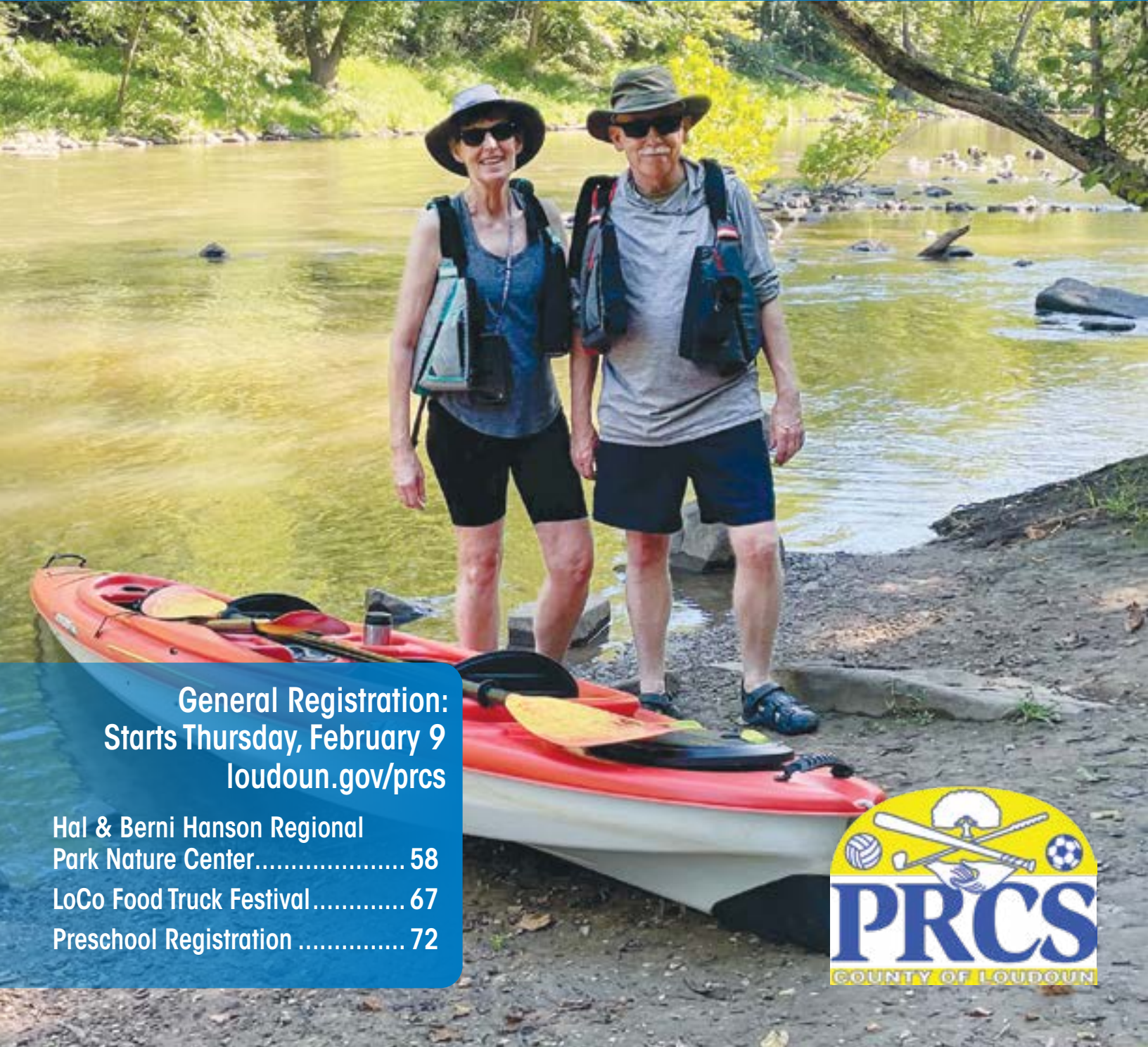


SPRING 2023

# ACTIVITY *guide*

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICE



General Registration:  
Starts Thursday, February 9  
[loudoun.gov/prcs](https://loudoun.gov/prcs)

Hal & Berni Hanson Regional  
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CONNECT ALL COMMUNITIES THROUGH EXCEPTIONAL PEOPLE, PARKS AND PROGRAMS



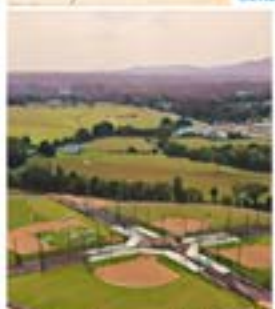
# Spring 2023



Hal & Berni Hanson Regional Park



Lovettsville Community Center



Lovettsville Community Park



Sterling Community Center



Conklin Bike Path

It was an extraordinary past year for your Department of Loudoun County Parks, Recreation and Community Services (PRCS) with the completion of four major projects throughout the county. As part of our mission to connect all communities through exceptional people, parks, and programs – we were excited to expand our services to county residents with the opening of the Hal and Berni Hanson Regional Park, the Lovettsville Community Center, the Lovettsville Community Park, the Sterling Community Center, as well as unique features like the Conklin Bike Park.



Steve Torpy

*And with this new growth, comes new beginnings.*

We look forward to the continuing progress of the Ashburn Recreation Center and the completion of renovations to the Douglass Community Center in Leesburg. Through your input, we are dedicated to connecting the community to PRCS services and experiences for years to come by providing parks, facilities, programs, events, and supportive services that match the needs and expectations of all residents.

This New Year we have a renewed focus on supporting the physical and overall social well-being of Loudoun residents through the hundreds of innovative programs featured in this activity guide. As Spring and warmer weather are around the corner, I invite each of you to visit and enjoy a PRCS facility or park. PRCS manages approximately 3,100 acres of developed parks and open space, more than 60 miles of trails, over 130 athletic fields, 21 playgrounds, two recreation centers, seven community centers, two outdoor swimming pools, four historic/heritage sites, five senior centers, three adult day care centers, three nature centers, and a performing and visual arts center - connecting all of Loudoun County to a nationally accredited network of parks, sites, and community services.

You can always stay connected and learn more by visiting [loudoun.gov/PRCS](http://loudoun.gov/PRCS).

*We look forward to this continued journey toward excellence together.*

Warmest regards,

Steve Torpy  
Director,



Parks, Recreation and  
Community Services



# WHAT'S INSIDE

Events, Classes & Activities: March-May

REGISTRATION BEGINS:

General: Thursday, February 9

Senior: Wednesday, February 8

Out of County: Thursday, February 16

## 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.

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EVENT HIGHLIGHTS

MARCH

2 DR. SEUSS DAY CELEBRATION  
Sterling Community Center, 11:00am

11 COMMUNITY YARD SALE  
Shenandoah Building Leesburg, 7:00am

11 DADDY-DAUGHTER DANCE  
Lovettsville Community Center, 5:30pm

13 HISTORIC ENCOUNTERS DAY  
Claude Moore Park, 10:00am

18 BLUEMONT SHAMROCK RACE 5K/10K  
Bluemont Community Center, 9:00am

18 UNDER THE SEA PUPPET SHOW  
Douglass Community Center, 11:00am

20 PRCS ON THE GO  
Parks throughout Loudoun, 10:00am

24 MOVIE ON THE LAWN  
Loudoun Valley Community Center, 7:00pm

25 BREAKFAST WITH THE EASTER BUNNY  
Lucketts Community Center, 8:30am & 10:30am

31 DISCO ROLLER NIGHT  
Dulles South Rec & Community Center, 5:00pm



APRIL

EGG HUNTS GALORE  
Parks & Centers Throughout Loudoun Co.

15 EARTH DAY CLEANUP  
Claude Moore Park, 9:30am

21 FAMILY PAINT NIGHT  
Bluemont Community Center, 6:30pm

21 MOVIES ON THE LAWN  
Douglass Community Center, 8:30pm

22 BIG TRUCKS DAY  
Philomont Community Center, 12:00pm

22 EARTH DAY EVENTS  
Banshee Reeks Nature Preserve, 10:00am  
Serling Community Center, 10:00am

28 JAZZ IN THE GRASS  
Sterling Community Center, 5:00pm

29 FAIRY FESTIVAL  
Dulles South Rec & Community Center, 12:00pm

29 LUCKETTS SPRING YARD SALE  
Lucketts Community Center, 7:00am

MAY

5 MOVIE ON THE LAWN  
Dulles South Rec & Community Center, 7:30pm

6 CLAUDE MOORE SPRING FEST  
Claude Moore Park, 10:00am

7 LOUDOUN LATINO FESTIVAL  
Shenandoah Building, 12:00pm

7 FRIENDS OF CMP 5K TRAIL RUN  
Claude Moore Park, Time TBA

11 MOTHER'S DAY CELEBRATION  
Sterling Community Center, 11:00am

13 LOCO FOOD TRUCK FESTIVAL  
Segra Field, 11:00am

20 DIRT DAY  
Claude Moore Park, 10:00am



BLUEMONT COMMUNITY CENTER

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

LICENSED PROGRAMS

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

PRESCHOOL CLASSES FOR 2023-24 SCHOOL YEAR  
(Ages 2.5-5) Bluemont Community Center offers a nine-month preschool program from September-May. Classes are offered for 2.5 through 5 year-old children. Call Bluemont Community Center for available openings.

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

AFTER SCHOOL SCIENCE FUN  
(Ages 3-5) Extend your child's preschool day for fun science activities. Let's expand their minds. Pack a lunch and drink. Instructor: Sue Colwell  
306104-01 \$75 W 3/1-3/29 12:00pm-1:30pm  
306104-02 \$45 W 4/12-4/26 12:00pm-1:30pm

HAPPY BIRTHDAY DR. SEUSS  
(Ages 3-5) Let's celebrate by making a craft and a special treat in honor of Dr. Seuss. Bring a lunch and drink. Instructor: Linda Sapp  
306117-01 \$15 Th 3/2 12:00pm-1:30pm

BON-API-TOTS  
(Ages 3-5) Make easy and yummy recipes to share with family and friends. Bring a lunch and drink. Instructor: Linda Snapp  
306101-01 \$15 M 3/6 12:00pm-1:30pm  
306101-02 \$15 M 3/20 12:00pm-1:30pm  
306101-03 \$15 M 4/17 12:00pm-1:30pm  
306101-04 \$15 M 5/15 12:00pm-1:30pm

PRESCHOOL HOCKEY  
(Ages 3-5) It's hockey season for preschoolers! The class will focus on fundamentals of hockey. Bring a water bottle.  
306102-01 \$16 M 3/6-3/13 3:30pm-4:30pm

COOKS & BOOKS  
(Ages 3.5-5) Love to read as much as you love to cook? Your favorite books will come to life through delectable recipes. Bring a lunch and drink. Instructor: Silvia

Miller  
306103-01 \$15 F 3/10 12:00pm-1:30pm  
306103-02 \$15 F 4/14 12:00pm-1:30pm  
306103-03 \$15 F 5/12 12:00pm-1:30pm

PRESCHOOL BASKETBALL  
(Ages 3-5) Young players will learn basic passing, dribbling, shooting, and running skills. Bring a water bottle.  
306109-01 \$16 M 3/20-3/27 3:30pm-4:30pm

SPRING TRAINING TEE BALL  
(Ages 3-5) Young players will develop skills in safety, hitting, throwing, and running. Bring a water bottle.  
306107-01 \$16 M 4/3-4/10 3:30pm-4:30pm

SOCCER, SHOT & GOAL  
(Ages 3-5) This class is for beginner soccer players. The focus will be on fundamentals and skills. Bring a water bottle.  
306111-01 \$16 M 4/17-4/24 3:30pm-4:30pm

BLUEBERRY PIE DAY  
(Ages 3-5) Let's celebrate by making mini blueberry pies to share with your family. Bring a lunch and water bottle. Instructor: Linda Sapp  
306106-01 \$15 F 4/28 12:00pm-1:30pm

PRESCHOOL FLAG FOOTBALL  
(Ages 3-5) Young football players will learn the basics of the sport. Players will develop skills in safety, throwing, catching, and running. Bring a water bottle.  
306120-01 \$16 M 5/1-5/8 3:30pm-4:30pm

NATURE ARTISTS  
(Ages 3-5) Come and enjoy our outside nature garden while making fun nature and garden crafts. Instructor: Sue Colwell  
306105-01 \$60 W 5/3-5/24 12:00pm-1:30pm

CINCO DE MAYO COOKING  
(Ages 3-5) Celebrate Cinco de Mayo Day by making nachos and tacos for lunch. Bring a drink. Instructor: Linda Sapp  
306126-01 \$15 F 5/5 12:00pm-1:30pm

ELEMENTARY AGE

SCROLLING STORIES  
(Ages 6-10) Students will create characters, write, and illustrate their story, then make the story move. Instructor: Maria Nicklin  
306203-01 \$32 Tu, Th 3/7-3/16 4:00pm-5:00pm  
306203-02 \$32 Tu, Th 5/16-5/25 4:00pm-5:00pm

HAND SEWING  
(Ages 8-11) Students will learn basic stitches while making a simple project. Instructor: Maria Nicklin  
306202-01 \$32 Tu, Th 3/21-3/30 4:00pm-5:00pm  
306202-02 \$32 Tu, Th 5/2-5/11 4:00pm-5:00pm

DESSERT CHEFS  
(Ages 5-11) Let's prepare a special dessert for you to share with your family. Bring a water bottle.  
306201-01 \$15 Th 3/23 4:00pm-5:30pm  
306201-02 \$15 Th 4/27 4:00pm-5:30pm  
306201-03 \$15 Th 5/25 4:00pm-5:30pm

SPRING BREAK CAMP  
(Ages 5-12) School is out for spring break. Join us for fun-filled days with games and other activities. Bring a lunch, snacks and a water bottle each day. Call 540-554-8643 for more information.  
306217-01 \$192 M-F 4/3-4/7 7:00am-6:00pm



BOOK ILLUSTRATION				
(Ages 6-11) Choose a scene from your favorite book and make it come alive with pictures. Instructor: Maria Nicklin				
306204-01	\$32	Tu, Th	4/4-4/13	4:00pm-5:00pm
NATURE JOURNALING				
(Ages 6-11) Become an explorer by writing about and drawing what you discover outdoors. Instructor: Maria Nicklin				
306205-01	\$32	Tu, Th	4/18-4/27	4:00pm-5:00pm
FAIRY GARDEN FUN				
(Ages 6-11) All you need is a little imagination to create your very own fairy garden. All supplies are provided to make this happen. Instructor: Maria Nicklin				
306206-01	\$30	F	4/21	4:00pm-6:00pm

ADULT

GET FIT WITH LINDA				
(Ages 18 & up) A fun workout that continues year-round. First class is free. In-structor: Linda Sapp				
306501-01	\$56	M, W, F	3/6-3/22	8:00am-9:00am

MAT METHOD INTRODUCTION				
(Ages 18 & up) Come and strengthen your core, improve your endurance and flexibility, balance, and posture! The class will focus on Joseph Pilates movement system that strengthens movement from the powerhouse (core muscles), culti-vating a mind-body connection. Bring a mat. No class 5/23. Instructor: Jillian Lee				
306503-01	\$60	Tu	3/7-3/28	7:45am-8:30am
306503-02	\$45	Tu	4/11-4/25	7:45am-8:30am
306503-03	\$60	Tu	5/2-5/30	7:45am-8:30am

PAINTING WITH ACRYLICS				
(Ages 18 & up) Always wanted to learn how to paint, but were afraid to enroll in a class? Our program will help you get comfortable with basic painting techniques. We will paint a variety of subjects. Students must provide brushes, canvas and acrylic paints.				
306502-01	\$30	W	3/8-3/22	7:00pm-8:30pm
306502-02	\$30	W	4/12-4/26	7:00pm-8:30pm

SPRING GARDENING SERIES				
(Ages 18 & up) Join the Loudoun County Master Gardeners to get ready to plan your most productive spring garden ever. Workshops will walk you through the process of choosing what to grow, purchasing seeds, planning your space, and planting your crops. Bring your questions and imagination.				
306504-02	Free	W	3/22	7:00pm-8:00pm
306504-03	Free	W	4/19	7:00pm-8:00pm
306504-04	Free	W	5/17	7:00pm-8:00pm

MULTIAGE

PARENTS NIGHT OUT				
(Ages 3-10) Let the kids join us for an evening of fun while you treat yourself to a night out. We will provide a snack and the fun. Each additional child is \$10. Bring a water bottle.				
306709-01	\$20	F	3/31	6:00pm-8:30pm
306709-02	\$10	F	3/31	6:00pm-8:30pm
306709-03	\$20	F	4/28	6:00pm-8:30pm
306709-04	\$10	F	4/28	6:00pm-8:30pm
306709-05	\$20	F	5/19	6:00pm-8:30pm
306709-06	\$10	F	5/19	6:00pm-8:30pm

GRILLED CHEESE DAY				
(All Ages) It's National Grilled Cheese Day! Join us for free sandwiches. We will have all types of bread and cheese combinations. What is your favorite?				
306701-01	Free	W	4/12	12:15pm-1:30pm



DOUGLASS COMMUNITY CENTER

705-H East Market St., Leesburg, VA 20176  
703-771-5913 • loudoun.gov/douglasscc  
Monday-Friday 8:30am-9:00pm • Saturday 8:00am-4:00pm  
Closed on Memorial Day, 5/29  
facebook.com/DouglassCommunityCenter

PRESCHOOL

(Ages 3-5) Douglass Community Center offers a 9-month state licensed preschool program September through May. Our experienced staff facilitate age-appropri-ate activities using the National Association for the Education of Young Children recommended Creative Curriculum Approach to learning. The 2023-24 preschool program begins September 1, 2023. Fee Reductions available to qualifying appli-cants. Please call 703-771-5913 for available openings.

PRESCHOOL AGE

TOGETHER WE GROW				
(Ages 3-5) This is an ongoing class that invites toddler/pre-elementary ages along with their parent/guardian/caretaker. The classes are designed for all the little learners to enjoy the beauty of the arts and allow them to be curious with the different art related styles. Art styles range from painting, music, songs, reading and acting.				
304110-01	\$25	W	3/1-3/29	10:30am-11:15am
304110-02	\$25	W	4/5-5/3	10:30am-11:15am

MY FIRST PRESCHOOL ADVENTURE				
(Ages 2.5-3) Join the adventure! Enjoy an exciting, physically active, and well-rounded experience. Enriching activities include story time, music, arts, and crafts.				
304100-01	\$90	Tu, Th	3/2-3/30	9:30am-11:00am
304100-02	\$90	Tu, Th	4/4-4/27	9:30am-11:00am
304100-03	\$90	Tu, Th	5/2-5/30	9:30am-11:00am

ACTIVE PLAYTIME				
(Ages 1.5-3) Get ready for a day of fun and adventure! Enjoy free play with balls, cones, hula-hoops, building blocks, tunnels, and Imagination Playground blocks. You can also let your creativity flow in our craft corner with crayons, glue, paper, and other materials. This is a great opportunity for parents and children to play and socialize together. Sign up now and let's get active and creative together!				
304103-01	\$20	M	3/6-3/27	10:00am-11:00am
304103-02	\$20	M	4/3-4/24	10:00am-11:00am
304103-03	\$20	M	5/1-5/22	10:00am-11:00am

FARM ANIMAL DAY				
(Ages 3-4) Join us for a morning of barnyard fun as we celebrate National Farm Animal Day. Your child will enjoy making farm animal crafts and reading a farm story.				
304101-01	\$10	M	4/10	10:00am-11:00am

NATIONAL GRILLED CHEESE DAY				
(Ages 3-5) Let's celebrate National Grilled Cheese Day together. We will enjoy eating grilled cheese sandwiches, playing games, and making crafts. This is also a great extension to your preschool day.				
304102-01	\$12	W	4/12	12:15pm-2:00pm

SPLISH, SPLASH, RAINY CRAFTS				
(Ages 2-3) Who says you can't have fun in the rain? Decorate an umbrella, use chocolate pudding to make a mud puddle, and make other fun crafts to celebrate the rainy season.				
304136-01	\$10	Th	4/13	11:30am-1:00pm
BUTTERFLY TREE				
(Ages 2-3) Butterflies are such a beautiful sight to see. Make a butterfly tree to display in your home for the season.				
304107-01	\$10	W	4/19	10:30am-11:30am

NATIONAL PRETZEL DAY				
(Ages 4-5) Let's practice twisting and shaping pretzel dough to celebrate National Pretzel Day. After we eat our pretzel, we will play games.				
304105-01	\$10	W	4/26	3:30pm-4:30pm

SUPERHERO DAY				
(Age 3-5) Today is National Superhero Day. Let's celebrate your favorite hero by making fun capes, and other superhero crafts. This would be a fun extension to your preschool day.				
304106-01	\$10	F	4/28	3:30pm-5:00pm

CINCO DE MAYO				
(Ages 3-5) Let's celebrate Cinco De Mayo! Your child will make their own lunch and dessert. We will play games and to end the afternoon of fun, we will break open a piñata.				
304127-01	\$10	F	5/5	11:30am-1:00pm

SPRING FLOWER FUN				
(Ages 3-5) Learn about floriculture as we plant flowers in a flower box for the Spring. Be prepared to get dirty with this hands-on activity.				
304104-01	\$12	W	5/10	12:30pm-2:00pm

NATIONAL PIZZA DAY				
(Ages 3-5) Join us for a day filled with pizza, games, and crafts. Your preschool-er will have a blast creating their own pizza crafts and playing games, all while enjoying a slice of their favorite pizza. Make it a great extension to your child's preschool day.				
304159-01	\$10	W	5/17	12:30pm-2:00pm

ELEMENTARY AGE

FUN AT DCC				
(Ages 5-13) Enjoy a night out while your kids enjoy a night in! Your child will have a chance to make new friends and/or spend time with their old friends. We will enjoy card games, karaoke, sharing jokes, and more. A pizza dinner is included.				
304202-01	\$20	Sa	3/4	5:00pm-10:00pm
304202-02	\$20	Sa	3/25	5:00pm-10:00pm
304202-03	\$20	Sa	4/15	5:00pm-10:00pm
304202-04	\$20	Sa	4/29	5:00pm-10:00pm
304202-05	\$20	Sa	5/13	5:00pm-10:00pm
304202-06	\$20	Sa	6/3	5:00pm-10:00pm

SCHOOL'S OUT REVOLUTION				
(Ages 5-13) With a variety of activities to choose from, there's something for ev-eryone. Get your creative juices flowing with our arts and crafts station or flex your problem-solving skills with our LEGO building and game challenges. Prefer a more relaxed activity? We have a video game station and plenty of time to hang out with friends. Don't forget to pack a lunch, snack, and drinks, as we will be keeping the fun going all day long. Space is limited.				
304234-01	\$30	M	3/13	7:30am-6:00pm

304234-02	\$30	M	3/27	7:30am-6:00pm
304234-03	\$150	M-F	4/3-4/7	7:30am-6:00pm
304234-04	\$30	F	4/21	7:30am-6:00pm

ST. PATRICK'S NIGHT OUT				
(Ages 5-12) Tonight is your lucky night. Come celebrate St. Patrick's Day and let mom and dad have a night out too. We will enjoy playing games, having pizza, and making an Irish dessert. A lucky treasure may also appear with some fun treats.				
304227-01	\$20	F	3/17	5:00pm-10:00pm

HIP HOP				
(Ages 5-8) Hip Hop dance is embedded in current culture: rich in history, music, and styles. Learn how to do hip hop grooves, popping/locking, tutting, and other cool moves, all to popular music. Comfortable athletic clothing and clean sneakers recommended. No class on 4/3, 4/4. In-studio show on the last day.				
Location: Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn				
304209-01	\$255	M	3/20-5/22	4:30pm-5:30pm
304209-02	\$255	Tu	3/21-5/23	5:30pm-6:30pm

BALLET/JAZZ				
(Ages 5-10) This combo class begins with traditional ballet exercises and stretch-es, and then really gets going with jazzy dance moves and combos to show your friends! Black leotard, pink tights and ballet shoes recommended. No class on 4/3, 5/29. In-studio show on the last day.				
Location: Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn				
304208-01	\$255	M	3/20-5/22	5:30pm-6:30pm

TAP				
(Ages 7-12) Make noise with your feet! Explore rhythm patterns, musicality, and tap dance to popular songs. Beg/Int level. Prior experience recommended. Com-fortable athletic clothing and Oxford-style tap shoes recommended. No class on 4/4. In-studio show on the last day.				
Location: Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn				
304211-01	\$255	Tu	3/21-5/23	5:00pm-6:00pm

CINCO DE MAYO NIGHT OUT				
(Ages 5-12) Your child will have a blast creating their own dinner and dessert and enjoy playing games. To end the night of fun, we will break open a piñata and let the treats rain down!				
304216-01	\$20	F	5/5	5:00pm-10:00pm

TEEN

C.O.B.R.A. TEEN SAFETY & SELF-DEFENSE				
(Ages 13-19) Learn how to stay safe in all aspects of teen life through social media safety, safety in social situations, parking lot safety, and awareness skills. Teens will also learn practical hands-on defense skills, escape techniques, and vehicle anti-abduction.				
304402-01	\$65	Sa	3/18	1:00pm-2:30pm

DANCE IS FOR EVERYONE!				
(Ages 16 & up) Dance class for teen and adult special needs students, covering basic jazz, ballet, and hip hop techniques. Comfortable athletic clothing and jazz shoes recommended. No class on 4/3. In-studio show on the last day.				
Location: Creative Dance Center, 44710 Cape Court, Suite 126, Ashburn, VA.				
304301-01	\$255	M	3/20-5/22	7:45pm-8:45pm

THERAPEUTIC ART - MIXED MEDIA ART JOURNALING				
(Ages 12-18) This 4-week program run by our Therapeutic Art Life Coach is de-signed to inspire teens to be creative using different forms of journaling. Jour-naling has been known to help release stress and anxiety by focusing on art, breathing and mindfulness. Each workshop will begin with guided meditation and each participant will receive a journal to have in every session using different art subject ideas for each class.				
304403-01	\$180	W	4/12-5/3	5:00pm-6:30pm



MULTIAGE

DROP IN PROGRAMS

Join us for a variety of drop-in programs for all ages and abilities once our renovated location reopens at 407 East Market Street in Spring 2023. The site features a full-size gymnasium. Exact opening date to be announced. Stay up to date regarding the reopening at [www.loudoun.gov/douglasscc](http://www.loudoun.gov/douglasscc).

SAIL FITNESS CLASS

(Ages 18 & up) Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults. Performing exercises that improve strength, balance, and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. 12-week session. Registration required. Class Tuesday and Thursday 5:00pm-6:00pm and Saturday from 10:00am-11:00am.

304503-01	\$25	Tu, Th, Sa	2/2-4/27	5:00pm-6:00pm
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PRIMARY ART

(Ages 18 & up) This series of classes welcomes anyone who has wanted to enjoy doing art without any experience. The classes are designed to let you play with the different art styles and allow your inner child to learn and enjoy the daily activity. Come explore our class and have fun!

304504-01	\$100	W	3/1-3/29	11:30am-12:15pm
304504-02	\$100	W	4/5-5/3	11:30am-12:15pm

INTRO TO GUIDED MEDITATION

(Ages 18 & up) Ever wondered what meditation is? Do you want to learn how to meditate? Well, this class is for you. In this class, we will be spending time using guided meditation, soft music and we will practice learning how to relax. Wear comfortable clothes and bring plenty of water!

304509-01	\$50	W	3/1-3/29	1:00pm-2:00pm
304509-02	\$50	W	4/5-5/3	1:00pm-2:00pm

ENGLISH LANGUAGE LEARNERS

(Ages 18 & up) Improve your English language skills and join Loudoun Literacy Council’s spring English language classes, available both in-person and online. These classes are open to learners of all levels, from beginner to advanced, and will be held once a week for a total of 12 weeks. Don’t miss this opportunity to improve your English skills and join our community of learners. Pre-registration required at [loudounliteracy.org](http://loudounliteracy.org).

Free	Tu	3/1-5/9	7:00pm-8:45pm
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RESUMES & COVER LETTERS – MAKE YOURS STAND OUT

(All Ages) A resume and cover letter are your written marketing tools to make an impact on a potential employer. Writing a quality resume and cover letter begins with a compelling, targeted summary of your employment objective, skills, and experiences. Learn the essentials of writing your resume and cover letter so that you stand a better chance of getting noticed by hiring managers. The goal is to make your materials so appealing that the reader wants to meet you! Pre-registration required by 3/6.

304505-01	Free	Tu	3/7	10:00am-12:00pm
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HATHA YOGA

(Ages 13 & up) 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.

304500-01	\$10	Tu	3/7	5:30pm-6:30pm
304500-02	\$10	Tu	3/14	5:30pm-6:30pm
304500-03	\$10	Tu	3/21	5:30pm-6:30pm
304500-04	\$10	Tu	3/28	5:30pm-6:30pm
304500-05	\$10	Tu	4/4	5:30pm-6:30pm
304506-06	\$10	Tu	4/11	5:30pm-6:30pm
304506-07	\$10	Tu	4/18	5:30pm-6:30pm
304506-08	\$10	Tu	4/25	5:30pm-6:30pm
304506-09	\$10	Tu	5/2	5:30pm-6:30pm
304506-10	\$10	Tu	5/9	5:30pm-6:30pm
304506-11	\$10	Tu	5/16	5:30pm-6:30pm

304506-12	\$10	Tu	5/23	5:30pm-6:30pm
304506-13	\$10	Tu	5/30	5:30pm-6:30pm

FIRE SAFETY WITH FIRE & RESCUE

(All Ages) It’s 2:00am and something is chirping. Yep, it’s the smoke alarm again! A representative from Loudoun County Combined Fire and Rescue System will be at the community center to answer the questions, “Why does the low battery signal always sound in the middle of the night?”, “Should I have a fire extinguisher and how do I use it?”, and many other fire safety questions. We look forward to seeing you there! Pizza dinner provided. Pre-registration required by 3/7.

304502-01	Free	W	3/8	4:30pm-5:30pm
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HEALTH LITERACY

(Ages 18 & up) Increase your knowledge of the US healthcare system and feel more confident when receiving medical care with Loudoun Literacy Council. Participants will learn how to effectively communicate symptoms to a doctor, how to read and understand medication instructions, and when it is appropriate to use Urgent Care instead of the Emergency Room. You will also learn how to understand and complete medical forms, ask questions to better understand your diagnosis, prescriptions, and next steps, and identify lifestyle changes to improve your health and practice prevention. Pre-registration required at [loudounliteracy.org](http://loudounliteracy.org).

Free	Th	3/9-4/27	7:00pm-8:45pm
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ZUMBA

(Ages 13 & up) An energizing dance fitness class featuring Latin and International music. Exercise in disguise! Burn tons of calories and have a great time doing it.

304501-01	\$10	Th	3/16	5:00pm-6:00pm
304501-02	\$10	Th	4/13	5:00pm-6:00pm
304501-03	\$10	Th	5/11	5:00pm-6:00pm

ABSOLUTE BEGINNER TAP DANCE FOR ADULTS

(Ages 50 & up) Dust off your old tap shoes? Or starting brand new? Whether you’re just learning your shuffles and flaps, or you’re already doing your Paradiddles and Maxi Fords, we can all Shuffle off to Buffalo! Fun Music and Fast Rhythms help give you a good workout, too! Comfortable athletic clothing and Tap Shoes recommended. No class on 4/3.

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

304302-01	\$120	M	3/20-5/1	1:30pm-2:30pm
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C.O.B.R.A. LADIES NIGHT OUT SELF – DEFENSE CLASS

(Ages 14 & up) Learn real life self-defense skills against a bigger, stronger attacker! This class focuses on preventative self-defense skills like awareness and what works and doesn’t work in self-defense. Participants will also learn parking lot safety, hands-on defense, escape techniques and vehicle anti-abduction skills.

304511-01	\$45	Sa	3/18	3:00pm-4:30pm
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BUILDING A BETTER BUDGET

(All Ages) Ever feel like building a budget is a daunting task? Almost too overwhelming and you don’t know where to start. Fear not, join Amanda Andrade, Certified Credit Union Financial Counselor, with Apple Federal Credit Union for a free workshop on how to build a better budget! Pre-registration required by 4/11.

304506-01	Free	W	4/12	12:30pm-1:30pm
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GETTING TO KNOW THE COMPUTER

(All Ages) Do you struggle when using a mouse or type with one finger? Would you like to learn the difference between hardware and software? If you answered yes to these questions, then this is the class for you! Learn to use a mouse, the proper placement of your hands for typing and the basic computer components and their purpose. Pre-registration required by 4/24.

**Location: Loudoun Workforce Resource Center, 705-E East Market St, Leesburg, VA**

304507-01	Free	W	4/25	9:30am-11:30am
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AMERICAN RED CROSS BLOOD DRIVE

(Ages 18 & up) Your neighborhood needs you! Give the gift of life this season by donating to American Red Cross. Time slots available at [www.redcross.org](http://www.redcross.org). Appointment required.

Free	Th	5/4 h	9:00am-2:30pm
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CREDIT SCORE TIPS & TRICKS

(All Ages) Want to know what goes into a credit score and how to positively impact it? It seems like there is a lot of conflicting information on what credit is and how to use it wisely. Join Amanda Andrade, Certified Credit Union Financial Counselor, with Apple Federal Credit Union for a free workshop on credit! Pre-registration required by 5/9.

304510-01	Free	W	5/10	12:30pm-1:30pm
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FIND A CAREER...CHANGE A CAREER...MY NEXT MOVE

(All Ages) In this workshop, you will learn how to use this online tool to search for different occupations and the skills needed in that occupation. Take advantage of the online interest profiler to help you best match your skills and interests to find the career suited for you. Pre-registration required by 5/15.

304508-01	Free	Tu	5/16	10:00am-11:00am
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LOUDOUN VALLEY COMMUNITY CENTER

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

LICENSED PROGRAMS

CHILD CARE

(Ages 3-5) Are you looking for a community childcare solution for your family? LVCC offers full time childcare 7:00am-6:00pm 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.

PRESCHOOL

(Ages 2.5-5) Our State Licensed, nine-month preschool program operates September through May and follows the Loudoun County School calendar. Our experienced staff follows the Creative Curriculum program for the enrichment of your preschool student. Registration starts in February.

SUMMER CAMPS

Your summer camp line up is at School Street! Go to [www.loudoun.gov/webtrac](http://www.loudoun.gov/webtrac) for camp information and plan your camp schedule early. Registration begins in March.

TODDLER & PARENT

MY TODDLER & ME

(Ages 1.25-2.5) Join us for a fun toddler plus adult experience! Children will be practicing early preschool skills such as coming together for circle time, singing together, sitting, and engaging in age-appropriate books. We will work on sharing and an art project. Toddlers will get a feel for their first preschool experience! A caregiver must attend class with toddler.

301100-01	\$40	Th	3/9-3/30	10:00am-11:00am
301100-02	\$30	Th	4/13-4/27	10:00am-11:00am
301100-03	\$30	Th	5/4-5/18	10:00am-11:00am

PRESCHOOL AGE

STAY & PLAY

(Ages 3-4) Get ready to have lots of fun with your preschool friends. Outdoor time and indoor games and play! Bring a lunch and a water bottle to class.

301101-01	\$45	M	3/6-3/20	12:15pm-1:45pm
301101-02	\$45	M	4/10-4/24	12:15pm-1:45pm
301101-03	\$60	M	5/1-5/22	12:15pm-1:45pm

UNCLE WALT’S FAVORITE STORIES

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

301106-01	\$60	Tu	3/7-3/28	12:15pm-1:45pm
301106-02	\$45	Tu	4/11-4/25	12:15pm-1:45pm
301106-03	\$60	Tu	5/2-5/23	12:15pm-1:45pm

WIGGLES & GIGGLES KIDS YOGA

(Ages 3.5-5) This fun filled program will help your child get moving & grooving through a combination of active-movement songs, games, fitness, stories, and engaging mindfulness activities. Each exciting class has been specifically designed to help young children develop valued self-regulation skills through laughter, play, silliness, imagination, and fun. Bring a lunch and a water bottle to class.

301108-01	\$60	Tu	3/7-3/28	12:15pm-1:45pm
301108-02	\$45	Tu	4/11-4/25	12:15pm-1:45pm
301108-03	\$60	Tu	5/2-5/23	12:15pm-1:45pm

KALEIDOSCOPE

(Ages 3.5-5) Expand your child’s day in the enchanting world of kaleidoscope! You will explore the world of books, engage in various activities that provide literacy enrichment. Kaleidoscope embraces the treasures of literature that will guide and support your child’s creative literacy development. Bring a lunch and water bottle to class.

301105-01	\$75	W	3/1-3/29	12:15pm-1:45pm
301105-02	\$45	W	4/12-4/26	12:15pm-1:45pm
301105-03	\$60	W	5/3-5/24	12:15pm-1:45pm

WEDNESDAY LUNCH CLUB

(Ages 3.5-5) Extend your child’s preschool day with a fun stop over with friends in Lunch Club! Lots of outdoor play and time. Bring a lunch and water bottle to class.

301111-01	\$75	W	3/1-3/29	12:15pm-1:45pm
301111-02	\$45	W	4/12-4/26	12:15pm-1:45pm
301111-03	\$60	W	5/3-5/24	12:15pm-1:45pm

KIDS FITNESS DANCE FUSION

(Ages 3.5-5) This exciting fitness program is designed to help young children develop crucial balance and coordination skills to aid in building a strong foundation for all sports activities! Each class is jam-packed with fun fitness games and dance activities created to keep even the most active child engaged. Bring a lunch and water bottle to class.

301107-01	\$75	Th	3/2-3/30	12:15pm-1:45pm
301107-02	\$45	Th	4/13-4/27	12:15pm-1:45pm
301107-03	\$60	Th	5/4-5/25	12:15pm-1:45pm

FRIDAY FUN BUNCH

(Ages 3.5-5) Grab your friends and bring your lunch while you stay after preschool and have a fun time playing games, being creative and playing outdoors. Bring lunch and a water bottle to class.

301110-01	\$75	F	3/3-3/31	12:15pm-1:45pm
301110-02	\$45	F	4/14-4/28	12:15pm-1:45pm
301110-03	\$60	F	5/5-5/26	12:15pm-1:45pm



**“NEW” BUDDING ARTIST**  
(Ages 4-5) Calling all little artist to explore different art mediums and some cool techniques. Join Ms. Molly in creating art projects with paint, paper collage, air drying clay, and more! Each month we will focus on a different theme, animals, landscapes, still-life’s, holidays, and more! We will dive into one big project over the course of a few classes. Bring lunch and water bottle to class.

<b>301112-01</b>	\$75	F	3/3-3/31	12:15pm-1:45pm
<b>301112-02</b>	\$45	F	4/14-4/28	12:15pm-1:45pm
<b>301112-03</b>	\$60	F	5/5-5/26	12:15pm-1:45pm

**PRESCHOOL SPORTS CLUB**  
(Ages 3.5-5) Looking to stay activity and learn a new sport? Join the Preschool Sports Club and learn the basics of a variety of sports, including baseball/softball, soccer, hockey, basketball and more! Students will learn everything they need to know to wow the crowd on the first day of practice.

<b>301170-01</b>	\$15	W	3/22	2:00pm-3:00pm
<b>301170-02</b>	\$15	W	3/29	2:00pm-3:00pm
<b>301170-03</b>	\$15	W	4/12	2:00pm-3:00pm
<b>301170-04</b>	\$15	W	4/19	2:00pm-3:00pm
<b>301170-05</b>	\$15	W	4/26	2:00pm-3:00pm

**AMERICAN GIRL DOLL DAYS**  
(Ages 3.5-5) Join in this American Girl Doll Adventure for a 3-part series! Travel through time with historical dolls, explore “Lanie” who loves the outdoors along with other dolls who are her friends. Let’s play games and make some crafts for our dolls! Bring your doll along for the adventure and have a great time American Girl Doll style! Instructor: Elizabeth Licciardone

<b>301113-01</b>	\$60	M	4/17-5/1	12:15pm-1:45pm
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MULTIAGE

**DROP-IN BASKETBALL SCHEDULE**  
Drop in for pickup basketball with other community players. Maximum of 8 players per any session. Center is closed 6:00pm on Fridays.

\$1	Ages 3-17 years	
\$2	Ages 18 & up	
(13 & up)	M, W	7:45pm-8:45pm
(12 & under)	Tu, Th	7:45pm-8:45pm
(13 & up)	Sa	12:00pm-1:30pm
(12 & under)	Sa	1:30pm-3:00pm

**GAMES GROUP**  
(Ages 6-12) Start your week off right and join our Games Group! Participants will play a variety of games. Video games, Board games, Card games, Active Games and more. They will be learning and playing a new game every week! Call 571-367-8444 for more information.

<b>301143-01</b>	\$60	M	3/6-3/27	3:30pm-5:30pm
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**PARENTS NIGHT OUT**  
(Ages 4-10) Parents, enjoy a night out on the town while your children enjoy a movie, fun games, crafts, activities, and pizza dinner!

<b>301115-01</b>	\$15	F	3/10	6:00pm-9:00pm
<b>301115-02</b>	\$15	F	4/14	6:00pm-9:00pm
<b>301115-03</b>	\$15	F	5/19	6:00pm-9:00pm

**AMERICAN GIRL DOLL DAYS**  
(Ages 6-9) Join in this American Girl Doll Adventure! Travel through time with historical dolls, explore “Lanie” who loves the outdoors along with other dolls who are her friends. Let’s play games and make some crafts for our dolls! Bring your doll along for the adventure and have a great time American Girl Doll style! Instructor: Elizabeth Licciardone

<b>301113-02</b>	\$28	M	5/1	3:00pm-5:00pm
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**ROBLOX, IMAGINATIVE GAME DESIGN**  
(Ages 6-9 & 10-14) Software: Roblox Studio Skill Level: Beg. & Intermediate. In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming

platforms in the world. Students will get a hands-on experience in innovating and the underlying mechanics of 3D gaming. This is the perfect course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Instructor: CyberTeck Academy

<b>301150-01</b>	\$199	Th	3/2-4/20	5:00pm-6:00pm
<b>301150-02</b>	\$199	Th	3/2-4/20	6:15pm-7:15pm

HEALTH & FITNESS

**FITNESS CENTER 2023**  
(Ages 16 & up) Come in and work out. Get back in shape or just tone up! New state of the art fitness equipment.

**Daily Admission:**  
Adults (18-54) ..... \$3  
Seniors (55 & up) ..... \$2  
Students (16-24 with ID) ..... \$2

**Monthly Pass:**  
Adults (18-54) ..... \$30  
Seniors (55 & up) ..... \$20  
Students (16-24 with ID) ..... \$20

**6 Month Pass:**  
Adults (18-54) ..... \$150  
Seniors (55 & up) ..... \$100  
Students (16-24 with ID) ..... \$100

**Annual Pass:**  
Adults (18-54) ..... \$275  
Seniors (55 & up) ..... \$150  
Students (16-24 with ID) ..... \$150

**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. 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. M,W,F 8:00am-9:00pm. Instructor: Fitness Image Results

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

**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

<b>301176-01</b>	\$60	Tu	3/7-3/28	8:00am-9:00am
<b>301176-02</b>	\$60	Tu	4/4-4/25	8:00am-9:00am
<b>301176-03</b>	\$60	Tu	5/2-5/30	8:00am-9:00am
<b>Drop In</b>	\$20			

**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.

<b>301198-01</b>	\$110	Advanced
Tu, Th	3/7-4/27	9:00am-10:00am
<b>301198-02</b>	\$110	Intermediate
Tu, Th	3/7-4/27	10:00am-11:00am

**PERSONAL TRAINING**  
(Ages 16 & up) LVCC offers personal training! Contact “Fitness Image Results” at Jeff@fitnessimageresults.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  
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.

**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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**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	8:00am-9:00am
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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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**LOVETTSTVILLE COMMUNITY CENTER**  
57 E. Broad Way, Lovettsville, VA 20180  
540-822-5284 • loudoun.gov/lovettsvillecc  
Monday-Thursday 7:00am-8:00pm • Friday 7:00am-6:00pm  
Saturday 8:00am-4:00pm  
facebook.com/LovettsvilleCC

LICENSED PROGRAMS

**PRESCHOOL**  
(Ages 3-5) Our state licensed, nine-month preschool program operates September through May and mostly follows the Loudoun County School calendar. Our expe-

rienced staff follows the Creative Curriculum program for the enrichment of your preschool student. Registration is currently ongoing.

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

PRESCHOOL AGE

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

**JR. GYM TIME**  
(Ages 2-5) Back by popular demand! You and your little one can come and enjoy our multipurpose room for \$1 per child and \$1 per caregiver. This unsupervised activity is designed for children to attend with caregiver.  
\$1/drop-in.

M-F	ongoing	12:00pm-1:00pm
Sa	ongoing	9:00am-11:00am

**DINO-MITE!**  
(Ages 3-5) Explore the amazing world of dinosaurs in this fun class! Instructor: Melissa Blankenship

<b>302129-01</b>	\$15	W	3/1	11:30am-1:00pm
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**TWOS & THREES**  
(Ages 2-3) Music, art, stories and socialization! This program is designed for children to attend without a parent. Children do not need to be potty-trained; however, staff members are not permitted to change diapers or clean up accidents. Don't forget to pack a nut-free snack. Instructor: Barbara Ray

<b>302102-01</b>	\$180	Tu, Th	3/2-3/30	8:30am-10:00am
<b>302102-02</b>	\$120	Tu, Th	4/11-4/27	8:30am-10:00am
<b>302102-03</b>	\$180	Tu, Th	5/2-5/30	8:30am-10:00am

**CAPES & TIARAS**  
(Ages 3-5) This fun class is for your little superhero to explore their own special strength and powers. We will make capes, crowns and go on an adventure to fight Dr. Boredom! Instructor: Katharina Connor

<b>302118-01</b>	\$15	F	3/3	11:30am-1:00pm
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**OCEAN EXPLORERS**  
(Ages 3-5) Take a dive in the deep blue sea! Children will explore different sea creatures, learn about their habitats and complete a craft to take home. Instructor: Melissa Blankenship

<b>302110-01</b>	\$15	M	3/6	11:30am-1:00pm
<b>302110-02</b>	\$15	M	4/10	11:30am-1:00pm
<b>302110-03</b>	\$15	M	5/8	11:30am-1:00pm

**TUMBLE TOTS**  
(Ages 2-3) Let's get ready to tumble! This class is for children and their parents to explore different activities using various pieces of gymnastics equipment. There will be a chance for your little one to tumble, climb and play. Parent participation is required. Instructor: Katharina Connor or Beth Metzger

<b>302115-01</b>	\$20	Tu	3/7-3/28	10:15am-10:45am
<b>302115-02</b>	\$15	Tu	4/11-4/25	10:15am-10:45am
<b>302115-03</b>	\$20	Tu	5/2-5/23	10:15am-10:45am
<b>302115-04</b>	\$25	Th	3/2-3/30	10:15am-10:45am
<b>302115-05</b>	\$15	Th	4/13-4/27	10:15am-10:45am
<b>302115-06</b>	\$20	Th	5/4-5/25	10:15am-10:45am

**LUNCH BUDDIES**  
(Ages 3-5) Play and have lunch with friends! Instructor: Christine White

<b>302100-01</b>	\$15	W	3/8	11:30am-1:00pm
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GAME CLUB

(Ages 3-5) Learn and play board games with your friends. We will play Candy Land, Checkers, Trouble and of course there will be LEGOS for the creative builders. Instructor: Barbara Ray

302111-01	\$15	F	3/10	11:30am-1:00pm
302111-02	\$15	F	4/14	11:30am-1:00pm
302111-03	\$15	F	5/5	11:30am-1:00pm

MESSY MONDAY

(Ages 3-5) Come join Ms. Christine for this fun and messy class to create slime, bubbles, playdough, paint and much more! Instructor: Christine White

302104-01	\$15	M	3/13	11:30am-1:00pm
302104-02	\$15	M	4/24	11:30am-1:00pm
302104-03	\$15	M	5/1	11:30am-1:00pm

PINT-SIZED TUMBLING

(Ages 3-5) This tumbling class will introduce your child to basic gymnastics. Skills introduced will be climbing, balancing, tumbling and other gross motor skills. Instructor: Katharina Connor

302148-01	\$15	Tu	3/7	11:30am-1:00pm
302148-02	\$15	Tu	3/21	11:30am-1:00pm
302148-03	\$15	Tu	4/18	11:30am-1:00pm
302148-04	\$15	Tu	5/16	11:30am-1:00pm
302148-05	\$15	Tu	5/23	11:30am-1:00pm
302148-06	\$15	Tu	5/30	11:30am-1:00pm

STORYBOOK ART

(Ages 3-5) Enjoy a story and then get creative by doing a fun story-related arts and crafts project. Instructor: Christine White

302107-01	\$15	W	3/15	11:30am-1:00pm
302107-02	\$15	W	4/12	11:30am-1:00pm
302107-03	\$15	W	5/3	11:30am-1:00pm

BITE-SIZED BAKERS & BOOKS

(Ages 3-5) Come read your favorite story and whip up a tasty treat! Instructor: Chiara Early

302113-01	\$15	Th	3/16	11:30am-1:00pm
302113-02	\$15	Th	4/13	11:30am-1:00pm
302113-03	\$15	Th	5/11	11:30am-1:00pm

SHAM-ROCKS

(Ages 3-5) Come celebrate St. Paddy's Day! There will be crafts, a four-leaf clover hunt and a story. Instructor: Melissa Blankenship

302144-01	\$15	F	3/17	11:30am-1:00pm
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LITTLE CHEFS

(Ages 3-5) It is no secret, kids love to cook! Chef Christine will cater to your tiny one's taste buds and cook up a treat to take home. Instructor: Christine White

302106-01	\$18	M	3/20	11:30am-1:00pm
302106-02	\$18	M	4/17	11:30am-1:00pm
302106-03	\$18	M	5/15	11:30am-1:00pm

SPORTIES 4 SHORTIES

(Ages 3-5) Develop kicking, running, throwing and good sportsmanship in this fun athletic class made just for kids! Instructor: Melissa Blankenship

302105-01	\$15	W	3/22	11:30am-1:00pm
302105-02	\$15	W	4/19	11:30am-1:00pm
302105-03	\$15	W	5/10	11:30am-1:00pm

BOOK WORMZ

(Ages 3-5) Come join the fun as we explore the amazing world of books! Instructor: Barbara Ray

302103-01	\$15	F	3/24	11:30am-1:00pm
302103-02	\$15	F	4/28	11:30am-1:00pm
302103-03	\$15	F	5/19	11:30am-1:00pm

TEA PARTY

(Ages 3-5) Join Ms. Sue for a tea party and make a craft to take home! Instructor:

Sue Cangemi

302117-01	\$15	Tu	3/7	11:30am-1:00pm
302117-02	\$15	Tu	4/11	11:30am-1:00pm

MINI MONETS

(Ages 3-5) Learn about famous artists and create your own work of art to take home! Instructor: Sue Cangemi

302127-01	\$15	Tu	3/21	11:30am-1:00pm
302127-02	\$15	Tu	4/25	11:30am-1:00pm

KIDS AHOY!

(Ages 3-5) Ahoy Mateys! Join Captain Christine for a pirate adventure full of fun. Instructor: Christine White

302130-01	\$15	F	3/31	11:30am-1:00pm
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EARTH DAY FUN

(Ages 3-5) Join us as we celebrate Earth Day! Students will learn about ways to help take care of the planet and complete a craft to take home. Instructor: Christine White

302112-01	\$15	F	4/21	11:30am-1:00pm
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ANIMAL KINGDOM

(Ages 3-5) Come join the fun as we explore different animals! Instructor: Melissa Blankenship

302109-02	\$15	W	4/26	11:30am-1:00pm
302109-03	\$15	W	5/17	11:30am-1:00pm

CREATION STATION

(Ages 3-5) Build, create, and discover with Ms. Christine! Instructor: Christine White

302122-01	\$15	Th	4/27	11:30am-1:00pm
302122-02	\$15	Tu	5/9	11:30am-1:00pm

SUMMER FUN

(Ages 3-5) This fun class will be full of crafts and activities to get your little one ready for summer. Instructor: Melissa Blankenship

302116-01	\$15	F	5/12	11:30am-1:00pm
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ART WITH HEART

(Ages 3-5) Is there any other way to make art in LOVEttsville? Let's use our hands and minds and get creative. Instructor: Katharina Connor

302108-01	\$15	M	5/22	11:30am-1:00pm
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LIL EXPLORERS

(Ages 3-5) Come join Ms. Chiara for a scavenger hunt at the Community Center. Instructor: Chiara Early

302120-01	\$15	W	5/24	11:30am-1:00pm
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ELEMENTARY AGE

GAMING: UNPLUGGED

(Ages 6-11) Come and join your friends for some ol' fashioned gaming. We will play some classic games like Monopoly, and Clue, but also play newer games like Code Names and Catan. Transportation from Lovettsville Elementary School available - please sign up for Sections 04-06 if needed. Instructor: Christine White

302200-01	\$15	Tu	3/7	2:30pm-3:45pm
302200-02	\$15	Tu	4/11	2:30pm-3:45pm
302200-03	\$15	Tu	5/2	2:30pm-3:45pm
302200-04	\$2	Tu	3/7	2:15pm-2:30pm
302200-05	\$2	Tu	4/11	2:15pm-2:30pm
302200-06	\$2	Tu	5/2	2:15pm-2:30pm

SPORTS UNLIMITED

(Ages 6-11) If your child loves P.E. class then Sports Unlimited is the perfect fit for them! We will play fun classic PE games and learn fundamentals of different sports. Each class will also have fun fitness options to build your child's strength and flexibility. Don't forget to wear sneakers and bring a water bottle. Instructor:

Chiara Early

302201-01	\$10	W	3/8	3:00pm-4:00pm
302201-02	\$10	W	3/15	3:00pm-4:00pm
302201-03	\$10	W	3/29	3:00pm-4:00pm
302201-04	\$10	W	4/12	3:00pm-4:00pm
302201-05	\$10	W	4/26	3:00pm-4:00pm
302201-06	\$10	W	5/3	3:00pm-4:00pm
302201-07	\$10	W	5/10	3:00pm-4:00pm
302201-08	\$10	W	5/24	3:00pm-4:00pm
302201-09	\$10	W	5/31	3:00pm-4:00pm

KIDS YOGA

(Ages 5-11) This class is designed to increase flexibility and build strength for your school age child. Instructor: Katharina Connor

302211-01	\$30	Th	3/9-3/23	3:00pm-4:00pm
302211-02	\$30	Th	4/13-4/27	3:00pm-4:00pm
302211-03	\$30	Th	5/4-5/18	3:00pm-4:00pm

SCHOOL'S OUT

(Ages 5-11) Looking for something to do on elementary school holidays? Come join us for some fun at the community center. We'll spend time playing on the playground and in the gym, doing arts and crafts, drawing with chalk on the tennis and basketball courts, putting together puzzles, making LEGO creations, and more. Instructor: Christine White

302206-01	\$40	M	3/13	8:00am-5:00pm
302206-02	\$40	M	3/27	8:00am-5:00pm
302206-03	\$40	M	4/3	8:00am-5:00pm
302206-04	\$40	Tu	4/4	8:00am-5:00pm
302206-05	\$40	W	4/5	8:00am-5:00pm
302206-06	\$40	Th	4/6	8:00am-5:00pm
302206-07	\$40	F	4/7	8:00am-5:00pm
302206-08	\$40	F	4/21	8:00am-5:00pm

JUNIOR CHEFS

(Ages 5-11) It's no secret, kids love to cook! Chef Christine will cater to your young one's taste buds and cook up a treat to take home. Transportation from Lovettsville Elementary School available - please sign up for Sections 04-06 if needed. Instructor: Christine White

302202-01	\$15	W	3/22	2:30pm-3:45pm
302202-02	\$15	W	4/19	2:30pm-3:45pm
302202-03	\$15	W	5/17	2:30pm-3:45pm
302202-04	\$2	W	3/22	2:15pm-2:30pm
302202-05	\$2	W	4/19	2:15pm-2:30pm
302202-06	\$2	W	5/17	2:15pm-2:30pm

PARENTS NIGHT OUT

(Ages 5-11) Enjoy a night out while your kids enjoy pizza, crafts, games and activities!

302203-01	\$25	F	3/31	5:30pm-8:30pm
302203-02	\$25	F	5/26	5:30pm-8:30pm

MIDDLE SCHOOL AGE

LASER TAG

(Ages 11-14) Join your friends for a day of Laser Tag fun! Trip includes laser tag, pizza and transportation.

302307-01	\$40	M	3/13	9:00am-1:00pm
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GAME DAY

(Ages 11-14) Game Day will be full of fun games like Capture the Flag, Dodgeball, and Flag Football at the Lovettsville Community Park. Lunch included.

302302-01	\$35	M	3/27	10:00am-1:00pm
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CAMP HIGHROAD ADVENTURE DAY

(Ages 11-14) Join the Lovettsville Staff and take a trip to Camp Highroad for zip lining, ropes obstacle course, and more!

302317-01	\$80	M	4/3	10:00am-3:00pm
302317-02	\$80	Tu	4/4	10:00am-3:00pm

PAINTBALL DAY TRIP

(Ages 11-14) Join the Lovettsville staff and take a trip to Hogback Mountain for a day of private paintball play. Trip includes transportation, equipment rental and paintballs.

302319-01	\$80	Th	4/6	12:30pm-6:15pm
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JIGSAW PUZZLE COMPETITION

(Ages 11-14) Come join us for our first middle school jigsaw puzzle competition. We'll provide the same 30 piece puzzles and you do the building within a time limit.

302301-01	\$5	M	4/17	6:30pm-7:30pm
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HIKE SUGARLOAF MOUNTAIN

(Ages 11-14) Join your friends for a hike at Sugarloaf Mountain!

302340-01	\$35	F	4/21	10:00am-1:30pm
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MULTIAGE

NEW MOMS GROUP

(All Ages) Are you a new mom?! Would you like to find other moms that are interested in having fun together? Bring the little one(s) and enjoy some adult conversation.

302507-01	Free	Th	3/9	11:00am-12:00pm
302507-02	Free	Th	3/23	11:00am-12:00pm
302507-03	Free	Th	4/13	11:00am-12:00pm
302507-04	Free	Th	4/27	11:00am-12:00pm
302507-05	Free	Th	5/11	11:00am-12:00pm
302507-06	Free	Th	5/25	11:00am-12:00pm

ADULT

ADULT CROCHET

(Ages 18 & up) Have you always wanted to learn crochet but didn't know where to start or what to buy? Come learn basic crochet skills (tools and materials, reading patterns, basic stitches, etc.). We will complete two projects a dish cloth and a small stuffed octopus. All materials and tools will be provided, no previous experience necessary! Instructor: Carolee Stearns

302520-01	\$60	F	3/3-3/24	2:00pm-4:00pm
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BITES & BREWS

(Ages 21 & up) Tour Frederick, Maryland breweries with Katharina and grab a bite to eat at one of the food trucks! March trip includes Rockwell, Midnight Run, and Monocacy Brewing Company. April trip includes Olde Mother, Idiom, and Attaboy. Depart/Return: Lovettsville Community Center

302501-01	\$39	Sa	3/4	11:00am-4:00pm
302501-02	\$39	Sa	/15	11:00am-4:00pm

ADULT DODGEBALL TOURNAMENT

(Ages 18 & up) Get your 5-person team together and join us for a dodgeball tournament!

302505-01	\$5/Person	Th	3/30	6:00pm-8:00pm
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SENIOR

SENIOR LUNCH TRIPS

(Ages 55 & up) Join us for a lunch trip. Pay for lunch on your own. Depart/Return: Location: Heritage Highlands Club House.

302622-01	\$15	F	3/17	11:00am-3:00pm
302622-02	\$15	F	3/31	11:00am-3:00pm
302622-03	\$15	F	4/14	11:00am-3:00pm
302622-04	\$15	F	4/28	11:00am-3:00pm
302622-05	\$15	F	5/12	11:00am-3:00pm



**Location: Joe's Café, Sterling, VA**  
**302622-06**     \$15     F     5/19  
**Location: Joe's Café, Sterling, VA**     11:00am-3:00pm

**SENIOR SOCIAL HOUR**  
(Ages 55 & up) Join your fellow Lovettsville seniors for coffee, conversation, games and more. These weekly gatherings are free and open to the public. Tu, Th ongoing     10:00am-12:00pm

**BOOKS & TEA**  
(Ages 55 & up) Join the Lovettsville Community Center's Books and Tea club. We meet once a month to discuss the book club book choice and enjoy some tea and sweet treats! Email Chiara.Comoglio@loudoun.gov for more information.

**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     ongoing     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

**FITNESS**

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

**FITNESS CENTER**  
(Ages 16 & up) Come in and work out. Get back in shape or just tone up. New state of the art fitness equipment. Passholders may utilize Fitness Centers at Lovettsville, Loudoun Valley, and Sterling Community Centers.  
**Daily Admission:**  
Adults (Ages 18-54)..... \$3  
Seniors (Ages 55 & up) ..... \$2  
Students (Ages 16-24 with ID)..... \$2  
**Monthly Pass – unlimited use:**  
Adults (Ages 18-54)..... \$30  
Seniors (Ages 55 & up) ..... \$20  
Students (Ages 16-24 with ID)..... \$20  
**6 Month Pass – unlimited use:**  
Adults (Ages 18-54)..... \$150  
Seniors (Ages 55 & up) ..... \$100  
Students (Ages 16-24 with ID)..... \$100  
**Annual Pass – unlimited use:**  
Adults (Ages 18-54)..... \$275  
Seniors (55 & up)..... \$150  
Students (Ages 16-24 with ID)..... \$150

**BOOT CAMP**  
(Ages 16 & up) Are you bored with your workout? Are you not seeing the results you want? Then Fitness Image Results Boot Camp program is a perfect fit! Their instructors are highly qualified, motivational fitness professionals who will guide you and your body to a new you. Join our team now by enrolling in one of our 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     3/1-5/31     5:45pm-6:45pm  
Tu, Th     3/2-5/30     7:45am-8:45am  
Sa     5/27     8:00am-9:00am  
4 Visits ..... \$52  
8 Visits ..... \$96  
10 Visits ..... \$110

Unlimited..... \$120  
2 Family Members Unlimited ..... \$200  
Multi-Family Members Unlimited..... \$250  
Drop-In..... \$15

**GROUP EXERCISE**

(Ages 16 & up) The following exercise classes are included with a LOVCC FitPass (\$75 for 10 visits) or \$9 Drop in. Please email Katharina.Connor@loudoun.gov or check Facebook @LovettsvilleCC for the updated monthly schedule. All class participants should wear athletic clothing, bring a water bottle and a yoga mat.

**BARRE**  
A mix of best practices from Pilates, Yoga, and dance where moves are choreographed to music. In each energizing and targeted workout, you'll use exercise equipment to sculpt and stretch your entire body.

**CORE & MORE**  
A total body conditioning class that will combine floor and standing core work blended with total body strength building exercises.

**STRENGTH & CARDIO**  
Training with dumbbells, resistance bands, and body weight; this workout is an exciting range of strengthening, balance, cardio and core exercises that will help to improve overall health.

**STRETCH & STRENGTH**  
A combination of Yoga and Pilates moves to stretch and build flexibility as well as overall body strength.

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

**YOUTH FITNESS**

Call the center at 540-822-5284 for updated schedule.

**YOUTH FITNESS ORIENTATION**  
(Ages 12-15) This 60-minute class (no workout involved) will teach your young adult what they need to know to work out at Lovettsville Community Center without a parent/guardian.  
**FITNESS TRAINING FOR MIDDLE SCHOOL**  
(Ages 11-15) A fitness class with plyometric training as well as strong focus on dumbbell lifting. This class is limited to six participants to keep the training safe and effective.

Looking for Summer Camps?

Turn to page 63

DAY OF CELEBRATION

FREE!

FREE!

Loudoun

LATINO FESTIVAL

SHENANDOAH BUILDING  
102 HERITAGE WAY NE  
LEESBURG, VA  
SUNDAY, MAY 7  
12:00PM-5:00PM

CHILDREN'S ACTIVITIES  
LIVE MUSIC & ENTERTAINMENT  
FOOD & GIVEAWAYS

SPONSORED BY  
DOUGLASS COMMUNITY CENTER





LOUDOUN.GOV/PRCSEVENTS





## LUCKETTS COMMUNITY CENTER

42361 Lucketts Road, Leesburg VA, 20176  
703-771-5281 • [loudoun.gov/luckettscc](http://loudoun.gov/luckettscc)  
Monday-Wednesday 7:00am-6:00pm  
Thursday 7:00am-9:00pm • Friday 7:00am-6:00pm  
[facebook.com/LuckettsCC](https://facebook.com/LuckettsCC)

### LICENSED PROGRAMS

#### PRESCHOOL

(Ages 3-5) Preschool enrollment for the 2023-2024 school year begins in February. 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 half-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

(Ages 5-11) Join our wonderful after-school program for fun and enrichment that includes outside play, games, activities, crafts and homework help. The program enrolls year-round. For children entering Grades K-5.

#### SUMMER CAMPS

Your ticket to summer fun is right here! Register for Summer Camps at the Old Schoolhouse beginning March 2023.

### PARENT & CHILD

#### MUSIC FOR KIDS

Music for Kids is a special series of performances that introduces young listeners to the joys of music. Performances are interactive and children and families are encouraged to participate. All ages are welcome. Call 703-771-5281 for dates.

#### ST. PATRICK'S DAY FUN

(Ages 1-3) Celebrate St. Patrick's Day with us in this joyful parent-child class. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov)

<b>309184-01</b>	\$10	F	3/17	9:15am-9:45am
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#### SOCCER FUN

(Ages 1-3) Introduce your little one to soccer! This class is a parent and child class, so get ready to run and play. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov)

<b>309186-01</b>	\$10	F	4/14	9:15am-9:45am
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#### PARACHUTE FUN

(Ages 1-3) Bring your child for fun with parachutes, music, and motion. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov)

<b>309182-01</b>	\$10	F	5/12	9:15am-9:45am
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### PRESCHOOL AGE

#### MY FIRST PRESCHOOL

(Ages 2-3) Begin the preschool experience at Lucketts! Your child will learn through play while engaging in a wide variety of activities that help with social skills. Children do not need to be potty-trained, however, staff are not permitted to change diapers. Parents will be called if a diaper change or accident happens.

<b>309196-01</b>	\$135	Tu, Th	3/2-3/30	9:15am-10:30am
<b>309196-02</b>	\$90	Tu, Th	4/11-4/27	9:15am-10:30am
<b>309196-03</b>	\$120	Tu, Th	5/2-5/25	9:15am-10:30am

#### SPANISH FOR PRESCHOOLERS

(Ages 3-5) Students will learn the beginner basics of Spanish through different activities, songs, and games! For more information, please call 703-771-5281 or email [lucketts@loudoun.gov](mailto:lucketts@loudoun.gov).

<b>309185-01</b>	\$48	M	5/1-5/22	12:00pm-1:00pm
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#### BOOK BUDDIES

(Ages 3-5) Join us as we explore the amazing world of children's literature. Pack a lunch and we'll pack the fun. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov)

<b>309187-01</b>	\$36	M	4/10-4/24	12:00pm-1:00pm
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#### STAY'N'PLAY

(Ages 3-5) Extend your Child's preschool day with lunch and fun activities and get a little more time for yourself. Pack a lunch and have your child wear weather appropriate clothing and closed-toe shoes.

<b>309193-01</b>	\$48	W	3/8-3/29	12:00pm-1:00pm
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#### YOUNG AT ART

(Ages 3-5) Join us as we create masterpieces using a wide variety of art materials and look for inspiration in storybooks, nature, and other cultures.

<b>309197-01</b>	\$48	F	3/10-3/31	12:00pm-1:00pm
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#### SPORTIES FOR SHORTIES

(Ages 3-5) Run, jump, and play in this sports-based program designed to enhance motor skills, hand-eye coordination, and physical fitness. Children learn about teamwork and build skills at their own pace.

<b>309198-01</b>	\$48	W	5/3-5/24	12:00pm-1:00pm
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### ELEMENTARY AGE

#### CRAFTING GALORE

(Ages 5-11) Come Craft with us! Each class, students will use a different medium to create beautiful masterpieces. Staff will walk students to the center from Lucketts Elementary after school. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov).

<b>309269-01</b>	\$60	W	3/8-3/29	2:45pm-3:45pm
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#### SCHOOL'S OUT CAMP

(Ages 5-11) Spend the day at the Old Schoolhouse playing games in the gym, creating arts and crafts, playing video games, and more! Please pack a lunch, snack, and water bottle. Children must be currently in Grades K-5 to attend.

<b>309278-01</b>	\$55	M	3/13	7:30am-6:00pm
<b>309278-02</b>	\$55	M	3/27	7:30am-6:00pm
<b>309278-03</b>	\$55	F	4/21	7:30am-6:00pm

#### SPRING BREAK CAMP

(Ages 5-11) Come join us for a day of fun at the Old Schoolhouse. We will play games in the gym, arts and crafts, video games, and more! Please pack a lunch, snack, and water bottle. Children must be currently in Grades K-5 to attend.

<b>309279-01</b>	\$55	M	4/3	7:30am-6:00pm
<b>309279-02</b>	\$55	Tu	4/4	7:30am-6:00pm
<b>309279-03</b>	\$55	W	4/5	7:30am-6:00pm
<b>309279-04</b>	\$55	Th	4/6	7:30am-6:00pm
<b>309279-05</b>	\$55	F	4/7	7:30am-6:00pm

#### PARENTS NIGHT OUT

(Ages 5-11) Drop your child off and then slip away while we play games and make fun crafts. Dinner is included. Children must be currently in Grades K-5 to attend. For more information, please call 703-771-5281.

<b>309297-01</b>	\$25	F	3/17	6:00pm-9:00pm
<b>309297-02</b>	\$25	F	4/28	6:00pm-9:00pm
<b>309297-03</b>	\$25	F	5/26	6:00pm-9:00pm

### MIDDLE SCHOOL AGE

#### LATE NIGHT AT LUCKETTS

(Ages 12-14) Hang-out with friends at the Old Schoolhouse! We'll have video games, ping pong, air hockey, music and more, plenty to keep you busy! Snacks available for purchase at \$1 each. For more information, please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov).

<b>309497-01</b>	\$5	F	3/31	7:00pm-11:00pm
<b>309497-02</b>	\$5	F	4/14	7:00pm-11:00pm
<b>309497-03</b>	\$5	F	5/12	7:00pm-11:00pm

### MULTIAGE

#### YOGA FOR EVERYONE

(Ages 16 & up) Connect your body, mind, and breath through yoga postures that build strength and improve flexibility and balance. Breathing and relaxation techniques will also be integrated into our classes.

<b>309519-01</b>	\$60	Th	3/2-3/30	6:30pm-7:30pm
<b>309519-02</b>	\$15	Th	3/2	6:30pm-7:30pm
<b>309519-03</b>	\$15	Th	3/9	6:30pm-7:30pm
<b>309519-04</b>	\$15	Th	3/16	6:30pm-7:30pm
<b>309519-05</b>	\$15	Th	3/23	6:30pm-7:30pm
<b>309519-06</b>	\$15	Th	3/30	6:30pm-7:30pm

#### MORNING MELTDOWN

(Ages 16 & up) This bodyweight class will challenge you in a new way. Whether you are new to working out or experienced, this class is for you. Get your morning started with us at The Old Schoolhouse.

<b>309595-01</b>	\$10	W	3/8	9:15am-9:45am
<b>309595-02</b>	\$10	W	3/15	9:15am-9:45am
<b>309595-03</b>	\$10	W	3/22	9:15am-9:45pm
<b>309595-04</b>	\$10	W	3/29	9:15am-9:45am
<b>309595-05</b>	\$10	W	4/12	9:15am-9:45pm
<b>309595-06</b>	\$10	W	4/19	9:15am-9:45am
<b>309595-07</b>	\$10	W	4/26	9:15am-9:45am
<b>309595-08</b>	\$10	W	5/3	9:15am-9:45am
<b>309595-09</b>	\$10	W	5/10	9:15am-9:45am
<b>309595-10</b>	\$10	W	5/17	9:15am-9:45am
<b>309595-11</b>	\$10	W	5/24	9:15am-9:45am

#### STRANGE & FASCINATING - AMERICAN HISTORY

(Ages 18 & up) Learn about the stories that made up America, and the stories that America made up! Join us for a lively presentation on American history and the myths and misconceptions we learned growing up along with a unique take on American history. For more information call 703-771-5281 or email [lucketts@loudoun.gov](mailto:lucketts@loudoun.gov)

<b>309523-01</b>	\$10	Th	4/13	6:30pm-7:45pm
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#### AN EVENING TALK WITH THE MASTER GARDENERS

(Ages 16 & up) Looking to start a garden but don't know where to start? Join us and speak with the Loudoun County Master Gardener's. This talk is free to the Public. For more information, please call 703-771-5281 or email [lucketts@loudoun.gov](mailto:lucketts@loudoun.gov)

<b>309590-01</b>	Free	Th	5/4	6:30pm-8:00pm
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### SENIOR

#### SENIOR SOCIAL BREAKFAST

(Ages 55 & up) Join us for a breakfast social and enjoy the company of our Lucketts Community. For more information, please call 703-771-5281 or email [lucketts@loudoun.gov](mailto:lucketts@loudoun.gov).

<b>309765-01</b>	Free	Sa	3/18	9:00am-10:30am
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Register at [www.loudoun.gov/webtrac](http://www.loudoun.gov/webtrac)



## OLD WATERFORD SCHOOL

40222 Fairfax Street, Waterford, VA 20197  
[Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov)  
703-771-5281

### ELEMENTARY AGE

#### RECESS EXTENDED

(Ages 6-11) Let's just play the rest of the day! Extend your child's recess after-school as we explore different P.E. games and recreational activities. Class takes place at the Old Waterford School. To Register please call 703-771-5281 or email [Lucketts@loudoun.gov](mailto:Lucketts@loudoun.gov).

<b>309289-01</b>	\$45	Tu	4/11-4/25	2:30pm-3:45pm
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#### COOKBOOK CLUB

(Ages 6-11) Come cook with us! Cookbook Club is a delicious way to learn reading, measuring, math, and art disguised as tasty fun.

<b>309299-01</b>	\$20	Th	3/9	2:30pm-3:30pm
<b>309299-02</b>	\$20	Th	3/30	2:30pm-3:45pm
<b>309299-03</b>	\$20	Th	4/20	2:30pm-2:45pm
<b>309299-04</b>	\$20	Th	5/11	2:30pm-3:45pm
<b>309299-05</b>	\$20	Th	5/25	2:30pm-3:45pm

#### PARENTS NIGHT OUT AT WATERFORD

(Ages 6-11) Drop your child off and then slip away while we play games and make fun crafts. Dinner is included. For more information, please call 703-771-5281.

<b>309298-01</b>	\$25	F	5/5	6:30pm-9:30pm
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## PHILOMONT COMMUNITY CENTER

36592 Jeb Stuart Road, Philomont, VA 20131  
540-338-5882 • [loudoun.gov/philomontcc](http://loudoun.gov/philomontcc)  
Monday-Friday 8:30am-6:00pm  
Closed for Memorial Day, 5/ 29  
[facebook.com/PhilomontCommunityCenter](https://facebook.com/PhilomontCommunityCenter)

### PRESCHOOL AGE

#### PCC SPRING BAKING CLASS

(Ages 3-5) Join us for a fun baking series. A special treat will be baked each week. Please send your child with a water bottle. Instructor: Kristen



<b>311204-01</b>	\$50	W	3/1-3/29	12:00pm-1:30pm
<b>311204-02</b>	\$30	W	4/12-4/26	12:00pm-1:30pm
<b>311204-03</b>	\$40	W	5/3-5/24	12:00pm-1:30pm

BUILDER’S TUESDAY, THURSDAY

(Ages 3-5) Come have some fun building with many different types of materials. cardboard, foam, Legos, wood, plastic. What can you make? Please pack lunch and a water bottle. Instructor: Robin

<b>311105-01</b>	\$90	Tu, Th	3/2-3/30	12:00pm-1:30pm
<b>311105-02</b>	\$60	Tu, Th	4/11-4/27	12:00pm-1:30pm
<b>311105-03</b>	\$80	Tu, Th	5/2-5/25	12:00pm-1:30pm

ELEMENTARY AGE

PARENTS NIGHT OUT

(Ages 4-9) Let’s continue the St. Patrick’s Day fun! We will have some “green” fun that includes crafts, games and a movie. Dinner will be provided. Preregistration required. Call: 540-338-5882 for more information.

<b>311705-01</b>	\$20	F	3/17	6:00pm-8:30pm
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SPRING BREAK C3 ANIMATION USING MINECRAFT

(Ages 6-9) In this class, younger students will learn how characters move and look alive in movies and video games. Children will be introduced to basic 2/3D animation techniques using Minecraft characters and stages.

Software: Mine-mator. Skill Level: beginner

<b>311208-01</b>	\$55	M-F	4/3-4/7	9:00am-12:00pm
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PARENTS NIGHT OUT

(Ages 4-9) Let’s celebrate Earth Day! Outdoor fun, crafts, dinner, and a movie will be provided. Preregistration required. Call: 540-338-5882 for more information.

<b>311705-02</b>	\$20	F	4/28	6:00pm-8:30pm
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MOTHERS DAY CRAFTS

(Ages 6-9) Join is to make some memorable Mother’s Day crafts! Instructor: Kathy

<b>311207-02</b>	\$5	F	5/12	3:15pm-4:15pm
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TEEN

MINECRAFT MODDING

(Ages 10-14) In this class, students will learn how to create their own custom gameplay items and elements. They will learn how to create artwork for various items and design custom behaviors. Design your own custom blocks, food, biomes and more! McREATOR Skill Level: Beginner to Intermediate.

<b>311307-01</b>	\$155	W	3/1-3/29	4:35pm-5:35pm
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C.O.B.R.A. TEEN & CAMPUS SAFETY

(Ages 13-19) Join Jessica Harden, a C.O.B.R.A. licensed instructor to learn self-defense skills and preventative safety including escape techniques, parking lot safety and vehicle anti-abduction.

<b>311207-03</b>	\$125	F	3/10	5:00pm-8:00pm
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SPRING BREAK C3 ANIMATION USING MINECRAFT

(Ages 10-14) In this class older students will expand their observation skills and imagination by studying motion in reality. Learn how animators work using a series of short animation projects. Does your child aspire to be an animator. Sign-up today!

<b>311208-02</b>	\$289	M-F	4/3-4/6	1:00pm-4:00pm
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SENIOR

WALKING CLUB

(All Ages) Join us each Wednesday morning as we walk the length of Jeb Stuar Road (1.2 miles total). Enjoy the peacefulness and less traffic that a western Loudoun’s gravel road provides. Easy, flat walk. Suitable for beginners.

<b>311208-01</b>	Free	W	4/12-5/24	10:00am
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STERLING COMMUNITY CENTER

120 Enterprise Street, Sterling, VA 20164  
703-430-9480 • [loudoun.gov/sterlingcc](http://loudoun.gov/sterlingcc)  
Monday-Friday 7:00am-9:00pm • Saturday 9:00am-5:00pm  
[facebook.com/SterlingVaCommunityCenter](https://facebook.com/SterlingVaCommunityCenter)

PRESCHOOL AGE

TOGETHER WE GROW

(Ages 3-5) Kids along with their parent/guardian/caretaker are welcome to be creative together. The classes are designed for all the little learners to enjoy the beauty of the arts and to allow them to be curious with the different art styles. Art styles range from painting, music, songs, reading and acting.

<b>303199-01</b>	\$85	Tu, Th	2/28-3/30	10:00am-10:50am
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TOT DROP IN

(Ages 5 & under) Have fun in our indoor gym! Riding toys, balls, slides, and much more will be in the SCC gym on weekday mornings. \$1.00 drop-in fee per child per visit. Call for more information.

<b>303100-01</b>	\$1	M-F	3/1-5/31	9:30am-12:00pm
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SILLY CHEFS

(Ages 3-5) First Wednesday of the month. Your kids can play with their food at the Sterling Community Center! Each class we let the little ones get creative with a fun food-based activity. Sign up for one, two, or all three! Please notify us of any dietary restrictions at least two weeks in advance.

<b>303103-01</b>	\$7	W	3/1	11:15am-12:00pm
<b>303103-02</b>	\$7	W	5/3	11:15am-12:00pm

JUST FOR 2s & 3s – M, W, F

(Ages 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.

<b>303186-01</b>	\$144	M, W, F	3/1-3/31	9:30am-11:00am
<b>303186-02</b>	\$96	M, W, F	4/10-4/28	9:30am-11:00am
<b>303186-03</b>	\$156	M, W, F	5/1-5/31	9:30am-11:00am

JUST FOR 2s & 3s – T, Th

(Ages 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.

<b>303186-01</b>	\$108	Tu, Th	3/2-3/3	9:30am-11:00am
<b>303186-02</b>	\$72	Tu, Th	4/1-4/27	9:30am-11:00am
<b>303186-03</b>	\$108	Tu, Th	5/2-5/30	9:30am-11:00am

FUN WITH 5 SENSES

(Ages 3-5) First Friday of the month. A variety of activities and games for each theme will utilize all five senses. Participants will build observational skills and learn how to describe their experiences. Please notify us of any dietary restrictions at least two weeks in advance.

<b>303132-01</b>	\$6	F	3/3	11:15am-12:00pm
<b>303132-01</b>	\$6	F	5/5	11:15am-12:00pm

PLAYING WITH MATH

(Ages 3-5) First Monday of the month. An instructor will lead participants through dramatic play scenarios based on a book or theme that will incorporate math skills such as number concepts, comparing, measuring, and patterning.

<b>303110-01</b>	\$6	M	3/6	11:15am-12:00pm
<b>303110-02</b>	\$6	M	5/1	11:15am-12:00pm

CRAFTY KIDS

(Ages 3-5) Second Wednesday of the month. Create wonderful works of art to hang in your art gallery! Test new mediums and materials in this interactive class with friends.

<b>303108-01</b>	\$6	W	3/8	11:15am-12:00pm
<b>303108-02</b>	\$6	W	4/12	11:15am-12:00pm
<b>303108-03</b>	\$6	W	5/10	11:15am-12:00pm

MUSIC & MOVEMENT

(Ages 3-5) Second Friday of the month. Children will engage in a wide range of movement to expand the range of expressive possibilities. This class helps develop motor skills and rhythm by enabling children to communicate through movement and respond to music.

<b>303197-01</b>	\$6	F	3/10	11:15am-12:00pm
<b>303197-02</b>	\$6	F	4/14	11:15am-12:00pm
<b>303197-03</b>	\$6	F	5/12	11:15am-12:00pm

LITTLE SCIENTIST

(Ages 3-5) Third Wednesday of the month. Science projects and hands on activities will be explored with friends. This class will allow your little one to explore the world of science with a different experiment each week. The class will be led by our very own Mad Scientist!

<b>303129-01</b>	\$6	W	3/15	11:15am-12:00pm
<b>303129-02</b>	\$6	W	4/19	11:15am-12:00pm
<b>303129-03</b>	\$6	W	5/17	11:15am-12:00pm

CREATIVE CLAY

(Ages 3-5) Third Friday of the month. Nothing is more fun for children than learning while they play. This class will use clay to teach letter and number sense as well as exploring topics such as animal habitats, replication, and pattern recognition through playing with clay. Children will strengthen fine motor muscles in their fingers and hands as they manipulate the clay.

<b>303179-01</b>	\$6	F	3/17	11:15am-12:00pm
<b>303179-02</b>	\$6	F	5/19	11:15am-12:00pm

ABC ADVENTURES

(Ages 3-5) Third Monday of the month. A is for Adventure! Play interactive games, make personalized crafts, and have fun getting to know the letters of the alphabet. Each month focuses on different letters.

<b>303136-01</b>	\$6	M	3/20	11:15am-12:00pm
<b>303136-02</b>	\$6	M	4/17	11:15am-12:00pm
<b>303136-03</b>	\$6	M	5/15	11:15am-12:00pm

MINI MONETS

(Ages 3-5) Fourth Wednesday of the month. Encourage your child to discover their inner artist at this hands-on painting class. Participants will create inspired works of art while practicing their fine motor skills. Each month focuses on a different spring themed painting. Clear some wall space in your home gallery and prepare to be impressed.

<b>303178-01</b>	\$6	W	3/22	11:15am-12:00pm
<b>303178-02</b>	\$6	W	4/26	11:15am-12:00pm
<b>303178-03</b>	\$6	W	5/24	11:15am-12:00pm

ANIMAL EXPLORATION

(Ages 3-5) Second Monday of the month. If your child has insatiable curiosity about animals, they will love this class. Participants will learn about the physical characteristics, lifestyle, and location and impact of each animal’s habitat. A variety of materials, including books and photographs will be used to create a craft or

depiction of the animal.

<b>303177-01</b>	\$6	M	4/10	11:15am-12:00pm
<b>303177-02</b>	\$6	M	5/8	11:15am-12:00pm

THE VERY ARTSY STORY

(Ages 3-5) Fourth Monday of the month. Each session we will read an enjoyable book and then get creative by doing a fun story-related arts and crafts project.

<b>303106-01</b>	\$6	M	4/24	11:15am-12:00pm
<b>303106-02</b>	\$6	M	5/28	11:15am-12:00pm

OCEAN EXPLORERS

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

<b>303189-01</b>	\$6	F	3/24	11:15am-12:00pm
<b>303189-02</b>	\$6	F	4/28	11:15am-12:00pm
<b>303189-03</b>	\$6	F	5/26	11:15am-12:00pm

ECO ART

(Ages 3-5) Children will create art activities inspired by nature that use natural materials and develop an awareness for the environment. These eco-friendly activities are sure to excite your little ones.

<b>303195-01</b>	\$6	W	3/29	11:15am-12:00pm
<b>303195-02</b>	\$6	F	3/31	11:15am-12:00pm
<b>303195-03</b>	\$6	F	5/31	11:15am-12:00pm

ELEMENTARY AGE

SCHOOL’S OUT CAMP – SPRING CRAFT & COOKING

(Ages 6-12) If your child enjoys working with their hands, and experiencing new things, then look no further. Participants will explore and develop their creative interests using a variety of mediums to make craft projects. We will also get “crafty” in the kitchen, exploring different foods, and fun ways to prepare them. Pack a lunch, water bottle, and two snacks daily; and remember to “dress for the mess”. Please notify us of any dietary restrictions at least two weeks in advance. Call for more information.

<b>303245-01</b>	\$40	M	3/13	7:30am- 6:00pm
<b>303245-02</b>	\$40	M	3/27	7:30am- 6:00pm
<b>303245-03</b>	\$185	M-F	4/3-4/7	7:30am- 6:00pm
<b>303245-04</b>	\$40	F	4/21	7:30am- 6:00pm

SCHOOL’S OUT CAMP

(Ages 6-10) Schools Out! Camp is in! And our camp has it all! Activities include LEGO games and puzzles, arts and crafts, video games, and plenty of time to chill with friends. Please bring a packed lunch, snack and drinks space is limited.

<b>303203-01</b>	\$200	M-F	4/3-4/7	7:30am–6pm
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MIDDLE SCHOOL AGE

MIDDLE SCHOOL MONDAYS

(Ages 11-13) Join us ever Monday after school for fun cooking, art, and STEM programs! Registration is required. We will not meet on days that Loudoun County Public Schools are closed. Call to register.

<b>303315-01</b>	Free	M	3/6-5/22	5:00pm- 6:00pm
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SCHOOL’S OUT CAMP

(Ages 11-13) Schools Out! Camp is in! Middle Schoolers come join us for our camp we have so many exciting activities to offer STEAM, cooking crafts and gym games to get your body moving. Please bring a packed lunch, snack and drinks space is limited.

<b>303304-01</b>	\$150	M-F	4/3–4/7	9am-6pm
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MULTIAGE

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, and watch a movie! Ask about our potty-training policy. Call for more information.

303751-01	\$15	F	3/17	5:30pm- 9:00pm
303751-02	\$15	F	4/21	5:30pm- 9:00pm
303751-03	\$15	F	5/19	5:30pm- 9:00pm

PRIMARY ART CLASS

(Ages 18 & up) This series of classes welcomes anyone who has wanted to enjoy doing art without any experience. Try different art styles and allow your inner child to learn. Come explore art and have fun!

303799-01	\$85	Tu, Th	2/28-3/28	11:00am-11:50pm
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NATIONAL CRAFT MONTH

(All Ages) Here's the chance to tap into your creative ability and by creating a take home craft for you and your families to enjoy.

303701-01	\$4	Sa	3/4	10:00am-11:30am
303701-02	\$4	Sa	3/11	10:00am-11:30am
303701-03	\$4	Sa	3/18	10:00am-11:30am

WOMENS HISTORY MONTH

(All Ages) Explore and learn about all the historical women that have had a major impact on creating the world we live in today. We adorn our lobby with a gallery in honor of the women in our history who have made a difference in our daily lives.

Free	Daily	3/1-3/31
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AUTISM AWARENESS

(All Ages) Help us spread the word about autism awareness and join us for some fun activities in the gym where we will be making sensory items and engaging in different activities.

PRCS NOTIFICATIONS



SIGN UP!



303701-05	Free	F	4/14	3:00pm-4:00pm
303701-06	Free	F	4/21	3:00pm-4:00pm

NATIONAL PHOTO MONTH

(All Ages) Come by the center and leave your mark! Take a selfie of yourself and add it to our picture wall on-site using our Polaroid cameras.

Free	Daily	M-Sa	4/1-4/30	9:00am-5:00pm
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ADULT

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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HEALTH & WELLNESS

INTRO TO MEDITATION

(Ages 18-54). Ever wondered what meditation is? Do you want to learn how to meditate? Well, this class is for you. In this class, we will be spending time using guided meditation, soft music and we will practice learning how to relax. Wear comfortable clothes and bring plenty of water.

303527-01	\$85	Tu, Th	2/28-3/30	12:15pm-1:00pm
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MULTI-MEDIA ART JOURNALING

(Ages 12-17) This 5-week program run by our Therapeutic Art Life Coach is designed to inspire teens to be creative using different forms of journaling. Journaling has been known to help release stress and anxiety by focusing on art, breathing and mindfulness. Each workshop will begin with guided meditation and each participant will receive a journal to have in every session using different art subject ideas for each class.

303404	\$150	Tu	2/28-3/28	5:00pm-6:30pm
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FITNESS CENTER

(Ages 16 & up) Workout in our state-of-the-art fitness room. Passholders may utilize Fitness Centers at Lovettsville, Loudoun Valley, and Sterling Community Centers.

Daily Admission:

Adults (Ages 18-54)	\$3
Seniors (Ages 55 & up)	\$2

Monthly Pass-unlimited use:

Adults (Ages 18-54)	\$30
Seniors (Ages 55 & up)	\$20
Students (Ages 16-24 with ID)	\$20

6 Month Pass-unlimited use

Adults (Ages 18-54)	\$150
Seniors (Ages 55 & up)	\$100
Students (Ages 16-24 with ID)	\$100

Annual Pass-unlimited use

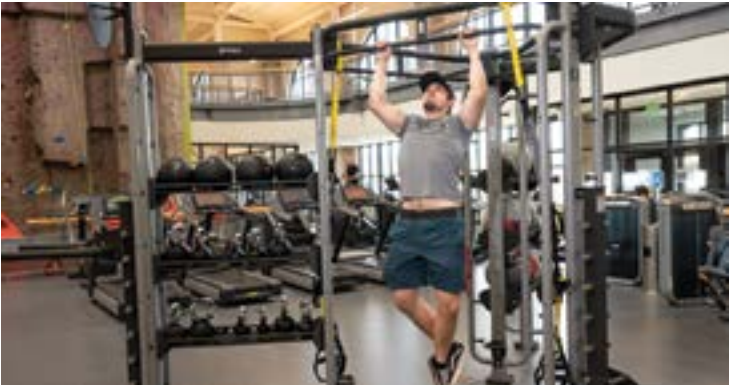
Adults (Ages 18-54)	\$275
Seniors (Ages 55 & up)	\$150
Students (Ages 16-24 with ID)	\$150

SENIOR PROGRAMS

MATINEE MONDAYS

(Ages 55 & up) Join us to watch a classic movie. Movie titles will be announced weekly. Bring your friends, bring your lunch, and we will provide the popcorn.

Free	W	3/1	12:00pm-2:00pm
Free	W	3/15	12:00pm-2:00pm
Free	W	3/29	12:00pm-2:00pm



CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTERS

SHARED ADMISSION FEES

All admissions include age-appropriate access to the fitness center, competitive pool, leisure pool, gymnasium, indoor track, and open time on the climbing wall. Full payment by cash, check, Visa, MasterCard, or Discover is due at time of purchase. A 15-percent discount is available for active duty and retired members of the military and first responders on annual,six-month,and monthly memberships, as well as daily and 25-admission passes.

Spring Pass Sale May 8-June 12  
15% off Annual and 6 month passes

Daily

Ages 2 & under	Free
(plastic training pants required in the pool)	
Ages 3-17	\$4.00
Adults 18-54	\$6.00
Ages 55+	\$4.00

Children 11 and under must always be 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

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

Family Dependent	\$125
Family	\$1000
Senior/Youth	\$350
Senior Couple	\$600
Adult/Senior	\$700
Student	\$350

SHARED GENERAL INFORMATION

FITNESS AREAS & TRACK AGE POLICY

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

CLIMBING WALL

Come climb at our 40 foot high Freeform Climbing Wall! Open daily, Monday through Friday 4:00pm-8:00pm and Saturdays and Sundays 11:00am-7:00pm. 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.

AQUATICS & SAFETY PROGRAMS

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



CLAUDE MOORE RECREATION & COMMUNITY CENTER

46105 Loudoun Park Lane, Sterling, VA 20164  
571-258-3600 • [loudoun.gov/claudemoorerec](http://loudoun.gov/claudemoorerec)

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

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

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

**Competition Pool, Leisure Pool & Spa**  
For pool and spa hours, please visit [loudoun.gov/poolhours](http://loudoun.gov/poolhours)

**Auxiliary Wing**  
Monday-Friday 8:00am-4:00pm  
[facebook.com/ClaudeMooreRecCenter](https://facebook.com/ClaudeMooreRecCenter)

Open 11:00am-6:00pm on Easter Sunday, 4/9  
Open 11:00am-6:00pm on Memorial Day, 5/29

Entire facility will be closed 6/5-6/13 for annual maintenance.  
Call ahead or check the website for updates.



PRESCHOOL AGE

TEENEY TINY BOOK CLUB

(Ages 1-3) Help your child thrive with the lifelong benefits of regular reading while creating strong bonds with your child. Join us to enjoy our book theme of the month along with songs, a mini-library, fun activities, a spring refreshment, and parent-child bonding time! Please register all attendees. Parent participation re-quired.

373112-01	\$3	F	3/3	2:00pm-3:00pm
373112-02	\$3	F	4/14	2:00pm-3:00pm
373112-03	\$3	F	5/5	2:00pm-3:00pm

ITTY BITTY

(Ages 1.5-4) Bring your little one and make memories! Enjoy story time, songs, circle time, a themed activity and more. Parent participation required. Fee is per child and parents are free.

373111-01	\$40	Tu	3/7-3/28	10:00am-11:30am
373111-02	\$50	F	3/3-3/31	10:00am-11:30am
373111-03	\$30	Tu	4/11-4/25	10:00am-11:30am
373111-04	\$30	F	4/14-4/28	10:00am-11:30am
373111-05	\$40	Tu	5/2-5/23	10:00am-11:30am
373111-06	\$40	F	5/5-5/26	10:00am-11:30am

CRAFTY CREW

(Ages 3-5) Each program will feature seasonal themed crafts and an opportunity for preschoolers to socialize with their ‘crew’.

373177-01	\$12	W	3/8	1:00pm-2:00pm
373177-02	\$12	W	3/22	1:30pm-2:30pm
373177-03	\$12	W	4/12	1:00pm-2:00pm
373177-04	\$12	W	4/26	1:30pm-2:30pm
373177-05	\$12	W	5/10	1:00pm-2:00pm
373177-06	\$12	W	5/24	1:30pm-2:30pm

STAY & PLAY

(Ages 3-5) Have your child stay after preschool class once a month and let them play! We will plan small gym and playground activities for your preschooler.

373104-01	\$8	Th	3/9	1:00pm-2:00pm
373104-02	\$8	Th	3/23	1:30pm-2:30pm
373104-03	\$8	Th	4/13	1:00pm-2:00pm
373104-04	\$8	Th	4/27	1:30pm-2:30pm
373104-05	\$8	Th	5/11	1:00pm-2:00pm
373104-06	\$8	Th	5/25	1:30pm-2:30pm

SPORTIES 4 SHORTIES

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

373125-01	\$10	Tu	3/14	1:30pm-2:15pm
373125-02	\$10	Tu	3/28	1:00pm-1:45pm
373125-03	\$10	Tu	4/11	1:30pm-2:15pm
373125-04	\$10	Tu	4/25	1:00pm-1:45pm
373125-05	\$10	Tu	5/9	1:30pm-2:15pm
373125-06	\$10	Tu	5/23	1:00pm-1:45pm

PRESCHOOL DAYS OUT CAMP

(Ages 3-5) Schools out? No problem! Come to Claude Moore Recreation & Community Center for fun activities, games, crafts, time outside or in our gym and more!

373110-01	\$30	M	3/27	9:00am-2:00pm
373110-02	\$150	M-F	4/3-4/7	9:00am-2:00pm

PARENTS NIGHT OUT - PRESCHOOL

(Ages 3-5) Parents, drop off your child to enjoy a fun night of crafts, pizza, the outdoors (weather permitting), and a movie to end while you enjoy a break!

373109-01	\$16	F	3/17	5:00pm-9:00pm
373109-02	\$16	F	4/14	5:00pm-9:00pm
373109-03	\$16	F	5/19	5:00pm-9:00pm

STORY DRAMA

(Ages 3-6) Introduce your child to the magical world of theatre through this class! Classes will begin with an interactive read-aloud of a favorite story, followed by games and activities to explore the characters, setting, and plot of the story through acting, song, and dance. Your young performer will leave this class with a strong understanding of the basics of storytelling and an increased confidence on and off stage.

**Location: StageCoach Theatre Company, 20937 Ashburn Road, Suites 115 & 120, Ashburn, VA**  
**373185-01** \$175 Th 4/13-5/25 2:30pm-3:30pm

ELEMENTARY AGE

MESSY MONDAYS

(Ages 6-11) Does your child love to be messy and creative? Do you dislike cleaning up the messes at home? Register your child to allow them to create AND make a mess. Slime, bubbles, playdough, paint, and much more.

373222-01	\$15	M	3/20	3:30pm-5:00pm
373222-02	\$15	M	4/17	3:30pm-5:00pm
373222-03	\$15	M	5/15	3:30pm-5:00pm

ELEMENTARY DAYS OUT CAMP

(Ages 6-11) Register now and don’t miss this fun-packed camp. Enjoy your break from school with springtime fun, games, crafts, swimming, and the climbing wall.

373231-01	\$40	M	3/13	7:30am-6:00pm
373231-02	\$40	M	3/27	7:30am-6:00pm
373231-03	\$200	M-F	4/3-4/7	7:30am-6:00pm
373231-04	\$40	F	4/21	7:30am-6:00pm

CYO: BIRDHOUSE

(Ages 6-11) Spring has sprung, and the birds are chirping! Join us to Create Your Own (CYO) Birdhouse!

373242-01	\$20	W	4/19	3:30pm-5:00pm
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PARENTS NIGHT OUT: ELEMENTARY

(Ages 6-11) Enjoy a night out or a relaxing night in while the children enjoy pizza, swimming, climbing the rock wall, and a movie to end the night (time permitting).

373248-01	\$20	F	3/17	5:00pm-9:00pm
373248-02	\$20	F	4/14	5:00pm-9:00pm
373248-03	\$20	F	5/19	5:00pm-9:00pm

BASKETBALL BASICS

(Ages 5-7) Our goal for this program is to teach kids the fundamentals and basics of the game of basketball by putting participants through basic cone drills and basic game type scenarios.

373204-01	\$75	Tu	3/14-4/25	4:00pm-5:00pm
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ADVANCED BASKETBALL

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

373205-01	\$100	Th	3/16-4/27	5:00pm-6:00pm
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SPORTS MADNESS

(Ages 7-12) Kids can have fun and be active in a competitive and friendly environment by learning and playing a new team sport each class! We'll have a particular sport for each class such as kickball, basketball, handball, soccer and more.

373202-01	\$60	M	3/20-5/8	4:15pm-5:00pm
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PRIVATE BASKETBALL LESSONS

(Ages 8-17) 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.

373206-01	\$150			
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MULTIAGE

3V3 BASKETBALL TOURNAMENT

(Ages 16 & up) Be a part of the March Madness and join our competitive friendly 3v3 basketball tournament for a chance to win prizes!

373215-01	\$10	Sa	3/11	9:30am-12:00pm
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FITNESS CLASSES

FITNESS ORIENTATION

(Ages 16 & up) Free of charge to 6-month and 12-month pass holders, otherwise \$30. The Fitness Orientation starts off with a tour of the entire facility, a soft introduction to all Fitness Programs, followed by a physical assessment, and activity readiness evaluation. Fitness Orientations are by appointment only. Please email April.gimenez@loudoun.gov to schedule.

PERSONAL TRAINING

(Ages 12 & up) 30 and 60 minute one on one or semi-private training sessions are offered in packs of 4, 8 and 12. Enlist the help and expertise of our certified personal trainers on your fitness journey. Your trainer will build your personalized strength training program to either build lean muscle mass, optimize joint health, or become functionally stronger. All sessions are by appointment only. Please email April.Gimenez@loudoun.gov.

TRAINING SQUADS

(Ages 16 & up) Small group training sessions of 4 -6 participants grouped by ability and experience. Trainers will craft workouts specific to the shared goals of the group. Training Squads are a great way to make new gym friends and hold yourself and each other accountable. Please email April.Gimenez@loudoun.gov if interested.

SAIL – Stay Active & Independent for Life

(Ages 65 & up) Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly. Registration and prepayment are required. Please email April.Gimenez@loudoun.gov if interested.

YOUTH FITNESS ORIENTATION

(Ages 12-15) A 1-hour period of instruction offered to youths 12-15 years old. Certified Personal Trainers will coach attendees on the topics of Fitness Floor rules, basic exercise guidelines and workout etiquette. Upon completion, attendees receive a Youth Fitness Card, allowing them access to the Fitness Floor w/ out adult supervision. Youths must be monthly, 6- or 12-month passholders or pay the price of daily admission to have access to the facility.

373362-01	\$45	Sa	3/25	10:30am-11:30am
373362-02	\$45	Sa	4/29	10:30am-11:30am
373362-03	\$45	Sa	5/20	10:30am-11:30am

ADULT GROUP EXERCISE CLASSES

The following land and exercise classes are included with facility passes. Please check https://www.loudoun.gov/4996/Fitness-Areas and Facebook @ claudemoorereccenterfor the updated monthly schedule and registration process. Classes are available to patrons 16 years and older. All class participants will be required to receive a class entrance card to participate in fitness classes. Class entrance cards can be obtained at the front desk 30-minutes before the start time of class.

LAND FITNESS

BARRE

A mix of best practices from Pilates, Yoga, and dance where moves are choreo-

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



graphed to music. In each energizing and targeted workout, you'll use the barre and exercise equipment to sculpt and stretch your entire body.

POWER UP 60

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

GENTLE, LOW IMPACT

Focused on strength and mobility for those looking for a gentler workout routine.

FIT FACTORY

Get in and get out w/ this 45-minute strength training and power packed HIIT session on the Fitness Floor. This is a dynamic full-body workout making use of kettle-bells, free weights, resistance bands, plyometrics, and body weight exercises. This program is designed to be fun and challenging for a broad range of fitness levels.

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.

HIP HOP STEP

Breathe life back into fitness by combining cardio, hip hop music, and lots of fun in this fresh spin on step aerobics. This isn't just a class; this is a community whose mission is to make Step class great again. All fitness levels welcome.

PILATES FUSION

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

POUND

A full-body workout designed for all fitness levels, combining cardio, conditioning, and strength training with Pilates-inspired movements. Use lightly weighted drum-sticks (Ripstix) to drum and let loose to the beat of fun and engaging music. This is a high-energy class that will Rock out Your Workout!

SUN UP YOGA

A gentle and engaging early morning yoga practice to open your heart, mind and body for the new day.

SUNDAY SALUTATIONS

Rise with the sun to mindfully greet the new week with a rejuvenating Vinyasa Flow.





## 15% OFF ANNUAL & 6-MONTH PASSES

LIMITED TIME OFFER - SIGN UP BETWEEN  
MAY 8 - JUNE 12

### INCLUDED WITH ALL PASSES:

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

## TWO MODERN, CONVENIENT RECREATION AND AQUATIC CENTERS

### SOUTH RIDING

Dulles South Recreation  
and Community Center

### STERLING

Claude Moore Recreation  
and Community Center



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

#### TAI CHI

A practice of slow gentle movements and physical postures aiming to strengthen the whole body as well as the mind, body connection.

#### 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.

#### 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.

#### AQUA FITNESS

##### 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.

##### H2O FIT

Low impact but High Intensity fun in the pool. This class combines cardio and strength training and is designed to improve joint stability and coordination.



## DULLES SOUTH RECREATION & COMMUNITY CENTER

24950 Riding Center Drive, South Riding, VA 20152  
571-258-3456 • [loudoun.gov/dullessouthreccenter](http://loudoun.gov/dullessouthreccenter)

#### Facility

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

#### Kid Kare

Monday-Friday 8:30am-1:30pm; 4:30pm-8:30pm • Saturday 8:00am-12:00pm

#### Climbing Wall

Monday-Friday 4:00pm-8:00pm • Saturday-Sunday 11:00am-7:00pm

#### Competition Pool

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

#### Leisure Pool & Spa

Monday-Friday 9:00am-8:45pm • Saturday-Sunday 11:00am-7:45pm  
[facebook.com/DullesSouthMultipurposeCenter](https://facebook.com/DullesSouthMultipurposeCenter)

Open 11:00am-6:00pm on Easter Sunday, 4/9  
Open 11:00am-6:00pm on Memorial Day, 5/29

#### PARENT & CHILD

##### MUSIC & MOTION

(Ages 1-3) Get your toddler moving and shaking to some fun songs! This fun class will keep you hopping and bopping. Parent/Guardian participation required.

Instructor: Sarah Kabli

305113-01	\$30	Th	3/2-3/30	9:30am-10:00am
305113-02	\$18	Th	4/13-4/27	9:30am-10:00am
305113-03	\$24	Th	5/4-5/25	9:30am-10:00am

##### PARACHUTES BALLS & FUN!

(Ages 1-3) Join your little one in the gym for some fun with parachute games, balls, music and movement. This is a great introductory class for the young toddler! Parent/Guardian participation required. Instructor: Sarah Kabli

305115-01	\$30	Th	3/2-3/30	10:15am-10:45am
305115-02	\$18	Th	4/13-4/27	10:15am-10:45am
305115-03	\$24	Th	5/4-5/25	10:15am-10:45am

##### TINY TOT TUMBLING

(Ages 1-3) Join your toddler for this fun movement and tumbling time class. Skills introduced are tumbling, climbing, balancing, and bouncing to enable children to develop their gross motor skills using age-appropriate equipment. Children will also join instructor in a parachute game and a song. Parent/Guardian participation required. No Classes 3/27 and 4/3-4/7. Instructors: M, F Rebecca Samson, Tu Sarah Kabli

305101-01	\$40	F	3/3-3/31	10:00am-10:45am
305101-02	\$24	M	3/6-3/20	9:30am-10:15am
305101-03	\$32	Tu	3/7-3/28	10:00am-10:45am
305101-04	\$24	M	4/10-4/24	9:30am-10:15am
305101-05	\$24	Tu	4/11-4/25	10:00am-10:45am
305101-06	\$24	F	4/14-4/28	10:00am-10:45am
305101-07	\$32	M	5/1-5/22	9:30am-10:15am
305101-08	\$32	Tu	5/2-5/23	10:00am-10:45am
305101-09	\$32	F	5/5-5/26	10:00am-10:45am

##### MONDAY MINGLE

(Ages 1-3) Join your toddler in some unstructured play time! Make new friends and reconnect with old in this hour of fun in a preschool room setting. This will be unstructured time with toys and friends to get your little one used to a preschool setting while they are still with you! Parent or guardian participation required. Instructor: Sarah Kabli

305131-01	\$24	M	3/6-3/20	10:30am-11:30am
305131-02	\$24	M	4/10-4/24	10:30am-11:30am
305131-03	\$32	M	5/1-5/22	10:30am-11:30am

##### MINI CRAFTY CORNER

(Ages 2-3) Spend some time with your little one getting creative! You and your child will get to create their own craft, socialize with friends old and new, practice their colors, and enhance their fine motor skills! Activities may be messy! Parent/Guardian participation required. Session themes: March - St. Patrick's Day, April - Fun with Bunnies, May - Spring has Sprung! Instructor: Sarah Kabli

305148-01	\$15	W	3/15	10:00am-10:45am
305148-02	\$15	W	4/12	10:00am-10:45am
305148-03	\$15	W	5/17	10:00am-10:45am

##### BABY PETITE BALLET

(Ages 2-3) Be prepared to move with your petite dancer and discover elements of dance and ballet vocabulary. This is a parent/child class. Soft ballet shoes recommended. Parents should wear clothing that allow them to move comfortably. Instructor: Marisol Ortiz

305156-01	\$60	Sa	4/15-5/20	11:30am-12:00pm
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##### PLAYDOUGH FUN!

(Ages 2-3) Join your toddler for some Spring themed playdough fun! Listen to a Spring story and make new friends while encouraging creativity and working on fine motor skills. Parent or guardian participation required. Instructor: Sarah Kabli

305129-01	\$15	W	4/26	10:00am-10:45am
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PRESCHOOL AGE

WONDERFUL WEDNESDAYS

(Ages 3-5) Join Miss Suman for some arts and crafts, games, songs, stories and fun! Spend some time with friends and make new ones! Plan for indoor and out-door activities. Please pack a peanut free snack and water bottle. No class 4/3-7  
Instructor: Suman Khandelwal

<b>305114-01</b>	\$50	W	3/1-3/29	1:30pm-2:30pm
<b>305114-02</b>	\$30	W	4/12-4/26	1:30pm-2:30pm
<b>305114-03</b>	\$40	W	5/3-5/24	1:30pm-2:30pm

PLAYGROUND GAMES

(Ages 3-5) Your child will join us in the gym for some old school fun. Meet new friends and learn fun games like Duck, Duck, Goose, parachutes games, relay races and more.

<b>305116-01</b>	\$50	W	3/1-3/29	1:30pm-2:30pm
<b>305116-02</b>	\$30	Th	4/13-4/27	1:30pm-2:30pm
<b>305116-03</b>	\$40	Tu	5/2-5/23	1:30pm-2:30pm

SUPERHERO STORY HOUR

(Ages 3-5) Come for a fun hour of stories and crafts about our favorite superheroes with Miss Sarah! We will read stories about what makes our favorite superheroes the heroes we love. We will learn some new “big” kid words and practice our reading and fine motor skills. May include outdoor activities. Instructor: Sarah Kabli

<b>305144-01</b>	\$50	Th	3/2-3/30	1:30pm-2:30pm
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FIRST KICKS

(Ages 3-5) Learn the fundamentals of the sport in an age appropriate, fun environment. Your little kicker will learn dribbling, passing, stopping and scoring, all through fun games and activities. Instructor: Mateo Leach

<b>305110-01</b>	\$50	Th	3/2-3/30	12:00pm-1:00pm
<b>305110-02</b>	\$50	F	3/3-3/31	12:00pm-1:00pm
<b>305110-03</b>	\$50	F	3/3-3/31	1:30pm-2:30pm
<b>305110-04</b>	\$30	Th	4/13-4/27	12:00pm-1:00pm
<b>305110-05</b>	\$20	F	4/14-4/28	12:00pm-1:00pm
<b>305110-06</b>	\$20	F	4/14-4/28	1:30pm-2:30pm
<b>305110-07</b>	\$40	Th	5/4-5/25	12:00pm-1:00pm
<b>305110-08</b>	\$40	F	5/5-5/26	12:00pm-1:00pm
<b>305110-09</b>	\$40	F	5/5-5/26	1:30pm-2:30pm

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! There may be indoor and outdoor activities. Instructor: Ana Caballero

<b>305112-01</b>	\$50	Th	3/2-3/30	1:30pm-2:30pm
<b>305112-02</b>	\$30	Th	4/13-4/27	1:30pm-2:30pm
<b>305112-03</b>	\$40	Th	5/4-5/25	1:30pm-2:30pm

OBSTACLE COURSE GALORE

(Ages 3-5) Join this fun class! Challenge yourself with a fun, age-appropriate obstacle course! Have fun running, jumping, and climbing while improving coordination and balance.

<b>305149-01</b>	\$40	M	3/6-3/27	1:00pm-2:00pm
<b>305149-02</b>	\$30	Tu	4/11-4/25	1:00pm-2:00pm
<b>305149-03</b>	\$40	W	5/3-5/24	1:00pm-2:00pm

TERRIFIC TUESDAYS

(Ages 3-5) This is a class full of all things terrific! We will play sports, games, tumble, dance, and laugh! Each week we may play a new sport, do some tumbling, play games and/or dance to some fun music!! This fun class is a great intro to a preschool type setting. Children will have some free play but also learn to follow directions during our structured fun games. Instructor: Sarah Kabli

<b>305125-01</b>	\$40	Tu	3/7-3/28	11:15am-12:15pm
<b>305125-02</b>	\$30	Tu	4/11-4/25	11:15am-12:15pm
<b>305125-03</b>	\$40	Tu	5/2-5/23	11:15am-12:15pm

SPORTS MADNESS

(Ages 3-5) Learn a new sport each week! We will play basketball, soccer, football and more! Each class will introduce a sport in a fun, age appropriate setting.

<b>305104-01</b>	\$40	Tu	3/7-3/28	1:00pm-2:00pm
<b>305104-02</b>	\$30	M	4/10-4/24	1:30pm-2:30pm
<b>305104-03</b>	\$40	M	5/1-5/22	1:00pm-2:30pm

ARABIC FOR PRESCHOOLERS

(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! Class will meet twice a week for one hour through the Fall Session to allow children to progress with the language. No Class 4/3-4/7 Instructor: Aida Hamad

<b>305108-01</b>	\$200	Tu, Th	3/7-5/18	1:30pm-2:30pm
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SPANISH LEVEL II

(Ages 4-5) Take your Spanish to the next level! This class is for children who have already taken a class with Miss Ana or have a basic understanding of Spanish. Instructor: Ana Caballero

<b>305111-01</b>	\$40	Tu	3/7-3/28	1:30pm-2:30pm
<b>305111-02</b>	\$30	Tu	4/11-4/25	1:30pm-2:30pm
<b>305111-03</b>	\$40	Tu	5/2-5/23	1:30pm-2:30pm

THE REASONS FOR THE SEASONS

(Ages 3-5) Let's explore the seasons! Each week we will take a close look at each of the seasons. We will read, explore, and craft! Let's fall into Fall, Skate into Winter, Spring into Spring and, Swim into Summer! Weather permitting, we may go outside. Instructor: Sarah Kabli

<b>305124-01</b>	\$40	Tu	3/7-3/28	1:30pm-2:30pm
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PARENTS NIGHT OUT

(Ages 3-5) Enjoy a night out while your kids enjoy pizza, crafts, games, and a movie. Call 571-258-3456 for more information.

<b>305127-01</b>	\$16	F	3/10	5:00pm-9:00pm
<b>305127-02</b>	\$16	F	4/14	5:00pm-9:00pm
<b>305127-03</b>	\$16	F	5/12	5:00pm-9:00pm

SPRING INTO ART – Mini Artists

(Ages 3-5) In this session our mini artists will be inspired by the spring season to create colorful blooming flowers, fluffy baby animals and much more. They will learn about colors, shapes, and forms as they explore different art materials such as paints, modeling compounds, and other fun art materials. We will ignite your child's imagination each week with a new art project to take home. \$24 supply fee payable to Abtrakadoodle is due at first class. No class April 8th for spring break. Instructor: Abtrakadoodle

<b>305209-01</b>	\$128	Sa	3/25-5/20	10:30am-11:15am
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PRESCHOOL SPRING BREAK CAMP

(Ages 3-5) Join us on your day off from school for some extra fun! Make your own crafts, play fun games and preschool aged activities. Students will have fun with math facts and play math games. Pack a peanut free lunch, snack and water bottle. Dress for both indoor and outdoor activities

<b>305102-01</b>	\$150	M-F	4/3-4/7	9:00am-2:00pm
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DINOSAUR ADVENTURES

(Ages 3-5) Calling all dinosaur fans! Join Miss Sarah for some prehistoric fun. We will read stories, play games, and do crafts helping us learn more about dinosaurs. Instructor: Sarah Kabli

<b>305119-01</b>	\$30	Tu	4/11-4/25	1:30pm-2:30pm
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BLAZIN' BASKETBALL

(Ages 3-5) Join us for some basketball FUN-damentals! Learn to dribble, shoot, and pass all in a fun, age-appropriate, action-packed class!

<b>305107-01</b>	\$50	Th	3/2-3/30	1:30pm-2:30pm
<b>305107-02</b>	\$30	W	4/12-4/26	1:30pm-2:30pm

STORY HOUR & CRAFTS

(Ages 3-5) Read a story and make a craft that goes with the book. Meet new

friends, relax hearing a story, and make a craft by following simple directions.

Instructor: Sarah Kabli				
<b>305118-01</b>	\$30	Th	4/13-4/27	1:30pm-2:30pm
<b>305118-02</b>	\$40	Tu	5/2-5/23	1:30pm-2:30pm

MATH & SNACK

(Ages 3-5) Join us for some fun with math! Your child will prepare a special and use their snack of the day to practice their counting, sorting, comparing, and measuring skills. Activities may also include reading a math-related story and playing math games. Snack projects will contain egg, milk, nuts, soy, corn, etc. Inform instructor of any allergies 2 weeks before program starts. Doctor's authorization required for Epi-Pen to be onsite. Instructor: Sarah Kabli

<b>305145-01</b>	\$40	Th	5/4-5/25	1:30pm-2:30pm
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ELEMENTARY AGE

INTRODUCTION TO SPANISH

(Ages 6-8) Hola! Come and learn the basics of Spanish! Become familiar with the language with songs, games, poems and activities! There may be indoor and outdoor activities. Instructor: Ana Caballero

<b>305202-01</b>	\$50	Th	3/2-3/30	3:30pm-4:30pm
<b>305202-02</b>	\$30	Th	4/13-4/27	3:30pm-4:30pm
<b>305202-03</b>	\$40	Th	5/4-5/25	3:30pm-4:30pm

BIG KICKS

(Ages 6-9) Learn and practice your soccer skills! Refine your fundamentals and get ready for the Spring! Instructor: Mateo Leach

<b>305225-01</b>	\$60	F	3/3-3/31	3:15pm-4:15pm
<b>305225-02</b>	\$24	F	4/14-4/28	3:15pm-4:15pm
<b>305225-03</b>	\$48	F	5/5-5/26	3:15pm-4:15pm

ADVANCED SOCCER

(Ages 10-13) Take your soccer skills to the next level and be ready to hit the fields this spring. Up your agility, passing, touch, and instincts through proven drills and games. Instructor: Mateo Leach Price Correction from Activity Guide from \$72 to \$48.

<b>305226-01</b>	\$48	Tu	3/7-3/28	4:00pm-5:00pm
<b>305226-02</b>	\$48	Tu	4/4-4/25	4:00pm-5:00pm
<b>305226-03</b>	\$60	Tu	5/2-5/30	4:00pm-5:00pm

MAGNUS CHESS ACADEMY

(Ages 6-12) Learn chess with Magnus Chess Academy! Formerly known as Silver Knights. We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Playing chess is a great way to develop a child's critical thinking skills, sportsmanship, and patience all while having fun! All chess supplies provided. All skill levels are welcome! Instructor: Magnus Chess Academy

<b>305200-01</b>	\$199	Tu	3/7-5/9	5:00pm-6:00pm
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PARENTS NIGHT OUT

(Ages 6-12) Enjoy a night out while your kids enjoy pizza, crafts, games, and a movie. Call 571-258-3456 for more information.

<b>305204-01</b>	\$20	F	3/10	5:00pm-9:00pm
<b>305204-02</b>	\$20	F	4/14	5:00pm-9:00pm
<b>305204-03</b>	\$20	F	5/12	5:00pm-9:00pm

SCHOOL'S OUT CAMP

(Ages 5-12) School's out? Come join DSRCC for a day of fun. Swimming in the pool, climb the climbing wall, games, arts and crafts and more! Please pack a lunch, water bottle, swimming suit and towel. Instructor: Dulles South Camp Staff

<b>305301-01</b>	\$40	M	3/13-3/13	7:30am-6:00pm
<b>305301-02</b>	\$40	M	3/27-3/27	7:30am-6:00pm
<b>305301-03</b>	\$40	M	4/21-4/21	7:30am-6:00pm

SPRING INTO ART – Young Artists

(Ages 6-11) Our young artists will be inspired by the spring season

to create colorful blooming flowers, fluffy baby animals and much more. They will explore different art materials such as paints, modeling compounds, and other fun art materials. We will ignite your child's imagination each week with a new art project to take home. \$24 supply fee payable to Abtrakadoodle is due at first class. No class April 8th for spring break. Instructor: Abtrakadoodle

<b>305216-01</b>	\$136	Sa	3/25-5/20	11:30am-12:30pm
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BUG-MANIA ART CAMP

(Ages 6-11) Campers will create multimedia artwork highlighting different fascinating creatures that buzz through the air, crawl on the ground, or magically morph into something beautiful. Each day campers will make two new art projects to take home. Additional \$25 supply fee payable to instructor at first class.

*Same projects are created in AM and PM sessions. Instructor: Abtrakadoodle				
<b>305217-01</b>	\$165	M-F	4/3-4/7	9:00am-12:00pm
<b>305217-02</b>	\$165	M-F	4/3-4/7	1:00pm-4:00pm

SPRING BREAK CAMP

(Ages 5-12) Over Spring Break come join DSRCC for a day of fun. Swimming in the pool, climb the climbing wall, games, arts and crafts and more! Some days of camp will be spent on outdoor adventures, including hiking. Please pack a lunch, water bottle, swimming suit and towel. Instructor: Dulles South Camp Staff

<b>305300-01</b>	\$210	M-F	4/3-4/7	7:30am-6:00pm
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ENGINEERING DESIGN PROCESS - SPRING BREAK CAMP

(Ages 8-11) Interested in becoming an engineer? This activity introduces participants to what engineers do and the process they use to create functional products and processes. If you enjoy brainstorming, problem solving, or just interested in what engineers do then this activity is for you! All materials and equipment provided. Instructor: Youth Technology Network

<b>305214-01</b>	\$300	M-F	4/3-4/7	1:00pm-4:00pm
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INTRODUCTION TO COMPUTER – AIDED DESIGN

(Ages 8-11) Use CAD software, 2D and 3D modeling processes, design thinking method, and 3D printing to produce a digital object to keep. Discover how to design and create using computers, software tools, and 3D printing. This activity is best for participants having limited to no CAD experience. All materials and equipment provided. Instructor: Youth Technology Network

<b>305205-01</b>	\$215	M	4/10-5/15	4:00pm-5:00pm
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BEGINNER - INTERMEDIATE BALLET

(Ages 6-8) This class is designed for children who have taken a class with Miss Marisol at Dulles South in the past or have previous dance training. Enroll in this class to experience an intermediate approach to ballet with intricate movement patterns, emphasis on the anatomically correct use of the body and a deeper appreciation for this art. Participants in this class may perform in a ballet performance on site at the end of the session. Ballet soft shoes recommended. Instructor: Marisol Ortiz

<b>305207-01</b>	\$84	Tu	4/11-5/23	4:30pm-5:30pm
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INTERMEDIATE PERFORMANCE BALLET

(Ages 8-10) This class is designed for children who have taken a class with Miss Marisol at Dulles South in the past or have previous dance training. Enroll in this class to experience an intermediate approach to ballet with intricate movement patterns, emphasis on the anatomically correct use of the body and a deeper appreciation for this art. Participants in this class may perform in a ballet performance on site at the end of the session. Participants in this class must get prior permission from instructor to register. Email Carol.Johnson@Loudoun.gov for more information. Ballet soft shoes recommended. Instructor: Marisol Ortiz

<b>305248-01</b>	\$105	Tu	4/11-5/23	5:30pm-6:45pm
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PERFORMANCE BALLET I

(Ages 5-6) Beginning ballet and creative dance combined to help develop musicality, sense of artistry and self discipline. Participants in this class may perform in a Ballet Performance on site at the end of the season. Soft ballet shoes and attire recommended after first class. Instructor: Marisol Ortiz

<b>305123-01</b>	\$84	W	4/12-5/24	4:30pm-5:30pm
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PERFORMANCE BALLET II

(Ages 6-8) Beginning ballet and creative dance combined to help develop musicality, sense of artistry and self discipline. Participants in this class may perform in a short story telling performance at the end of the session. Soft Ballet shoes and attire recommended after first session. Instructor: Marisol Ortiz

305243-01	\$84	W	4/12-5/24	5:30pm-6:30pm
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PETITE BALLET III

(Ages 7-9) Children will learn basic ballet vocabulary and creative dance to help develop musicality and a sense of artistry. Soft ballet shoes recommended after first class. Instructor: Marisol Ortiz

305201-01	\$60	Sa	4/15-5/20	10:30am-11:15am
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PETITE BALLET I

(Ages 4-5.5) Young children will learn basic ballet vocabulary and creative dance to help develop musicality and a sense of artistry. Soft ballet shoes and attire recommended after first session. Instructor: Marisol Ortiz

305157-01	\$60	Sa	4/15-5/20	12:15pm-1:00pm
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PETITE BALLET II

(Ages 5.5-7) Children will learn basic ballet vocabulary and creative dance to help develop musicality and a sense of artistry. Soft ballet shoes and attire recommended after first session. Instructor: Marisol Ortiz

305272-01	\$60	Sa	4/15-5/20	1:15pm-2:00pm
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TEEN

SOCCER TECHNIQUE TRAINING

(Ages 11-16) Join Coach Mateo for small group soccer technique training. Improve your touch, agility, vision, and instincts through proven drills and games before your next season starts.

(Ages 11-13)

305227-01	\$60	Sa	3/4-3/25	10:00am-11:00am
305227-02	\$75	Sa	4/1-4/29	10:00am-11:00am
305227-03	\$60	Sa	5/6-5/27	10:00am-11:00am

(Ages 14-16)

305228-01	\$60	Sa	3/4-3/25	11:15am-12:15pm
305228-02	\$75	Sa	4/1-4/29	11:15am-12:15pm
305228-03	\$60	Sa	5/6-5/27	11:15am-12:15pm

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.

305550-01	\$45	Sa	3/4	9:00am-10:00am
305550-02	\$45	Sa	4/1	9:00am-10:00am
305550-03	\$45	Sa	5/6	9:00am-10:00am
305550-04	\$45	M	3/6	6:00pm-7:00pm
305550-05	\$45	M	4/3	6:00pm-7:00pm
305550-06	\$45	M	5/8	6:00pm-7:00pm

TEEN YOGA

(Ages 12-16) Learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength, flexibility, and concentration. Perfect for all levels of experience and abilities.

305545-01	\$45	Su	3/5-3/26	10:30am-11:15am
305545-02	\$45	Su	4/2-4/30	10:30am-11:15am
305545-03	\$45	Su	5/7-5/28	10:30am-11:15am

P.R. PERFORMANCE

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

305547-01	\$60	M	3/6-3/27	4:45pm-5:45pm
305547-02	\$60	Tu	3/7-3/28	4:45pm-5:45pm

305547-03	\$60	M	4/3-4/24	4:45pm-5:45pm
305547-04	\$60	Tu	4/4-4/25	4:45pm-5:45pm
305547-05	\$60	M	5/1-5/22	4:45pm-5:45pm
305547-06	\$75	Tu	5/2-5/30	4:45pm-5:45pm

INTRODUCTION TO DRONES - SPRING BREAK CAMP

(Ages 12-15) Discover how to build and operate a small drone! Explore physics, math, electronics, engineering, and develop motor skills and hand-eye coordination. Learn recreational and professional uses for drones and how to operate them safely and responsibly. This activity is best for participants having limited to no drone experience. All materials and equipment provided. Instructor: Youth Technology Network

305215-01	\$350	M-F	4/3-4/7	9:00am-1:00pm
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INTRODUCTION TO DRONES

(Ages 12-15) Discover how to build and operate a small drone! Explore physics, math, electronics, engineering, and develop motor skills and hand-eye coordination. Learn recreational and professional uses for drones and how to operate them safely and responsibly. This activity is best for participants having limited to no drone experience. All materials and equipment provided. Instructor: Youth Technology Network

305206-01	\$215	M	4/10-5/15	5:00pm-6:30pm
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TEEN BALLET

(Ages 12-14) Get yourself into your old or new ballet slippers and train or refine your skills in classical ballet. Little or no experience needed. Give it a try! Participants in this class may perform in a ballet performance on the last day of the session. Soft ballet shoes and attire recommended. Instructor: Marisol Ortiz

305244-01	\$84	W	4/12-5/24	6:30pm-7:30pm
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MULTIAGE

KENDO FOR BEGINNERS

(Ages 11 & up) Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, footwork and basic strikes. This class will provide an introduction to Kendo and requires no experience. The expectation is participants move on to the regular kendo class after 1-2 semesters of the beginner's class. Instructor: Christie Eickhoff and Osamu Osawa

305208-01	\$56	F	4/14-5/26	7:00pm-7:45pm
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KENDO – THE WAY OF THE SWORD

(Ages 11 & up) Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. This class is for experienced Kendo participants who want to further their skills. Gi, hakama, and shinai are required, bogu is strongly encouraged. Instructor: Christie Eickhoff and Osamu Osawa

305211-01	\$96	F	4/14-5/26	7:00pm-8:30pm
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FITNESS TRAINING

PRIVATE TRAINING

(Ages 12 & up) Our team of certified personal trainers will help you reach your fitness goals. We offer private and semi-private sessions in packages of 4,8, or 12. 30 and 60- minute sessions available. To be connected with a personal trainer, please go to <https://lfportal.loudoun.gov/Forms/PrivateTrainingInterest>. For more information about our training programs, please email [dsrccprograms@loudoun.gov](mailto:dsrccprograms@loudoun.gov), or call 571-258-3456.

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](mailto:dsrccprograms@Loudoun.gov) or call 571-258-3456.

HYBRID SMALL GROUP TRAINING

(Ages 12 & up) Train with family and friends. Groups of three or more can train with one of our certified personal trainers. Individualized attention at our most affordable rates. For more information, email [dsrccprograms@loudoun.gov](mailto:dsrccprograms@loudoun.gov) or call 571-258-3456

TRANSFORMERS WITH COACH JULIE

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

305542-01	\$210	M, W, F	3/1-3/31	6:00pm-7:00pm
305542-02	\$180	M, W, F	4/3-4/28	6:00pm-7:00pm
305542-03	\$195	M, W, F	5/1-5/31	6:00pm-7:00pm

TRANSFORMERS WITH COACH NICK

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

305548-01	\$135	M, W	3/1-3/29	7:00am-8:00am
305548-02	\$101	M, W	3/1-3/29	9:00am-9:45am
305548-03	\$56	Th	3/2-3/30	5:15am-6:00am
305548-04	\$75	F	3/3-3/31	7:00am-8:00am
305548-05	\$60	Sa	3/4-3/25	8:00am-9:00am
305548-06	\$120	M, W	4/3-4/26	7:00am-8:00am
305548-07	\$90	M, W	4/3-4/26	9:00am-9:45am
305548-08	\$45	Th	4/6-4/27	5:15am-6:00am
305548-09	\$60	F	4/7-4/28	7:00am-8:00am
305548-10	\$75	Sa	4/1-4/29	8:00am-9:00am
305548-11	\$135	M, W	5/1-5/31	7:00am-8:00am
305548-12	\$97	M, W	5/1-5/31	9:00am-9:45am
305548-13	\$45	Th	5/4-5/25	5:15am-6:00am
305548-14	\$60	F	5/5-5/26	7:00am-8:00am
305548-15	\$60	Sa	5/6-5/27	8:00am-9:00am

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.

305551-01	\$135	Tu, Th	3/2-3/30	9:30am-10:30am
305551-02	\$90	Tu, Th	4/11-4/27	9:30am-10:30am
305551-03	\$120	Tu, Th	5/2-5/25	9:30am-10:30am

KICKBOXING

(Ages 16 & up) Kickboxing is functional in nature. Doing a combination requires your arms and legs to work in sync, anchored by a strong, engaged core. What if you were to up the ante and throw in some dedicated functional strength? You would have one knockout class and a fully functional body! Join Coach Julie for this dynamic small group training workout.

305527-01	\$75	Th	3/2-3/30	5:30pm-6:30pm
305527-02	\$60	Th	4/6-4/27	5:30pm-6:30pm
305527-03	\$60	Th	5/4-5/25	5:30pm-6:30pm

YOGA FOR SELF-CARE

(Ages 16 & Up) A transformational workshop that will teach you how to use Yoga for self care. Self care isn't selfish, it's about self acceptance. No prior Yoga experience necessary for the benefits of this workshop.

305553-01	\$17	Su	3/5	11:30am-1:00pm
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REGISTER  
ONLINE!

VISIT [WWW.LOUDOUN.GOV/WEBTRAC](http://WWW.LOUDOUN.GOV/WEBTRAC)



GROUP EXERCISE

(Ages 16 & up) The following Land and Aquatic classes are included with an admission pass. Class entrance cards can be obtained at the front desk thirty minutes before the start time of class. A copy of the monthly schedule can be found on our website, or at the front desk. For the safety of all class participants, there will be no entry into class ten minutes past the start time of class. Group exercise classes are suitable for all levels and fitness and abilities. For more information, please email [dsrccprograms@loudoun.gov](mailto:dsrccprograms@loudoun.gov), or call 571-258-3456.

LAND FITNESS

AEROBIC TONING

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

BODY SCULPT

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

CYCLE

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

DANCE FIT

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

GENTLE YOGA

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

GLOW – GENTLE LOW IMPACT

This low-impact strength training and cardio class uses exercises that are gentle on your joints and tendons. No matter your fitness level or abilities, you will discover the benefits of low impact training.

HATHA MORNING FLOW

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.



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

**HIIT EXPRESS**  
Want big results in a short amount of time burn calories and get fit with this high intensity interval class.

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

**MOVING WARRIOR YOGA**  
Find your inner strength with this Hatha yoga flow. This class combines strength, stability, and varied intensity. Suitable for all levels.

**POUND WITH RIPSTIX**  
Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

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

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

**SOUTHSIDE BOOTCAMP**  
Join this fast-paced class that is appropriate for all fitness levels. The focus is on increasing strength and endurance using various training methods.

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

**STRENGTH YOGA**  
Challenge yourself with a strength-based yoga for the body and mind. Suitable for all levels.

**STRONG NATION**  
A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Not a dance class!

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

**TAE BO**  
Tae Bo is a workout for the body, mind, and spirit. It is a combination of martial arts, dance, aerobics, boxing and several muscle-conditioning movements. Suitable for all levels.

**WERQ**  
A wildly addictive cardio dance workout based on trending and hip hop music. A judgement free space built on good vibes and a good sweat.

**VINYASA YOGA**  
Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement.

**YOGA WITH PRANAYAMA**  
Yogic breathing with Mudras and Bandha for improving lung capacity. Stretching and yoga postures to strengthen the muscles and the bones with focused meditation. Suitable for all levels.

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

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

AQUA FITNESS

**AQUA HIIT**  
Get the heart pumping with this full body workout. All the benefits of a cardio workout with the added resistance of water. Class is suitable for all levels.

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



AQUATICS

CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTER

Facility
Monday-Friday 5:00am-9:30pm • Saturday-Sunday 8:00am-8:00pm
Kid Kare
Monday-Friday 8:30am-1:30pm • Saturday 8:00am-12:00pm
Competition Pool
Monday-Friday 5:00am-9:15pm • Saturday-Sunday 8:00am-7:45pm
Leisure Pool & Spa
Monday-Friday9:00am-8:45pm • Saturday-Sunday 11:00am-7:45pm
Open 11:00am-6:00pm on Easter Sunday, 4/9
Open 11:00am-6:00pm on Memorial Day, 5/29
Spring Pass Sale May 8 through June 12
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 & under ..... Free (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 ..... \$88  
Ages 18-54 ..... \$132  
Ages 55+ ..... \$88

**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

**SWIM EVALUATIONS**  
Swim evaluations are recommended prior to a new enrollment in group swim classes. Please email the appropriate Center to request a date and time. At Claude Moore RCC, email [Cmrccaquatics@loudoun.gov](mailto:Cmrccaquatics@loudoun.gov) At Dulles South RCC, sign up for Activity Number: 305656 At Round Hill, email [rhac@loudoun.gov](mailto:rhac@loudoun.gov)

ROUND HILL INDOOR AQUATIC CENTER

17010 Evening Star Drive, Round Hill, VA 20141  
571-258-3562 • [loudoun.gov/rhac](http://loudoun.gov/rhac)  
Monday-Friday 6:30am-9:00pm • Saturday 8:00am-8:00pm  
Sunday 12:00pm-6:00pm  
\*Please call or go to [loudoun.gov/rhac](http://loudoun.gov/rhac) for lane availability  
Closed on Memorial Day, 5/29

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

**Daily**  
2 & under ..... Free (Plastic training pants required)  
Ages 3-17 ..... \$2.50  
Adults 0 18-54 ..... \$3.00  
Ages 55+ ..... \$2.50

**Admission Pass (25 admissions, no expiration)**  
2 & under ..... Free  
Ages 3-17 ..... \$56  
Ages 18-54 ..... \$67  
Ages 55+ ..... \$56

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

**PRIVATE SWIM LESSONS**  
(All ages) Email [rhac@loudoun.gov](mailto:rhac@loudoun.gov) for information about private and semi-private swim lessons.

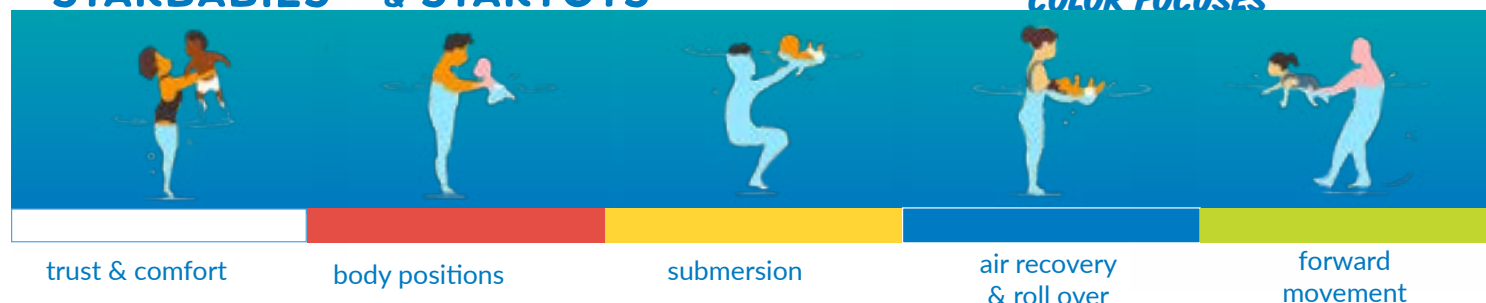


# STARFISH SWIMMING™ curriculum

Please follow this color focus guide when selecting courses.

## STARBABIES™ & STARTOTS™

### COLOR FOCUSES



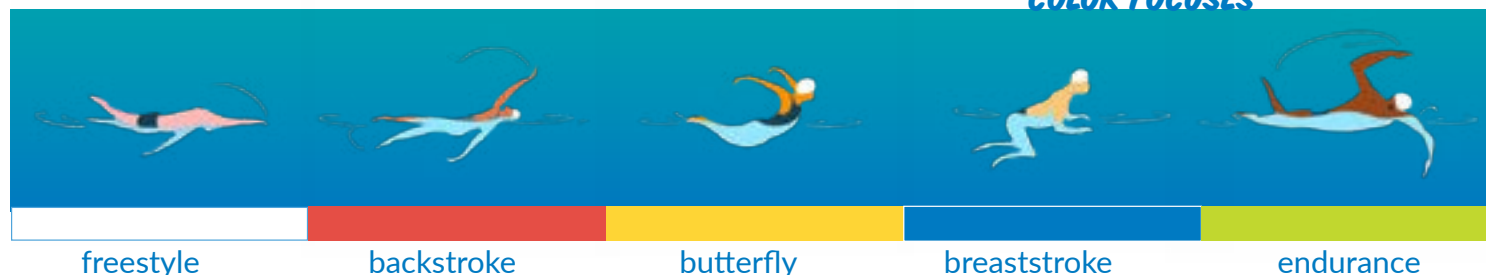
## STARFISH STARKIDS™ & SWIM SCHOOL™

### COLOR FOCUSES



## STARFISH STROKE ACADEMY™

### COLOR FOCUSES



For full Starfish Swimming Curriculum™ please scan:



# STARBABIES™ & STARTOTS™



## STARBABIES

(Ages 5-18 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:** 373574

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	3:50pm-4:20pm
02	\$68	Tu, Th	4/11-4/27	3:50pm-4:20pm
03	\$90	Tu, Th	5/2-5/25	3:50pm-4:20pm

## 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:** 373575

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	4:30pm-5:00pm
02	\$68	Tu, Th	4/11-4/27	4:30pm-5:00pm
03	\$90	Tu, Th	5/2-5/25	4:30pm-5:00pm

**Location:** Round Hill Aquatics

**Activity Number:** 332170

01	\$57	Sa	3/4-4/1	9:00am-9:30am
02	\$68	Sa	4/15-5/20	9:00am-9:30am





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: 373576

Sec	Fee	Day	Date	Time
01	\$45	M, W	3/6-3/15	5:10pm-5:40pm
02	\$45	M, W	5/1-5/10	5:10pm-5:40pm

Location: Dulles South Rec & Comm Ctr  
Activity Number: 305640

01	\$45	M, W	3/6-3/15	3:40pm-4:10pm
02	\$45	M, W	4/10-4/19	3:40pm-4:10pm
03	\$45	M, W	5/8-5/17	3:40pm-4:10pm
04	\$45	Tu, Th	3/7-3/16	5:40pm-6:10pm
05	\$45	Tu, Th	4/11-4/20	5:40pm-6:10pm
06	\$45	Tu, Th	5/9-5/18	5:40pm-6:10pm

Location: Round Hill Aquatics  
Activity Number: 332171

01	\$90	Tu, Th	3/7-3/30	4:00pm-4:30pm
02	\$90	Tu, Th	4/11-4/27	4:00pm-4:30pm
03	\$90	Tu, Th	5/2-5/25	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: 373577

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	5:20pm-5:50pm
02	\$68	Tu, Th	4/11-4/27	5:20pm-5:50pm
03	\$90	Tu, Th	5/2-5/25	5:20pm-5:50pm

Location: Dulles South Rec & Comm Ctr  
Activity Number: 305641

01	\$90	M, W	3/6-3/29	4:20pm-4:50pm
02	\$90	M, W	3/6-3/29	5:40pm-6:10pm
03	\$68	M, W	4/10-4/26	5:40pm-6:10pm
04	\$90	M, W	5/1-5/24	5:00pm-5:30pm
05	\$90	Tu, Th	3/7-3/30	3:40pm-4:10pm
06	\$68	Tu, Th	4/11-4/27	3:40pm-4:10pm
07	\$90	Tu, Th	5/2-5/25	3:40pm-4:10pm
08	\$90	Tu, Th	3/7-3/30	5:40pm-6:10pm
09	\$68	Tu, Th	4/11-4/27	6:20pm-6:50pm
10	\$90	Tu, Th	5/2-5/25	6:20pm-6:50pm
11	\$90	Tu, Th	3/7-3/30	6:20pm-6:50pm

Location: Round Hill Aquatics  
Activity Number: 332172

01	\$57	Sa	3/4-4/1	9:45am-10:15am
02	\$90	Tu, Th	3/7-3/30	4:45pm-5:15pm
03	\$68	Tu, Th	4/11-4/27	4:45pm-5:15pm
04	\$68	Sa	4/15-5/20	9:45am-10:15am
05	\$90	Tu, Th	5/2-5/25	4:45pm-5:15pm



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, and roll onto back for 5 seconds.

Location: Claude Moore Rec & Comm Ctr  
Activity Number: 373578

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	6:00pm-6:30pm
02	\$90	Tu, Th	5/2-5/25	6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr  
Activity Number: 305642

01	\$90	M, W	3/6-3/29	5:00pm-5:30pm
02	\$68	M, W	4/10-4/26	4:20pm-4:50pm
03	\$90	M, W	5/1-5/24	4:20pm-4:50pm
04	\$90	M, W	5/1-5/24	5:40pm-6:10pm
05	\$90	Tu, Th	3/7-3/30	4:20pm-4:50pm
06	\$68	Tu, Th	4/11-4/27	4:20pm-4:50pm
07	\$90	Tu, Th	5/2-5/25	4:20pm-4:50pm
08	\$90	Tu, Th	5/2-5/25	5:40pm-6:10pm
09	\$90	Tu, Th	3/7-3/30	6:20pm-6:50pm

Location: Round Hill Aquatics  
Activity Number: 332173

01	\$57	Sa	3/4-4/1	9:45am-10:15am
02	\$90	M, W	3/6-3/29	4:00pm-4:30pm
03	\$90	Tu, Th	3/7-3/30	4:45pm-5:15pm
04	\$68	M, W	4/10-4/26	4:00pm-4:30pm
05	\$68	Tu, Th	4/11-4/27	4:45pm-5:15pm
06	\$68	Sa	4/15-5/20	9:45am-10:15am
07	\$90	M, W	5/1-5/24	4:00pm-4:30pm
08	\$90	Tu, Th	5/2-5/25	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 10 yards with some rotary breathing. Pre-requisites for this class: Jump in, submerge, recover for air, kick and pull forward 10 feet 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: 373579

Sec	Fee	Day	Date	Time
01	\$68	Tu, Th	4/11-4/27	6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr  
Activity Number: 305643

01	\$90	M, W	3/6-3/29	6:20pm-6:50pm
02	\$68	M, W	4/10-4/26	5:00pm-5:30pm
03	\$90	Tu, Th	5/2-5/25	5:00pm-5:30pm
04	\$90	Tu, Th	5/2-5/25	7:00pm-7:30pm
05	\$68	Tu, Th	4/11-4/27	7:00pm-7:30pm

Location: Round Hill Aquatics  
Activity Number: 332174

01	\$90	Tu, Th	3/7-3/30	4:00pm-4:30pm
02	\$68	Tu, Th	4/11-4/27	4:00pm-4:30pm
03	\$90	Tu, Th	5/2-5/25	4:00pm-4:30pm





# STARFISH SWIMSCHOOL™

## 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: 373580**

Sec	Fee	Day	Date	Time
01	\$45	M, W	3/20-3/29	5:10pm-5:40pm
02	\$45	M, W	4/10-4/19	5:10pm-5:40pm
03	\$45	M, W	5/15-5/24	5:10pm-5:40pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305644**

01	\$45	M, W	3/20-3/29	3:40pm-4:10pm
02	\$45	M, W	4/24-5/3	3:40pm-4:10pm
03	\$45	Tu, Th	3/21-3/30	5:40pm-6:10pm
04	\$45	Tu, Th	4/25-5/4	5:40pm-6:10pm

**Location: Round Hill Aquatics**

**Activity Number: 332271**

01	\$90	Tu, Th	3/7-3/30	5:30pm-6:00pm
02	\$68	Tu, Th	4/11-4/27	5:30pm-6:00pm
03	\$90	Tu, Th	5/2-5/25	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: 373581**

Sec	Fee	Day	Date	Time
01	\$90	M, W	3/6-3/29	5:50pm-6:20pm
02	\$68	M, W	4/10-4/26	5:50pm-6:20pm
03	\$90	M, W	5/1-5/24	5:50pm-6:20pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305645**

01	\$90	M, W	3/6-3/29	5:40pm-6:10pm
02	\$68	M, W	4/10-4/26	6:20pm-6:50pm
03	\$90	M, W	5/1-5/24	6:20pm-6:50pm
04	\$68	Tu, Th	4/11-4/27	5:40pm-6:10pm
05	\$90	Tu, Th	5/2-5/25	5:40pm-6:10pm
06	\$90	Tu, Th	3/7-3/30	5:00pm-5:30pm
07	\$68	Tu, Th	4/11-4/27	5:00pm-5:30pm
08	\$90	Tu, Th	5/2-5/25	6:20pm-6:50pm
09	\$68	Tu, Th	4/11-4/27	6:20pm-6:50pm
10	\$90	Tu, Th	5/2-5/25	6:20pm-6:50pm

11	\$90	Tu, Th	3/7-3/30	7:00pm-7:30pm
12	\$90	Tu, Th	3/7-3/30	7:00pm-7:30pm

**Location: Round Hill Aquatics**

**Activity Number: 332272**

01	\$57	Sa	3/4-4/1	10:30am-11:00am
02	\$90	Tu, Th	3/7-3/30	6:15pm-6:45pm
03	\$68	Tu, Th	4/11-4/27	6:15pm-6:45pm
04	\$68	Sa	4/15-5/20	10:30am-11:00am
05	\$90	Tu, Th	5/2-5/25	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: 373582**

Sec	Fee	Day	Date	Time
01	\$90	M, W	3/6-3/29	6:30pm-7:00pm
02	\$90	Tu, Th	3/7-3/30	6:40pm-7:10pm
03	\$68	M, W	4/10-4/26	6:30pm-7:00pm
04	\$68	Tu, Th	4/11-4/27	6:40pm-7:10pm
05	\$90	M, W	5/1-5/24	6:30pm-7:00pm
06	\$90	Tu, Th	5/2-5/25	6:40pm-7:10pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305646**

01	\$90	M, W	5/1-5/24	5:40pm-6:10pm
02	\$90	M, W	3/6-3/29	6:20pm-6:50pm
03	\$90	M, W	5/1-5/24	6:20pm-6:50pm
04	\$68	M, W	4/10-4/26	5:40pm-6:10pm
05	\$90	Tu, Th	3/7-3/30	5:40pm-6:10pm
06	\$68	Tu, Th	4/11-4/27	5:40pm-6:10pm
07	\$90	Tu, Th	5/2-5/25	6:20pm-6:50pm
08	\$90	Tu, Th	3/7-3/30	6:20pm-6:50pm
09	\$68	Tu, Th	4/11-4/27	7:00pm-7:30pm
10	\$68	Tu, Th	4/11-4/27	7:00pm-7:30pm
11	\$90	Tu, Th	5/2-5/25	7:00pm-7:30pm

**Location: Round Hill Aquatics**

**Activity Number: 332273**

01	\$57	Sa	3/4-4/1	9:00am-9:30am
02	\$90	M, W	3/6-3/29	4:45pm-5:15pm
03	\$90	Tu, Th	3/7-3/30	5:30pm-6:00pm
04	\$68	M, W	4/10-4/26	4:45pm-5:15pm
05	\$68	Tu, Th	4/11-4/27	5:30pm-6:00pm
06	\$68	Sa	4/15-5/20	9:00am-9:30am
07	\$90	M, W	5/1-5/24	4:45pm-5:15pm
08	\$90	Tu, Th	5/2-5/25	5:30pm-6:00pm

# STARFISH SWIMSCHOOL™

## SWIMSCHOOL

(Ages 6-12) This class will practice kicking, pulling, streamline, side glide, and side breathing with the benchmark of swimming 10 yards 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 feet 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: 373583**

Sec	Fee	Day	Date	Time
01	\$90	M, W	3/6-3/29	7:10pm-7:40pm
02	\$90	Tu, Th	3/7-3/30	7:20pm-7:50pm
03	\$68	M, W	4/10-4/26	7:10pm-7:40pm
04	\$68	Tu, Th	4/11-4/27	7:20pm-7:50pm
05	\$90	M, W	5/1-5/24	7:10pm-7:40pm
06	\$90	Tu, Th	5/2-5/25	7:20pm-7:50pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305647**

01	\$90	M, W	3/6-3/29	7:40pm-8:10pm
02	\$90	M, W	3/6-3/29	7:00pm-7:30pm
03	\$68	M, W	4/10-4/26	7:00pm-7:30pm
04	\$90	M, W	3/6-3/29	7:00pm-7:30pm
05	\$90	M, W	5/1-5/24	7:00pm-7:30pm
06	\$90	Tu, Th	3/7-3/30	6:20pm-6:50pm
07	\$90	Tu, Th	4/11-4/27	6:20pm-6:50pm
08	\$90	Tu, Th	5/2-5/25	5:40pm-6:10pm

**Location: Round Hill Aquatics**

**Activity Number: 332274**

01	\$57	Sa	3/4-4/1	10:30am-11:00am
02	\$90	Tu, Th	3/7-3/30	6:15pm-6:45pm
03	\$68	Tu, Th	4/11-4/27	6:15pm-6:45pm
04	\$68	Sa	4/15-5/20	10:30am-11:00am
05	\$90	Tu, Th	5/2-5/25	6:15pm-6:45pm

## TEEN SWIMSCHOOL

(Ages 13-17) This beginning swim class for teens focuses on growing comfortable in the water while also learning essential water safety skills. Students will work on submersion with breath control and recovery to the surface, and front and back floating. No Pre-requisites or swim evaluation needed for entry into this class.

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

**Activity Number: 373587**

Sec	Fee	Day	Date	Time
01	\$101	M, W	4/10-4/26	8:00pm-8:45pm
01	\$135	Tu, Th	3/7-3/30	7:40pm-8:25pm
02	\$101	Tu, Th	4/11-4/27	7:40pm-8:25pm
03	\$135	Tu, Th	5/2-5/25	7:40pm-8:25pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305651**

## TEEN SWIMSCHOOL

(Ages 13-17) This intermediate-level class for teens focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water. Pre-requisites: jump in, submerge, and recover for air, roll onto back for 5 seconds. Progresses into Stroke Academy.

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

**Activity Number: 373588**

Sec	Fee	Day	Date	Time
01	\$135	M, W	3/6-3/29	8:00pm-8:45pm
02	\$135	M, W	5/1-5/24	8:00pm-8:45pm

## ADULT SWIMSCHOOL

(Ages 18 & up) This 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: 373591**

Sec	Fee	Day	Date	Time
01	\$101	Tu, Th	4/11-4/27	7:40pm-8:25pm
01	\$101	M, W	4/10-4/26	7:40pm-8:25pm
02	\$135	M, W	5/1-5/24	7:40pm-8:25pm
03	\$135	Tu, Th	3/7-3/30	7:40pm-8:25pm
04	\$101	Tu, Th	4/11-4/27	7:40pm-8:25pm
05	\$135	Tu, Th	5/2-5/25	7:40pm-8:25pm

**Location: Dulles South Rec & Comm Ctr**

**Activity Number: 305653**

01	\$101	M, W	4/10-4/26	7:40pm-8:25pm
02	\$135	M, W	5/1-5/24	7:40pm-8:25pm
03	\$135	Tu, Th	3/7-3/30	7:40pm-8:25pm
04	\$101	Tu, Th	4/11-4/27	7:40pm-8:25pm
05	\$135	Tu, Th	5/2-5/25	7:40pm-8:25pm

## ADULT SWIMSCHOOL

(Ages 18 & up) This intermediate-level class for adults focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water. 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: 373592**

Sec	Fee	Day	Date	Time
01	\$135	Tu, Th	3/7-3/30	7:40pm-8:25pm
02	\$135	Tu, Th	5/2-5/25	7:40pm-8:25pm



# 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 feet with rotary breathing or pass a swim evaluation.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 373584

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	5:20pm-5:50pm
02	\$68	Tu, Th	4/11-4/27	5:20pm-5:50pm
03	\$90	Tu, Th	5/2-5/25	5:20pm-5:50pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 305648

Sec	Fee	Day	Date	Time
01	\$68	M, W	4/10-4/26	7:00pm-7:30pm
02	\$90	M, W	5/1-5/24	7:00pm-7:30pm
03	\$90	Tu, Th	3/7-3/30	7:00pm-7:30pm
04	\$68	Tu, Th	4/11-4/27	7:00pm-7:30pm
05	\$90	Tu, Th	5/2-5/25	7:00pm-7:30pm
06	\$68	Tu, Th	4/11-4/27	6:20pm-6:50pm

Location: Round Hill Aquatics

Activity Number: 332275

Sec	Fee	Day	Date	Time
01	\$57	Sa	3/4-4/1	11:15am-11:45am
02	\$90	M, W	3/6-3/29	5:30pm-6:00pm
03	\$68	M, W	4/10-4/26	5:30pm-6:00pm
04	\$68	Sa	4/15-5/20	11:15am-11:45am
05	\$90	M, W	5/1-5/24	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 Academy White/Red benchmarks or pass a swim evaluation. Promotion to the next level is contingent on meeting the pre-requisites of Stroke Academy Green.

Location: Claude Moore Rec & Comm Ctr

Activity Number: 373585

Sec	Fee	Day	Date	Time
01	\$90	Tu, Th	3/7-3/30	6:00pm-6:30pm
02	\$68	Tu, Th	4/11-4/27	6:00pm-6:30pm
03	\$90	Tu, Th	5/2-5/25	6:00pm-6:30pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 305649

Sec	Fee	Day	Date	Time
01	\$68	M, W	4/10-4/26	6:20pm-6:50pm
02	\$90	Tu, Th	3/7-3/30	7:00pm-7:30pm
03	\$68	Tu, Th	5/2-5/25	7:00pm-7:30pm
04	\$90	Tu, Th	3/7-3/30	5:40pm-6:10pm
05	\$68	Tu, Th	4/11-4/27	5:40pm-6:10pm

Location: Round Hill Aquatics

Activity Number: 332276

Sec	Fee	Day	Date	Time
01	\$57	Sa	3/4-4/1	11:15am-11:45am
02	\$90	M, W	3/6-3/29	6:15pm-6:45pm
03	\$68	M, W	4/10-4/26	6:15pm-6:45pm
04	\$68	Sa	4/15-5/20	11:15am-11:45am
05	\$90	M, W	5/1-5/24	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: 373586

Sec	Fee	Day	Date	Time
01	\$135	Tu, Th	3/7-3/30	6:50pm-7:35pm
02	\$101	Tu, Th	4/11-4/27	6:50pm-7:35pm
03	\$135	Tu, Th	5/2-5/25	6:50pm-7:35pm

Location: Dulles South Rec & Comm Ctr

Activity Number: 305650

Sec	Fee	Day	Date	Time
01	\$135	Tu, Th	3/7-3/30	7:40pm-8:25pm
02	\$101	Tu, Th	4/11-4/27	7:40pm-8:25pm
03	\$135	Tu, Th	5/2-5/25	7:40pm-8:25pm



# LIFEGUARD, CPR & 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 classroom 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: 373895

Sec	Fee	Day	Date	Time
01	\$80	Sa	3/25	4:30pm-6:30pm
02	\$80	Sa	4/22	4:30pm-6:30pm
03	\$80	Sa	5/20	4:30pm-6:30pm

## BABYSITTER'S TRAINING & PEDIATRIC FIRST AID/CPR

(Ages 11-15) This class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will teach participants basic childcare, leadership skills, how to develop a babysitting business, 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: 373896

Sec	Fee	Day	Date	Time
01	\$80	Sa	3/11	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: 373897

Sec	Fee	Day	Date	Time
01	\$350	Sa, Su	4/15-4/16	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: 373893

Sec	Fee	Day	Date	Time
01	\$360	F-Su	3/3-3/5	5:00pm-9:00pm
		Sa, Su	3/4-3/5	8:00am-6:00pm
02	\$360	F	4/28	5:00pm-9:00pm
		Sa, Su	4/29-4/30	8:00am-6:00pm

## LIFEGUARD REVIEW WITH OXYGEN

(Ages 15 & up) With successful completion of this course, students will be recertified as a Lifeguard with Oxygen training through the American Red Cross. To pass the swim test you must be able to complete a 300-yard swim, get a 10lb brick from the bottom of at least 9 feet 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: 373892

Sec	Day	Date	Time
01	Sa, Su	3/4-3/5	9:00am-3:30pm
02	Sa, Su	5/6-5/7	9:00am-3:30pm

## LIFEGUARDING WITH OXYGEN

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

Location: Claude Moore Rec & Comm Ctr

Activity Number: 373891

Sec	Day	Date	Time
01	Sa, Su	3/18-3/26	9:00am-4:00pm
02	Sa, Su	4/22-4/30	9:00am-4:00pm
03	Sa, Su	5/13-5/21	9:00am-3:30pm



## THINKING OF BEING A LIFEGUARD?

Get started by using the QR code to attend a meet and greet and learn about becoming a lifeguard.





SENIOR TRIPS

Spring 2022/23 Senior Trips registration begins on Wednesday, February 8 at 9:00am for all senior center members and patrons living in Loudoun County unless otherwise noted. All trips are for individuals 55 and up. Transportation is by 28-passenger bus or motor coach. First price listed is for current senior center members (Ashburn, Carver, Cascades, Dulles South, and Leesburg); second price listed is for non-members. For non-members who do not live in Loudoun County registration begins on Wednesday, February 15. Sign-up at any PRCS Senior, Recreation, Community Center, or online through WebTrac (day trips only).

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations to participate in a Senior Trip or if you will be bringing a scooter or wheelchair to participate in a Senior Trip notification is required at least five days before registration opens. Please call 571-258-3050.

There are no refunds, although a refund minus an administrative fee (30% for day trips, 20% for overnight trips) may be issued if your seat is resold. If you need a forward seat for medical reasons, please call 571-258-3050 or 571-258-3051 at least one week prior to trip.

DAY TRIPS

KINKY BOOTS – OLNEY THEATRE

The uplifting Tony, Grammy, and Olivier Award-winning hit by superstar Cyndi Lauper lands on the Olney Theatre Mainstage in spike heels and ready to strut. Have lunch on own prior to show in area restaurant. Price includes show and transportation. Show starts at 2:00pm. Price includes transportation and admission. Limited to 27. Minimum walking.

346612-01	\$77/member, \$81/non-member	W	3/1
346612-02	\$77/member, \$81/non-member	Su	3/12

SKERRYVORE - WEINBERG CENTER

Here Come the Scots! Over the last 16 years, Skerryvore have brought their performances to audiences across the globe, from their early days in Scottish West Coast halls and bars, to festival crowds in USA, Canada, Australia and throughout the UK and Europe. Price includes transportation and concert. Seats are in Rear Orchestra. Minimum walking. Limited to 27

346613-01	\$40/member, \$44/non-member	Th	3/2
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NATIONAL MUSEUM OF AFRICAN AMERICAN – WASHINGTON, DC

The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives, and how it helped us shape this nation. Buy lunch at museum café or bring a bag lunch to eat on return trip. Outside food and drink not allowed in museum. Price includes transportation. Moderate walking. Limited to 27.

346614-01	\$16/member, \$20/non-member	Th	3/9
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“THE HIGH GROUND” -ARENA STAGE

A Black man in an army uniform stands his ground atop Tulsa’s Standpipe Hill, bearing witness to the destruction and desecration of Tulsa’s Greenwood District

— but other forces, both friendly and hostile, conspire to remove him. A play in conversation with Tulsa, Oklahoma’s 1921 race massacre, show begins 7:30pm. Price includes show and transportation. Minimum walking. Limited to 27.

346615-01	\$63/member, \$67/non-member	W	3/8
346615-02	\$63/member, \$67/non-member	Tu	3/28

PLANET WORD MUSEUM – WASHINGTON, DC

The museum where language comes to life! Planet Word will inspire and renew a love of words, language and reading in people of all ages. The museum is an immersive language experience located at the historic Franklin School in DC. Lunch on own in nearby restaurants prior to entering museum. Price includes admission and transportation. Extensive walking. Limited to 27.

346616-01	\$20/member, \$24/non-member	Th	3/16
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SMITHSONIAN MUSEUMS – WASHINGTON, DC

Drop off and pick-ups at American History, Natural History, Gallery of Art, American Indian, Air and Space and African Art/Freer/Hirsh horn/Sackler Museums. Lunch on your own. Price includes transportation. Moderate walking. Limited to 28.

346611-01	\$16/member, \$20/non-member	Tu	3/21
346611-02	\$16/member, \$20/non-member	M	4/10
346611-03	\$16/member, \$20/non-member	Tu	5/9

NATIONAL SYMPHONY ORCHESTRA, COFFEE CONCERT, KENNEDY CENTER

Preceding each Coffee Concert, a la carte breakfast items will be available for purchase in the KC Café. Concert begins at 11:30am. Price includes transportation and concert. Minimum walking. Limited to 27.

Tchaikovsky’s “Pathétique” Rachmaninoff’s Piano Concerto No. 3

346617-01	\$80/member, \$84/non-member	F	3/24
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Music Tell the Story: Nosedá conducts a Carlos Simon world premiere featuring J’Nai Bridges

346625-01	\$80/member, \$84/non-member	F	4/28
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Beethoven & American Masters: William Grant Still and Beethoven’s “Pastoral”

346628-01	\$80/member, \$84/non-member	F	5/19
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“PACIFIC OVERTURES” - SIGNATURE THEATRE

A stunning exploration of tradition and transformation based on historical events. This innovative epic of East meets West is one of Sondheim’s most ambitious and rarely produced musicals. “One of the great musicals of our time.” Variety. Enjoy lunch on own prior to show in area restaurant or Theatre Café. Price includes show and transportation. show starts at 2:00pm. Moderate walking. Limited to 27.

346618-01	\$94/member, \$98/non-member	Sa	3/25
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HOLLYWOOD CASINO TRIP – CHARLES TOWN

Enjoy slots, table games, and simulcast horse racing. Lunch on your own. Currently, Casino is not offering playback cash. Price includes transportation only. Epic Buffet is closed. No outside food allowed in Casino. Minimum walking. Limited to 28.

346610-01	\$16/member, \$20/non-member	Th	3/30
346610-02	\$16/member, \$20/non-member	Th	4/20
346610-03	\$16/member, \$20/non-member	Th	5/25

CHERRY BLOSSOMS – WASHINGTON, DC

Take a chance on the Cherry Blossoms, you can never be sure when they will bloom! After a drive along East Potomac Park (Hains Point), you’ll have a couple of hours to walk around the tidal basin and enjoy the Cherry Blossoms. If blossoms not in bloom, enjoy the Memorials and Monuments. Bring a bag lunch (no food available). Price includes transportation only. Extensive walking. Limited to 27. No refunds for cancellation on this trip.

346619-01	\$16/member, \$20/non-member	Tu	4/4
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“GREASE” - TOBY’S DINNER THEATRE

It’s still the word! One of the world’s favorite musicals hits the stage in a high-octane production featuring all the hit songs you love. Danny, Sandy and the coolest gang of students from Rydell High take you back to the 1950’s when drive-in movies, sock-hops and tough talking’ Pink Ladies defined a generation. Prior to the show, enjoy a delicious buffet lunch. Price includes, transportation, buffet lunch, gratuity, and show. Minimum walking. Limited to 27.

346620-01	\$77/member, \$81/non-member	W	4/5
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She lives alone and can no longer prepare her meals. She could use someone to deliver a warm meal. In less than one hour you could be that someone.



To volunteer for the Loudoun County Home Delivered Meals Program, call 703-777-0257 or contact [debra.bressler@loudoun.gov](mailto:debra.bressler@loudoun.gov). Home Delivered Meals program is administered by the Loudoun County Department of Parks, Recreation & Community Services/Area Agency on Aging [www.loudoun.gov/prcs](http://www.loudoun.gov/prcs)



“SHOUT SISTER SHOUT!” - FORDS THEATRE

Inspired by Gayle F. Wald’s book Shout, Sister, Shout! this new musical tells the story of Sister Rosetta Tharpe-one of America’s most influential rock, R&B and gospel crossover singers and guitarists. Prior to show visit Museum in Theatre. Have lunch on own prior to show in area restaurant. Price includes show and transportation. show starts at 2:00pm. Moderate walking. Limited to 27.

346621-01	\$89/member, \$93/non-member	F	4/7
346621-02	\$89/member, \$93/non-member	F	4/21

“MY FAIR LADY” – NATIONAL THEATRE, WASHINGTON, DC

From Lincoln Center comes “a sumptuous new production of the most perfect musical of all time” (Entertainment Weekly), Lerner and Loewe’s, My Fair Lady. Boasting such classic songs as “I Could Have Danced All Night”, “The Rain In Spain”, “Wouldn’t It Be Lovely” and “On The Street Where You Live”. Price includes show and transportation. Show begins 1:30pm. You may bring bag lunch to eat on bus. No outside food or drink allowed in Theatre. Limited to 27.

346622-01	\$148/member, \$152/non-member	Sa	4/8
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THE TEMPTATIONS - WEINBERG CENTER

The Temptations, often referred to as “American Music Royalty,” are world-renowned superstars of entertainment, revered for their phenomenal catalog of music and prolific career. Named the “#1 R&B/Hip Hop Artists of All Time” and one of the “125 Greatest of All Time Artists” by Billboard magazine, as well as one of the “100 Greatest Artists of All Time” by Rolling Stone Magazine, the group is truly a beloved national treasure. Show begins 7:30pm. Price includes transportation and concert. Seats are in rear orchestra. Minimum walking. Limited to 27.

346623-01	\$95/member, \$99/non-member	W	4/12
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“THE WORLD GOES ROUND” - OLNEY THEATRE

In musical theatre, the team of John Kander and Fred Ebb produced iconic songs for unforgettable characters like Roxy in Chicago, the Emcee in Cabaret, Zorba, Chita Rivera’s Spider Woman – not to mention Liza Minelli’s signature number for the film New York, New York. The World Goes Round brings together some of their greatest hits from a life in the theatre that serves as a tribute to their careers. Have lunch on own prior to show in area restaurant. Price includes show and transportation. Show starts at 2:00pm. Moderate walking. Limited to 27.

346624-01	\$77/member, \$81/non-member	W	4/26
346624-02	\$77/member, \$81/non-member	W	5/10

INDIGENOUS ENTERPRISE - GEORGE MASON PERORMING ARTS

Comprised of champion dancers from Native American and Canadian tribes and Nations, this group first stunned crowds at the Sydney Opera House in 2018 and has been on the rise since. “Indigenous Enterprise is rooted in tradition but also has hip-hop influences, discernible in footwork, bounce, and especially attitude,” writes The New York Times. Show begins 8:00pm. Includes transportation and admission. Minimum walking. Limited to 27.

346626-01	\$60/member, \$64/non-member	Sa	4/29
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ROSEMONT MANOR TOUR & TEA – BERRYVILLE

Historic Rosemont Manor is the epitome of gracious southern hospitality. Built in 1811 and set amid 60 acres of lush, manicured grounds. Includes tour, 3 course tea and transportation. Limited to 27. Moderate walking. Please advise of any dietary restrictions upon registration 571-258-3050.

346627-01	\$83/member, \$87/non-member	Th	5/11
346627-02	\$83/member, \$87/non-member	Th	5/18

SMITHSONIAN ART & PORTRAIT GALLERY – WASHINGTON, DC

Explore American Art Museum and/or National Portrait Gallery. Lunch on your own. Price includes transportation. Extensive walking.

346629-01	\$16/member, \$20/non-member	Tu	5/30
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OVERNIGHT TRIPS

WILMINGTON – HOMES & GARDENS OF THE DUPONTS

April 17-20, 2023, 4 Days-3 Nights  
Trip Cost  
Double Occupancy ..... \$1150/member, \$1195/non-member

Single Occupancy .....	\$1504/member, \$1549/non-member
946641-01 .....	Payable in 2 installments

NEW YORK, NEW YORK!

May 16-20, 2023, 5 Days-4 Nights

Trip Cost	
Double Occupancy .....	\$2364/member, \$2409/non-member
Single Occupancy .....	\$2852/member, \$2897/non-member
946642-01 .....	Payable in 4 installments

HOLLYWOOD & HOMETOWN HEROES

For fans of yesterday’s stars. July 23-27, 2023, 5 Days-4 Nights

Trip Cost	
Double Occupancy .....	\$1510/member, \$1555/non-member
Single Occupancy .....	\$1925/member, \$1970/non-member
946643-01 .....	Payable in 5 installments

NORTHEAST ENGLAND & SCOTLAND

August 28-September 8, 2023, 12 Days-11 Nights

Trip Cost	
Double Occupancy .....	\$4914/member, \$4959/non-member
Single Occupancy .....	\$5754/member \$5799/non-member
946644-01 .....	Payable in 6 installments

BEST OF ARIZONA

November 4 - 14, 2023, 11 Days-10 Nights

Trip Cost	
Double Occupancy .....	\$5196/member \$5241/non-member
Single Occupancy .....	\$6402/ member \$6447/non-member
946645-01 .....	Payable in 6 installments

For more details on all trips see [loudoun.gov/seniortrips](http://loudoun.gov/seniortrips)



ASHBURN SENIOR CENTER

20880 Marblehead Drive, Ashburn, VA 20147  
571-367-8340 • [loudoun.gov/seniors-ashburn](http://loudoun.gov/seniors-ashburn)  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/29  
Membership fee: \$32 resident; \$48 non-resident  
All classes/activities are subject to change.  
Call the center for further details or  
Check our [Facebook.com/AshburnSeniorCenterr](https://www.facebook.com/AshburnSeniorCenterr)

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. Please note some activities are not open for drop-ins.

CARDS & GAMES

BINGO	
Fee required.	
M	ongoing 12:45pm-1:45pm

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

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

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

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

CULTURAL & SOCIAL ACTIVITIES

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

CONVERSATIONAL SPANISH

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

Th	ongoing 11:00am-12:00pm
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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
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CURRENT EVENTS DISCUSSION

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

F	ongoing 10:00am-11:30am
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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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SEWING OPEN STUDIO

Bring a project of your own or choose a pattern from our stock and receive in-

struction 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 Tu	ongoing 11:30am-12:30pm
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LUNCH & LEARN

Guest speakers including dieticians, nurses, and others provide information on a variety of topics to help keep us informed and engaged.

Dates vary	ongoing 10:30am-11:30am
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MINDFUL MEDITATION

Th	ongoing 1:00pm-2:00pm
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PAINTING BASICS

Tu Intermediate	ongoing 1:30pm-3:00pm
F Beginner	ongoing 11:00am-12:00pm

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
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SPANISH INSTRUCTION

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

344602-01	\$100	M	4/3-6/5	10:00am-11:00am
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TECH TIME

Learn how to use Uber as your personal chauffeur or how to navigate your personal computer and phone with the guidance of a patient and knowledgeable instructor.

Tu	ongoing 9:30am-11:30am
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UKULELE INSTRUCTION

Have you always wanted to learn to play a musical instrument? Here's your chance! Bring your own ukulele or borrow one of ours (in class only) for a limited time. Sign up at the front desk.

M	Beginner	ongoing 11:00am-12:00pm
M	Intermediate	ongoing 1:00pm-2:00pm

EXERCISE ACTIVITIES

BADMINTON

Tu	ongoing 12:00pm-2:00pm
W	ongoing 3:00pm-5:00pm

CHINESE FOLK DANCE

Guided exercise with limited verbal instruction.

Th	ongoing 11:00am-12:00pm
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BEGINNER LINE DANCING

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

F	ongoing 10:00am-11:00am
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BEGINNER PICKLEBALL INSTRUCTION

Th	ongoing 1:00pm-2:00pm
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BEGINNER PICKLEBALL OPEN COURT

Drop-in players rotate after each game.

Tu	ongoing 9:00am-12:00pm, 3:00pm-5:00pm
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CARVER SENIOR CENTER

Th	ongoing	2:00pm-5:00pm
F	ongoing	9:00am-12:00pm
Sa	ongoing	8:00am-12:00pm
INTERMEDIATE & ADVANCED PICKLEBALL OPEN COURT		
Drop-in players rotate after each game.		
M	ongoing	12:00pm-5:00pm
W	ongoing	12:00pm-5:00pm
Th	ongoing	9:00am-1:00pm
F	ongoing	12:00pm-5:00pm
Sa	ongoing	8:00am-12:00pm
PING PONG		
M, W	ongoing	9:00am-11:30am
REFIT		
This mix of strength, balance, and cardio exercise will give you a full body workout. Fee \$100. Registration recommended. Drop-in \$13/class.		
344602-02	Th	3/2-5/18 1:00pm-2:00pm
SAIL FITNESS - STAY ACTIVE & INDEPENDENT FOR LIFE		
This evidence-based falls prevention group fitness program is designed for adults 65 & older. It combines aerobics, balance, and strength and stretching exercises to help older adults improve balance and mobility while helping to reduce the risk of falls. Fee \$25 for 12-week session. Registration required.		
M	ongoing	2:30pm-3:30pm
Tu	ongoing	10:00am-11:00am & 1:00pm-2:00pm
W	ongoing	1:30pm-2:30pm
Th	ongoing	10:00am-11:00am
F	ongoing	10:30am-11:30am
Sa	ongoing	10:00am-11:00am
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.		
344602-03	M	3/27-6/12 10:00am-11:00am

SPECIAL EVENTS AT ASHBURN SENIOR CENTER

THE SENSATIONAL 70s PERFORMANCE

Enjoy hits from Barry Manilow, Frank Sinatra, the Bee Gees and more as Chris Ryan and Jerry Katz take us on a trip down a musical memory lane. We will also enjoy some sweet treats to celebrate our April Birthday Bash!

FFree4/2812:15pm-1:30pm

MOTHER'S DAY FIERCE & FABULOUS INTERNATIONAL FASHION SHOW & LUNCHEON

Join us as we celebrate fierce and fabulous mothers everywhere! Dress to the nines and show off your favorite styles or cheer on others as they show off theirs.

FFree5/1211:00am-1:00pm



## CARVER SENIOR CENTER

200 Willie Palmer Way, Purcellville, VA 20132  
571-258-3400 • [loudoun.gov/seniors-carver](http://loudoun.gov/seniors-carver)  
Monday through Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/29  
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 applies.  
All classes/activities are subject to change.  
Check our [Facebook.com/CarverSeniorCenter](https://www.facebook.com/CarverSeniorCenter)

### 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. Please note some activities are not open for drop-ins.

### ARTS & MUSIC

#### BASIC WATERCOLOR

Learn the basic of watercolor techniques and composition. All materials provided. \$70 for members \$80 for non-members. Must sign up before Friday, March 31.

<b>330603-01</b>	\$70/\$80	F	4/7-4/28	10:00am-11:30am
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#### INTERMEDIATE WATERCOLOR

Continuation of the Beginner Watercolor class. All materials provided, must have taken a watercolor class previously or have permission from the instructor. \$70 for members \$80 for non-members. Must sign up before Friday, April 28.

<b>330613-01</b>	\$70/\$80	F	5/5-5/26	10:00am-11:30am
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#### ADVANCED WATERCOLOR

Hone your watercolor skills through group critiques and individual instruction. Must have previous watercolor experience or instructor permission to register. Paper provided. \$45 for members, \$55 for non-members. Must sign up no later then the Wednesday before each session starts!

<b>330610-01</b>	\$45/\$55	W	3/1-3/22	1:15pm-2:45pm
<b>330610-02</b>	\$45/\$55	W	4/5-4/26	1:15pm-2:45pm
<b>330610-03</b>	\$45/\$55	W	5/3-5/24	1:15pm-2:45pm

#### ART DABBLERS

Give art a try in a fun and relaxed environment! Try your hand at colored pencils with easy to follow, guided art based on classical artists. All materials provided. Open to all ability levels! \$8 for members, \$12 for non-members. No day of event registration! Instructor: Alice Power.

<b>330650-01</b>	\$8/\$12	F	3/3	10:00am-11:30am
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#### ACRYLIC PAINTING

Guided acrylic painting in a fun and relaxed atmosphere. Open to all ability levels, materials provided. \$12 for members, \$20 for non-members. No day of class sign ups!

<b>330627-01</b>	\$12/\$20	Sa	3/4-3/4	10:00am-11:30am
<b>330627-03</b>	\$12/\$20	Sa	4/15-4/15	10:00am-11:30am

<b>330627-04</b>	\$12/\$20	Sa	5/20-5/20	10:00am-11:30am
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#### CLAY CLASSES

On the first day, build a garden gnome from clay. Return on the second day to paint your gnome. Pieces will be fired off-site and available for pick up the following week. All materials provided, open to all ability levels.

<b>330630-01</b>	\$12/\$20	M	4/3, 4/24	10:00am-11:30am
<b>330630-02</b>	\$12/\$20	M	5/1, 5/15	10:00am-11:30am

#### CARVER MUSIC SCHOOL

Learn musical notes, cords, trivia, and history in a fun and interactive environment.

<b>330608-01</b>		Tu	3/7-5/30	10:00am-11:00am
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#### UKULELE JAM SESSION

Laid back group play, other instruments and vocalists welcome!

<b>330691-01</b>		F	3/3-5/26	1:00pm-3:00pm
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#### LUNCH & MUSIC

Enjoy lunch with live music from the One-Man Dan Band. You must sign up for lunch with Maria 24 hours in advance!

<b>330649-01</b>		Tu	3/28, 4/25, 5/30	12:00pm-1:00pm
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### FITNESS & HEALTH

#### BALANCE & STABILITY

Improve your strength, flexibility, and balance with this upbeat exercise class suitable for all fitness and mobility levels.

<b>330626-01</b>		M, W, F	3/1-5/31	11:00am-11:45am
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#### QIGONG

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

<b>330634-01</b>		M, W, F	3/1-5/31	10:00am-11:00am
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#### TAI CHI

Slow motion routines practiced in a group to promote strength, balance, and flexibility. New students welcome!

<b>330647-01</b>		Tu	3/7-5/30	9:00am-10:00am
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#### SLOW & EASY LINE DANCE

Relaxed line dancing for those with mobility limitations

<b>330686-01</b>		Th	3/2-5/25	11:00am-11:45am
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#### NEW STUDENT LINE DANCE

Have you ever wanted to give line dancing a try? This class is perfect for those with no dancing experience who want to give it a try in relaxed and welcoming environment.

<b>330615-01</b>		Th	3/2-5/25	1:00pm-2:00pm
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#### BEGINNER LINE DANCE

Learn the basic steps of line dancing in a fun and supportive environment.

<b>330618-01</b>		M	3/6-5/22	1:00pm-2:00pm
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#### INTERMEDIATE LINE DANCE

Must have previous line dancing experience

<b>330689-01</b>		M, Th	3/2-5/25	2:00pm-3:00pm
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#### BLOOD PRESSURE

Free blood pressure checks and advice from an Inova Health representative. 4th Thursday of the month.

<b>330633-01</b>		Th	3/23, 4/27, 5/25	10:00am-11:30am
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#### HEARING HELP

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons offers free hearing tests and advice. You must register in advance!

<b>330662-01</b>		M	3/27-3/27	10:00am-1:00pm
<b>330662-02</b>		M	4/24-4/24	10:00am-1:00pm

<b>330662-03</b>		M	5/22-5/22	10:00am-1:00pm
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#### FALL PREVENTION

Loudoun County Fire and Rescue gives tips to reduce trip hazards in your home and help prevent falls.

<b>330656-01</b>		Tu	4/11	1:00pm-2:00pm
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### SPORTS & GAMES

#### BEGINNER BRIDGE

Learn to play bridge, experienced players always welcome!

<b>330648-01</b>		Tu	3/7-5/30	1:00pm-3:00pm
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#### PARTY BRIDGE

For more experienced players

<b>330631-01</b>		Th	3/2-5/25	1:00pm-4:00pm
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#### BRAIN GAMES

Attendees are challenged with visual puzzles and a series of group solved word games. Expect wisecracks and banter!

<b>330628-01</b>		Th	3/2-5/25	9:45am-10:45am
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#### BINGO

Monthly bingo, \$1.00 per card. Must register in advance and have an active senior center membership.

<b>330640-01</b>	\$1	W	3/15-3/15	1:00pm-2:00pm
<b>330640-02</b>	\$1	W	4/12-4/12	1:00pm-2:00pm
<b>330640-03</b>	\$1	W	5/10-5/10	1:00pm-2:00pm

#### CORN HOLE

Indoor cornhole, new players always welcome!

<b>330616-01</b>		Tu	3/7-5/30	10:00am-11:30am
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#### FAMILY FEUD

Crazy trivia and fun banter! No drop-ins. \$1.00 for members

<b>330658-01</b>	\$1	W	3/22	1:00pm-2:00pm
<b>330658-02</b>	\$1	W	4/19	1:00pm-2:00pm
<b>330658-03</b>	\$1	W	5/31	1:00pm-2:00pm

#### POKENO

Monthly Pokeno \$1.00 for members

<b>330637-01</b>	\$1	Tu	3/7	1:00pm-2:00pm
<b>330637-02</b>	\$1	Tu	4/11	1:00pm-2:00pm
<b>330637-03</b>	\$1	Tu	5/2	1:00pm-2:00pm

#### PING PONG

New players welcome!

<b>330623-01</b>		M, W	3/1-5/31	9:00am-11:00am
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#### SCRABBLE/BOARD GAMES

Scrabble, Dominoes, Uno, and more!

<b>330702-01</b>		M-F	3/1-5/31	1:00pm-5:00pm
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#### PUZZLES & ADULT COLORING

Word puzzles, games, and coloring pages. Free for center members!

<b>330653-01</b>		M-F	3/1-5/31	9:00am-10:00am
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### EDUCATIONAL

#### SCAM AWARENESS

Learn about common scams and ways to avoid them from the Purcellville Police.

<b>330652-01</b>		W	3/8	1:00pm-2:00pm
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#### AARP DRIVER SAFETY

\$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 card if applicable. Payable by Check or Cash to AARP. \* Must be at least 55 years old. There is a \$3.00 additional drop-in fee payable to Loudoun County for non-senior center members! \*  

<b>330651-01</b>	M	3/13-3/13	9:00am-5:00pm
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BOOK CLUB

Monthly book club with the Purcellville Library. Meets the 2nd Tuesday of the month.  

<b>330617-01</b>	Tu	3/14, 4/11, 5/9	11:00am-11:45am
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GENEALOGY BASICS

Get help researching your family tree and finding resources from the Purcellville Library.  

<b>330643-01</b>	Tu	3/21	11:00am-11:45am
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LIBRARY OUTREACH

The Rust Library brings books and movies for easy check out and accepts returns. Second Wednesday of the Month  

<b>330644-01</b>	W	3/8, 4/12, 5/10	11:30am-12:00pm
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SOCRATES CAFE

Lively discussion and debate group lead by a representative from the Purcellville Library.  

<b>330605-02</b>	F	3/24, 5/26	11:00am-11:45am
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TECH TUESDAY

Get help with common phone and tablet issues from the Purcellville Library. Meets the 1st Tuesday of the Month.  

<b>330668-01</b>	Tu	3/7, 4/4, 5/2	11:00am-11:45am
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SOCIAL & SPECIAL EVENTS

CONGREGATE MEALS

Meals in a group setting. Age 55-59 \$4.00, Age 60+ by donation. Suggested amount of at least \$1.00 per meal. Must request lunch at least 24 hours in advance.  

<b>330646-01</b>	M-F	3/1-5/31	12:00pm-12:45pm
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MORNING SOCIAL

Enjoy coffee, tea, and conversation  

<b>330620-01</b>	M-F	3/1-5/31	9:00am-10:00am
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ADVISORY BOARD

Meets the 2nd Tuesday of the month to discuss how to best support senior center programs.  

<b>330703-01</b>	Tu	3/14, 4/11, 5/9	10:00am-11:00am
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SERVICES FOR SENIORS

Loudoun County's Area Agency on Aging Case Manager, Lori Stahl offers advice on area resources and services. First Monday of the month.  

<b>330614-01</b>	M	3/6, 4/3, 5/1	9:00am-12:00pm
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LUNCH & MOVIE

Monthly movie matinee. \$1.00 No drop-ins or day-of event sign ups! You must also sign up for lunch with Maria!  

<b>330654-01</b>	\$1	F	3/31	12:00pm-2:00pm
<b>330654-02</b>	\$1	F	4/28	12:00pm-2:00pm
<b>330654-03</b>	\$1	W	5/24	12:00pm-2:00pm

ST. PATRICK'S DAY

Celebrate St. Patrick's Day with live music from The Winchester Pipes and Drums group. \$5.00 for members, \$8 for non-members. You must register in advance!  

<b>330667-02</b>	\$5/\$8	F	3/17	1:00pm-2:00pm
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BLANDY FARM PICNIC

Enjoy the beautiful views and walking paths of Blandy Farm in Boyce VA! Boxed lunch will be provided. This trip requires extensive walking on unpaved paths. Bus leaves the center at 10:00 and returns by 2:00 pm. Must have an active senior center membership to register. Price covers box lunch, transportation, and park

admission. Must register before April 14th!  

<b>330638-02</b>	\$15	F	4/21	10:00am-2:00pm
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SENIOR PROM

Come dressed in your formal best and get ready to dance the afternoon away! Entertainment by DJ Dion. \$5 for members, \$8 for non-members. You must register in advance!  

<b>330659-03</b>	\$5/\$8	W	5/17	1:00pm-2:30pm
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MOTHER'S DAY PICNIC

Join us for ladies' day in the park. Enjoy a boxed picnic lunch and walk the sculpture garden at Franklin Park. You must register in advance for this event! \*Sculpture garden requires extensive walking on unpaved paths.  

<b>330729-01</b>	\$10	F	5/12	10:45am-1:30pm
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MEMORIAL DAY

Join us in honoring and remembering our fallen heroes.  

<b>330797-01</b>		F	5/26	10:30am-11:30am
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LOCAL EXCURSIONS

Enjoy local sights and shopping! Bus Fee varies based on location. Bus leaves the center at 10:00am. March – Unique Creations in Berryville. April – Picnic Lunch at Blandy Farm in Boyce. May – Nall's Farm Market in Berryville. \*Trips require extensive walking on paved and unpaved surfaces\*  

<b>330638-01</b>	\$4	Tu	3/14	10:00am-11:45am
<b>330638-02</b>	\$4	Tu	5/23	10:00am-11:45am



DULLES SOUTH SENIOR CENTER

24950 Riding Center Drive, South Riding, VA 20152  
571-258-3883 • [loudoun.gov/seniors-dulles](http://loudoun.gov/seniors-dulles)  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed on Memorial Day, 5/29  
[Facebook.com/DullesSouthSeniorCenter](https://www.facebook.com/DullesSouthSeniorCenter)  
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 applies. All classes/activities are subject to change

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. Please note some activities are not open for drop-ins.

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	ongoing	2:30pm-4:30pm
Sa	ongoing	8:30am-11:30am

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-F dates vary	ongoing	1:15pm-3:00pm
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PICKLEBALL

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-11:30am
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TAI CHI

Join us in this beautiful form of exercise from the mainland of China.  

Tu	ongoing	10:00am-11:00am
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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
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INTERMEDIATE LINE DANCE

Learn new line dance routines and have some fun.  

Th	ongoing	1:00pm-2:00pm
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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 Fitness Dance 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
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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
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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
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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-11:30am
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ADVISORY BOARD MEETING

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

1st Tu	ongoing	1:00pm
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SERVICES FOR SENIORS

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

1st W	ongoing	10:30am-1:00pm
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
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CONVERSATIONAL ENGLISH WITH JIM

Material Fee \$15 quarterly  

Tu, Th	ongoing	10:00am-12:00pm
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INTERMEDIATE ENGLISH WITH NASEEMA

This class is for intermediate English students. Supply Fee Required. Call center for details

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
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MEMOIR WRITING

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

2nd Tu	ongoing	10:00am-11:00am
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CHILDREN'S LITERATURE BOOK CLUB WITH DAVE

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

3rd W	ongoing	10:30am-11:30am
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BIBLE STUDY

M-F ongoing | 10:00am-11:00am |

SPANISH BIBLE STUDY

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

E-COMMENT

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

W	ongoing	12:30pm
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GUEST SPEAKERS

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

AARP SMART DRIVER COURSE

This class is an easy, convenient way to refresh your driving skills, so you'll be a safer, more confident driver. Plus, you could earn a multiyear discount on your auto insurance when you complete it! \$20 for AARP members, \$25 for non-members, FREE if you have AARP United Healthcare Medicare Supplemental Insurance and show your card. Cash or Check (made out to AARP) only. Participant must attend the entire session to receive completion certificate. Daily guest fee \$3 required for non-center members. Pack a lunch or reserve a hot lunch when your register (donations strongly encouraged). Call Sarah Yates at 571-258-3954 to register.



Space is limited to 16 participants.  
W 3/29 9:00am-5:00pm

FINE ARTS

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

**CREATIVE WRITING WITH TRISH**  
Creative writing meets in-person and virtually. 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 10:00am-3:00pm

**POETRY RECITATION**  
This weekly meet up welcomes everyone from any country or any language to practice/recite songs or poems.  
F ongoing 10:30am-11:30am

SOCIALIZING AND ENTERTAINMENT

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

**MAHJONG**  
Daily ongoing 11:00am

**CANASTA**  
Tu, Th ongoing 1:00pm

**PARTY BRIDGE**  
M ongoing 10:00am-12:00pm

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

**SHOPPING**  
Trips twice a month to Dulles Landing or Aldi. Shops including Walmart, Ross, Dick's, Home Goods and more. Call the center for dates & times of specialty shopping trips. Transportation fee is required.  
Dates vary ongoing 10:15am-11:45am

**MONTHLY BIRTHDAY PARTY**  
Enjoy cake and celebrate the members' birthdays each month.

3rd W ongoing 12:30pm

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

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



SENIOR CENTER AT CASCADES

21060 Whitfield Place, Sterling, VA 20165  
571-258-3280 • loudoun.gov/seniors-cascades  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/29  
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 applies.  
All classes/activities are subject to change.

**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. Please note some activities are not open for drop-ins.

CARDS & GAMES

**BINGO**  
Fee required (15 games)  
M ongoing 10:30am-11:30am  
Th ongoing 10:30am-11:30am  
F ongoing 12:50pm-1:50pm

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

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

**O’HECK**  
W ongoing 10:00am-12:00pm

**PINOCHLE**  
Th ongoing 11:00am-1:00pm

**BUNCO**  
1st F ongoing 2:00pm-4:00pm

**GAME TIME**  
Participate in board games or card games.  
M ongoing 1:0pm-3:00pm  
Th ongoing 1:00pm-3:00pm  
F ongoing 2:00pm-4:00pm

CULTURAL & SOCIAL ACTIVITIES

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

**MORNING COFFEE**  
M-F ongoing 9:30am-10:30am

**CURRENT EVENTS DISCUSSION GROUP**  
Th ongoing 2:00pm-3:00pm

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

**BEGINNER SPANISH I**  
This fun class is for the beginner student. Student will need to purchase a textbook and register for the class. Instructor: Lea Nigon  
**345601-01** Tu 3/7-5/16 1:15pm-2:15pm

**KNIT & CROCHET GROUP**  
Join an active knit & crochet group to work on your own projects or make and donate items to benefit children and adults in the community facing illness or crisis.  
F ongoing 9:30am-11:30am

**CROCHET INSTRUCTION ACTIVITY**  
M ongoing 1:30pm-3:00pm  
Sa ongoing 9:15am-11:00am

**MOVIE DAY**  
Recent and classic movies shown on 8-foot screen.  
1st & 3rd W ongoing 12:30pm-2:30pm

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

EXERCISE ACTIVITIES

**AEROBICS**  
M-F ongoing 9:00am-10:00am  
M-F ongoing 10:00am-11:00am  
Sa ongoing 8:00am-12:00pm

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

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

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

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

**HAPPY YOGA**  
M ongoing 10:30am Virtual  
Tu ongoing 10:30am In-person & Virtual  
W ongoing 10:30am Virtual  
F ongoing 10:30am In-person & Virtual

**PICKLE BALL**  
Tu ongoing 2:00pm-4:00pm  
Th ongoing 2:00pm-4:00pm  
Sa ongoing 8:00am-12:00pm

**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 is for Beginners.  
Tu ongoing 11:00am-12:00pm  
F ongoing 11:00am-12:00pm

**SCOTTISH COUNTRY DANCE**  
If you enjoy Line Dancing or Aerobics, Scottish Country Dane 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-11:45am  
Tu ongoing 12:45pm-2:00pm

**CARDIO DRUMMING**  
Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout.  
TBD ongoing

**SPANISH CASTANETS INTRO CLASS**  
W ongoing 12:15pm-12:45pm

**FLAMENCO DANCE**  
An ongoing practice of traditional folkloric arm and footwork.  
W ongoing 12:45pm-1:30pm

SELF-HELP & RESOURCES

**INOVA BLOOD PRESSURE CHECK**  
Loudoun Healthcare provides blood pressure checks and referrals.  
2nd & 4th Tu ongoing 10:00am-12:00pm

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

**COMPUTER TECH HELP**  
Tech help available in the computer lab. Helping our members embrace technology.  
Tu ongoing 12:30pm-2:30pm

WEEKLY PROGRAMS

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



CLASSES				
<b>ESL CLASS</b> English as a Second Language Classes are offered to beginner and advanced members who are learning to speak English for the first time. Basic vocabulary and common phrases, inflection and proper grammar are taught to interested participants. Mongoing10:00am-11:00am				
<b>ZUMBA GOLD</b> 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 345604Thongoing11:00am-12:00pm				
SPECIAL EVENTS AT THE CASCADES SENIOR CENTER				
<b>ST. PATRICK'S DAY LUNCHEON</b> Wear your green and join us for our annual St. Patrick's Day luncheon. Live Celtic music and traditional Irish food will be served. Lunch sign up is required for those who wish to partake. F3/1711:45am-12:45pm				
<b>SPRING CULTURAL TALENT SHOW</b> Seniors showcasing their talent in group or individual performances. Sign-up in the Cascades Senior Center office. Regular lunch will be served. 345609-01W4/1211:45am-12:45pm				
<b>GARDENING DAY - EARTH DAY</b> TBATBA10:30am-12:00pm				
<b>KENTUCKY DERBY BASH</b> 345609-02M5/52:00pm-4:00pm				
<b>MEMORIAL DAY LUNCHEON</b> We will have a special luncheon to honor those who have fallen in service to our country. Lunch sign-up is required. F5/2611:45am-12:45pm				
<b>LEI DAY LUAU</b> 345609-03TBATBA11:45am-12:45pm				
<b>MOTHER'S DAY/FATHER'S DAY PICNIC</b> 345609-04TBATBA10:30am-1:00pm				

REGISTER  
ONLINE!

VISIT WWW.LOUDOUN.GOV/WEBTRAC

Senior Registration Begins  
Wednesday, February 8



**THE SENIOR CENTER OF LEESBURG**  
102 North Street, NW, Suite B, Leesburg, VA 20176  
703-737-8039 • loudoun.gov/seniors-leesburg  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/29  
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 applies.  
All classes/activities are subject to change.  
Check our Facebook page @The Senior Center of Leesburg

**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. Please note some activities are not open for drop-ins.

ARTS & CRAFTS

**CERAMICS HAND-BUILDING**  
Create your own hand-built art using Ceramic Studio's slab roller, forms, and tools. Kiln Fire and Glaze using Studio supplies.  
FreeM, Fongoing9:00am-5:00pm

**SEWING**  
For the beginner level. Sewing Machine provided. Bring in your sewing project. Assistance provided by Carol.  
FreeM, Fongoing9:00am-12:00noon

**STITCH 'N B**  
Sew, knit, crochet, and needlework. Make new friends and share ideas. Assistance provided by Carol.  
FreeM, Fongoing9:00am-12:00noon

**ADULT COLORING**  
Please come join the adult coloring for a relaxing and fun time. All supplies are provided. Instructor: Bob Anderson  
FreeTuongoing10:30am-11:30am

**ART STUDIO WITH CAROL**  
Share techniques and learn new skills from each other. Bring your own supplies and work with expert help from Carol.  
FreeMongoing12:30pm-3:00pm

**DRAWING WITH KAREN**  
Learn techniques and tricks as you learn how to draw with Karen.  
Free2nd, 4th Tuongoing12:30pm-1:30pm

**QUILT MAKERS CLUB**  
Come to chat and exchange ideas. Bring your own project. Make use of the large tables to spread out your project.  
Free1st, 3rd, 4th Wongoing9:30am-12:00pm

**CROCHET CLUB**  
Bring your hooks and yarn. Work together on your own projects.  
FreeM, Fongoing9:00am-12:00noon

**KNITTING & CROCHETING**  
Bring your knitting needles, crochet hook, and yarn.  
FreeWongoing1:00pm-4:00pm

DANCE

**LINE DANCE WITH MINDA**  
Learn new dances from all over the world. No partner is required.  
FreeW, Fongoing2:00pm-3:00pm

**FUN SQUARE DANCING**  
Experience the joy, camaraderie, and fun of square dancing. Dance to calls in simple patterns. No partner is required. Please check our newsletter for details. Instructor: Robert Abdinoor  
FreeWongoing3:00pm-4:30pm  
Non-Member \$3/class

EDUCATIONAL

**AARP DRIVING SAFETY COURSE**  
A full day of instruction. Registration required. Call 703-737-8039 to register. Payment is paid to the instructor day of class.  
327601-07W4/269:00am-5:00pm

**BEGINNER BIRDING AT BANSHEE**  
Visit Banshee Reeks Nature Preserve for a picnic lunch, learn about bird watching and go on a bird-watching hike. The fee includes a picnic lunch, bus transportation, and the Banshee Reeks Nature Preserve program.  
327601-11Th5/2510:00am-2:00pm  
Members: \$12  
Non-Members: \$15

**ADVISORY BOARD MEETING**  
The Senior Center of Leesburg Advisory Board will meet on the first Thursday of each month. Providing support to the activities of the Senior Center.  
Free1st Thongoing1:00pm-2:30pm

**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.  
Free2nd Mongoing12:45pm-1:45pm

**BEGINNING SPANISH WITH FRANCISCO**  
Take advantage of speaking Spanish with a native speaker. Learn from the beginning. Instructor: Francisco  
327607-01\$54 Member M3/20-5/221:00pm-2:00pm  
Non-Member \$81

**CONVERSATIONAL SPANISH WITH FRANCISCO**  
Take advantage of speaking Spanish with a native speaker. Create sentences then paragraphs. Instructor: Francisco  
327607-02\$54/member M3/20-/5/223:00pm-4:00pm  
Non-Member \$81

FITNESS

**BEGINNERS TAI JI QUAN**  
Slow movement to improve your balance and strength. Feel energized and sharpen your mind. Instructor: Bill.  
FreeMongoing10:30am-11:30am

**TAI JI QUAN 24 FORMS**  
The standard simplified Chinese National Version. A healthy low impact exercise improves your balance, muscle strength, and feel energized with a sharper mind, body, and spirit. Instructor: Bill.  
FreeFongoing10:30am-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.  
FreeW, Fongoing10:30am-11:30am

**SIT AND FIT WITH KAREN**  
A half-hour dance party from your chair for those with limited mobility.  
FreeTu, Thongoing10:30am-11:00am

**AEROBIC DANCE CLASS WITH LUELLA**  
Full body workout with emphasis on aerobics and fun. Bring a towel and water bottle.  
FreeMongoing10:15am-11:00am

**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, depending on the weather.  
FreeW, Fongoing9:00am-10:00am

**SAIL FITNESS - STAY ACTIVE AND INDEPENDENT FOR LIFE**  
This evidence-based fall prevention group fitness program is designed for adults 55 and older. It combines aerobics, strength, and stretching exercises to help older adults improve balance and mobility while helping to reduce the risk of falls.  
327607-03FreeTu, Th1:00pm-2:00pm  
F9:15am-10:15am

HEALTH & WELLNESS

**INOVA MOBILE HEALTH SERVICES**  
INOVA Nurse comes to give blood pressure checks.  
Free1st Wongoing10:00am-12:00noon

**HEARING SCREENING WITH JOAN EHRLICH**  
Northern Virginia Center for the Deaf and Hard of Hearing. Check the newsletter for sign-up details.  
Freeongoing10:00am – 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.  
Free3rd Mongoing10:30am-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.  
Free1st, 3rd Thongoing9:00am-11:30am

MUSIC

**UKE GROUP**  
For the more advanced players. Focusing on challenging songs, strumming patterns, and fingerpicking. This class is instructed by class members. Ukulele Lessons and Ukuleles available for loan.  
FreeThongoing1:00pm-2:30pm

**GUITAR WITH KURT**  
Discover harmonies and tight arrangements while having fun playing together.  
FreeFongoing1:00pm-2:00pm



# for Caregivers



## 2023 VIRTUAL EDUCATION SERIES

The Loudoun County Area Agency on Aging offers family caregivers numerous resources including support groups and educational events to provide support and insight.

To register for these free programs call **571-258-3490** or email the Area Agency on Aging at [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).

Certificates are available upon request.

### THE JOURNEY OF CAREGIVING & FINANCIAL RESPONSIBILITY

**Tuesday, April 11, 1-2 pm EST**

**Presented by Brandt Zimmerman, Merrill Lynch Wealth Management**

### PARKINSON'S: MOVING FORWARD AFTER A DIAGNOSIS

**Tuesday, April 25, 1-2 pm EST**

**Presented by Sonia Gow, Inova Parkinson's and Movement Disorders Center**

### ALCOHOL & DEMENTIA: HEAVY DRINKING & HOW TO HANDLE IT

**Thursday, May 4, 11 am - 12 pm EST**

**Presented by Rachael Wonderlin, Dementia By Day**

### LIVE WITH THE AAA RHYTHM MAKERS

**Tuesday, May 9, 10:15 am EST**

**Spring Concert at Leesburg Senior Center, 102 North Street, NW**



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711



ON-GOING CLUBS AND GROUPS

**AMERICAN MAH JONGG**  
Tile tabletop game that can develop a challenge through tactics, observation, memory, and adaptive strategies.  
Free W ongoing 10:00AM-12:00pm

**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 are 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

**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

**A FEW GOOD MEN - NEW MEN'S GROUP**  
Come join us and have coffee and chat with friends.  
Free Th ongoing 10:00am-11:00am

**BLUEBIRD MONITORING**  
May-September. On the grounds of The Senior Center of Leesburg, walk and check on the birds nesting right here. Please check our newsletter for details.  
Free ongoing

RECREATION, SOCIAL & GAMES

**MONTHLY BIRTHDAY CELEBRATIONS**  
Please join us to celebrate with friends are members' monthly Birthdays with lunch and cake. Lunch reservations are required one day in advance.  
Free 4th Th ongoing 12:15pm

Loudoun County  
PRCS  
Like us on



www.facebook.com/loudounprcs

**EUCHRE**  
Card Game with friends old and new.  
Free F 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 F ongoing 10:00am-12:00pm

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

**CANASTA OR HAND & FOOT**  
Free F ongoing 10:00am

**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.  
\$1 W on-going 12:45pm-1:45pm

**BIDWHIST**  
Card Game with friends old and new.  
Free F on-going 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 Tu ongoing 1:00pm-4:30pm

**BEGINNING PICKLEBALL**  
Drop in and play this indoor version of tennis played with a paddle and a whiffle ball. Space is Limited to one court-4 players. Please note subject to change due to special event days. For beginning pickleball players only.  
Free F ongoing 2:00pm-4:00pm

**PICKLEBALL**  
Drop in and play this indoor version of tennis played with a paddle and a whiffle ball. Space is Limited to one court-4 players. Please note subject to change due to special event days.  
Free M, Tu, Th ongoing 2:00pm-4:45pm  
Free Sa ongoing 8:00am-11:45am

**BADMINTON**  
Play this backyard sport in our dining room.  
Free W 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 returns to the 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.  
**327601-01**  
Moby Dick House of Kabob Th 3/9 11:30am-1:45pm  
Members: \$2  
Non-Members: \$5

**327601-03**  
Firebirds Th 4/6 11:30am-1:45pm  
Members: \$2  
Non-Members: \$5

**327601-09**  
Dutch's Daughter Th 5/11 10:30am-1:45pm  
Members: \$3  
Non-Members: \$6

SPECIAL EVENTS AT THE LEESBURG SENIOR CENTER

**ST PATRICK'S DAY CELEBRATION**  
Celebrate St. Patrick's Day with a traditional Irish meal and performance from The Kristin Burke Irish Dancers.  
**327601-02** F 3/17 10:30am-12:30pm  
Members: \$3 per person plus lunch donation  
Non-member: \$6 per person plus lunch donation

**EARTH DAY CELEBRATION**  
Celebrate Earth Day with a plant and seed exchange and an outdoor Concert with the World View Band from Park View High School.  
Free F 4/21 10:00am-12:00pm

**HEALTH & WELLNESS FAIR**  
Vendor Fair: Providing information and door prizes.  
Free Tu 4/25 9:00am-1:00pm

**OUTDOOR YARD SALE!**  
Rent a 10X10 space in our parking lot to sell your own items. You will be provided with one table and chair in your space. Call 703-737-8039 to register.  
Rain date: 5/6  
**327601-12** Sa 4/29 9:00am-12:00pm  
Members: \$5  
Non-Members: \$10

**SOCK HOP**  
Come dance to your favorite 50's tunes from the amazing D.J. Dion. Mocktails and Hors d'oeuvres will be served. A late bus will be provided for bus riders.  
**327601-08** F 5/05 7:00pm-9:00pm  
Members: \$8 \$13/door  
Non-Members: \$11 \$16/door

**MOTHER'S DAY TEA**  
Celebrate Mother's Day with a special tea and a performance from Just Friends Quartet. Light refreshments and snacks will be served. A late bus will be provided for our bus riders.  
**327601-10** -F 5/19 2:00pm-4:00pm  
Members: \$5  
Non-Members: \$8



LOUDOUN COUNTY  
AREA AGENCY ON AGING

742 Miller Drive SE, Leesburg, VA 20175  
703-777-0257 • loudoun.gov/AAA  
Monday-Friday 8:30am-5:00pm  
Closed for Memorial Day, 5/29

The Loudoun County Area Agency on Aging (AAA) is the central point of contact for seniors, caregivers, and their families. The mission of the AAA is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services. The AAA provides the following programs and services:

Adult Day Centers	Information & Assistance
Caregiver Services	Medicare Counseling
Case Management Services	Senior Centers
Congregate Lunch Programs	Senior Cool Care
Disease Prevention & Health Promotion	Senior Trips
Home Delivered Meals	Volunteer Opportunities

ADULT DAY CENTERS

**LOCATIONS**  
Eastern Loudoun Adult Day Center (Ashburn): 571-258-3232  
Loudoun County Adult Day Center at Leesburg: 703-771-5334  
Mac Brownell Adult Day Center (Purcellville): 571-258-3402

**PARTICIPANTS**  
Adult Day Centers are open Monday-Friday from 7:30am-5:30pm to provide a safe, social and interactive environment for older adults with cognitive and/or physical disabilities who are unable to be home alone safely. Activities and services, designed to elicit success and enjoyment, include art and music therapy, individualized exercise, mentally stimulating games, assistance with personal needs, medication management, nutritious hot lunches and snacks, and health monitoring. Limited transportation is available to some areas. Fees are based on a sliding scale.

**CAREGIVERS**  
Adult Day Centers provide respite for those needing support and time away from caregiving. Caregiver and early stage support groups are available to provide guidance, companionship, and resources. For more information on support groups, call 703-777-0257 or email aaasupport@loudoun.gov.

CAREGIVER SERVICES

**FAMILY CAREGIVER EDUCATION SERIES**  
Caregiver education programs offer learning opportunities for older adults, caregivers and family members on topics related to aging. These programs enhance



the ability of caregivers and family members to provide (informal) care for as long as appropriate. For more information about these programs, call 571-258-3490 or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).

**VIRTUAL CAREGIVER SUPPORT GROUPS**

Meets the third Saturday of the month from 10:00am-11:30am. Please pre-register by calling 571-258-3490 or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).  
Meets the first Wednesday of the month from 4:00pm-5:00pm. Please pre-register by calling 703-771-5334.  
Meets the fourth Thursday of every month from 3:00pm-4:00pm. Please pre-register by emailing [bcarducci@comcast.net](mailto:bcarducci@comcast.net).

**VIRTUAL EARLY STAGE DEMENTIA SUPPORT GROUP**

Meets the second Wednesday of the month from 10:00am-11:00am. Please pre-register by calling 703-737-8741 or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).

**CHIME IN WITH THE AAA RHYTHM MAKERS**

Join the AAA Rhythm Makers and experience the joy of playing the hand chimes. This hand chime group is for individuals with early to moderate stage cognitive impairment and their care partners. Musical ability is not needed – just the willingness to have fun and create music together. This group meets monthly at the Senior Center of Leesburg (102 North Street NW). Must pre-register by calling 571-233-2583 or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).  
Free 2nd Tu 10:00am-11:00am

**DISEASE PREVENTION & HEALTH PROMOTION**

The Area Agency on Aging offers evidence-based disease prevention and health promotion programs and services for older adults, caregivers, and their families. These programs provide information and education to help older adults improve or maintain health-related quality of life through preventing, treating, and reducing the effects of chronic conditions.

**INFORMATION & ASSISTANCE**

The Elder Resources Information & Assistance program is a confidential service that helps inquirers identify their specific needs through assessment, education, advocacy and assistance. Aging Program Specialists empower individuals, caregivers and allied professionals in the decision making process to determine the best possible options for their particular needs.

**SENIOR COOL CARE**

Fans and limited summer cooling assistance is available May 1 - Oct 31 for Loudoun County residents aged 60 years and older who are income eligible.

**SENIOR CENTERS**

**ACTIVITIES & FEES**

Five full-service senior centers offer a variety of programs and activities for adults 55 and over. The annual membership fee is \$32/person (\$48/non-residents). Members receive reduced 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 five full service senior centers in Ashburn, Dulles South, Leesburg, Sterling and Purcellville for meetings, family reunions, special events, birthday parties, and more. Please call the individual senior center for further information.

**SENIOR TRIPS**

The Senior Trips program offers fee-based day and overnight trips to exciting destinations for adults 55 and older.



**BANSHEE REEKS NATURE PRESERVE**

21085 The Woods Road, Leesburg, VA 20175  
703-737-8894 • [loudoun.gov/bansheereeks](http://loudoun.gov/bansheereeks)  
Seasonal Hours – March: 8:00am-6:00pm • April-Sept: 8:00am-8:00pm  
Open: Tuesday-Thursday, Saturday & Sunday  
Closed: Monday, Friday, & County Holidays  
[facebook.com/BansheeReeksNaturePreserve](https://facebook.com/BansheeReeksNaturePreserve)

**PRESCHOOL & ELEMENTARY AGE**

**STONE SOUP FOR KIDS**

(Ages 2-8) Learn about sharing, collaboration, and how veggies grow through this playful hands-on class. Meet at the education building. Parent participation required for ages 2-5.  
Free Sa 3/18 11:00am-12:00pm

**SPRING FLING ADVENTURE DAYS**

(Ages 6-11) Explore Banshee Reeks through hands-on activities and nature crafts with varied themes each day. Hike the trails and check out early spring flowers. Sign up for an individual class or all three days for your spring break staycation experience. This is a drop off activity.  
**367223-01** \$25 Tu 4/4 9:00am-12pm  
**367223-02** \$25 W 4/5 9:00am-12pm  
**367223-03** \$25 Th 4/6 9:00am-12pm

**NATURE EXPLORERS CLUB**

(Ages 6-11) Calling all curious kiddos who love being outside! Join us for weekly wildlife adventures including science investigations, hiking, outdoor games, and nature crafts. This 4-week drop off course meets each Wednesday, rain or shine. Registration includes a Banshee Reeks adventure sling pack stuffed with wildlife research supplies and a nature journal. Space is limited; Advanced registration required.  
**367222-01** \$65 W 4/12–5/3 4:00pm-5:30pm  
**367222-02** \$65 W 5/10–5/31 4:00pm-5:30pm

**STORYTIME GONE WILD**

(Ages infants-7) There's never been a storytime like this! We will put our bodies in motion as we explore nature stories and wildlife topics each month through interactive play. Classes take place outdoors on the 4th Tuesday each month. Bring a lawn blanket to sit on. In the event of rain, class is held in the education building.  
Free 4th Tu 9:30am-10:15am

**FIELD TRIPS FOR PRESCHOOL, ELEMENTARY & HOMESCHOOL**

(All ages) Have a group interested in an outdoor learning adventure? Our nature instructors will provide an experiential field trip that can be tailored to themed science/history activities. Email [BansheeReeks@loudoun.gov](mailto:BansheeReeks@loudoun.gov) for information, prices, and reservations.

**NATURE & HISTORY**

**FULL MOON HIKE & CAMPFIRE**

(Ages 5 & up) Experience wildlife after hours during this magical evening adventure! Join a Virginia Master Naturalist on a hike through moonlit woodlands while



**The Linear Parks and Trails System features:**

- A plan for a 425-mile, interconnected trails system that protects natural and cultural resources, honors Loudoun’s unique sense of place, and connects residents to each other
- Multi-use, dirt trails designed for hikers, runners, cyclists, and equestrians
- Access to waterways for canoe and kayak paddlers
- Resource corridors that provide wildlife habitat, water quality protection and property value enhancement
- A connection to county hubs and local destinations.



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



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. Private group reservations can be accommodated by contacting BansheeReeks@loudoun.gov. Meet at the education building.

<b>367715-01</b>	\$5	Tu	3/7	6:00pm-7:30pm
<b>367715-02</b>	\$5	Th	4/6	7:30pm-9:00pm
<b>267715-03</b>	\$5	F	5/5	8:00pm-9:30pm

SOUNDS OF NATURE WALK

(All ages) Learn to recognize common nature noises while walking in the woods. Expect to hike 1-2 miles while you practice identifying birds, frogs, and other wildlife by sound and song. This program includes the option to use bionic ears to magnify sounds.

<b>367742-01</b>	\$5	Su	3/26	4:30pm-6:00pm
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BIRDING FOR BEGINNERS

(Ages 10 & up) Birding can be intimidating, so let us help get you started! Learn the basics of bird identification and what to look for in the field so that you can confidently call yourself a “birder”. Binoculars NOT required. Each participant will take home their own field notebook and local bird list. Class includes field time on the trails, rain or shine. Meet at the education building.

<b>367786-01</b>	\$5	Sa	4/1	8:00am-10:00am
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WILDFLOWER WALK

(Ages 10 & Up) Enjoy learning about our native wildflowers and spring ephemerals from a Virginia Master Naturalist. Expect to hike 1-2 miles over varied terrain. Contact BansheeReeks@loudoun.gov to reserve group space. Meet at the Visitor's Center.

<b>367746-01</b>	\$5	Su	4/2	10:00am-11:30am
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PLANTING FOR LOCAL POLLINATORS

(All ages) Explore and observe the stages of plant growth then get your hands dirty planting your own native pollinator flowers. Class includes best practices for transitioning indoor seedlings outdoors. Participants will take home their own pollinator seedling. Meet at the education building.

<b>367745-01</b>	\$5	W	4/12	10:00am-11:00am
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HISTORICAL GHOST TOUR

(Ages 12 & up) Tour some of Banshee Reek's most haunted locations as you explore this historic property. Our resident historian will share chilling historical accounts and explain the supernatural meaning behind the name of the preserve. Meet at the Visitor Center and be prepared to walk to multiple sites.

<b>367742-01</b>	\$5	Sa	5/6	6:00pm-7:30pm
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BRANCHING OUT TREE HIKE

(Ages 8 & up) Learn to identify and appreciate local tree species from a Virginia Master Naturalist as you explore different habitats. Expect to hike 1-2 miles over varied terrain. Meet at the Visitor's Center.

<b>367741-01</b>	\$5	Su	5/7	1:00pm-2:30pm
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BREATHING IN NATURE

(Ages 10 & up) Learn strategies and techniques to reduce stress and increase mindfulness while immersed in nature. Taught by a licensed social worker, the class will emphasize belly breathing and walking meditation as tools to increase feelings of calmness and attunement with nature. Expect to hike 1-2 miles over varied terrain. Meet at the Visitor's Center.

<b>367743-01</b>	\$5	Su	5/21	2:00pm-3:00pm
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MONTHLY PROGRAMS

HIKING LEAGUE

(All ages) Meet up with other outdoor enthusiasts for a social hike along Banshee's extensive network of nature trails. Expect to hike 2+ miles at a moderately brisk pace. Rain cancels. Meet at the Visitor Center.

Free	1st W	10:00am-11:00am
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NATURE SKETCHING

(Ages 8 & up) Join us on the 2nd Sunday of each month for a free lesson in how

to sketch and draw local wildlife. Basic supplies are included but feel free to bring your own sketch journal and/or pencils. Meet at the Visitor Center.

Free	2nd Su	1:00pm-2:00pm
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YOGA IN THE PRESERVE

(Ages 8 & up) Enjoy the peace and serenity of an outdoor yoga class taught by a certified yoga instructor. No previous experience required. Bring your own yoga mat/blanket and come prepared for the elements. Meet at the Visitor Center.

Free	3rd W	10:00am-11:00am
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ONGOING ACTIVITIES

JUNIOR NATURALIST PROGRAM

(Ages 7 & 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-5:00pm
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WOODLANDS ROOM EXPLORATION

Stop by the Visitors Center during open hours to explore local wildlife and learn about nature. Displays and activities rotate seasonally.

Free Visitor's Center Hours	Tu-Th, Sat-Sun	9:00am-6:00pm
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VOLUNTEER DAYS

(All ages) Lend your hands to care for our lands! Join us on the 3rd 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. Email BansheeReeks@loudoun.gov to sign up.

Free	3rd Sa	ongoing	9:00am-12:00pm
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CLAUDE MOORE PARK

Visitor Center: 21544 Old Vestal's Gap Road, Sterling, VA 20164  
Athletic Fields: 46150 Loudoun Park Lane  
571-258-3700 • loudoun.gov/claudemoorespark  
Visitor Center/Discovery Room: Daily 9:00am-5:00pm  
Park Hours: Daily 7:00am-Dusk  
facebook.com/ClaudeMoorePark

ELEMENTARY SCHOOL AGE

Children explore the world around them in both outdoor and indoor settings. Play games, make crafts, explore habitats, and more. Dress to be outside!

OUTDOOR CLASSROOM ADVENTURES

(Ages 6-12) Children can take part in a fun and exciting hands-on learning experience. All classes will take place entirely outdoors focusing on nature and the environment. Bring a nature journal to record the exciting things you find during

your science adventure! Please remember to dress for the weather. Classes take place every Tuesday.

<b>361106-01</b>	\$40	Tu	3/7-3/28	10:00am-11:30am
<b>361106-02</b>	\$40	Tu	4/4-4/25	10:00am-11:30am
<b>361106-03</b>	\$50	Tu	5/2-5/30	10:00am-11:30am

NO SCHOOL NATURE DAYS

(Ages 6-11) Children can take part in a fun and exciting hands-on outdoor experience. Meet with live animals, explore dense forests, and play exciting games. Come with a packed lunch (no glass), a snack, and be ready for some outdoor fun!

<b>361109-01</b>	\$50	F	4/21	9:00am-2:00pm
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SCOUT PROGRAMS

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

CAMPFIRES

SPRING IS SOON CAMPFIRE

(All Ages) Help welcome spring as we celebrate nature emerging all around us. Search for budding plants, signs of animals, and birds returning to nest. After exploring, return to a warm campfire to roast marshmallows (provided, Halal available). Ages 3 and under free but must be accompanied by registered adult. Pre-registration required for all ages.

<b>361713-01</b>	\$5	Sa	3/11	6:00pm-7:15pm
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SPRING STORY STROLL & CAMPFIRE

(All Ages) Enjoy an enchanting story stroll through wooded trails. Stop along the trail to read, interact, and immerse yourself in the exciting story. After the stroll relax at a comfy campfire and roast delicious marshmallows (provided, Halal available). Pre-registration required for all ages. Children must be accompanied by a registered adult.

<b>361710-01</b>	Free	F	4/7	12:30pm-1:45pm
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NATURE WALK CAMPFIRE

(All Ages) Take a walk to appreciate the world around you. Check out the serene ponds and majestic forests. Stop by the campfire after the walk for toasted marshmallows (provided, Halal available). Ages 3 and under free but must be accompanied by registered adult. Pre-registration required for all ages.

<b>361724-01</b>	\$5	Sa	5/20	2:30pm-3:45pm
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VOLUNTEER OPPORTUNITIES

CMP VOLUNTEER NATURE & HISTORY INTERNS

(Entering 8th grade-12th grade) Interested in nature or in hands-on discovery of life in historic times? Claude Moore Park is looking for students to work with park staff to accomplish assignments in a variety of areas: nature study; habitat restoration; demonstrating daily skills from historic times, and nature and history summer camps. Space is limited. Contact 571-258-3700, claudemoores@loudoun.gov, or check loudoun.gov/claudemoorespark for information and application. New volunteers apply by 4/10; Returning Interns by 3/24.

Free	5/15-8/31
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MULTIAGE

For the following programs, children MUST be accompanied by a REGISTERED adult unless noted. Minimum numbers required to run programs; please register online in advance.

DISCOVERY ROOM ADVENTURE

(All Ages) Stop by the Visitor Center any day of the week between 9:00am and 5:00pm to visit with our live animals and explore a wealth of interesting items. Check out interesting displays, partake in activities, or join in on a Community Science Project. Themes vary so stop by often!

CMP OPEN HOUSES

(All Ages) Take a step through over 200 years of history. Built in 1779, the Lanesville Ordinary is a nationally registered historic place that has seen Loudoun County grow but has not lost its charm. Visit Frogshackle Cabin and explore the many hands-on nature items. Feel furs, examine bones, and get an up-close look at many specimens.

Free	Sa	3/11	1:00pm-3:00pm
Free	Sa	4/8	1:00pm-3:00pm
Free	Sa	5/13	1:00pm-3:00pm

LITTLE FOREST SCHOOL

(Ages 6-11) Enjoy an exciting joint adventure with the Loudoun Heritage Farm Museum and Claude Moore Park as we explore the natural world both past and present. Take part in gardening projects, wilderness survival activities, animal explorations, visit historic sites, and more. For more information and to register go to https://heritagefarmmuseum.org/

Per Student	\$495	M,W	3/6-5/24	10:00am-2:00pm
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FAMILY FISHING DAY

(All Ages) Enjoy a relaxing morning fishing at our stocked ponds. Don't worry if you don't have equipment or experience. Staff will be available to provide assistance and bait. Poles are available on a first-come, first-served basis. Price is per child ages 4 and up and must be accompanied by an adult. Pre-registration required for all ages.

<b>361718-01</b>	\$5	Su	3/19	10:00am-12:00pm
<b>361718-02</b>	\$5	F	4/7	10:00am-12:00pm
<b>361718-03</b>	\$5	Tu	5/16	10:00am-12:00pm

FAMILY ARCHERY

(Ages 8 & up) Let the arrows fly with friends and family. Practice your aim while playing archery games. Children under 14 must be accompanied by an adult. Adults must be registered to participate. Must be present at start of program for safety session. Pre-registration required for all ages.

<b>361715-01</b>	\$15	Su	3/19	2:00pm-3:30pm
<b>361715-02</b>	\$15	F	4/7	2:00pm-3:30pm
<b>361715-03</b>	\$15	Tu	5/16	2:00pm-3:30pm

EARTH DAY WILDLIFE WALK COMMUNITY SCIENCE SERIES

(All Ages) Enjoy a walk through the park while exploring for local wildlife. See what kinds of critters you can identify as you roam the forests.

Free	Sa	4/21	1:00pm-2:00pm
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FIELD TRIPS FOR PRESCHOOL, ELEMENTARY, & 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 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 for information and reservations.





## FRANKLIN PARK

17501 Franklin Park Drive, Purcellville, VA 20132  
540-338-7603 • [loudoun.gov/franklinpark](http://loudoun.gov/franklinpark)  
Park Hours: 7:00am - Dusk  
Office hours: Monday-Friday 9:00am-5:00pm  
[facebook.com/FranklinParkLoudoun](https://facebook.com/FranklinParkLoudoun)

### INSTRUCTORS WANTED

Franklin Park is looking for instructors who are willing to share their talents with the community through experiential engagement with children ages 7-13. 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 be 16 or older 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.



## HAL & BERNI HANSON REGIONAL PARK

22831 Hanson Park Drive, Aldie, VA 20105  
571-367-8360 • [loudoun.gov/hansonpark](http://loudoun.gov/hansonpark)  
Park Hours Dawn - Dusk  
Office Hours 9:00am-4:00pm  
[facebook.com/HansonRegionalPark](https://facebook.com/HansonRegionalPark)

### 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. Leaders and chaperones are free. Minimum fees apply. Email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for more information.

### YOUTH DROP OFF PROGRAMS

#### SCHOOL'S OUT(SIDE)

(Ages 6-11) Enjoy the day off from school while you explore local wildlife, hike along trails, complete outdoor challenges, and create art from nature. Bring your own picnic lunch and snack. Meet at the Nature Center.

<b>374201-01</b>	\$50	F	4/21	9:00am-2:00pm
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### MULTIAGE

#### PLANETARIUM SHOW

(All Ages) Explore the wonders of the universe in the Hanson Park Planetarium Show! This 45-minute program will begin with a guided tour of our solar system and then reach the very limit of the known universe. After, we will have an audience guided section.

<b>374701-01</b>	\$10	F	3/03	6:00pm-7:00pm
<b>374701-02</b>	\$10	F	4/07	6:00pm-7:00pm
<b>374701-03</b>	\$10	F	5/05	6:00pm-7:00pm

#### BUILD YOUR OWN TERRARIUM

(Ages 10 & up) Design a terrarium to bring a little green into your home or office. All materials provided. Learn the steps of adding soil, plants, and water in a glass container that matches your style.

<b>374702-01</b>	\$15	Sa	3/04	3:00pm-4:00pm
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#### NOCTURNAL CREATURES

(All Ages) Discover the creatures that roam Hanson Park at night! The night will begin with a campfire to warm up and then follow a naturalist through the woods in search of nocturnal creatures.

<b>374703-01</b>	\$8	F	3/10	5:30pm-7:00pm
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#### INTRODUCTION TO 3D PRINTING

(All Ages) Here is your chance to learn how a 3D printer works and how to use one. During this workshop you will be able to create your very own design that will be printed. You will be able to pick up your printed design one week after the workshop.

<b>374704-01</b>	\$10	Sa	3/18	10:00am-11:00am
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#### STORYBOOK TRAIL

(All Ages) A self-guided story hike. The story begins and ends at the Hanson Park Nature Center and follows a child-friendly path through the woods.

Free	Ongoing	3/20-3/27
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#### MY FIRST GARDEN

(Ages 3-6) This family-friendly program begins with a story about gardens. After, everyone will get the chance to plant and take home their own seeds.

<b>374101-01</b>	\$8	F	3/24	3:00pm-4:00pm
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#### SPRING FLOWER WALK

(All Ages) Some flowers only bloom for a short time in the spring. You will have the chance to learn about, and find these flowers on a naturalist-led walk through the woods.

<b>374705-01</b>	\$5	Sa	4/15	1:00pm-2:00pm
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#### BIOBLITZ

(All Ages) You can become a citizen scientist! A BioBlitz is an event to document as many plants, animals, and fungi as possible in iNaturalist.org. Start at the Hanson Park Nature Center and then go through the park taking pictures of the organisms you find. At the end of the event, we will identify as many of the pictures as possible.

Free	Sa	5/13	10:00am-4:00pm
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#### BIRDING AT BLES PARK

(Ages 55 & up) Enjoy a leisurely naturalist-led stroll through Bles Park. The focus

will be on finding and identifying the many beautiful birds of Bles Park. We will meet at 44830 Bles Park Dr, Asburn, VA 20147.

<b>374601-01</b>	\$3	F	5/26	10:00am-11:00am
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#### FAMILY FISHING DAY

(All Ages) Enjoy a morning of fishing around Hanson Park's largest pond, located behind the Lodge and Nature Center. Staff will be available to provide equipment and assistance. Those 16 and up must have a valid VA freshwater fishing license.

<b>374706-01</b>	\$5	Sa	5/20	10:00am-12:00pm
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#### BOOK CLUB

(Ages 14 & up) This once-a-month book club will meet at the Hanson Park Nature Center. This spring we will read The Sense of Wonder by Carson, The Unlikely Thru-Hiker by Lugo, and The Big Year by Obmascik. Email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for any questions.

<b>374501-01</b>	Free	Th	3/30	6:00pm-7:00pm
<b>374501-02</b>	Free	Th	4/27	6:00pm-7:00pm
<b>374501-03</b>	Free	Th	5/25	6:00pm-7:00pm

#### SECRET GARDEN RAPTOR SHOW

(All Ages) What do birds of prey do during the spring and summer months? Come learn about the owls, hawks, and falcons that live in Northern Virginia. Get up close with the bird ambassadors from Secret Garden Birds and Bees and hear their special stories.

<b>374707-01</b>	\$15	Sa	5/27	1:00pm-2:30pm
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## Daze & Fest Full-Day & 1/2 Day Specialty Camps Adaptive Rec Camp

We are in the process of evaluating the availability of summer staff and school sites. The number of openings in Daze and Fest Camps will likely be reduced. Please consider additional camps we offer at our community and recreation centers, and parks.

**PRCS Camp Guide Available Online**  
[loudoun.gov/camps](http://loudoun.gov/camps)  
starting  
**Friday, February 24**

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES  
**LOUDOUN.GOV/CAMPS**  
311-0775-4144

### GROUP FIELD TRIP

(Age range depends on activities) Have a group looking for an educational adventure? Join a park naturalist for themed field trips. Email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for information, prices, and reservations.

### TRAVELING NATURALIST

(Age range depends on activities) Bring a Hanson Park Naturalist to your school! Are you interested in a planetarium, animal, or other program to inspire your class? Email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for information, prices, and reservations.

### BIRTHDAY PARTY

(Age range depends on activities) Celebrate your birthday at Hanson Park! Choose themes like: Amazing Animals, Cozy Campfire, or Scavenger Hunt. Parties can include visit with park's turtle. Email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for information, prices, and reservations. Parties cost \$300, held on Sundays, 10:00am-1:00pm or 2:00pm-5:00pm.

### INSTRUCTORS WANTED

Hal and Berni Hanson Regional Park is looking for instructors who are willing to share their talents with the community through experiential engagement with children ages 4-13. Employment opportunities are typically during the spring, summer, and fall months and include leading activities such as archery, fishing, and leading summer camp. Additional responsibilities may include assisting with facilitation of birthday parties and other on property events. Must have completed 9th grade to apply. Please email [hansonpark@loudoun.gov](mailto:hansonpark@loudoun.gov) for more information.

## 2023 SUMMER CAMP REGISTRATION

### Early Registration

**WHO:**

- Families Who Participated in 2022 Summer Camps
- Families Eligible For Free & Reduced Lunch

**Can Register For All 2023 Camps**  
**Tuesday, March 7 at 8:30am to Friday, March 10 at 5:00pm**

**WebTrac Virtual Waiting Room:**  
If PRCS starts to receive a high-volume of users during the first week of registration, we may implement a Virtual Waiting Room for our WebTrac customers.

### Open Registration

**Registration Opens To All For 2023 Camps**  
**Tuesday, March 14 starting at 8:30am**

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES  
**LOUDOUN.GOV/CAMPS**  
311-0775-4144



# ADULT SPORTS

SPRING  
REGISTER  
NOW!

## SOFTBALL APRIL 3

Whether your goal is to meet new friends, socialize or compete, our adult softball league has it all. Double headers are played on a weekly basis for 9 weeks at Potomack Lakes Sportsplex and Philip A. Bolen Memorial Park. Men's and COED divisions are offered.

## APRIL 2 SOCCER

Reignite your competitive fire at the new Hal and Berni Hanson Regional Park in our 7v7 soccer league on Wednesday (Men's Open) & Thursday (COED Open) nights. 11v11 will be offered on Sunday mornings at Potomack Lakes.

## BASKETBALL APRIL 17

New format and more basketball! The league consists of 12 games (6 weeks) plus potential playoffs held at Farmwell Station Middle School on Monday or Wednesday nights. Men's and Women's divisions are offered.

## APRIL 19 KICKBALL

Reminisce over the playground glory days every Monday or Friday night in our COED Kickball league held at Hal and Berni Hanson Regional Park for 8 weeks.

SCAN FOR  
PROGRAMS



Join the free agents list for most leagues by contacting:  
**ADULTSPORTS@LOUDOUN.GOV**  
**703-771-5211**



## ADAPTIVE RECREATION

742 Miller Drive SE, Leesburg, VA 20177  
703-737-8042  
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 Arts for All and the many opportunities that exist to volunteer with our programs. Please contact Michelle Waugh or Kellie.Goossens@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. Newcomer's welcome. Please call Maria Auger at 703-771-5013 for more information.

**Location: 742 Miller Drive SE, Leesburg, VA 20177**  
4th F ongoing

### INTEGRATION OPPORTUNITIES

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

### LOUDOUN COUNTY SPECIAL OLYMPICS COMMITTEE MEETING

Volunteers, athletes, coaches, committee members meet monthly. New members should email ahead for date, time, and location. Contact Chris.Caesar@loudoun.gov

### PARENT SUPPORT GROUP

Many parents of children with disabilities feel overwhelmed and isolated. We offer parents the opportunity to connect, support, and share with one another. This group, for parents with children of all ages and abilities, typically meets on the third Thursday of every month. Child care is provided when attending the sessions. If interested, please email adaptrec@loudoun.gov.

## GENERAL INTEREST

### DOWN ON THE FARM

(All Ages, Levels 1,2) The Amish Village offers an authentic look at Amish lifestyle today. Located on 12 scenic acres of land, The Amish Village lets visitors enjoy a genuine Amish property and experience Amish culture up close. We will start the day with a backroads bus tour then tour the village. Lunch will be provided.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA 20177**  
**341711-01** \$90 Sa 3/4 9:00am-6:30pm

### COOKING CLASS

(Ages 16 & up, All Levels) Cooking convenience at its best! Microwave mug cooking recipes are all easy to make, most only require a few ingredients, and they can all be made in a mug that you just pop into the microwave! It doesn't get much more convenient than that.

**Location: 742 Miller Drive SE, Leesburg, VA 20177**  
**341762-01** \$75 Th 3/9-3/23 4:30pm-6:30pm

### BEAUTY & THE BEAST

(All Ages, All Levels) When her father is imprisoned in a mysterious castle, Belle's attempt to rescue him leads to her capture by the Beast, a grisly and fearsome monster, who was long ago trapped in his gruesome form by an enchantress. The only way for the Beast to become human once again is if he learns to love and be loved in return. Join us for the Arts for All musical at Franklin Park Arts Center. We will be having dinner before the show at Anthony's. Dinner is included.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA 20177**  
**341729-01** \$75 Sa 3/18 5:00pm-10:00pm

### DINNER & A MOVIE

(Ages 16 & up, All Levels) Join us for a movie night. Before the show enjoy dinner with great friends! Movies will be decided closer to the date of the showing. Dinner will be provided. Movies & dinner will be indoor in the program room. If weather permits, we may move outdoors.

**Location: 742 Miller Drive SE, Leesburg, VA 20177**

<b>341713-01</b>	\$40	F	3/10	5:30pm-9:00pm
<b>341713-02</b>	\$40	F	3/24	5:30pm-9:00pm
<b>341713-03</b>	\$40	F	4/7	5:30pm-9:00pm
<b>341713-04</b>	\$40	F	4/21	5:30pm-9:00pm
<b>341713-05</b>	\$40	F	5/12	5:30pm-9:00pm
<b>341713-06</b>	\$40	F	5/26	5:30pm-9:00pm

### THE ART OF CLAY

(Ages 16 & up, Levels 1,2,3) Pottery is one of the oldest and most widespread of the decorative arts. Join us for pottery making. All supplies and materials provided. Lunch will be provided.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA 20177**  
**341712-01** \$90 Sa 4/15 3:00pm-7:30pm

### SNUGGLE & MINGLE

(Ages 16 & up, Levels 1,2) Baby goat snuggling is pure love, relaxation, fun and laughter! We should really call this event "napping with goats" because brand-new babies love to take a nap in your lap. Soon you're so relaxed and happy that you will want to take a nap too! After our snuggles we will tour the farm and have a picnic lunch. Lunch will be provided.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA 20177**  
**341718-01** \$75 Sa 5/6 10:30am-3:30pm

### DANCE CLASS

(Ages 16 & up, All levels) Join us as we dance to a wide mix of music styles, including country, pop and hip hop. No advanced dances are done in this slow-paced class. Come meet some great people and have some fun.

**Location: 742 Miller Drive SE, Leesburg, VA 20177**  
**341724-01** \$25 Th 5/11-5/25 4:30pm-6:00pm

### FOOD FUN & FRIENDS

(All Ages, All Levels) Let's spend the day having fun! Fun Land of Fairfax is our destination for a day of fun! Fun Land has everything we need to provide an unforgettable day of fun, friends, and food! Lunch will be provided

**Depart/Return: 742 Miller Drive SE, Leesburg, VA 20177**  
**341716-01** \$95 Sa 5/20 11:00am- 4:30pm

## SPORTS

### WATER FUN FIT

Water Fun Fit is returning! More details coming soon!  
**Location: Claude Moore Recreation Center**



**SPARE TIME BOWLING**  
(Ages 16 & up, All Levels) Relax on a Friday afternoon with bowling! This program teaches the basics of the game, promotes socialization and community aware-ness. 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 Bowlero.

**Location: The Branch Bowling Alley**

<b>341710-01</b>	\$40	F	3/10	2:30pm-5:00pm
<b>341710-02</b>	\$40	F	3/24	2:30pm-5:00pm
<b>341710-03</b>	\$40	F	4/7	2:30pm-5:00pm
<b>341710-04</b>	\$40	F	4/21	2:30pm-5:00pm
<b>341710-05</b>	\$40	F	5/12	2:30pm-5:00pm
<b>341710-06</b>	\$40	F	5/26	2:30pm-5:00pm



SPORTS

ADULT

Age is just a number and for many adults their glory days are behind them...or are they? Whether your goal is to meet new friends, socialize, or reignite your competitive fire, PRCS offers a variety of adult sports leagues and tournaments for people 18 & older.

<b>Spring</b>	<b>Fall</b>
Cricket	Cricket
Flag Football	Softball
Kickball	Soccer
Soccer	Ultimate Frisbee
Softball	
Ultimate Frisbee	

<b>Winter</b>
Basketball
Volleyball

<b>Summer</b>
Cricket
Softball
Ultimate Frisbee

YOUTH CAMPS & CLINICS

All youth camps and clinics are coed unless otherwise noted.

TENNIS

**LOUDOUN COUNTY TENNIS ACADEMY MIDDLE SCHOOL TENNIS LEAGUE-DEVELOPMENT MATCH PLAY**  
(Ages 9-14) Loudoun County Tennis Academy (LCTA) is offering Middle School tennis players an opportunity to play matches every Sunday against players from other middle schools in Loudoun County on High School tennis courts (HS courts will be updated on www.LCTAcademy.net). Development players can serve the ball in the box at less than 50% of the time, know the rules of tennis, can hit and rally ground strokes in the court less than 50% of the time, and have none or very little match play experience (league or tournament matches). For more information go

to www.LCTAcademy.net or email jrosado@lctacademy.net. No session on April 9th				
\$280	Su	3/19-5/14	2:00pm-4:00pm	
<b>321611-01</b>	Location: HS in the area - Trailside MS League			
<b>321611-02</b>	Location: HS in the area - Farmwell Station MS League			
<b>321611-03</b>	Location: HS in the area - Lunsford MS League			
<b>321611-04</b>	Location: HS in the area - Stone Hill MS League			
<b>321611-05</b>	Location: HS in the area - Belmont Ridge MS League			
<b>321611-06</b>	Location: HS in the area - Blue Ridge MS League			
<b>321611-07</b>	Location: HS in the area - Harmony MS League			
<b>321611-08</b>	Location: HS in the area - Mercer MS League			
<b>321611-09</b>	Location: HS in the area - Willard MS League			
<b>321611-10</b>	Location: HS in the area - Brambleton MS League			
<b>321611-11</b>	Location: HS in the area - Eagle Ridge MS League			
<b>321611-12</b>	Location: HS in the area - Other MS League			

**LOUDOUN COUNTY TENNIS ACADEMY MIDDLE SCHOOL TENNIS LEAGUE-INTERMEDIATE MATCH PLAY**  
(Ages 9-14) See description for LCTA MS Tennis League – Development. Interme-diate players can serve the ball in the box at least 50% of the time, know the rules of tennis, can hit and rally ground strokes in the court 50% of the time, and have 2 or more years of match play experience (league or tournament matches). For more information go to (www.LCTAcademy.net) or email (jrosado@lctacademy.net). No session on April 9th.

\$280	Su	3/19-5/14	12:00pm-2:00pm
<b>321612-01</b>	Location: HS in the area - Trailside MS League		
<b>321612-02</b>	Location: HS in the area - Farmwell Station MS League		
<b>321612-03</b>	Location: HS in the area - Lunsford MS League		
<b>321612-04</b>	Location: HS in the area - Stone Hill MS League		
<b>321612-05</b>	Location: HS in the area - Belmont Ridge MS League		
<b>321612-06</b>	Location: HS in the area - Blue Ridge MS League		
<b>321612-07</b>	Location: HS in the area - Harmony MS League		
<b>321612-08</b>	Location: HS in the area - Mercer MS League		
<b>321612-09</b>	Location: HS in the area - Willard MS League		
<b>321612-10</b>	Location: HS in the area - Brambleton MS League		
<b>321612-11</b>	Location: HS in the area - Eagle Ridge MS League		
<b>321612-12</b>	Location: HS in the area - Other MS League		

**LOUDOUN COUNTY TENNIS ACADEMY MIDDLE SCHOOL TENNIS LEAGUE-ADVANCED MATCH PLAY**  
(Ages 9-14) See description for LCTA MS Tennis League – Development. Ad-vanced players can serve the ball in the box consistently (at least 70%), know the rules of tennis, can hit, and rally consistent ground strokes, and have many years of match play experience (league or tournament matches). For more information go to (www.LCTAcademy.net) or email (jrosado@lctacademy.net). No session on April 9th.

\$280	Su	3/19-5/14	10:00am-12:00pm
<b>321613-01</b>	Location: HS in the area - Trailside MS League		
<b>321613-02</b>	Location: HS in the area - Farmwell Station MS League		
<b>321613-03</b>	Location: HS in the area - Lunsford MS League		
<b>321613-04</b>	Location: HS in the area - Stone Hill MS League		
<b>321613-05</b>	Location: HS in the area - Belmont Ridge MS League		
<b>321613-06</b>	Location: HS in the area - Blue Ridge MS League		
<b>321613-07</b>	Location: HS in the area - Harmony MS League		
<b>321613-08</b>	Location: HS in the area - Mercer MS League		
<b>321613-09</b>	Location: HS in the area - Willard MS League		
<b>321613-10</b>	Location: HS in the area - Brambleton MS League		
<b>321613-11</b>	Location: HS in the area - Eagle Ridge MS League		
<b>321613-12</b>	Location: HS in the area - Other MS League		

**LOUDOUN COUNTY TENNIS ACADEMY – ORANGE BALL MATCH PLAY LEAGUE**  
(Ages 7-10) The Brazilian Soccer Skill clinics are open to all kids to learn genuine Brazilian Soccer. The players will develop footwork, physical, technical, and tactical aspects of the game in a fun and safe environment. The clinic is a 1-hour session to experience high-intensity and quality training. Please call 703-777-0343 for more information or email contact@brazilianunited.com.

**Location: Independence HS, Ashburn**

<b>321614-01</b>	\$280	Su	3/19-5/14	4:00pm-6:00pm
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SOCCER

**BRAZILIAN UNITED SOCCER ACADEMY CLINIC**  
(Ages 7-15) The Brazilian Soccer Skill clinics are open to all kids to learn genuine Brazilian Soccer. The players will develop footwork, physical, technical, and tactical aspects of the game in a fun and safe environment. The clinic is a 1-hour session to experience high-intensity and quality training. Please call 703-777-0343 for more information or email contact@brazilianunited.com.

**Location: East Gate Park, South Riding**

(Ages 11-15)				
<b>321615-01</b>	\$130	Su	4/16-5/28	9:00am-10:00am
(Ages 7-10)				
<b>321615-02</b>	\$130	Su	4/16-5/28	10:00am-11:00am

**BRAZILIAN UNITED SOCCER ACADEMY CLINIC**  
(Ages 4-6) Future Star is the perfect introduction to the fun world of soccer. Chil-dren are introduced to the basics of soccer in a play-oriented yet structured for-mat, using child-friendly but realistic soccer equipment. Each child is given the opportunity to work within their ability level but taught in a group environment. Please call 703-777-0343 for more information.

**Location: East Gate Park, South Riding**

<b>321616-01</b>	\$130	Su	4/16-5/28	11:00am-11:50am
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BASKETBALL

**COREY STITZEL SPRING BASKETBALL TRAINING**  
(Ages 7-18) Join former D1 and elite AAU coach, Corey Stitzel for spring training. This training will focus on offensive moves and skills to help you become a better offensive player!

**Location: Brambleton MS**

<b>321015-04</b>	\$275	M	3/20-5/8	6:15pm-7:15pm
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**COREY STITZEL SPRING BASKETBALL SHOOTING CLINIC**  
(Ages 7-18) Join former D1 and elite AAU coach, Corey Stitzel for basketball shooting clinics. This training will focus on shooting techniques on how to become an elite shooter. Become a better shooter this spring by learning to shoot off the catch and how to move on offense.

**Location: Brambleton MS**

<b>321028-01</b>	\$275	Th	3/23-5/11	6:15pm-7:15pm
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**GIANT BASKETBALL SPRING BREAK CAMP**  
(Ages 6-13) Former NBA star, Gheorghe Muresan and his coaches emphasizes fundamentals of basketball, team play and positive participation to give your child a solid foundation of basketball knowledge. For more information visit our website: www.giantbasketball.com or email GBA@GiantBasketball.com

**Location: Willard MS**

<b>321021-03</b>	\$210	M-F	4/3-4/7	8:30am-3:00pm
<b>Location: Brambleton MS</b>				
<b>321021-04</b>	\$210	M-F	4/3-4/7	8:30am-3:00pm

**GIANT BASKETBALL 3V3 SPRING LEAGUE**  
(Ages 6-12) Join former Washington Wizard, Gheorghe Muresan for some exciting 3v3 basketball. Giant Basketball emphasizes fundamental skill development, team play, and positive participation to give your child a solid foundation of basketball knowledge. Teams will have one weekday practice and one game per week on Saturday under the coaching of GBA coaches. Please register by your preferred practice location. We do accept teammate requests. For more information visit our website: www.giantbasketball.com or email GBA@GiantBasketball.com

**(Ages 6-8)**

**Location: Belmont Station ES**

<b>321023-04</b>	\$200	M	3/27-5/22	6:00pm-7:00pm
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**Location: Legacy ES**

<b>321023-05</b>	\$200	Tu	3/28-5/23	6:00pm-7:00pm
<b>321023-08</b>	\$200	Th	3/30-5/25	6:00pm-7:00pm

**Location: Hillside ES**

<b>321023-06</b>	\$200	Tu	3/28-5/23	6:00pm-7:00pm
<b>Location: Goshen Post ES</b>				
<b>321023-07</b>	\$200	W	3/29-5/24	6:00pm-7:00pm

**(Ages 8-10)**

**Location: Legacy ES**

<b>321024-04</b>	\$200	M	3/27-5/22	6:00pm-7:00pm
<b>321024-06</b>	\$200	Tu	3/28-5/23	7:00pm-8:00pm
<b>321024-07</b>	\$200	W	3/29-5/24	6:00pm-7:00pm
<b>321024-09</b>	\$200	Th	3/30-5/25	7:00pm-8:00pm

**Location: Belmont Station ES**

<b>321024-05</b>	\$200	M	3/27-5/22	7:00pm-8:00pm
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**Location: Hutchison Farm ES**

<b>321024-08</b>	\$200	Th	3/30-5/25	6:00pm-7:00pm
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**(Ages 10-12)**

**Location: Legacy ES**

<b>321025-04</b>	\$200	M	3/27-5/22	7:00pm-8:00pm
<b>321025-06</b>	\$200	W	3/29-5/24	7:00pm-8:00pm

**Location: Hillside ES**

<b>321025-05</b>	\$200	Tu	3/28-5/23	7:00pm-8:00pm
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**Location: Goshen Post ES**

<b>321025-07</b>	\$200	W	3/29-5/24	7:00pm-8:00pm
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**Location: Hutchison Farm ES**

<b>321025-08</b>	\$200	Th	3/30-5/25	7:00pm-8:00pm
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EVENTS & TRIPS

MARCH

**DR. SEUSS DAY CELEBRATION**  
(Ages 5 & under) Celebrate the birthday of Dr. Seuss! Read Dr. Seuss stories and enjoy zany games and activities with Seussian flair. Call 703-430-9480 for more information.

**Location: Sterling Community Center**

<b>303706-01</b>	\$4	Th	3/2	11:00am-12:00pm
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**PHILADELPHIA FLOWER SHOW**  
(All Ages) Enjoy a day trip to the nation's largest and longest-running horticultural event, which features stunning displays by the world's premier floral and land-scape designers. We will travel by charter bus, leaving the Dulles South Recreation & Community Center at 7:00am, and leaving the convention center promptly at 5:30pm. This is a non-chaperoned event; minors MUST be accompanied by a parent. Price includes cost of charter bus and ticket to the show. Call 571-258-3456 for more information.

**Location: Dulles South Recreation & Community Center**

<b>305900-01</b>	\$100	Sa	3/11	7:00am-9:00pm
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**COMMUNITY YARD SALE**  
(Ages 18 & up) Do you have extra items laying around the house that you would like to sell? Get a 16x16 space at our community yard sale for only \$15. Feel free



to bring your own pop-up tent. Pre-registration required by the Friday before. Call 703-771-5913 for more information.

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

<b>304707-01</b>	\$15	Sa	3/11	7:00am-2:00pm
<b>304707-02</b>	\$15	Sa	4/15	7:00am-2:00pm

**DADDY-DAUGHTER DANCE**

(Ages 3-12) Take your little princess out for a night to remember. Dress your best for dancing, refreshments, and a commemorative photograph. Register early as spaces are limited and this event usually fills. No onsite registration. \$25 for a couple, \$10 for each additional daughter.

**Location: Lovettsville Community Center**

<b>302706-01</b>	\$25/per couple	Sa
3/11	5:30pm-7:30pm	
<b>302706-02</b>	\$10/additional daughter	Sa
3/11	5:30pm-7:30pm	

**HISTORIC ENCOUNTERS DAY**

(All Ages) Step into the past with Claude Moore Park, Loudoun Heritage Farm Museum, and the Virginia Piedmont Heritage Area Association as you engage in immersive historic activities. Different themes each event. 3/13 – Natural Resources. 4/18 – Tech and Machines. 5/9 – Spring Bounty. Go to <https://heritagefarmmuseum.org/> to register. Ages 3 and under are free.

**Location: Claude Moore Park Historic Area & Heritage Farm Museum**

Per Person	\$10	
Group Rate	\$7.50 (4 or more), \$5 (20 or more)	
M	3/13	10:00am-1:00pm
Tu	4/18	10:00am-1:00pm
Tu	5/9	10:00am-1:00pm

**9TH ANNUAL BLUEMONT SHAMROCK RACE 5K/10K**

(All Ages) Join us for our 9th annual 5K/10K race on a gorgeous course and post-race celebration at Dirt Farm Brewing. The scenic and rolling 10K course will take you on a journey through the scenic back roads of Bluemont, VA. You will run past numerous farms along the Blue Ridge on gravel roads. The 5K is an out and back on all blacktop roads that offers a nice scenic run. Start/Finish parking is located at Great Country Farms, Bluemont VA. Registration information at [www.bluemont-shamrockrace.com](http://www.bluemont-shamrockrace.com). Call 540-554-8643 for more information.

**Location: Bluemont Community Center**

Sa	3/18	9:00am-11:00am
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**WINE & ALE TRAIL EXCURSION**

(Ages 21 & up) 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 10:45am for check in. We will then depart at 11:00am 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: Notaviva Farm Brewery & Winery. Stop 3: Harvest Gap Brewery

**Location: Loudoun Valley Community Center**

<b>301407-01</b>	\$19	Sa	3/18	11:00am-3:00pm
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**UNDER THE SEA PUPPET SHOW**

(All Ages) Come and enjoy a morning of excitement. You and your family will enjoy a presentation that includes live sea animals. After the presentation we will enjoy snacks and your children can visit our Sand Dunes area. Call 703-771-5913 for more information.

**Location: Douglass Community Center**

<b>304704-01</b>	\$5	Sa	3/18	11:00am-12:30pm
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**PRCS ON THE GO**

(All Ages) Join us at a PRCS park for a surprise pop-up event. You bring your family; we bring the equipment. Come out for a moon bounce, jumbo stack cups, scooters, crafts, chalk, and more! Call 703-771-5913 for more information.

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

Free	3/20	M	10:00am-1:00pm
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**Location: Brambleton Community Park**

Free	4/17	M	10:00am-1:00pm
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**Location: Greg Crittenden Memorial Park**

Free	5/15	M	10:00am-1:00pm
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**MOVIE ON THE LAWN**

(All Ages) Bring the family with a blanket or chair to sit on! All children must be accompanied by a parent. Movie starts at 7:00pm, movie title TBD closer to date. Contact LVCC at 571-367-8444 for information on this event.

**Location: Loudoun Valley Community Center**

<b>301120-01</b>	Free	F	3/24	7:00pm
<b>301120-02</b>	Free	F	5/26	7:00pm

**BREAKFAST WITH THE EASTER BUNNY**

(All Ages) Come down to the Old Schoolhouse and meet the Easter Bunny! Enjoy an epic egg hunt, games and a delicious continental breakfast. Bring your camera and take pictures with the bunny. The event is outdoors, and advanced registration is required. For more information, call 703-771-5281 or email [Lucketts@lounoun.gov](mailto:Lucketts@lounoun.gov).

**Location: Lucketts Community Center**

<b>309742-01</b>	\$5	Sa	3/25	8:30am-10:00am
<b>309742-02</b>	\$5	Sa	3/25	10:30am-1200pm

**UNDERWATER EGG HUNT**

(All Ages) Come join us for an amazing underwater Easter egg hunt filled with fun games and laughter. Hunters under the age of 5 will traverse the vast beach area for their eggs, while older participants will deep dive to discover their loot. The Easter Bunny himself will make an appearance. Hunters under the age of 3 will get free entry. Please adhere to normal pool rules i.e., proper swim attire and children under the age of 6 will need an adult in the water with them.

**Location: Dulles South Recreation & Community Center**

<b>305712-01</b>	\$5	Sa	3/25	9:00am-9:45am
<b>305712-02</b>	\$5	Sa	3/25	10:00am-10:45am

**DISCO ROLLER NIGHT**

(All Ages) Join Dulles South for our very first Disco Roller Night! Who doesn't love a roller disco? Strap on those skates, get down and boogie, twist and shout, moon-walk, and more! We love to party, and a roller disco is where it's at! Put on your bell bottoms and spin around to the grooviest tunes. Must provide your own skates. All types of skates are allowed. No black wheels.

**Location: Dulles South Recreation & Community Center**

<b>305706-01</b>	\$5	F	3/31	5:00pm-8:00pm
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**APRIL**

**TRICKS ARE FOR KIDS**

(All Ages) Join us at Bluemont for our Annual Easter Egg Hunt. That silly rabbit might have tricks planned for this event. Egg Hunt for ages 5 and under will begin at 10:00am and ages 6 and older at 10:15am. Event is free and bring your own baskets. For more information contact us at 540-554-8643

**Location: Bluemont Community Center**

Free	Sa	4/1	10:00am-11:00am
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**SAND EGG HUNT WITH THE EASTER BUNNY**

(All Ages) Join the Easter Bunny and friends for doughnuts in the multi-purpose room after you hunt eggs in the sand. We will decorate Easter Eggs, visit with the Bunny, jump in our moon bounces, play spring games, and enjoy crawling through pop-up tents. Remember to bring your camera! For more information call 703-771-5913. Advance registration required by 3/27. Call 703-771-5913 for more information.

**Location: Douglass Community Center 705-H East Market St., Leesburg**

<b>304702-01</b>	\$5	Sa	4/1	11:00am-12:30pm
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**PRESCHOOL EGG HUNT**

(Ages 2-5) Bringing this 30+ year tradition back to its roots! Join us in Philomont Park for a children/parents only hunt for children ages 2-5. A special area will be mark off for this event. Bring your own bucket to collect eggs. Hunt will begin at 10:00am and lite refreshments will be served. Advanced registration is required.

**Location: Philomont Community Park**

<b>311703-02</b>	Free	Sa	3/25	10:00am-11:30am
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**SCHOOL-AGED FLASHLIGHT EASTER EGG HUNT**

(Ages 5-11) Bring your flashlight and hunt for eggs in the dark! Hunt will begin at dark, plan to arrive no later than 7:30pm. Children will be separated into age groups. Parents are not permitted to assist children. Call 540-338-5882 for more information. Advanced registration is required.

**Location: Philomont Community Park**

<b>311703-01</b>	\$8	Sa	3/25	7:30pm-9:00pm
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**EGGCELLENT ADVENTURES!**

(All Ages) Hop around our many stations focusing on Mother Nature's egg laying animals. Visit live egg laying animals and take part in eggciting activities. Stop by the campfire to roast marshmallows (provided, Halal available). Pre-registration required for all ages. Activities focused for ages 2-11. Rain date for all sections is 4/6. Call 571-258-3700 for information.

**Location: Claude Moore Park Discovery Grove**

<b>361719-01</b>	\$5	W	4/5	10:00am-11:00am
<b>361719-02</b>	\$5	W	4/5	11:00am-12:00pm
<b>361719-03</b>	\$5	W	4/5	12:00pm-1:00pm

**EGG HUNT**

(Ages 1-11) Don't miss the Lovettsville Community Center's annual egg hunt at the Community Park! The hunt will have a rolling group start by age. Register early as spaces are limited and this event usually fills. No onsite registration.

**Location: Lovettsville Community Park**

<b>302702-01</b>	\$5	W	4/5	10:30am-11:30am
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**EASTER EGG HUNT**

(Ages 2-11) We're bringing you a morning that's full of fun and surprises, so make sure you celebrate Easter at Purcellville's most egg-citing event! Here's what to expect: Easter egg hunting, surprise from a special guest, family activities, arts and crafts, and more. Bring your cameras for pictures with our special guest.

**Location: Loudoun Valley Community Center**

<b>301129-01</b>	Free	Th	4/6	10:00am-11:00am
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**EGG HUNT & FUZZY BUNNIES**

(Ages 2-10) This is an extraordinary egg hunt with a springtime petting zoo! Kids can pet bunnies, chicks, ducks, miniature goats, and more! Parents don't forget your cameras. Age groups for hunting: 2-3 years old at 11:20am, 4-6 years old at 11:40am, and 7-10 years old at 12:00pm. Call 703-430-9480 for more information.

**Location: Sterling Community Center**

<b>303701-01</b>	\$6	Sa	4/8	11:00am-12:30pm
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**EMPANADA DAY**

(All Ages) Here's your chance to try an empanada in a different form other than what you may be used to. Come and expand your palate by creating a sweet, or savory empanada of your choice!

**Location: Sterling Community Center**

<b>303701-07</b>	\$3	Sa	4/8	12:00pm-5:00pm
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**FAMILY PAINT NIGHT**

(Ages 3 & up) Bluemont is offering an enjoyable family night of painting. Children and parents will have the opportunity to create the perfect spring painting. Chil-

dren must be accompanied with a painting adult. Call 540-554-8643 for more information.

**Location: Bluemont Community Center**

<b>306708-01</b>	\$15	F	4/14	6:30pm-8:30pm
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**SPRING SPLASH**

(All Ages) Join us as we hop into spring! Spring themed fun, music, and activities at the Leisure Pool for all. Everyone attending should be registered. Adults and children 3 years an up \$5, 2 years and younger, Free.

**Location: Claude Moore Recreation & Community Center**

<b>373782-01</b>	\$5	Sa	4/15	9:30am-10:30am
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**MOVIES ON THE LAWN**

(All Ages) Grab your chairs, picnics, and popcorn, and come out to enjoy this family friendly line-up at our brand-new amphitheater. The event is free, and all are welcome. No tickets are required, but capacity may be limited. Call 703-771-5913 for more information.

**Location: Douglass Community Center (407 East Market St., Leesburg)**

Movie: 42				
Free	4/21	F	8:30pm-10:30pm	
Movie: Hidden Figures for National Space Day				
Free	5/5	F	8:30pm-10:30pm	
Movie: The Secret Life of Bees for National Bee Day				
Free	5/19	F	8:30pm-10:30pm	
Movie: Red Tail				
Free	6/2	F	8:30pm-10:30pm	
Movie: Antwone Fisher				
Free	6/16	F	8:30pm-10:30pm	
Movie: Men of Honor				
Free	6/30	F	8:30pm-10:30pm	

**BIG TRUCK DAY**

(All Ages) Are you interested in big trucks and tractors?! Come and have a hands-on experience at Big Truck Day! You will be able to push buttons, beep horns, enjoy the bells, whistles and sirens as you climb on and explore various trucks, tractors and more! Lunch provided. Children must be accompanied by a parent. Children 2 & under free. Weather permitting. Call 540-338-5882 for more information.

**Location: Philomont Community Center**

<b>311700-01</b>	\$5	F	4/21	12:00pm-2:00pm
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**EARTH DAY CLEAN-UP**

(All Ages) Would you like the chance to help keep the park looking wonderful? Look no further. Join us for the day and lend a helping hand in our continuous effort to keep the park's trails, streams, and fields beautiful and clean. Call 571-258-3700.

**Location: Claude Moore Park Visitor Center**

<b>361712-01</b>	Free	Sa	4/15	9:30am-12:00pm
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**EARTH DAY**

(All Ages) Plant a plant with us to take home and help make our environment a better place. Learn some fun cool facts about Earth Day and take away something that you can do to help the environment.

**Location: Sterling Community Center**

<b>303701-04</b>	Free	Sa	4/22	10:00am-12:00pm
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**EARTH DAY EXTRAVAGANZA**

(All Ages) Celebrate Earth Day at Loudoun County's annual event! Learn about environmental issues through hands-on activities, educational demonstrations, and nature crafts. Enjoy guided tours and family-friendly festival games while discovering ways to live a more sustainable life. Bring the whole family – there's something for everyone!

**Location: Banshee Reeks Nature Preserve**

Free	Sa	4/22	10:00am-2:00pm
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**JAZZ IN THE GRASS**

(All Ages) Come out and unwind with live music in our amphitheater at our newly renovated outdoor area.. Bring your blankets, your favorite snacks, and an outdoor game to entertain you and your family while you lay out, or dance in the grass area



with friends and family.  
**Location: Sterling Community Center**  
**303701-08** Free F 4/28 5:00pm-8:00pm

**FAIRY FESTIVAL!**  
(All Ages) Join us for our Fairy Festival on April 29th! Enjoy a scavenger hunt along a wooded magical trail, a face painting and tattoo station, moon bounces, whimsical crafts, and a fairy house contest! Bring a fairy house you built at home to submit into the contest and participants will vote for their favorite houses during the event. The best one made will win a special prize! Don't forget to come dressed up, costumes are encouraged! Must register in advance. There will be no same day registration. Registration ends at 5pm April 28th or until full. Children 2 and under free.  
**Location: Dulles South Recreation & Community Center**  
**305704-01** \$15 Sa 4/29 12:00pm-3:00pm

**THE ANNUAL LUCKETTS SPRING YARD SALE**  
(Ages 18 & up) Clean out your attic and basement and make some money or shop until you drop! Tables rent for \$10 each and buyers come for free. Call 703-771-5281 or email Lucketts@loudoun.gov for more information.  
**Location: Lucketts Community Center**  
**309760-01** \$10 Sa 4/29 7:00am-3:00pm

MAY

**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**  
**305703-01** Free F 5/5 7:30pm-10:30pm

**CLAUDE MOORE SPRING FEST**  
(All Ages) Join in an exciting celebration of all that Claude Moore has to offer. Check out the main stage for music and performances. Take part in chalk art, craft stations, historic and environmental demonstrations, moon bounces, community organization stations, live animals, and much more. For those 21 and up feel free to relax in the Wine Garden (drink limits and fees apply). Claude Moore Park, Claude Moore Recreation and Community Center, and the Loudoun Heritage Farm Museum are proud to fill the park with loads of free and exciting activities for everyone to enjoy. Call 571-258-3700 for information.  
**Location: Claude Moore Park Historic District**  
Free Sa 5/6 10:00am-3:00pm

**LOUDOUN LATINO FESTIVAL**  
(All Ages) Get ready for a fiesta of fun at the Loudoun Latino Festival! This free community event is a celebration of Latino culture in the DMV, featuring live music and entertainment, delicious food, and exciting giveaways. You'll also have the chance to discover local businesses, nonprofit and commercial vendors, and enjoy children's activities like face painting, crafts, moon bounces, jumbo cup stacks, and more. Don't miss out on this cultural extravaganza. Call 703-771-5913 for more information or to become a vendor.  
**Location: Shenandoah Building, 102 Heritage Way NE, Leesburg, VA**  
Free 5/7 Su 12:00pm-5:00pm

**FRIENDS OF CMP 5K TRAIL RUN**  
(All Ages) This rain or shine cross-country run is tentatively scheduled for 5/7. Details to come in the future on how you can participate whether it be in person or virtually. This event is sponsored by the Friends of CMP to help raise money for improvements to our Discovery Grove natural play space and other projects within the park. Visit [www.friendsofclaudemoorepark.org](http://www.friendsofclaudemoorepark.org) for information.  
**Location: Claude Moore Park Historic Area**

**MOTHER'S DAY CELEBRATION**  
(Ages 3-5) Join us at SCC for a celebration of the value of Mothers! Let us treat

you to tea as you decorate cookies and make a craft with your little one(s). Call 703-430-9480 for more information.  
**Location: Sterling Community Center**  
**303731-01** \$6 Th 5/11 11:00am- 12:00pm

**LoCo FOOD TRUCK FESTIVAL**  
(All Ages) Join PRCS for the 2nd annual LoCo Food Truck Festival at Segra Field. This time around we will have double the trucks and double the fun. There will be food vendors, entertainment, lawn games, and more. Details at Loudoun.gov/prcsevents  
**Location: Philip A. Bolen Memorial Park -Segra Field**  
Free Sa 5/13 11:00am-3:00pm

**NEW YORK CITY DAY TRIP**  
(All Ages) Enjoy a day trip to New York City! Spend the day shopping, visiting landmarks, seeing a show and enjoying the city! It's all up to you! We will travel by charter bus, leaving the Dulles South Recreation and 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.  
**Location: Dulles South Recreation & Community Center**  
**305902-01** \$65 Sa 5/20 5:00am-11:45pm

**DIRT DAY**  
(All Ages) Get ready to get dirty with a variety of soil activities in this joint offering by the Loudoun Heritage Farm Museum and Claude Moore Park. Try mud art, explore home composting, grab a handful of worms, plant a flower to take home, and just get dirty digging. BE PREPARED TO GET MESSY! Go to <https://heritagefarmmuseum.org/> to register. Ages 3 and under free.  
**Location: Claude Moore Park**  
Per Person \$7.50 Group rate \$5 (4 or more)  
Sa 5/20 10:00am-2:00pm

JUNE

**ANNUAL PCC FAMILY 'CAMP-OUT!'**  
(All Ages) Come join us for our SCHOOL'S OUT family evening 'camp-out'. Bring a blanket, a flashlight or lantern and join us for family fun in our outdoor park. We will have hotdogs, popcorn, desserts and family friendly games. A great way to spend a Friday evening with your neighbors in the park! Must be accompanied by an adult.  
**Location: Philomont Community Park**  
**311113-01** Free F 6/9 6:00pm-9:00pm

**FAMILY FISHING FIESTA**  
(All Ages) Cast away and try for the big one! Join friends and family for a fun-filled fishing adventure. Participate in drawings for prizes. Poles available on a first-come, first-served basis. Never fished before, don't worry, staff will be available for assistance. Anyone can join in! Pre-registration required for all participants. Children must be accompanied by adult. Anyone fishing over the age of 16 requires a valid VA freshwater fishing license.  
**Location: Claude Moore Park Ponds**  
**361755-01** \$5 Sa 6/11 9:00am-11:00am

**DOUGLASS JUNETEENTH**  
(All Ages) Celebrate with friends at our Juneteenth celebration. Enjoy a night of food trucks, black-owned business vendors, performances, a DJ, and more! See how the first African American High School in Loudoun County has been newly renovated to showcase its historical importance. Call 703-771-5913 for more information or to become a vendor.  
**Location: Douglass Community Center 407 East Market St., Leesburg**  
Free 6/16 F 7:00pm-10:00pm

**FATHER'S DAY AIRPLANE COMPETITION**  
(All Ages) Get ready for some family fun and may the best airplane win! Each purchase comes with 1 airplane kit. Families can purchase multiple if desired. Airplanes must meet guidelines to compete. Parents and their kids can spend time putting them together and painting them. Bring them on event day to compete!

Winners will be announced during award ceremony. Please register by May 3rd for your kit. Kits will be ready for pick up shortly after registration deadline. Please contact [cmrccprograms@loudoun.gov](mailto:cmrccprograms@loudoun.gov) for questions.  
**Location: Claude Moore Recreation & Community Center**  
**373711-01** \$10 Sa 6/17 10:00am-11:00am



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](http://www.loudoun.gov/teens).



High School Teens interested in volunteering with PRCS can contact [youthservices@loudoun.gov](mailto:youthservices@loudoun.gov) for information about opportunities and upcoming teen volunteer orientation sessions.

DOUBLE THE TRUCKS  
DOUBLE THE FUN!

FREE ADMISSION!  
SATURDAY, MAY 13  
SEGRA FIELD 11AM-3PM

LoCo FOOD TRUCK FESTIVAL

2ND ANNUAL

LIVE MUSIC,  
GAMES, & MORE!

[WWW.LOUDOUN.GOV/PRCSEVENTS](http://WWW.LOUDOUN.GOV/PRCSEVENTS)







# Franklin Park

Purchase Tickets Online: [www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)

## Theater

### Jupiter Theater Company: The Scarlett Pimpernel

(All Ages) A British romantic adventure set in 1792 during the Reign of Terror, the Scarlet Pimpernel rescues French aristocrats while posing as the wealthy but foppish and seemingly empty-headed Sir Percival Blakeney.

**Tickets: TBD Th-Su 3/9-3/12 7:00pm**

### Arts for All Loudoun: Beauty and The Beast Jr.

(All Ages) Performed by Arts For All, the organization that encourages inclusivity with neuro-diverse and physically disabled actors, presents the classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress.

**Tickets \$10-\$15 advanced sales \$15-\$20 at the door**

**F, Sa 3/17, 3/18, 3/24, 3/25 7:00pm**

**Su 3/19, 3/26 3:00pm**

### Tanglewood Marionettes: Sleeping Beauty

(Ages 2 & up) This classic tale begins in King Felix's great hall with the celebration of Princess Aurora's birth. The party goes awry when the Wicked Witch arrives and curses the princess. Will the curse come true? Will someone with a "true heart" appear? A magical puppetry journey with beautifully handcrafted marionettes brought to life by a master puppeteer of Tanglewood Marionettes.

**Tickets: \$5**

**W 4/5 10:00am**

### Goose Creek Players Presents: Sense and Sensibility

(All Ages) Based on the Jane Austin book of the same name, the play follows the three Dashwood sisters as they must move with their widowed mother from the estate on which they grew up, Norland Park.

**Tickets: TBD**

**F, Sa 4/21, 4/22, 4/28, 4/29 7:30pm**

**Su 4/23, 4/30 2:00pm**

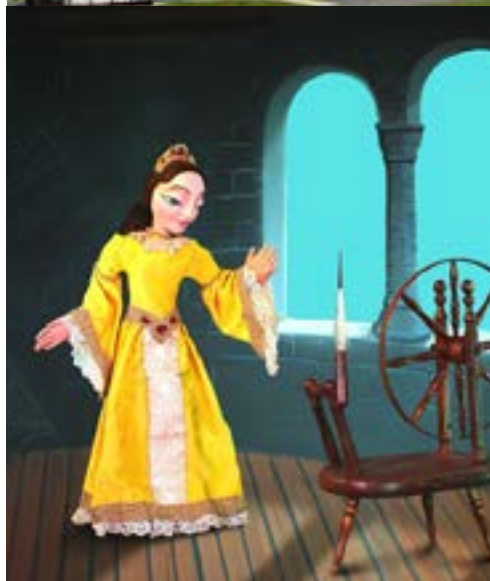
### Lopez Studio: Shrek The Musical Jr.

(All Ages) The Lopez Conservatory Program presents Shrek The Musical JR., based on the Oscar winning DreamWorks Animation film and Broadway musical. Presented by teen actors.

**Tickets: \$25**

**Th, F 5/18, 5/19 7:00pm**

**Sa 5/20 2:00pm, 7:00pm**



# Arts Center

540-338-7973

Click on QR Code for ticket information



## Dance

### INFLUX Dance

(All Ages) INFLUX dance company presents its premier concert with an evocative evening of contemporary dance.

**Tickets: \$18 Sa 4/15 6:00pm**

**Su 4/16 4:00pm**



## Planetarium Programs

(Ages 4 & up) Step inside our inflatable dome planetarium to experience the wonder of space in these interactive programs. Set up on the stage of our theater with mostly floor seating, the program lasts about 40 minutes.

**Tickets: \$8 Th 4/6 4:00pm, 5:00pm, 6:00pm**

**Celebrate Earth Day**

**Su 5/7 1:00pm, 2:00pm, 3:00pm, 4:00pm**

**May the Force Be With You**



## Music & Comedy

### Music For Dessert

(All Ages) This music series provides mid-week live music concerts for both in-person and virtual audiences. Selected Wednesdays beginning March 1st – full schedule on website.

**Tickets: \$15 in-person, \$8 Student, \$8 virtual**

**March, April, May 7:00pm**

### Alfred Yun: Jazz piano

(All Ages) Alfred Yun has performed across the globe at festivals and at restaurants and vineyards in the area. In this concert, he will be performing compositions by Thelonious Monk, one of the greatest pianists in jazz history. Sponsored by Loudoun Jazz Society.

**FREE Sa 3/4 7:00pm**

### Last Ham Standing Comedy Improv

(All Ages) Do not miss this hilarious show of sketch comedy full of laughs for the entire family.

**Tickets: \$10-\$14 Sa 4/8, 5/6 8:00pm**







# Franklin Park Arts Center Gallery

**Gallery Hours: Monday-Friday 9:00am-5:00pm**  
In addition: 60-minutes prior to each performance in the Arts Center through intermission.



## Gallery Exhibit Themes

### ANYTHING GOES

View artists work in all mediums and any subject or theme.  
Exhibit 2/9-3/13

### ARTS FOR ALL: DAVINCI STUDIOS EXHIBIT

Artists from the Davinci Studios present work with the theme, "Beauty and the Beast"  
Exhibit 3/13-3/26

### EARTHSCAPES

Artists submit works showing the beauty of nature, landscapes and celebrating our home planet.  
Exhibit 3/30-4/30

### WESTERN LOUDOUN ART & STUDIO TOUR PREVIEW SHOW

Artists on the 2023 Western Loudoun Art & Studio Tour will be exhibiting artwork to introduce you to their work. With more than 30 stops and as many as 60 artists on the Studio Tour, you can't see them all in one weekend. Discover the artists and their artwork and then plan your route so you can be sure to see the ones that intrigue you the most!  
Exhibit 5/5-5/28

**Submission guidelines and forms:**  
[www.franklinparkartscenter.org/artist-opportunities/](http://www.franklinparkartscenter.org/artist-opportunities/)

## Gallery Gatherings

A monthly meet-up for artists to socialize, build community and take their art to the next level.

See  
[www.franklinparkartscenter.org/calendar/](http://www.franklinparkartscenter.org/calendar/)  
for days and times.



## Loudoun County Government Center Gallery One

Monthly exhibits highlight Loudoun County artists and organizations.



# HOW to REGISTER using WebTrac

- 1 Go to [www.loudoun.gov/webtrac](http://www.loudoun.gov/webtrac)
- 2 Log in with your username and password
- 3 On the upper right click "Search" and select "Activity Search"
- 4 Find your activity number, type the six-digit number in the activity number box and click "Search" below
- 5 Click on the "+" sign to "Add to Cart" for each session you wish to register for
- 6 Click on "Add to Cart" again at the bottom left of your screen (you may have to scroll down)
- 7 Select participating family member(s) and then click "Continue"
- 8 Click on "Procced to Checkout"
- 9 Submit payment and check email for receipt to confirm registration



If you need help using WebTrac  
email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) or call 703- 777-0343  
[WWW.LOUDOUN.GOV/WEBTRAC](http://WWW.LOUDOUN.GOV/WEBTRAC)



# PRESCHOOL PROGRAMS



## 2023-2024 REGISTRATION

**Preregistration:** February 7-14, 10am\*

**Open Registration:** February 15, 10am

\*Preregistration is for returning families, siblings, and registered fee reduction participants

## SERVICES

Variety of Half-Day Classes Offered:  
Monday-Friday  
Monday, Wednesday, Friday  
Tuesday, Thursday

Preschool Program:  
September 5, 2023-May 31, 2024

## LOCATIONS

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

## VALUES

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

[MORE INFORMATION AT LOUDOUN.GOV/PRESCHOOL](https://www.loudoun.gov/preschool)



# CHILDCARE



## SERVICES

**Child Care Hours of Operation:**  
Monday-Friday  
7:00am-6:00pm

**Year Round Enrollment = 52 weeks**

## LOCATIONS

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

## VALUES

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

[MORE INFORMATION AT LOUDOUN.GOV/CHILDCARE](https://www.loudoun.gov/webtrac)

SCAN ME!





# AFTER-SCHOOL PROGRAMS

2023-24 SCHOOL YEAR



ALGONKIAN	750201	***LOUDOUN VALLEY	750228
ARCOLA	750202	LOVETTSVILLE	750229
ASHBURN	750203	LOWES ISLAND	750230
BALL'S BLUFF	750204	MADISON'S TRUST	750231
BELMONT STATION	750205	MEADOWLAND	750232
BUFFALO TRAIL	750206	MILL RUN	750233
CARDINAL RIDGE	750207	MOOREFIELD STATION	750234
CATOCTIN	750208	MOUNTAIN VIEW	750235
CEDAR LANE	750209	NEWTON-LEE	750236
COOL SPRING	750210	PINEBROOK	750237
COUNTRYSIDE	750211	POTOWMACK	750238
CREIGHTON'S CORNER	750212	FRANCES HAZEL REID	750239
*KENNETH W. CULBERT	750213	ROSA LEE CARTER	750240
DISCOVERY	750214	ROUND HILL	750241
DOMINION TRAIL	750215	SANDERS CORNER	750242
EVERGREEN MILL	750216	SELDENS LANDING	750243
**FOREST GROVE	750217	STEUART W. WELLER	750244
FREDERICK DOUGLASS	750218	SYCOLIN CREEK	750245
GOSHEN POST	750219	ELAINE E. THOMPSON	750246
HILLSIDE	750220	JOHN W. TOLBERT	750247
HORIZON	750221	WATERFORD	750248
HOVATTER	750222	WAXPOOL	750249
HUTCHISON FARM	750223		
LEESBURG	750224	Also serving the following elementary schools	
LEGACY	750225	*Hamilton	
LIBERTY	750226	**Guilford & Sully	
LITTLE RIVER	750227	***Emerick & Lincoln	

**\$50 Deposit Fee  
\$360 Monthly**

Early Registration  
Starts Tuesday, April 11 8:30am  
Ends Friday, April 21 5:00pm

Open Registration  
Tuesday, April 25 8:30am



*BLUEMONT CC	706248
**CLAUDE MOORE RCC	773250
***DULLES SOUTH RCC	705249
****LUCKETTS CC	709248
*****PHILOMONT CC	711248

Also serving the following elementary schools

- \*Round Hill
- \*\*Guilford, Sterling, and Sugarland
- \*\*\*Liberty
- \*\*\*\*Lucketts
- \*\*\*\*\*Banneker

CASA is a fun after-school program for elementary school students (K-5) that provides a safe, activity-based environment for children. From school dismissal until 6:00pm, CASA activities focus on recreation, and developing social and physical skills. Sign up by your child (ren)'s school location.

ALL TRANSPORTATION REQUESTS FROM LCPS MUST BE MADE THROUGH PARENTVUE BY PARENT/GUARDIAN

VISIT LOUDOUN.GOV/CASA



LOUDOUN.GOV/WEBTRAC  
703-737-8042, TTY: 711 | CASA@LOUDOUN.GOV

# AFTER-SCHOOL PROGRAMS

2023-24 SCHOOL YEAR



BELMONT RIDGE	712301
*BLUE RIDGE	712302
EAGLE RIDGE	712303
FARMWELL STATION	712304
**HARPER PARK	712305
***MERCER	712306
RIVER BEND	712307
SENECA RIDGE	712308
SMART'S MILL	712309
STERLING	712310
****STONE HILL	712311
TRAILSIDE	712312

Also serving the following middle schools

- \*Harmony
- \*\*Simpson
- \*\*\*Lunsford & Willard
- \*\*\*\*Brambleton

**\$50 Monthly**

Early Registration  
Starts Tuesday, April 11 8:30am  
Ends Friday, April 21 5:00pm

Open Registration  
Tuesday, April 25 8:30am

From school dismissal until 6:15pm, YAS offers middle school students a wide variety of recreational activities! With the guidance and supervision of professional staff members, students will find a safe community with friends. YAS focuses on recreation, team building, and has weekly activities designed to help prepare students for high school, higher education, and beyond.

ALL TRANSPORTATION REQUESTS FROM LCPS MUST BE MADE THROUGH PARENTVUE BY PARENT/GUARDIAN

VISIT LOUDOUN.GOV/YAS



LOUDOUN.GOV/WEBTRAC  
703-737-8042, TTY: 711 | YAS@LOUDOUN.GOV



# GENERAL INFORMATION

## what you need to know about...

### WHERE TO FIND YOUR ACTIVITY GUIDE

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

### GENERAL REGISTRATION

Online and walk-in registration for senior activities only begins at 9:00am on 2/8/23 for county residents. Online registration for all activities begins at 12:01am on 2/9/23 for county residents and non-county residents starts at 12:01am on 2/16/23. For senior trips: county residents and senior center members (county or non-county) can register starting at 9:00am on 2/8/23. Non-county residents can register on 2/15/23.

### 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](http://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](http://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](http://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](http://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.

## 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

sentative, 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 disability or need language assistance to participate, please contact [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov) - 703-777-0343

Si usted requiere asistencia por discapacidad o necesita un interprete para participar, por favor contactenos [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov) - 703-777-0343

### 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](http://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](http://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](http://www.loudoun.gov).

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
Hal & Berni Hanson Regional Park .....	571-367-8360
Philip A. Bolen Memorial Park.....	571-258-3487
Potomack Lakes Sportsplex .....	703-444-1459



FACILITIES & PARKS	<div></div> <div><p><b>PRCS Administration</b> 742 Miller Drive SE Leesburg, VA 20175 703-777-0343</p><p><b>Ashburn Park</b> 43645 Partlow Road Ashburn, VA 20147 703-777-0343</p><p><b>Banshee Reeks Nature Preserve</b> 21085 The Woods Road Leesburg, VA 20176 703-737-8894</p><p><b>Bazil Newman Riverfront Park</b> 44105 Heron Way Leesburg, VA 20176 703-777-0343</p><p><b>Beth Miller Park</b> 20270 Leier Place Ashburn, VA 20147 703-777-0343</p><p><b>Bles Park</b> 44830 Bles Park Drive Ashburn, VA 20147 703-777-0343</p><p><b>Bluemont Community Center</b> 33846 Snickersville Turnpike Bluemont, VA 20135 540-554-8643</p><p><b>Brambleton Community Park</b> 22388/22389 Belmont Ridge Road Ashburn, VA 20148 703-777-0343</p><p><b>Byrne’s Ridge Park</b> 24915 Mineral Springs Circle, Aldie, VA 20105 703-777-0343</p><p><b>Carver Center</b> 200 Willie Palmer Way Purcellville, VA 20132 571-258-3400</p><p><b>Chick Ford and Ryan Bickel Fields</b> 43950 Grace Bridge Drive Ashburn, VA 20147 703-777-0343</p><p><b>Mac Brownell Adult Day Center</b> 200 Willie Palmer Way</p></div> <div><p>Purcellville, VA 20132 571-258-3402</p><p><b>Chick Ford &amp; Ryan Bickel Fields</b> 43950 Grace Bridge Drive Ashburn, VA 20147 703-777-0343</p><p><b>Claude Moore Park</b> 21544 Old Vestals Gap Road Sterling, VA 20164 571-258-3700</p><p><b>Claude Moore Recreation &amp; Community Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 Lanesville Heritage Area</p><p><b>Conklin Community Park</b> 25701 Donegal Drive Chantilly, VA 20152 703-777-0343</p><p><b>Corner Hall Park (Kirkpatrick West)</b> 41381 Gardenia Dr. Aldie, VA 20105</p><p><b>Countryside Park</b> 20756 Countryside Boulevard Sterling, VA 20164 703-777-0343</p><p><b>Dawson Corner Neighborhood Park</b> 42349 Madturkey Run Place Chantilly, VA 20152 703-777-0343</p><p><b>Douglass Community Center</b> 405 E. Market Street Leesburg, VA 20175 703-771-5913</p><p><b>Dulles South Recreation &amp; Community Center</b> 24950 Riding Center Drive South Riding, VA 20152 571-258-3456</p><p><b>Dulles South Senior Center</b> 24950 Riding Center Drive South Riding, VA 20152 571-258-3883</p><p><b>East Gate Park</b> 43664 Tall Cedars Parkway Chantilly VA, 20152 703-777-0343</p></div> <div><p><b>Eastern Loudoun Adult Day Center</b> 45140 Bles Park Drive Ashburn, VA 20147 571-258-3232</p><p><b>Edgar Tillett Memorial Park</b> 21561 Belmont Ridge Road Ashburn, VA 20147 703-777-0343</p><p><b>E.E. Lake General Store</b> 18351 Railroad Street Bluemont, VA 20135 703-777-0343</p><p><b>Evergreen Mills Equestrian &amp; Hiking Trail (currently closed)</b> 21332 The Woods Road Leesburg, VA 20176</p><p><b>Evermoore Park</b> 22395 Foundation Drive Ashburn, VA 20147</p><p><b>Franklin Park</b> 17501 Franklin Park Drive Purcellville, VA 20132 540-338-7603</p><p><b>Franklin Park Performing &amp; Visual Arts Center</b> 36441 Blueridge View Lane Purcellville, VA 20132 540-338-7973</p><p><b>Goshen Corner Park</b> 41430 Braddock Road Aldie, VA 20105 703-777-0343</p><p><b>Greg Crittenden Memorial Park</b> 21401 Windmill Drive Ashburn, VA 20147 703-777-0343</p><p><b>Gwen Thompson Briar Patch Park</b> 21660 Sterling Boulevard Sterling, VA 20164 703-777-0343</p><p><b>Hal &amp; Berni Hanson Regional Park</b> 22831 Hanson Park Drive Aldie, VA 20105 571-367-8360</p><p><b>Hampshire Park</b> 21315 Smith Switch Road Ashburn, VA 20147 703-777-0343</p></div>	<div></div> <div><p><b>Keep Loudoun Beautiful Park</b> 43055 Golf Club Road Leesburg, VA 20176 703-777-0343</p><p><b>Kephart Bridge Landing</b> 43942 Riverpoint Drive Leesburg, VA 20176 703-777-0343</p><p><b>Leesburg Adult Day Center</b> 16501 Meadowview Court Leesburg, VA 20175 703-771-5334</p><p><b>Leesburg Annex Ballfield</b> 102 North Street, N.W., Leesburg, VA 20175 703-777-0343</p><p><b>Loudoun County Senior Center at Cascades</b> 21060 Whitfield Place Sterling, VA 20165 571-258-3280</p><p><b>Loudoun Valley Community Center</b> 320 W. School Street Purcellville, VA 20132 540-338-4122</p><p><b>Lovettsville Community Center</b> 57 E. Broad Way Lovettsville, VA 20180 540-822-5284</p><p><b>Lovettsville Community Park</b> 12565 Milltown Road Lovettsville, VA 20150 703-777-0343</p><p><b>Lucketts Community Center</b> 42361 Lucketts Road Leesburg, VA 20176 703-771-5281</p><p><b>Lucketts Community Park</b> 14560 James Monroe HighWay Leesburg, VA 20176 703-777-0343</p><p><b>Lyndora Park</b> 43624 Lucketts Bridge Circle Ashburn, VA 20148 703-777-0343</p></div> <div><p><b>Meadow Glen Park</b> 41574 Conejo Way Aldie, VA. 20105 703-777-0343</p><p><b>Mickie Gordon Memorial Park</b> 23229 Carter’s Farm Lane Middleburg, VA 20118 703-777-0343</p><p><b>Moorefield Station Community Park</b> 43240 Clarendon Square, Ashburn, VA 20148 Nations Neighborhood Park 42691 Nations Street, Chantilly, VA 20152 703-777-0343</p><p><b>Nell Boone Park</b> 11756 Harper’s Ferry Road Purcellville, VA 20132 (Neersville) 703-777-0343</p><p><b>Philip A. Bolen Memorial Park</b> 42405 Claudia Drive Leesburg, VA 20175 571-258-3487</p><p><b>Philomont Community Center</b> 36592 Jeb Stuart Road Philomont, VA 20131 540-338-5882</p><p><b>Potomac Green Neighborhood Park</b> 20750 Marblehead Drive Ashburn, VA 20147 703-777-0343</p><p><b>Potomack Lakes Sportsplex</b> 20280 Cascades Parkway Sterling, VA 20164 703-777-0343</p><p><b>Ray Muth Sr. Memorial Park</b> 20971 Marblehead Drive Ashburn, VA 20147 703-777-0343</p><p><b>Round Hill Indoor Aquatic Center</b> 17010 Evening Star Drive Round Hill, VA 20141 571-258-3562</p><p><b>Scott Jenkins Memorial Park</b> 39480 East Colonial Highway Hamilton, VA 20158 703-777-0343</p></div> <div><p><b>Settle-Dean Cabin (no interior access)</b> 25625 Loudoun County Parkway Chantilly, VA 20152 703-777-0343</p><p><b>Shale Ridge Neighborhood Park</b> 21335 Shale Ridge Court Ashburn, VA 20147 703-777-0343</p><p><b>(Arcola) Slave Quarters (no interior access)</b> 24837 Evergreen Mills Road Sterling, VA 20166 703-777-0343</p><p><b>Sterling Community Center</b> 120 Enterprise Street Sterling, VA 20164 703-430-9480</p><p><b>Sugarland Run Stream Valley Park</b> 20750 Meadowland Lane Sterling, VA 20165 703-777-0343</p><p><b>The Senior Center of Leesburg</b> 102 North Street, N.W. Leesburg, VA 20175 703-737-8039</p><p><b>Toby Atwell Field</b> 240 Old Waterford Road NW, Leesburg, VA 20175 703-777-0343</p><p><b>Trailhead Park at Belmont Ridge</b> 42555 Sungrove Terrace Ashburn, VA 20148 703-777-0343</p><p><b>Trailside Park</b> 20375 Claiborne Parkway Ashburn, VA 20147 703-777-0343</p><p><b>Vestals Gap Overlook Park</b> 45335 Century Blvd., Sterling, VA, 20166 703-777-0343</p><p><b>Woodgrove Park</b> 17020 Evening Star Drive Round Hill, VA 20141 703-777-0343</p></div>
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