the Hobbit and more. Club meets twice a month for discussions.

1st W ongoing 10:30am-11:30am

BIBLE STUDY

Daily ongoing 10:00am-11:00am

E-COMMENT

Seniors can record a 2-minute video message to the Board of Supervisors for their review.

W ongoing 12:30pm

GUEST SPEAKERS

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

FINE ARTS**KNIT 'N' STITCH CLUB**

Bring your own supplies. Interested in learning to knit, crochet, or sew? Help is available from volunteer instructor.

Tu,Th ongoing 11:00am-2:00pm

CREATIVE WRITING WITH TRISH

This new Creative Writing program will meet virtually. A choice of writing prompts will be listed on screen. You'll write for 10-15 minutes using pen/pencil and paper or your computer. When the time is up, we'll join back on screen to share our work. Questions? Speak with Trish for more details.

W ongoing see newsletter for weekly times

UKULELE CLUB

Interested in learning to play the ukulele? Come try it out. Bring your own ukulele or ukulele is available for use on a limited basis for a small fee. Material Fee \$15/Quarterly

Th ongoing 1:00pm

SCRAPBOOKING WITH PATTI

Attendees can come any time during the scheduled hours, stay for as little or as long as you would like. If they have their own scrapbooking tools and materials, they are welcome and encouraged to bring them. However, if they don't, all they need to bring is their photos. Patti be glad to help them get started (organizing photos, planning a layout, selecting colors, using embellishments for decorating pages). Scrapbooks and page material are available for a small fee.

M..... Dates vary..... 10am-3pm

ART DOODLING CLASSES WITH MARGE

Stuck on hold while on the phone, listening to elevator music? Relieve stress by Doodling! Pen in hand, write your name, draw circles, squares, triangles, underline, etc. Create a work of art without even trying. Join Marge as she explains the easiest ways to make patterns to create Doodle Art. Materials provided, fee required.

F 4-week session, dates vary 1:00pm

TURKISH PAPER MARBELING Material provided, fee required.

Check in the senior center for more details

SOCIALIZING & ENTERTAINMENT**GAMES GALORE**

Start your week and weekend out right...PLAY! Jump start vocabulary with a good game of Scrabble, Rummikub, Canasta, Hand & Foot, and more.

Daily ongoing 10:30am-4:30pm

SENIOR CENTER AT CASCADES	MAHJONG		
	Daily	ongoing	11:00am
	CANASTA		
	Tu,Th	ongoing	1:00 pm
	PARTY BRIDGE		
	F	ongoing	1:00pm-3:00pm
	BEGINNER BRIDGE		
	F	ongoing	3:00pm-4:00pm
	BINGO		
	Cards are \$1 each.		
W		Dates vary	ongoing
Sa		Dates vary	ongoing
			1:00pm-2:00pm
			10:00am-11:00am

SHOPPING

Trips twice a month to Dulles Landing or Aldi. Shops including Walmart, Ross, Dick's, Home Goods and more. Call the center for dates & times of specialty shopping trips.

Dates vary	ongoing	10:15am-11:45am
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MONTHLY BIRTHDAY PARTY

Enjoy cake and celebrate the members' birthdays each month.

3rd W	ongoing	12:30pm
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WEEKLY MOVIES

Enjoy a movie with friends at the center.

Tu	Dates vary	ongoing	1:00pm-3:00pm
Sa	Dates vary	ongoing	10:00am-12:00pm



SENIOR CENTER AT CASCADES

21060 Whitfield Place, Sterling, VA 20165
571-258-3280

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

CARDS & GAMES

BINGO

Fee required -15 games

M	ongoing	12:50pm-1:50pm
TH	ongoing	10:30am-11:30am
F	ongoing	12:50pm-1:50pm

CANASTA

F	ongoing	10:00am-12:00pm
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DUPLICATE BRIDGE

Sanctioned game -Fee required

M	ongoing	12:30pm-4:00pm
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O'HECK

W	ongoing	10:00am-12:00pm
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PINOCHLE

Th	ongoing	11:00am-1:00pm
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POKER

Th	ongoing	1:00pm-4:00pm
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BUNCO

1st F	ongoing	2:00pm-4:00pm
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MAH JONGG -AMERICAN VERSION

M	ongoing	1:00pm-3:00pm
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GAME TIME

Participate in board games and card games

Th	ongoing	1:00pm-3:00pm
F	ongoing	2:00pm-4:00pm
Sat	ongoing	8:00am-12:00pm

CULTURAL & SOCIAL ACTIVITIES

BOOK CLUB

3rd Tu	ongoing	2:00pm-3:00pm
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INDIAN CULTURAL GROUP

Open to anyone interested in attending to celebrate Indian Culture

W	ongoing	10:00am-11:00am
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LEARN MANDARIN CHINESE

Open to anyone interested in learning mandarin Chinese

Th	ongoing	10:00am – 11:00am
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MORNING REFRESHMENTS & FRIENDSHIP

M-F	ongoing	9:30am-10:30am
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CONVERSATIONAL SPANISH

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

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

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	ongoing	9:30am-11:30am
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CROCHET INSTRUCTION

M	ongoing	1:30pm-3:00pm
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KNIT & CROCHET CLASS

Sat	ongoing	9:00am-11:00am
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MOVIE DAY

Recent releases shown on 8-foot screen.

W	ongoing	12:30pm-2:30pm
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SENIOR CENTER ADVISORY BOARD

3rd Th	on going	10:00am-11:30am
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EXERCISE ACTIVITIES

AEROBICS

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

BALLROOM DANCING

W	ongoing	11:00am-12:00pm
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INTRO TO LINE DANCING -LEVEL 1

Th	ongoing	10:00am-11:00am
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LINE DANCE STEP PREP -LEVEL 1

Th	ongoing	9:00am-10:00am
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BEGINNER LINE DANCING -LEVEL 2

M	ongoing	9:30am-10:30am
W	ongoing	10:15am – 11:30am

IMPROVER/LOW INTERMEDIATE LINE DANCE -LEVEL 3

F	ongoing	1:15pm-2:30pm
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HAPPY YOGA -LIVE & VIRTUAL

Tu, F	ongoing	10:30am-11:30am
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PICKLE BALL

Tu	ongoing	2:00pm-5:00pm
Th	ongoing	2:00pm-5:00pm

TAI CHI & QI GONG

Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises. Led by Mabel Chin and Marlene Burkgren. Tuesday class for Beginners.

Tu, F	ongoing	11:00am-12:00pm
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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.

M	ongoing	10:30am-11:40am
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SELF-HELP & RESOURCES

AARP DRIVER SAFETY PROGRAM-"SAFE DRIVER"

This two-day program may help to reduce the cost of your insurance.

\$25, or \$20 for AARP members (non-members must pay additional drop-in fee)

W, F	TBA	10:00am-3:00pm
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INOVA BLOOD PRESSURE CHECK

Loudoun Healthcare provides blood pressure checks and referrals.

2nd, 4th Tu	ongoing	9:00am-12:00pm
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SERVICES FOR SENIORS

Elder Resources Case Manager Lori Stahl from the Area Agency on Aging is available to assist in linking seniors to community services and support.

1st, 3rd Tu	ongoing	9:30am-12:00pm
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TEEN TECH TUESDAY -VIRTUAL

Tu	ongoing	2:30pm-3:30pm
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SPECIAL PRESENTATIONS

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

CLASSES

CONVERSATIONAL SPANISH ACTIVITY

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

Intermediate Level:	Tu	ongoing	10:00am-11:00am
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Advanced Level:	Tu	ongoing	11:00am-12:00pm
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ZUMBA GOLD

Dance Fitness program with a Latin/International beat! Zumba Gold is geared toward active adults learning Zumba or those who prefer a low-impact version.

Instructor: Vivian Monroe

Drop-in \$13, or \$10/member

345601-01	Th	ongoing	11:00am-12:00pm
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SPECIAL EVENTS AT CASCADES

LUAU LUNCHEON

Wear your Hawaiian shirt and join us for our Luau Luncheon. Live music, entertainment and Hawaiian Chicken will be served. Lunch sign-up is required for those who wish to partake.

Wed	6/8	11:30am-1:00pm
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FATHER'S DAY

There's nothing like a good side of roast beef to celebrate dads! Join us for our Father's Day Luncheon! Lunch sign-up is required.

Mon	6/13	11:30am-1:00pm
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JUNETEENTH

Join us for a very special BBQ luncheon to celebrate Juneteenth, the commemoration to celebrate the end to slavery. Lunch sign-up is required.

Fri	6/17	11:00am-1:00pm
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INDEPENDENCE DAY

It's the 4th of July celebration! Cascades Senior Center is celebrating the red, white, and blue with baked beans, cheeseburgers, and coleslaw. Enjoy patriotic music, virtual fireworks, and a visit from Uncle Sam! Lunch sign-up is required.

Fri	7/1	11:00am – 1:00pm
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CORNHOLE TOURNAMENT

If you like cornhole, come sign up for this friendly competition that will take place in-doors at Cascades Senior Center. Awards will be given out.

Th	7/14	10:00am-1:00pm
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ICE CREAM SOCIAL

Here's a chance for members to bring a friend to check out what Cascades Senior Center has to offer! The drop-in fee is waived. Enjoy ice cream and root beer floats in the main café from 12:30pm-1:30pm.

Tu	8/9	12:30pm-1:30pm
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END OF SUMMER BBQ

Celebrate the end of Summer with our annual End of Summer BBQ! Enjoy pulled pork, potato salad, coleslaw, and cornbread. Musical entertainment provided by Dixieland Jazz band: "The Bourbon Street Boys."

Wed	8/24	11:00am-1:00pm
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THE SENIOR CENTER OF LEESBURG

102 North Street, NW, Suite B., Leesburg, VA 20176
703-737-8039

M-F 9:00am-5:00pm • Sat 8:00am-12:00pm

Membership fee: \$32 resident, \$48 non-resident

Unless otherwise noted, the following classes, activities, and programs are offered for free to participants ages 55 and older, although membership or a \$3.00 drop-in fee apply. The Leesburg Senior Center will be closed on 7/4/22. All classes/activities are subject to change. Questions call the Senior Center.

ARTS & CRAFTS

CERAMICS HAND-BUILDING

Create your own hand-built art using the Ceramic Studio's slab roller, forms, and tools. Kiln Fire and Glaze using Studio supplies.

Free M, F ongoing 9:00am-5:00pm

SEWING

For the beginner level. Sewing Machine provided. Bring in your sewing project. Assistance provided by Carol.

Free M, F ongoing 9:00am-12:00pm

STITCH'N'B

Sew, knit, crochet, and needle work. Make new friends and share ideas. Assistance provided by Carol.

Free M, F ongoing 9:00am-12:00pm

ADULT COLORING

Please come join the adult coloring for a relaxing and fun time. All supplies are provided. Instructor: Bob Anderson

Free Tu ongoing 10:30am-11:30pm

ART STUDIO WITH CAROL

Share techniques and learn new skills from each other. Bring your own supplies and work with expert help from Carol.

Free M ongoing 12:30pm-3:00pm

DRAWING WITH KAREN

Learn techniques and tricks as you learn how to draw with Karen.

Free 2nd, 4th Tu ongoing 12:30pm-1:30pm

QUILT MAKERS CLUB

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

Free 1st, 3rd, 4th W ongoing 9:30am-12:00pm

CROCHET CLUB

Bring your hooks and yarn. Work together on your own projects.

Free M, F ongoing 9:00am-12:00pm

KNITTING

Bring your knitting needles and yarn.

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

DANCE

LINE DANCE WITH MINDA

Learn new dances from all over the world.

No partner required.

Free T, F ongoing 2:00pm-3:00pm

FUN! SQUARE DANCING

Experience the joy, camaraderie, and fun of square dancing. Dance to calls in simple patterns. No partner required. 8 weeks. Instructor: Robert Abdinoor

427602-09 \$25/member W 6/15-8/3 2:30pm-3:30pm

Non-Member \$54

EDUCATIONAL

ADVISORY BOARD MEETING

The Senior Center of Leesburg Advisory Board will meet the first Thursday of each month. Providing support to the activities of the Senior Center.

Free 1st Th ongoing 1:00pm-2:30pm

BEGINNING BRIDGE WITH SHERYL

Learn the game of bridge from an experienced instructor. Bidding and play of the hand. 6 weeks: June 4-July 9. Instructor: Sheryl McEwan

427602-03 \$85/member S 10:00am-11:30am

Non-Member \$103

BEGINNING SPANISH WITH FRANCISCO

Take advantage of speaking Spanish with a native speaker. Learn from the beginning. 12 weeks: June 6-August 29. Instructor: Francisco

427602-07 \$120 M 1:00pm-2:00pm

Non-Member \$156

INTERMEDIATE SPANISH WITH FRANCISCO

Take advantage of speaking Spanish with a native speaker. Create sentences and paragraphs. 12 weeks: June 6-August 29. Instructor: Francisco

427602-08 \$120/member M 3:00pm-4:00pm

Non-Member \$156

FITNESS

BEGINNERS TAI JI QUAN

Slow movement to improve your balance and strength. Feel energized and sharpen your mind. Instructor: Zumei Feng

Free M ongoing 10:30am-11:30am

TAI JI QUAN 24 FORMS

The standard simplified Chinese National Version. A healthy, low impact exercise that improves your balance and muscle strength, and feel energized with a sharper mind, body, and spirit. Instructor: Zumei Feng.

Free F ongoing 10:30am-11:30am

FIT & FUN!

Workout seated, standing, or on the floor. Exercises for strength, flexibility, and balance, as well as laughter and meditation for mental well-being. Make new friends in this caring and supportive group!

Free W, F ongoing 10:30am-11:30am

SIT & FIT WITH KAREN

A half hour dance party from your chair for those with limited mobility.

Free Tu, Th ongoing 10:30am-11:00am

AEROBIC DANCE CLASS WITH LUELLA

Full body work out with emphasis on aerobics and fun. Bring a towel and water.
Free M ongoing 10:15am-11:00am

GENTLE FLOW YOGA WITH LUANNE

Improve strength, range of motion and balance. Members may use a chair or mat for the class. 3 weeks/Monday 6 weeks/Saturday

427602-05	\$36	S	6/25-8/20	9:15am-10:00am
Non-Member	\$54			
427602-04	\$18	M	6/27-8-29	9:15am-10:00am
Non-Member	\$27			

HEALTH & WELLNESS**EXERCISE & NUTRITION WITH JENNY & LAURA**

This innovative class offers a 45/45 format. Each class will provide 45 minutes of Exercise and 45 minutes of Nutrition. Five session format. Instructors: Jenny Townsend, Certified Fitness Specialist, and Laura Wigglesworth, Certified Nutrition Specialist.

427602-06 \$75/member \$90/non-member

Session 1-June 24th 10:30am-12:00pm

Learn how an anti-inflammatory diet and low impact, joint friendly exercise can positively affect arthritis symptoms.

Session 2-July 22nd 10:30am-12:00pm

Learn ways to help with balance and fall prevention and components of a well-balance and healthy diet.

Session 3-August 26 10:30am-12:00pm

Bone Health: Learn what foods and exercises can help to maintain and improve bone health.

Session 4-September 23 10:30am-12:00pm

Learn safe exercises with a focus on neuropathy and discuss dietary strategies for dealing with diabetes.

Session 5-October 28 10:30am-12:00pm

Learn healthy ways to maintain or reduce weight with a total body exercise with a focus on core exercises.

INOVA MOBILE HEALTH SERVICES

INOVA Nurse provides blood pressure checks.

Free 1st W ongoing 10:00am-12:00pm

HEARING SCREENING WITH JOAN EHRLICH

Northern Virginia Center for the Deaf and Hard of Hearing.

Check the newsletter for sign-up details.

Free ongoing 10:00am-2:00pm

LET'S TALK CIRCLE OF SUPPORT

We are all in transition. We are all learning how to deal with the challenges of life. Join the Circle of Support. Mary Ellen will guide the discussion.

Free 3rd M ongoing 10:30am-11:30am

ONE ON ONE SERVICES

Confidential assistance provided by the Area Agency on Aging Case Manager, Lori Stahl. Registration Required. Please sign-up in the lobby.

Free 1st & 3rd Th ongoing 9:00am-11:30am

LIBRARY OUTREACH

The Department of Library Services brings the library to you! Come and select your books, DVDs, and Books on Tape to take home for a month.

Free 2nd M ongoing 12:45pm-1:45pm

MUSIC**UKE GROUP**

For the more advanced players. Focusing on challenging songs, strumming patterns and finger picking. This class is instructed by class members. Ukulele Les-

sons and Ukuleles available for loan.

Free Th ongoing 1:00pm-2:30pm

GUITAR WITH KURT

Discover harmonies and tight arrangements while having fun playing together.

Free F ongoing 1:00pm-2:00pm

ONGOING CLUBS AND GROUPS**MAHJONGG**

Tile tabletop game which can develop a challenge through tactics, observation, memory, and adaptive strategies.

Free W ongoing 12:30pm-3:30pm

PHOTOGRAPHY CLUB

Interested in taking pictures? Come join our photography club. You never know when that next Kodak moment may be! Meeting on the 4th Friday of the Month.

Free 4th F ongoing 10:00am-11:30am

PARTY BRIDGE

No partners needed. Stop by and play some bridge with friends.

Free Tu ongoing 1:00pm-4:00pm

LOUDOUN BRIDGE BUFFS

Duplicate Bridge Sanctioned ACBL Game. Registration Required with Loudoun Bridge Buffs.

Fees F ongoing 12:30pm-4:30pm

THE HAPPY WRITERS' CLUB

Come and join other members of the Happy Writers' Club. Share and get feedback on your favorite writings, stories, and poems.

Free 4th W ongoing 1:00pm-2:00pm

READING BETWEEN THE SPINES-BOOK CLUB

Come join Susan and Beth from Library Outreach Services and other book club members to engage in stimulating conversation about the Monthly book selection.

Free 2nd M ongoing 1:00pm-2:00pm

RED HOT CHILI STEPPERS WALKING CLUB

Come walk and chat with friends and count your steps or miles. The Red-Hot Chili Steppers will be walking outside or inside depending on the weather.

Free W ongoing 9:30am-10:15am

WATCH MY STRIDE-FAST WALKING CLUB

Free F ongoing 8:30am-9:30am

RECREATION, SOCIAL & GAMES**EUCHRE**

Card Game with friends old and new.

Free Tu ongoing 9:30am-12:00pm

TEXAS HOLD'EM

Free Tu, Th ongoing 9:00am-11:45am

RUMMIKUB

Free M-F ongoing 9:00am-4:30pm

OH HECK!

Free M ongoing 10:00am-12:00pm

MEXICAN TRAIN

Free Tu ongoing 10:00am-12:00pm

CANASTA or HAND & FOOT				
Free	M	ongoing	1:00pm-4:00pm	
Free	S	ongoing	9:30am-11:30am	
PINOCHLE				
Free	W	ongoing	1:00pm-4:00pm	
BINGO WITH BILLY				
Free	F	ongoing	12:45pm-2:00pm	
POKENO				
Pokeno is similar to Bingo. A great time to connect and laugh with other members at the center. Please come join us.				
Free	W	ongoing	12:45pm-1:45pm	
BIDWHIST				
Card Game with friends old and new.				
Free	Tu	ongoing	1:00pm-3:00pm	
BILLIARDS				
Make use of the two regulation slate billiard tables.				
Free	M-F	ongoing	9:00am-4:30pm	
WII BOWLING				
Enjoy Wii Bowling Fun with new and old friends!				
Free	M	ongoing	12:45pm-2:00pm	
PHASE 10				
Free	M	ongoing	1:00pm-4:30pm	
PICKLEBALL				
Drop-in and play this indoor version of tennis played with a paddle and a whiffle ball. Space Limited to one court-4 players. Please note subject to change due to special event days.				
Free	T, Th	ongoing	2:00pm-4:30pm	
Free	Sat	ongoing	8:30am-11:30am	
BADMINTON				
Play this backyard sport in our dining room.				
Free	M	ongoing	2:00pm-4:30pm	
TABLE TENNIS				
Regulation Ping-Pong Table.				
Free	W, Th	ongoing	10:00am-12:00pm	

OUTINGS

SHOPPING				
Rotating each week to Wegmans, Thrift Stores, Big Lots, Target, Dollar Tree, and other local shops. Bus leaves at 12:30pm and will return to center by 2:00pm.				
Free	Tu	ongoing	12:30pm-2:00pm	
LUNCH BUNCH				
Going out to lunch and sharing a meal with friends at different restaurant locations monthly. Pay \$2.00 for the bus. Pay the restaurant for your meal. Member \$2/ Non-Member \$5				
427600-02	W		6/29	
The Leesburg Public House	11:00am-1:45pm		Member	
427600-04	W		7/27	
Outback Steak House	11:00am-1:45pm		Member	
427600-06	W		8/10	
Red Hot and Blue	11:00am-1:45pm		Member	

LEESBURG SENIOR CENTER SPECIAL EVENTS

MONTHLY BIRTHDAY PARTY!				
Free	4th Th	ongoing	12:15pm-1:00pm	
SENIOR SHOOTER 8 BALL POOL TOURNAMENT				
8 Ball Rules – 1 day Tournament. Gold, Silver, and Bronze medals awarded to First, Second, and Third place shooters!				
427600-01	\$5.00/member	F	6/3	9:30am-4:00pm
Non-Members \$8.00				
BERMUDA DAY				
Come celebrate the start of summer and wear your favorite Hawaiian shirt. Play games, drink mocktails, and enjoy a cool ice cream treat! Bus transportation home will be provided at 4:00pm after the event for bus riders.				
427600-03	\$5.00/member	F	6/10	2:00pm-4:00pm
Non-Member \$8.00				
HONORING DADS FOR FATHER'S DAY!				
The Café is serving a yummy breakfast. Dads eat Free!				
427600-005				
Before 6/9: \$3/member, \$6/non members				
After 6/9-6/14: \$5/member, \$8/non-members				
On 6/15: \$7/member, \$10/non-member				
LET'S CELEBRATE OUR INDEPENDENCE!				
Dress in your favorite Red, White, and Blue clothes and enjoy a picnic and tour the Claude Moore Heritage Farm Museum in Sterling. Fee includes box lunch and transportation. Entrance fee to the museum is \$4.00-pay at the door.				
427600-07	\$7/member	F	7/8	10:30am-1:45pm
Non-Member \$10				
OUTDOOR YARD SALE				
Rent a 10 X10 space in the parking lot to sell your own items. Rain date 7/16.				
427600-08	\$20/member	S	7/9	8:00am-1:00pm
Non-Member \$23				
FAB 50'S – CABARET SHOW				
Lights, Camera and Sing! Come and enjoy the show by the fabulous Moonlight Cabaret Singers. Mocktails and snacks will be provided. Bus transportation home will be provided at 4:00pm for bus riders after the event.				
427600-09	\$5/member	W	8/31	2:00pm-4:00pm
Non-Member \$8				



**With WebTrac,
our online registration system, you can:**

- Request a new household account
- Retrieve your ID and password
- Search for activities by type, location, age, etc.
- Find details about an activity including price, date, etc.
- Enroll for most classes and activities
- Pay existing balances for licensed programs
- Print a transaction history • Print a childcare statement
- Print old receipts • Purchase performance tickets

Visit www.loudoun.gov/webtrac to search for activities or register.

REGIONAL & DISTRICT PARKS

Across Your County



1. BANSHEE REEKS
2. BLES PARK
3. CLAUDE MOORE PARK
4. FRANKLIN PARK & FRANKLIN PARK ARTS CENTER
5. LOVETTSTVILLE COMMUNITY PARK
6. MICKIE GORDON PARK
7. PHILIP A. BOLEN MEMORIAL PARK



BANSHEE REEKS NATURE PRESERVE

Visitor Center: 21085 The Woods Rd., Leesburg, VA 20175
703-737-8894
www.loudoun.gov/bansheereeks
Seasonal Hours – See Website
Open: Tu, W, Th, Sa, Su -Closed: M, F, County Holidays
Contact BansheeReeks@loudoun.gov for more information.

YOUTH DROP OFF PROGRAMS

LIL' SPROUTS PLANT CLUB
(Ages 5-11) Let us help your kid get growing! During this 4-week session children will learn all about plants including how to identify wildflowers and hands-on experiences planting & harvesting in the garden. Classes are held outdoors each Thursday and meet in the Demonstration Garden. Advanced registration required.
467220-01 \$50 Th 6/23 – 7/14 10:00am-11:30am

NATURE EXPLORERS CLUB
(Ages 6-11) Calling all curious kiddos who love nature and being outside! Join us for weekly adventures including fishing, hiking, birding, frog monitoring, and more. This 6-week course meets each Wednesday, rain or shine. Registration includes a Banshee Reeks adventure slingpack stuffed with wildlife research supplies, a water bottle, and a nature journal. Space is limited; Advanced registration required.
467320-01 \$100 We 6/29-8/3 10:00am-11:30am

INTERPRETIVE PROGRAMS

FAMILY FISHING DAY
(All ages) Are you ready to catch a big one? Free Fishing Days in Virginia are June 3-5. Join us on Saturday at our stocked pond for a morning of fishing. Don't worry if you don't have equipment or experience. Staff will be on site to provide bait and assistance. Poles are available on a first-come, first-served basis. Children must be accompanied by an adult.
Free Sa 6/4 9:00am-11:30am

FULL MOON HIKE & CAMPFIRE
(Ages 5 & up) Experience wildlife after hours during this magical family-friendly adventure! Join a Virginia Master Naturalist on a hike through moonlit woodlands while using bionic ears to amplify the sounds of night. Stay for a campfire and s'mores, depending on weather. Children must be accompanied by an adult.
467715-01 \$5 Tu 6/14 8:30pm-9:30pm
467715-02 \$5 We 7/13 8:30pm-9:30pm
467715-03 \$5 Th 8/11 8:30pm-9:30pm
467715-04 \$5 Sa 9/10 8:30pm-9:30pm

POLLINATOR FESTIVAL
(All ages) If you were "born to be wild" then this is the festival for you! Help us celebrate pollinators and spread the word about what we can do to protect them in honor of National Pollinator Week. Join us for hands-on demonstrations, hayrides, food trucks, and fun learning activities for the whole family.

Free Sa 6/25 10:00am-2:00pm

STORYTIME GONE WILD
(Ages 0-7) There's never been a storytime like this! We will put our bodies in motion as we explore nature stories and songs each week through interactive play. Classes take place outdoors on the 4th Tuesday each month. In the event of rain, class is held in the Annex.
Free
Tu 6/28 9:00am-9:45am
Tu 7/26 9:00am-9:45am
Tu 8/23 9:00am-9:45am
Tu 9/27 9:00am-9:45am

FAMILY GHOST HUNTING NIGHT
(All ages) Spend an evening of paranormal fun at Banshee Reeks hearing ghost stories from a historian. Learn about life in the 1800's and use real ghost hunting equipment to put together clues and solve the puzzle. Children must be accompanied by an adult.
467743-01 \$5 Sa 6/18 7:00pm-8:00pm

MEET A MONARCH BUTTERFLY SHOWCASE
(All ages) Get up close with live monarch butterflies 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 Education Annex to "Meet a Monarch!"
Free Sa 7/23 10:00am-12:00pm

GHOST HUNTING HISTORY TOUR
(Ages 13 & up) Tour some of Banshee Reek's most haunted locations and use ghost hunting equipment to explore this historic property. Our resident historian will share chilling historical accounts and explain the supernatural meaning behind the name of the preserve.
467509-01 \$10 7/30 8:30pm-10:00pm

CREATURES FROM THE BANSHEE LAGOON
(All ages) Explore the creatures living in our spring-fed freshwater pond with an underwater view from our remote-control aquatic rover. A Virginia Master Naturalist will be on site to identify wildlife and answer questions, so head down the Spring House Trail to the pond!
Free Sa 8/6 10:00am-12:00pm

RIGHT OFF THE BAT!
(All ages) Explore the secret life of bats through an interactive presentation and then hit the trail to experience them in person. Instructors will have sonar detectors to listen for bats and identify what species are flying around. Children must be accompanied by an adult.
467711-01 \$5 Sa 8/20 8:30pm-9:30pm

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

ONGOING ACTIVITIES

JUNIOR NATURALIST PROGRAM
(Ages 6 & Up) Learn the secrets and skills of a novice naturalist as you explore Banshee Reeks Nature Preserve. Starting at level one, grab a self-guided activity journal from the Visitor Center before you hit the trails. Receive prizes for every level. When you have finished all four levels, take the Junior Naturalist pledge to receive your official badge and get a special tour from a Master Naturalist.
Free
Visitor's Center Hours Tu-Th, Sat-Sun 9:00am-7:00pm

WOODLANDS ROOM EXPLORATION
Stop by the Visitors Center during open hours to explore local wildlife and learn

about nature. Displays and activities rotate seasonally. Special crafts and games available each weekend.

Free

Visitor's Center Hours Tu-Th, Sat-Sun 9:00am-7:00pm

VOLUNTEER DAYS

(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.) Volunteers will meet at the Visitor Center at 10am. Sign up via email: BansheeReeks@loudoun.gov.

Free		
Sa	5/21	10:00am-12:00pm
Sa	6/18	10:00am-12:00pm
Sa	7/16	10:00am-12:00pm
Sa	8/20	10:00am-12:00pm
Sa	9/17	10:00am-12:00pm



CLAUDE MOORE PARK

Visitor Center: 21544 Old Vestal's Gap Road, Sterling, VA 20164

Athletic Fields: 46150 Loudoun Park Lane

571-258-3700

www.loudoun.gov/claudemoorespark

Visitor Center/Discovery Room: Daily 9:00am-5:00pm

Park Hours: Daily 7:00am-Sunset

SCOUT PROGRAMS

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

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.

MULTI-AGE ACTIVITIES AND INTERPRETIVE PROGRAMS

For the following programs, children MUST be accompanied by an adult unless noted. Minimum numbers are required to run programs; please register in advance.

DISCOVERY ROOM ADVENTURE

(All ages) Stop by the Visitor Center any day of the week between 9am and 5pm to visit with our live animals and explore a wealth of interesting items. Check out in-

teresting 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.

Free	Sa	6/11	1:00pm-3:00pm
Free	Sa	7/9	1:00pm-3:00pm
Free	Sa	8/13	1:00pm-3:00pm

BIRTHDAY PARTYS

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

FIELD TRIPS FOR PRESCHOOL, ELEMENTARY, AND HOMESCHOOL

(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.



FRANKLIN PARK

17501 Franklin Park Drive, Purcellville, VA 20132

540-338-7603

Park Hours: 7:00 -Dusk

Office hours: M-F 9:00am-5:00pm

INSTRUCTORS WANTED

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

FACILITY RENTALS

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

POOLS

Across Your County



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



CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTERS

Facility Hours: M-F 5:00am-9:30pm • Sa-Su 8:00am-8:00pm
Kid Kare: M-F 8:30am-1:30pm/*4:30pm-8:30pm • Sa 8:00am-12:00pm
 *Evening hours available only at Dulles South
Competition Pool: M-F 5:00am-9:15pm • Sa-Su 8:00am-7:45pm
Leisure Pool & Spa: M-F 9:00am-8:45pm • Sa-Su 11:00am-7:45pm
 Closing at Noon on Independence Day, 7/4
 Pass Sale May 9 - June 13 15% off Annual and 6 month passes

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

Under 2 & underFree
 (plastic training pants required)
 Ages 3-17\$4.00
 Adults 18-54\$6.00
 Ages 55+\$4.00
 (Children 11 and under must be supervised by an adult at all times inside the facility. 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)

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

Monthly Pass (unlimited use)

Single Adult\$50
 Two Adults (Family)\$85
 Family Dependent\$15
 Family\$125
 Senior/Youth\$40

Senior Couple\$65
 Adult/Senior\$75
 Student\$40

6 Month Pass (unlimited use)

Single Adult\$250
 Two Adults (Family)\$450
 Family Dependent\$70
 Family\$575
 Senior/Youth\$200
 Senior Couple\$350
 Adult/Senior\$400
 Student\$200

Annual Pass (unlimited use)

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

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.
 Claude Moore RCC - cmrccaquatics@loudoun.gov
 Dulles South RCC - dsrccaquatics@loudoun.gov

ROUND HILL INDOOR AQUATIC CENTER

17010 Evening Star Drive, Round Hill, VA 20141
 571-258-3562 • 571-258-3564(fax) • www.loudoun.gov/rhac

Facility Hours: * M-F 6:30am-9:00pm • Sa 8:00am-8:00pm • Su 12:00pm-6:00pm

*Please call or go to www.loudoun.gov/rhac for lane availability.
 Open 6:30am-12noon Independence Day, 7/4/2022

ADMISSION FEES

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

Daily

2 & underFree
 (Plastic training pants required)
 Ages 3-17\$2.50
 Adults 18-54\$3.00
 Ages 55+\$2.50

Admission Pass

(25 admissions, no expiration)

2 & underFree
 Ages 3-17\$56
 Ages 18-54\$67
 Ages 55+\$56

FRANKLIN PARK POOL

17501 Franklin Park Drive, Purcellville, VA 20132
 540-338-7603 (office) • 540-338-7492 (Pool season only)
 www.loudoun.gov/franklinpark

Open Memorial Day weekend to Labor Day

May 28-June 15: M-F 4:30pm-8:00pm, Sa-Su 11:00am-8:00p
 June 16-July 31: M-F 10:00am-8:00pm, Sa-Su 11:00am-8:00pm

August 1-August 24: M-Su 11:00am-6:15pm

August 25-September 5: M-F 4:30pm-8:00pm, Sa-Su 11:00am-6:15pm

Holiday Hours: Memorial Day 11:00am-8:00pm; July 4th 11:00am-4:00pm;
 Labor Day 11:00am-6:15pm

ADMISSION FEES

Daily

2 & under... Free (Plastic training pants required)
 Ages 3-17\$5.50
 Adults 18-54\$6.00
 Ages 55+\$5.50
 Last Hour 2 & up\$3.50

10 Admission Passes

(Franklin Park Pool only)

Youth/Senior\$50
 Adult\$55

25 Admission Passes

(Franklin Park Pool only)

Youth/Senior\$112.50
 Adult\$125

Season Passes (Lovettsville Pool & Franklin Park Pool)

Family of 4\$300
 Additional youth\$25
 Individual\$75

LOVETTSVILLE COMMUNITY CENTER POOL

57 E. Broad Way, Lovettsville, VA 20180
 540-822-5508 - Pool • 540-822-5284 - Community Center
 M-F 11:00am-6:30pm • Sa,Su 12:00pm-6:30pm
 http://www.loudoun.gov/lovettsvillecc

Open 12pm-4:30pm on July 3rd • Open 12pm-6:30pm on July 4th

ADMISSION FEES

Daily

2 & underFre
 (Plastic training pants required)
 Ages 3-17\$4.00
 Adults 18-54\$4.50
 Ages 55+\$4.00
 Last Hour 2& up\$2.00

10 Admission Passes

(Lovettsville Pool only)

Youth/Senior\$35
 Adult\$40

25 Admission Passes

(Lovettsville Pool only)

Youth/Senior\$75
 Adult\$87.50

Season Passes (Lovettsville Pool & Franklin Park Pool)

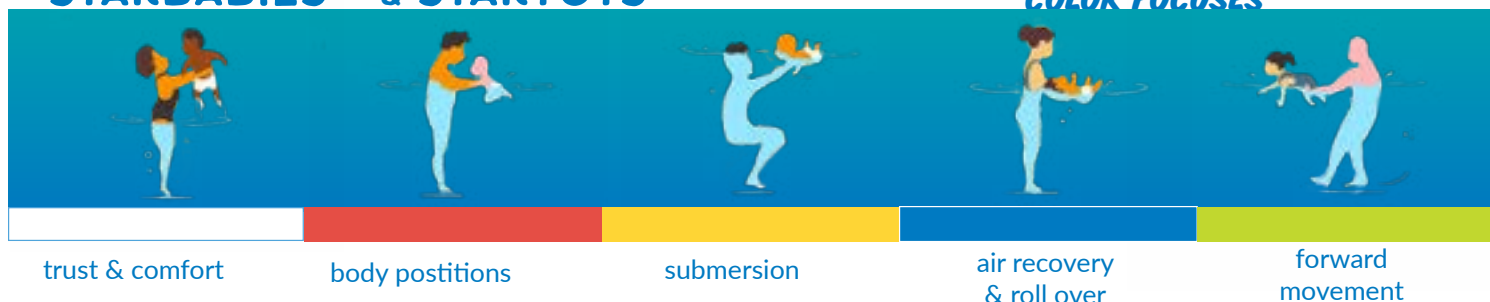
Family of 4\$300
 Additional youth\$25
 Individual\$75

STARFISH SWIMMING™ curriculum

Please follow this color focus guide when selecting courses.

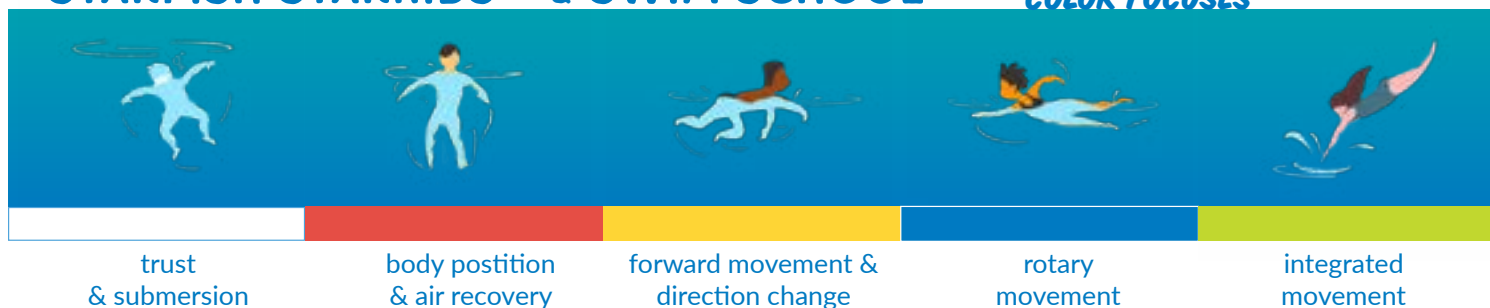
STARBABIES™ & STARTOTS™

COLOR FOCUSES



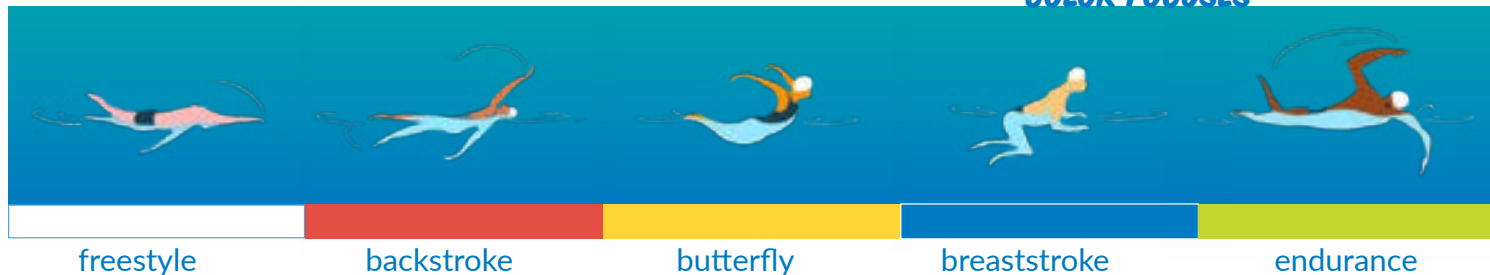
STARFISH STARKIDS™ & SWIM SCHOOL™

COLOR FOCUSES



STARFISH STROKE ACADEMY™

COLOR FOCUSES



For full Starfish Swimming Curriculum™ please scan:



STARBABIES™ & STARTOTS™



PRIVATE & SEMI-PRIVATE LESSONS

Private and Semi-Private lessons are scheduled for 30-minute sessions and are dependent on the availability of instructors and pool availability. These lessons are on a first-come, first-serve basis. Semi-Private fees are per student. Please enroll on the interest list and you will be contacted when lessons become available; or contact the center for more information.

PRIVATE: 4 lessons \$150
SEMI-PRIVATE: 4 lessons \$100 per swimmer

**CLAUDE MOORE RECREATION
& COMMUNITY CENTER**
ACTIVITY NUMBER: 473073-01

**DULLES SOUTH RECREATION
& COMMUNITY CENTER**
ACTIVITY NUMBER: 405299-01

ROUND HILL AQUATIC CENTER
EMAIL: RHAC@LOUDOUN.GOV

STARBABIES



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

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473171

Sec	Fee	Day	Date	Time
01	\$45	Tu	6/7-6/28	3:50pm-4:20pm
02	\$45	Tu	7/5-7/26	3:50pm-4:20pm
03	\$68	Tu,Th	8/2-8/18	3:50pm-4:20pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405175

01	\$45	Sa	6/25-7/16	8:30am-9:00am
02	\$45	Sa	7/23-8/13	8:30am-9:00am

STARTOTS



(Ages 18 months-3 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

Activity Number: 473271

Sec	Fee	Day	Date	Time
01	\$45	Tu	6/7-6/28	4:30pm-5:00pm
02	\$45	Tu	7/5-7/26	4:30pm-5:00pm
03	\$68	Tu,Th	8/2-8/18	4:30pm-5:00pm
04	\$57	Sa	7/16-8/13	4:30pm-5:00pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405176

01	\$45	Sa	6/25-7/16	9:10am-9:40am
02	\$45	Sa	7/23-8/13	9:10am-9:40am

Location: Round Hill Aquatics

Activity Number: 432170

01	\$68	Sa	6/4-7/16	9:00am-9:30am
02	\$57	Sa	7/23-8/20	9:00am-9:30am



STARKIDS™

STARKIDS ■

(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

Activity Number: 473371

Sec	Fee	Day	Date	Time
01	\$45	M,W	6/6-6/15	5:10pm-5:40pm
02	\$34	M,W	7/6-7/13	5:10pm-5:40pm
03	\$45	M,W	8/1-8/10	5:10pm-5:40pm
04	\$45	Sa	7/2-7/23	9:00am-9:30am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405275

Sec	Fee	Day	Date	Time
01	\$45	M-Th	6/20-6/23	4:40pm-5:10pm
02	\$45	M-Th	7/11-7/14	4:40pm-5:10pm
03	\$45	M-Th	7/25-7/28	4:40pm-5:10pm
04	\$45	M-Th	8/8-8/11	4:40pm-5:10pm
05	\$45	Sa	6/25-7/16	10:30am-11:00am

Location: Franklin Park

Activity Number: 466150

Sec	Fee	Day	Date	Time
01	\$45	M-Th	6/20-6/23	8:30am-9:00am
02	\$45	M-Th	6/27-6/30	8:30am-9:00am

Location: Lovettsville Com Ctr

Activity Number: 428101

Sec	Fee	Day	Date	Time
01	\$90	M-Th	6/20-6/30	10:15am-10:45am
02	\$90	M-F	7/5-7/14	10:15am-10:45am

Location: Round Hill Aquatics

Activity Number: 432171

Sec	Fee	Day	Date	Time
01	\$90	Tu,Th	6/7-6/30	4:00pm-4:30pm
02	\$68	Tu,Th	7/12-7/28	4:00pm-4:30pm
03	\$90	Tu,Th	8/2-8/25	4:00pm-4:30pm

STARKIDS ■

(Ages 3-5) Students will practice front and back float, front and back streamline, and rolling by focusing on body positioning and air recovery in the water. Pre-requisites for this class: Go under water comfortably for 5 seconds with assistance, then come up to breathe, or a swim evaluation.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473372

Sec	Fee	Day	Date	Time
01	\$90	Tu,Th	6/7-6/30	5:10pm-5:40pm
02	\$90	Tu,Th	7/5-7/28	5:10pm-5:40pm
03	\$68	Tu,Th	8/2-8/18	5:10pm-5:40pm
04	\$68	Sa	6/4-7/9	9:00am-9:30am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405276

Sec	Fee	Day	Date	Time
01	\$68	M,W	7/18-8/3	4:00pm-4:30pm
02	\$68	Tu,Th	6/21-7/7	4:00pm-4:30pm

03	\$79	Tu,Th	8/2-8/23	4:00pm-4:30pm
04	\$45	Sa	7/23-8/13	10:30am-11:00am

Location: Franklin Park

Activity Number: 466160

01	\$45	M-Th	6/20-6/23	8:30am-9:00am
02	\$45	M-Th	6/27-6/30	8:30am-9:00am

Location: Lovettsville Com Ctr

Activity Number: 428102

01	\$90	M-Th	6/20-6/30	9:40am-10:10am
02	\$90	M-F	7/5-7/14	9:40am-10:10am
03	\$90	M-Th	7/18-7/28	9:40am-10:10am

Location: Round Hill Aquatics

Activity Number: 432172

01	\$68	Sa	6/4-7/16	9:45am-10:15am
02	\$90	Tu,Th	6/7-6/30	4:00pm-4:30pm
03	\$68	Tu,Th	7/12-7/28	4:00pm-4:30pm
04	\$57	Sa	7/23-8/20	9:45am-10:15am
05	\$90	Tu,Th	8/2-8/25	4:00pm-4:30pm

STARKIDS ■

(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

Activity Number: 473373

Sec	Fee	Day	Date	Time
01	\$90	Tu,Th	6/7-6/30	5:50pm-6:20pm
02	\$68	Tu,Th	8/2-8/18	5:50pm-6:20pm
03	\$68	Sa	6/4-7/9	9:40am-10:10am
04	\$57	Sa	7/16-8/13	9:40am-10:10am



Location: Dulles South Rec & Comm Ctr

Activity Number: 405277

01	\$68	M,W	7/18-8/3	5:20pm-5:50pm
02	\$68	Tu,Th	6/21-7/7	5:20pm-5:50pm
03	\$79	Tu,Th	8/2-8/23	5:20pm-5:50pm

Location: Franklin Park

Activity Number: 466170

01	\$90	M-Th	7/4-7/14	8:30am-9:00am
02	\$90	M-Th	7/18-7/28	8:30am-9:00am

Location: Lovettsville Com Ctr

Activity Number: 428103

01	\$90	M-Th	7/18-7/28	10:15am-10:45am
02	\$90	M-Th	8/1-8/11	10:15am-10:45am

Location: Round Hill Aquatics

Activity Number: 432173

01	\$68	Sa	6/4-7/16	9:45am-10:15am
02	\$90	M,W	6/6-6/29	4:00pm-4:30pm
03	\$90	Tu,Th	6/7-6/30	4:45pm-5:15pm
04	\$68	M,W	7/11-7/27	4:00pm-4:30pm
05	\$68	Tu,Th	7/12-7/28	4:45pm-5:15pm
06	\$57	Sa	7/23-8/20	9:45am-10:15am
07	\$90	M,W	8/1-8/24	4:00pm-4:30pm
08	\$90	Tu,Th	8/2-8/25	4:45pm-5:15pm

STARKIDS

(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 10yds 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

Activity Number: 473374

01	\$90	Tu,Th	7/5-7/28	5:50pm-6:20pm
02	\$90	Sa	6/4-7/9	10:20am-10:50am
03	\$57	Sa	7/16-8/13	10:20am-10:50am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405278

01	\$79	M,W	6/20-7/13	6:00pm-6:30pm
02	\$68	M,W	8/8-8/24	6:00pm-6:30pm
03	\$68	Tu,Th	7/12-7/28	6:00pm-6:30pm

Location: Franklin Park

Activity Number: 466180

01	\$90	M-Th	7/4-7/14	8:30am-9:00am
02	\$90	M-Th	7/18-7/28	8:30am-9:00am

Location: Round Hill Aquatics

Activity Number: 432174

Sec	Fee	Day	Date	Time
01	\$90	Tu,Th	6/7-6/30	4:45pm-5:15pm
02	\$68	Tu,Th	7/12-7/28	4:45pm-5:15pm
03	\$90	Tu,Th	8/2-8/25	4:45pm-5:15pm

SWIMSCHOOL

(Ages 6-12) This beginner clinic 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

Activity Number: 473381

Sec	Fee	Day	Date	Time
01	\$45	M,W	6/20-6/29	5:10pm-5:40pm
02	\$45	M,W	7/18-7/27	5:10pm-5:40pm
03	\$45	Sa	6/4-6/25	9:00am-9:30am
04	\$34	Sa	7/30-8/13	9:00am-9:30am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405279

Sec	Fee	Day	Date	Time
01	\$45	M-Th	6/27-6/30	4:40pm-5:10pm
02	\$45	M-Th	7/18-7/21	4:40pm-5:10pm
03	\$45	M-Th	8/1-8/4	4:40pm-5:10pm
04	\$45	M-Th	8/15-8/18	4:40pm-5:10pm

Location: Franklin Park

Activity Number: 466250

01	\$45	M-Th	6/20-6/23	9:15am-9:45am
02	\$45	M-Th	6/27-6/30	9:15am-9:45am

Location: Lovettsville Com Ctr

Activity Number: 428201

01	\$90	M-Th	6/20-6/30	9:05am-9:35am
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Location: Round Hill Aquatics

Activity Number: 432271

01	\$90	Tu,Th	6/7-6/30	5:30pm-6:00pm
02	\$68	Tu,Th	7/12-7/28	5:30pm-6:00pm
03	\$90	Tu,Th	8/2-8/25	5:30pm-6:00pm

SWIMSCHOOL

(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

Activity Number: 473382

Sec	Fee	Day	Date	Time
01	\$90	M,W	6/6-6/29	5:50pm-6:10pm
02	\$79	M,W	7/6-7/27	5:50pm-6:10pm
03	\$68	M,W	8/1-8/17	5:50pm-6:10pm
04	\$68	Sa	6/4-7/9	9:40am-10:10am
05	\$57	Sa	7/16-8/13	9:40am-10:10am

Location: Dulles South Rec & Comm Ctr

STARFISH SWIM SCHOOL™

Activity Number: 405280

01	\$79	M,W	6/20-7/13	4:00pm-4:30pm
02	\$68	M,W	8/8-8/24	4:00pm-4:30pm
03	\$68	Tu,Th	7/12-7/28	4:00pm-4:30pm
04	\$45	Sa	6/25-7/16	9:50am-10:20am

Location: Franklin Park

Activity Number: 466260

01	\$45	M-Th	6/20-6/23	9:15am-9:45am
02	\$45	M-Th	6/27-6/30	9:15am-9:45am

Location: Lovettsville Com Ctr

Activity Number: 428202

01	\$90	M-F	7/5-7/14	9:05am-9:35am
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Location: Round Hill Aquatics

Activity Number: 432272

01	\$68	Sa	6/4-7/16	10:30am-11:00am
02	\$90	Tu,Th	6/7-6/30	6:15pm-6:45pm
03	\$68	Tu,Th	7/12-7/28	6:15pm-6:45pm
04	\$57	Sa	7/23-8/20	10:30am-11:00am
05	\$90	Tu,Th	8/2-8/25	6:15pm-6:45pm

SWIMSCHOOL

(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

Activity Number: 473383

01	\$90	M,W	6/6-6/29	6:30pm-7:00pm
02	\$79	M,W	7/6-7/27	6:30pm-7:00pm
03	\$68	M,W	8/1-8/17	6:30pm-7:00pm
04	\$90	Tu,Th	6/7-6/30	6:40pm-7:10pm
05	\$90	Tu,Th	7/5-7/28	6:40pm-7:10pm
06	\$68	Tu,Th	8/2-8/18	6:40pm-7:10pm
07	\$68	Sa	6/4-7/9	10:20am-10:50am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405281

01	\$79	M,W	6/20-7/13	5:20pm-5:50pm
02	\$68	M,W	8/8-8/24	5:20pm-5:50pm
03	\$68	Tu,Th	7/12-7/28	5:20pm-5:50pm
04	\$45	Sa	7/23-8/13	9:50am-10:20am

Location: Franklin Park

Activity Number: 466270

01	\$90	M-Th	7/4-7/14	9:15am-9:45am
02	\$90	M-Th	7/18-7/28	9:15am-9:45am

Location: Lovettsville Com Ctr

Activity Number: 428203

01	\$90	M-Th	7/18-7/28	9:05am-9:35am
02	\$90	M-Th	8/1-8/11	9:40am-10:10am

Location: Round Hill Aquatics

Activity Number: 432273

01	\$68	Sa	6/4-7/16	9:00am-9:30am
02	\$90	M,W	6/6-6/29	4:45pm-5:15pm

03	\$90	Tu,Th	6/7-6/30	5:30pm-6:30pm
04	\$68	M,W	7/11-7/27	4:45pm-5:15pm
05	\$68	Tu,Th	7/12-7/28	5:30pm-6:00pm
06	\$57	Sa	7/23-8/20	9:00am-9:30am
07	\$90	M,W	8/1-8/24	4:45pm-5:15pm
08	\$90	Tu,Th	8/2-8/25	5:30pm-6:00pm

SWIMSCHOOL

(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

Activity Number: 473384

Sec	Fee	Day	Date	Time
01	\$90	M,W	6/6-6/29	7:10pm-7:40pm
02	\$79	M,W	7/6-7/27	7:10pm-7:40pm
03	\$68	M,W	8/1-8/17	7:10pm-7:40pm
04	\$90	Tu,Th	6/7-6/30	7:20pm-7:50pm
05	\$90	Tu,Th	7/5-7/28	7:20pm-7:50pm
06	\$68	Tu,Th	8/2-8/18	7:20pm-7:50pm
07	\$57	Sa	7/16-8/13	10:20am-10:50am

Location: Dulles South Rec & Comm Ctr

Activity Number: 405282

01	\$68	M,W	7/18-8/3	6:00pm-6:30pm
02	\$68	Tu,Th	6/21-7/7	6:00pm-6:30pm
03	\$79	Tu,Th	8/2-8/23	6:00pm-6:30pm
04	\$45	Sa	6/25-7/16	11:15am-11:45am
05	\$45	Sa	7/23-8/13	11:15am-11:45am

Location: Franklin Park

Activity Number: 466280

01	\$90	M-Th	7/4-7/14	9:15am-9:45am
02	\$90	M-Th	7/18-7/28	9:15am-9:45am

Location: Round Hill Aquatics

Activity Number: 432274

01	\$68	Sa	6/4-7/16	10:30am-11:00am
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STARFISH SWIM SCHOOL™

02	\$90	Tu,Th	6/7-6/30	6:15pm-6:45pm
03	\$68	Tu,Th	7/12-7/28	6:15pm-6:45pm
04	\$57	Sa	7/23-8/20	10:30am-11:00am
05	\$90	Tu,Th	8/2-8/25	6:15pm-6:45pm

TEEN SWIMSCHOOL

(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: Dulles South Rec & Comm Ctr

Activity Number: 405475

Sec	Fee	Day	Date	Time
01	\$119	M,W	6/20-7/13	7:20pm-8:05pm

TEEN SWIMSCHOOL

(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: Dulles South Rec & Comm Ctr

Activity Number: 405476

Sec	Fee	Day	Date	Time
01	\$102	Tu,Th	7/12-7/28	7:20pm-8:05pm

ADULT SWIMSCHOOL

(Ages 18 & Up) 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: Claude Moore Rec & Comm Ctr

Activity Number: 473671

Sec	Fee	Day	Date	Time
01	\$136	M,W	6/6-6/29	6:00pm-6:45pm
02	\$119	M,W	7/6-7/27	6:00pm-6:45pm
03	\$102	M,W	8/1-8/17	6:00pm-6:45pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405575

01	\$102	Tu,Th	6/21-7/7	7:20pm-8:05pm
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ADULT SWIMSCHOOL

(Ages 18 & Up) 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

Activity Number: 473672

Sec	Fee	Day	Date	Time
01	\$68	Tu	6/7-6/28	7:40pm-8:25pm
03	\$102	Tu,Th	8/2-8/18	7:40pm-8:25pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405576

01	\$102	M,W	8/8-8/24	7:20pm-8:05pm
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STARFISH STROKE ACADEMY™

STROKE ACADEMY

(Ages 6-12) This class will focus on freestyle and backstroke, with an introduction to breaststroke and butterfly. Students will practice drills and learn techniques to develop efficient strokes. Pre-requisites: Start in side-glide, swim overarm pulls with kick 30 ft with rotary breathing or pass a swim evaluation.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473481

Sec	Fee	Day	Date	Time
01	\$90	M,W	6/6-6/29	5:20pm-5:50pm
02	\$79	M,W	7/6-7/27	5:20pm-5:50pm
03	\$68	M,W	8/1-8/17	5:20pm-5:50pm
04	\$45	Tu	6/7-6/28	5:20pm-5:50pm
05	\$45	Tu	7/5-7/26	5:20pm-5:50pm
06	\$68	Tu,Th	8/2-8/18	5:20pm-5:50pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405283

01	\$79	M,W	6/20-7/13	6:40pm-7:10pm
02	\$68	M,W	8/8-8/24	6:40pm-7:10pm
03	\$68	Tu,Th	7/12-7/28	6:40pm-7:10pm
04	\$45	Sa	6/25-7/16	11:50am-12:20pm

Location: Lovettsville Com Ctr

Activity Number: 428204

Sec	Fee	Day	Date	Time
01	\$90	M-Th	8/1-8/11	9:05am-9:35am

Location: Round Hill Aquatics

Activity Number: 432275

01	\$68	Sa	6/4-7/16	11:15am-11:45am
02	\$90	M,W	6/6-6/29	5:30pm-6:00pm
03	\$68	M,W	7/11-7/27	5:30pm-6:00pm
04	\$57	Sa	7/23-8/20	11:15am-11:45am
05	\$90	M,W	8/1-8/24	5:30pm-6:00pm

STROKE ACADEMY

(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 School 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

Activity Number: 473482

Sec	Fee	Day	Date	Time
01	\$45	Tu	6/7-6/28	6:00pm-6:30pm
02	\$45	Tu	7/5-7/26	6:00pm-6:30pm
03	\$68	Tu,Th	8/2-8/18	6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405284

01	\$68	M,W	7/18-8/3	6:40pm-7:10pm
02	\$68	Tu,Th	6/21-7/7	6:40pm-7:10pm
03	\$79	Tu,Th	8/2-8/23	6:40pm-7:10pm
04	\$45	Sa	7/23-8/13	11:50am-12:20pm

Location: Round Hill Aquatics

Activity Number: 432276

01	\$68	Sa	6/4-7/16	11:15am-11:45am
02	\$90	M,W	6/6-6/29	6:15pm-6:45pm
03	\$68	M,W	7/11-7/27	6:15pm-6:45pm
04	\$57	Sa	7/23-8/20	11:15am-11:45am
05	\$90	M,W	8/1-8/24	6:15pm-6:45pm

STROKE ACADEMY

(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

Activity Number: 473483

Sec	Fee	Day	Date	Time
01	\$68	Tu	6/7-6/28	6:50pm-7:35pm
02	\$68	Tu	7/5-7/26	6:50pm-7:35pm
03	\$102	Tu,Th	8/2-8/18	6:50pm-7:35pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405285

Sec	Fee	Day	Date	Time
01	\$102	M,W	7/18-8/3	7:20pm-8:05pm
02	\$119	Tu,Th	8/2-8/23	7:20pm-8:05pm

TEEN STROKE ACADEMY

(Ages 13-17) This 45-minute class will teach freestyle, backstroke, and breaststroke, as well as water safety skills. Pre-requisites: Must have achieved all SwimSchool benchmarks or have passed a swim evaluation.

ADULT STROKE ACADEMY

(Ages 18 & Up) This 45-minute class will teach freestyle, backstroke, and breaststroke, as well as water safety skills. Pre-requisites: Must have achieved all SwimSchool benchmarks or have passed a swim evaluation.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473673

Sec	Fee	Day	Date	Time
01	\$68	Tu	7/5-7/26	7:40pm-8:25pm



LIFEGUARD & TRAINING

ADULT & PEDIATRIC FIRST AID/CPR/AED

(Ages 12&UP) This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom 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.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473495

Sec	Fee	Day	Date	Time
01	\$80	Sa	6/4	4:00pm-6:00pm
02	\$80	Sa	7/23	4:00pm-6:00pm

BABYSITTING TRAINING & CPR

(Ages 11-15) This class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly 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.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473496

Sec	Fee	Day	Date	Time
01	\$80	Sa	8/13	9:00am-4:00pm

CERTIFIED POOL OPERATOR - CPO

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

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473497

Sec	Fee	Day	Date	Time
01	\$350	Sa,Su	7/30-7/31	10:00am-6:00pm

LIFEGUARD INSTRUCTOR - LGI

(Ages 17 & UP) Prepares Lifeguard instructor candidates to teach American Red Cross Lifeguard, Lifeguard Blended Learning, Shallow Water Lifeguard, Aquatic Attraction Lifeguard, Waterpark Skills, CPR/AED for Professional Rescuers and Bloodborne Pathogens Training. Prerequisites: Minimum age: 17 years, possess a current Red Cross certificate for LIFEGUARD/FIRST AID/CPR/AED, complete the online session for the Lifeguard Instructor course and complete the pre-course session. A link to the online material will be provided.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473493

Sec	Fee	Day	Date	Time
01	\$360	F-Su	6/17-6/19	5:00pm-9:00pm
02	\$360	F-Su	7/8-7/10	8:00am-6:00pm
03	\$360	F-Su	8/5-8/7	8:00am-6:00pm

LIFEGUARD REVIEW

(Ages 15 & UP) With successful completion of this course, students will be recertified as a Lifeguard 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.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473492

Sec	Fee	Day	Date	Time
01	\$100	Sa,Su	6/4-6/5	10:00am-3:30pm
02	\$100	Sa,Su	7/23-7/24	10:00am-3:30pm



LIFEGUARD & TRAINING

LIFEGUARDING WITH OXYGEN

(Ages 15 & UP) With successful completion of this course, students will be certified as a Lifeguard 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 mins with legs only. Bring a swim suit and towel to every class.

Attendance is mandatory. Must be on-time for Pre-requisite test date and classes. Pre-requisites: Must be 15 by the last class. Must have passed the swim test at one of the pre-requisite test dates and have completed the online portion before the first day of class.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473491

Sec	Fee	Day	Date	Time
01	\$360	M-Th	6/27-6/30	9:00am-4:00pm
02	\$360	M-Th	8/8-8/11	9:00am-4:00pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 405478

Sec	Fee	Day	Date	Time
01	\$360	M,F-Su	6/24-6/27	9:00am-5:00pm
02	\$360	M,F-Su	7/22-7/25	9:00am-5:00pm
03	\$360	M,F-Su	8/19-8/22	9:00am-5:00pm

JUNIOR LIFEGUARD 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 individual is trained to be a lifeguard.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 473899

Sec	Fee	Day	Date	Time
01	\$250	M-F	6/20-6/24	9:00am-4:00pm
02	\$250	M-F	7/18-7/22	9:00am-4:00pm

NO DIVING



ADAPTIVE RECREATION

742 Miller Drive, Leesburg, VA 20177
703-737-8042
<https://www.loudoun.gov/adaptiverec>
Call for pick-up and departure times.

ARTS FOR ALL-LOUDOUN

Open to anyone who would like to work with Arts for Loudoun. We encourage people to join us and learn about VSA and the many opportunities to volunteer with our programs. Contact Michelle.Waugh@loudoun.gov for more information.

Location: Franklin Park Visual and Performing Arts Center

4th M ongoing 7:00pm-9:00pm

FRIENDS OF ADAPTIVE RECREATION -FAR -ADVISORY BOARD, INC.

Volunteers meet monthly to discuss events, community awareness, fundraising and sponsorships—newcomers welcome. Please call Maria Auger at 703-771-5013 for more information.

Location: 742 Miller Drive Leesburg, VA 20177

4th F ongoing

INTEGRATION OPPORTUNITIES

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

LOUDOUN COUNTY SPECIAL OLYMPICS COMMITTEE MEETING

Volunteers, athletes, coaches and committee members meet monthly. New members should call ahead for the date, time, and location. Contact Chris.Caesar@loudoun.gov

GENERAL INTEREST

COOKING CLASSES

(Ages 16 & up, All levels) Join us for a fun evening of JUST DESSERTS! We will be creating a variety of simply delicious yet delightful summer desserts. Grab an early dinner but save room for dessert!

Location: 742 Miller Drive Leesburg, VA 20177

441720-01 \$25 Th 6/9 4:30pm-6:30pm

(Ages 16 & up, All levels) Do you love the taste and smell of a summer cookout? Summer is going too fast!

We will be preparing our favorite summer salads, flipping burgers, and grilling hot dogs. Join us for some end-of-summer fun!

Location: 742 Miller Drive Leesburg, VA 20177

441720-02 \$25 Th 8/25 4:30pm-6:30pm

LUMBERJACK STACK

(All Ages, Levels 1,2) Experience the fun of ax throwing. Join us at Axes and O's for a private all-access party atmosphere where you will enjoy tasty fare, beverages,

popular arcade games and ax tossing to your heart's content. Dinner included. After our ax-throwing adventure, we will return to the office to design our ax handles as souvenirs.

Location: 742 Miller Drive Leesburg, VA 20177

441721-01 \$100 Sa 6/4 10:30am-3:30pm

DINNER & A MOVIE

(Ages 16 & up, All Levels) Join us for a movie night! Before the show, enjoy dinner with great friends! Movies decided closer to the date of the showing. Dinner provided. Movies & dinner will be indoors in the program room. If weather permits, we may move outdoors.

Location: 742 Miller Drive Leesburg, VA 20177

441713-01 \$40 F 6/10 5:30pm-9:00pm

441713-02 \$40 F 8/12 5:30pm-9:00pm

441713-03 \$40 F 8/26 5:30pm-9:00pm

FULL MOON HIKE

(Ages 16 & up, Levels 1,2) Join Us for a Full moon hike at Banshee Reeks nature preserve. It will be a different and perhaps more magical experience than time spent on a normal hike. Before our hike, we will watch a movie, have dinner, and smores while we take in the beauty of the nature preserve.

441711-01 \$45 M 6/13 5:00pm-9:45pm

BLACKSMITHING

(Ages 18 & up, All Levels) Want to be a blacksmith? Or perhaps you have always wanted to hammer on metal the way it's been done for thousands of years? Join us for a blacksmithing class. Each person will have the opportunity to create a piece of iron art. All supplies included. Lunch provided. This class will be held outdoor.

Depart/Return: 742 Miller Drive Leesburg, VA 20177

441712-01 \$150 Sa 8/27 10:00am-4:00pm

SPORTS

SPARE TIME BOWLING

(Ages 16 & up, All levels) Relax on a Friday afternoon with bowling! This program teaches the game basics and promotes socialization and community awareness. If you work at ECHO and need transportation to bowling on Friday, please report request while registering. Bus departs at 2:15pm from ECHO on Fridays.

No transportation provided AFTER bowling. Participants must be picked up at The Branch.

Location: The Branch Bowling Alley

441710-01 \$35 F 6/10 2:30pm-5:00pm

441710-02 \$35 F 8/12 2:30pm-5:00pm

441710-03 \$35 F 8/26 2:30pm-5:00pm



loudoun.gov/prcsjobs



SPECIAL EVENTS & TRIPS

JUNE

WINE & ALE TRAIL EXCURSION

(Ages 21+) Join us for a tour of Western Loudoun County Breweries, and Wineries on the LoCo Wine & Ale Trail tour. Tour Guide Daniel Traub will chauffeur you to and from each Winery/Brewery where you will enjoy a tasting, flight, glass, or food. Please arrive at Loudoun Valley Community Center at 10:45 AM for check in. We will then depart at 11:00 AM for our first stop. Price includes Transportation to, and from the wineries/breweries (price does not include food/beverage costs). Stop 1: Hillsborough Winery & Brewery. Stop 2: Corcoran Winery & Cider. Stop 3: Harvest Gap Brewery

Location: Loudoun Valley Community Center

401407 \$19 Sa 6/11 11:00am-3:00pm

PARTY IN THE PARK CELEBRATION

(All Ages) Fun, food & 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! (weather permitting) (Children 10 and under must be accompanied by an adult.) Call (540) 338-5882 for more information.

Location: Philomont Community Center

411502-01 Free
F 6/12-6/12 2:00pm-4:00pm
F 7/16-7/16 2:00pm-4:00pm
F 8/6-8/6 2:00pm-4:00pm

DIVE INTO SUMMER

(All ages) Summer is finally here and it is time to celebrate with flip flops and belly flops! Activities galore for family, friends and more. Don't miss this NEW summer party at the pool! All regularly sold concession items will be available for purchase. You can sign up for this event online or pay at the door. Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.

Location: Lovettsville Community Pool

402702-01 \$4 F 6/17 6:30pm-8:00pm

TUNE IN TUESDAYS

(All Ages) Come to the Bluemont Community Center for a variety of fun free kid's entertainment. Bring a blanket and enjoy some summertime tunes, then stay to play on the playground or enjoy a picnic lunch with a friend. Shows vary from 45 minutes to one hour. Shows will be held outdoors. In the event of severe weather, call 540-554-8643 for concert status.

Location: Bluemont Community Center

Free Drew Blue Shoes
Tu 6/21 10:00am-11:00am
Free Tony M. Music
Tu 7/19 10:00am-11:00am
Free Rocknoceros
Tu 8/16 10:00am-11:00am

JAMMIN' ON THE PORCH

(All Ages) Pack a picnic, lawn chair or a blanket and come to enjoy some free family friendly music by local artists. Shows will be held outdoors. In the event of severe weather, call 540-554-8643 for concert status.

Location: Bluemont Community Center

Free Julia Kasdorf F 6/24 6:30pm-8:00pm
Free Jazz Trio F 7/15 6:30pm-8:00pm
Free Tony M. Music F 8/26 6:30pm-8:00pm

POLLINATOR FESTIVAL

(All ages) If you were "born to be wild" then this is the festival for you! Help us celebrate pollinators and spread the word about what we can do to protect them in honor of National Pollinator Week. Join us for hands-on demonstrations, hayrides, food trucks, and fun learning activities for the whole family.

Location: Banshee Reeks Nature Preserve

Free Sa 6/25 10:00am-2:00pm

NEW YORK CITY PRIDE!

(All Ages) Enjoy this ride to NYC whether you want to experience LGBTQIA+ PRIDE, or just wander around the city and enjoy touring on your own! It's all up to you! We will travel by charter bus, leaving the Dulles South Recreation & Community Center at 5 a.m., and leaving NYC promptly at 7 p.m. This is a non-chaperoned event; minors MUST be accompanied by a parent. Call 571-258-3456 for more information.

Depart/Return: Dulles South Recreation & Community Center

305902-01 \$65 Su 6/26 5:00am-12am

JULY

STAR SPANGLED STERLING

(All Ages) Join your fellow Sterlingites for an evening of fun and fireworks! Call 703-430-9480 for more information.

Location: Sterling Community Center

Free F 7/1 7:00pm-9:30pm

INDEPENDENCE DAY CELEBRATION

(All ages) A hometown parade kicks off the celebration. Awesome fireworks top off the evening. Sponsored by the Lovettsville Community Center Advisory Board. Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.

Location: Lovettsville Community Center

Free W 7/3 5:30pm-9:30pm

INDEPENDENCE DAY POOL BASH

(All ages) Splish, splash! It's time for our Independence Day Pool Bash! Come relax after the parade and cool off at the pool with the whole family. There will be music and games for all. All regularly sold concession items will be available for purchase. First come, first served. Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.

Location: Lovettsville Community Pool

Pay at door \$4/Ages 2 & up
W 7/3 6:30pm-8:30pm

INDEPENDENCE DAY AT FRANKLIN PARK

(All Ages) Join Franklin Park and the Arts Center for our annual July 4th celebration! Outdoor activities include games and large inflatables, food trucks, and music with DJ Bifocals. Fireworks accompanied by live music from Loudoun Symphonic Winds. Admission is free, and parking is guaranteed up until 8:00pm.

Free M 7/4 5:00pm-10:00pm

OL' TIME 4TH OF JULY CELEBRATION

(All ages) Celebrate the 4th of July with music, crafts, nature exhibits, historic tours, carnival games, and more. Food available for purchase. Use Loudoun Park Lane entrance. Register in advance or pay at door (cash/check only). Call 571-258-3700.

Location: Claude Moore Park Historic Area

461710-01 \$5/Ages 5 & up; Free/4 & under w/ paid adult
M 7/4 10:30am-3:00pm

FAMILY PAINT NIGHT

(All Ages) Bluemont is offering an enjoyable family night of painting. Children and parents will have the opportunity to create the perfect summer painting. Children must be accompanied by a painting adult. Call 540-554-8643 for more information.

Location: Bluemont Community Center

406701-01 \$15 F 7/8 6:30pm-8:30pm

ICE CREAM DAY AT THE OLD SCHOOLHOUSE

(All Ages) Join us for Ice Cream Day. We will serve yummy cold treats from 12pm -2pm. Don't miss it!

Location: Lucketts Community Center

409788-01 F 7/15 12:00pm-2:00pm

MOVIE ON THE LAWN

(All Ages) Join Dulles South and bring a blanket or lawn chair and enjoy a family friendly movie under the stars! All children must be accompanied by a parent. Movie starts at dusk. Movie Title TBD closer to the date. Contact DSRCC for more information 571-258-3456.

Location: Dulles South Recreation & Community Center

705710-01 Free Fr 7/15

AUGUST

DCC PRESCHOOL PLAYDATE

(All Ages) Join us at Douglass for a family fun day! We will have moon bounces, face painting, balloon animals, a magician, and Costume Characters. Food will be provided. This is a family community event.

Location: Douglass Community Center

404713-01 Free Sa 8/27 10:00am-1:00pm

NATIONAL NIGHT OUT

(All Ages) Stop by the Loudoun Valley Community Center and join your First responders to celebrate National Night Out! LVCC is the last stop on the community tour in Purcellville! Refreshments served, basketball on the courts. Bring the family out to meet our great teams of first responders.

Location: Loudoun Valley Community Center

Free Tu 8/2

FAMILY POOL BASH

(All ages) By the pool in the sun, get ready to have some fun! This bash includes family friendly competitive events, little kids games, lawn activities and music. You can sign up for this event online or pay at the door. Call 540-822-5284 and/or email Lovcc@loudoun.gov for more information.

Location: Lovettsville Community Pool

402701-01 \$4 Sa 8/13 6:30pm-8:00pm

SEPTEMBER

FALL FESTIVAL

We are looking for crafters to sell their hand-made items at CMP's Fall Festival. A 10' x 10' booth space is \$25.00. Application at loudoun.gov/claudemoorepark. Call 571-258-3700.

Location: Claude Moore Park Historic Area

Free Sa 9/17 10:00am-3:00pm



FRANKLIN PARK ARTS CENTER

36441 Blueridge View Lane, Purcellville, VA 20132

540-338-7973

M-Fr 9:00am-5:00pm

JUNE

WESTERN LOUDOUN ART & STUDIO TOUR

(All ages) After a two-year postponement the 2022 driving tour is back and in-person! Visit and support over 40 artists as you experience personal interaction and the opportunity to view their work processes. We are hosting 4 artists this weekend! www.WLAST.org

Free F-Su 6/3-5 10:00am-5:00pm

JUPITER THEATER COMPANY - HUNCHBACK

(All ages) "Hunchback," is a theatrical adaptation of Victor Hugo's classic novel. In 15th century France, a hunchbacked bellringer named Quasimodo is trapped behind the stained glass windows of a cathedral. Meanwhile a mesmerizing dancer named Esmeralda struggles to find meaning amidst the rough streets she calls home. Come witness this poignant tale of justice, the lack thereof, and hope despite it all.

Tickets \$14 adults \$12 students www.franklinparkartscenter.org
F-Su 6/10-12 7:30pm

TANGLEWOOD MARIONETTES - THE DRAGON KING

(Ages 2 & up) A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, The Dragon King tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Colorful sea creatures, an exciting adventure, and a Dragon King that will knock your socks off! All this and more can be found in this award-winning production. Running time: 50 minutes. Recommended grade levels: Appropriate for preK - 6

Tickets: \$5 per person www.franklinparkartscenter.org
W 6/15 10:00am

MUSIC FOR DESSERT - PLUNKY & THE UNIVERSAL JAZZ QUARTET

(All ages) Plunky & Oneness is an enduring and versatile funk, jazz, Afro-fusion group. Led by saxophonist J. Plunky Branch, the group is a unique combination of exotic soulful grooves, sax, vocals, African percussion, and electronics.

Tickets \$15 in-person and \$8 virtual/student
Purchase online: www.franklinparkartscenter.org
Tu 6/21 7:00pm

GALLERY GATHERING - FRAMING YOUR ARTWORK

(18 & up) A monthly program for artists to gather and socialize, build community - and also learn some things that will take your art to the next level. This first

program offers tips about the best way to frame your artwork. John and Jeanne Poovey, owners of Four Corners Framing in Lovettsville, VA will share ideas and tips for both emerging and professional artists. The framing presentation will begin at 4:45 pm, with time before and after for socializing. Light refreshments provided. Sponsored by the Friends of Franklin Park Arts Center.

Free	Th	6/23	4:00pm
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LAST HAM STANDING COMEDY IMPROV

(All ages) Don't miss this hilarious show full of laughs for the entire family. A group of talented performers takes suggestions from the audience to create wacky scenes and funny improv games. If you like Whose Line Is It Anyway? You'll love Last Ham Standing...the other comedy meat!

Tickets	\$14 Adults, \$12 Seniors, \$10 kids		
Purchase online: www.franklinparkartscenter.org			
F	6/24		8:00pm
Sa	7/30		8:00pm
F	8/19		8:00pm

SWEARINGEN & KELLI - THE MUSIC OF SIMON & GARFUNKEL

(All ages) This Gold Star event is sponsored by the Friends of Franklin Park Arts Center. This stunning acoustic show features the duo Swearingen and Kelli, singing the hits of Simon and Garfunkel.

Tickets	\$22		
Online: www.franklinparkartscenter.org			
Sa	6/25		8:00pm

PLANETARIUM PROGRAMS

(Ages 4 & up) Step inside our inflatable dome planetarium to experience the wonder of space in the interactive programs. Set up on the stage of our theater, with mostly floor seating, the program lasts about 40 minutes.

Tickets	\$8		
Online: www.franklinparkartscenter.org			
Tu	6/28	6:00pm, 7:00pm, 8:00pm	
Summer Solstice and the Constellations			
Su	7/10	1:00pm, 2:00pm, 3:00 pm, 4:00pm	
Summer skies and Festivals: Matariki			
Su	8/21	1:00pm, 2:00pm, 3:00pm, 4:00pm	
Art and Space Discoveries			

JULY

RED, WHITE & BLUE BIKE PARADE & PUPPET SHOW

(All ages) Bring your family to the Patriotic Parade featuring your decorated bicycles & wheeled items. (See decorating workshop under classes) Parade begins in the Pool parking lot and ends by the pond. Prizes will be awarded and free snow cones to enjoy at the end. Families can then picnic on the lawn and watch a puppet show.

Free, registration required			
463763-02	Sa	7/2	7:00pm Bicycle/ Wheels

BEALE STREET PUPPETS: BARREL O'MONKEYS

(Ages 2 & up) Join Margaret Monkey on her flying trapeze, Bobby the Baby Elephant and our Cavalcade of Clowns. Our musical marionette variety show is just the ticket for families!

INFINITE ARTS - SOMEWHERE DIFFERENT NOW

(Ages 12 & up) Presented by high school theater campers, Infinite Arts presents it's first original script showcasing the music of three-part harmony folk sensations: Girlyman. Join a group of 20-somethings as they love and lose, search for community, a purpose and a place that finds them: Not Lost, Not Found, but... Somewhere different now.

Tickets	\$20		
Purchase online: www.franklinparkartscenter.org			
F	7/15		7:00pm
Sa	7/16	3:00pm and 7:00pm	
Su	7/17		3:00 pm

MUSIC FOR DESSERT - ANDREW MCKNIGHT

(All ages) Franklin Park Arts Center invites you to join us for "Music For Dessert", a live music series for both in-person and virtual audiences. Award-winning folk and American artist Andrew McKnight's musical journey has traced nearly a million miles of blue highways, and earned him a wealth of critical acclaim. This concert is presented with funding from the Virginia Commission for the Arts and Andrew McKnight is a Virginia Touring Artist with VCA.

Tickets	15 in-person and \$8 virtual/student		
Purchase online: www.franklinparkartscenter.org			
Tu	7/19		7pm

LUCINDA McDERMOTT - "O'KEEFFE!" - A ONE-WOMAN SHOW

(Ages 16 & up) A Gold Star Event sponsored by the Friends of Franklin Park Arts Center, "O'Keeffe!" celebrates the life and work of American artist Georgia O'Keeffe. Here, O'Keeffe finds herself in front of an audience who bears witness as she struggles to make peace with an unresolved issue. A revealing drama about the beloved and complex American icon. Presented with support from Virginia Commission for the Arts.

Tickets	\$20 in-person and virtual		
Purchase online: www.franklinparkartscenter.org			
Su	7/24		2:00pm

MUSIC FOR DESSERT - HIROYA TSUKAMOTO

(All ages) Take a "dessert" break and treat yourself, in-person or virtually, to the musical talents of Hiroya Tsukamoto. Hiroya is a one-of-a-kind composer, guitarist and singer-songwriter from Kyoto, Japan and he mixes traditional Japanese folk songs with his own original serene instrumentals.

Tickets	\$15 in-person and \$8 virtual/student		
Purchase online: www.franklinparkartscenter.org			
Tu	7/26		7:00pm

MUSIC & SKETCHING IN THE SCULPTURE GARDEN

(All ages) Unpack your picnic basket and relax in the Sculpture Garden at Franklin Park while listening to live music. Visit the visual artists as they listen as well, painting plein air. Be one of the first 50 patrons and receive your own sketch pad to enjoy the music while your creative mind sketches your feelings. Bring your own picnic and chairs/blanket.

Free			
Su	7/31	6:00pm-6:45pm	TBA
Su	8/14	6:00pm-6:45pm	Loudoun Brass Quintet
Su	8/28	6:00pm-6:45pm	TBA

AUGUST

INFINITE ARTS - RENT

(Ages 16 & up) Due to R-rated content, recommended for high school age and above. Presented by high school theater campers, the show follows a year in the life of a group of impoverished young artists and musicians struggling to survive and create in New York's Lower East Side.

Tickets	\$20		
Purchase online: www.franklinparkartscenter.org			
F	8/5		7:00 pm
Sa	8/6	3:00 & 7:00 pm	
Su	8/7		3:00 pm

MUSIC FOR DESSERT - COLD CHOCOLATE

(All ages) Cold Chocolate is a genre- bending Americana band that fuses folk, funk, and bluegrass to create a unique sound all their own.

Tickets	\$15 in-person and \$8virtual/ student		
Purchase online: www.franklinparkartscenter.org			
M	8/8		7:00 pm

MUSIC FOR DESSERT: STEPHANIE NAKASIAN

(All ages) For over 30 years, jazz singer Stephanie Nakasian set the standard in Jazz across the world, and is recognized in the Encyclopedia of Jazz for her contributions. Stephanie has headlined from the Lincoln Center, Kennedy Center, and the Moscow International Performing Arts Center, to festivals in Japan, Europe, and the U.S. Compared to Ella, Sarah, Peggy Lee, Rosemary Clooney and June

Christy, Ms. Nakasian's repertoire includes the Great American Songbook and Jazz Classics.

Tickets \$15 in-person and \$8 virtual/student
Purchase online: www.franklinparkartscenter.org
Tu 8/9 7:00pm

TANABATA - A JAPANESE CELEBRATION

(All ages) Celebrate this traditional Japanese festival with crafts and games. At dusk, we will release floating water lanterns in Franklin Park pond. A peaceful, magical, and cultural evening for all generations.

Tickets \$5
Purchase online: www.franklinparkartscenter.org
Th 8/11 7:00pm

TOM TEASLEY - THE ADVENTURES OF PRINCE AHMED

(Ages 10 & up) Tom Teasley, a world renowned percussionist, presents a live performance as the soundtrack to this 1926 film. The first animated feature length film, The Adventures of Prince Achmed was created by German visionary Lotte Reiniger using a silhouette technique inspired by shadow puppetry.

Tickets \$15 in-person and \$8 virtual/student
Purchase online: www.franklinparkartscenter.org
Sa 8/13 7:00 pm

APPALACHIAN CHAMBER MUSIC FESTIVAL

(All ages) ACMF melds world-class chamber music performances, collaboration and outreach, with the rich and inspiring history, nature and culture of Harpers Ferry, Charles Town, Jefferson County and surrounding areas. We are all about bringing music to audiences in new, meaningful and accessible ways! We celebrate what is already here on a world stage, while striving to further enrich the region through our shared love of music.

Tickets \$20 in-person and \$20 household /virtual viewing
Purchase online: www.franklinparkartscenter.org
Sa 8/20 7:30pm

MUSIC FOR DESSERT - DUO DELIGHT, ACMF

(All ages) Two musicians from the Appalachian Chamber Music Festival will present a concert of music inspired by the regional history. Tickets \$15 in-person and \$8 virtual/student

Purchase online: www.franklinparkartscenter.org
Tu 8/23 7:00 pm

FRANKLIN PARK ARTS CENTER GALLERY

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

Weekends during performances.

For more information on entry requirements and fees 540-338-7973 or email

Elizabeth.Bracey@loudoun.gov.

www.franklinparkartscenter.org/exhibitions

IT'S NOT REAL - ABSTRACT & SURREAL ARTWORKS

Artists in all mediums submit works of abstract and surreal art. 2D and 3D artwork will be displayed on podiums or in exhibit case – even hung from the ceiling! We are excited for the eclectic nature of this exhibit – visit us!

Exhibit Su-W 6/10-7/10
Gallery Gathering: Framing your Artwork Th 6/23 4:00pm

INSPIRED BY O'KEEFFE

Artists in all mediums submit works inspired by and/or in the style of painter Georgia O'Keeffe. Big and detailed flowers, desert landscapes and animal skulls are just the beginning of the inspiration and as O'Keeffe said herself "To create one's world in any of the arts takes courage."

Exhibit F-Su 7/15-8/21
Gallery Gathering Th 7/21 4:00pm

Save the date for the one woman show "O'Keeffe!" presented by Virginia Commission for the Arts Touring Artist Lucinda McDermott. Sunday, July 24th at 2:00pm.

PRCS
NOTIFICATIONS

SIGN UP!

CLASSES

PAINTED PATRIOTIC QUILT SQUARE

(All ages) Artists, families, painters of all ages will receive a blank wooden 2 ft x 2 ft square to paint or decorate. Return it to the Franklin Park Arts Center no later than June 30 to be included in our one-of-a-kind community art installation located in the park. Call 540-338-7973 to reserve your square. Pick up beginning June 1, 2022.

Free
W-Th 6/1-6/30

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 7:00 pm. Meet in the Pool parking lot.

463763-01 \$3 Sa 7/2 6:00pm

MUSICAL THEATRE CAMP

(Ages 8-16) Actors will perform the amazing production of Cinderella Jr. Each child will be cast in the show either as a lead, supporting lead or an ensemble role. Actors should come prepared to explore the basics of acting, singing, dancing, costumes and set design. Students will provide their own costume pieces for this production. Bring a snack, lunch and water bottle each day. Instructor-SOHO Performing Arts.

463726-01 \$330 M-F 7/18-7/22 9:00am-3:00pm

DRAMA THEATRE CAMP

(Ages 8-16) Actors will perform the amazing theatrical play of PAN. Peter and Tinkerbell explore Neverland. There, they make friends with the Lost Boys and Princess Tiger Lily as they encounter Captain Hook, his gang of pirates, and crocodiles. Each child will be cast in the show either as a lead, supporting lead or an ensemble role. Actors should come prepared to explore the basics of acting, movement, stage presence, costumes and set design. Students will provide their own costume pieces for this production. Bring a snack, lunch and water bottle each day. Instructor-SOHO Performing Arts.

463727-01 \$330 M-F 7/25-7/29 9:00am-3:00pm



LOUDOUN COUNTY AREA AGENCY ON AGING

742 Miller Drive SE, Leesburg, VA 20175
703-777-0257
M-F 8:30am-5:00pm

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
Volunteer Opportunities

CAREGIVER SERVICES

FAMILY CAREGIVER EDUCATION SERIES

Our education series offers learning opportunities for older adults, caregivers and family members on topics related to aging. These programs enhance the ability of caregivers and family members to provide (informal) care for as long as appropriate. For more information about these programs, call 703-771-5407 or email aaasupport@loudoun.gov.

CAREGIVER SUPPORT GROUPS

Meets the first Wednesday of the month at 4:00pm at the Leesburg Adult Day Center (16501 Meadowview Court, Leesburg, VA 20175). For more information, call 703-331-5334.

Meets the third Saturday of the month at 10:00am at the Waltonwood (44141 Russell Branch Parkway, Ashburn, VA 20147). For information, call 703-771-5407.

VIRTUAL CAREGIVER SUPPORT GROUPS

Meets the third Saturday of the month. Please pre-register in advance by contacting Erin Nesbitt at erin.nesbitt@loudoun.gov.

Meets the first Wednesday of the month from 4:00pm-5:00pm. Please pre-register by calling Jaimee Conner at 703-771-5334.

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

DISEASE PREVENTION & HEALTH PROMOTION

The Area Agency on Aging offers evidence-based disease prevention and health promotion programs and services for older adults, caregivers, and their families. The programs provide information and education to help older adults improve or maintain health-related quality of life through preventing, treating, and reducing the effects of chronic conditions.

LIVE WELL! WITH CHRONIC CONDITIONS & LIVE WELL! WITH DIABETES

Learn how to manage the challenges of living with or caring for someone with a chronic condition. This six-week workshop provides information, teaches practical skills, and gives people confidence and motivation. Topics to be covered include: nutrition and physical activity, dealing with difficult emotions, communication, how to get better sleep, and understanding medication. Healthy snacks and course materials will be provided. To find a workshop near you, call 703-771-5407 or send an email to aaasupport@loudoun.gov.

INFORMATION & ASSISTANCE

The Elder Resources team links older adults and their caregivers to supportive community services.

SENIOR CENTERS

ACTIVITIES & FEES

Four full-service senior centers and one senior activity center offer a variety of programs and activities for adults 55 and over. The annual membership fee is \$32/person (\$48/non-residents). Members receive lower rates for trips and classes, a monthly newsletter and membership privileges at all senior centers. There is a cost of \$4/meal for adults under 60, and a suggested donation for adults 60 and over, for the congregate lunch program.

FACILITY RENTALS

Attractive rental space is available for groups of all ages at three full service senior centers in Leesburg, Sterling and Purcellville for meetings, family reunions, special events, birthday parties and more. Please call the individual senior center for further information.

ADULT DAY CENTERS LOCATIONS

Eastern Loudoun Adult Day Center (Ashburn):571-258-3232
 Loudoun County Adult Day Center at Leesburg:.....703-771-5334
 Mac Brownell Adult Day Center (Purcellville):.....571-258-3402

PARTICIPANTS

Our centers are open M-F from 7:30am-5:30pm to provide a safe, social and interactive environment for seniors with cognitive and/or physical disabilities who are unable to be home alone safely. Activities and services, designed to elicit success and enjoyment, include art and music therapy, individualized exercise, mentally stimulating games, assistance with personal needs, medication management, nutritious hot lunches and snacks, and health monitoring. Limited transportation is available to some areas. Fees are based on a sliding scale.

CAREGIVERS

Adult Day Centers provide respite for those needing support and time away from caregiving. Caregiver and Alzheimer's disease support groups are available to provide insight, guidance, companionship, and resources. Caregiver education programs are also available. For more information, call 703-771-5407 or email aaasupport@loudoun.gov.

SENIOR TRIPS

ABOUT

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

REGISTRATION

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

CONTACT

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



LICENSED CHILDREN'S PROGRAMS

CHILD CARE

(Ages 3-5) Our full and half-time child care program provides a safe, healthy, learning environment with age-appropriate activities to promote the physical, social and intellectual growth of children. Healthy breakfasts and snacks are provided. Full-time hours are 7:00am-6:00pm Contact the center of your choice for more information and availability.

FEES

Full-time.....7:00am-6:00pm\$265 per week
 Part-time.....up to 30 hrs/wk.....\$240 per week
 Part-time.....up to 20 hrs/wk.....\$200 week

Drop-in.....Space available basis.....\$10 per hour
 Non-refundable deposit.....\$50/year
 Late payment fee.....\$25

LOCATIONS

Bluemont Community Center540-554-4838
 Dulles South Recreation & Community Center.....571-258-3311
 Loudoun Valley Community Center540-338-5035
 Lovettsville Community Center540-822-5381
 Lucketts Community Center.....703-737-8841

PRESCHOOL

Our state-licensed, nine-month preschool program operates September through May. Classes offered for 2.5-5 year olds, but vary by location. Preschool registration is on a first come basis with priority to enrolled families. Pre-registration for returning preschool families will begin February 1 at 10:00 a.m. and will continue through February 11. Students enrolled in the current school year and their siblings are eligible to pre-register. Open registration for remaining preschool spots will begin February 15 at 10:00am until spaces are filled. Children are not enrolled until all required paperwork is completed and approved. Register on Loudoun.gov/webtrac or call the center you'd like to enroll at for assistance.

LOCATIONS

Bluemont Community Center540-554-8643
 Claude Moore Recreation & Community Center.....571-258-3500
 Douglass Community Center703-771-5913
 Dulles South Recreation & Community Center.....571-258-3456
 Loudoun Valley Community Center540-338-4122
 Lovettsville Community Center540-822-5284
 Lucketts Community Center.....703-771-5281
 Philomont Community Center.....540-338-5882

CASA -COUNTY AFTER SCHOOL ACTIVITIES

Age 5-Grade 5
 703-737-8042 • www.Loudoun.gov/CASA

2022-2023 CASA PROGRAM

This year, we will focus on nurturing participants' individuality through a variety of recreational opportunities including STEM and Literacy. Our creative and talented staff developed a system that will challenge your child to grow and learn in a positive environment. The activity schedule also includes homework and snack time. CASA follows the Loudoun County Public Schools (LCPS) calendar and may be subject to change in response to COVID-19 conditions.

SCHEDULE

CASA locations follow the Loudoun County School calendar run from conclusion of the elementary school day till 6:00pm.

LOCATIONS

There are over 40+ CASA locations throughout Loudoun County. Please contact us for availability.

CASA ACADEMY

CASA Academy is offered at designated Recreation and Community Center facilities and provides an after-school option for students in elementary school. Each CASA Academy location will choose one specific theme for lessons during the entire school year (e.g., arts, music, STEM).

CASA Academy at Bluemont Community Center.....540-554-8643
 CASA Academy at Claude Moore Recreation & Community Ctr.....540-258-3500
 CASA Academy at Dulles South Recreation & Community Ctr.....540-258-3456
 CASA Academy at Lucketts Community Center703-771-5281
 CASA Academy at Philomont Community Center540-338-5882

FEES

CASA Program fees\$360/month/child
 Non-refundable Deposit.....\$50/child/due at registration



YOUTH SERVICES

703-777-0343

YAS -YOUTH AFTER SCHOOL PROGRAM

(Grades 6-8) YAS offers fun, exciting, recreational activities for middle school students including sports, games, arts & crafts, field trips, drama, tutoring, mentoring, STEM, book club, special events and intramural competitions, as well as time for homework, relaxing, and socializing in a safe supervised environment. Students have the opportunity to help plan activities and are encouraged to explore their interests. YAS is in middle schools and follows the Loudoun County Public School calendar. The program begins when the final bell rings and ends at 6:15pm.

Fee \$50/month

YAS LOCATIONS

Belmont Ridge MS, Blue Ridge MS, Brambleton MS (offers transportation to Stone Hill MS), Eagle Ridge MS, Farmwell Station MS, Harmony Middle (offers transportation to Blue Ridge MS), Harper Park MS, J.L. Simpson (offers transportation to Harper Park MS), Lunsford MS (offers transportation to Mercer MS), Mercer MS, River Bend MS, Seneca Ridge MS, Smart's Mill MS, Sterling MS, Stone Hill MS & Trailside MS.

LCPS offers transportation through ParentVue.

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 non-profits 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 www.loudoun.gov/teens.



SCAN HERE!

LOUDOUN.GOV/PRCSEVENTS

TUNE-IN TUESDAYS



FREE!

BLUEMONT COMMUNITY CENTER

A MORNING OF CHILDREN'S
MUSICAL ENTERTAINMENT

FEATURING

10-11AM

JUNE 21 - DREW BLUE SHOES
JULY 19 - TONY MATIRANO
AUGUST 16 - ROCKNOCEROUS

GENERAL INFORMATION

what you need to know about...

WHERE TO FIND YOUR ACTIVITY GUIDE

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

GENERAL REGISTRATION

For county senior residents, online and walk-in registration for senior activities begins at 9:00am on 5/19/22. For county residents, online registration for all activities begins at 12:01am on 5/20/22. Walk-in registration at PRCS facilities begins on 5/20/22 for county residents during normal business hours for each location. Online registration starts at 12:01am on 6/3/22 for anyone not residing in Loudoun County (including seniors). Walk-in registration at PRCS facilities begins on 6/3/22 for anyone not living in Loudoun County (including seniors) during regular business hours for each location.

ONLINE REGISTRATION

WebTrac is the online registration system for enrolling in PRCS activities, using a household identification number and password. A new household account can be requested online at www.loudoun.gov/webtrac. A new account number and password will be sent to your email address in two to five business days. With a household ID number and password, you can register and pay for most activities using VISA, Discover, or MasterCard. If you have forgotten your account information, you can retrieve your ID and password at www.loudoun.gov/webtrac. If you require additional assistance, please contact your local PRCS center/park or the administrative office before the first day of registration!

REGISTRATION FOR LICENSED PROGRAMS

Additional forms may be required for licensed programs. Please refer to the corresponding section in this activity guide or www.loudoun.gov/prcslp for specific registration procedures for Licensed Preschool, CASA, YAS, Daze and Fest summer camps, Adaptive Recreation camp and licensed trip camps. Proof of participation for current school year will be required for families in the CASA Assistance Program (families approved for the Loudoun County Public Schools Free and Reduced Lunch Program).

PAYMENTS

Registration fees are due at the time of registration, unless otherwise noted. Online registrations must be paid by credit card. Cash, check, money order, or credit card payments can be made in person. Checks or money orders must be made payable to "County of Loudoun." Payments by check or money order can also be mailed to the PRCS administrative office. Do not send cash or credit card information by mail. Do not include supply fees in total paid. Supply fees are payable to the instructor at the first class.

TAX INFORMATION

A global childcare statement can be printed using WebTrac. The option is located under "my account" after logging into WebTrac. A statement can be printed for any calendar year; however, the desired tax year must be selected. Visit www.loudoun.gov/webtrac.

PROGRAM REFUNDS & CANCELLATIONS

Our goal is to ensure quality programs. If you are dissatisfied with the quality of a class/program in which you are currently enrolled, you may request a refund according to the following policy or policy provided by the specific program: Refund requests must be submitted in writing and include an explanation of why the participant is disappointed with the quality of the particular class/program. The written request should be dated and sent by email, fax, or mail directly to the facility manager or program manager offering the class/program. Only written requests will be accepted. The amount of any refund prorated based on the number of remaining class/program sessions.

If you need to cancel a class/program registration, and you make the request 15 or more days before the start date, a full refund will be offered -MINUS a 15% administrative fee (to a maximum of \$15). If you cancel a class/program registration 14 or fewer days before the start date, a 50% refund will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email, fax, or mail directly to the facility or program manager offering the class/program.

The Department reserves the right to cancel or change a class or activity due to insufficient enrollment or other reasonable cause. A full refund (including any applicable registration fee) will be offered.

FINANCIAL ASSISTANCE

For qualifying families, financial support may be available for reimbursement of the cost of certain Adaptive Recreation activities sponsored by Loudoun County PRCS. The major qualification for respite is MR diagnosis. For more information, call MR Services at 703-777-0377.

OUT-OF-COUNTY FEES

An additional 50 percent of fees will be charged for individuals residing outside of Loudoun County for annual senior center memberships.

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 in order to increase community awareness of PRCS programs and services.

SUPPLIES & MATERIALS

The cost of supplies and materials is included in the class or activity fee, unless otherwise indicated. If a supply/material fee is listed for an activity, it must be paid directly to the instructor on the first day of class.

TRANSPORTATION

When transportation is provided, spaces are filled on a first-come, first-served basis.

TRIP POLICY

There will be no smoking or alcoholic beverages allowed on any vehicles used for Department trips including motor buses. Due to outside costs associated with arranging and booking trips, there will be no refund when a participant cancels a trip registration.

RENTALS

Rental space is available at most centers and parks including rooms, pavilions, and gyms for private parties, meetings, and other activities. Contact the preferred center or manned park directly for available dates, times and rental rates. For unmanned facilities, please call 703-777-0343.

VOLUNTEERS

For information on volunteer opportunities, including PRCS advisory boards and councils, please contact your local center, park or program representative,

or call 703-777-0343. Those interested in working with Loudoun residents with disabilities, including Special Olympics and 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 in order to participate in PRCS activities, please contact the program or location manager (or PRCS administrative office). At least three business days advance notice is requested. Phone: 703-777-0343, TTY: 711, Email: adaptrec@loudoun.gov.

CLOSINGS/POSTPONEMENTS

In case of inclement weather, public holidays or emergencies, the Department will determine program cancellations or postponements. For more details, visit www.loudoun.gov/prcs, consult your parent handbook, or call the program location or PRCS Administration at 703-777-0343. For athletic field conditions, visit www.loudoun.gov/fieldstatus.go. For up-to-date announcements regarding County Government closings and cancellations, sign up for Alert Loudoun at www.loudoun.gov.

Questions? Give us a call!

ADMINISTRATIVE OFFICE

Main Number..... 703-777-0343
TDD/for deaf or hearing impaired..... TTY711

PROGRAMS & SERVICES

Adaptive Recreation 703-737-8042
After School Programs
CASA Grades K-5 703-737-8042
YAS Grades 6-8..... 703-777-0343
Area Agency on Aging/Senior Services 703-777-0257
Children's Programs and Camps 703-737-8042
Facilities Planning & Development..... 703-737-8992
Licensed Childcare/Preschool 703-737-8006
Sports, Youth & Adult 703-777-0343
Sports Postponements/Cancelations 703-777-0456
Youth Services..... 703-777-0343

CENTERS

Ashburn Senior Center..... 571-367-8340
Bluemont Community Center 540-554-8643
Carver Center 571-258-3400

Claude Moore Recreation & Community Center ... 571-258-3600
Douglass Community Center 703-771-5913
Dulles South Recreation & Community Center 571-258-3456
Dulles South Senior Center 571-258-3883
Eastern Loudoun Adult Day Center..... 571-258-3232
Franklin Park Arts Center 540-338-7973
Leesburg Adult Day Center 703-771-5334
Loudoun Valley Community Center 540-338-4122
Lovettsville Community Center 540-822-5284
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
Philip A. Bolen Memorial Park..... 571-258-3487
Potomack Lakes Sportsplex 703-444-1459



FACILITIES

PRCS Administration

742 Miller Drive, SE
Leesburg, VA 20175
703-777-0343

Ashburn Park

43645 Partlow Road
Ashburn, VA 20147
703-777-0343

Ashburn Senior Center

20880 Marblehead Dr
Ashburn, VA 20147
571-367-8340

Banshee Reeks Nature Preserve

21085 The Woods Road
Leesburg, VA 20176
703-737-8894

Beth Miller Park

20270 Leier Place
Ashburn, VA 20147
703-777-0343

Bles Park

44830 Bles Park Drive
Ashburn, VA 20147
703-777-0343

Bluemont Community Center

33846 Snickersville Turnpike
Bluemont, VA 20135
540-554-8643

Brambleton Community Park

22388/22389 Belmont Ridge Road
Ashburn, VA 20148
703-777-0343

Byrne's Ridge Park

24915 Mineral Springs Circle
Aldie, VA 20105
703-777-0343

Carver Center

200 Willie Palmer Way
Purcellville, VA 20132
571-258-3400

Mac Brownell Adult Day Center

200 Willie Palmer Way
Purcellville, VA 20132
571-258-3402

Chick Ford & Ryan Bickel Fields

43950 Grace Bridge Drive
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

Lanesville Heritage Area**Conklin Community Park**

25701 Donegal Drive, Chantilly, VA 20152
703-777-0343

Corner Hall Park (Kirkpatrick West)

41381 Gardenia Dr.
Aldie, VA 20105

Countryside Park

20756 Countryside Boulevard
Sterling, VA 20164
703-777-0343

Douglass Community Center

405 E. Market Street
Leesburg, VA 20175
703-771-5913

Dulles South Recreation and 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

Elizabeth Mills Riverfront Park

44105 Heron Way
Leesburg, VA 20176
703-777-0343

Kephart Bridge Landing

43942 Riverpoint Drive
Leesburg, VA 20176
703-777-0343

Evergreen Mills Equestrian & Hiking Trail (currently closed)

21332 The Woods Road Leesburg, VA 20176

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



FACILITIES

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

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 County Senior Center at Cascades

21060 Whitfield Place
Sterling, VA 20165
571-258-3280

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

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

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
703-777-0343

Nell Boone Park

11756 Harper's Ferry Road
Purcellville, VA 20132 (Neersville)
703-777-0343

Old Waterford School

40222 Fairfax St #142-b
Waterford, VA 20197
540-882-3018

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

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) quarters for the enslaved (no interior access)

24837 Evergreen Mills Road
Sterling, VA 20166

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

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



CREATING COMMUNITY THROUGH PEOPLE, PARKS & PROGRAMS

Our mission is to provide outstanding recreational and leisure opportunities, outcome-focused community services, and stewardship of our natural resources to promote quality of life for Loudoun's residents and visitors. This activity guide is designed with you and your family in mind. Reach out to prcs@loudoun.gov with comments or suggestions.

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



creating
COMMUNITY

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

