

Spring 2024

# ACTIVITY *guide*

Loudoun County Department of Parks, Recreation & Community Services

*Connecting*  
**All Communities**

## Spring Registration

General Registration - Feb. 8  
[loudoun.gov/PRCS](https://loudoun.gov/PRCS)

- FOOD TRUCK FESTIVAL 27
- RUN YOUR PARKS 61
- REGISTRATION TIME 6



Register On  
**PRCS Connect**







# Spring 2024

Spring is a season of new beginnings, and your Department of Loudoun County Parks, Recreation, and Community Services continues to innovate, bringing new recreational experiences for you and your family.

This past year we celebrated several milestones, including 40 years of our After-School Activities program CASA.

Today, CASA provides students with engaging activities at the end of the school day for nearly 2,600 children throughout the county. We also celebrated 20 years since the Banshee Reeks Nature Preserve opened to the public and the first year of the Loudoun County Area Agency on Aging Rhythm Makers Hand Chime. This innovative program is the country's only known hand chime group for individuals with early to moderate-stage cognitive impairment and their caregivers.

On May 31, 2023, we were pleased to open a one-of-a-kind destination playground at the Douglass Community Center that features custom-made structures and replicas that depict African-American history and culture. The playground is located on the Historic Douglass High School Campus.

Our theme of innovation and new beginnings continues with the highly anticipated construction of the Ashburn Recreation and Community Center which is anticipated to open in the summer of 2025 - and the design has started on the Western Loudoun Recreation Center.

Whether it's our award-winning parks, such as Hal and Berni Hanson Regional Park, or our creative partnerships, like the county's only book vending machines created with Loudoun County Public Libraries, we are discovering new ways to connect all communities through exceptional people, parks, and programs.

*We look forward to this continued journey toward excellence, and new beginnings, with you.*



Parks, Recreation and  
Community Services



Steve Torpy

Warmest regards,

Steve Torpy, Director

# WHAT'S INSIDE

Events, Classes & Activities: March-May

REGISTRATION BEGINS:

General: Thursday, February 8

Senior Day & Overnight Trips:

Wednesday, February 7

Out of County: Thursday, February 15



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EVENT HIGHLIGHTS

MARCH

1 FAMILY DANCE PARTY  
Lovettsville Community Center, 6:00pm

2 SPRINT TO SPRING 5K  
Franklin Park, 9:00am

8 ELEMENTARY SCHOOL TAKEOVER  
Sugarland Elementary School, 2:30pm

15 POT 'O GOLD HUNT  
PRCS Parks, 3/15-4/1

15 ST. PATRICK'S DAY SKATE NIGHT  
Douglass Community Center, 7:00pm

16 BLUEMONT SHAMROCK RACE  
Great Country Farms, 9:00am

22 INDOOR MOVIE MANIA  
Douglass Community Center, 7:00pm

22 TEEN EXPO  
Sterling Community Center, 5:00pm

23 EGG-CELLENT GAMES WITH THE BUNNY  
Douglass Community Center, 10:00am

23 BREAKFAST WITH THE BUNNY  
Lucketts Community Center, 8:30am

25 PRCS ON THE GO  
Frances Hazel Reid Elementary School, 10:00am

26 PLAYGROUND WITH THE POLICE  
Douglass Community Center, 1:00pm

27 EGGCELLENT ADVENTURES  
Claude Moore Park, 10:00am

29 LVCC MOVIE NIGHT  
Loudoun Valley Community Center, 7:00pm

30 SPRING COMMUNITY YARD SALE  
Shenandoah Building Leesburg, 7:00am

30 SOIL SATURDAY  
Banshee Reeks Nature Preserve, 10:00am

PRCS EGG HUNTS

9 Hal and Berni Hanson Regional Park, 10:00am

16 Dulles South Rec & Comm Center Pool, 9:00am

28 Loudoun Valley Community Center, 10:00am

29 Lovettsville Community Park, 10:30am

30 Franklin Park, 9:00am  
Bluemont Community Center, 10:00am  
Philomont Community Park, 10:00am & 8:45pm  
Sterling Community Center, 10:00am



APRIL

5 DCC SPRING SIZZLE  
Douglass Community Center, 2:00pm

5 BIG TRUCK DAY  
Philomont Community Center, 12:00pm

SOLAR ECLIPSE EVENTS

8 Loudoun Valley Community Center, 1:45pm  
Banshee Reeks Nature Preserve, 2:00pm  
Douglass Community Center Pavilion, 2:00pm  
Hal and Berni Hanson Regional Park, 2:00pm  
Lovettsville Community Park, 2:30pm  
Franklin Park, 2:30pm  
Bluemont Community Center, 2:45pm

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

13 EARTH DAY CLEAN-UP  
Claude Moore Park, 9:30am

13 SPRING FAMILY FAIR  
Sterling Community Center, 11:00am

13 BATTLE OF THE BRICKS  
Claude Moore Rec & Comm Center, 3:00pm

19 TAKE IT TO THE COURT 2!  
Sterling Community Center, 5:00pm

20 EARTH DAY LOUDOUN  
Claude Moore Park, 10:00am

20-21 EARTH EXPLORERS FAMILY ADVENTURE  
Banshee Reeks Nature Preserve, 9:00am

21 CHASE THE RAINBOW TRAIL RUN  
Hal and Berni Hanson Regional Park, 8:00am

21 EARTH DAY 5K  
Philomont Community Center, 11:00am

26 FAMILY MOVIE NIGHT  
Sterling Community Center, 6:00pm

27 FAIRY FESTIVAL  
Dulles South Rec & Comm Center, 12:00pm

27 SMALL & TALL BALL  
Lovettsville Community Center, 5:30pm

MAY

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

4-5 STAR WARS ESCAPE TRAIL  
Banshee Reeks Nature Preserve, 9:00pm

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

5 CINCO K 2024  
Lovettsville Community Center, 8:00am

5 LOUDOUN LATINO FESTIVAL  
Shenandoah Building Leesburg, 12:00pm

11 FIELD DAY FUN & PUTT-PUTT PALOOZA  
Douglass Community Center, 10:00am

11 LoCo FOOD TRUCK FESTIVAL  
Segra Field, 11:00am

11 GARDEN PARTY  
Claude Moore Rec & Comm Center, 1:00pm

11 FRIENDS OF CMP 5K TRAIL RUN  
Claude Moore Park, 8:00am

17 YOUTH SKATE NIGHT  
Douglass Community Center, 6:00pm

18 PKU AWARENESS FAMILY FUN DAY  
Douglass Community Center, 11:00am

18 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  
Closed for Memorial Day, 5/27  
facebook.com/BluemontCommunityCenter

LICENSED PROGRAMS

CHILD CARE  
(Ages 3-5) Bluemont Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Childcare provides full-time care for children from 7:00am-6:00pm five days a week.

PRESCHOOL  
(Ages 2.5-5) Bluemont Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part time care for children during a nine-month program from September-May. Class days and hours vary; please inquire regarding availability and schedules.

CASA ACADEMY  
(Ages 5-12) Bluemont Community Center offers a nine-month after-school program for elementary children in Loudoun County. Children can participate in indoor and outdoor activities including arts, STEM, games, and sports. Children can complete homework during dedicated times.

SUMMER CAMPS  
Visit loudoun.gov/PRCSconnect in late February to read the Camp Guide. Plan your camp schedule early. Registration begins in March.

PRESCHOOL AGE

BON-API-TOTS  
(Ages 3-5) Make easy and yummy treats to share with family and friends. Bring a lunch and water bottle. Instructor: Linda Sapp

306101-01	\$15	M	3/4	12:00pm-1:30pm
306101-02	\$15	M	3/18	12:00pm-1:30pm
306101-03	\$15	M	4/8	12:00pm-1:30pm
306101-04	\$15	M	5/20	12:00pm-1:30pm

CREATIVE STORYTIMES  
(Ages 3.5-5) There are so many beautiful children's storybooks. We will gather around and read a story or two each session. They will discuss what your children enjoyed about different characters and the illustrations and a related art project. Bring a lunch and water bottle. Instructor: Sue Colwell

306103-01	\$15	W	3/6	12:00pm-1:30pm
306103-02	\$15	W	3/20	12:00pm-1:30pm
306103-03	\$15	W	4/3	12:00pm-1:30pm
306103-04	\$15	W	4/17	12:00pm-1:30pm
306103-05	\$15	W	5/1	12:00pm-1:30pm
306103-06	\$15	W	5/15	12:00pm-1:30pm

ART & MOVEMENT  
(Ages 3-5) Extend your child's day with creative art activities and movement. Great way to be social and meet new friends. Bring a lunch and water bottle.

306105-01	\$45	Th	3/7-3/21	12:00pm-1:30pm
306105-02	\$60	Th	4/4-4/25	12:00pm-1:30pm
306105-03	\$60	Th	5/2-5/23	12:00pm-1:30pm

MUSIC FOR LITTLE ONES  
(Ages 5 months-2.5) This program is designed to introduce music and movement to young children as well as the adults who care for them. Instructor: Kari Reed

306110-01	\$8	Tu	3/12	9:15am-9:45am
306110-02	\$16	Tu	4/2, 4/16	9:15am-9:45am
306110-03	\$16	Tu	5/7, 5/21	9:15am-9:45am

AFTER-SCHOOL SCIENCE FUN  
(Ages 3-5) Expand your child's mind and creativity with some super science fun. Bring a lunch and water bottle. Instructor: Sue Colwell

306104-01	\$30	Tu	3/12-3/19	12:00pm-1:30pm
306104-02	\$60	Tu	4/2-4/30	12:00pm-1:30pm
306104-03	\$30	Tu	5/7-5/14	12:00pm-1:30pm

TINYHOOD TOGETHER  
(Ages 1 month-2.5 years) It takes a village! Bring your little ones to this group. Participants can look forward to connecting with each other through play-based learning and various sensory activities. Devon Thom will be leading this group.

306102-01	Free	Tu	3/19	9:00am-9:45am
306102-02	Free	Tu	4/9, 4/23	9:00am-9:45am
306102-03	Free	Tu	5/14, 5/28	9:00am-9:45am

PRESCHOOL BASKETBALL  
(Ages 3-5) Young players will learn basic passing, dribbling, shooting and running skills. Bring a water bottle. Instructor: Don Stinnette

306109-01	\$24	W	4/10-4/24	4:00pm-5:00pm
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BLUEBERRY PIE DAY  
(Ages 3-5) Celebrate the day by eating a slice of blueberry pie. We will make mini pies to share with your family. Bring a lunch and water bottle. Instructor: Linda Sapp

306106-01	\$15	M	4/29	12:00pm-1:30pm
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HANDMADE WITH LOVE - MOTHER'S DAY MASTERPIECE  
(Ages 3-5) Create a heartwarming surprise for Mom this Mother's Day! Dads and their children can come together to create a unique, handmade gift for the special moms in their lives. This is a wonderful opportunity to spend quality time with your child while crafting a personal and meaningful present.

306125-01	\$15	F	5/3	12:00pm-1:30pm
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CINCO DE MAYO COOKING  
(Ages 3-5) Let's make tacos and nachos for lunch in honor of Cinco De Mayo Day. Bring a water bottle. Instructor: Linda Sapp

306126-01	\$15	M	5/6	12:00pm-1:30pm
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SPRING TRAINING TEE BALL  
(Ages 3-5) Young players will develop skills in safety, hitting, throwing and running. Bring a water bottle. Instructor: Don Stinnette

306107-01	\$24	W	5/8-5/22	4:00pm-5:00pm
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ELEMENTARY AGE

SCHOOL'S OUT CAMP  
(Ages 5-12) Listed below are days that Loudoun County Public Schools are off. Join us at Bluemont for games, crafts, and outdoor play. Bring a snack, lunch and water bottle.

306211-01	\$46	Tu	3/5	7:00am-6:00pm
306211-02	\$46	F	4/5	7:00am-6:00pm
306211-03	\$46	W	4/10	7:00am-6:00pm



DESSERT CHEFS				
(Ages 5-11) Let's prepare a special dessert to share with family and friends. Bring a water bottle. Instructor: Linda Sapp				
306201-01	\$15	Th	3/7	4:00pm-5:15pm
306201-02	\$15	Th	4/4	4:00pm-5:15pm
306201-03	\$15	Th	5/2	4:00pm-5:15pm

ART EXPLORATION				
(Ages 6-10) Students will have an opportunity to explore a variety of art projects, while learning design principles and techniques. Instructor: Maria Nicklin				
306203-01	\$32	Tu, Th	3/12-3/21	4:00pm-5:00pm
306203-02	\$32	Tu, Th	5/7-5/16	4:00pm-5:00pm

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.				
306217-01	\$192	M-F	3/25-3/29	7:00am-6:00pm

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	4/9-4/18	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	Tu, Th	4/23-4/25	4:00pm-5:00pm

ADULT

GET FIT WITH LINDA				
(Ages 18 & up) A fun ongoing workout that continues year-round. The first class is free. Instructor: Linda Sapp				
306501-01	\$56	M, W, F	3/4-3/20	8:00am-9:00am

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. Students must provide brushes, canvas and acrylic paints. Instructor: Don Stinnette				
306502-01	\$30	W	3/6-3/20	6:30pm-8:00pm
306502-02	\$30	W	4/10-4/24	6:30pm-8:00pm
306502-03	\$30	W	5/8-5/22	6:30pm-8:00pm

PUZZLEPALOOZA - TEAM JIGSAW CHALLENGE				
(Ages 18 & up) Join us for an exhilarating afternoon of puzzling fun at our first-ever Puzzlepalooza! Teams of 2-4 will race against time and each other to complete a challenging 500-piece jigsaw puzzle. The same puzzle for all adds to the excitement and competition. Enjoy light refreshments while you puzzle away. Bring along your gently used puzzles (complete with all pieces) for a puzzle swap. Refresh your collection and share the joy of solving with others! Register early as spaces are limited and this event is expected to fill quickly!				
306508-01	\$35per team	F	4/12	4:00pm-6:00pm

MULTIAGE

LINE DANCING 101				
(Ages 18 & up) Come learn some of the basic steps and dances to one of the most popular dance crazes. Bring a water bottle. Instructor: Linda Sapp				
306702-01	\$32	Th	3/7-3/28	8:00am-9:00am
306702-02	\$32	Th	4/4-4/25	8:00am-9:00am
306702-03	\$32	Th	5/2-5/23	8:00am-9:00am

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. Bring a water bottle.				

306709-01	\$15	F	3/22	6:00pm-8:30pm
306709-02	\$15	F	4/26	6:00pm-8:30pm
306709-03	\$15	F	5/24	6:00pm-8:30pm

GRILLED CHEESE DAY				
(All Ages) It's National Grilled Cheese Day. What is your favorite? Join us for a hot grilled cheese sandwich at the community center. We will have all types of bread and cheese combinations for you to select.				
306701-01	Free	F	4/12	12:00pm-1:30pm

LIVE TO LINE DANCE				
(Ages 15 & up) Now is your chance to learn and dance the evening away. Mike will instruct us through all the dances and then it is up to you to show off your moves. We will supply bottled water.				
306703-01	\$20	F	4/19	6:30pm-9:00pm

FAMILY PAINT NIGHT				
(Ages 3 & up) What a great way to spend an evening as Bluemont is offering an enjoyable family night of painting. Children and parents will have the opportunity to create a perfect summer painting. Children must be accompanied by a painting adult.				
306708-01	\$15	F	5/17	6:30pm-8:00pm

SENIOR

TECH ASSISTANCE TUESDAYS				
(Ages 55 & up) Need a hand with technology? Drop in at Bluemont Community Center's Tech Assistance Tuesdays! Mr. Brandon is ready to provide support for those specific tech hurdles you might be facing. Whether it's a question about your new phone, email setup, or another tech issue, this is your go-to spot for friendly, personalized help.				
306601-01	Free	Tu	3/12-4/16	8:00am-9:00am

6:30 AM

SET YOUR ALARMS!

ACTIVITY GUIDE  
REGISTRATION  
NOW STARTS  
ONLINE AT 6:30AM

Online Registration for Spring Programs  
starts Thursday, February 8 at 6:30am

Registration for Senior Trips  
starts online and in-person  
Wednesday, February 7 at 9:00am

 loudoun.gov/PRCSconnect



DOUGLASS COMMUNITY CENTER

407 East Market Street, Leesburg, VA 20176  
703-771-5913 • loudoun.gov/douglasscc  
Monday-Friday 8:30am-10:00pm • Saturday 8:00am-4:00pm  
Closed for Memorial Day, 5/27  
facebook.com/DouglassCommunityCenter

PRESCHOOL AGE

PRESCHOOL PROGRAM				
(Ages 3-5) Douglass Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules.				

MOON BOUNCE MONDAYS				
(Ages 1.5-5) Mondays are all about the giggles and wiggles! Dive into the excitement with up to five bounce houses, stacking cups, and scooters. It's a morning of pure joy, creativity, and exploration for your little ones. Don't miss out on the fun because every bounce, stack, and scoot are a step towards a world of wonder — let the adventure begin!				
Free	M	3/4-5/20	10:00am-11:30am	

BOUNCE-N-WIGGLE				
(Ages 1.5-5) Get ready for a bouncing good time at Bounce and Wiggles! Our warm and inviting gym is the perfect place for your child to run, jump, and play to their heart's content. With tunnels to crawl through, play tents to hide in, a moon bounce to bounce on, and tons of colorful balls to toss around, your little one will never want to leave. And the best part? You get to join in on the fun too! This isn't a teacher-led class, so you can relax and watch your child(ren). Come bounce and wiggle with us today!				
\$3	Tu, Th, Sa	3/5-4/20	9:00am-10:30am	

OREO COOKIE DAY				
(Ages 1.5-3) Join the National Oreo Cookie Day craft class. Let your little ones explore creativity as they turn Oreo cookies into edible art. This hands-on experience promotes sensory play and fine motor skills in a delightful celebration. Come share the joy of crafting and savor the sweetness of National Oreo Cookie Day together!				
304100-01	\$8	W	3/6	10:00am-11:00am

TOGETHER WE GROW				
(Ages 3-5) This is an ongoing class that invites toddlers/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 to allow them to be curious with the different art related styles. Art styles are creative and engaging for the budding little artist. Parent participation is required.				
304110-01	\$25	Th	3/7-3/28	10:15am-11:15am
304110-02	\$25	Th	4/4-4/25	10:15am-11:15am
304110-03	\$25	Th	5/2-5/23	10:15am-11:15am

SPRING FLOWER FUN				
(Ages 3-5) Join the celebration of National Plant Spring Flower Day! Dive into the beauty of the season by planting vibrant blossoms with our guided activity. Inspire a love for nature as you nurture your own little clay flowerpot, sowing seeds of joy and watching them bloom into a colorful springtime spectacle!				
304104-01	\$10	Tu	3/12	10:00am-11:00am

LUCKY GOLD HUNT				
(Ages 1.5-3) Little ones are invited to explore a world of wonder as they search for shiny treasures. Join the excitement with age-appropriate activities, sparkly crafts, and a joyous hunt for golden surprises. This enchanting experience fosters curiosity, imagination, and the joy of discovery in our youngest adventurers.				
304101-01	\$8	F	3/15	10:00am-11:00am

BUNNIES, CHICKS, & DUCKS, OH MY				
(Ages 2-3) This delightful class celebrates spring with adorable crafts. Children explore textures, colors, and shapes, crafting their own bunny, chick, and duck creations. Join us for a quack-tastic, chirp-worthy, and hoppy time!				
304103-01	\$10	W	3/20	10:00am-11:00am

TINY HANDS ART ADVENTURES				
(Ages 1.5-5) Unleash the magic of imagination as your tiny tots dip their fingers into a world of colors, textures, and boundless fun. This program is crafted to introduce the joy of creating through painting, molding clay, and crafting fostering early artistic expression that's as unique as each little artist.				
304107-01	\$6	F	3/22	11:00am-12:00pm
304107-02	\$6	F	4/26	11:00am-12:00pm
304107-03	\$6	F	5/24	11:00am-12:00pm

RAINBOW FUN				
(Ages 2-3) Discover the magic of handprint rainbows and more exciting crafts. Unleash your creativity as you swirl, paint, and craft your way through a spectrum of fun. Join us for an unforgettable experience where every handprint tells a tale of vibrant joy!				
304114-01	\$10	W	4/3	10:00am-11:00am

EXPERIENCE THE  
SOLAR ECLIPSE  
WITH PRCS



April 8, 2024

FIND YOUR PRCS VIEWING EVENT IN  
Events & Trips



GIGGLES & GARDENS

(Ages 2-4) Your little one will enjoy sensory play with seed sorting and playdough garden creations. Creative arts and crafts feature paper plate flowers and a col-laborative garden collage.

<b>304105-01</b>	\$8	M	4/8	10:00am-11:00am
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NATIONAL GRILLED CHEESE DAY

(Ages 4-6) Embark on a flavor adventure this National Grilled Cheese Day! Savor the gooey goodness of perfectly melted cheese sandwiched between golden, but-tery bread. Dive into a world of culinary creativity while crafting your own cheesy masterpieces.

<b>304102-01</b>	\$10	F	4/12	12:30pm-2:00pm
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DISCOVER & BUILD - TINY TOTS PLAYDATES

(Ages 1.5-5) Unleash your imagination and let the fun begin at this exclusive event! Dive into a world of creativity with our big blue blocks, where every child becomes an architect of their own play paradise. Watch as little hands stack and build, transforming the space into a vibrant wonderland!

<b>304108-01</b>	\$2	F	4/12	12:30pm-2:00pm
<b>304108-02</b>	\$2	F	4/19	12:30pm-2:00pm
<b>304108-03</b>	\$2	F	5/10	12:30pm-2:00pm
<b>304108-04</b>	\$2	F	5/17	12:30pm-2:00pm

SPLISH, SPLASH, RAINY CRAFTS

(Ages 3-5) Splash vibrant hues on umbrellas, creating your own portable master-piece. Dive into a world of joy with crafts that celebrate the beauty of raindrops. Embrace the fun, rain, or shine!

<b>304136-01</b>	\$10	M	4/15	11:00am-12:00pm
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PUDDLE PICASSO PALS

(Ages 3-5) Young artists don rain boots to explore puddles, using water-based paints for creative expressions. The highlight is “pudding painting,” where pudding becomes an edible canvas, blending sensory play with delicious creativity. From puddle-inspired paintings to collaborative chalk murals, every activity embraces the whimsy of rain. This unique class promises laughter, artistic exploration, and a delightful blend of outdoor play with tasty, messy fun.

<b>304106-01</b>	\$8	W	4/17	11:00am-12:00pm
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MOMMY & ME DANISHES & COFFEE/JUICE

(All Ages) Join us for a heartwarming Mother’s Day at our Mommy and Me Danish and Coffee event. Share sweet moments with your little ones over freshly baked Danishes and aromatic coffee. It’s a delightful morning of love, laughter, and de-lectable treats. Create lasting memories on this special occasion.

<b>304116-01</b>	\$5	Su	5/12	9:30am-10:30am
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ELEMENTARY AGE

KIDS IN THE KITCHEN MEATBALL DAY

(Ages 7-13) Get ready for a tasty adventure as Kids in the Kitchen celebrates National Meatball Day! In this fun culinary class, children become chefs, crafting delicious meatball subs from scratch. Guided by our instructor, young cooks learn basic kitchen skills, the joy of teamwork, and create their own flavorful master-pieces. Join us for a hands-on experience that blends learning and deliciousness, turning National Meatball Day into a memorable culinary celebration!

<b>304202-01</b>	\$20	Sa	3/9	2:00pm-5:00pm
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NATIONAL POPCORN LOVERS DAY

(Ages 6-12) Embrace the crunch on National Popcorn Lovers Day! Join us for a popcorn-palooza, where kernels transform into delightful treats. From classic but-tery goodness to creative flavors, savor the joy of this beloved snack while enjoying playing games in the Lounge, popping with fun and flavor for everyone!

<b>304203-01</b>	\$12	Th	3/14	5:00pm-7:00pm
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KIDS NIGHT IN, PARENTS NIGHT OUT

(Ages 6-13) An evening of fun and excitement for your children! With games, playground adventures, and creative crafts, your children are sure to have a blast. Please provide water bottles and snacks if desired, as dinner will be taken care of.

It’s an opportunity for parents to enjoy a night out while the kids revel in a safe and entertaining environment.

<b>304208-01</b>	\$25	F	3/15	5:30pm-9:30pm
<b>304208-02</b>	\$25	F	4/19	5:30pm-9:30pm
<b>304208-03</b>	\$25	F	5/17	5:30pm-9:30pm

HAPPY CAMPER NO SCHOOL CAMP

(Ages 6-13) Happy Camper No School Camp offers gym time and fun games for an active break. Bring your packed lunch and water bottles to stay refreshed. Our experienced counselors lead team building challenges and arts and crafts, making Happy Camper the perfect choice to have fun and make new friends.

<b>304205-01</b>	\$150	M-F	3/25-3/29	7:30am-6:00pm
<b>304205-02</b>	\$30	F	4/5	7:30am-6:00pm
<b>304205-03</b>	\$30	W	4/10	7:30am-6:00pm

KIDS IN THE KITCHEN PEACH COBBLER DAY

(Ages 7-13) Brace yourselves for a flavorful escapade as Kids in the Kitchen joy-ously observes National Peach Cobbler Day! In this delightful culinary class, young participants will step into the shoes of chefs, creating scrumptious peach cobblers entirely from scratch.

<b>304206-01</b>	\$20	Sa	4/13	11:30am-2:30pm
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NATURE CLASS

(Ages 6-12) Welcome to Nature Class, where the wonders of the great outdoors come to life in two captivating sessions that will leave you inspired and connected to the world around you! Join us for an immersive journey into the heart of your local ecosystems, as we unravel the secrets of nature. From fluttering butterflies to towering trees, each session promises a deep dive into the diverse and fascinating life that thrives right in our own backyard.

<b>304209-01</b>	\$5	Th	4/18	1:00pm-2:00pm
<b>304209-02</b>	\$5	Th	4/25	1:00pm-2:00pm

EARTH DAY FUN

(Ages 6-10) Engage in recycled art projects, create Earth-themed bracelets, and plant seeds to nurture environmental awareness. Play Earth Day Bingo and partic-ipate in a recycling relay race for hands-on learning.

<b>304204-01</b>	\$12	M	4/22	5:00pm-6:30pm
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TEEN

TEEN LOUNGE

(Ages 12-17) Join your friends in the Douglass Community Center Lounge, where an array of activities awaits. Immerse yourself in thrilling games, engage in com-puter play, catch the latest movies, indulge in various entertainment options, and more. This is the perfect opportunity to gather and enjoy a fun hangout experience. Don’t miss out on the excitement!

Free	M-Th	3/1-5/31	5:00pm-9:00pm
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YOUTH FUTSAL DROP-IN

(Ages 13-18) Ready to kick it with your crew and show off your mad skills? Look no further – our Teen Futsal Drop-In Play is where the action is! Connect with other ballers who share your love for the game. Make new friends, vibe with your team-mates, and celebrate epic goals and sweet moves together! During and/or after drop-in, be sure to check out the Teen Lounge. Please note: There is no organized individual or group training, instruction or coaching permitted during designated youth drop-in times.

\$1	F	3/1-5/31	6:00pm-8:00pm
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YOUTH SPORTS DROP-IN

(Ages 11-18) Grab your sneakers, round up your friends and join us for basketball, volleyball, and/or the latest sensation, pickleball, your choice! Bond with friends, make new pals, and let’s sweat it out together! During and/or after drop-in, be sure to check out the Teen Lounge. Please note: There is no organized individual or group training, instruction or coaching permitted during designated youth drop-in times.

\$1	M, W	3/4-5/29	4:00pm-6:30pm
\$1	Tu, Th	3/5-5/30	4:00pm-5:30pm

CRICUT CREATIONS - ST. PATRICK’S DAY T-SHIRTS

(Ages 13-18) St. Patrick’s Day is just around the corner! Join us to craft personalized T-shirts using our Cricut machines. Pick your design, select your favorite colors, and witness your creation come to life. Light snacks and refreshments will be provided.

<b>304305-01</b>	\$10	W	3/13	5:00pm-6:30pm
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CRICUT CREATIONS - HOPPING BOUQUET

(Ages 13-18) Unleash your creativity to craft a distinctive masterpiece to bring the essence of spring home with you. This hands-on experience allows participants to showcase their artistic flair while reveling in the beauty of the season through a unique and charming paper floral creation. Light snacks and refreshments will be provided.

<b>304306-01</b>	\$10	W	3/27	5:00pm-6:30pm
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CRICUT CREATIONS - MOTHER’S DAY CARDS

(Ages 13-18) Prepare for Mother’s Day! Come and join us in the delightful activity of crafting personalized Mother’s Day cards, where you can infuse your creativity into each design, and add heartfelt messages and those extra special touches to make each card uniquely yours. Light snacks and refreshments will be provided.

<b>304307-01</b>	\$8	W	5/8	5:00pm-6:30pm
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ADULT

BASKETBALL DROP-IN

(Ages 18 & up) Get ready to elevate your social life and stay in! Join us in our newly renovated, full-size gymnasium for some exhilarating basketball. Come on over and let the games begin.

\$2	M, W	3/4-5/29	7:30pm-10:00pm
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ADULT FUTSAL DROP-IN

(Ages 18 & up) Kick it Up a Notch! Join Our Adult Futsal Drop-In. Grab your sneak-ers, round up your friends, and head to Douglass Community Center on Friday evenings for an exciting drop-in futsal experience. Come kick away the worries of the day and let loose on the futsal court.

\$2	F	3/1-5/31	8:00pm-10:00pm
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PICKLEBALL DROP-IN

(Ages 18 & up) Experience the newest craze in the game world - Pickleball! Gather your friends or make new buddies and head over to our newly renovated, full-size gymnasium. Engage in some friendly yet intense matches of Pickleball and discov-er why it’s taking the sports scene by storm.

\$2	Sa	3/2-5/25	1:00pm-3:30pm
\$2	M, W, F	3/4-5/31	8:00am-10:30am
\$2	Tu	3/5-5/28	12:0pm-2:30pm

SENIOR

SENIOR SERVE & SOCIALIZE SPOT

(Ages 55 & up) The Senior Serve and Socialize Spot is a cozy space designed for seniors to relax and socialize after a game of pickleball. With comfortable seating, a selection of beverages, and a friendly atmosphere, this spot is perfect for seniors to unwind and connect with others. Whether you’re catching up on the latest news or simply enjoying each other’s company, the Senior Serve and Socialize Spot provides a welcoming environment to build connections and make new friends.

<b>304600-01</b>	Free	M, W, F	3/4-5/31	10:30am-12:30pm
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CHAIR YOGA

(Ages 55 & up) Discover tranquility with Chair Yoga! Join our soothing class, per-fect for all fitness levels. Seated poses and gentle stretches enhance flexibility and relaxation. Experience the rejuvenating benefits without leaving your chair. Immerse yourself in a mindful journey that promotes wellness, flexibility, and a sense of calm. Elevate your well-being with Chair Yoga today.

<b>304514-01</b>	\$5	M, F	3/4-3/29	10:30am-11:30am
<b>304514-02</b>	\$5	M, F	4/1-4/29	10:30am-11:30am
<b>304514-03</b>	\$5	M, F	5/3-5/31	10:30am-11:30am

FREEDOM ART

(Ages 55 & up) This course emphasizes the exploration of various tools and artistic mediums for unrestricted artistic expression. Participants receive guidance but are encouraged to create based on their personal inspiration. No prior experience is required, and we embrace a free-flowing approach to the creative process.

<b>304510-01</b>	\$20	Th	3/7-3/28	11:30am-12:15pm
<b>304510-02</b>	\$20	Th	4/4-4/25	11:30am-12:15pm
<b>304510-03</b>	\$20	Th	5/2-5/23	11:30am-12:15pm

BRIDGE OPEN PLAY

(Ages 55 & up) Dive into the strategic world of bridge with Open Bridge Play! This session offers a unique opportunity for card game enthusiasts to engage in un-structured play. No formal instruction will be provided, so participants are encour-aged to bring their knowledge of the game. Join fellow enthusiasts for a dynamic and social atmosphere, where the cards are dealt, and the strategic brilliance of bridge takes center stage. It’s open playtime to shuffle, deal, and enjoy the game.

<b>304515-01</b>	\$3	W	3/13	10:30am-12:30pm
<b>304515-02</b>	\$3	W	4/24	10:30am-12:30pm
<b>304515-03</b>	\$3	W	5/15	10:30am-12:30pm

MULTIAGE

BEGINNER PICKLEBALL

(Ages 18 & up) Get ready to discover the joy of pickleball, a sport that combines the best elements of tennis, badminton, and ping pong. Our expert instructors will guide you through the basics, ensuring that every session is filled with laughter, learning, and a whole lot of energy.

<b>304501-01</b>	\$15	Tu	3/5	2:30pm-3:30pm
<b>304501-02</b>	\$15	Tu	3/12	2:30pm-3:30pm
<b>304501-03</b>	\$15	Tu	3/19	2:30pm-3:30pm
<b>304501-04</b>	\$15	Tu	3/26	2:30pm-3:30pm
<b>304501-05</b>	\$15	Tu	4/2	2:30pm-3:30pm
<b>304501-06</b>	\$15	Tu	4/9	2:30pm-3:30pm
<b>304501-07</b>	\$15	Tu	4/16	2:30pm-3:30pm
<b>304501-08</b>	\$15	Tu	4/23	2:30pm-3:30pm
<b>304501-09</b>	\$15	Tu	4/30	2:30pm-3:30pm
<b>304501-10</b>	\$15	Tu	5/7	2:30pm-3:30pm
<b>304501-11</b>	\$15	Tu	5/14	2:30pm-3:30pm
<b>304501-12</b>	\$15	Tu	5/21	2:30pm-3:30pm
<b>304501-13</b>	\$15	Tu	5/28	2:30pm-3:30pm

DCC BOOK CLUB

(Ages 16 & up) Dive into a world of literary wonders at the DCC Book Club! This program is not just about reading; it’s about forging connections, exploring diverse perspectives, and celebrating the magic of storytelling. Join fellow book enthusiasts in a cozy and welcoming space where the pages come alive with discussions that go beyond the plot. Whether you’re a seasoned reader or just starting your literary journey, this club is your passport to a community that values the art of words.

<b>304506-01</b>	Free	W	3/6-5/29	2:00pm-3:00pm
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INTERMEDIATE PICKLEBALL

(Ages 18 & up) Get ready to elevate your game to new heights with our Intermediate Pickleball Program. Whether you’re a seasoned player or just getting the hang of the game, our program is designed to take your skills to the next level. From precision shots to strategic gameplay, we’ve got you covered.

<b>304502-01</b>	\$15	Th	3/7	2:30pm-3:30pm
<b>304502-02</b>	\$15	Th	3/14	2:30pm-3:30pm
<b>304502-03</b>	\$15	Th	3/21	2:30pm-3:30pm
<b>304502-04</b>	\$15	Th	3/28	2:30pm-3:30pm
<b>304502-05</b>	\$15	Th	4/4	2:30pm-3:30pm
<b>304502-06</b>	\$15	Th	4/11	2:30pm-3:30pm
<b>304502-07</b>	\$15	Th	4/18	2:30pm-3:30pm
<b>304502-08</b>	\$15	Th	4/25	2:30pm-3:30pm
<b>304502-09</b>	\$15	Th	5/2	2:30pm-3:30pm
<b>304502-10</b>	\$15	Th	5/9	2:30pm-3:30pm
<b>304502-11</b>	\$15	Th	5/16	2:30pm-3:30pm
<b>304502-12</b>	\$15	Th	5/23	2:30pm-3:30pm
<b>304502-13</b>	\$15	Th	5/30	2:30pm-3:30pm

PLAYGROUND CHRONICLES: A JOURNEY THROUGH BLACK HISTORY

(All Ages) Embark on an extraordinary adventure that transcends age boundaries! Our 45-minute classes are designed for all ages, inviting you to discover the rich tapestry of Black history interwoven into the very fabric of our playground. Unleash the spirit of exploration as we delve into the stories behind each playground piece. Every element carries a unique tale, connecting us to the remarkable individuals who have shaped Black history. Get ready to swing through time and slide into the past!

Free	M	4/22-5/20	11:45am-12:30pm
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LOUDOUN VALLEY COMMUNITY CENTER

320 West School Street Purcellville, VA 20132  
571-367-8444 • loudoun.gov/loudounvalleycc  
Monday-Thursday 7:00am-9:00pm • Friday 7:00am-6:00pm  
Saturday 8:00am-4:00pm  
Closed for Memorial Day, 5/27  
facebook.com/LoudounValleyCC

LICENSED PROGRAMS

CHILD CARE

(Ages 3-5) Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Childcare is offered at select locations and provides full-time care for children from 7:00am-6:00pm five days a week.

PRESCHOOL

(Ages 2.5-5) Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part-time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules.

SUMMER CAMPS

Your summer camp line up is at School Street! Go to loudoun.gov/PRCSconnect in late February for camp information. Plan your camp schedule early. Registration begins in March.

TODDLER & PARENT

MY TODDLER & ME

(Ages 1.25-3) 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 their toddler. Instructor: Veronica

<b>301115-01</b>	\$23	Th	3/7-3/21	9:30am–10:15am
<b>301115-02</b>	\$23	Th	3/7-3/21	10:45am–11:30am
<b>301115-03</b>	\$30	Th	4/4-4/25	9:30am–10:15am
<b>301115-04</b>	\$30	Th	4/4-4/25	10:45am–11:30am
<b>301115-05</b>	\$38	Th	5/2-5/30	9:30am–10:15am
<b>301115-06</b>	\$38	Th	5/2-5/30	10:45am–11:30am

PRESCHOOL AGE

BUDDING SCIENTISTS

(Ages 4-5) Open your mind and explore the exciting world of science! Children will use their inquisitive minds as they take part in hands-on experiments to make observations, gather information, and guess what will happen while they learn basic scientific principles. Bring a lunch and water bottle to class. Monday and Friday classes have the same content, do not sign up for both days. Instructor: Erin

<b>301104-01</b>	\$60	F	3/1-3/22	12:15pm–1:45pm
<b>301104-02</b>	\$45	M	3/4-3/18	12:15pm–1:45pm
<b>301104-03</b>	\$75	M	4/1-4/29	12:15pm–1:45pm
<b>301104-04</b>	\$60	F	4/5-4/26	12:15pm–1:45pm
<b>301104-05</b>	\$60	F	5/3-5/24	12:15pm–1:45pm
<b>301104-06</b>	\$45	M	5/6-5/20	12:15pm–1:45pm

STAY & PLAY

(Ages 3-5) Get ready to have lots of fun with your preschool friends. Outdoor time and indoor games and play! Bring a lunch and a water bottle to class. Instructor: Tiffany

<b>301101-01</b>	\$45	M	3/4-3/18	12:15pm–1:45pm
<b>301101-02</b>	\$75	M	4/1-4/29	12:15pm–1:45pm
<b>301101-03</b>	\$45	M	5/6-5/20	12:15pm–1:45pm

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. Instructor: Elizabeth and Angela

<b>301106-01</b>	\$30	Tu	3/12-3/19	12:15pm–1:45pm
<b>301106-02</b>	\$75	Tu	4/2-4/30	12:15pm–1:45pm
<b>301106-03</b>	\$45	Tu	5/7-5/21	12:15pm–1:45pm

PRESCHOOL SPORTS CLUB

(Ages 3.5-5) Looking to stay active 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. No classes: Spring Break March 25–29. Instructor: Daniel

<b>301108-01</b>	\$75	Tu	3/12-4/16	12:15pm-1:45pm
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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. Instructor: Elizabeth and Angela				
<b>301105-01</b>	\$45	W	3/6-3/20	12:15pm–1:45pm
<b>301105-02</b>	\$60	W	4/3-4/24	12:15pm–1:45pm
<b>301105-03</b>	\$60	W	5/1-5/22	12:15pm–1:45pm

WEDNESDAY LUNCH CLUB

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

<b>301111-01</b>	\$45	W	3/6-3/20	12:15pm–1:45pm
<b>301111-02</b>	\$60	W	4/3-4/24	12:15pm–1:45pm
<b>301111-03</b>	\$60	W	5/1-5/22	12:15pm–1:45pm

PRESCHOOL PLAY TIME

(Ages 4-5) 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. Instructor: Tiffany

<b>301107-01</b>	\$45	Th	3/7-3/21	12:15pm–1:45pm
<b>301107-02</b>	\$60	Th	4/4-4/25	12:15pm–1:45pm
<b>301107-03</b>	\$60	Th	5/2-5/23	12:15pm–1:45pm

BUDDING ARTIST

(Ages 4-5) Calling all little artists to explore different art mediums and some cool techniques. Create 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. Instructor: Molly

<b>301103-01</b>	\$60	F	3/1-3/22	12:15pm–1:45pm
<b>301103-02</b>	\$60	F	4/5-4/26	12:15pm–1:45pm
<b>301103-03</b>	\$60	F	5/3-5/24	12:15pm–1:45pm

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 L

<b>301113-01</b>	\$45	Th	4/18-5/2	12:15pm-1:45pm
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MULTIAGE

PARENTS NIGHT OUT

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

<b>301205-01</b>	\$20	F	3/15	6:00pm-9:00pm
<b>301205-02</b>	\$20	F	4/12	6:00pm-9:00pm
<b>301205-03</b>	\$20	F	5/17	6:00pm-9:00pm

ALADDIN-MUSICAL THEATRE SPRING BREAK CAMP

(Ages 7-16) Aladdin Theatre Drama Camp! Actors will have fun acting in this fun Drama Theatre camp. Come prepared to rehearse and perform the Aladdin Production! Actors will also get to create and explore set design, costumes, lighting and sound. A wonderful play showcase will be presented at the end of camp. We provide professional high quality arts education classes in a fun and positive atmosphere. Students should pack a lunch, snack and water bottle. This is a great camp for those interested in our Musical Theatre Troupe and SoHo Theatre program that starts in the Fall 2024! This camp is for all levels including beginner to advanced. For information contact Heather Orr at sohoperformingarts@gmail.com

<b>301212-01</b>	\$330	M-F	3/25-3/29	9:00am-3:30pm
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DROP-IN BASKETBALL

Drop in for pickup basketball with other community players. Maximum of 8 players per session. Center is closed at 6:00pm on Fridays. Call for a detailed schedule in the evenings.  
\$1 ages 3-17 years  
\$2 ages 18 & up

HEALTH & FITNESS

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

**Monthly Pass:**  
Adults (Ages 18-54)..... \$30  
Seniors (55 & up)..... \$20  
Students (16-24 with ID) ..... \$20  
**6 Month Pass:**  
Adults (Ages 18-54)..... \$150  
Seniors (55 & up)..... \$100  
Students (16-24 with ID) ..... \$100

**Annual Pass:**  
Adults (Ages 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 .....	\$57
8 Visits .....	\$105
10 Visits .....	\$121
Unlimited.....	\$132
Unlimited for 2 .....	\$220
Unlimited Family .....	\$227
Drop-In.....	\$16

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. No Class 7/4.

Advanced				
<b>301198-01</b>	\$110	Tu, Th	3/12-5/2	9:00am-10:00am
<b>301198-03</b>	\$110	Tu, Th	5/21-7/9	9:00am-10:00am
Intermediate				
<b>301198-02</b>	\$110	Tu, Th	3/12-5/2	10:00am-11:00am
<b>301198-04</b>	\$110	Tu, Th	5/21-7/9	10:00am-11:00am
Beginner				
<b>301198-05</b>	\$110	Tu, Th	3/12-5/2	11:00am-12:00pm
<b>301198-06</b>	\$110	Tu, Th	5/21-7/9	11:00am-12:00am

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 ..... \$120  
4 Sessions..... \$400  
8 Sessions..... \$720  
12 Sessions..... \$960



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.

SUPER 650

This punch card class that consists of a full-body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching of all 650 muscles in a single workout. The technique develops lean, strong and flexible muscles with immediate changes to your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. This equipment-free workout leaves you feeling energized, youthful and healthy! Class is done in socks or bare feet and is appropriate for all fitness levels and genders.

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

YOGA

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

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

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

Punch Card Pass	W, F	10:00am-11:00am
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LOVETTSVILLE COMMUNITY CENTER

57 E. Broad Way, Lovettsville, VA 20180  
540-822-5284 • [loudoun.gov/lovettsvillecc](http://loudoun.gov/lovettsvillecc)  
Monday-Thursday 7:00am-8:00pm • Friday 7:00am-6:00pm  
Saturday 8:00am-4:00pm  
Closed for Memorial Day, 5/27  
[facebook.com/LovettsvilleCC](https://facebook.com/LovettsvilleCC)

Please call center or visit [loudoun.gov/lovettsvillecc](http://loudoun.gov/lovettsvillecc) for the most up to date drop-in gym schedule.

CHILD CARE

(Ages 3-5) Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Childcare is offered at select locations and provides full-time care for children from 7:00am-6:00pm five days a week.

PRESCHOOL

(Ages 3-5) Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a

safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part-time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules

PRESCHOOL AGE

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

GAME CLUB

(Ages 3-5) Learn and play games with your friends! We will play Bingo, Barrel of Monkeys, memory games....and of course there will be LEGOS for the creative builders.

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

LIL GYMNASTICS

(Ages 3-5) This fun and exciting class will teach your preschool-aged child basic gymnastics and tumbling skills! This program is designed for beginners and will introduce essential and fundamentals of gymnastics.

302130-01	\$30	Sa	3/2-3/16	9:30am-10:30am
302130-02	\$30	Sa	4/6-4/20	9:30am-10:30am
302130-03	\$20	Sa	5/4-5/11	9:30am-10:30am

OCEAN EXPLORERS

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

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

TUMBLE TOTS

(Ages 2-3) Let's get ready to tumble! This class is for children and their guardians to explore different activities using various pieces of gymnastics equipment. There will be a chance for your little one to tumble, climb and play. Guardian participation is required.

302126-01	\$15	Tu	3/5-3/19	10:15am-10:45am
302126-02	\$20	Tu	4/2-4/30	10:15am-10:45am
302126-03	\$15	Tu	5/7-5/21	10:15am-10:45am
302126-04	\$15	Th	3/7-3/21	10:15am-10:45am
302126-05	\$20	Th	4/4-4/25	10:15am-10:45am
302126-06	\$15	Th	5/9-5/23	10:15am-10:45am

PINT-SIZED TUMBLING

(Ages 3-5) Lets get ready to TUMBLE! This class is a basic introduction to gymnastics tumbling skills. There will be a chance to tumble, climb and play!

302148-01	\$15	Tu	3/5	11:30am-1:00pm
302148-02	\$15	Tu	4/9	11:30am-1:00pm
302148-03	\$15	Tu	5/7	11:30am-1:00pm

LIL BUSY BEES

(Ages 6 months-2) Bring your little one and make memories! Enjoy story time, songs, circle time, and more! Parent participation required. Fee is per child and parents are free.

302108-01	\$15	F	3/1	8:45am-9:45am
302108-02	\$15	F	3/15	8:45am-9:45am
302108-03	\$15	F	4/12	8:45am-9:45am
302108-04	\$15	F	4/26	8:45am-9:45am
302108-05	\$15	F	5/3	8:45am-9:45am
302108-06	\$15	F	5/17	8:45am-9:45am

LUNCH BUDDIES

(Ages 3-5) Play and have lunch with friends!

302100-01	\$15	W	3/6	11:30am-1:00pm
302100-02	\$15	W	4/3	11:30am-1:00pm

302100-03	\$15	W	5/1	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.

302102-01	\$100	Tu, Th	3/7-3/21	8:30am-10:00am
302102-02	\$180	Tu, Th	4/2-4/30	8:30am-10:00am
302102-03	\$180	Tu, Th	5/2-5/30	8:30am-10:00am

WIGGLE WORMZ

(Ages 6 months-1) A class for infants and a parent or caregiver to move about and explore sensory activities and gymnastics equipment. Our Wiggle Wormz classes will capture your child's imagination while developing gross motor skills and early gymnastics activities. Parents should be prepared for full involvement.

302167-01	\$15	Th	3/7-3/21	9:30am-10:00am
302167-02	\$20	Th	4/4-4/25	9:30am-10:00am
302167-03	\$20	Th	5/2-5/23	9:30am-10:00am

BITE-SIZED BAKERS & BOOKS

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

302113-01	\$15	Th	3/7	11:30am-1:00pm
302113-02	\$15	Th	4/4	11:30am-1:00pm
302113-03	\$15	Th	5/2	11:30am-1:00pm

PLAY DAY

(Ages 3-5) Come out and play with some friends!

302117-01	\$15	F	3/8	11:30am-1:00pm
302117-02	\$15	F	4/12	11:30am-1:00pm
302117-03	\$15	F	5/10	11:30am-1:00pm

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.

302106-01	\$18	M	3/11	11:30am-1:00pm
302106-02	\$18	M	4/15	11:30am-1:00pm
302106-03	\$18	M	5/13	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. This is a very active class with lots of running so please send your children in sneakers and clothing that is easy to move in.

302105-01	\$15	W	3/13	11:30am-1:00pm
302105-02	\$15	W	4/24	11:30am-1:00pm
302105-03	\$15	W	5/8	11:30am-1:00pm

PI DAY

(Ages 3-5) Celebrate Pi Day by baking a pie with your friends!

302116-01	\$15	Th	3/14	11:30am-1:00pm
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SHAM-ROCKS

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

302144-01	\$15	F	3/15	11:30am-1:00pm
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MESSY MONDAY

(Ages 3-5) Come join your friends for this fun and messy class to create slime, bubbles, playdough, paint and much more!

302104-01	\$15	M	3/18	11:30am-1:00pm
302104-02	\$15	M	4/29	11:30am-1:00pm
302104-03	\$15	M	5/20	11:30am-1:00pm

THINGS THAT MOVE!

(Ages 3-5) This class is designed for curious minds to explore all things that move! The world is in motion, full of living and nonliving things that move. Cars, animals, human bodies and so much more!

302109-01	\$15	W	3/20	11:30am-1:00pm
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302109-02	\$15	W	4/17	11:30am-1:00pm
302109-03	\$15	W	5/15	11:30am-1:00pm

**TOUGH TIKES**  
(Ages 3-5) Tough Tikes is a fitness class designed just for kids! Each class has fun warm-up exercises, easy to follow fun fitness activities and then a sport style game.

302160-01	\$15	Th	3/21	11:30am-1:00pm
302160-02	\$15	Th	4/18	11:30am-1:00pm
302160-03	\$15	Th	5/16	11:30am-1:00pm

BOOK WORMZ

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

302103-01	\$15	F	3/22	11:30am-1:00pm
302103-02	\$15	F	4/26	11:30am-1:00pm
302103-03	\$15	F	5/17	11:30am-1:00pm

DINO-MITE!

(Ages 3-5) Explore the amazing world of dinosaurs in this fun class! Your child will have a fun learning all about the animal and enjoy making a take home craft.

302129-01	\$15	M	4/1	11:30am-1:00pm
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STORYBOOK ART

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

302107-01	\$15	W	4/10	11:30am-1:00pm
302107-02	\$15	W	5/22	11:30am-1:00pm

NATIONAL PET DAY

(Ages 3-5) It's National Pet Day! Explore the world of various pets from dogs to elephants!

302128-01	\$15	Th	4/11	11:30am-1:00pm
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2024  
PRCS  
SUMMER  
CAMPS

Full-Day & 1/2 Day  
Daze & Fest  
Specialty Camps  
Adaptive Rec Camp

PRCS Camp Guide  
Available Online  
[loudoun.gov/Camps](http://loudoun.gov/Camps)  
starting  
Friday, February 16  
Printed Copies Available Early March



PARENTS NIGHT OUT - PRESCHOOL

(Ages 3-5) Enjoy a night out while your kids enjoy dinner, crafts, games and activities! Children must be potty-trained to attend. Staff members are not permitted to change diapers or clean up accidents.

<b>302114-01</b>	\$20	F	4/12	5:30pm-8:30pm
<b>302114-02</b>	\$20	F	5/3	5:30pm-8:30pm

BUNNY HOP

(Ages 3-5) Join us for some bunny fun! We will dance to The Bunny Hop and make a craft to take home.

<b>302127-01</b>	\$15	F	4/19	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.

<b>302112-01</b>	\$15	M	4/22	11:30am-1:00pm
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FIN-TASTIC SHARKS!

(Ages 3-5) Explore the mysterious world of sharks in this fin-tastic class! Your child will create a fun shark craft and learn all about sharks.

<b>302163-01</b>	\$15	Th	4/25	11:30am-1:00pm
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SUMMER FUN!

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

<b>302122-01</b>	\$15	Th	5/23	11:30am-1:00pm
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AROUND THE WORLD

(Ages 3-5) Join your friends and explore different cultures from around the world. Each class will learn simple words from each country, play a fun game from that country and do a craft.

<b>302134-01</b>	\$15	Tu	4/2	11:30am-1:00pm
<b>302134-02</b>	\$15	Tu	5/21	11:30am-1:00pm

ELEMENTARY AGE

KIDS GYMNASTICS

(Ages 6-8) This fun and exciting class will teach your elementary-aged child basic gymnastics and tumbling skills! This program is designed for beginners and will introduce essential and fundamentals of gymnastics.

<b>302200-01</b>	\$30	Sa	3/2-3/16	10:45am-11:45am
<b>302200-02</b>	\$30	Sa	4/6-4/20	10:45am-11:45am
<b>302200-03</b>	\$20	Sa	5/4-5/11	10:45am-11:45am

BASKETBALL SKILLS & DRILLS

(Ages 5-7) Learn basic fundamental movement skills and build overall motor skills. Introduction to basic skills and concepts and principles of basketball. Instructor: Melissa Blankenship

<b>302205-01</b>	\$30	Tu	3/5-3/19	3:00pm-4:00pm
<b>302205-02</b>	\$40	Tu	4/2-4/23	3:00pm-4:00pm
<b>302205-03</b>	\$30	Tu	5/7-5/21	3:00pm-4:00pm

BASKETBALL SKILLS & DRILLS

(Ages 8-10) See description for Ages 5-7. Instructor: Melissa Blankenship

<b>302217-01</b>	\$30	Tu	3/5-3/19	4:00pm-5:00pm
<b>302217-02</b>	\$40	Tu	4/2-4/23	4:00pm-5:00pm
<b>302217-03</b>	\$30	Tu	5/7-5/21	4:00pm-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.

<b>302202-01</b>	\$15	W	3/13	2:30pm-3:45pm
<b>302202-02</b>	\$15	W	4/17	2:30pm-3:45pm
<b>302202-03</b>	\$15	W	5/15	2:30pm-3:45pm
<b>302202-04</b>	\$2	W	3/13	2:30pm-2:45pm
<b>302202-05</b>	\$2	W	4/17	2:30pm-2:45pm

<b>302202-06</b>	\$2	W	5/15	2:30pm-2:45pm
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PARENTS NIGHT OUT

(Ages 6-11) Enjoy a night out while your kids enjoy dinner, crafts, games, and activities!

<b>302203-01</b>	\$20	F	4/12	5:30pm-8:30pm
<b>302203-02</b>	\$20	F	5/3	5:30pm-8:30pm

TEEN

CAMP HIGHROAD HIGH ROPES TRIP

(Ages 11-14) During LCPS Spring Break join the Lovettsville Staff and take a trip to Camp Highroad for zip lining, ropes obstacle course, and more! Pack a lunch and water bottle.

<b>302317-01</b>	\$80	W	3/27	10:00am-3:00pm
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MULTIAGE

SEWING

(Ages 16 & up) Do you want to learn how to sew but don't know where to start? Learn basic sewing techniques and sewing machine operation.

<b>302507-01</b>	\$30	W	3/6-3/20	6:00pm-7:00pm
<b>302507-02</b>	\$40	W	4/3-4/24	6:00pm-7:00pm
<b>302507-03</b>	\$40	W	5/1-5/22	6:00pm-7:00pm

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.

<b>302120-01</b>	Free	Th	3/7	11:00am-12:00pm
<b>302120-02</b>	Free	Th	3/21	11:00am-12:00pm
<b>302120-03</b>	Free	Th	4/4	11:00am-12:00pm
<b>302120-04</b>	Free	Th	4/18	11:00am-12:00pm
<b>302120-05</b>	Free	Th	5/2	11:00am-12:00pm
<b>302120-06</b>	Free	Th	5/16	11:00am-12:00pm
<b>302120-07</b>	Free	Th	5/30	11:00am-12:00pm

BOOKS & TEA

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

ADULT

BITES & BREWS

(Ages 21 & up) Tour local breweries and wineries on the Lovettsville bus and grab a bite to eat from one of the food trucks! The bus departs from the Lovettsville Community Center at 3:00pm and returns at 8:00pm. Each trip will visit up to three locations! Cost covers transportation only.

<b>302501-01</b>	\$20	Sa	4/6	3:00pm-8:00pm
<b>302501-02</b>	\$20	Sa	5/11	3:00pm-8:00pm

BEGINNER PICKLEBALL LESSONS

(Ages 18 & up) Have you been wanting to learn more about pickleball, one of the fastest growing sports in the nation? This class will teach you the basics of pickleball including the rules, how to serve, and more.

<b>302700-01</b>	\$45	W	4/10-4/24	9:00am-10:00am
<b>302700-02</b>	\$45	W	5/8-5/22	9:00am-10:00am

PICKLEBALL

(Ages 18 & 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

SENIOR

SENIOR LUNCHES

(Ages 55 & up) Come join us for a home-cooked meal and socialization.

<b>302620-01</b>	\$15	Th	3/7	12:00pm-2:00pm
<b>302620-02</b>	\$15	Th	4/4	12:00pm-2:00pm
<b>302620-03</b>	\$15	Th	5/2	12:00pm-2:00pm

SENIOR LUNCH TRIPS

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

<b>302622-01</b>	\$15	Tu	3/12	11:00am-3:00pm
<b>302622-02</b>	\$15	Tu	4/16	11:00am-3:00pm
<b>302622-03</b>	\$15	Tu	5/14	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

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. Instructors: Katharina Connor and Rick Reid.

\$75/Fit Pass, \$9/drop-in  
Th ongoing 9:00am-10:00am

FITNESS

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 (55 & up).....	\$2
Students (16-24 with ID) .....	\$2

Monthly Pass – unlimited use:

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

6 Month Pass – unlimited use:

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

Annual Pass – unlimited use:

Adults (Ages 18-54).....	\$275
Seniors (55 & up).....	\$150
Students (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 .....	3/4-5/29.....5:30pm-6:30pm
Tu, Th.....	3/5-5/30.....8:00am-9:00am
Sa.....	3/2-5/25.....8:00am-9:00am
4 Visits .....	\$57
8 Visits .....	\$105
10 Visits .....	\$121
Unlimited.....	\$132

Unlimited for 2 .....	\$220
Unlimited Family .....	\$275
Unlimited Seniors (Ages 55 & up).....	\$112
Drop-In.....	\$16

GROUP EXERCISE

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

CORE & MORE

Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Expect to train with a variety of equipment.

FIT4LIFE

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

POWER YOGA

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

SCULPT & TONE

This full-body workout incorporates resistance training using free weights, resistance bands, and your own body weight to sculpt and tone long, lean muscles. This class is paired with fun, upbeat music to elevate your heart rate and keep your body burning calories throughout the day!

STRENGTH & CARDIO

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

YOGA

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

YOUTH FITNESS

YOUTH FITNESS ORIENTATION

(Ages 12-15) This 60-minute class (no workout involved) will teach your young adult what they need to know to work out at Lovettsville Community Center without a parent/guardian. Call for an updated schedule.

ATHLETIC CONDITIONING

(Ages 11-15) A fitness class with plyometric training as well as strong focus on dumbbell lifting. This class is limited to five participants to keep the training safe and effective.

<b>302304-01</b>	\$40	Tu	3/5-3/26	6:15pm-7:15pm
<b>302304-02</b>	\$40	Tu	4/2-4/30	6:15pm-7:15pm
<b>302304-03</b>	\$40	Tu	5/7-5/28	6:15pm-7:15pm





LUCKETTS COMMUNITY CENTER

42361 Lucketts Road, Leesburg VA, 20176  
703-771-5281 • loudoun.gov/luckettscc  
Monday-Wednesday 7:00am-6:00pm  
Thursday 7:00am-9:30pm • Friday 7:00am-6:00pm  
Closed for Memorial Day, 5/27  
facebook.com/LuckettsCC

LICENSED PROGRAMS

**CHILD CARE**  
(Ages 3-5) Lucketts Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Childcare provides full-time care for children from 7:00am-6:00pm five days a week.

**PRESCHOOL**  
(Ages 3-5) Lucketts Community Center offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part time care for children during a nine-month program from September-May. Class days and hours vary; please inquire regarding availability and schedules.

**CASA ACADEMY**  
(Ages 5-12) Lucketts Community Center offers a nine-month after-school program for children attending Lucketts Elementary. Children can participate in indoor and outdoor activities including arts, STEM, games, and sports. Children can complete homework during dedicated times.

**SUMMER CAMPS**  
Visit loudoun.gov/PRCSconnect in late February to read the Camp Guide. Plan your camp schedule early. Registration begins in March.

PARENT & CHILD

**OPEN GYM**  
(Ages Infant-5) Experience endless fun and excitement with your little ones at our captivating, parent-supervised indoor play area! Our vibrant and stimulating equipment guarantees hours of entertainment.

309176-01	Free	M, Tu	3/4-3/26	8:30am-9:45am
309176-02	Free	M, Tu	4/1-4/30	8:30am-9:45am
309176-03	Free	M, Tu	5/6-5/28	8:30am-9:45am

PRESCHOOL AGE

**STAY & PLAY**  
(Ages 3-5) The Stay and Play program is designed to provide a fun environment for children aged 3-5 years old. In our class, children will have the opportunity to engage in various activities that promote their social, cognitive, and physical develop-

ment. Led by caring teachers, the class promotes creativity and problem-solving.

309155-01	\$60	F	3/1-3/22	12:00pm-1:30pm
309155-02	\$60	F	4/5-4/26	12:00pm-1:30pm
309155-03	\$60	F	5/3-5/24	12:00pm-1:30pm

**MAD SCIENCE MONDAYS**  
(Ages 3-5) Mad Science Mondays offers hands-on science exploration and creative fun for your child. Join us to spark curiosity and inspire young scientists!

309151-01	\$45	M	3/4-3/18	12:00pm-1:30pm
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**YOUNG AT ART**  
(Ages 3-5) Looking for a fun interactive art class for your preschooler? Join us for Young at Art, where kids aged 3-5 will explore creativity through colorful projects using various materials. They develop fine motor skills, self-expression, and imagination. Join us for a vibrant artistic journey!

309152-01	\$45	W	3/6-3/20	12:00pm-1:30pm
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**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. We welcome children who are not yet potty-trained, although our staff is unable to assist with diaper changes. Rest assured, parents will be promptly contacted in case of a diaper change or accident.

309153-01	\$75	Tu, Th	3/7-3/21	9:15am-10:30am
309153-02	\$135	Tu, Th	4/2-4/30	9:15am-10:30am
309153-03	\$135	Tu, Th	5/2-5/30	9:15am-10:30am

**LEGO MANIA**  
(Ages 3-5) Lego Mania is a fun and hands-on program that allows young children to explore and create with Lego building blocks. The program helps develop creativity, fine motor skills, and problem-solving abilities through simple building challenges and free-play sessions.

309154-01	\$45	Th	3/7-3/21	12:00pm-1:30pm
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**LITTLE STEM STARS**  
(Ages 3-5) Little Stem Stars will embark on exciting adventures in science, technology, engineering, and math. Through hands-on activities, they develop curiosity, problem-solving, and critical thinking skills. Join us for a journey of discovery and become a Stem Star.

309156-05	\$75	M	4/1-4/29	12:00pm-1:30pm
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**SPORTIES FOR SHORTIES**  
(Ages 3-5) Sporties for Shorties is a dynamic preschool P.E. class designed to introduce young children to the world of sports and physical fitness. Through engaging activities and games, children will develop fundamental movement skills, explore different sports, and foster a love for active play. Our focus on teamwork, sportsmanship, and age-appropriate equipment creates a positive and energetic environment.

309157-01	\$48	W	4/3-4/24	12:00pm-1:00pm
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**LET'S GET CREATIVE**  
(Ages 3-5) Join us as we bring out your child's creativity using different art materials. Our creativity will include dancing, music, and movement.

309159-01	\$75	W	5/1-5/29	12:00pm-1:30pm
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**YOGA 4 KIDS**  
(Ages 3-5) Introducing Yoga 4 Kids. Enjoy playful yoga poses, mindfulness, and relaxation. It promotes physical health, emotional well-being, and social skills. Join us for a mindful adventure!

309158-01	\$36	M	5/6-5/20	12:00pm-1:00pm
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ELEMENTARY AGE

**GAMING CLUB**  
(Ages 6-11) Welcome to Gaming Club, the ultimate haven for gaming enthusiasts! Whether you're a fan of Minecraft, SmashBros, Super Mario, or any other popular games, this is the place to be. You will be able to explore digital and board games,

connect with fellow gamers and have a blast! Staff will pick children up from Lucketts Elementary and walk them over to the community center after school

309276-01	\$45	W	3/6-3/20	2:45pm-4:00pm
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**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. Staff will pick children up from Lucketts Elementary and walk them over to the community center after school.

309292-01	\$60	W	4/3-4/24	2:45pm-4:00pm
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**NATURE SCAVENGER HUNT**  
(Ages 6-11) Embark on a wild adventure with us during an exhilarating scavenger hunt! Get ready to spy on squirrels, unveil funky feathers, and bask in the enchantment of the great outdoors. Our fantastic team will swoop in to gather up the kiddos from Lucketts Elementary after school, leading them on a merry journey to the Lucketts Community Center. As for the rest of our thrill-seekers, meet us at the community center at 2:45pm for a dose of outdoor escapades!

309283-01	\$15	Th	4/18	2:45pm-4:15pm
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**SPRING BREAK CAMP**  
(Ages 5-11) Join us for a day of fun at the Old School House. We will play games in the gym, create arts and crafts, play video games, and more! Please pack a lunch, snack, and water bottle.

309282-01	\$55	Th	3/28	7:30am-6:00pm
309282-02	\$55	F	3/29	7:30am-6:00pm

MULTIAGE

**BIRD HOUSE BUILDING**  
(All Ages) Fly into family fun with our Birdhouse Building Activity! Build, decorate, and give our feathered friends a cozy home. Join us for a chirpy, crafty adventures" sign up now for a tweet-worthy time! Free to attend; \$20 per birdhouse.

309713-01	\$20	W	3/6	6:30pm-8:00pm
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**FEED YOURSELF! BASIC COOKING FOR KIDS**  
(Ages 11-14) This is an exciting cooking class that introduces kids to the joy of preparing simple and delicious meals. Our program is tailored to empower budding chefs with the essential skills they need in the kitchen, fostering independence and a lifelong love for cooking.

309311-01	\$20	Th	4/11	6:30pm-8:00pm
309311-02	\$20	Th	5/9	6:30pm-8:00pm

**EARTH DAY GARDEN GATHERING**  
(All Ages) Celebrate Earth Day and help plant a pollinator garden at the Old Schoolhouse. An easy, fun activity for all ages. No green thumb required! Let's sow seeds of change, support pollinators, and make our world a little greener.

309700-01	Free	Sa	4/20	9:00am-11:00am
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ADULT

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

309521-01	\$36	Th	3/7-3/28	6:30pm-7:30pm
309521-02	\$12	Th	3/7	6:30pm-7:30pm
309521-03	\$12	Th	3/14	6:30pm-7:30pm
309521-04	\$12	Th	3/21	6:30pm-7:30pm
309521-05	\$12	Th	3/28	6:30pm-7:30pm

**DRUM CIRCLE**  
(Ages 18 & up) Join our adult drum circle for a rhythmic night of creativity and connection. Bring your own drum or use one of ours. No experience needed just bring your enthusiasm. Experience the joy of drumming in a vibrant, inclusive community. See you there!

309516-01	\$5	W	3/20	7:00pm-8:00pm
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**BOOK CLUB**  
(Ages 18 & up) Join us every month for a lively discussion of our featured Book of the Month in partnership with the Loudoun County Public Library. Check out your book at the Lucketts Community Center while supplies last. Don't forget to bring your lunch, and we'll provide a sweet treat!

309535-01	Free	W	3/13	12:00pm-1:00pm
309535-02	Free	W	4/10	12:00pm-1:00pm
309535-03	Free	W	5/8	12:00pm-1:00pm

**STEP INTO THE PAST - HISTORIC WALKING TOURS**  
(Ages 18 & up) Join us on a journey through time as we uncover the rich history of two remarkable sites with our Historic Walking Tours. This immersive experiences promise a blend of discovery, learning, and camaraderie. Board our comfortable bus at the Lucketts Community Center or Caravan to the site in your own vehicle for a flexible adventure. The April tour explores 1.5 miles of the C&O Canal National Historical Park and our May tour meanders through Historic Downtown Leesburg. Please call the center and let us know if you would like to take the bus as seating is limited.

309514-01	\$10	Sa	4/13	9:00am-12:00pm
309514-02	\$10	Sa	5/11	9:00am-12:00pm

SENIOR

**SENIOR SOCIAL HOUR**  
(Ages 55 & up) Experience the warmth of community at our Senior Social Hour at the community center. Join us for free refreshments and friendly conversations, a perfect way to start your day!

309603-01	Free	M, W	3/4-5/29	9:30am-11:30am
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**CULTIVATE JOY SENIOR GARDENING CLUB**  
(Ages 55 & up) Let's cultivate joy, one garden bed at a time! Unearth the secrets of successful gardening, share stories amid blossoming blooms, and let the camaraderie of fellow enthusiasts cultivate joy in every seed sown. Discover the beauty of growing together both plants and friendships. The club will meet beginning in March and April and will determine further meetings as the garden progresses.

309602-01	Free	W	3/13	10:00am-12:00pm
309602-02	Free	W	3/27	10:00am-12:00pm
309602-03	Free	W	4/10	10:00am-12:00pm
309602-04	Free	W	4/24	10:00am-12:00pm

**TRIP TO MEADOWLARK BOTANICAL GARDENS**  
(Ages 55 & up) Explore vibrant paths and discover secrets of diverse plant life during a Senior Walking Trip to Meadowlark Botanical Gardens. This accessible tour caters to all fitness levels, ensuring a comfortable experience. Bring a sack lunch to enjoy amidst stunning scenery, a perfect backdrop for a picnic with fellow participants. It's more than a stroll; it's a chance to make connections and strengthen friendships in nature's splendor! Meet at the Lucketts Community Center at 9:00am. The bus departs at 9:15am and will return by 2:00pm.

309601-01	\$15	Tu	4/9	9:00am-2:00pm
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**PHILOMONT COMMUNITY CENTER**  
36592 Philomont Road, Philomont, VA 20131  
540-338-5882 • [loudoun.gov/philomontcc](http://loudoun.gov/philomontcc)  
Monday-Friday 8:30am-6:00pm  
Closed for Memorial Day, 5/27  
[facebook.com/PhilomontCommunityCenter](https://facebook.com/PhilomontCommunityCenter)

PRESCHOOL AGE

**BUILDERS 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>	\$60	Tu, Th	3/5-3/21	12:00pm-1:30pm
<b>311105-02</b>	\$90	Tu, Th	4/2-4/30	12:00pm-1:30pm
<b>311105-03</b>	\$70	Tu, Th	5/2-5/23	12:00pm-1:30pm

**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 and Sarah

<b>311204-01</b>	\$30	W	3/6-3/20	12:00pm-1:30pm
<b>311204-02</b>	\$40	W	4/3-4/24	12:00pm-1:30pm
<b>311204-03</b>	\$40	W	5/1-5/22	12:00pm-1:30pm

ELEMENTARY AGE

**SPRING BREAK – STEM CAMP**  
(Ages 6-9) Is your student interested in how things work? Small engines, robots, simple machines? In this class, younger students will indulge in hands-on STEM activities. Please send your students with a snack, water bottle and separate lunch. Dress for weather as students will play outdoors as well. Instructor: Mr. Jim

<b>311206-01</b>	\$125	W-F	3/27-3/29	9:30am-1:30pm
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TEEN

**NEW! TEEN PAINT NIGHT**  
(Ages13-18) Is your teen looking for a creative outlet to express themselves? Have them join our teen paint night. Our instructor will walk them step-by-step through the process of creating a beautiful work of art. All supplies included in the fee. Suitable for beginners. Join us for some fun, judgement-free creative time!

<b>311203-01</b>	\$40	Sa	3/2	6:00pm-7:30pm
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FAMILY

**NEW! FAMILY PAINT NIGHT**  
(Ages 8 & up) Is your family looking for some engagement away from screens? Looking to ignite your creativity? Join us for a family paint night! Our instructor will walk you step by step through the process of creating a beautiful work of art. All supplies included in the fee. Suitable for beginners. Join us for some wholesome family fun!

<b>311202-01</b>	\$40	F	4/12	6:30pm-8:00pm
<b>311202-02</b>	\$40	F	5/10	6:30pm-8:00pm

SENIOR

**WALKING CLUB**  
(Ages 55 & up) Join us each Wednesday morning as we walk the length of Philomont Road (1.2 miles total). Enjoy the peacefulness that western Loudoun's gravel roads provide. Easy, flat walk. Suitable for beginners.

<b>311208-01</b>	Free	W	4/3-5/22	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  
Closed for Memorial Day, 5/27  
[facebook.com/SterlingVaCommunityCenter](https://facebook.com/SterlingVaCommunityCenter)

PRESCHOOL

**SO MUCH PAINT SO LITTLE TIME**  
(Ages 3-5) First Friday of the month. Let's paint with a variety of different materials, not just paint and paintbrushes.

<b>303115-01</b>	\$10	F	3/1	11:15am-12:00pm
<b>303115-02</b>	\$10	F	4/5	11:15am-12:00pm
<b>303115-03</b>	\$10	F	5/3	11:15am-12:00pm

**JUST FOR 2's**  
(Age 2) 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 be accomplished through arts and crafts, music social interaction, sensory play, and games. Remember to pack a snack! Register in person at SCC. Ask about our toilet training policy. This program runs through the school year.

<b>303101-01</b>	\$60	Tu, Th	3/4-3/31	9:30am-11:00am
<b>303101-02</b>	\$100	Tu, Th	4/1-4/30	9:30am-11:00am
<b>303101-03</b>	\$100	Tu, Th	5/1-5/31	9:30am-11:00am

**MINI BOOK CLUB**  
(Ages 3-5) First Monday of the month Discover new authors and interesting and unusual books. Become an illustrator and ask and answer questions about the books we are learning about.

<b>303107-01</b>	\$10	M	3/4	11:15am-12:00pm
<b>303107-02</b>	\$10	M	4/1	11:15am-12:00pm
<b>303107-03</b>	\$10	M	5/6	11:15am-12:00pm

**JUST FOR 3's & 4's**  
(Ages 3-4) 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 be accomplished through arts and crafts, music social interaction, sensory play, and games. Remember to pack a snack! Register in person at SCC. Ask about our toilet training policy. This program runs through the school year.

<b>303102-01</b>	\$84	M, W, F	3/4-3/29	9:30am-11:00am
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<b>303102-02</b>	\$132	M, W, F	4/1-4/29	9:30am-11:00am
<b>303102-03</b>	\$144	M, W, F	5/1-5/31	9:30am-11:00am

**MY TODDLER & ME**  
(Ages 18 months-2) Join us to meet our preschool teacher and explore the classroom, every Tuesday and Thursday of the month! Connect with other caregivers, your presence is cherished as we foster independence and create a supportive community. \$3.00 drop-in fee.

<b>303106-01</b>	\$3	Tu, Th	3/5-5/30	11:15am-12:00pm
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**SENSORY FUN**  
(Ages 3-5) First Wednesday of the month. This class we will use playdough to see all the fun and exciting things we can create with it. Playdough can be made up of so many cool things and we will try them all!

<b>303108-01</b>	\$10	W	3/6	11:15am-12:00pm
<b>303108-02</b>	\$10	W	4/3	11:15am-12:00pm
<b>303108-03</b>	\$10	W	5/1	11:15am-12:00pm

**WEIRD & WONDERFUL ANIMALS**  
(Ages 3-5) Second Friday of the month. Let's learn about the strangest, coolest and ugliest animals from around the world by doing fun and unique crafts.

<b>303109-01</b>	\$10	F	3/8	11:15am-12:00pm
<b>303109-02</b>	\$10	F	4/12	11:15am-12:00pm
<b>303109-03</b>	\$10	F	5/10	11:15am-12:00pm

**ALL AROUND THE WORLD**  
(Ages 3-5) Second Monday of the month. Learn about different countries and their cultures as we discover them through a craft or a recipe.

<b>303110-01</b>	\$10	M	3/11	11:15am-12:00pm
<b>303110-02</b>	\$10	M	4/8	11:15am-12:00pm
<b>303110-03</b>	\$10	M	5/13	11:15am-12:00pm

**SUPER SEEDS**  
(Ages 3-5) Second Wednesday of the month. We will be one with nature and plant seeds and grow a variety of plants in different ways.

<b>303111-01</b>	\$10	W	3/13	11:15am-12:00pm
<b>303111-02</b>	\$10	W	4/10	11:15am-12:00pm
<b>303111-03</b>	\$10	W	5/8	11:15am-12:00pm

**WHAT IS AN ENTOMOLOGIST?**  
(Ages 3-5) Let's find out as we get buggy and learn about insects through different arts and crafts activities on the third Monday of the month.

<b>303112-01</b>	\$10	M	3/18	11:15am-12:00pm
<b>303112-02</b>	\$10	M	4/15	11:15am-12:00pm
<b>303112-03</b>	\$10	M	5/20	11:15am-12:00pm

**ABC ART**  
(Ages 3-5) Third Wednesday of the month. Let's use the alphabet to make some interesting and educational art.

<b>303113-01</b>	\$10	W	3/20	11:15am-12:00pm
<b>303113-02</b>	\$10	W	4/17	11:15am-12:00pm
<b>303113-03</b>	\$10	W	5/15	11:15am-12:00pm

**AMAZING AMERICA**  
(Ages 3-5) Fourth Friday of the month. Let's use maps and books to explore different states and their national trees.

<b>303114-01</b>	\$10	F	3/22	11:15am-12:00pm
<b>303114-02</b>	\$10	F	4/26	11:15am-12:00pm
<b>303114-03</b>	\$10	F	5/24	11:15am-12:00pm

**NIGHT OR DAY-SKY STUDIES**  
(Ages 3-5) The sky is amazing! Let's have fun doing some interesting crafts as we learn what's above us on the fourth Monday of the month.

<b>303115-01</b>	\$10	M	4/22	11:15am-12:00pm
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**ART INSPIRATION**  
(Ages 3-5) Fourth Wednesday of the Month. Get inspired by famous artists and create your own fun and creative art pieces.

<b>303116-01</b>	\$10	W	4/24	11:15am-12:00pm
<b>303116-02</b>	\$10	W	5/22	11:15am-12:00pm

ELEMENTARY AGE

**SCHOOLS OUT CAMP - SPRING CREATE & COOK**  
(Ages 5-11) 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 create art projects. We will also make seasonal snacks. Pack a nut-free lunch, two snacks, and a water bottle. Remember to “dress for the mess.” Please notify us of any dietary restrictions at least two weeks in advance.

<b>303225-01</b>	\$40	Tu	3/5	8:00am-5:00pm
<b>303225-02</b>	\$200	M-F	3/25-3/29	8:00am-5:00pm
<b>303225-03</b>	\$40	F	4/5	8:00am-5:00pm
<b>303225-04</b>	\$40	W	4/10	8:00am-5:00pm

MIDDLE SCHOOL AGE

**NOSTALGIC GAMING**  
(Ages 11-13) Come join us every Thursday as we take a blast through the past while we play and learn about some classic video games. Call 703-430-9840 for more information.

<b>303314-01</b>	Free		3/1-5/31	5:00pm-6:00pm
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**MIDDLE SCHOOL MONDAY**  
(Ages 11-13) Join us every Monday after school for fun cooking, therapeutic arts art, mental health, and STEM programs! Registration is required. We will not meet on days that Loudoun County Public Schools are closed.

<b>303310-01</b>	Free		3/4-3/25	5:00pm-6:00pm
<b>303310-02</b>	Free		4/1-4/29	5:00pm-6:00pm
<b>303310-03</b>	Free		5/6-5/20	5:00pm-6:00pm

MULTIAGE

**CHESS CLUB**  
(All Ages) Come join us for our free chess club program that encourages players of all skill levels and ages to come out and play and learn the game of chess. Training will be provided for beginners. Call 703-430-9480 for more information.

<b>303703-01</b>	Free		3/4-5/27	6:00pm-8:00pm
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**CRICUT INTRODUCTION CLASS**  
(All Ages) Come out to an introductory class to learn how to use the Cricut. We will be cultivating new projects and new crafts. Please feel free to bring items that you would like to create with you. For more questions, please call 703-430-9480

<b>303702-01</b>	\$8	M	3/1-5/27	6:00pm-7:00pm
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**PARENTS ESCAPE NIGHT**  
(Ages 5-12) 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 play board games. video games and watch a movie. Dinner included.

<b>303708-01</b>	\$20	F	3/15	5:30pm-9:00pm
<b>303708-02</b>	\$20	F	4/19	5:30pm-9:00pm
<b>303708-03</b>	\$20	F	5/17	5:30pm-9:00pm







# 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 13-June 10**  
15% off 6-month and annual passes

### Daily

Ages 2 & under    Free (plastic training pants required in the pool)  
Ages 3-17 ..... \$4  
Ages 18-54 ..... \$6  
Ages 55 & up ..... \$4  
Family ..... \$16  
Children 11 and under must always be supervised by an adult inside the facility. For children 5 and under and/or children wearing a life jacket, 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 & up ..... \$88

### Monthly Pass - unlimited use

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

### 6 Month Pass - unlimited use

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

### Annual Pass - unlimited use

Single Adult ..... \$450  
Two Adults-same household ..... \$800  
Family Dependent ..... \$125

Family ..... \$1000  
Senior/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 Climbing Wall! Children 11 and under must be supervised by an adult or be in a programmed event or class. All climbers must have a Climbing Wall Release Form on file, signed by a parent or guardian if under 18 years old.

### FACILITY RENTALS

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

### KID KARE

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

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

### AQUATICS & SAFETY PROGRAMS

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

# KID KARE

Now Available

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

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

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

## KID KARE HOURS

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

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



# CLAUDE MOORE RECREATION & COMMUNITY CENTER

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

### Facility

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

### Kid Kare

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

### Climbing Wall

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

### Competition Pool, Leisure Pool & Spa

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

### Auxiliary Wing

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

Open 11:00am-6:00pm on Easter Sunday, 3/31  
Open 11:00am-6:00pm on Memorial Day, 5/27

**Spring Pass Sale May 13-June 10**  
15% off 6-month and annual passes

## LICENSED PROGRAMS

### PRESCHOOL

(Ages 2.5-5) Loudoun County Parks, Recreation and Community Services currently offers quality early childhood programs. Our licensed professionals provide a safe, healthy learning environment that promotes social, physical, and intellectual growth of children that follows the STREAMin3 curriculum. Preschool offers part-time care for children during a nine-month program from September-May. Class days and hours vary; please inquire with specific centers regarding availability and schedules.

### CASA ACADEMY

(Ages 5-12) A nine-month after-school program for elementary children located at various community and recreation centers in Loudoun County. Children can participate in indoor and outdoor activities including arts, STEM, games, and sports. Children can complete homework during dedicated times.

## PARENT & CHILD

### TEENY TINY BOOK CLUB

(Ages 1-3) It's never too early to introduce your little one to the wide and wonderful world of children's literature! Each class will feature a different author and two of their books. Enjoy a group story reading and song with simple movements as you get to know other families of young children! Each participant will receive an activity to take home. Adult participation required. Fee is per child and adults are free.

**373112-01**    \$10            M            3/4            10:00am-10:45am

**373112-02**    \$10            M            3/18          10:00am-10:45am  
**373112-03**    \$10            M            4/8          10:00am-10:45am  
**373112-04**    \$10            M            4/22        10:00am-10:45am  
**373112-05**    \$10            M            5/6          10:00am-10:45am  
**373112-06**    \$10            M            5/20        10:00am-10:45am

### MY FIRST ART CLASS

(Ages 1-3) Roll up your sleeves and come explore all that art has to offer! A truly "hands-on" experience that is sure to delight the senses, My First Art Class will introduce little creatives to a variety of art materials through process-based projects suitable for very young children. Adult participation required. Fee is per child and adults are free.

**373113-01**    \$15            M            3/11        10:00am-11:00am  
**373113-02**    \$15            M            4/15        10:00am-11:00am  
**373113-03**    \$15            M            4/29        10:00am-11:00am  
**373113-04**    \$15            M            5/13        10:00am-11:00am

### ITTY BITTY

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

**373111-01**    \$20            Tu          3/12-3/19    10:00am-11:30am  
**373111-02**    \$40            Tu          4/9-4/30    10:00am-11:30am  
**373111-03**    \$30            Tu          5/7-5/21    10:00am-11:30am  
**373111-04**    \$40            F          3/1-3/22    10:00am-11:30am  
**373111-05**    \$30            F          4/12-4/26   10:00am-11:30am  
**373111-06**    \$30            F          5/3-5/17    10:00am-11:30am

### LITTLE STEPS INTO STEM

(Ages 3-5) Be your child's first lab partner and find out what you can discover together! We will dive into a variety of activities centering on math, engineering, technology, and science. Adult participation required. Fee is per child and adults are free.

**373114-01**    \$15            W          3/6          10:00am-11:15am  
**373114-02**    \$15            W          3/20        10:00am-11:15am  
**373114-03**    \$15            W          4/17        10:00am-11:15am  
**373114-04**    \$15            W          5/1          10:00am-11:15am  
**373114-05**    \$15            W          5/15        10:00am-11:15am

### MINI MASTERS

(Ages 3-5) Got a little DaVinci in the making? Eager to fan the flames of your child's artistic passion? Look no further! Our Mini Masters and their families will learn about a different famous artist every week with a story and an in-depth project that explores their life and work. Make your own mark on history! Adult participation required. Fee is per child and adults are free.

**373115-01**    \$15            W          3/13        10:00am-11:15am  
**373115-02**    \$15            W          4/3         10:00am-11:15am  
**373115-03**    \$15            W          4/24        10:00am-11:15am  
**373115-04**    \$15            W          5/8         10:00am-11:15am  
**373115-05**    \$15            W          5/22        10:00am-11:15am

## PRESCHOOL AGE

### 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          3/12        1:30pm-2:15pm  
**373125-02**    \$10            Tu          4/9         1:00pm-1:45pm  
**373125-03**    \$10            Tu          4/23        1:30pm-2:15pm  
**373125-04**    \$10            Tu          5/7         1:00pm-1:45pm  
**373125-05**    \$10            Tu          5/21        1:30pm-2:15pm



CRAFTY CREW				
(Ages 3-5) Let's get Crafty! Each program will feature seasonal themed crafts and an opportunity for preschoolers to socialize with their crew.				
373177-01	\$15	W	3/6	1:00pm-2:00pm
373177-02	\$15	W	3/20	1:30pm-2:30pm
373177-03	\$15	W	4/3	1:00pm-2:00pm
373177-04	\$15	W	4/17	1:30pm-2:30pm
373177-05	\$15	W	5/1	1:00pm-2:00pm
373177-06	\$15	W	5/15	1:30pm-2:30pm

STAY & PLAY				
(Ages 3-5) Stay with us and play! We will do small gym and playground activities for your preschooler. Instructor: Melissa Der				
373104-01	\$15	Th	3/7	1:00pm-2:00pm
373104-02	\$15	Th	3/21	1:30pm-2:30pm
373104-03	\$15	Th	4/4	1:00pm-2:00pm
373104-04	\$15	Th	4/18	1:30pm-2:30pm
373104-05	\$15	Th	5/2	1:00pm-2:00pm
373104-06	\$15	Th	5/16	1:30pm-2:30pm

PARENTS NIGHT OUT				
(Ages 3-5) Parents enjoy a night out. Drop off your child for a fun night of crafts, pizza, the playground (weather permitting), and a movie to end the night while you take a break!				
373109-01	\$16	F	3/15	5:00pm-9:00pm
373109-02	\$16	F	4/19	5:00pm-9:00pm
373109-03	\$16	F	5/17	5:00pm-9:00pm

DAYS OUT CAMP				
(Ages 3-5) Schools Out? No Problem! Come to Claude Moore Recreation and Community Center for fun activities, games, crafts, time outside or in our gym and more!				
373110-01	\$30	Tu	3/5	9:00am-2:00pm

SPRING BREAK CAMP				
(Ages 3-5) Schools Out? No Problem! Come to Claude Moore Recreation and Community Center for fun activities, games, crafts, time outside or in our gym and more!				
373110-02	\$150	M-F	3/25-3/29	9:00am-2:00pm

ELEMENTARY AGE

ADVENTURE CHEFS				
(Ages 7-12) Does your child love to cook? Our Adventure Chefs will explore their culinary curiosity by learning and cooking a variety of cuisines and dishes all while having tons of fun! Instructor: Melissa Derr				
373175-01	\$20	M	3/4	5:00pm-6:30pm
373175-02	\$20	M	4/22	5:00pm-6:30pm
373175-03	\$20	M	5/6	5:00pm-6:30pm

SPORT MADNESS				
(Ages 6-11) Game on! The Sport Madness program will introduce and teach kids various team sports including soccer, basketball, kickball, handball and much more. Join us to explore a variety of sports!				
373202-01	\$30	M	3/4-3/18	5:00pm-6:00pm
373202-02	\$30	M	4/8-4/22	5:00pm-6:00pm
373202-03	\$30	M	5/6-5/20	5:00pm-6:00pm

MESSY MONDAYS				
(Ages 6-11) Does your child love to be messy and creative? Make a mess with us! Register your child to allow them to create AND make a mess with slime, bubbles, play dough, paint, and much more! Instructor: Melissa Derr				
373222-01	\$15	M	3/18	5:00pm-6:30pm
373222-02	\$15	M	4/15	5:00pm-6:30pm
373222-03	\$15	M	5/20	5:00pm-6:30pm

BASKETBALL BASICS

(Ages 5-7) The goal of Basketball Basics is to teach kids the fundamentals and basics of the game! Participants will have fun with basic cone drills and game scenarios. No class on 3/26.				
373204-01	\$50	Tu	3/5-4/9	4:00pm-5:00pm
373204-02	\$50	Tu	4/23-5/21	4:00pm-5:00pm
BEYOND BASKETBALL BASICS				
(Ages 8-12) Learn more about the game as we get deeper into ball movements and skills that go beyond the basics. No class on 3/26.				
373205-01	\$50	Tu	3/5-4/9	5:15pm-6:15pm
373205-02	\$50	Tu	4/23-5/21	5:15pm-6:15pm

RECESS EXTENDED				
(Ages 6-11) Kids will have a blast extending recess after school and playing their favorite games including tag, kickball, four square, dodgeball, and many more fun and interactive activities. No class on 3/27.				
373206-01	\$40	W	3/6-4/3	5:00pm-6:00pm

PARENTS NIGHT OUT				
(Ages 6-11) Parents enjoy a night out. Drop off your child for a fun night of pizza, a trip to the climbing wall, the playground (weather permitting), and a movie to end the night.				
373248-01	\$20	F	3/15	5:00pm-9:00pm
373248-02	\$20	F	4/19	5:00pm-9:00pm
373248-03	\$20	F	5/17	5:00pm-9:00pm

DAYS OUT CAMP				
(Ages 6-11) Register now and don't miss this fun-packed camp! Campers will enjoy their break from school along with games, crafts, swimming, and time at the climbing wall.				
373231-01	\$40	Tu	3/5	7:30am-6:00pm
373231-02	\$40	F	4/5	7:30am-6:00pm
373231-03	\$40	W	4/10	7:30am-6:00pm

SPRING BREAK CAMP				
(Ages 6-11) Register now and don't miss this fun-packed camp! Campers will enjoy their break from school along with games, crafts, swimming, and time at the climbing wall.				
373231-04	\$200	M-F	3/25-3/29	7:30am-6:00pm

PAWS FOR ART BY ABRAKADOODLE- SPRING BREAK CAMP				
(Ages 6-11) Calling all animal lovers! Make your favorite animals come to life using paint, collage, sculpture and more. If you LOVE animals and nature, then this is the camp for you! Campers will make two new art projects each day to take home. Same projects are created in AM and PM sessions. Call 571-367-3100 for more information. Instructor: Abrakadoodle				
373700-01	\$190	M-F	3/25-3/29	9:00am-12:00pm
373700-02	\$190	M-F	3/25-3/29	1:00pm-4:00pm

ENGINEERING DESIGN PROCESS - SPRING BREAK CAMP				
(Ages 8-11) 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 are just interested in what engineers do, then this activity is for you! Instructor: Youth Technology Network				
373701-01	\$300	M-F	3/25-3/29	9:00am-12:00pm

INTRODUCTION TO 3D MODELING & PRINTING - SPRING BREAK CAMP				
(Ages 8-11) Use computer aided design software, 2D and 3D modeling processes, design thinking method, and 3D printing to produce a digital object. This activity is best for participants having limited to no CAD experience. All materials and equipment provided. Instructor: Youth Technology Network				
373702-01	\$350	M-F	3/25-3/29	12:30pm-3:30pm

TEEN

TEEN NIGHT				
(Ages 12-17) Teen Night at Claude Moore Recreation and Community Center				

makes a return on Friday nights. Come out once a month and enjoy activities like corn hole, Mario Kart, climbing wall, basketball and more. Pizza will be provided during the event. Drop ins are welcome!				
373308-01	\$20	F	3/1	5:30pm-9:15pm
373308-02	\$20	F	4/12	5:30pm-9:15pm
373308-03	\$20	F	5/3	5:30pm-9:15pm

MULTIAGE

DOUBLES PICKLEBALL TOURNAMENT				
(Ages 17 & up) Grab your doubles partner and join us for CMRCC's 2nd Doubles Pickleball Tournament. The admission fee is per participant. Winners will each receive a voucher for 10 free daily admissions to the facility. For more information email jacob.beasley@loudoun.gov.				
373506-01	\$5	Su	3/10	10:00am-1:00pm

3V3 BASKETBALL TOURNAMENT				
(Ages 16 & up) Join us for our coed double elimination 3v3 basketball tournament! The admission fee is per team. Teams are guaranteed to play at least three games with the potential of playoffs and a championship game. For more information email lana.zjajo@loudoun.gov.				
373215-01	\$15	Sa	3/16	9:00am-12:00pm

FIRST AID COURSES

ADULT & PEDIATRIC FIRST AID/CPR/AED				
(Ages 12 & up) This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be				

taken on a PC or tablet with a high-speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course, you will receive a digital certificate for Adult and Pediatric First Aid/ CPR/AED valid for two years.				
373895-01	\$80	Sa	3/2	4:30pm-6:30pm
373895-02	\$80	Sa	4/27	4:30pm-6:30pm
373895-03	\$80	Sa	5/11	4:30pm-6:30pm
373895-04	\$80	Sa	5/18	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 and ways to keep themselves and others safe and help children behave. The course also includes first aid and Pediatric CPR training.				
373896-01	\$80	Sa	5/11	9:00am-4:00pm

FITNESS TRAINING

PERSONAL TRAINING				
(Ages 12 & up) We offer 30 and 60-minute individual and semi-private personal training packages to help you reach your health and fitness goals. Our team of certified personal trainers can provide as much help as necessary to develop a consistent & efficient workout plan to achieve your fitness goals and to help make exercise a life-long habit. Patrons can sign up for 4, 8, or 12 personal training sessions by appointment only. Please contact katie.rubio@loudoun.gov or call (571)258-3600 for more information.				



15% OFF  
Annual & 6-mo. Passes  
MAY 13-JUNE 10

TWO MODERN, CONVENIENT  
RECREATION AND AQUATIC  
CENTERS  
SOUTH RIDING  
Dulles South Recreation  
and Community Center  
STERLING  
Claude Moore Recreation  
and Community Center

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!

Details at  
loudoun.gov/RecCenterFees



GROUP EXERCISE CLASSES

(Ages 16 & up) Group Fitness classes are included in long-term or day passes. Six month and annual pass holders may sign up ahead of time. Spaces will be reserved in all classes for drop-in. Please check our website for the most up-to-date schedule. Class Entrance Cards (CEC) can be obtained at the front desk thirty minutes before the start time of class. A copy of the monthly schedule can be found on our website, or at the front desk.

LAND FITNESS



ABSOLUTELY

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

ADAPTIVE FIT

A class for teens and adults. We work on strength, cardio, mobility, agility, and balance. Taught by Jenny, a former social worker, the class focuses on improving fitness for everyone and specializes in working with special populations. Using her unique skills, Jenny designs the class to be fun and achievable for all fitness abilities.

BARRE

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

BELLY BLISS

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

BODY BY KEEKE

This mix of yoga, strength and interval training will have you feeling great! Kekee uses AMRAP workouts to challenge you at your own pace.

BOOTCAMP

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

CARDIO KICKBOXING

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

CARDIO STRENGTH

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

CHAIR YOGA

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

CIRCUIT FUSION

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

FIT FACTORY

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

GENTLE, LOW IMPACT

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

HATHA YOGA

Hatha Yoga consists of the classic sun salutation, held postures, breathing practic-es, meditation, and a guided deep relaxation.

PILATES FUSION

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

POUND

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

POWER UP 60

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

QIGONG FOR HEALTH

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

TAI CHI/QIGONG

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

TAI CHI II

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

VINYASA YOGA

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

WARRIOR WORKOUT

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

XTREME HIP HOP STEP

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

YIN YOGA

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

ZUMBA

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

AQUATIC FITNESS

DEEP WATER SPLASH

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

H2O FIT

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



DULLES SOUTH RECREATION AND COMMUNITY CENTER

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

Facility Hours

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 8:30-12:00pm

Climbing Wall

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

Open 11:00am-6:00pm on Easter Sunday, 3/31

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

Spring Pass Sale May 13-June 10

15% off 6-month and annual passes

PARENT & CHILD

MUSIC AND 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. Instructors: W-Rebecca Samson, F-Sarah Kabli

<b>305113-01</b>	\$24	F	3/1-3/22	9:30am-10:00am
<b>305113-02</b>	\$18	W	3/6-3/20	9:30am-10:00am
<b>305113-03</b>	\$24	F	4/5-4/26	9:30am-10:00am
<b>305113-04</b>	\$30	W	5/1-5/29	9:30am-10:00am
<b>305113-05</b>	\$30	F	5/3-5/31	9:30am-10:00am

PARACHUTES BALLS AND 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 tod-dler! Parent/Guardian participation required. Instructors: W-Rebecca Samson, F-Sarah Kabli

<b>305115-01</b>	\$24	F	3/1-3/22	10:15am-10:45am
<b>305115-02</b>	\$18	W	3/6-3/20	10:15am-10:45am
<b>305115-03</b>	\$24	W	4/3-4/24	9:30am-10:15am
<b>305115-04</b>	\$24	F	4/5-4/26	10:15am-10:45am
<b>305115-05</b>	\$30	W	5/1-5/29	10:15am-10:45am
<b>305115-06</b>	\$30	F	5/3-5/31	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 the instructor in a parachute game and a song. Parent/Guardian partici-pation required. Instructors: M-Sarah Kabli, Tu/Th-Becca Samson

<b>305101-01</b>	\$24	M	3/4-3/18	9:00am-9:45am
<b>305101-02</b>	\$16	Tu	3/12-3/1	9:30am-10:15am
<b>305101-03</b>	\$24	Th	3/7-3/21	10:00am-10:45am
<b>305101-04</b>	\$40	M	4/1-4/29	9:00am-9:45am
<b>305101-05</b>	\$40	Tu	4/2-4/30	9:30am-10:15am
<b>305101-06</b>	\$32	Th	4/4-4/25	10:00am-10:45am
<b>305101-07</b>	\$24	M	5/6-5/20	9:00am-9:45am
<b>305101-08</b>	\$32	Tu	5/7-5/28	9:30am-10:15am
<b>305101-09</b>	\$40	Th	5/2-5/30	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 preschool while they are still with you! Parent/Guardian participation required. Instructor: Sarah Kabli

<b>305131-01</b>	\$24	M	3/4-3/18	10:30am-11:30am
<b>305131-02</b>	\$40	M	4/1-4/29	10:30am-11:30am
<b>305131-03</b>	\$24	M	5/6-5/20	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: Bunnies, May: Spring. Instructor: Sarah Kabli

<b>305148-01</b>	\$15	Th	3/14	10:00am-10:45am
<b>305148-02</b>	\$15	Th	4/11	10:00am-10:45am
<b>305148-03</b>	\$15	Th	5/16	10:00am-10:45am

LITTLE HOOPSTERS

(Ages 2-3) Join your little basketball player for some fun in the gym! Your child will begin to learn basic basketball skills in a fun, age-appropriate setting. Parent/ Guardian participation required. Instructor: Rebecca Samson

<b>305121-01</b>	\$24	W	4/3-4/24	10:15am-10:45am
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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 rec-ommended. Parents should wear clothing that allows them to move comfortably. Instructor: Marisol Ortiz

<b>305156-01</b>	\$70	Sa	4/6-5/18	11:30am-12:00pm
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COOKIES WITH MOM

(Ages 2-3) We're celebrating moms! Join your little one in making a Mother's Day craft and then enjoy some cookies together. Please let us know at least one week prior to class if you have any allergy or dietary restrictions by emailing carol.johnson@loudoun.gov. Instructor: Sarah Kabli

<b>305137-01</b>	\$15	Th	5/9	10:00am-11:00am
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PRESCHOOL AGE

FUN FRIDAY

(Ages 3-5) This is a class full of all things FUN! We will play sports, games, tumble, dance, and laugh! Each week we may play a new sport, do some tumbling, read a story, 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

305117-01	\$40	F	3/1-3/22	11:15am-12:15pm
305117-02	\$40	F	4/5-4/26	11:15am-12:15pm
305117-03	\$50	F	5/3-5/31	11:15am-12:15pm

FIRST KICKS WITH COACH MATEO

(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

305110-01	\$40	F	3/1-3/22	1:30pm-2:30pm
305110-02	\$30	Th	3/7-3/21	12:00pm-1:00pm
305110-03	\$30	Th	3/7-3/21	1:30pm-2:30pm
305110-04	\$40	Th	4/4-4/25	12:00pm-1:00pm
305110-05	\$40	Th	4/4-4/25	1:30pm-2:30pm
305110-06	\$40	F	4/5-4/26	1:30pm-2:30pm
305110-07	\$50	Th	5/2-5/30	12:00pm-1:00pm
305110-08	\$50	Th	5/2-5/30	1:30pm-2:30pm
305110-09	\$50	F	5/3-5/31	1:30pm-2:30pm

SPRING STEM

(Ages 3-5) Learn about the science of flowers, animals, weather and all sorts of fun spring-themed elements through STEM challenges, stories and crafts. No Classes 3/25-29. Instructor: Mai Aladle

305133-01	\$40	F	3/1-3/22	1:30pm-2:30pm
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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 throughout the session to allow children to progress with the language. No Classes 3/25-3/29. Instructor: Aida Hamad

305108-01	\$220	M, W	3/4-5/22	1:30pm-2:30pm
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MATH & SNACK

(Ages 3-5) Join us for some fun with math! Your child will prepare a special snack 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

305145-01	\$30	M	3/4-3/18	1:30pm-2:30pm
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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.

305149-01	\$30	M	3/4-3/18	1:30pm-2:30pm
305149-02	\$50	Tu	4/2-4/30	1:30pm-2:30pm
305149-03	\$50	W	5/1-5/29	1:00pm-2:00pm

PRESCHOOL IS OUT CAMP

(Ages 3-5) Join us on your day off of 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.

305122-01	\$30	Tu	3/5	9:00am-2:00pm
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AESOP'S FABLES

(Ages 3-5) Discover valuable life lessons such as sharing, honesty and perseverance through Aesop's classic fables, including: The Boy Who Cried Wolf, The Lion and the Mouse, and The Tortoise and The Hare. Instructors: Mai Aladle and Sarah Kabli

305136-01	\$30	W	3/6-3/20	11:00am-12:00pm
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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!

305107-01	\$30	W	3/6-3/20	1:30pm-2:30pm
305107-02	\$50	M	4/1-4/29	1:30pm-2:30pm
305107-03	\$40	Tu	5/7-5/28	1:00pm-2:00pm

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 to help us learn more about dinosaurs. Instructor: Sarah Kabli

305119-01	\$30	W	3/6-3/20	1:30pm-2:30pm
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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 outdoor activities. Please pack a peanut free snack and water bottle. Instructor: Suman Khandelwal

305114-01	\$30	W	3/6-3/20	1:30pm-2:30pm
305114-02	\$50	W	5/1-5/29	1:30pm-2:30pm

STORYTIME STEM

(Ages 3-5) Let's explore the world of STEM through our beloved nursery rhymes and fairy tales. We will explore ways to keep Humpty Dumpty from breaking after falling, build sturdy homes for little piggies to stay safe from the big bad wolf and much more! Instructor: Indira DeSilva

305135-01	\$30	Th	3/7-3/21	11:00am-12:00pm
305135-02	\$50	Th	5/2-5/30	11:00am-12:00pm

STORY MAKERS

(Ages 3-5) Let's be authors of our own adventures! We will come up with new stories and create our own story books! Instructor: Indira DiSilva

305141-01	\$30	Th	3/7-3/21	1:30pm-2:30pm
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SPACE EXPLORERS

(Ages 3-5) Join us to learn about planets, stars, constellations and much more through stories, crafts, and experiments. Instructor: Indira DeSilva

305160-01	\$20	Tu	3/12-3/19	1:30pm-2:30pm
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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.

305104-01	\$20	Tu	3/12-3/19	1:30pm-2:30pm
305104-02	\$40	W	4/3-4/24	1:30pm-2:30pm
305104-03	\$30	M	5/6-5/20	1:00pm-2:00pm

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.

305127-01	\$16	F	3/15	5:00pm-9:00pm
305127-02	\$16	F	4/12	5:00pm-9:00pm
305127-03	\$16	F	5/10	5:00pm-9:00pm

BUG-MANIA - MINI ARTISTS BY ABRAKADOODLE

(Ages 3.5-5) In this session our mini artists will be inspired to create multimedia artwork highlighting different fascinating creatures that buzz through the air, crawl on the ground, or magically morph into something beautiful. 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. No class 3/30 for Spring Break. Instructor: Abrakadoodle

305161-01	\$160	Sa	3/16-5/11	10:30am-11:15am
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PRESCHOOL SPRING BREAK CAMP

(Ages 3-5) Join us on your day off of 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.

305102-01	\$30	M	3/25	9:00am-2:00pm
305102-02	\$30	Tu	3/26	9:00am-2:00pm
305102-03	\$30	W	3/27	9:00am-2:00pm
305102-04	\$30	Th	3/28	9:00am-2:00pm
305102-05	\$30	F	3/29	9:00am-2:00pm

LITTLE DETECTIVES

(Ages 3-5) Read Books, make crafts, and learn about how detectives solve mysteries! In the last class, children will work together to solve their own mystery. Instructor: Sarah Kabli

305139-01	\$50	M	4/1-4/29	1:30pm-2:30pm
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MINI WORLD TRAVELER

(Ages 3-5) Let's explore our wonderful world. Each day we will learn and experience a new country through stories, crafts and music. No Class 4/9. Instructor: Indira DiSilva

305129-01	\$40	Tu	4/2-4/30	1:30pm-2:30pm
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SPRING STORY TIME

(Ages 3-5) Join us for a Spring themed story and craft! Instructors: Mai Aladle and Sarah Kabli

305143-01	\$40	W	4/3-4/24	11:00am-12:00pm
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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

305124-01	\$40	W	4/3-4/24	1:30pm-2:30pm
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CREATIVE KITCHEN

(Ages 3-5) Join Miss Indira for some creative fun with food. Children will learn about food and learn to make fun snacks like rainbow on a stick, bagel bear, vegetable coral garden and more! Please let us know at least one week prior to class if you have any allergy or dietary restrictions by emailing carol.johnson@loudoun.gov. Instructor: Indira DeSilva

305134-01	\$40	Th	4/4-4/25	11:00am-12:00pm
305134-02	\$40	Tu	5/7-5/28	1:30pm-2:30pm

LET'S MAKE ART!

(Ages 3-5) Do you know the best part of creating art? It is the process! We will learn about different ways and materials we can use to bring our imagination and creativity to life. Instructor: Indira DiSilva

305109-01	\$40	Th	4/4-4/25	1:30pm-2:30pm
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FAMOUS INVENTORS

(Ages 3-5) Celebrate STEM by learning about famous scientists and their inventions! Learn about the telephone, magnifying glasses, the light bulb, and even ancient inventions like the abacus. Instructor: Mai Aladle

305125-01	\$40	F	4/5-4/26	1:30pm-2:30pm
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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 the first session. Instructor: Marisol Ortiz

305157-01	\$70	Sa	4/6-5/18	12:15pm-1:00pm
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STORY HOUR AND 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 and Mai Aladle

305118-01	\$50	W	5/1-5/29	1:30pm-2:30pm
305118-02	\$50	W	5/1-5/29	11:00am-12:00pm





**DRAW LIKE A FAMOUS ARTIST**  
(Ages 3-5) We will learn about famous artists from around the world and create masterpieces inspired by them. Instructor: Indira DeSilva

<b>305111-01</b>	\$50	Th	5/2-5/30	1:30pm-2:30pm
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**DRAMATIC CLASSICS**  
(Ages 3-5) Students will jump into an interactive story time featuring timeless classics such as the Three Little Pigs, Jack and the Beanstalk, and Little Red Riding Hood. Using costumes, puppets, and crafting props we will recreate the classics through dramatic play. Instructor: Mai Aladle

<b>305130-01</b>	\$50	F	5/3-5/31	1:30pm-2:30pm
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**SCIENCE ADVENTURES**  
(Ages 3-5) Join us for hands-on experiments that engage the child's curiosity! They will learn basic science concepts, practice following instructions, and explore the world around them. Instructor: Sarah Kabli

<b>305138-01</b>	\$30	M	5/6-5/20	1:30pm-2:30pm
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ELEMENTARY AGE

**BIG KICKS WITH COACH MATEO**  
(Ages 6-9) Learn and practice your soccer skills! Refine your fundamentals and get ready for the Season! Instructor: Mateo Leach

<b>305225-01</b>	\$48	F	3/1-3/22	3:15pm-4:15pm
<b>305225-02</b>	\$48	F	4/5-4/26	3:15pm-4:15pm
<b>305225-03</b>	\$60	F	5/3-5/31	3:15pm-4:15pm

**MAGNUS CHESS ACADEMY**  
(Ages 6 to 12) Learn chess with Magnus Academy, five-time world champion Magnus Carlsens academy! 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. This in-person club includes free online extras including weekly practice tournaments, a Chesskid Gold membership (\$69 value) and an event with a chess celebrity. Last year's guests were World Champion Magnus Carlsen and Judit Polgar (the best female chess player of all time). All chess supplies provided. All skill levels are welcome. No class 3/26. Instructor: Magnus Chess Academy

<b>305200-01</b>	\$259	Tu	3/5-5/28	5:00pm-6:00pm
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**SCHOOL'S OUT CAMP**  
(Ages 5.5-12) 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.

<b>305301-01</b>	\$40	Tu	3/5	7:30am-6:00pm
<b>305301-02</b>	\$40	F	4/5	7:30am-6:00pm
<b>305301-03</b>	\$40	W	4/10	7:30am-6:00pm



**ADVANCED SOCCER WITH COACH MATEO**  
(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

<b>305226-01</b>	\$24	Tu	3/12-3/19	4:00pm-5:00pm
<b>305226-02</b>	\$60	Tu	4/2-4/30	4:00pm-5:00pm
<b>305226-03</b>	\$48	Tu	5/7-5/28	4:00pm-5:00pm

**PARENTS NIGHT OUT**  
(Ages 6-12) Enjoy a night out while your kids enjoy pizza, crafts, games, the pool, and a movie.

<b>305204-01</b>	\$20	F	3/15	5:00pm-9:00pm
<b>305204-02</b>	\$20	F	4/12	5:00pm-9:00pm
<b>305204-03</b>	\$20	F	5/10	5:00pm-9:00pm

**BUG-MANIA - YOUNG ARTISTS BY ABRAKADOODLE**  
(Ages 6-11) Our young artists will be inspired to create multimedia artwork highlighting different fascinating creatures that buzz through the air, crawl on the ground, or magically morph into something beautiful. 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. No class 3/30. Instructor: Abrakadoodle

<b>305216-01</b>	\$168	Sa	3/16-5/11	11:30am-12:30pm
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**SPRING BREAK CAMP**  
(Ages 5.5-12) Over Spring Break come join DSRCC for some spring fun! Swim in the pool, climb the climbing wall, play games, make arts and crafts and more! Please pack a lunch, water bottle, swimming suit and towel each day.

<b>305300-01</b>	\$40	M	3/25	7:30am-6:00pm
<b>305300-02</b>	\$40	Tu	3/26	7:30am-6:00pm
<b>305300-03</b>	\$40	W	3/27	7:30am-6:00pm
<b>305300-04</b>	\$40	Th	3/28	7:30am-6:00pm
<b>305300-05</b>	\$40	F	3/29	7:30am-6:00pm

**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	3/25-3/29	9:00am-12:00pm
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**PAWS FOR ART BY ABRAKADOODLE - SPRING BREAK**  
(Ages 6-11) Calling all animal lovers! Make your favorite animals come to life using paint, collage, sculpture and more. If you LOVE animals and nature, then this is the camp for you! Campers will make two new art projects each day to take home. \*Same projects are created in both sessions. Instructor: Abrakadoodle

<b>305217-01</b>	\$190	M-F	3/25-3/29	9:00am-12:00pm
<b>305217-02</b>	\$190	M-F	3/25-3/29	1:00pm-4:00pm

**3D SCIENCE EXPLORATION - SPRING BREAK CAMP**  
(Ages 8-11) Be immersed in a 3D exploration of earth and space science, life science, physical science, geography, and social sciences. All materials and equipment provided. Instructor: Youth Technology Network

<b>305215-01</b>	\$350	M-F	3/25-3/29	12:30pm-3:30pm
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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>	\$96	Tu	4/2-5/21	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>	\$96	W	4/3-5/22	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 the first session. Instructor: Marisol Ortiz

<b>305243-01</b>	\$96	W	4/3-5/22	5:30pm-6:30pm
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**PERFORMANCE BALLET III**  
(Ages 9-11) 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

<b>305249-01</b>	\$96	W	4/3-5/22	6:30pm-7:30pm
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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 the first session. Instructor: Marisol Ortiz

<b>305158-01</b>	\$70	Sa	4/6-5/18	1:15pm-2:00pm
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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

<b>305208-01</b>	\$64	F	4/5-5/24	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. Christie Eickhoff and Osamu Osawa

<b>305211-01</b>	\$64	F	4/5-5/24	7:00pm-8:30pm
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FITNESS TRAINING

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

**INBODY TEST**  
(Ages 12 & 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 or call (571)258-3456.

**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 usage, and gym etiquette. Upon

successful completion of this orientation, a card will be issued that allows the card holder use of our fitness areas without a parent or guardian.

<b>305555-01</b>	\$45	Sa	3/2	9:00am-10:00am
<b>305555-02</b>	\$45	Sa	4/6	9:00am-10:00am
<b>305555-03</b>	\$45	Sa	5/4	9:00am-10:00am

**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. You will learn how to incorporate strength training into your existing fitness routine for better movement results.

<b>305529-01</b>	\$90	M, W	3/4-3/20	11:00am-12:00pm
<b>305529-02</b>	\$120	M, W	4/1-4/29	11:00am-12:00pm
<b>305529-03</b>	\$120	M, W	5/1-5/29	11:00am-12:00pm

GROUP EXERCISE CLASSES

(Ages 16 & up) The following Land & Aqua classes are included with an admission pass or membership. Classes are available to patrons 16 years and older. All class participants will be required to receive a Class Entrance Card (CEC) to participate in fitness classes. CEC can be obtained at the front desk thirty minutes before the start time of a class. A copy of the monthly schedule can be found on our website, or at the front desk.

LAND FITNESS



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

**BARRE**  
Barre is a low-impact workout that focuses on the entire body to help strengthen muscle and improve posture.

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

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

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

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



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

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

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

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

**HATHA 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 (HIRT). Want all the benefits of interval training, but looking to build muscle? HIRT training puts the best of cardio and resistance training together.

Now Available

**PRCS CARES**  
(Fee Reduction Program)

**CASA**  
**CASA Academy**  
**Child Care**  
**Preschool**  
**Summer Camps**

Licensed



loudoun.gov/PRCSCares

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

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

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

**Score! & MORE**  
All the core work and stretching you love from Score! Class with a bonus 15-minutes focused on upper body strength.

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

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

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

**SUNDAY SOUL YOGA**  
rise and energize with this full body flow to stretch and strengthen your muscles. With a focus on breath and body awareness, you will be guided through a hatha flow that will wake up the mind and body, so you'll be ready to enter the rest of your day with vitality.

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

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

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

**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. This 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 water's resistance to create a low impact workout. This class is ideal for all fitness levels.



AQUATICS

CLAUDE MOORE & DULLES SOUTH RECREATION & COMMUNITY CENTER

Facility Hours
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
Competition Pool, Leisure Pool & Spa
Please visit <a href="http://loudoun.gov/PoolHours">loudoun.gov/PoolHours</a> for the most up-to-date schedule.
Open 11:00am-6:00pm on Easter Sunday, 3/31
Open 11:00am-6:00pm on Memorial Day, 5/27
Spring Pass Sale May 13-June 10
15% off 6-month and annual 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
2 & under..... Free (plastic training pants required)
Ages 3-17 ..... \$4
Ages 18-54..... \$6
Ages 55 & up ..... \$4
Family ..... \$16
(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 & up ..... \$88

Monthly Pass (unlimited use)
Single Adult ..... \$50
Two Adults-same household ..... \$85
Family Dependent ..... \$15
Family ..... \$125
Senior ..... \$40
Senior Couple ..... \$65
Adult & Senior ..... \$75
Student ..... \$40

6 Month Pass (unlimited use)
Single Adult ..... \$250
Two Adults-same household ..... \$450
Family Dependent ..... \$70
Family ..... \$575
Senior ..... \$200
Senior Couple ..... \$350
Adult & Senior ..... \$400
Student ..... \$200

Annual Pass (unlimited use)
Single Adult ..... \$450
Two Adults-same household ..... \$800
Family Dependent ..... \$125
Family ..... \$1000
Senior ..... \$350
Senior Couple ..... \$600
Adult & Senior ..... \$700
Student ..... \$350

GENERAL INFORMATION

**SWIM EVALUATIONS**  
Swim evaluations are recommended prior to a new enrollment in group swim classes. Please email the appropriate Center to request a date and time.  
At Claude Moore RCC, email [Cmrccaquatics@loudoun.gov](mailto:Cmrccaquatics@loudoun.gov)  
At Dulles South RCC, sign up for Activity Number: **305292**  
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, 5/27

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 ..... \$3
Ages 18-54..... \$4
Ages 55 & up ..... \$3

Admission Pass (25 admissions, no expiration)
2 & under..... Free
Ages 3-17 ..... \$60
Ages 18-54..... \$80
Ages 55 & up ..... \$60

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

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

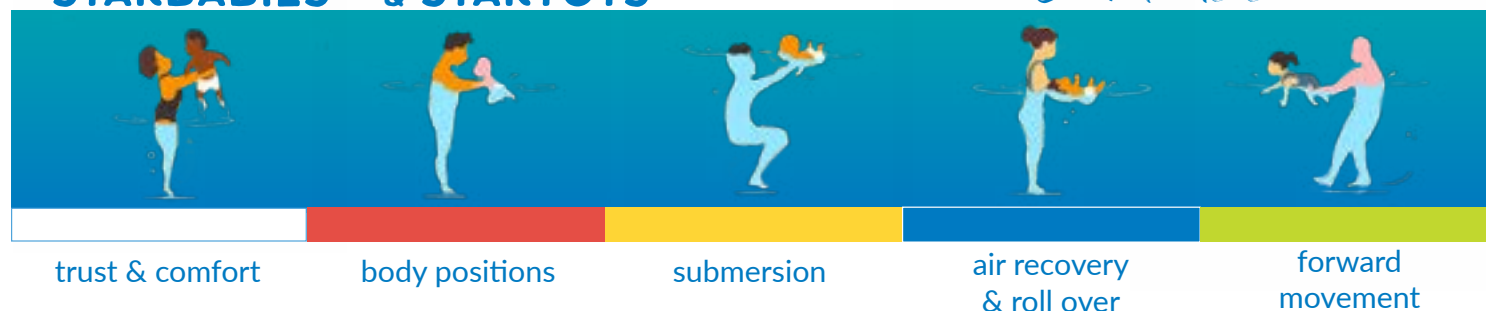


# STARFISH SWIMMING™ curriculum

Please follow this color guide when selecting courses.

## STARBABIES™ & STARTOTS™

*Color Focuses*



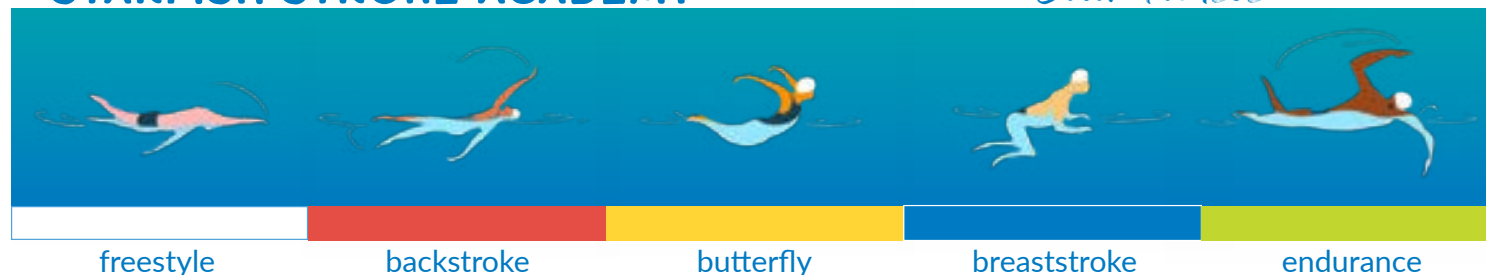
## STARFISH STARKIDS™ & SWIM SCHOOL™

*Color Focuses*



## STARFISH STROKE ACADEMY™

*Color Focuses*



For full Starfish Swimming Curriculum™ please scan:



# STARBABIES™ & STARTOTS™

### STARBABIES

(Ages 6 months-1.5) 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	\$68	Tu, Th	3/5-3/21	4:00pm-4:30pm
02	\$90	Tu, Th	4/2-4/25	4:00pm-4:30pm
03	\$68	Tu, Th	5/7-5/23	4:00pm-4:30pm
04	\$90	F	3/8-4/26	10:30am-11:00am

### STARTOTS

(Ages 1.5-3) This parent/child class will focus on building trust and confidence between children and parents in the water. Children will use toys, sing songs, and play games to splash and play as they learn elementary water safety skills and grow comfortable in the water with their parent.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 373575

Sec	Fee	Day	Date	Time
01	\$68	Tu, Th	3/5-3/21	4:40pm-5:10pm
02	\$90	Tu, Th	4/2-4/25	4:40pm-5:10pm
03	\$68	Tu, Th	5/7-5/23	4:40pm-5:10pm
04	\$90	F	3/8-4/26	11:00am-11:40am





# STARKIDS™

## STARKIDS

(Ages 3-5) Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class. Progression to the next level is contingent on meeting the pre-requisites of the StarKids Red class.

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

**Activity Number: 373576**

Sec	Fee	Day	Date	Time
01	\$45	F	3/1-3/22	3:45pm-4:15pm
02	\$45	F	4/5-4/26	3:45pm-4:15pm
03	\$45	F	5/3-5/24	3:45pm-4:15pm

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

**Activity Number: 305275**

Sec	Fee	Day	Date	Time
01	\$45	M, W	4/1-4/10	4:20pm-4:50pm
02	\$45	Tu, Th	3/5-3/14	4:20pm-4:50pm
03	\$45	Tu, Th	4/16-4/25	4:20pm-4:50pm
04	\$45	M, W	5/6-5/15	4:20pm-4:50pm

## 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	F	3/8-4/26	5:00pm-5:30pm

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

**Activity Number: 305276**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	5:00pm-5:30pm
02	\$68	M, W	3/4-3/20	5:40pm-6:10pm
03	\$90	M, W	4/1-4/24	5:00pm-5:30pm
04	\$90	M, W	4/1-4/24	5:40pm-6:10pm
05	\$68	M, W	5/6-5/22	5:00pm-5:30pm
06	\$68	Tu, Th	5/7-5/23	5:00pm-5:30pm

## STARKIDS

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

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

**Activity Number: 373578**

Sec	Fee	Day	Date	Time
01	\$90	F	3/8-4/26	5:40pm-6:10pm

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

**Activity Number: 305277**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	5:40pm-6:10pm
02	\$68	Tu, Th	3/5-3/21	5:00pm-5:30pm
03	\$90	M, W	4/1-4/24	5:40pm-6:10pm
04	\$90	Tu, Th	4/2-4/25	5:00pm-5:30pm
05	\$68	M, W	5/6-5/22	5:00pm-5:30pm
06	\$68	M, W	5/6-5/22	5:40pm-6:10pm

## 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	\$90	F	3/8-4/26	6:15pm-6:45pm

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

**Activity Number: 305278**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	6:20pm-6:50pm
02	\$90	M, W	4/1-4/24	6:20pm-6:50pm
03	\$68	M, W	5/6-5/22	6:20pm-6:50pm

# STARFISH SWIMSCHOOL™

## SWIMSCHOOL

(Ages 6-12) This beginner class focuses on creating trust and confidence in the water through creative, fun activities. Students will practice submersion with recovery to the surface, breath control, jumping in and climbing out, as well as learning important safety skills and behavior around water. No Pre-requisites or swim evaluation needed for entry into this class.

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

**Activity Number: 373580**

Sec	Fee	Day	Date	Time
01	\$45	F	3/1-3/22	4:20pm-4:50pm
02	\$45	F	4/5-4/26	4:20pm-4:50pm
03	\$45	F	5/3-5/24	4:20pm-4:50pm

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

**Activity Number: 305279**

Sec	Fee	Day	Date	Time
01	\$45	M, W	3/4-3/13	4:20pm-4:50pm
02	\$45	Tu, Th	4/2-4/11	4:20pm-4:50pm
03	\$45	M, W	4/15-4/24	4:20pm-4:50pm
04	\$45	Tu, Th	5/7-5/16	4:20pm-4:50pm

## 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	\$68	M, W	3/4-3/20	5:15pm-5:45pm
02	\$90	M, W	4/1-4/29	5:15pm-5:45pm
03	\$68	M, W	5/6-5/22	5:15pm-5:45pm

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

**Activity Number: 305280**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	6:20pm-6:50pm
02	\$90	Tu, Th	3/5-3/21	5:40pm-6:10pm
03	\$90	M, W	4/1-4/24	5:00pm-5:30pm
04	\$90	Tu, Th	4/2-4/25	5:40pm-6:10pm
05	\$68	M, W	5/6-5/22	6:20pm-6:50pm
06	\$68	Tu, Th	5/7-5/23	5:40pm-6:10pm

## 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	\$68	M, W	3/4-3/20	6:00pm-6:30pm
02	\$90	M, W	4/1-5/29	6:00pm-6:30pm
03	\$68	M, W	5/6-5/22	6:00pm-6:30pm

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

**Activity Number: 305281**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	5:00pm-5:30pm
02	\$90	Tu, Th	3/5-3/21	6:20pm-6:50pm
03	\$90	M, W	4/1-4/24	6:20pm-6:50pm
04	\$98	Tu, Th	4/2-4/25	6:20pm-6:50pm
05	\$68	M, W	5/6-5/22	5:00pm-5:30pm
06	\$68	Tu, Th	5/7-5/23	6:20pm-6:50pm

## 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 over-arm 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**

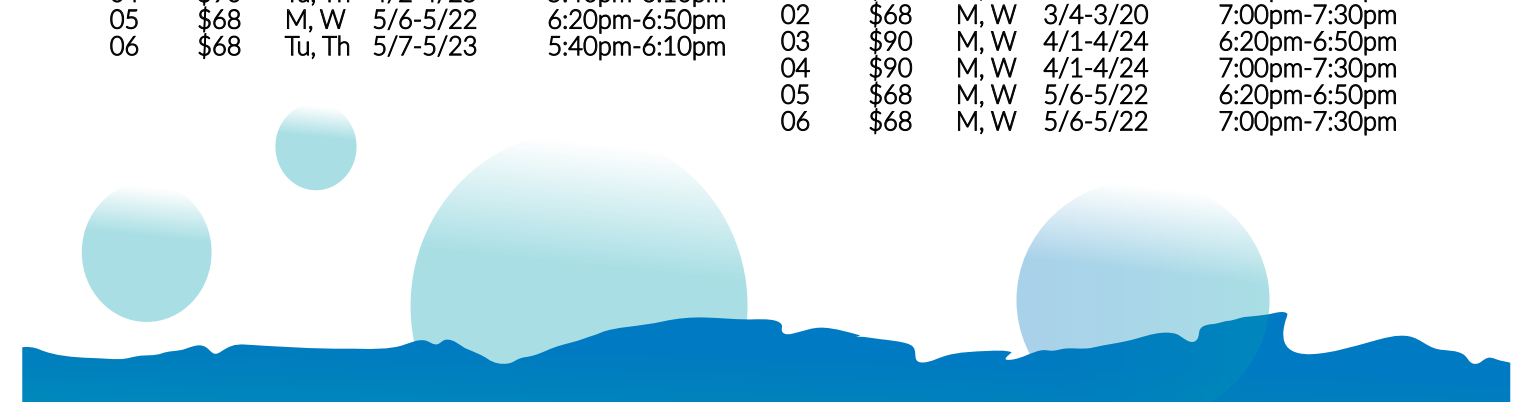
**Activity Number: 373583**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	6:40pm-7:10pm
02	\$90	M, W	4/1-4/29	6:40pm-7:10pm
03	\$68	M, W	5/6-5/22	6:40pm-7:10pm

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

**Activity Number: 305282**

Sec	Fee	Day	Date	Time
01	\$68	M, W	3/4-3/20	6:20pm-6:50pm
02	\$68	M, W	3/4-3/20	7:00pm-7:30pm
03	\$90	M, W	4/1-4/24	6:20pm-6:50pm
04	\$90	M, W	4/1-4/24	7:00pm-7:30pm
05	\$68	M, W	5/6-5/22	6:20pm-6:50pm
06	\$68	M, W	5/6-5/22	7:00pm-7:30pm





# STARFISH SWIMSCHOOL™

## TEEN SWIM SCHOOL

(Ages 13-17) This 45-minute 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	3/4-3/20	7:15pm-8:30pm
02	\$135	M, W	4/1-4/29	7:15pm-8:30pm
03	\$101	M, W	5/6-5/22	7:15pm-8:30pm

## TEEN SWIM SCHOOL

(Ages 13-17) This 45-minute intermediate-level class for teens focuses on forward movement in the water through learning gliding, arm and leg movements, and breath control; as well as water safety skills such as a survival float and treading water. Pre-requisites: Jump in, submerge, and recover for air, roll onto back for 5 seconds. Progresses into Teen Stroke Academy.

**Location:** Claude Moore Rec & Comm Ctr  
**Activity Number:** 373588

Sec	Fee	Day	Date	Time
01	\$101	Tu, Th	3/5-3/21	6:45pm-7:30pm
02	\$135	Tu, Th	4/2-4/25	6:45pm-7:30pm
03	\$101	Tu, Th	5/7-5/23	6:45pm-7:30pm

## ADULT SWIM SCHOOL

(Ages 18 & up) This 45-minute 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	3/5-3/21	7:45pm-8:30pm
02	\$135	Tu, Th	4/2-4/25	7:45pm-8:30pm
03	\$101	Tu, Th	5/7-5/23	7:45pm-8:30pm

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 305575

01	\$101	M, W	3/4-3/20	7:40pm-8:25pm
02	\$135	M, W	4/1-4/24	7:40pm-8:25pm
03	\$101	M, W	5/6-5/22	7:40pm-8:25pm

## ADULT SWIM SCHOOL

(Ages 18 & up) This 45-minute 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	\$101	Tu, Th	3/5-3/21	7:45pm-8:30pm
02	\$135	Tu, Th	4/2-4/25	7:45pm-8:30pm
03	\$101	Tu, Th	5/7-5/23	7:45pm-8:30pm



# 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	\$68	Tu, Th	3/5-3/21	5:20pm-5:50pm
02	\$90	Tu, Th	4/2-4/25	5:20pm-5:50pm
03	\$68	Tu, Th	5/7-5/23	5:20pm-5:50pm
04	\$68	Tu, Th	3/5-3/21	5:15pm-5:45pm
05	\$90	Tu, Th	4/2-4/25	5:15pm-5:45pm
06	\$68	Tu, Th	5/7-5/23	5:15pm-5:45pm

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 305283

01	\$68	M, W	3/4-3/20	7:00pm-7:30pm
02	\$68	Tu, Th	3/5-3/21	7:00pm-7:30pm
03	\$90	M, W	4/1-4/24	5:40pm-6:10pm
04	\$90	Tu, Th	4/2-4/25	7:00pm-7:30pm
05	\$68	M, W	5/6-5/22	7:00pm-7:30pm
06	\$68	Tu, Th	5/7-5/23	7:00pm-7:30pm

## 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	\$68	Tu, Th	3/5-3/21	6:00pm-6:30pm
02	\$90	Tu, Th	4/2-4/25	6:00pm-6:30pm
03	\$68	Tu, Th	3/5-3/21	6:00pm-6:30pm
04	\$68	Tu, Th	3/5-3/21	6:00pm-6:30pm
05	\$90	Tu, Th	4/2-4/25	6:00pm-6:30pm
06	\$68	Tu, Th	3/5-3/21	6:00pm-6:30pm

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 305284

01	\$68	M, W	3/4-3/20	5:40pm-6:10pm
02	\$68	Tu, Th	3/5-3/21	7:40pm-8:10pm
03	\$90	M, W	4/1-4/24	7:00pm-7:30pm
04	\$90	Tu, Th	4/2-4/25	7:40pm-8:10pm
05	\$68	M, W	5/6-5/22	5:40pm-6:10pm
06	\$68	Tu, Th	5/7-5/23	7:40pm-8:10pm

## 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	\$101	Tu, Th	3/5-3/21	6:45pm-7:30pm
02	\$135	Tu, Th	4/2-4/25	6:45pm-7:30pm
03	\$101	Tu, Th	5/7-5/23	6:45pm-7:30pm

**Location:** Dulles South Rec & Comm Ctr  
**Activity Number:** 305285

01	\$101	M, W	3/4-3/20	7:00pm-7:45pm
02	\$135	M, W	4/1-4/24	7:00pm-7:45pm
03	\$101	M, W	5/6-5/22	7:00pm-7:45pm





# STARFISH STROKE ACADEMY™

## TEEN STROKE CLINIC

(Ages 13-17) These one-hour clinics will provide teenage participants the opportunity to work with an instructor on their lap swimming technique for all four strokes in a class like environment. Each clinic will be dedicated to one stroke, cycling through all four over the course of the month in the following order: freestyle, backstroke, breaststroke, and butterfly. Pre-requisites: participants need a working knowledge of each stroke and the ability to swim 25 yards of the stroke of the week.

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

**Activity Number:** 373594

Sec	Fee	Day	Date	Time
01	\$23	Sa	3/9	9:00am-10:00am
02	\$23	Sa	3/16	9:00am-10:00am
03	\$23	Sa	3/23	9:00am-10:00am
04	\$23	Sa	3/30	9:00am-10:00am
05	\$23	Sa	4/6	9:00am-10:00am
06	\$23	Sa	4/13	9:00am-10:00am
07	\$23	Sa	4/20	9:00am-10:00am
08	\$23	Sa	4/27	9:00am-10:00am
09	\$23	Sa	5/4	9:00am-10:00am
10	\$23	Sa	5/11	9:00am-10:00am
11	\$23	Sa	5/18	9:00am-10:00am

## ADULT STROKE CLINIC

(Ages 18 & up) These one-hour clinics will provide adult participants the opportunity to work with an instructor on their lap swimming technique for all four strokes in a class like environment. Each clinic will be dedicated to one stroke, cycling through all four over the course of the month in the following order: freestyle, backstroke, breaststroke, and butterfly. Pre-requisites: participants need a working knowledge of each stroke and the ability to swim 25 yards of the stroke of the week.

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

**Activity Number:** 373595

Sec	Fee	Day	Date	Time
01	\$23	Sa	3/9	10:15am-11:15am
02	\$23	Sa	3/16	10:15am-11:15am
03	\$23	Sa	3/23	10:15am-11:15am
04	\$23	Sa	3/30	10:15am-11:15am
05	\$23	Sa	4/6	10:15am-11:15am
06	\$23	Sa	4/13	10:15am-11:15am
07	\$23	Sa	4/20	10:15am-11:15am
08	\$23	Sa	4/27	10:15am-11:15am
09	\$23	Sa	5/4	10:15am-11:15am
10	\$23	Sa	5/11	10:15am-11:15am
11	\$23	Sa	5/18	10:15am-11:15am



# LIFEGUARD TRAINING

## 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	4/13-4/14	10:00am-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	3/2-3/3	9:00am-3:30pm
02	Sa, Su	5/18-5/19	9:00am-3:30pm

FREE!

## 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	4/20-4/28	9:00am-4:00pm

FREE!









OUT ON THE TOWN

Join us for scenic drives, picnics, farmers’ markets, and other outings about town. There is a small cost for transportation that varies with distance. All activities are self-pay. Please check the monthly newsletter on the Ashburn Senior Center website for more information. Sign up at the front desk in person or call.  
**944630-01** M-F ongoing 10:00am-1:30pm

SHOPPING SPREE

Shop local area stores like Walmart, Leesburg Premium Outlets, Patel Brothers and more. There is a small cost for transportation that varies with distance. All shopping is self-pay. Sign up at the front desk. Please check the monthly newsletter on the Ashburn Senior Center website for dates and locations.  
**944631-01** M-F ongoing 10:00am-12:00pm

LUNCH & LEARN

Guest speakers including dieticians, nurses and others provide information on a variety of topics to help keep us informed and engaged. No registration necessary. Drop-ins welcome. Please check the monthly newsletter on the Ashburn Senior Center website for speakers, topics, and dates.  
**944632-01** Free M-F ongoing 10:30am-11:30am

EVENTS

CHAIR VOLLEYBALL TOURNAMENT

Practice your volley and get your team together for this fun event. No online registration available. Registration for teams is mandatory. Please contact the Ashburn Senior Center for more information.  
**344606-01** Free Th 5/23 1:30pm-4:30pm

MOTHER’S DAY FIERCE & FABULOUS 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. Audience members please sign up for lunch 24 hours in advance by calling the Ashburn Senior Center. Participants call the Ashburn Senior Center for more information and to sign up for lunch. Regular lunch donation required.  
**344607-01** Free F 5/10 11:00am-1:00pm

ASHBURN HEALTH & WELLNESS FAIR

Spring into health and wellness at the Ashburn Senior Center. Learn about resources available in our community and enjoy free screenings, live demos, giveaways, door prizes and more. No registration required. Drop-ins welcome.  
**344608-01** Free Tu 4/9 1:30pm-4:30pm\



CARVER SENIOR CENTER

200 Willie Palmer Way, Purcellville, VA 20132  
571-258-3400 • loudoun.gov/seniors-carver  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/27  
All classes/activities are subject to change.  
facebook.com/CarverSeniorCenter

SENIOR MEMBERSHIP & PROGRAMS

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

ARTS & MUSIC

BASIC WATERCOLOR

Learn the basics of watercolor techniques and compositions. All materials provided, instruction by Alice Power. \$100 for members. Must sign up before Friday, March 29th!  
**330603-01** \$100 F 4/5-4/26 10:00am-11:30am

INTERMEDIATE WATERCOLOR

Continuation of the beginner watercolor course. Materials provided, must have taken a previous watercolor course. Instruction by Alice Power \$100 for members. Registration deadline is Friday, April 26th before 3:00 PM.  
**330613-01** \$100 F 5/3-5/24 10:00am-11:30am

ADVANCED WATERCOLOR

Hone your watercolor skills through individual and group critiques. Instruction by Alice Power. No materials provided, must have previous watercolor experience. \$45 for members  
**330610-01** \$45 W 3/6-3/27 1:15pm-2:45pm  
**330610-02** \$45 W 4/3-4/24 1:15pm-2:45pm  
**330610-03** \$45 W 5/1-5/22 1:15pm-2:45pm

ACRYLIC PAINTING

Create a monthly themed painting with acrylics in a relaxed and welcoming atmosphere. All materials provided and open to all ability levels. \$10 for members  
**330627-01** \$10 M 3/25 10:00am-11:30am  
**330627-02** \$10 M 4/15 10:00am-11:30am  
**330627-03** \$10 M 5/18 10:00am-11:30am

ART BY DVD

Art instruction through DVD. Must have Previous watercolor experience. No materials provided by the center  
**330606-01** Free F 3/1-5/31 2:15pm-4:00pm

UKULELE JAM SESSION

Laid back group play, other instruments and vocalists welcome!  
**330691-01** Free F 3/1-5/31 1:00pm-3:00pm

LOUDOUN COUNTY AREA AGENCY ON AGING PROGRAMS & SERVICES FOR OLDER ADULTS & ADULTS WITH DISABILITIES



The Loudoun County Area Agency on Aging (AAA) is the central point of contact for older adults (55+) and their families. The mission of the Area Agency on Aging is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services.

- ADULT DAY CENTERS
- ADVISORY BOARDS
- CAREGIVER SERVICES
- CASE MANAGEMENT SERVICES
- CHORE CORPS
- COMMUNICATION, REFERRAL, INFORMATION & ASSISTANCE
- CONGREGATE MEAL PROGRAM
- DISEASE PREVENTION & HEALTH PROMOTION
- ELDER ABUSE PREVENTION & INTERVENTION
- HOME-DELIVERED MEALS
- NORTHERN VIRGINIA LONG-TERM CARE OMBUDSMAN PROGRAM
- OPTIONS COUNSELING
- SENIOR OUTREACH TO SERVICES (S.O.S)
- SENIOR CENTERS
- SENIOR COOL CARE
- SENIOR MEDICARE PATROL
- SENIOR TRIPS
- VIRGINIA INSURANCE COUNSELING AND ASSISTANCE PROGRAM (VICAP)
- VOLUNTEER SERVICES



LUNCH & MUSIC

Enjoy live music from the One Man Dan Band during lunch. No online registration, you must sign up for lunch by calling 571-258-3407 at least 24 hours in advance.

330649-01	Free	Tu	3/26	12:00pm-1:00pm
330649-02	Free	Tu	4/23	12:00pm-1:00pm
330649-03	Free	Tu	5/28	12:00pm-1:00pm

FITNESS & HEALTH

BALANCE & STABILITY

Improve your strength, flexibility, and balance with the upbeat exercise class suitable for all fitness and mobility levels. Video instruction on Wednesdays and after-noon sessions.

330626-01	Free	M, W, F	3/1-5/31	10:30am-11:15am
330626-02	Free	M, F	3/1-5/31	3:15pm-4:00pm
330626-03	Free	W	3/6-5/29	1:00pm-1:45pm

SLOW & EASY LINE DANCE

Relaxed line dancing for those with mobility limitations.

330686-01	Free	Th	3/7-5/30	11:15am-11:45am
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BEGINNER LINE DANCE

For those with no previous line dancing experience. Learn 2 to 3 new dances per class in slow paced and welcoming environment.

330618-01	Free	Th	3/7-5/30	1:00pm-2:00pm
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INTERMEDIATE LINE DANCE

Continuation of beginner line dance class. Learn 3 to 5 dances per class. Must have previous line dancing experience. Instruction by Carolyn Masters.

330615-01	Free	M	3/4-5/27	1:00pm-2:00pm
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ADVANCED LINE DANCE

Faster paced line dancing, must have previous line dancing experience. Instruction by Dick Sherman.

330689-01	Free	M, Th	3/4-5/30	2:00pm-3:00pm
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QIGONG

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

330634-01	Free	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, & flexibility. New students welcome! Registration not required.

330647-01	Free	Tu	3/5-5/28	9:00am-10:00am
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BLOOD PRESSURE CHECKS

Free blood pressure checks and advice from an Inova Health representative. 4th Thursday of the month.

330633-01	Free	Th	3/28	10:00am-11:30am
330633-02	Free	Th	4/25	10:00am-11:30am
330633-03	Free	Th	5/23	10:00am-11:30am

TEA WITH ANU

Licensed nutritionist Anu Kaar shares new recipes and tips for healthier meals.

330635-01	Free	W	4/10	1:00pm-2:00pm
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NUTRITION COUNSELING

Licensed nutritionist Anu Kaar meets with members one-on-one to discuss nutrition needs and offer advice. Must sign up for an appointment in person or by calling 571-258-3400. No online registrations!

330635-04	Free	W	4/10	9:00am-12:00pm
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SPORTS & GAMES

BRAIN GAMES

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

330628-01	Free	Th	3/7-5/30	10:00am-11:00am
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CORNHOLE

Indoor cornhole, new players always welcome!

330616-01	Free	Tu	3/5-5/28	10:00am-11:30am
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PICKLEBALL

Single court, indoor pickleball played round robin style. Must have an active senior center membership to play!

330711-01	Free	Tu, Th	3/5-5/30	2:00pm-4:45pm
330711-02	Free	W	3/6-5/29	2:15pm-4:45pm
330711-03	Free	Sa	3/2-5/25	8:00am-11:45am

PING PONG

New players welcome, paddles and extra ping pong balls available for use.

330623-01	Free	W	3/6-5/29	9:00am-11:00am
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BINGO

Monthly themed bingo games. \$1.00 for members

330640-01	\$1	W	3/13	1:00pm-2:00pm
330640-02	\$1	W	4/17	1:00pm-2:00pm
330640-03	\$1	W	5/15	1:00pm-2:00pm

POKENO

Bingo style playing card themed game. \$1.00 for members

330637-01	\$1	Tu	3/19	1:00pm-2:00pm
330637-02	\$1	Tu	4/23	1:00pm-2:00pm
330637-03	\$1	Tu	5/28	1:00pm-2:00pm

BEGINNER BRIDGE

Learn to play bridge, experienced players also welcome!

330648-01		Tu	3/5-5/28	1:00pm-4:00pm
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PARTY BRIDGE

For more experienced Bridge players

330631-01		M, Th	3/4-5/30	1:00pm-4:00pm
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PUZZLES & ADULT COLORING

Word puzzles, brain teasers, & coloring pages. Materials provided.

330653-01		M-F	3/1-5/31	9:00am-10:00am
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SCRABBLE/BOARD GAMES

Scrabble, Dominoes, Uno, & More!

330702-01	Free	M-F	3/1-5/31	1:00pm-4:45pm
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EDUCATIONAL

TECH TUESDAY

Get help with common phone and tablet issues from the Purcellville Library. 1st Tuesday of the month. No registration required.

330668-01	Free	Tu	3/5	11:00am-11:45am
330668-02	Free	Tu	4/2	11:00am-11:45am
330668-03	Free	Tu	5/7	11:00am-11:45am

BOOK CLUB

Monthly book club with the Purcellville Library. 2nd Tuesday of the month

330617-01	Free	Tu	3/12	11:00am-11:45am
330617-02	Free	Tu	4/9	11:00am-11:45am
330617-03	Free	Tu	5/14	11:00am-11:45am

MEDICARE COUNSELING

Meet with a representative from Loudoun County's branch of the Virginia Insurance

Counseling and Assistance Program to discuss Medicare questions and get advice from a non-biased source. Meets the 4th Tuesday of the month. No online registration, sign up via phone or by stopping by the front desk.

330625-01	Free	Tu	3/26	10:00am-12:00pm
330625-02	Free	Tu	4/23	10:00am-12:00pm
330625-03	Free	Tu	5/28	10:00am-12:00pm

SERVICES FOR SENIORS

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

330614-01	Free	M	3/4	9:00am-12:00pm
330614-02	Free	M	4/1	9:00am-12:00pm
330614-03	Free	M	5/6	9:00am-12:00pm

LIBRARY OUTREACH

The Rust Library brings books and movies for easy check out and returns. Second Wednesday of the month.

330644-01	Free	W	3/13	11:00am-11:30am
330644-02	Free	W	4/10	11:00am-11:30am
330644-03	Free	W	5/8	11:00am-11:30am

ADVISORY BOARD MEETING

Meets the 2nd Tuesday of the month to discuss how to best support Carver Senior Center programs.

330703-01	Free	Tu	3/12	10:00am-11:00am
330703-02	Free	Tu	4/9	10:00am-11:00am
330703-03	Free	Tu	5/14	10:00am-11:00am

SOCIAL & EVENTS

CONGREGATE MEALS

Meals in a group setting., Monday through Friday. Must purchase lunch ticket in advance at the front desk! Age 60+ meals by donation, suggested amount of at least \$1.00 per meal. Must request lunch before noon one business day in advance by calling 571-258-3407. No online registration available!

330646-01	\$4	M-F	3/1-5/31	12:00pm-12:45pm
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MORNING SOCIAL

Enjoy Coffee, tea, & conversation.

330620-01	Free	F	3/1-5/31	9:00am-10:00am
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LUNCH & MOVIE

Enjoy a movie with your lunch. Must register for both the movie and lunch, no day of event registrations! \$1.00

330654-01	\$1	F	3/22	12:00pm-2:00pm
330654-02	\$1	F	4/19	12:00pm-2:00pm
330654-03	\$1	F	5/31	12:00pm-2:00pm

APRIL FOOL'S MAGIC SHOW

Celebrate April Fool's Day with our comedy magic show from Illusions by Vick! Refreshments will be provided. \$3 for members, \$6 for non-members. You must register in advance for this event!

330669-01	\$3/\$6	M	4/1	1:00pm-2:00pm
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MOTHER'S DAY TEA

Celebrate Mother's Day with our Alice in Wonderland themed Tea Party! \$1.00 for moms, \$3 for members. Must sign up in person for the \$1.00 fee. Membership required.

330611-01	\$1/\$3/\$6	F	5/10	1:00pm-2:00pm
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LOCAL EXCURSIONS

March - Bowling at Northside Lanes in Winchester \*\$2 per game. Must pay for your own purchases and lunch in the food court\*. April - Nall's Farm Market in Berryville, bus returns to the center by 11:45am. May - Picnic and nature walk at Blandy Farm in Boyce. Fee includes transportation, boxed lunch, & park entry.

Most trips require extensive walking on uneven surfaces, stop by the front desk before registering if you have mobility concerns. Purchases are limited to what you can carry without assistance. Active Senior Center Membership required, no day of event registrations!

330638-01	\$4	Tu	3/26	10:15am-2:00pm
330638-02	\$2	Tu	4/30	10:15am-11:45am
330638-03	\$15	Tu	5/21	10:15am-2:00pm



DULLES SOUTH SENIOR CENTER

24950 Riding Center Drive, South Riding, VA 20152  
571-258-3883 • loudoun.gov/seniors-dulles  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/27  
All classes/activities are subject to change  
facebook.com/DullesSouthSeniorCenter

SENIOR MEMBERSHIP & PROGRAMS

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

FITNESS

YOGA FOR SENIORS

Exercise includes a strength band component. Instructor: Marylin

M	Free	ongoing	10:30am-11:30am
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YOGA FOR SENIORS WITH JAYA

Exercises include breathing exercises, standing asanas and chair asanas. Instructor: Jaya

Tu	Free	ongoing	10:30am-11:30am
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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. Instructor: Sudarshana

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

MAT YOGA FOR SENIORS

Bring your yoga mat or grab a chair for a seated mix of chair and mat yoga poses for any ability. Instructor: Marylin

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

Get fit using the treadmill, bicycle, crank cycle, and free weights. Fifteen-minute time limit in effect when others are waiting.

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

Enjoy a game of table tennis with friends.			
M, W	Free	ongoing	12:30pm-4:30pm
Tu	Free	ongoing	12:15pm-1:15pm
Th	Free	ongoing	12:00pm-1:00pm
F	Free	ongoing	2:30pm-4:30pm
Sa	Free	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	Free	dates vary	1:00pm-2:00pm

PICKLEBALL

The fastest growing sport in the U.S. has made its way to Dulles South Senior Center. Come drop in and play this indoor version of tennis played with a paddle and a whiffle ball. All skill levels are welcome to play. Call center or see monthly newsletter for dates.			
Sa	Free	ongoing	8:30am-11:30am

TAI CHI

Tai chi involves a series of slow gentle movements and physical postures, meditation, and focused breathing. Often recommended as good balance exercise. Instructor: Susan or Jim			
Tu	Free	ongoing	10:00am-11:00am

DANCE

BEGINNING LINE DANCE

New to line dancing? Try this class to learn some basic line dance routines at a slower pace.			
F	Free	ongoing	10:00am-11:00am

INTERMEDIATE LINE DANCE

Learn new line dance routines and have some fun.			
Th	Free	ongoing	1:00pm-2:00pm

BEGINNER HULA

New to hula and Polynesian Dance? Join this class to learn basic hula steps and movements.			
Th	Free	ongoing	10:00am-10:30am

POLYNESIAN DANCE

Improve your hula movements and learn new dances. Get in the aloha spirit, bring a sarong or large scarf, a lei, or hair flower to wear if you have them. Instructor: Josefina			
Th	Free	ongoing	10:30am-11:30am

ALOHA LADIES DANCE PERFORMANCE GROUP

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

POLYNESIAN FITNESS

Enjoy this 45-minute total body workout. Listen to the music of the islands while performing exercises that isolate your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, quads, and arms. Instructor: Josefina			
Tu	\$15 quarterly	ongoing	1:00 pm-1:45pm

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	Free	ongoing	11:00am-12:00pm

EDUCATION & INFORMATION

COMPUTER ONE-ON-ONE HELP

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

ADVISORY BOARD MEETING

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

SERVICES FOR SENIORS

See the 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 & 3rd W	Free	ongoing	9:00am-12:00pm

MEDICARE COUNSELING

Sign up to meet 1-1 with one of Loudoun County's Area Agency on Aging VICAP (Virginia Insurance Counseling and Assistance Program) counselors to get your questions answered about health insurance.			
4th W	Free	ongoing	9:00am-12:00pm

INOVA MOBILE HEALTH SERVICES

Stop by and have your blood pressure and heart rate monitored by the nurses from Inova Mobile Health Services.			
1st Tu	Free	ongoing	9:00am-12:00pm
3rd Th	Free	ongoing	9:00am-12:00pm

BEGINNING ENGLISH

Call center for more details. Material Fee Required. Instructor Deepika			
M	\$10 quarterly	ongoing	1:00pm-2:00pm

CONVERSATIONAL ENGLISH

Instructor: Jim			
Tu, Th	\$15 quarterly	ongoing	10:00am-12:00pm

INTERMEDIATE ENGLISH

This class is for intermediate English speakers with a focus on civics and US History. Instructor: Naseema				
329613-01	\$5	W	3/6-4/3	10:00am-12:00pm
329613-02	\$5	W	5/1-5/29	10:00am-12:00pm

GUM SPRINGS LIBRARY BOOK CLUB

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

MEMOIR WRITING

Ashburn Librarian leads this monthly memoir writing group at Dulles South Senior Center.			
2nd Tu	Free	ongoing	10:00am-11:00am

CHILDREN’S LITERATURE BOOK CLUB

This club focuses on great youth literature and reads books such as Alice in Wonderland, the Hobbit and more. Club meets monthly for discussions. Instructor: Dave			
3rd W	Free	ongoing	10:30am-11:30am

BIBLE STUDY

M-F	Free	ongoing	10:00am-11:00am
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SPANISH BIBLE STUDY

M, W, F	ongoing	11:00am-12:00pm
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E-COMMENT

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

GUEST SPEAKERS

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

KNIT ‘N’ STITCH CLUB

Bring your own supplies. Interested in learning to knit, crochet, or sew? Help is available from the volunteer instructor.			
Tu, Th	Free	ongoing	11:00am-2:00pm

CREATIVE WRITING

Creative Writing meets in-person and virtually. Participants are offered a choice of writing prompts to write in class and then share the work with the group. Class does not meet the 3rd Wednesday of the month.			
W	Free	ongoing	10:30am-11:30am

ORIGAMI

Learn paper folding to create basic shapes through complex multi-step folding to create beautiful projects. Twice weekly meetings build upon your individual skill level. Leave each class meeting with a new skill set and a yearning to create more. Instructor Minesh			
Tu, Th	\$5 quarterly	ongoing	10:30am-11:30am

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.			
Th	\$15/quarterly	ongoing	1:00pm

SCRAPBOOKING WITH PATTI

Drop in and get assistance with your scrapbooking project from Patti or just come for the company. Bring your own tools, or just your photos. Scrapbooks and page material are also available for a small fee.			
M	Dates vary	10:00am-3:00pm	

POETRY & SONG RECITATION

This weekly meet up welcomes everyone from any country or any language to practice/recite songs or poems.			
F	Free	ongoing	10:30am-11:30am

SOCIALIZING & ENTERTAINMENT

RUMMIKUB

Join this popular tile game – easy and fun to play.			
Daily	Free	ongoing	10:00am-4:30pm

MAHJONG

A fun, tile-based game. Interested in learning how to play? The group will teach you.			
Daily	Free	ongoing	10:00am

SHANGHAI RUMMY

Join the group and play a version of the card game Rummy.			
Tu, Th	Free	ongoing	1:00pm

PARTY BRIDGE

Join the group for bridge games. Are your bridge skills rusty? No problem! Skills refreshers offered by other players.			
M	Free	ongoing	10:00am-12:00pm

BINGO

Enjoy playing Bingo at the center. Cards are \$1.			
W	\$1	Dates vary	ongoing 1:00pm-2:00pm
Sa	\$1	Dates vary	ongoing 10:00am-11:00am

SHOPPING

Shopping Trips 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	\$1-\$3 per trip	ongoing	10:30am-12:00pm

MONTHLY BIRTHDAY PARTY

Enjoy cake and ice cream during the celebration of members' birthdays each month.			
3rd W	Free	ongoing	12:30pm

WEEKLY MOVIES

Enjoy a movie with friends at the center. A variety of movies are offered monthly from old classics to new favorites.			
Tu	Free	Dates vary	ongoing 1:00pm-3:00pm
Sa	Free	Dates vary	ongoing 10:00am-12:00pm

EVENTS

Please contact the Dulles South Senior Center for more information about special events for seniors.			
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Please stop by for more information and check out our facility. Schedule Dulles South Senior Center for your next meeting, dance club, birthday party, baby shower, graduation, religious service, or friendly gathering!			
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## 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 5/27

### SENIOR MEMBERSHIP & PROGRAMS

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

### CARDS & GAMES

#### BINGO

Fee required per each card. Fee paid at game (15 games)  
**945600-01** M, Th ongoing 10:30am-11:30am  
**945600-02** F ongoing 12:50pm-1:50pm

#### O'HECK

Trick-taking card game in which the object is to take exactly the number of tricks bid.  
**945601-01** Free W ongoing 10:00am-12:00pm

#### PINOCHLE

Trick-taking, Ace-Ten card game typically for two to four players and is played with a 48-card deck.  
**945602-01** Free Th ongoing 11:00am-1:00pm

#### BUNCO

A dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds.  
**945603-01** Free 1st F ongoing 2:00pm-4:00pm

#### GAME TIME

Participate in board games or card games.  
**945604-01** Free M, Th ongoing 1:00pm-3:00pm  
**945604-02** Free F ongoing 2:00pm-4:00pm

### CULTURAL & SOCIAL ACTIVITIES

#### BOOK CLUB

Discuss the months book with a group of people. Contact the center to ask about the months current book read.  
**945613-01** Free 3rd Tu ongoing 2:00pm-3:00pm

#### MORNING COFFEE

Enjoy coffee in the morning with friends in the café.  
**945614-01** Free M-F ongoing 9:30am-10:30am

### CURRENT EVENTS DISCUSSION GROUP

Talk about current events happening in the world with other members.  
**945615-01** Free Th ongoing 1:00pm-2:00pm

### INTERMEDIATE CONVERSATIONAL SPANISH

For those who would like to practice their Spanish skills. This activity offers a great opportunity to converse and discuss current topics while improving grammar skills. Designed for the intermediate student. New students are always welcome! Instructor: Ana Mahoney  
**945616-01** Free Tu ongoing 10:00am-11:00pm

### ADVANCED CONVERSATIONAL SPANISH

For those who would like to practice their Spanish skills. This activity offers a great opportunity to converse and discuss current topics while improving grammar skills. Designed for the advanced student. New students are always welcome! Instructor: Ana  
**945617-01** Free Tu ongoing 11:00am-12:00pm

### KNIT & CROCHET GROUP

Join an active knit & crochet group to work on your own projects or make and donate items to benefit children and adults in the community facing illness or crisis.  
**945609-01** Free F ongoing 9:30am-11:30am

### CROCHET INSTRUCTION ACTIVITY

Get help with crochet patters and different projects that you are currently working on.  
**945610-01** Free M ongoing 1:30pm-3:00pm  
**945610-02** Free Sa ongoing 9:30am-11:00am

### MOVIE DAY

Recent and classic movies shown on 8-foot screen  
**945611-01** Free 3rd W ongoing 12:30pm-2:30pm

### SENIOR CENTER ADVISORY BOARD

The Advisory Board meets monthly to discuss how to help the center and different ways to help benefit members. All are welcome to attend the meeting and voice their opinions and suggestions.  
**945612-01** Free 3rd Th Monthly 10:00am-11:30am

### EXERCISE ACTIVITIES

#### AEROBICS

Richard Simmons DVD is played for in the Aerobics room for members to follow along with.  
**945631-01** Free M-F ongoing 9:00am-10:00am  
**945631-02** Free M, W, F ongoing 10:00am-11:00am  
**945631-03** Free Sa ongoing 8:00am-12:00pm

#### BALLROOM DANCING

Practice different ballroom dances.  
**945632-01** Free W ongoing 11:00am-12:00pm

#### LINE DANCE STEP PREP (LEVEL 1)

Learn the steps that go into Line Dancing.  
**945633-01** Free Th ongoing 9:00am-10:00am

#### INTRO TO LINE DANCING (LEVEL 1)

Line Dancing for beginners. Learn your first line dance in class and improve on your line dancing.  
**945634-01** Free Th ongoing 10:00am-11:00am

#### BEGINNER LINE DANCING (LEVEL 2)

Line Dancing for beginners and builds on the intro to line dancing class.  
**945635-01** Free M ongoing 9:30am-10:30am

#### HIGH BEGINNER LINE DANCING (LEVEL 2)

A high beginners line dancing class that builds off the beginners line dancing

class.  
**945636-01** Free W ongoing 10:15am – 11:30am

### HAPPY YOGA

Yoga that can be modified for all participants using chairs. Mats are provided. Happy Yoga is both live and virtual.  
**945637-01** Free Tu ongoing 11:00am-11:50am  
**945637-02** Free F ongoing 11:00am-11:50am

### YOGA WITH TATIS

Join friends and participate in a yoga class that is led by a video played on a TV screen. Yoga that can be modified for all participants using chairs. Mats are provided.  
**945638-01** Free M, Th ongoing 1:00pm-2:00pm  
**945638-02** Free Th ongoing 10:00am-11:00am

### INTRODUCTION TO BEACH BALL VOLLEYBALL

Learn all there is to know about beach ball volleyball. Bring friends to learn the rules to this exciting new game! Registration is required.  
**345639-01** Free Tu 3/5 1:00pm-2:00pm

### BEACH BALL VOLLEYBALL

Join the fun and become a team player in chair volleyball using a beach ball. Great upper body workout. See how long you can keep the ball on volley. Registration in advance.  
**945640-01** Free Tu ongoing 1:00pm-2:00pm

### PICKLE BALL

A paddle sport in which two to four players hit a plastic ball over a net.  
**945641-01** Free Tu, Th ongoing 2:00pm-4:00pm  
**945641-02** Free Sa ongoing 8:15am-11:30am

### BEGINNERS TAI CHI & QI GONG

Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises for beginners. Instructor: Marlene.  
**945642-01** Free Tu ongoing 11:00am-12:00pm

### TAI CHI & QI GONG

Meditation in motion. Gentle martial arts for seniors, with breathing concentration exercises. Instructor: Marlene  
**945643-01** Free 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.  
**945644-01** Free M ongoing 10:30am-11:45am  
**945644-02** Free Tu ongoing 12:45pm-2:00pm

### CARDIO DRUMMING INTRO

Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. The intro class is for those who are new to cardio drumming and covers history, basic moves, and safety of cardio drumming.  
**945611-01** Free W 1/10 3:00pm-4:00pm

### CARDIO DRUMMING

Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout.  
**945612-01** Free W 1/17-2/21 3:00pm-4:00pm

### CASTANETS

Learn to play Castanets; a percussion instrument used in Spanish music.  
**945645-01** Free Tu ongoing 1:15pm-2:15pm

### INTERMEDIATE FLAMENCO DANCE

An ongoing practice of traditional folkloric arm and footwork for those who have taken the beginner's class.  
**945646-01** Tu ongoing 12:15pm-1:15pm

### BEGINNERS FLAMENCO DANCE

An ongoing practice of traditional folkloric arm and footwork for beginners.  
**945647-01** Free Tu ongoing 1:15pm-2:00pm

### STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

SAIL is a program with exercises specifically designed to help maintain and improve balance while listening to great music.  
**345610-01** \$25 Tu, Th 3/5-5/23 10:00am-11:00am

### SELF-HELP & RESOURCES

### INOVA BLOOD PRESSURE CHECK

Loudoun Healthcare provides blood pressure checks and referrals.  
**945653-01** Free 2nd 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.  
**945654-01** Free 1st, 3rd Tu ongoing 9:00am-12:00pm

### MINDFUL MEDITATION

Meditation has been practiced in cultures all over the world for thousands of years to develop intentional focus and minimize random thoughts about the past or future. Registration required.  
**945652-01** Free 1st, 3rd Tu ongoing 1:00pm-1:45pm

### COMPUTER TECH HELP

Tech help available in the computer lab. Helping our members embrace technology. Call the center to obtain the link to the virtual class.  
**945655-01** Free W ongoing 10:00am-11:00am  
Virtual

### ESL CLASS

English as a Second Language Classes are offered to beginner and advanced members who are learning to speak English for the first time. Basic vocabulary and common phrases, inflection and proper grammar are taught to interested participants.  
**945656-01** Free M ongoing 10:00am-11:00am

### LIFE TRANSITIONS EMPOWERMENT GROUP

Enjoy discussions with peers on various topics important to active seniors (eg: relationships, family, health and wellness, finances, dating, etc). Make new friends, improve self-esteem, ward off depression and anxiety, and come up with strategies for a more meaningful life. Registration required.  
**945657-01** Free 2nd Sa ongoing 10:30am-11:45pm

### EVENTS

#### BIRTHDAY LUNCHEON

Celebrate members birthday each month. Enjoy a special treat and goodie bag for those with a birthday that month, provided by the Advisory Board. Call the center to sign up for lunch. Lunch donation is requested.  
**345600-01** Free Last W ongoing 12:00pm

#### ST. PATRICK'S DAY LUNCHEON

Celebrate St. Patrick's Day with a special Irish meal. Wear green and listen to Irish music provided by Finn McCool. Call the center to sign up for lunch. Lunch donation is requested.  
**345601-01** Free F 3/15 11:30am-1:00pm

#### WOMEN'S HISTORY MONTH

Celebrate women's history and contributions of women to events throughout history. Call the center to learn more about the events happening during Women's History Month.



**25th ANNIVERSARY LUNCH**  
Kick off The Senior Center at Cascades 25th anniversary with a special lunch. Hear from special guest speakers and enjoy live music. Lunch donation is requested.  
**345603-01** Free M 4/15 12:00pm-1:00pm

**25th ANNIVERSARY PARTY**  
Celebrate The Senior Center at Cascades silver anniversary. Dance with friends to music by DJ Sky. There will be light refreshments.  
**345604-01** \$5/\$8 F 4/19 2:00pm-4:00pm

**CINCO DE MAYO PARTY**  
Dance with friends to a live mariachi band and celebrate Mexican History. There will be light refreshments.  
**345605-01** \$5/\$8 F 5/3 2:00pm-4:00pm

**MEMORIAL DAY LUNCHEON**  
Honor those who have passed away serving in the United States Armed Forces. Call the center to sign up for lunch. Lunch donations is requested.  
**345606-01** Free F 5/24 12:00pm-1:00pm



**THE SENIOR CENTER OF LEESBURG**  
102 North Street, NW, Suite B, Leesburg, VA 20176  
703-737-8039 • [loudoun.gov/seniors-leesburg](http://loudoun.gov/seniors-leesburg)  
Monday-Friday 9:00am-5:00pm • Saturday 8:00am-12:00pm  
Closed for Memorial Day, 5/27  
[facebook.com/leesburgsenior](https://facebook.com/leesburgsenior)

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

ARTS & CRAFTS

**CERAMICS HAND-BUILDING**  
Create your own hand-built art using Ceramic Studio’s slab roller, forms, and tools. Kiln fire and glaze using studio supplies. No registration is required.  
**927670-01** Free M-F ongoing 9:00am-5:00pm

**SEWING**  
For the beginner level. A sewing machine is provided. Bring in your sewing project. No registration is required. Assistance provided by Carol.  
**927671-01** Free M, F ongoing 9:00am-12:00pm

**STITCH 'N B**  
Sew, knit, crochet, and needlework. Make new friends and share ideas. No registration is required. Assistance provided by Carol.  
**927672-01** Free M, F ongoing 9:00am-12:00pm

**ADULT COLORING**  
Please come join the adult coloring for a relaxing and fun time. All supplies are provided. No registration is required. Instructor: Bob Anderson  
**927673-01** Free Tu ongoing 10:30am-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. No registration is required.  
**927674-01** Free M ongoing 12:30pm-3:00pm

**DRAWING WITH KAREN**  
Learn techniques and tricks as you learn how to draw with Karen. No registration required.  
**927616-01** Free 2nd, 4th Tu ongoing 12:30pm-1:30pm

**SKETCH CLUB**  
Do you want to do art without commitment, and go at your own pace? Do you need a place to talk and share your artwork? Please join our new sketch club. Materials are provided to start you on your way or bring your own. A volunteer or staff member will be there to provide sketch ideas and materials. New and experienced artists now have a purposeful place and time to gather. Materials provided: Journal, Tombow pencil, black colored pencil, blending stubs, eraser, and small sharpener. No registration is required.  
**927617-01** Free Tu ongoing 11:15pm-12:30pm

**QUILT MAKERS CLUB**  
Come to chat and exchange ideas. Bring your own project. Make use of the large tables to spread out your project. No registration is required.  
**927618-01** Free 1st, 3rd, 4th W ongoing 9:30am-12:00pm

**CROCHET CLUB**  
Bring your hooks and yarn. Work together on your own projects. No registration is required.  
**927619-01** Free M, F ongoing 9:00am-12:00pm

**KNITTING & CROCHETING**  
Bring your knitting needles, crochet hook, and yarn. No registration is required.  
**927619-02** Free W ongoing 1:00pm-3:00pm

DANCE

**LINE DANCE WITH MINDA**  
Learn new dances from all over the world. No partner is required. No registration is required.  
**927691-01** Free W, F ongoing 2:00pm-3:00pm

**FUN SQUARE DANCING**  
Experience the joy, camaraderie, and fun of square dancing. Dance to calls in simple patterns. No partner is required. Please check our newsletter for details. No registration is required. Non-Member \$3/class. Instructor: Robert Abdinoor  
**927605-02** Free/\$3 W ongoing 3:00pm-4:00pm

EDUCATIONAL

**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 of Leesburg. No registration is required.  
**927628-01** Free 1st Th 1:00pm-2:30pm

**TEEN TECH HELP**  
Loudoun County High School Students from the CAMPUS program will come to the Senior Center of Leesburg monthly to assist members with technology questions or issues with their devices. Please bring your questions, devices, and passwords with you to the session. Sign up in the lobby or call the front desk at 703-737-

8039 to be added to the sign-up list. No registration is required.  
**927629-01** Free ongoing 9:45am-10:45am

**SPRING DECLUTTERING WORKSHOP**  
Downsizing or needing to declutter your home? Please join our 8-week workshop to learn how to sort your personal/home items. Registration is required and we strongly encourage members to attend all 8 classes. Non/Members will pay a \$3 drop-in fee per day. Instructor: Carolyn  
**327630-01** Free/\$3 W 3/6-4/24 1:00pm-2:00pm

**SPRING LEESBURG HISTORIC WALKING TOUR**  
Walk and learn about downtown Leesburg historical sites. The bus will drop members off, and they will walk back to the center. Extensive walking. Members must be able to walk over a mile. Instructor: Martin  
**327631-01** Free W 4/24 10:00am-12:00pm

**BEGINNING SPANISH**  
Take advantage of speaking Spanish with a native speaker. Learn from the beginning. Instructor: Francisco  
**327600-01** \$110/\$130 M 3/4-5/20 1:00pm-2:00pm

**CONVERSATIONAL SPANISH**  
Take advantage of speaking Spanish with a native speaker. Create sentences and then paragraphs. Instructor: Francisco  
**327601-01** \$110/\$130 M 3/4-5/20 3:00pm-4:00pm

**SPANISH GRAMMAR**  
Clear grammar explanations include comparison with English Grammar followed by detailed examples and examples and exercises that provide ample practice. Instructor: Francisco  
**327602-01** \$110/\$130 M 3/4-5/20 4:00pm-4:55pm

FITNESS

**TAI CHI/QI GONG - 1**  
An introduction to Tai Chi Chuan and Qi Gong with emphasis on learning the Beijing Standard 24 Form. These ancient Chinese disciplines have been shown to improve general health and are especially valuable for seniors to improve strength and balance. No registration is required. Instructor: Bill  
**927606-01** Free M ongoing 10:30am-11:30am

**TAI CHI/QI GONG - 2**  
For those with some experience with the Beijing Standard 24 form. This class will teach more advanced Tai Chi Chuan (empty hand), introduce Tai Chi Jian (sword), and explore more styles of Qi Gong. No registration is required. Instructor: Bill  
**927608-01** Free F ongoing 10:30am-11:30am

**FIT & FUN**  
Workout seated, standing, or on the floor. Intermediate exercises for strength, flexibility, balance, laughter, and meditation for mental well-being. Make new friends in this caring and supportive group. No registration is required. Instructor: Kathy  
**927609-01** Free W, F ongoing 10:30am-11:30am

**SIT & FIT**  
A half-hour dance party from your chair for those with limited mobility. No registration is required. Instructor: Karen  
**927611-01** Free Tu, Th ongoing 10:30am-11:00am

**AEROBIC DANCE CLASS**  
Full body workout with emphasis on aerobics and fun. Bring a towel and water. No registration is required. Instructor: Luella  
**927613-01** Free M ongoing 10:15am-11:00am

# Senior Trips

ADULTS 55+

Plan Your Next Trip Led By PRCS Staff!

BEACHES, BOARDWALKS, AND THE BRAVE

- April 21-24, 4 Days - 3 Nights

KENTUCKY EXPERIENCE

- May 4-9, 6 Days - 5 Nights

THE CANADIAN ROCKIES

- July 5-12, 8 Days - 7 Nights

[loudoun.gov/SeniorTrips](http://loudoun.gov/SeniorTrips)  
571-258-3050 | 571-258-3051

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

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



**CARDIO DRUMMING**  
Have fun, increase your energy, and use drumsticks, and exercise balls for these exercises. Improve rhythm, range of motion, and balance. No registration is required.

<b>927615-01</b>	Free	Sa	ongoing	10:00am-11:00am
<b>927615-02</b>	Free	W	ongoing	10:30am-11:30am

**CHAIR YOGA**  
Improve strength, range of motion, and balance. Members will use a chair during Yoga exercises. Please bring a towel and water. Please call the front desk at 703-737-8039 to sign up or if you have any questions. Instructor: Emme

<b>927614-01</b>	Free	Th	ongoing	3:30pm-4:30pm
<b>927614-02</b>	Free	Tu	ongoing	2:00pm-3:00pm

**SAIL (Stay Active & Independent for Life) FITNESS CLASS**  
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. Class sizes are limited. Please bring water. Pre-Test assessments will be on 12/5 and Post-test assessments will be on 2/29.

<b>327603-01</b>	\$25	Tu, Th F	03/5-5/30 3/8-5/31	9:15am-10:15am 9:15am-10:15am
<b>327604-01</b>	\$25	Tu, Th F	3/5-5/30 3/8-5/31	1:00pm-2:00pm 9:15am-10:15am

**HEALTH & WELLNESS**

**INOVA MOBILE HEALTH SERVICES**  
INOVA Nurse comes to offer blood pressure checks. Please sign up in the lobby or call the front desk at 703-737-8039.

<b>927630-01</b>	Free	1st W	ongoing	10:00am-12:00pm
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**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. Join online by typing <https://global.gotomeeting.com/join/303279485> or by phone 571-317-3122 , access code 303-279-485

<b>927632-01</b>	Free	3rd M	ongoing	10:30am-11:30am
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**CASE MANAGEMENT SERVICES FOR SENIORS**  
Elder Resources Case Manager, Lori Stahl, from the Area Agency on Aging, is available to assist seniors in finding community services and support. Please sign up in the lobby or call the front desk at 703-737-8039 to be added to the list.

<b>927631-01</b>	Free	1st , 3rd Th	ongoing	9:00am-11:30am
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**MEDICARE SERVICES FOR SENIORS**  
Jane Bretzin from the Area Agency on Aging is available to assist seniors with their Medicare questions and needed Medicare counseling. Please sign up in the lobby or call the front desk at 703-737-8039 to be added to the list.

<b>927633-01</b>	Free	2nd Th	ongoing	9:00am-11:30am
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**MONTHLY HEALTH & WELLNESS GUEST SPEAKER**  
Members will learn and benefit from listening to our Monthly Health Guest Speakers. Topics will cover a wide range of various topics. Please sign up in the lobby or call the front desk at 703-737-8039 to sign up.

<b>927634-01</b>	Free	Th	monthly	12:45pm-1:45pm
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**LOW VISION EMPOWERMENT GROUP**  
Come join us and chat with friends living with vision challenges. The group will meet quarterly. Please see the newsletter for more information. Please sign up in the lobby. No registration is required.

<b>927635-01</b>	Free	M	ongoing	11:00am-12:00pm
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**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. No registration is required.

<b>927636-01</b>	Free	Th	ongoing	1:00pm-2:30pm
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**GUITAR WITH KURT**  
Discover harmonies and tight arrangements while having fun playing together. No registration is required.

<b>927637-01</b>	Free	F	ongoing	1:00pm-2:00pm
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**CHIME IN WITH AAA RHYTHM MAKERS**  
No music experience is needed just the joy of creating music together. Please call 571-233-2583 or email [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov) to register.

<b>927638-01</b>	Free	2nd Tu	ongoing	9:45am-11:00am
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**DRUM CIRCLE - NEW**  
Feel the rhythms and share the beat. Bring your own drum to share with others.

<b>927616-01</b>	Free	See newsletter for details	10:30am-11:45am
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**ONGOING CLUBS & GROUPS**

**PHOTOGRAPHY CLUB**  
Interested in taking pictures? Come join our photography club. You never know when that next Kodak moment may be. The photo club meets on the 4th Friday of the Month. No registration is required.

<b>927640-01</b>	Free	4th F	ongoing	10:00am-11:30am
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**LOUDOUN BRIDGE BUFFS**  
Duplicate Bridge Sanctioned ACBL Game. Registration Required with Loudoun Bridge Buffs.

<b>927641-01</b>	Free	F	ongoing	12:30pm-4:30pm
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**READING BETWEEN THE SPINES - BOOK CLUB**  
Come join Susan or Beth from Library Outreach Services and other book club members to engage in stimulating conversation about the monthly book selection. No registration required.

<b>927642-01</b>	Free	2nd M	ongoing	1:00pm-2:00pm
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**A FEW GOOD MEN - MEN'S MEETING CLUB**  
Come join us and have coffee and chat with friends. No registration required.

<b>927644-01</b>	Free	Th	ongoing	10:00am-11:00am
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**DIABETES SUPPORT GROUP**  
Come and join us and chat with peers about living with Diabetes. No registration is required.

<b>927639-01</b>	Free	1st Th	ongoing	11:00am-12:00pm
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**RECREATION, SOCIAL & GAMES**

**MONTHLY BIRTHDAY CELEBRATIONS**  
Please join us to celebrate with friends our member’s monthly Birthdays with lunch and cake. Lunch reservations are required one day in advance.

<b>927645-01</b>	Free	4th Th	ongoing	12:00pm
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**EUCHRE**  
Card Game with friends old and new. No registration is required.

<b>927646-01</b>	Free	F	ongoing	9:30am-12:00pm
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**TEXAS HOLD’EM**

<b>927647-01</b>	Free	Tu, Th	ongoing	9:00am-11:45am
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**RUMMIKUB**

<b>927648-01</b>	Free	M-F	ongoing	9:00am-4:30pm
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**OH HECK!**

<b>927649-01</b>	Free	F	ongoing	10:00am-12:00pm
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**MEXICAN TRAIN**

<b>927650-01</b>	Free	Tu	ongoing	10:00am-12:00pm
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**CANASTA or HAND & FOOT**

<b>927651-01</b>	Free	F	ongoing	10:00am
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**BINGO WITH BILLY**

<b>927652-01</b>	\$1	F	ongoing	12:45pm-1:45pm
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**POKENO**  
Pokeno is similar to Bingo. A great time to connect and laugh with other members at the center. Please come join us and no registration is required.

<b>927653-01</b>	\$1	W	ongoing	12:45pm-1:45pm
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**BIDWHIST**  
Card game with friends old and new.

<b>927654-01</b>	Free	F	ongoing	1:00pm-3:00pm
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**BILLIARDS**  
Make use of the two regulation slate billiard tables.

<b>927655-01</b>	Free	M-F	ongoing	9:00am-4:30pm
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**PHASE 10**

<b>927657-01</b>	Free	Tu	ongoing	1:00pm-4:30pm
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**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. No registration is required.

<b>927660-01</b>	Free	F	ongoing	2:00pm-4:45pm
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**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. No registration is required.

<b>927661-01</b>	Free	M, Tu, Th	ongoing	2:00pm-4:45pm
<b>927661-02</b>	Free	Sa	ongoing	8:30am-11:45am

**BADMINTON/BEACH VOLLEYBALL**  
Play this backyard sport in our dining room. No registration is required.

<b>927662-01</b>	Free	W	ongoing	2:00pm-4:30pm
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**TABLE TENNIS**  
Regulation Ping-Pong Table. Drop in and play a fun game of table tennis with friends. No registration is required.

<b>927663-01</b>	Free	Th	ongoing	10:30am-12:00pm
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**OUTINGS**

**SHOPPING**  
Rotating each week to Wegmans, Thrift Stores, Walmart, Target, Dollar Tree, and other local shops. The bus leaves the center at 12:30pm and returns to the center by 2:00pm. Please sign up in the lobby or call the front desk at 703-737-8039. No registration is required.

<b>927664-01</b>	Free	Tu	ongoing	12:30pm-2:00pm
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**LUNCH BUNCH**  
Going out to lunch and sharing a meal with friends at different restaurant locations monthly. The fee is for transportation. Members pay the restaurant for their meal, drink, tax, and tip. Ford’s Fish Shack

<b>327625-01</b>	\$2/\$5	F	3/22	10:30am-1:45pm
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Olive Garden

<b>327625-02</b>	\$2/\$5	F	4/12	10:30am-1:45pm
Dutch’s Daughter				
<b>327625-03</b>	\$3/\$6	F	5/10	10:30am-1:45pm

**EVENTS**

**ST PATRICK’S DAY CELEBRATION**  
Celebrate St. Patrick’s Day with a traditional Irish meal and performance from The Kristin Burke Irish Dancers.

<b>327620-01</b>	F	3/15	11:30am-1:30pm
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Members: \$3/plus Lunch donation  
Non/Members: \$6/plus Lunch donation

**SOLAR ECLIPSE FESTIVAL**  
Celebrate the Solar Eclipse Festival at our various parks or join in the fun at our center with various learning activities about the solar eclipse. Members who have registered will receive safety glasses to wear to watch the solar eclipse around 3:00pm.

<b>327621-01</b>	Free	M	4/8	2:10pm-4:00pm
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**EARTH DAY CELEBRATION**  
Celebrate Earth Day with a special presentation from a Master Gardener in the morning and an indoor concert from the World View Band from Park View High School during lunch. Non-members will have a \$3 drop-in fee for the day. Special Earth Day BINGO will be held in the dining room for \$1 to participate.

<b>327622-01</b>	Free	F	4/19	11:00am-1:45pm
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**MOTHER’S DAY INTERNATIONAL FASHION SHOW & LUNCHEON**  
Please join us as we celebrate our fabulous mothers everywhere with a special showcase of our members’ international dress and lunch. Please register if you wish to walk in our show. Lunch sign-up is required.

<b>327623-01</b>	Free	M	5/13	11:30am-12:30pm
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**8-BALL POOL TOURNAMENT**  
1-day double illumination billiards tournament. Official 8-ball rules. Trophies will be given out for 1st, 2nd, and 3rd place shooters. A wall plaque with winners’ names will be displayed in the game room.

<b>327628-01</b>	\$5/\$8	5/17	9:30am-12:30pm
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**MEMORIAL DAY REMEMBRANCE CELEBRATION PROGRAM & LUNCHEON**  
We will have a special luncheon to honor those who have fallen in service to our country. Lunch sign-up is required.

<b>327624-01</b>	Free	F	5/24	11:30am-12:00pm
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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, 5/27

The Loudoun County Area Agency on Aging (AAA) is the central point of contact for seniors, caregivers, and their families. The mission of the agency is to foster independence and healthy aging, and improve the quality of life for older adults and their caregivers through comprehensive programs and services. AAA provides the following programs and services:

Adult Day Centers	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 seniors with cognitive and/or physical disabilities who are unable to be home alone safely. Activities and services, designed to elicit success and enjoyment, include art and music therapy, individualized exercise, mentally stimulating games, assistance with personal needs, medication management, nutritious hot lunches and snacks, and health monitoring. Limited transportation is available to some areas. Fees are based on a sliding scale.

CAREGIVERS

Adult Day Centers provide respite for those needing support and time away from caregiving. Caregiver and early stage support groups are available to provide guidance, companionship, and resources. For more information on support groups, call 703-777-0257 or email [aaasupport@loudoun.gov](mailto: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 at 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
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DISEASE PREVENTION & HEALTH PROMOTION

The Area Agency on Aging offers evidence-based disease prevention and health promotion programs and services for older adults, caregivers, and their families. These programs provide information and education to help older adults improve or maintain health-related quality of life through preventing, treating, and reducing the effects of chronic conditions.

INFORMATION & ASSISTANCE

The Elder Resources Information and Assistance program is a confidential service that helps inquirers identify their specific needs through assessment, education, advocacy and assistance. Aging Program Specialists empower individuals, caregivers and allied professionals in the decision making process to determine the best possible options for their particular needs.

SENIOR COOL CARE

Fans and limited summer cooling assistance is available May 1 - Oct 31 for Loudoun County residents aged 60 years and older who are income eligible.

SENIOR CENTERS

ACTIVITIES & FEES

Five full-service senior centers offering a variety of programs and activities for adults 55 and over. The annual membership fee is \$36 resident; \$54 non-resident starting July 1. 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 County offers a diverse selection of day and overnight trips, taking seniors ages 55+ to points of interest and special events near and far. Trips are planned and led by PRCS experienced Tour Managers. New interesting and exciting trips are available quarterly on [loudoun.gov/SeniorTrips](http://loudoun.gov/SeniorTrips). For more information, call 571-258-3050 or 571-258-3051. Email [SeniorTrips@loudoun.gov](mailto:SeniorTrips@loudoun.gov) to join our email list.



ASHBURN PARK

43645 Partlow Road, Ashburn, VA 20175  
540-338-7603 • [loudoun.gov/parks](http://loudoun.gov/parks)  
Monday-Sunday 7:00am - Dusk

NATURE

NATURE BUDDIES

(Ages 2.5-5) Your child, and you will join Ms. Kathi and other families in the great outdoors this winter. Using the Tinkergarten curriculum your child will develop language, strategies, and habits that build strong bodies, minds, and hearts while enjoying all Mother Nature has to offer. This class is held outside so you should be prepared for the weather conditions. The class does require parent or guardian participation.

<b>376707-01</b>	\$25	Sa	4/1-5/4	11:00am-12:00pm
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WHO POOPED IN THE PARK?

(Ages 5 & up) Animals can be elusive, but they do leave signs. Learn what clues to look for. Join PRCS staff in the parks to learn more about the signs animals leave everywhere. Discover more about the animals of Loudoun County and their habitat. Participants will have the opportunity to create an animal track mold.

<b>376711-03</b>	\$5	Fr	5/17	3:00pm-4:00pm
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FAIRY FOLK TRAIL

(All Ages) Fairy Folk are well known to roam, but they have found Loudoun Parks so lovely they have decided to make the parks their home. Their caravan travels by night to keep out of sight but may be seen when it's light. Take a hike along the park's trails. If you are very clever along your endeavor, the fairy's homes will be revealed.

Free	M-Su	4/15-4/22	7:00am-Dusk
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A Pathway of Print Awaits!  
Read posted storybooks as you walk through a park.

**Lucketts Community Park**  
3/22-4/15

**Brambleton Community Park**  
4/16-4/29

**Evergreen Mills Equestrian & Hiking Trail**  
4/30-5/13

Discover the signs along the trail  
to begin your free adventure.



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

WILDSCHOOLING & NATURE CRAFTS

(Ages Infant-6) Join us for experiential learning and hands-on fun outdoors! Every first Thursday of the month we will investigate a different nature theme to explore along a leisurely trail hike. All ages and experience levels are encouraged to attend. Program fee is per preschool-age participant; parents/guardians are free. Meet in the Education Complex.

<b>367212-01</b>	\$5	Th	3/7	9:30am-10:30am
<b>367212-02</b>	\$5	Th	4/4	9:30am-10:30am
<b>367212-03</b>	\$5	Th	5/2	9:30am-10:30am

STORYTIME GONE WILD & NATURE WALK

(Ages Infant-6) There's never been a story time like this! We explore nature stories and wildlife topics each month through interactive hands-on play and crafts. Storytime takes place outdoors in the children's play area on the 4th Tuesday of each month. After story time, we'll embark on an easy walk in the woods connected to the seasonal stories we share – from frog finding to mushroom hunting, bird calls, and more! In the event of rain, meet in the Education Complex.

<b>367211-01</b>	Free	Tu	4/23	9:30am-11:30am
<b>367211-03</b>	Free	Tu	5/28	9:30am-11:30am

YOUTH

SPRING BREAK MINI CAMP

(Ages 6-11) Drop off your kiddos for a half-day wildlife camp while schools out. Participants will enjoy a visit with live animal ambassadors from Blue Ridge Wildlife Center along with hands-on activities, outdoor adventures, nature crafts, and trail hikes. Spend your spring break staycation exploring local wildlife at Banshee Reeks! Bring your own nut-free snack. Meet at the Education Complex.

<b>367223-01</b>	\$100	Tu, W, Th	3/26-3/28	9:00am-12:00pm
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SCHOOLS OUT(SIDE)

(Ages 6-11) This drop-off program invites youth to enjoy the day off from school while exploring local wildlife, hiking along trails, completing outdoor challenges, and creating art from nature. Bring your own picnic lunch and snacks. Meet at the Education Complex.

<b>367240-01</b>	\$50	T	3/5	9:00am-2:00pm
<b>367240-02</b>	\$50	W	4/10	9:00am-2:00pm

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 complex. Parent participation is required for ages 2-5.

<b>367242-01</b>	Free	Sa	3/9	11:00am-12:00pm
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**DIGGING THROUGH TIME - ARCHAEOLOGY FOR KIDS**  
(Ages 8-12) Designed for upper elementary students, this program includes a hands-on dig, a short history hike, and real-world techniques to demonstrate what archaeology has revealed about the history of Banshee Reeks. Meet at the Education Complex.  
**367241-01** \$5 Sa 5/18 2:00pm-3:00pm

**FIELD TRIPS FOR PRESCHOOL, ELEMENTARY & HOMESCHOOL**  
(All Ages) Have a group interested in nature, science, wildlife, or other outdoor adventures? Our specialized nature instructors provide experiential field trips that can be tailored to themed activities and SOLs. Email BansheeReeks@loudoun.gov for information, prices, and reservations.

ADULT

**GUIDED FOREST BATHING**  
(Ages 16 & up) Relax and recharge by connecting with the natural world under the direction of a Certified Nature and Forest Therapy Guide. Forest bathing research has demonstrated positive health effects including increased immune function, regulation of heart rate and blood pressure, lowered stress levels, and increased mood and mental clarity. Participants will be guided through a series of invitations to connect with nature through the senses. The walk will be nearly one mile and will end with a forest tea, an herbal blend of a locally foraged plant. Each session will have its own theme and unique wild foraged tea. Sessions are geared for mature participants. Meet at the Visitor Center. Section 04 is family focused, all ages are welcome!

<b>367510-01</b>	\$18	Su	3/3	2:00pm–5:00pm
<b>367510-02</b>	\$18	Th	3/21	3:00pm–6:00pm
<b>367510-03</b>	\$18	Su	4/14	3:30pm–6:30pm
<b>367510-04</b>	\$15	Su	5/5	8:30am–10:30am

**VIRTUAL GUIDED FOREST BATHING**  
(Ages 16 & up) You can still enjoy the benefits of forest bathing if you can’t get

2024

SUMMER CAMP

REGISTRATION DATES

WHO:

- Families Who Participated in 2023 Summer Camps
- Families Eligible For PRCS Cares (Free & Reduced Meals)

Can Register For All 2024 Camps

Tuesday, March 5 at 8:30am to Friday, March 8 at 5:00pm

Early Registration

Registration Opens to All For 2024 Camps

Tuesday, March 12 starting at 8:30am

Details at loudoun.gov/Camps

Register at loudoun.gov/PRCSConnect

out to the park! Join a Certified Nature and Forest Therapy Guide to gain access to therapeutic practices that provide stress reduction, increased immune function, heart rate and blood pressure regulation, and increased mood. After a brief introduction to forest bathing on Zoom, participants will be guided on ways to open their senses and connect with their surroundings. Then participants will be invited to connect with the natural world through a series of sensory explorations (In your backyard, looking out your window, with a potted plant, or whatever works for you and your space). Consider inviting a friend or family member who lives far away to join you. 24-hr advanced registration required.

<b>367511-01</b>	\$12	Su	3/3	9:00am–11:00am
<b>367511-02</b>	\$12	M	4/22	11:00am–1:00pm

**NATURE SKETCHING**  
(Ages 16 & up) Join us for an in-depth nature sketching course from a Virginia Master Naturalist. Learn drawing techniques including color blending, shading, and perspective while practicing your plein-air sketch skills on the trail. Each class is different, and participants are encouraged to attend multiple classes. All art supplies are included in the registration fee. Meet at the Visitor Center.

<b>367703-01</b>	\$10	Su	3/10	10:00am-12:00pm
<b>367703-02</b>	\$10	Su	4/14	10:00am-12:00pm
<b>367703-03</b>	\$10	Su	5/19	10:00am-12:00pm

**ACTIVE ADULTS SEASONED HIKERS LEAGUE**  
(Ages 50 & up) This monthly series invites active adults to join a Virginia Master Naturalist on a nature hike that blends outdoor exercise, social engagement, and hands-on learning.

<b>267704-01</b>	Free	Sa	3/9	10:00am-12:00pm
<b>267704-02</b>	Free	Sa	4/13	10:00am-12:00pm
<b>267704-03</b>	Free	Sa	5/4	10:00am-12:00pm

**BACK IN TIME HISTORY HIKE**  
(Ages 16 & up) Learn about the rich history of Banshee Reeks Nature Preserve through a guided hike to historic landmarks and an up-close look at artifacts recovered on-site. Requires walking 2+ miles over moderate terrain.

<b>367705-01</b>	Free	Sa	5/11	1:00pm– 3:00pm
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MULTIAGE

**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 complex.

<b>367786-01</b>	\$5	Sa	3/2	8:00am-10:00am
<b>367786-02</b>	\$5	Sa	4/6	8:00am-10:00am
<b>367786-03</b>	\$5	Sa	5/4	8:00am-10:00am

**VERNAL POOLS TALK**  
(Ages 12 & up) Vernal pools, also known as ephemeral or seasonal pools, are an important yet often overlooked wetland. Join Loudoun Wildlife Conservancy’s Jenny Erickson for a look into the wildlife that utilizes these pools and what we can all do to help protect these sensitive wetlands. Using imagery and stories from the field, Jenny will unveil the secrets of vernal pools that are home to fairy shrimp and dragonfly larvae and serve as critical breeding grounds for several salamander and frog species. This program is co-sponsored with Loudoun Wildlife Conservancy and Loudoun County Public Library. Meet at the Education Complex.

<b>367748-01</b>	Free	Su	3/3	1:00pm-3:00pm
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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 M Center. Instructor: Jake

<b>367741-01</b>	\$5	Sa	3/23	1:00pm-2:30pm
<b>367741-02</b>	\$5	Sa	5/25	1:00pm-2:30pm

**PLANTING FOR POLLINATORS**  
(All Ages) Explore and observe the magic of local plants, then get your hands dirty

planting your own native flower, tree, or shrub. Each interactive class includes gardening tips, pest management techniques, and best practices for attracting pollinators. Participants will take home their own pollinator seedling. Meet at the Education Complex and come prepared to get dirty.

<b>367745-01</b>	\$5	Su	3/24	1:00pm-2:30pm
<b>367745-02</b>	\$5	Su	4/28	1:00pm-2:30pm
<b>367745-03</b>	\$5	Su	5/19	1:00pm-2:30pm

**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 using bionic ears to amplify the sounds of night. Stay after for a campfire and s’mores, depending on weather. Rain date is the day after. Contact BansheeReeks@loudoun.gov for private group information.

<b>367715-01</b>	\$7	M	3/25	7:30pm-9:00pm
<b>367715-02</b>	\$7	Tu	4/23	7:45pm-9:15pm
<b>367715-03</b>	\$7	Th	5/23	8:30pm-9:30pm

**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 Center.

<b>367746-01</b>	Free	Su	4/7	9:30am-11:00am
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**CREATURES OF THE NIGHT**  
(Ages 10 & up) In celebration of Dark Sky Week, we invite you to explore local wildlife that comes out at night with a live animal program from Blue Ridge Wildlife Center and a short night hike with a Virginia Master Naturalist. Program fee is per participant. Meet at the Education Complex.

<b>367748-01</b>	\$7	Su	4/7	7:30pm-9:00pm
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**EXPLORING LICHENS - UV LIGHT NIGHT HIKE**  
(All Ages) Not a plant or an animal, lichens are unique creatures that have adapted to survive in the most extreme environments. Some lichens fluoresce under ultra-violet light, glowing vividly in ways we can’t see under normal daylight conditions. Discover the magic and mystery of lichens using UV flashlights as you explore the preserve after dark. Expect to hike 1-2 miles over varied terrain. Meet at the Visitor Center.

<b>367749-01</b>	\$7	Sa	4/13	8:00pm-9:30pm
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**BANSHEE BLUEBELL HIKE**  
(Ages 5 & up) There’s no need to travel to the region’s more populated hiking trails to enjoy Virginia’s most stunning spring ephemeral when you can enjoy masses of them on Banshee’s Bluebell Trail! We’ll hike the 2.5-mile loop to the Goose Creek floodplain to see this most beautiful harbinger of the green landscape to come!

<b>367744-01</b>	Free	Su	4/14	1:00pm-3:00pm
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**GUIDED GARDENING**  
(All Ages) Get down and dirty while growing your garden knowledge! This hands-on series offers participants the opportunity to learn-by-doing as you work alongside veteran gardeners in the Banshee Reeks demonstration garden. Topics will include preparing and planting beds, soil amendment, pruning and propagating, composting, weeding, organic pest control, and native plant selection. Series themes: April-Soil Preparation and Brassica Planting, May 11-Sowing Seeds and Transplanting Seedlings, May 12-Native Plant Care. Meet at the Demonstration Garden.

<b>367741-01</b>	Free	Sa	4/13	10:00am-12:00pm
<b>367741-02</b>	Free	Sa	5/11	10:00am-12:00pm

GUIDED HIKES - 1000 HOURS OUTSIDE

1000 Hours Outside is a global movement designed for anyone and any environment. Banshee Reeks will host monthly themed hikes (rain or shine) to help you join the 1000 Hours Outside challenge. Let’s go!

**MARCH ANIMAL TRACKS IN MUD HIKE**  
(All Ages) “Mud Season” in late March is the perfect time to learn all about our local

animal tracks! We’ll set out on an easy 1-2 mile walk in search of the preserve’s hopping, bounding, waddling, and zig-zagging track makers. Hikers will learn beginner tips & tricks to identify animal tracks and leave with their own pocket guide of prints!

<b>367730-01</b>	Free	Su	3/24	9:30am-11:00am
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**APRIL WILDFLOWER COUNT HIKE**  
(All Ages) It is spring wildflower season on the trails of Banshee! Join us for an easy 1-2 mile walk in the woods to catch the “spring ephemerals” before they disappear for the year! From famous Virginia bluebells to Dutchman’s Breeches, Trillium and Trout Lilies, Spring Beauties, and Bloodroot – how many will we count?

<b>367730-02</b>	Free	Su	4/14	9:30am-11:00am
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**MAY FRESH LEMONADE HIKE**  
(All Ages) There is nothing quite like slow sipping a cold glass of fresh lemonade after a Spring stroll in the woods! We’ll walk an easy 1-2 miles to gorgeous Goose Creek for late Spring wildlife and wildflower viewing, before returning to the Visitor’s Center for a Spring treat. We welcome participants to sit and enjoy their fresh lemonade on the deck rocking chairs that overlook the preserve.

<b>367730-03</b>	Free	Su	5/19	9:30am-11:00am
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MONTHLY PROGRAMS

**FIRST WEDNESDAY 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. Well-behaved dogs may join. Canceled when raining. Meet at the Visitor Center.

<b>967709-01</b>	Free	1st W	10:00am-11:00am
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DAY OF CELEBRATION

FREE!

Loudoun

LATINO FESTIVAL

FREE!

Shenandoah Building

102 Heritage Way NE

Leesburg, VA

Sunday, May 5

12:00pm-5:00pm

Sponsored By Douglass Community Center

Children’s Activities

Live Music & Entertainment

Food & Giveaways

PRCS

COUNTY OF LOUDOUN



**BIRDING BANSHEE**  
(Ages 12 & up) Join Loudoun Wildlife Conservancy for this regular outing that takes place the second Saturday of every month. Varied habitats including streams, woodlands, and fields makes Banshee a birding hotspot. Bring binoculars if you have them. Advanced registration required at <https://loudounwildlife.org/event/birding-banshee>  
**967714-01** Free Sa 3/9, 4/13, 5/11 8:00am-10:00am

**VOLUNTEER DAYS**  
(All Ages) Lend your hands to care for our lands! Join us on the third Saturday of every month and help with multiple projects around the preserve. Possible volunteer tasks include invasive plant removal, gardening, painting, trail maintenance, and more. Please dress to work outdoors (closed-toe shoes, long pants, sunscreen, etc.) Minors under 18 years must be accompanied by an adult. Meet at the Visitor Center. Sign up via email: [BansheeReeks@loudoun.gov](mailto:BansheeReeks@loudoun.gov).  
**967780-01** Free Sa 3/16, 4/20, 5/18 9:00am-12:00pm

ONGOING ACTIVITIES

**JUNIOR NATURALIST PROGRAM**  
(Ages 6 & Up) Learn the secrets and skills of a novice naturalist as you explore Banshee Reeks Nature Preserve. Starting at level one, grab a self-guided activity journal from the Visitor Center before you hit the trails. Receive prizes for every level. When you have finished all four levels, take the Junior Naturalist pledge to receive your official badge and get a special tour from a Master Naturalist.  
**967212-01** Free Tu-Th, Sa-Su 9:00am-4:00pm

**WOODLANDS ROOM EXPLORATION**  
Stop by the Visitors Center during open hours to explore local wildlife and learn about nature. Displays and activities rotate seasonally. Special crafts and hands-on play available each weekend.  
**967216-01** Free Tu-Th, Sa-Su 9:00am-4:00pm



CLAUDE MOORE PARK

Visitor Center: 21544 Old Vestal's Gap Road, Sterling, VA 20164  
Athletic Fields: 46150 Loudoun Park Lane, Sterling, VA 20164  
571-258-3700 • [loudoun.gov/claudemoorespark](http://loudoun.gov/claudemoorespark)  
Visitor Center/Discovery Room: Daily 9:00am-5:00pm  
Park Hours: Daily 7:00am-Dusk  
[facebook.com/ClaudeMoorePark](https://facebook.com/ClaudeMoorePark)

DROP OFF PROGRAMS

Children explore the world around them in both outdoor and indoor settings. Play games, make crafts, explore habitats, and more. Dress to be outside!

**IMMERSIVE DAY SCHOOL**  
(Ages 6-12) 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. Classes every Monday. For more information and to register go to [heritagefarmmuseum.org/](http://heritagefarmmuseum.org/)  
\$80 M 3/4-3/25 10:00am-2:00pm  
\$100 M 4/1-4/29 10:00am-2:00pm  
\$80 M 5/6-5/27 10:00am-2:00pm



**OUTDOOR CLASSROOM ADVENTURES**  
(Ages 6-12) Take part in a fun and exciting hands-on learning experience. Take part in science experiments, nature explorations, and historic immersions. All classes will take place entirely outdoors focusing on nature and the environment. Please remember to dress for the weather. Classes take place every Tuesday.  
**361106-01** \$40 Tu 3/5-3/26 10:00am-11:30am  
**361106-02** \$50 Tu 4/2-4/30 10:00am-11:30am  
**361106-03** \$40 Tu 5/7-5/28 10:00am-11:30am

**PARK PALS**  
(Ages 3-5) Take part in a fun and exciting hands-on learning experience with your grown-up pal! Each class will focus on a different outdoor related topic while exploring the park. Classes are predominantly held outside, please remember to dress for the weather. Children must be accompanied by an adult.  
**361108-01** \$7.50 W 3/6 10:00am-11:00am  
**361108-02** \$7.50 W 4/3 10:00am-11:00am  
**361108-03** \$7.50 W 5/8 10:00am-11:00am

**OUTDOOR AFTERSCHOOL ADVENTURES**  
(Ages 6-9) Take part in a fun and exciting outdoor adventure. Unwind in the afternoon visiting animals, exploring the forests, or visiting historic locations. All classes will take place entirely outdoors focusing on nature and the environment. Please remember to dress for the weather.  
**361109-01** \$7.50 Tu 3/5 3:00pm-4:00pm  
**361109-02** \$7.50 Tu 4/2 3:00pm-4:00pm  
**361109-03** \$7.50 Tu 5/7 3:00pm-4:00pm

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 a registered adult. Pre-registration required.  
**361713-01** \$5 Sa 3/9 6:00pm-7:15pm

**SPRING STORY STROLL AND 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). Children must be accompanied by an adult.  
**361710-01** Free F 4/5 12:30pm-1:45pm

**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 & under free but must be accompanied by a registered adult. Pre-registration required.  
**361724-01** \$5 Sa 5/18 2:30pm-3:45pm

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 including 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](mailto:claudemoores@loudoun.gov), or check [loudoun.gov/claudemoorespark](http://loudoun.gov/claudemoorespark) for information and an application. New volunteers apply by 4/10; Returning Interns by 3/27.  
Free 5/13-8/31

MULTIAGE HIKES AND INTERPRETIVE PROGRAMS

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 3/9 1:00pm-3:00pm  
Free Sa 4/13 1:00pm-3:00pm  
Free Sa 5/11 1:00pm- 3:00pm

**FAMILY FISHING DAY**  
(All Ages) Enjoy a relaxing morning fishing at our stocked ponds. Don't worry if you don't have equipment or experience. Staff will be available to provide assistance and bait. Poles are available on a first-come, first-served basis. Price is per child ages 4 and up and must be accompanied by an adult. Pre-registration required for all ages.  
**361718-01** \$5 M 3/25 10:00am-12:00pm  
**361718-02** \$5 F 4/5 10:00am-12:00pm  
**361718-03** \$5 M 5/27 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	M	3/25	2:00pm-3:30pm
<b>361715-02</b>	\$15	F	4/5	2:00pm-3:30pm
<b>361715-03</b>	\$15	M	5/27	2:00pm-3:30pm

**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.



**FRANKLIN PARK**  
17501 Franklin Park Drive, Purcellville, VA 20132  
540-338-7603 • loudoun.gov/franklinpark  
Park hours: 7:00am-Dusk  
Office hours: Monday-Friday 9:00am-5:00pm  
Facebook.com/FranklinParkLoudoun

Go to our Events & Trips section for more Franklin Park events.

**NATURE**

**FAMILY NATURE EXPLORERS**  
(Ages 2.5-5) You and your child will join Ms. Kathi and other families in the great outdoors this spring! Using the Tinkergarten curriculum, your child will develop language, strategies, and habits that build strong bodies, minds, and hearts while enjoying all that Mother Nature has to offer. This class will be held outside so you and your child should come prepared for all weather conditions. This class requires parent or guardian participation.

<b>362113-01</b>	\$25	F	4/12-5/17	9:00am-10:00am
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**PAWS & PRINTS**  
(All Ages) Franklin Park is a big park, with lots of life! Come on out for a fun program where you will get to learn about the types of species found on the property, go on a hunt for tracks, and learn how you can plaster cast tracks that you find when exploring!

<b>362705-01</b>	\$10	F	4/12	3:30pm-5:00pm
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**POLLINATOR PARTY**  
(Ages 4 & up) It's spring and Mother's Day is right around the corner! Come visit us at Franklin Park for a Pollinator Party where we will celebrate the creatures of spring and craft something fun for our mothers/guardians! This class requires parent or guardian participation.

<b>362706-01</b>	\$5	Sa	5/11	10:00am-12:00pm
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**ART & MUSIC**

**PAINT N' CREATE**  
(Ages 8-12) Follow step-by-step instructions to paint a wonderful work of art on canvas. You will learn tips and tricks along the way and have a finished art piece to take home. No experience necessary and all supplies are included.

<b>362707-01</b>	\$25	Th	3/14	4:30pm-6:00pm
<b>362707-02</b>	\$25	Th	4/11	4:30pm-6:00pm
<b>362707-03</b>	\$25	Th	5/9	4:30pm-6:00pm

**ABSTRACT PHOTOGRAPHY**  
(Ages 12-15) Let's get creative with some indoor, abstract photography. We'll be learning how simple objects at home can be turned into interesting photographs. Digital Camera/Phone with Macro capability required.

<b>362708-01</b>	\$25	Th	5/23	4:30pm-6:00pm
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**MULTIAGE**

**THE FRANKLIN PARK TROUT DERBY**  
(All Ages) Get hooked on fishing at Franklin Park's Spring Trout Fishing Derby! Join us at the pond for a morning of family fun and fishing. Fun and educational booths, practice casting areas and magnet fishing for kids will be available! Volunteers will be on hand to teach you how to bait, cast, and hook your catch. All children under 16 must be accompanied by an adult. Anyone over the age of 16 years must have a valid Virginia State Freshwater fishing license to participate. Limited fishing poles and bait will be available to use. All participants must be registered.

<b>362709-01</b>	\$7 for kids under 18	Sa	4/13	8:00am-10:30am
<b>362709-02</b>	\$10 for adults over 18	Sa	4/13	8:00am-10:30am



**HAL AND BERNI HANSON REGIONAL PARK**  
22831 Hanson Park Dr., Aldie, VA 20105  
571-367-8360 loudoun.gov/hansonpark  
Park Hours Dawn-Dusk  
Office Hours 9:00am-4:00pm  
Facebook: @HansonRegionalPark  
Instagram: @hanson\_regional\_park

**YOUTH DROP OFF PROGRAMS**

**SCHOOL'S OUT(SIDE)**  
(Ages 6-9) 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	Tu	3/5	9:00am-2:00pm
<b>374201-02</b>	\$50	F	4/5	9:00am-2:00pm
<b>374201-03</b>	\$50	W	4/10	9:00am-2:00pm

**SCIENCE MYSTERY CAMP**  
(Ages 7-9) What do microscopes, circuits, and pH strips all have in common? They

are all a part of tasks to find the imposter "Among Us." In this camp we will learn about scientific testing each day, ending with a giant game of scientific "Among Us" on the last day.

<b>374202-01</b>	\$200	M-F	3/25-3/29	9:00am-2:00pm
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**PAINT N' CREATE**  
(Ages 8-11) Follow step-by-step instructions to paint a wonderful work of art on canvas. You will learn tips and tricks along the way and have a finished art piece to take home. No experience necessary and all supplies are included.

<b>374203-01</b>	\$25	Th	4/25	4:30pm-6:00pm
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**ADULT**

**HERE COMES THE SUN**  
(Ages 18 & up) Join us in three different Sun Salutations and the Moon Salutation in honor of this total eclipse of the sun. We will close with a live Crystal and Tibetan Bowl Sound Bath Experience.

<b>374504-01</b>	\$15	Su	4/7	5:30pm-7:00pm
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**OUTDOOR YOGA FLOW WITH SHARLENE**  
(Ages 18 & up) A full body flow to stretch and strengthen the muscles, with a focus on the breath mindful movement, and relaxation. Yoga mats are provided.

<b>374501-01</b>	\$10	Tu	5/14	5:30pm-6:30pm
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**OUTDOOR YOGA WITH JODY**  
(Ages 18 & up) A gentle yoga practice to help you unwind and relax. Yoga mats are provided.

<b>374502-01</b>	\$10	Tu	5/21	5:30pm-6:30pm
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**MULTIAGE**

**WELCOME SPRING**  
(All Ages) Join the Hanson Park Nature Center in welcoming Spring. We will read books, create crafts, and switch our themed wall from Winter to Spring with your help.

<b>374712-01</b>	Free	Sa	3/2	10:00am-11:00am
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**PLANETARIUM: COSMIC BEAUTY**  
(All Ages) Unwind and relax in this peaceful program as we show you the beauty of the cosmos. The Planetarium is usually experienced by sitting on a cushion or laying on the floor. Chairs available upon request to hansonpark@loudoun.gov. Registration required, no drop-ins available.

<b>374701-01</b>	\$10	F	3/8	5:30pm-6:30pm
<b>374701-02</b>	\$10	F	3/8	6:45pm-7:45pm

**FREE NATURE WALK**  
(All Ages) Join a Master Naturalist for a free nature walk through our wooded trails. During the walk, you will learn about the plants and animals that make our park a thriving ecosystem. Please dress for the weather and mulched trails. This program begins at the Hanson Park Nature Center.

<b>374714-01</b>	Free	W	3/13	10:30am-11:30am
<b>374714-02</b>	Free	W	4/10	10:30am-11:30am
<b>374714-03</b>	Free	W	5/8	10:30am-11:30am

**DAWN CHORUS BIRDING**  
(All Ages) As the sun rises, so do the birds, leading to a beautiful chorus of song. Join a Master Naturalist on this early morning walk to bird and enjoy the park.

<b>374715-01</b>	Free	Sa	3/16	7:00am-8:30am
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**Run Your PRCS Parks!**

**TIMED RACE EVENTS**

- Saturday 3/2 "Sprint to Spring 5K" • Franklin Park
- Sunday 5/5 "Cinco K 2024" • Lovettsville Community Park
- Thursday 7/4 "Red, White, and Run 5K" • Hal & Berni Hanson Regional Park
- Saturday 8/24 Race • Philip A. Bolen Memorial Park
- Saturday 11/23 Race • Claude Moore Park
- Saturday 12/7 "Frosty 5K" • Hal & Berni Hanson Regional Park

**Fun RUNS**

- Sunday 4/21 "Chase the Rainbow 3K" • Hal & Berni Hanson Regional Park
- Sunday 6/9 "Color Quest 5K" • Franklin Park
- Sunday 12/8 "Elf Scramble 5K" • Lovettsville Community Park

For more race information and registration visit [loudoun.gov/PRCSConnect](https://loudoun.gov/PRCSConnect)



**PLANETARIUM: ALL ABOUT AURORAS**  
(All Ages) Bask in the glow of our virtual aurora. Find out what auroras are, the stories behind them, and the danger that lurks within. The Planetarium is usually experienced by sitting on a cushion or laying on the floor. Chairs available upon request to hansonpark@loudoun.gov. Registration required, no drop-ins available.  

<b>374711-01</b>	\$10	F	4/5	5:30pm-6:30pm
<b>374711-02</b>	\$10	F	4/5	6:45pm-7:45pm

**ECLIPSE OPEN HOUSE**  
(All Ages) How do you prepare for an eclipse? We'll teach you! Join our Eclipse Open House for activities and information for all ages. The schedule of events will be announced on the Hanson Park social media.  

<b>374716-01</b>	Free	Sa	4/6	1:00pm-4:00pm
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**PLANETARIUM: SOLAR ECLIPSE**  
(All Ages) Missed the solar eclipse? No problem! Travel back in time with us and relive the solar eclipse. The Planetarium is usually experienced by sitting on a cushion or laying on the floor. Chairs available upon request to hansonpark@loudoun.gov. Registration required, no drop-ins available.  

<b>374718-01</b>	\$5	M	4/8	5:30pm-6:00pm
<b>374718-02</b>	\$5	M	4/8	6:15pm-6:45pm
<b>374718-03</b>	\$5	M	4/8	7:00pm-7:30pm
<b>374718-04</b>	\$5	M	4/8	7:45pm-8:15pm

**CHASE THE RAINBOW TRAIL RUN**  
(All Ages) Spring has spring, and it's time to run! Challenge yourself to a 3K color trail run while embracing the beauty of nature in spring. Registered runners will receive a white race t-shirt to wear on race day that will turn into a colorful display once you've crossed the finish line.  

<b>374719-01</b>	\$25	Sa	4/21	8:00am-9:00am
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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



*Book Your Pavilion Online!*

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

the woods.				
<b>374705-01</b>	\$5	Sa	4/27	10:30am-11:30am

**PLANETARIUM: SOLAR SYSTEM TOUR**  
(All Ages) Embark on a tour of our very own solar system and learn about the extremes of our neighboring planets. The Planetarium is usually experienced by sitting on a cushion or laying on the floor. Chairs available upon request to hanson-park@loudoun.gov. Registration required, no drop-ins available.  

<b>374720-01</b>	\$10	F	5/3	5:30pm-6:30pm
<b>374720-02</b>	\$10	F	5/3	6:45pm-7:45pm

**INTRODUCTION TO ARCHERY**  
(All Ages) Let the arrows fly with new friends and family. Learn range safety, the basic parts of a bow and arrow, and get to shoot compound bows while playing archery games. Children must be accompanied by an adult. Adults must be registered to participate. Section 01 is for ages 8 – 10; section 02 is for ages 11-14; section 03 is for adults and families over 8 years old.  

<b>374721-01</b>	\$10	Sa	5/11	8:00am-9:00am
<b>374721-02</b>	\$10	Sa	5/11	9:15am-10:15am
<b>374721-03</b>	\$10	Sa	5/11	10:30am-11:30am

**FAMILY FISHING DAY**  
(All Ages) Enjoy a morning of fishing around Hanson Park's largest pond, located behind the Lodge and Nature Center. Entries receive prizes and there will be optional lessons available to all. Those 16 and up must have a valid VA freshwater fishing license.  

<b>374714-01</b>	\$5	Sa	5/18	10:00am-12:00pm
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**BIOBLITZ**  
(All Ages) You can contribute to science! All it takes is a camera/phone/tablet. Come to the Hanson Park Nature Center and learn how you can become a citizen scientist.  

<b>374722-01</b>	Free	Sa	5/18	11:00am-3:00pm
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**SPRING BIRDING STROLL**  
(All Ages) Enjoy a leisurely naturalist-led birding stroll through Hanson Park. Learn the basics of birding and some of the common Spring birds in Hanson Park in this program. Binoculars are available.  

<b>374723-01</b>	\$5	Sa	5/25	10:30am-11:30am
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ONGOING ACTIVITIES

**HANSON PARK NATURE CENTER**  
The Hanson Park Nature Center is open Tuesday–Saturday from 10am-4pm. Inside are our animal ambassadors, exhibits, scavenger hunt, coloring pages, and more. Every month we have a new theme with new information and activities. Feel free to ask the staff which plants are available to harvest in the demonstration garden outside of the nature center.

**FIELD TRIPS**  
At the Hanson Park Nature Center we offer field trips on a variety of topics including herpetology, fire safety, plant growth, habitats, decomposition, pond life, and more. Our field trips are \$5 per student. Email HansonPark@loudoun.gov for more information.

**SCOUT PROGRAMS**  
Activities are available for all scout levels for both girl and boy scouts. These programs can fulfill requirements for many adventures, journeys, badges, etc. Leaders and chaperones are free. Minimum fees apply. Email HansonPark@loudoun.gov for more information.

**TRAVELING PLANETARIUM**  
Bring the wonders of space and time to your school. This inflatable, portable planetarium will provide an interactive experience to make larger than life concepts attainable. Topics include constellations and mythology, solar system, seasons, lunar phases and solar eclipses, orbits, and more. Email HansonPark@loudoun.gov for more information.



**LOVETTSVILLE COMMUNITY PARK**  
39550 Lovettsville Park Drive, Lovettsville, VA 20180  
540-338-7603 • [loudoun.gov/parks](https://loudoun.gov/parks)  
Monday-Sunday 7:00am - Dusk

NATURE

**BARK! A GREAT WAY TO IDENTIFY TREES**  
(Ages 16 & up) Proper identification of trees is important so we can select the best tree for a site, provide good growing conditions, and address any health issues with the tree by first knowing what tree we have. Join PRCS staff at Lovettsville Community Park to study what characteristics to look for.  

<b>376701-01</b>	\$8	Su	3/3	2:00pm-3:00pm
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**FAIRY FOLK TRAIL**  
(All Ages) Fairy Folk are well known to roam, but they have found Loudoun Parks so lovely they have decided to make the parks their home. Their caravan travels by night to keep out of sight but may be seen when it's light. Take a hike along the park's trails. If you are very clever along your endeavor, the fairy's homes will be revealed.  

Free	M-Su	3/15–3/29	7:00am-Dusk
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**WHO POOPED IN THE PARK?**  
(Ages 5 & up) Animals can be elusive, but they do leave signs. Learn what clues to look for. Join PRCS staff in the parks to learn more about the signs animals leave everywhere. Discover more about the animals of Loudoun County and their habitat. Participants will have the opportunity to create an animal track mold.  

<b>376711-01</b>	\$5	Sa	3/16	12:00pm-1:00pm
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**NATURE EXPLORER**  
(Ages 5-12) Explore the Lovettsville Community Park and let the outdoors lead you on an adventure. Join your friends and Miss Kathi in nature-based activities as you explore the environment around you. Dress for the weather as this class is being held outside.  

<b>376708-01</b>	\$25	Su	4/14-5/5	1:00pm-2:00pm
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**CREEK CRITTERS OF LOVETTSVILLE COMMUNITY PARK**  
(Ages 5 & up) Your PRCS is pleased to welcome Loudoun Wildlife Conservancy to get up close and personal with the creek critters living at Lovettsville Community Park. Loudoun Wildlife Stream Team members will discuss the natural history of these critters, help participants learn how to identify them, and explain how they can help us determine the health of a stream. Children under 13 must be accompanied by an adult.  

<b>376702-01</b>	Free	Su	4/14	2:30pm-4:00pm
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**BIRDING IN LOVETTSVILLE COMMUNITY PARK**  
(Ages 5 & up) Did you know that it is possible to observe over 100 species of birds in Loudoun County in one day? We invite you to join us on a bird walk in Lovettsville Community Park and learn about some of these special residents. Join our staff on a hike through the park and discover the birds that are native to Loudoun County. Children under 13 must be accompanied by an adult.  

<b>376704-01</b>	\$8	Su	4/28	2:00pm-3:00pm
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**ALL ABOUT MEADOWS**  
(Ages 5 & up) During this class explore the many benefits provided by a meadow. Take a closer look at the wildflowers in Lovettsville Community Park meadows and learn how to identify them.  

<b>376709-01</b>	\$8	Su	5/19	2:00pm-3:00pm
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**POTOMAC GREENE NEIGHBORHOOD PARK**  
20750 Marblehead Drive, Ashburn, VA 20147  
703-777-7603 • [loudoun.gov/parks](https://loudoun.gov/parks)  
Monday-Sunday 7:00am-dusk

NATURE

**WHO POOPED IN THE PARK?**  
(Ages 5 & up) Animals can be elusive, but they do leave signs. Learn what clues to look for. Join PRCS staff in the parks to learn more about the signs animals leave everywhere. Discover more about the animals of Loudoun County and their habitat. Participants will have the opportunity to create an animal track mold.  

<b>376711-02</b>	\$5	F	4/5	3:00pm-4:00pm
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**FAIRY FOLK TRAIL**  
(All Ages) Fairy Folk are well known to roam, but they have found Loudoun Parks so lovely they have decided to make the parks their home. Their caravan travels by night to keep out of sight but may be seen when it's light. Take a hike along the park's trails. If you are very clever along your endeavor, the fairy's homes will be revealed.  

Free	M-Su	5/10-5/24	7:00am-Dusk
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**SECRET GARDEN RAPTOR SHOW**  
(All Ages) Your PRCS is pleased to welcome Secret Garden Birds and Bees to Potomac Greene Neighborhood Park for this special Raptor and Ecology program. Meet some of these majestic vertebrates in person. Discover more about Northern Virginia's native raptors and their habitat.  

<b>376710-01</b>	\$15	Sa	5/4	3:00pm-4:00pm
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ADAPTIVE REC



## ADAPTIVE RECREATION

742 Miller Drive SE, Leesburg, VA 20177  
703-737-8042 • [loudoun.gov/adaptiverec](http://loudoun.gov/adaptiverec)  
Closed for Memorial Day, 5/27  
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 for more information.  
**Location: Franklin Park Performing and Visual 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**  
4th F ongoing

### INTEGRATION OPPORTUNITIES

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

### LOUDOUN COUNTY SPECIAL OLYMPICS COMMITTEE MEETING

Volunteers, athletes, coaches, committee members meet monthly. New members should call ahead for date, time, and location. Contact [Chris.Caesar@loudoun.gov](mailto:Chris.Caesar@loudoun.gov)

GENERAL INTEREST

### RED MOOSE CABOOSE

(Ages 18 & up, Levels 1,2) Join us for a day and night full of history and excitement on the Strasburg Railroad. We will begin our trip with a unique dining car ride



through the beautiful Amish country. Next, we will make our way to the iconic Red Caboose Inn and spend the night in the picturesque train car motel. All meals are included in this overnight trip. Bring money for souvenirs if you wish. Note: This is an Overnight Trip.

**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341716-01** \$225 Sa-Su 3/23-3/24 9:30am-2:30pm

**SIP & SHARE SOCIAL**  
(All Ages, All Levels) We would like to extend a cordial invitation to a Tea Party. Fine teas will be brewed, and delicate finger sandwiches shall be enjoyed. We will end our social with macaroon decorating. Bring money for extra macaroons if you wish.  
**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341712-01** \$75 Sa 4/6 12:00pm-5:00pm

**WILD & WOOLY**  
(All Ages, Levels 1,2) Join us for an amazing experience and hundreds of exciting new exotic animal friends at Catoctin Zoo's fifty-acre park. We will also enjoy tortoise and parakeet feeding. Lunch will be provided. Bring money for souvenirs if you wish.  
**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341711-01** \$80 Sa 4/13 10:00am–5:00pm

**COOKING CLASS**  
(Ages 16 & up, All levels) Get Inspired with the delights of a classic French meal. One of the most loved cuisines from around the world. Your meal will be a real crowd pleaser. Bon Appetit!  
**Location: 742 Miller Drive SE, Leesburg, VA**  
**341762-01** \$95 Th 5/9–5/23 4:30pm-6:30pm

**DINNER & A MOVIE**  
(Ages 16 & up, Levels 1,2,3) 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 and dinner will be indoors in the program room. If the weather permits, we may move outdoors.  
**Location: 742 Miller Drive SE, Leesburg, VA**  
**341713-01** \$45 F 3/15 5:30pm-9:00pm  
**341713-02** \$45 F 3/29 5:30pm-9:00pm  
**341713-03** \$45 F 4/12 5:30pm-9:00pm  
**341713-04** \$45 F 4/26 5:30pm-9:00pm  
**341713-05** \$45 F 5/10 5:30pm-9:00pm  
**341713-06** \$45 F 5/24 5:30pm-9:00pm

**CAVERNS & CHIP TOUR**  
(All Ages, Level 1) Take a tour with us through Virginia's Most Unique and Beautiful Caverns! It took millions of years to create this natural attraction. And now you can experience the beauty with friends. After the caverns we will take a behind the scenes tour of the Route 11 potato chip factory to see how potato chips are made and we may even get to taste a few. Lunch will be provided. Bring money for souvenirs if you wish.  
**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341720-01** \$75 Sa 5/4 9:00am–5:00pm

ARTS

### FOLLOW THE YELLOW BRICK ROAD

(Ages 16 & up, Levels 1,2) Come with us on a journey down the yellow brick road. When a tornado rips through Kansas, Dorothy and her dog, Toto, are whisked away in their house to the magical land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and in route they meet a Scarecrow that needs a brain, a Tin Man missing a heart, and a Cowardly Lion who wants courage. We will begin the evening with dinner in the private room at Magnolias and then head to Franklin Park Arts Center for the Davinci Arts Showcase and then we will get whisked away to the magical land of Oz. Please wear "Dressy Casual" clothing. Dinner is included. Bring money for souvenirs if you wish.  
**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341729-01** \$95 Sa 3/9 3:30pm-10:00pm

**PUTT-MANIA**  
(All Ages, All Levels) Fun for everyone come enjoy the day with 18-hole miniature golf course at Lighthouse Pointe which features fountains, moguls, and stone traps, and then enjoy the batting cages. We will have lunch at the venue, and it is included.  
**Depart/Return: 742 Miller Drive SE, Leesburg, VA**  
**341718-01** \$65 Sa 5/18 10:00am-3:00pm

SPORTS

### SPARE TIME BOWLING

(Ages 16 & up, All Levels) Relax on a Friday afternoon bowling! This program teaches the basics of the game, promotes socialization and community awareness. If you work at ECHO and need transportation to bowling on Friday, please report request while registering. The bus departs at 2:15pm from ECHO on Fridays. No transportation provided AFTER bowling unless registered for Movie Madness. The bus will depart between 5:00pm and 5:15pm for Movie Madness. Participants not registered for Movie Madness must be picked up at the bowling alley.  
**Location: Bowlero Bowling Alley**  
**341710-01** \$40 F 3/15 2:30pm-5:00pm  
**341710-02** \$40 F 3/29 2:30pm-5:00pm  
**341710-03** \$40 F 4/12 2:30pm-5:00pm  
**341710-04** \$40 F 4/26 2:30pm-5:00pm  
**341710-05** \$40 F 5/10 2:30pm-5:00pm  
**341710-06** \$40 F 5/24 2:30pm-5:00pm



## SPORTS

PRCS Admin Office  
742 Miller Drive SE, Leesburg, VA 20175  
703-777-0343 • [loudoun.gov/sports](http://loudoun.gov/sports)  
Monday-Friday 8:30am-5:00pm  
Closed for Memorial Day, 5/27

ADULT

<b>Spring</b> Cricket Kickball Pickleball Soccer Softball Tennis Ultimate Frisbee	<b>Summer</b> Cricket Softball Ultimate Frisbee	<b>Fall</b> Cricket Pickleball Softball Soccer Tennis Ultimate Frisbee	<b>Winter</b> Basketball Volleyball
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YOUTH

All youth sport camps are co-ed unless otherwise noted.

BASEBALL

### BRIAR WOODS FALCONS YOUTH BASEBALL CAMP

(Ages 6-14, Boys) Single Day instructional camp for young players looking to improve their game. Participants will learn from Briar Woods High School coaches and players. Offensive, defensive, and pitching drills will take place.  
**Location: Briar Woods HS**  
**321060-01** \$50 Sa 3/16 9:00am-1:00pm  
BASKETBALL

### COREY STITZEL BASKETBALL SHOOTING CLINICS

(Ages 7-18) Join Corey Stitzel who is a shooting instructor that has produced several D1 shooters, and his teams are always ranked as top shooting teams. Skills will include working on form, shooting with range, and shooting off the dribble.  
**Location: Eagle Ridge MS**  
**321015-05** \$300 M 4/1-5/13 6:15pm-7:15pm

### GIANT BASKETBALL ACADEMY SPRING BREAK CAMP

(Ages 6-13) Join Gheorghe Muresan and our Giant Basketball Academy coaches for a fun and instructional week of basketball. GBA camps are designed to help your child improve his or her game. While they practice ball-handling, defense, and shooting, they will also learn about teamwork and the value of hard work. For questions about the league email: [gba@giantbasketball.com](mailto:gba@giantbasketball.com)  
**Location: Brambleton MS**  
**321021-05** \$215 M-F 3/25-3/29 8:30am-3:00pm



## Connect and enroll in Loudoun County Parks, Recreation and Community Services activities and programs through PRCS Connect.

### Enjoy improved search capabilities and mobile viewing while registering yourself or a family member for classes, trips, or an event.

### You can also rent a pavilion online!



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General Registration Begins February 8

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

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GIANT BASKETBALL 5V5 SPRING LEAGUE

(Ages 6-12) Join us for former Washington Wizards player Gheorghe Muresan’s 5v5 basketball league. This league emphasizes fundamental skill development and team play. The league is 8 weeks long, including 8 practices and 7 games. Sign up for practices at the location/night you prefer, and games will be played on Saturdays at Brambleton Middle School. Games will start on April 13th and last one hour. Game schedules will be released the week of April 8th. For questions about the league email: gba@giantbasketball.com

(Ages 6-8)

Location: Legacy ES				
321023-09	\$200	Tu	4/2-5/21	6:00pm-7:00pm
321023-10	\$200	W	4/3-5/22	6:00pm-7:00pm
321023-11	\$200	Th	4/4-5/23	6:00pm-7:00pm
Location: Arcola ES				
321023-12	\$200	M	4/1-5/20	6:00pm-7:00pm
321023-14	\$200	Th	4/4-5/23	6:00pm-7:00pm
Location: Goshen Post ES				
321023-13	\$200	Tu	4/2-5/21	6:00pm-7:00pm

(Ages 8-10)

Location: Legacy ES				
321024-10	\$200	M	4/1-5/20	6:00pm-7:00pm
321024-11	\$200	Tu	4/2-5/21	7:00pm-8:00pm
321024-12	\$200	Th	4/4-5/23	7:00pm-8:00pm
Location: Hillside ES				
321024-13	\$200	Tu	4/2-5/21	6:00pm-7:00pm
Location: Arcola ES				
321024-14	\$200	M	4/1-5/20	7:00pm-8:00pm
321024-16	\$200	Th	4/4-5/23	7:00pm-8:00pm
Location: Goshen Post ES				
321024-15	\$200	W	4/3-5/22	6:00pm-7:00pm

(Ages 10-12)

Location: Legacy ES				
321025-09	\$200	M	4/1-5/20	7:00pm-8:00pm
321025-10	\$200	W	4/3-5/22	7:00pm-8:00pm
Location: Hillside ES				
321025-11	\$200	Tu	4/2-5/21	7:00pm-8:00pm
Location: Goshen Post ES				
321025-12	\$200	Tu	4/2-5/21	7:00pm-8:00pm
321025-13	\$200	W	4/3-5/22	7:00pm-8:00pm

CRICKET

WASHINGTON CRICKET ACADEMY- YOUTH CRICKET SPRING BREAK CAMP

(Ages 8-16) Join us for a Cricket spring break camp that aims to improve the skills and techniques of the participants in various aspects of the game, such as batting, bowling, fielding, and strategy. The Cricket spring break camp also provides an opportunity for the participants to have fun, make new friends, and enjoy the outdoors.

Location: Hal and Berni Hanson Regional Park

321040-01	\$260	M-F	3/25-3/29	10:00am-3:00pm
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WASHINGTON CRICKET ACADEMY- CRICKET TRAINING

(Ages 8-16) Washington Cricket Academy is an established youth cricket academy in NOVA aiming to grow the game of cricket. This training introduces the game of cricket and develops fundamental skills for the game.

Location: Hal and Berni Hanson Regional Park

321039-01	\$260	M	4/8-6/3	5:00pm-7:00pm
321039-02	\$260	Tu	4/9-6/4	5:00pm-7:00pm
321039-03	\$260	W	4/10-6/5	5:00pm-7:00pm
321039-04	\$260	Th	4/11-6/6	5:00pm-7:00pm
321039-05	\$260	F	4/12-6/7	5:00pm-7:00pm

FLAG FOOTBALL

OVERTIME ATHLETICS NFL FLAG FOOTBALL SPRING BREAK CAMP

(Ages 6-13) Get ready to run, throw, jump and fly! In this game there’s a position for everyone. No matter who you are, flag football is a chance to run, throw, jump and fly. This camp will introduce your child to the basic skills needed to play flag football. Individual stations will teach skills that will later be applied each day when kids are split up into teams to play games.

Location: Farmwell Station MS

321036-01	\$175	M-F	3/25-3/29	9:00am-1:00pm
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OVERTIME ATHLETICS NFL FLAG FOOTBALL

(Ages 4-9) Get ready to run, throw, jump and fly! In this game there’s a position for everyone. No matter who you are, flag football is a chance to run, throw, jump and fly. Players will be put on teams each weekend to get a chance to learn skills and play a game against each other. This is your chance to get involved in the action and join the flag football movement.

(Ages 4-6)

Location: Legacy ES				
321034-01	\$125	Sa	4/6-5/11	11:00am-12:00pm
Location: Hutchison Farm ES				
321034-02	\$125	Sa	4/6-5/11	11:00am-12:00pm

(Ages 7-9)

Location: Legacy ES				
321035-01	\$125	Sa	4/6-5/11	12:00pm-1:00pm
Location: Hutchison Farm ES				
321035-02	\$125	Sa	4/6-5/11	12:00pm-1:00pm

SOCCER

TEKKERS LAB SPRING BREAK SOCCER CAMP

(Ages 5-14) Tekkers Lab is back with their spring break soccer camp! Throughout the week, participants will enjoy skill-boosting sessions led by expert coaches, engaging in friendly water balloon battles for a refreshing end of the week activity, and forming lasting connections with fellow players who share a passion for the game. There will be mini games, daily challenges, and a variety of games will keep the excitement levels high, ensuring each day is filled with memorable moments. This camp is designed for all skill levels, fostering an inclusive and supportive atmosphere.

Location: Dominion Trail ES

321617-01	\$200	M-F	3/25-3/29	9:00am-12:00pm
321617-03	\$300	M-F	3/25-3/29	9:00am-3:00pm

OVERTIME ATHLETICS- SHOOTING STARS SOCCER

(Ages 3-7) G0000000000AAAAAALLLLLL! Take your game to the next level! Join us for Shooting Stars Soccer and learn to play soccer like the pros! Coaches will teach you skills like dribbling, passing, trapping, shooting and defense. This program emphasizes fitness, teamwork, and sportsmanship. Have a blast and make new friends playing World Cup Tournament, Battle Balls, Trapper 500, Corner Kick Challenge, and Soccer Knockout. Don't miss out on what the rest of the world already knows; it's a beautiful game - sign up today!

(Ages 3-5)

Location: Creighton’s Corner ES				
321037-01	\$125	Sa	4/6-5/11	11:00am-12:00pm
Location: Cardinal Ridge ES				
321037-02	\$125	Sa	4/6-5/11	11:00am-12:00pm

(Ages 5-7)

Location: Creighton’s Corner ES				
321038-01	\$125	Sa	4/6-5/11	12:00pm-1:00pm
Location: Cardinal Ridge ES				
321038-02	\$125	Sa	4/6-5/11	12:00pm-1:00pm



# ADULT SPORTS

## BASKETBALL

New format and more basketball!

- The 3v3 league consists of 12 games for 6 weeks plus potential playoffs held at Farmwell Station MS on Monday nights.
- The 5v5 league (Men's, Women's, and 35+) is held at Stone Bridge HS.



## KICKBALL

Reminisce over the playground glory days!

- Our kickball league (Coed) is held at Hal and Berni Hanson Regional Park for 8 weeks on Monday nights.



## SOCCER

Reignite your competitive fire!

- Our 7v7 soccer league on Wednesdays (Men) and Thursdays (Coed) is held at Hal and Berni Hanson Regional Park.
- A full 11v11 soccer league (Coed) plays on Sunday afternoons.



## SOFTBALL

Experience an electric atmosphere in our competitive and social softball league.

- Games are held Monday-Friday at Potomack Lakes Sportsplex and Philip A. Bolen Memorial Park (Men and Coed).

SCAN FOR MORE PROGRAMS



Join the free agents list for most leagues by contacting:

AdultSports@loudoun.gov  
703-771-5211



TEKKERS LAB SPRING SOCCER TRAINING

(Ages 5-10) Elevate your soccer game this season! Our spring program covers footwork, dribbling, first touch, shooting, 1v1's, defending and more! Make this spring season a stepping stone toward becoming a well-rounded and confident soccer player. Whether you aim to fine tune your abilities or embark on your soccer journey, our program promises growth, camaraderie and a solid foundation for success.

Location: Dominion Trail ES

(Ages 5-7)

321609-01	\$215	F	4/19-5/31	5:00pm-6:00pm
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(Ages 8-10)

321609-02	\$215	F	4/19-5/31	6:00pm-7:00pm
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TENNIS

TGA TENNIS FOR BEGINNERS

(Ages 5-18) Start or continue your tennis journey the right way with TGA. Master your skills and follow our pathways to achieve your goals with TGA's world-class coaches. Whether you want to play recreationally or compete in tournaments, let TGA coaches help you. The program is held at Ashburn Farm Windmill Tennis Courts.

Location: Windmill Tennis Courts

(Ages 5-7)

321045-01	\$349	M	3/4-4/22	4:00pm-5:00pm
321045-03	\$349	W	3/6-4/24	4:00pm-5:00pm

(Ages 8-10)

321046-01	\$349	M	3/4-4/22	4:00pm-5:00pm
321046-03	\$349	W	3/6-4/24	4:00pm-5:00pm

(Ages 10-14)

321047-01	\$349	M	3/4-4/22	5:00pm-6:00pm
321047-02	\$349	W	3/6-4/24	5:00pm-6:00pm

(Ages 14-18)

321048-01	\$349	M	3/4-4/22	6:00pm-7:00pm
321048-02	\$349	Tu	3/5-4/23	6:00pm-7:00pm

TGA TENNIS FOR ADVANCE BEGINNER

(Ages 5-18) Start or continue your tennis journey the right way with TGA. Master your skills and follow our pathways to achieve your goals with TGA's world-class coaches. Whether you want to play recreationally or compete in tournaments, let TGA coaches help you. The program is held at Ashburn Farm Windmill Tennis Courts.

Location: Windmill Tennis Courts

(Ages 5-7)

321055-01	\$349	Tu	3/5-4/23	4:00pm-5:00pm
321055-02	\$349	Th	3/7-4/25	4:00pm-5:00pm
321055-03	\$349	F	3/8-4/26	4:00pm-5:00pm

(Ages 8-10)

321056-01	\$349	Tu	3/5-4/23	4:00pm-5:00pm
321056-02	\$349	Th	3/7/4/25	4:00pm-5:00pm
321056-03	\$349	F	3/8-4/26	4:00pm-5:00pm

(Ages 10-14)

321049-01	\$349	M	3/4-4/22	5:00pm-6:00pm
321049-02	\$349	W	3/6-4/24	5:00pm-6:00pm

(Ages 14-18)

321050-01	\$349	M	3/4-4/22	6:00pm-7:00pm
321050-02	\$349	W	3/6-4/24	6:00pm-7:00pm

TGA TENNIS FOR INTERMEDIATE

(Ages 10-18) Start or continue your tennis journey the right way with TGA. Master

your skills and follow our pathways to achieve your goals with TGA's world-class coaches. Whether you want to play recreationally or compete in tournaments, let TGA coaches help you. The program is held at Ashburn Farm Windmill Tennis Courts.

Location: Windmill Tennis Courts

(Ages 10-14)

321051-01	\$349	Tu	3/5-4/23	5:00pm-6:00pm
321051-02	\$349	Th	3/7-4/25	5:00pm-6:00pm
321051-03	\$349	F	3/8-4/26	5:00pm-6:00pm

(Ages 14-18)

321052-01	\$349	Th	3/7-4/25	6:00pm-7:00pm
321052-02	\$349	F	3/8-4/26	6:00pm-7:00pm
321052-03	\$349	W	3/6-4/24	6:00pm-7:00pm

TGA TENNIS FOR ADVANCE INTERMEDIATE

(Ages 10-14) Start or continue your tennis journey the right way with TGA. Master your skills and follow our pathways to achieve your goals with TGA's world-class coaches. Whether you want to play recreationally or compete in tournaments, let TGA coaches help you. The program is held at Ashburn Farm Windmill Tennis Courts.

Location: Windmill Tennis Courts

321053-01	\$349	Tu	3/5-4/23	5:00pm-6:00pm
321053-02	\$349	Th	3/7-4/25	5:00pm-6:00pm
321053-03	\$349	F	3/8-4/26	5:00pm-6:00pm

TGA TENNIS TOURNAMENT PREP

(Ages 10-18) Start or continue your tennis journey the right way with TGA. Master your skills and follow our pathways to achieve your goals with TGA's world-class coaches. Whether you want to play recreationally or compete in tournaments, let TGA coaches help you. The program is held at Ashburn Farm Windmill Tennis Courts.

Location: Windmill Tennis Courts

321054-01	\$499	Tu	3/5-4/23	6:00pm-7:30pm
321054-02	\$499	Th	3/7-4/25	6:00pm-7:30pm
321054-03	\$499	F	3/8-4/26	6:00pm-7:30pm

LRTA MS TENNIS LEAGUE-DEVELOPMENT MATCH PLAY

(Ages 9-14) Luis Rosado Tennis Academy (LRTA) is offering Middle School tennis players, boys or girls grades 6-8, an opportunity to play matches every Sun-day 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 and tournament matches). For more information go to LCTAcademy.net. No match play 3/31. Register for the school you attend. If your school is not listed, then choose the “Other” section. Matches may be played at John Champe High School, Independence High School, or Stone Bridge High School.

\$300 Su 3/24-5/19 2:00pm-4:00pm

321611-13	Location: Trailside MS
321611-14	Location: Farmwell Station MS
321611-15	Location: Lunsford MS
321611-16	Location: Stone Hill MS
321611-17	Location: Belmont Ridge MS
321611-18	Location: Blue Ridge MS
321611-19	Location: Harmony MS
321611-20	Location: Mercer MS
321611-21	Location: Brambleton MS
321611-22	Location: Eagle Ridge MS
321611-23	Location: Willard MS
321611-24	Location: Other

LRTA MS TENNIS LEAGUE-INTERMEDIATE MATCH PLAY

(Ages 9-14) Luis Rosado Tennis Academy (LRTA) is offering Middle School tennis players, boys or girls grades 6-8, an opportunity to play matches every Sunday against players from other middle schools in Loudoun County on high

school tennis courts. Intermediate 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 and tournament matches). For more information go to LCTAcademy.net. No match play 3/31. Register for the school you attend. If your school is not listed, then choose the “Other” section. Matches may be played at John Champe High School, Independence High School, or Stone Bridge High School.

\$300 Su 3/24-5/19 12:00pm-2:00pm

321612-13	Location: Trailside MS
321612-14	Location: Farmwell Station MS
321612-15	Location: Lunsford MS
321612-16	Location: Stone Hill MS
321612-17	Location: Belmont Ridge MS
321612-18	Location: Blue Ridge MS
321612-19	Location: Harmony MS
321612-20	Location: Mercer MS
321612-21	Location: Brambleton MS
321612-22	Location: Eagle Ridge MS
321612-23	Location: Willard MS
321612-24	Location: Other

LRTA MIDDLE SCHOOL TENNIS LEAGUE-ADVANCED MATCH PLAY

(Ages 9-14) Luis Rosado Tennis Academy (LRTA) is offering Middle School tennis players, boys or girls grades 6-8, an opportunity to play matches every Sun-day against players from other middle schools in Loudoun County on High School tennis courts. Advanced 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 and tournament matches). For more information go to LCTAcademy.net. No match play 3/31. Register for the school you attend. If your school is not listed, then choose the “Other” section. Matches may be played at John Champe High School, Independence High School, or Stone Bridge High School.

\$300 Su 3/24-5/19 10:00am-12:00pm

321613-13	Location: Trailside MS
321613-14	Location: Farmwell Station MS
321613-15	Location: Lunsford MS
321613-16	Location: Stone Hill MS
321613-17	Location: Belmont Ridge MS
321613-18	Location: Blue Ridge MS
321613-19	Location: Harmony MS
321613-20	Location: Mercer MS
321613-21	Location: Brambleton MS
321613-22	Location: Eagle Ridge MS
321613-23	Location: Willard MS
321613-24	Location: Other

LRTA-ORANGE BALL MATCH PLAY LEAGUE

(Ages 7-10) Luis Rosado Tennis Academy Orange ball Tennis League is an opportunity for boys and girls ages 7-10 to participate in match play. Youth levels from intermediate to advanced are encouraged to come and have fun with their friends. Whether your child is an advanced player seeking more opportunities to compete or an advanced beginner seeking to improve match skills, LRTA Team Tennis has something for everyone. Kids will be grouped according to their level and will play round robin matches. No Session on 3/31. Refer to lctacademy.net for further details.

Location: Independence HS

321614-02	\$300	Su	3/24-5/19	4:00pm-6:00pm
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TGA TENNIS ACADEMY PRE-USTA TOURNAMENTS

(Ages 16 & Under) Welcome to the TGA Tennis Academy Pre-USTA Tournament! Engaging in this event provides an outstanding opportunity to elevate your skills, concentrate on strategic point play, and cultivate your capacity to perform well under pressure. Our goal is to prepare you for the next stage in your tennis progression, opening doors to the USTA Tennis Circuit, where players accrue points, initiating your journey towards national rankings. Play, Improve, and Win!

Location: Riverside HS

(Ages 10 & under, Boys)

321623-01	\$35	Su	3/24	8:00am-2:00pm
321623-02	\$35	Su	3/31	8:00am-2:00pm
321623-03	\$35	Su	4/14	8:00am-2:00pm
321623-04	\$35	Su	4/28	8:00am-2:00pm
321623-05	\$35	Su	3/24	8:00am-2:00pm
321623-06	\$35	Su	5/26	8:00am-2:00pm

(Ages 10 & under, Girls)

321624-01	\$35	Su	3/24	8:00am-2:00pm
321624-02	\$35	Su	3/31	8:00am-2:00pm
321624-03	\$35	Su	4/14	8:00am-2:00pm
321624-04	\$35	Su	4/28	8:00am-2:00pm
321624-05	\$35	Su	5/12	8:00am-2:00pm
321624-06	\$35	Su	5/26	8:00am-2:00pm

(Ages 12 & under, Boys)

321625-01	\$35	Sa	3/23	12:00pm-6:00pm
321625-02	\$35	Sa	3/30	12:00pm-6:00pm
321625-03	\$35	Sa	4/13	12:00pm-6:00pm
321625-04	\$35	Sa	4/27	12:00pm-6:00pm
321625-05	\$35	Sa	5/11	12:00pm-6:00pm
321625-06	\$35	Sa	5/25	12:00pm-6:00pm

(Ages 12 & under, Girls)

321626-01	\$35	Sa	3/23	12:00pm-6:00pm
321626-02	\$35	Sa	3/30	12:00pm-6:00pm
321626-03	\$35	Sa	4/13	12:00pm-6:00pm
321626-04	\$35	Sa	4/27	12:00pm-6:00pm
321626-05	\$35	Sa	5/11	12:00pm-6:00pm
321626-06	\$35	Sa	5/25	12:00pm-6:00pm

(Ages 14 & under, Boys)

321627-01	\$35	Su	3/24	8:00am-2:00pm
321627-02	\$35	Su	3/31	8:00am-2:00pm
321627-03	\$35	Su	4/14	8:00am-2:00pm
321627-04	\$35	Su	4/28	8:00am-2:00pm
321627-05	\$35	Su	5/12	8:00am-2:00pm
321627-06	\$35	Su	5/26	8:00am-2:00pm

(Ages 14 & under, Girls)

321628-01	\$35	Su	3/24	8:00am-2:00pm
321628-02	\$35	Su	3/31	8:00am-2:00pm
321628-03	\$35	Su	4/14	8:00am-2:00pm
321628-04	\$35	Su	4/28	8:00am-2:00pm
321628-05	\$35	Su	5/12	8:00am-2:00pm
321628-06	\$35	Su	5/26	8:00am-2:00pm

(Ages 16 & under, Boys)

321629-01	\$35	Sa	3/23	12:00pm-6:00pm
321629-02	\$35	Sa	3/30	12:00pm-6:00pm
321629-03	\$35	Sa	4/13	12:00pm-6:00pm
321629-04	\$35	Sa	4/27	12:00pm-6:00pm
321629-05	\$35	Sa	5/11	12:00pm-6:00pm
321629-06	\$35	Sa	5/25	12:00pm-6:00pm

(Ages 16 & under, Girls)

321630-01	\$35	Sa	3/23	12:00pm-6:00pm
321630-02	\$35	Sa	3/30	12:00pm-6:00pm
321630-03	\$35	Sa	4/13	12:00pm-6:00pm
321630-04	\$35	Sa	4/27	12:00pm-6:00pm
321630-05	\$35	Sa	5/11	12:00pm-6:00pm
321630-06	\$35	Sa	5/25	12:00pm-6:00pm





EVENTS & TRIPS

MARCH

FAMILY DANCE PARTY

(All Ages) Join the party at the first ever Family Dance Party at Lovettsville Community Center! We will have lots of music, fun interactive games, and light refreshments. The cost is for a family of 4. Each additional participant costs \$2. Call 540-882-5284 for more information.  
**Location: Lovettsville Community Center**  
**302741-01** \$5/family of 4 F 3/1 6:00pm-8:00pm  
**302741-02** \$2/addl member F 3/1 6:00pm-8:00pm

SPRINT TO SPRING 5K

(All Ages) It's been a chilly winter, and we are all ready for the warmth and the colors of spring! It's almost upon us, maybe we can catch it if we run fast enough! Come join us for a timed 5k race, it might still be a little chilly, so dress for the weather! Call 540-338-7603 for more information.  
**Location: Franklin Park**  
**362723-01** \$35 Early Registration \$40 Late Registration  
Sa 3/2 9:00am-11:00am

ELEMENTARY SCHOOL TAKEOVER - PRCS ON THE GO

(Ages 5-10) Join us for an afterschool introduction to PRCS. As we engage the children of our community by introducing them to all the things that we offer here at the SCC. We will be creating crafts, playing games full of excitement, laughter, and endless fun. No registration required. Please Call 703-430-9480 for more information. Location: Sugarland Elementary School  
**303201-01** Free F 3/8 2:30pm-4:30pm  
**303201-02** Free F 4/12 2:30pm-4:30pm  
**303201-03** Free F 5/10 2:30pm-4:30pm

DINOSAUR EGG HUNT

(All Ages) Welcome to Hanson Park! Enter the prehistoric world of dinosaurs and search for their eggs. Bring your own basket and return the dinosaur eggs for a prize. This hunt will take place next to the South Side playground. Call 571-367-8360 for more information.  
**Location: Hal and Berni Hanson Regional Park**  
**374713-01** \$5 Sa 3/9 10:00am-10:15am  
**374713-02** \$5 Sa 3/9 10:30am-10:45am  
**374713-03** \$5 Sa 3/9 11:00am-11:15am  
**374713-04** \$5 Sa 3/9 11:30am-11:45am  
**374713-05** \$5 Sa 3/9 12:00pm-12:15pm  
**374713-06** \$5 Sa 3/9 12:30pm-12:45pm

POT 'O GOLD HUNT

(All Ages) Are you feeling the luck of the Irish? You don't need to be at the end of the rainbow to find a pot of gold. Just in time for St. Patrick's Day, try your luck at geocaching to find our multiple pots of gold hidden within Loudoun County Parks. Each cache will reveal a special pot of "gold". Turn in the pot of "gold" to receive a prize. Smart phones with GPS or compass apps will work. Register to receive

the GPS coordinates via email. For more information, please call 540-338-7603.  
**Location: PRCS Parks**  
**376705-01** Free 3/15-4/1

ST. PATRICK'S DAY SKATE NIGHT

(All Ages) Immerse yourself in the St. Patrick's Day spirit as you partake in an exhilarating evening of festive fun on wheels! Glide beneath the glistening lights, carried by the spirited beats of tunes that will transport you to the heart of the holiday. Don your most imaginative St. Patrick's Day attire and join us for an unforgettable night featuring skating, music, and more!  
Rental Roller Skates: \$3, Skate Walker: \$5.  
**Location: Douglass Community Center**  
Free F 3/15 7:00pm-10:00pm

10TH ANNUAL BLUEMONT SHAMROCK RACE 5K/10K

(All Ages) Run with the luck of the Irish in one of the most picturesque areas of Northern Virginia. The out and back course winds through scenic country roads and beautiful Western Loudoun County. Offering 5K and 10K distances, this race brings something for everyone. Register early to receive a commemorative shirt at bluemontshamrockrace.com or call 540-554-8643 for more information.  
**Location: Great Country Farms**  
Sa 3/16 9:00am-11:00am

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. Kids under 3 are free!  
**Location: Dulles South Recreation & Community Center**  
**305712-01** \$5 Sa 3/16 9:00am-9:45am  
\$5 Sa 3/16 10:00am-10:45am

INDOOR MOVIE MANIA

Round up your friends and family for an enchanting cinematic experience, where you can revel in the magic of film while enjoying freshly popped popcorn, candy, and slushies. Join us for an unforgettable spring evening that blends the delight of movies with the warmth of togetherness. Tickets are not required, but capacity may be limited. Call 703-771-5913 for more information.  
**Location: Douglass Community Center**  
Movie: Hop (PG)  
Free 3/22 F 7:00pm-9:00pm  
Movie: The Lorax (PG)  
Free 4/26 F 7:00pm-9:00pm  
Movie: Moana (PG)  
Free 5/24 F 7:00pm-9:00pm

TEEN EXPO

(Ages 11-17) Come out and enjoy a teens night out with a DJ, prizes, contest, video games and more. Transportation will be available for people to be picked up at a specific location and dropped off at a specific location. Please call SCC for more information regarding picking up and dropping off. Contact SCC for more information 703-430-9480.  
**Location: Sterling Community Center**  
**303704-01** Free F 3/22 5:00pm-9:00pm

EGG-CELLENT GAMES WITH THE BUNNY

(All Ages) Hop into spring fun with 'Egg-cellent Games and Moon Bounces' in our gym! Join the excitement as children bounce, play, and explore festive activities. The Bunny adds an extra touch of joy, creating delightful memories for all. Bring the family for an egg-citing day of laughter and play! Call 703-771-5913 for more information.  
**Location: Douglass Community Center**  
**304702-01** \$5 Sa 3/23 10:00am-12:00pm

WINE & ALE TRAIL EXCURSION

(Ages 21 & up) Join us for a tour of Western Loudoun County Breweries, and Win-

eries on the LoCo Wine and 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 11:15am for check in. We will then depart at 11:30am for our first stop. Price includes transportation to, and from the wineries/breweries (price does not include food/beverage costs). Stop 1:Harvest Gap Brewery. Stop 2: Breaux Vineyards. Stop 3: Hillsborough Winery & Brewery. Contact LVCC at 571-367-8444 for information.  
**Location: Loudoun Valley Community Center**  
**301407-01** \$20 Sa 3/23 11:30am-3:30pm

BREAKFAST WITH THE BUNNY

(All Ages) Come down to the Old Schoolhouse and meet the 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@loudoun.gov  
**Location: Lucketts Community Center**  
**309744-01** \$5 Sa 3/23 8:30am-10:00am  
**309744-02** \$5 Sa 3/23 10:30am-12:00pm

PRCS ON THE GO

(All Ages) Join us on your day off school and experience our thrilling pop-up event! Soar on moon bounces, conquer jumbo stack cups, glide on scooters, create crafts, unleash imagination with colorful chalk, and more! Excitement, laughter, and endless fun await! No registration required. Call 703-771-5913 for more information.  
**Location: Frances Hazel Reid Elementary School Parking Lot**  
Free M 3/25 10:00am-1:00pm  
**Location: Cool Spring Elementary School Parking Lot**  
Free F 4/5 10:00am-1:00pm

PLAYGROUND WITH THE POLICE

(All Ages) Come and unite with the dedicated members of the Leesburg Police Department at the Douglass Playground! Treat yourself to a cookout and immerse yourself in an array of enjoyable activities, including entertaining games, crafts, and much more. This event provides a unique chance to personally meet and greet the local heroes who work tirelessly to ensure the safety and well-being of our community. Join us for a day filled with camaraderie, fun, and a deeper connection with those who serve and protect! Call 703-771-5913 for more information.  
**Location: Douglass Community Center Playground**  
Free Tu 3/26 11:00pm-1:00pm

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). Activities focused for ages 2-11. Call 571-258-3700 for more information.  
**Location: Claude Moore Park Discovery Grove**  
**361719-01** \$5 W 3/27 10:00am-11:00am  
**361719-02** \$5 W 3/27 11:00am-12:00pm  
**361719-03** \$5 W 3/27 12:00pm-1:00pm

LVCC EGG HUNT

(Ages 2-11) We're bringing you a morning that's full of fun and surprises, make sure you celebrate at Purcellville's most egg-citing event! Here's what to expect: egg hunting, a surprise from a special guest, family activities, arts and crafts, and more! Bring your cameras for pictures with our special guest! Contact LVCC at 571-367-8444 for information.  
**Location: Loudoun Valley Community Center**  
**301129-01** \$2 Th 3/28 10:00am-11:00am

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. Participants must register in advance. Call 540-882-5284 for more information.  
**Location: Lovettsville Community Park**  
**302702-01** \$7 F 3/29 10:30am-11:30am

LVCC MOVIE NIGHT

(All Ages) Bring the family with a blanket or chair to sit on and enjoy a movie under the stars! All children must be accompanied by a parent. We will have popcorn available for all participants, Movie starts at 7:00pm, movie title TBD closer to date. Movie will be moved inside in our gym in the case of bad weather outside. Contact LVCC at 571-367-8444 for information on this event.  
**Location: Loudoun Valley Community Center**  
**301120-01** \$2 F 3/29 7:00pm  
**301120-02** \$2 F 5/3 7:00pm

EGG HUNT & FUZZY BUNNY

(Ages 2-10) An extraordinary egg hunt with a springtime petting zoo! Parents don't forget your cameras. Call ahead for allergy-friendly eggs. Pre-registration is required. Space is limited. Contact SCC for more information 703-430-9480. Contact SCC for more information 703-430-9480.  
**Location: Sterling Community Center**  
**303707-01** \$6 Sa 3/30 10:00am-1:00pm

SPRING COMMUNITY YARD SALE

(Ages 18 & up) Do you have extra items laying around the house that you would like to sell? Get a space at our community yard sale for only \$15. Feel free to bring your own pop-up tent! Pre-registration required by Friday, 3/29. Call 703-771-5913 for more information.  
**Location: Shenandoah Building Parking Lot, 102 Heritage Way NE, Leesburg, VA**  
**304707-01** \$15 Sa 3/30 7:00am-12:00pm

THE GREAT FRANKLIN PARK EGG HUNT

(Ages 1-11) Calling all kids! It's Springtime time here at Franklin Park! Come on out for the Great Franklin Park Egg hunt!! Search the Franklin Park fields for eggs and prizes. Enjoy music and check out our photo-op area. Call 540-338-7603 for more information.  
**Location: Franklin Park**  
**362704-01** \$7 Sa 3/30 9:00am-12:00pm

PRESCHOOL EGG HUNT

(Ages 18 months-5) Join us in the Philomont Park for a children/parents only hunt for a younger age. Age-appropriate areas will be marked off for this event. Please bring your own bucket to collect eggs. The hunt will begin at 10:00am. Lite refreshments to be served. Call 540-338-5882 for more information  
**Location: Philomont Community Park**  
**311703-02** \$8 Sa 3/30 10:00am-11:30am

SOIL SATURDAY

(All Ages) Join us for a day full of dirt, digging, and discovery! We will have a huge pile of soil to climb on and dig through as we explore the many benefits of soil. Activities include worm hunting, soil sampling, mud art, erosion experiments, and more. Be prepared to get messy! Event takes place at the Demonstration Garden. Call 703-737-8894 for more information.  
**Location: Banshee Reeks Nature Preserve**  
**367730-01** Free Sa 3/30 10:00am-2:00pm

SCHOOL-AGED FLASHLIGHT EGG HUNT

(Grades K-8th) Bring your flashlight and hunt for eggs in the dark! Hunt will begin at dark, plan to arrive no earlier than 8:00pm. Children will be separated into age groups. Parents are not permitted to assist children. Please call for weather decision on 3/30; preregistration required. Call 540-338-5882 for more information.  
**Location: Philomont Community Park**  
**311703-01** \$8 Sa 3/30 8:45pm-9:15pm

BLUEMONT'S EGG HUNT

(All Ages) Join us at Boulder Crest Retreat for our incredible Egg Hunt beginning at 10:00am. This is a collaborative event with Bluemont Community Center's staff, BCC Advisory Board and Boulder Crest Retreat.  
Call 540-554-8643 or email BCC@loudoun.gov for more information.  
**Location: Boulder Crest Retreat, Bluemont, VA**  
**306705-01** Free Sa 3/30 10:00am



APRIL

DCC SPRING SIZZLE

(All Ages) Whether you're a local resident or passing through, our Spring Cookout is an event you won't want to miss. Join us on April 5th for an unforgettable day of delightful snacks, boundless bouncing, and playful adventures. DCC is where springtime memories are made! Bring your family, bring your friends—let's make this Spring Cookout a celebration to remember! See you there! Call 703-771-5913 for more information.

**Location: Douglass Community Center Pavilion**

Free	F	4/5	2:00pm-6:00pm
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BIG TRUCK DAY (NO LCPS 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; preregistration required. Call 540-338-5882 for more information.

**Location: Philomont Community Center**

311700-01	\$5	F	4/5	12:00pm-2:00pm
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LVCC SOLAR ECLIPSE VIEWING PARTY

(Ages 7 & up) A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. On April 8, 2024, a total solar eclipse will cross North America! The next total solar eclipse will be 2044! Join us at LVCC for a fun viewing party! The eclipse will start at 2:00pm and peaks at 3:15pm. Don't miss this special event. We will provide all participants with solar eclipse glasses. Please note that glasses are one size fits all, limited supply available. You must register by March 18 to guarantee glasses. Please take precautions for children under the age of 7, parental supervision is required and recommended for the safety of all participant's eyes.

**Location: Loudoun Valley Community Center**

301901-01	Free	M	4/8	1:45pm – 3:30pm
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COSMIC CELEBRATION AT BCC

(All Ages) Join us for a once-in-a-lifetime cosmic event – a total solar eclipse! Experience the awe as the Moon passes between the Earth and the Sun, turning day into twilight. As the furthest west community center in the County, Bluemont offers a great spot for eclipse watching. We're hosting a viewing party in the field behind the Caboose, with extra eclipse glasses for everyone who stops by. It's the perfect place to see the eclipse clearly, away from city lights. Don't miss out on this amazing sky show - Eclipse peaks at 3:15pm! Call 540-554-8643 or email BCC@loudoun.gov for more information.

**Location: Bluemont Community Center**

306704-01	Free	M	4/8	2:45pm-4:15pm
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SOLAR ECLIPSE VIEWING PARTY

(All Ages) Experience one of nature's most dramatic and rare sights — a total eclipse of the Sun! Join a viewing party to learn about this thrilling phenomenon through educational activities and hands-on demonstrations while we watch the process unfold. Staff will be conducting wildlife camera monitoring and sound recording during the eclipse as part of a citizen science project. Free viewing glasses and popcorn provided to registered participants, then on a first-come, first-serve basis. Participants should bring their own lawn chairs or blankets. Call 703-737-8894 for more information.

**Location: Banshee Reeks Nature Preserve**

367731-01	Free	M	4/8	2:00pm-4:00pm
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SOLAR ECLIPSE EXTRAVAGANZA

(All Ages) Round up your family and friends for a Solar Eclipse viewing party at Douglass Community Center! Enjoy treats and other activities before we watch the sky darken as the moon passes between the Sun and Earth, completely blocking the face of the sun! Complimentary protective glasses will be provided for a safe and unforgettable viewing experience. Call 703-771-5913 for more information.

**Location: Douglass Community Center Pavilion**

304708-01	Free	M	4/8	2:00pm-4:30pm
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SOLAR ECLIPSE FESTIVAL

(All Ages) Celebrate the 90% Total Solar Eclipse with us festival style! Join us for a day of arts and crafts, games, eclipse information, and a safe solar eclipse viewing party. Solar glasses are first come, first serve. Call 571-367-8360 for more information.

**Location: Hal and Berni Hanson Regional Park**

374717-01	Free	M	4/8	2:00pm-4:00pm
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ECLIPSE WATCH PARTY

(Ages 4 & up) Think spring! On April 8, 2024, a total solar eclipse will cross North America. In Loudoun County the eclipse peaks around 3:15pm, starts at 2:00pm and ends at 4:30pm. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. Join PRCS staff at Lovettsville Community Park to safely view this spectacular event. Children under 13 must be accompanied by an adult. Call 540-338-7603 for information.

**Locations: Lovettsville Community Park**

376502-01	Free	M	4/8	2:30pm-4:30pm
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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. Check out some historic cooking, stop by the blacksmith shop, visit historic buildings, and more. Go to heritagefarmmuseum.org to register. Ages 3 & under free. Call 571-258-3700 for more information.

**Location: Claude Moore Park Historic Area & Heritage Farm Museum**

Per Person	\$10
Group rate	\$7.50 (4 or more), \$5 (20 or more)
W	4/10 10:00am-2:00pm

EARTH DAY CLEAN-UP AT CMP

(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 for more information.

**Location: Claude Moore Park Visitor Center**

361712-01	Free	Sa	4/13	9:30am-12:00pm
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SPRING FAMILY FAIR

(All Ages) Come out to have some fun at this family festival and support new moms and local moms explore different venders, with entertainment magic show, DJ, face painting, glitter tattoos, balloon animals, fire truck, and Kona Ice.

**Location: Sterling Community Center**

303709-01	Free	Sa	4/13	10:00am-1:00pm
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BATTLE OF THE BRICKS

(Ages 3-17) Calling all LEGO enthusiasts and builders! Gather your LEGO bricks and get ready for the Battle of the Bricks! This is an incredible opportunity for LEGO lovers from ages 3 to 17 to showcase their creativity and skill. The contest is divided into three divisions, ensuring fair competition among participants of similar age and experience. All participants are required to bring their own LEGO bricks for the contest. Winners of each division will be awarded a prize. Call 571-258-3600 for more information.

**Location: Claude Moore Recreation & Community Center**

373749-01	\$10	Sa	4/13	3:00pm-5:00pm
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TAKE IT TO THE COURT 2! SPRING SOCCER TOURNAMENT

(Ages 14-17) Come out and play some 5 on 5 games of indoor soccer. Pick your team and one sub to participate. Prizes, music, and bragging rights. Contact SCC for more information 703-430-9480.

**Location: Sterling Community Center**

303710-01	\$2	F	4/19	5:00pm-9:00pm
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EARTH DAY LOUDOUN

(All Ages) Join Loudoun County PRCS for a celebration of our planet! Connect

with environmental groups, discover new ways to live sustainably, explore natural areas, and participate in community science! Celebrate with us by taking part in demonstrations and enjoying music, crafts, and games. Call 571-258-3700 for more information.

**Location: Claude Moore Park Historic District**

Free	Sa	4/20	10:00am-2:00pm
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EARTH EXPLORERS FAMILY ADVENTURE

(All Ages) Bring the whole family for a walk in the woods as you challenge your outdoor skills and smarts in celebration of Earth Day. Grab an Earth Explorers passport from the Visitor Center, then follow the map to find challenge stations placed along a marked trail. All successful explorers win a prize! Call 703-737-8894 for more information.

**Location: Banshee Reeks Nature Preserve**

367732-01	Free	Sa-Su	4/20-4/21	9:00pm-5:00pm
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CHASE THE RAINBOW TRAIL RUN

(All Ages) Spring has spring, and it's time to run! Challenge yourself to a 3K color trail run while embracing the beauty of nature in spring. Registered runners will receive a white race t-shirt to wear on race day that will turn into a colorful display once you've crossed the finish line. Call 571-367-8360 for more information.

**Location: Hal & Berni Hanson Regional Park**

374719-01	\$25	Su	4/21	8:00am-9:00am
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2nd ANNUAL EARTH DAY 5K!

Join us at PCC for this family-friendly fun run/walk down beautiful Philomont Road. Medals given to all participants.

**Location: Philomont Community Center**

311701-01	Free	Su	4/21	11:00am-1:00pm
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FAMILY MOVIE NIGHT

(All Ages) Join SCC and bring a blanket or a lawn chair and enjoy a family friendly movie under the stars! All children must be accompanied by a parent. The movie starts at dusk. Movie TBD close to the date. Rain or shine. Contact SCC for more information 703-430-9480.

**Location: Sterling Community Center**

303712-01	Free	F	4/26	6:00pm-9:00pm
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FAIRY FESTIVAL!

(Ages 3-12) Enjoy a scavenger hunt along a wooded magical trail decorated with fairy houses, 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 & 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. Children 2 and under are free. Call 703-771-5913 for more information.

**Location: Dulles South Recreation & Community Center**

305704-01	\$15	Sa	4/27	12:00pm-3:00pm
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SMALL & TALL BALL

(Ages 3-12) Take your little one out for a night to remember. Dress your best for dancing, refreshments, and a commemorative photograph! Participants must register in advance. Call 540-882-5284 for more information.

**Location: Lovettsville Community Center**

302706-01	\$25/couple	Sa	4/27	5:30pm-7:30pm
302706-02	\$10/addl child	Sa	4/27	5:30pm-7:30pm

MAY

AMERICAN RED CROSS BLOOD DRIVE

(Ages 18 & up) Make a difference in your community and give the gift of life by donating blood with American Red Cross. Appointment required. Time slots available online at redcross.org. Call 703-771-5913 for more information.

**Location: Douglass Community Center**

Free	Th	5/2	9:00am-2:00pm
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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 craft stations, historic and environmental demonstrations, moon bounces, community organization stations, live animals, and much more! 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 more information.

**Location: Claude Moore Park Historic District**

Free	Sa	5/4	10:00am-3:00pm
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STAR WARS ESCAPE TRAIL

(All Ages) May the "Fourth" be with you as you use your Star Wars knowledge at marked stations to find your way through the Ewok forest. Start at the Visitor Center and return with the secret code to claim your prize (and save the galaxy!) Call 703-737-8894 for more information.

**Location: Banshee Reeks Nature Preserve**

367733-01	Free	Sa-Su	5/4-5/5	9:00pm-5:00pm
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JAZZ IN THE GRASS

(All Ages) Come out and unwind with live music and food trucks at our newly renovated outdoor amphitheater area. Bring your own blanket. Snacks, and games to entertain you and your family! Contact SCC for more information 703-430-9480.

**Location: Sterling Community Center**

303701-01	Free	Sa	5/4	5:00pm-9:00pm
303701-02	Free	Sa	5/11 5:00pm-9:00pm	(RAIN DATE)

CINCO K 2024

(All Ages) We want to see your Cinco de Mayo spirit with a costume that will share your mood and excitement. Enjoy a post-race party with music, and food. Dress for the weather. For more information, please call 540-338-7603.

**Location: Lovettsville Community Park**

376712-01	\$35/early registration	Su	5/5	8:00am-10:00am
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LOUDOUN LATINO FESTIVAL

(All Ages) Get ready for a fiesta of fun at the Loudoun County 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, non-profit 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.

**Location: Shenandoah Building Parking Lot, 102 Heritage Way NE, Leesburg, VA**

Free	Su	5/5	12:00pm-5:00pm
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YOUTH SKATE NIGHT

(Ages 11-17) Join us for an exhilarating outdoor skate night in our inline hockey rink! Experience the warmth of Spring as we light up the rink with music and skating joy. Whether you're a seasoned skater or a novice, everyone is welcome to glide under the stars. Bring friends and family to celebrate the changing seasons with youthful energy, laughter, and shared memories. Lace up your skates for a fantastic night of outdoor bliss in the rink! Rental Roller Skates: \$3, Skate Walker: \$5.

**Location: Douglass Community Center**

Free	F	5/17	6:00pm-9:00pm
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DOUGLASS FIELD DAY FUN & PUTT-PUTT PALOOZA

(All Ages) Gather your family and dive into a delightful day at our inaugural pop-up mini-golf course for National Miniature Golf Day! Complete all 9 holes and experience the thrill of moon bounces, engaging games, tempting treats, lively music, and more! Engage in friendly competition as you challenge each other for the top score, creating enduring memories that will last a lifetime. Call 703-771-5913 for more information.

**Location: Douglass Community Center**

304704-01	\$5/Golfer	Sa	5/11	10:00am-4:00pm
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**LoCo FOOD TRUCK FESTIVAL**  
Join PRCS for the 3rd annual LoCo Food Truck Festival, at Segra Field in Leesburg. This exciting event will feature live music, a variety of local food vendors, beverages for all ages, a corn hole tournament (pre-registration required), and more! The event will be held rain or shine. Find out more by visiting [loudoun.gov/prcsevents](http://loudoun.gov/prcsevents).  
**Location: Philip A. Bolen Memorial Park – Segra Field**  
Free      Sa      5/11      11:00am-3:00pm

**GARDEN PARTY**  
(Ages 3 & up) Experience an enchanting garden celebration, honoring those who've helped you grow. Join us in celebrating moms, grandmothers, or significant people while enjoying light refreshments. Feel free to dress in special outfits for an extra touch of celebration! Call 571-258-3600 for more information.  
**Location: Claude Moore Recreation & Community Center**  
**373705-01**      \$15      Sa      5/11      1:00pm-3:00pm

**FRIENDS OF CMP 5K TRAIL RUN**  
(All Ages) This rain or shine cross-country run is a great way to enjoy the trails of Claude Moore park. 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 [friendsofclaudemoorepark.org](http://friendsofclaudemoorepark.org) for information.  
**Location: Claude Moore Park Historic Area**  
Sa      5/11      8:00am

**PKU AWARENESS FAMILY FUN DAY**  
(All Ages) Join us for a joyous Family Fun Event in celebration of PKU Awareness Month! Bring your loved ones for a day of boundless laughter and support. Jump into the excitement with a moon bounce, channel your creativity at our craft stations, and transform into whimsical characters with our talented face painter. This event promises delightful moments for all ages, fostering awareness and unity. Let's bounce, create, and paint smiles together, raising awareness for Phenylketonuria in a fun-filled atmosphere! Call 703-771-5913 for more information.  
**Location: Douglass Community Center**  
Free      Sa      5/18      11:00am-2:00pm

**VEGAS EXTRAVAGANZA**  
(Ages 18 & up) Come out and join us for an adult night out with games, DJ, dancing, raffle, and prizes. Vegas is known for its glitz, glamour, and neon lights. So, dress in your fancy, flashy outfit. A costume contest will be taking place. The most creative outfit will win a special prize. Contact SCC for more information 703-430-9480.  
**Location: Sterling Community Center**  
**303714-01**      \$10      Sa      5/18      6:00pm-8:00pm

**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

*Call For Artists*

**Gallery One**

located in the Loudoun County Government Center

**Seeks Submissions For Solo or Group exhibits**

**All mediums accepted**

**Free to apply online:**  
[onboard.loudoun.gov/board/3496](http://onboard.loudoun.gov/board/3496)

**Questions? Call 571-367-8594**

get dirty digging. BE PREPARED TO GET MESSY! Go to [heritagefarmmuseum.org](http://heritagefarmmuseum.org) to register. Ages 3 and under are free.  
**Location: Claude Moore Park**  
Per Person      \$7.50  
Group Rate      \$5 (4 or more)  
Sa      5/18      10:00am-2:00pm

JUNE

**END OF THE YEAR SCHOOL BASH**  
(All Ages) Get ready for the ultimate school bash to wrap up the year! Join us in the gym for a frenzy of fun with moon bounces, scooters, balls, stacking cups, and blocks. Special characters will add a sprinkle of magic. Let laughter echo and memories bloom in this grand celebration of tiny triumphs and big smiles! Call 703-771-5913 for more information.  
**Location: Douglass Community Center**  
**304701-01**      \$5      Sa      6/1      10:00am-12:00pm



TEEN SERVICES

PRCS Admin Office  
742 Miller Drive SE, Leesburg, VA 20175  
703-737-8042 • [loudoun.gov/teens](http://loudoun.gov/teens)  
Monday-Friday 8:30am-5:00pm

**TEENS OF TOMORROW**  
(Ages 13-18) Teens of Tomorrow is a series of make and take-style programs for teens that center around building skills including leadership, cooperation, self-care, and others that are useful beyond the teen years. Teens will be able to come to the program and take home with them a new skill, hobby, or creation. These programs are created with input from teens around the county. If would like more information about the program activities, please contact the Teen Services Specialist at [TeenServices@loudoun.gov](mailto:TeenServices@loudoun.gov).


<b>349001-01</b>	\$10	Tu	3/5	11:00am-2:00pm
<b>349001-02</b>	\$10	W	3/20	6:00pm-7:00pm
<b>349001-03</b>	\$10	F	4/5	9:00am-12:00pm
<b>349001-04</b>	\$10	F	4/12	6:00pm-7:00pm
<b>349001-05</b>	\$10	Tu	4/23	6:00pm-7:00pm
<b>349001-06</b>	\$10	Tu	5/7	6:00pm-7:00pm
<b>349001-07</b>	\$10	Sa	5/18	11:00am-2:00pm
<b>349001-08</b>	\$10	W	5/29	6:00pm-7:00pm

**YOUTH ADVISORY COUNCIL**  
Members of the Loudoun Youth Advisory Council have the opportunity to develop leadership skills, meet new people, and be a voice for Loudoun's teens. Members work with local nonprofits to plan special events, (e.g., Loudoun's Battle of the Bands and Step Up), work on community service projects, participate in leadership field trips, and promote teen-centered events. Spaces are limited in this competitive program; applications are accepted on a rolling basis. For more information and applications, please visit [loudoun.gov/teens](http://loudoun.gov/teens).


**TEEN VOLUNTEER PROGRAM**  
The Teen Volunteer Program provides an opportunity to complete your community service hours in a dynamic setting. Volunteer opportunities vary and may include service hours in children's programs, parks and community centers. Current volunteer opportunities are for high school teens. Visit [loudoun.gov/teens](http://loudoun.gov/teens) to submit the PRCS volunteer application.

General Registration Begins February 8


# HOW to REGISTER

using  **PRCS Connect**

- 1 Go to [loudoun.gov/PRCSConnect](http://loudoun.gov/PRCSConnect)
- 2 Log in with your username and password or create an account
- 3 On the upper left click "Search" and select "Activity Search"
- 4 Find your activity number, type the six-digit number in the Search/Activity Number box, or search by activity type and click "Search" at the bottom of the screen
- 5 Click on the "Add to Cart" squares for each session you wish to register for
- 6 Click on "Add to Cart" again at the bottom left of your screen
- 7 Select participating family member(s) and then click "Continue"
- 8 Answer any applicable program-specific questions and agree to the "Notice to Participants" then click continue
- 9 Click on "Proceed to Checkout"
- 10 Click "Continue" to initiate the payment authorization process and generate a confirmation receipt



If you need help using PRCS Connect  
email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) or call 703- 777-0343  
[loudoun.gov/PRCSConnect](http://loudoun.gov/PRCSConnect)



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





# Franklin Park

Purchase Tickets Online: [franklinparkartscenter.org](http://franklinparkartscenter.org)



## SUPERSTAR: THE CARPENTERS REIMAGINED

This show is an original docu-musical created with Richard Carpenter's blessing! This full stage show features the vocal talents of Helen Welch. A native of England, Helen is a critically acclaimed vocalist and entertainer. In Superstar, Ms. Welch does not offer imitations or impersonations of the originals. She has taken their music and reproduced them in a style all her own, or as she likes to call, "reimagined". Revisit the 70's and your own memories of the classic Carpenters song library!

Tickets \$25-\$40

Sa 4/13 7:30pm

## BOB ROSS PAINTING WORKSHOP

(Ages 16 & up) You have seen Bob Ross create his paintings on PBS and YouTube, now it's time to paint your own masterpiece along with a certified Bob Ross instructor. Complete an original painting through guided instruction. Bring an empty pizza box to take your completed painting home and wear clothes that can get paint on them.

Each workshop is limited to 10 people. All materials included in fee.

Certified Instructor: Sandra Hill

363755-01 \$85

F 4/12 4:00pm-7:00pm



## SOLAR ECLIPSE FOR ALL EVENT

This event makes the solar eclipse accessible to all abilities with hands on activities inside and outside. Step onto our solar improv stage in the lobby and act out your own eclipse. Visit the planetarium for a short presentation of the science behind the eclipse. Make your own artwork and record your experience. Outside we'll have viewing glasses, special adaptive viewing frames, sun prints and chalk art. An out-of-this-world event for everyone!

FREE

M 4/8 2:30pm-5:30pm

## CELEBRATE EARTH DAY

(All ages) In honor of Earth Day, visit Franklin Park Arts Center between 11:00am and 2:00pm and make your own sun print.

FREE

M 4/22 3:30pm



# Arts Center

540-338-7973

Scan QR Code for ticket information



## Puppet Shows/Camps

### TANGLEWOOD MARIONETTES:

#### SLEEPING BEAUTY

(Ages 2 & up) A charming tale which with a storybook set and beautiful marionettes.

\$5

W 3/27 10:00am

### PUPPET SHOW AND MARIONETTE

#### MANIPULATION WORKSHOP CAMP

(Ages 8 & up) NEW! After watching Tanglewood Marionettes perform Sleeping Beauty, campers will have a snack break (bring your own snack) at the arts center and then take part in this unique marionette manipulation workshop.

\$25

W 3/27 10:00am-12:30pm

### GOODLIFE THEATER: RECYCLING PIRATES

Celebrate Earth month with a rollicking musical about puppet characters created from trash. Led by Captain Jack Sparetire, they sail the urban seas looking for things to recycle, reuse, reduce and repair. This show was created under a Commission from the Wolf Trap Foundation and the Henson Foundation.

\$5

W 4/10 10:00am

### COLUMBIA MARIONETTES:

#### SPACE STATION HARMONY

Space Station: Harmony is a remote outpost located at an intergalactic crossroads. See how they all manage to live, play, and get along in a relatively small space, surrounded by a vast universe.

\$5

W 5/8 10:00am

## Theater

### ARTS FOR ALL LOUDOUN:

#### THE WIZARD OF OZ, YOUTH EDITION

(All ages) Arts For All Loudoun provides exceptional opportunities in Loudoun County, for artists and performers with disabilities to participate in a creative, inclusive community.

Celebrating their 35th anniversary with the musical that bloomed into 35 year of success for individuals with disabilities. Young Dorothy Gale and her dog Toto are swept away by a tornado from their Kansas farm to the magical Land of Oz, and embark on a quest with three new friends to see the Wizard, who can return her to her home and also fulfill the wishes of her friends.

Arts For All Loudoun is offering a special sensory-friendly night on March 14 for families with children who may have sensitivity to lights, sound, noises, and crowded areas. There will be a shortened intermission and no concessions offered.

Tickets online - \$15-20, at the door-\$20-25

F 3/8 7:00pm

Sa 3/9 7:00pm

Su 3/10 3:00pm

Th 3/14 6:00pm (sensory-friendly performance)

F 3/15 7:00pm

Sa 3/16 7:00pm

Su 3/17 3:00pm

## Planetarium

### PLANETARIUM PROGRAM AND FILM DAY

(Ages 4 & up) Double feature day! Step into our Digitalis Planetarium set up on our stage and be part of an interactive planetarium show on the planets, stars and the Spring Equinox. The second hour will be a 360-degree immersive film, The Cowboy Astronomer, a skillfully woven tapestry of star tales and Native American legends. Explore the stars from a cowboy's point of view! Narrated by cowboy poet and humorist Baxter Black. All children under the age of 8 years must be accompanied by an adult.

Th 3/28 Planetarium only \$10 Film only \$10  
Planetarium & Film \$16

Planetarium 10:00am, 2:00pm, 6:00pm

Film 11:00am, 3:00pm, 7:00pm





# Franklin Park Arts Center Gallery

Gallery Hours: Monday-Friday 9:00am-5:00pm  
In addition: 60-minutes prior to performance in the Arts Center.

## Exhibition On Screen Art Films

### Vermeer – The Greatest Exhibition

Exhibition on Screen film invites audiences to a private view of the exhibition, accompanied by the director of the Rijksmuseum and the curators of the show. A truly once-in-a-lifetime opportunity. As well as bringing Vermeer's works together, both the Rijksmuseum and the Mauritshuis in the Hague have conducted research into Vermeer's artistry, his artistic choices and motivations for his compositions, as well as the creative process behind his paintings. \$8 Th 3/21 4:00pm

### Matisse from MoMA and Tate Modern

The Museum of Modern Art (MoMA) & Tate Modern's record-breaking show 'The Cut-Outs' explores the final chapter of Matisse's career when he began 'carving into color,' creating his signature cutouts. Audiences are invited to enjoy an intimate, behind-the-scenes documentary about this blockbuster exhibition with contributions from curators, historians and those who knew Matisse personally. Beautifully filmed footage of the exhibition is interwoven with Matisse's biography and sequences featuring special guests including Tate director Nicholas Serota; MoMA director Glenn Lowry; jazz musician Courtney Pine and Royal Ballet principal dancer Zinaida Yanowsky. Acclaimed British actor Simon Russell Beale brings insight and emotion to the words of Henri Matisse, while actor Rupert Young narrates. \$8 Th 4/11 5:30pm



## Gallery Exhibits

### Along The Yellow Brick Road Davinci Art Exhibit

The Davinci Art Studio of Arts For All Loudoun will bring the gallery to life with their colorful artwork completed by adult artists with disabilities, themed around the spring musical, The Wizard of Oz, Youth Edition. Exhibit 3/7-3/17

### Metro Washington Chapter of the Colored Pencil Society of America Exhibit

Exhibit 3/21-4/7

### Paper

This exhibit is for all artworks on paper or incorporating paper into their artwork. Exhibit 4/11-5/5



# AFTER-SCHOOL PROGRAMS

2024-25 School Year

### Early Registration Week 1\*

- Returning CASA, CASA Academy, and YAS families with their siblings, and all PRCs CARES families (PRCS CARES Program provides discounted fees for eligible participants).

Tuesday, April 30 at 8:30am to Friday, May 3 at 5:00pm

### Early Registration Week 2\*

- Families from week one. Rising kindergarteners in PRCs Preschool and Child Care.

Tuesday, May 7 at 8:30am to Friday, May 10 at 5:00pm

### Open Registration\*

- All Families

Tuesday, May 14 at 8:30am

First month's payment due in full to register.



Algonkian	850201	✦ Loudoun Valley CC	850228
Arcola	850202	Lovettsville	850229
Ashburn	850203	Lowes Island	850230
Ball's Bluff	850204	Madison's Trust	850231
Belmont Station	850205	Meadowland	850232
Buffalo Trail	850206	Mill Run	850233
Cardinal Ridge	850207	Moorefield Station	850234
Catoctin	850208	Mountain View	850235
Cedar Lane	850209	Newton-Lee	850236
Cool Spring	850210	Pinebrook	850237
Countryside	850211	Potowmack	850238
Creighton's Corner	850212	Frances Hazel Reid	850239
✦ Kenneth W. Culbert	850213	Rosa Lee Carter	850240
Discovery	850214	Round Hill	850241
Dominion Trail	850215	Sanders Corner	850242
Evergreen Mill	850216	Seldens Landing	850243
✦ Forest Grove	850217	Steuart W. Weller	850244
Frederick Douglass	850218	Sycolin Creek	850245
Goshen Post	850219	Elaine E. Thompson	850246
Hillside	850220	John W. Tolbert Jr.	850247
Horizon	850221	Waterford	850248
✦ Hovatter	850222	Waxpool	850249
Hutchison Farm	850223	Serving the following elementary schools: ✦ Hamilton ✦ Guilford & Sully ✦ Henrietta Lacks ✦ Emerick & Lincoln	
Leesburg	850224		
Legacy	850225		
Liberty	850226		
Little River	850227		



All Transportation Requests From LCPS Must Be Made Through ParentVue By Parent/Guardian

For more information visit [loudoun.gov/CASA](https://loudoun.gov/CASA)

[loudoun.gov/PRCSconnect](https://loudoun.gov/PRCSconnect)

703-737-8042, TTY: 711 | [CASA@loudoun.gov](mailto:CASA@loudoun.gov)



\$385 Monthly

\$50 Cancellation Fee

CASA is a fun after-school program for elementary school students (K-5) that provides a safe, activity-based environment for children. From school dismissal until 6:00pm, CASA activities focus on recreation, and developing social and physical skills. Sign up by your child(ren)'s school location.



✦ Bluemont CC	806248
✦ Claude Moore RCC	873250
✦ Dulles South RCC	805249
✦ Lucketts CC	809248
✦ Philomont CC	811248

Serving the following elementary schools:

- ✦ Round Hill
- ✦ Guilford, Sterling, and Sugarland
- ✦ Liberty
- ✦ Lucketts
- ✦ Banneker



# AFTER-SCHOOL PROGRAMS

2024-25 School Year

## Early Registration

- Returning YAS families and their siblings. Rising sixth graders in CASA and CASA Academy.  
Tuesday, April 30 at 8:30am to Friday, May 3 at 5:00pm  
&  
Tuesday, May 7 at 8:30am to Friday, May 10 at 5:00pm
- Open Registration
- All Families  
Tuesday, May 14 at 8:30am



Belmont Ridge	812301
*Blue Ridge	812302
Eagle Ridge	812303
Farmwell Station	812304
**Harper Park	812305
***Mercer	812306
River Bend	812307
Seneca Ridge	812308
****Stone Hill	812311
Trailside	812312

Also serving the following middle schools

- \*Hamony
- \*\*Simpson
- \*\*\*Lunsford & Willard
- \*\*\*\*Brambleton

All Transportation Requests From LCPS Must Be Made Through ParentVue By Parent/Guardian

For more information visit [loudoun.gov/YAS](https://loudoun.gov/YAS)



**\$50 Monthly**

From school dismissal until 6:15pm, YAS offers middle school students a wide variety of recreational activities! With guidance and supervision by professional staff members, students will find a safe community with friends. YAS focuses on recreation, team building, and weekly activities designed to help prepare students for high school, higher education, and beyond.

# PRESCHOOL PROGRAMS

September 3, 2024 - May 30, 2025



## SERVICES

Variety of Half-Day Classes Offered:  
Monday-Friday  
Monday, Wednesday, Friday  
Tuesday, Thursday

Fall-Spring  
Enrollment = 36 weeks

Serving Ages 2.5-5 Years

## LOCATIONS

- Bluemont Community Center
- Claude Moore Recreation & Community Center
- Douglass Community Center
- Dulles South Recreation & Community Center
- Loudoun Valley Community Center
- Lovettsville Community Center
- Lucketts Community Center
- Philomont Community Center

# CHILD CARE



## SERVICES

Child Care Hours of Operation:  
Monday-Friday  
7:00am-6:00pm

Year Round  
Enrollment = 52 weeks

Serving Ages 3-5 Years

## LOCATIONS

- Bluemont Community Center
- Dulles South Recreation & Community Center
- Loudoun Valley Community Center
- Lovettsville Community Center
- Lucketts Community Center



# GENERAL INFORMATION

## what you need to know about...

### WHERE TO FIND YOUR ACTIVITY GUIDE

Activity Guides are available at PRCS centers, park visitor centers, and the Administrative Office located in Leesburg. Copies are also available at Loudoun County libraries and the County Government Center. The current issue is always available online at [loudoun.gov/activityguide](http://loudoun.gov/activityguide).

### RECEIVE INFORMATION

Visit [loudoun.gov/prcs](http://loudoun.gov/prcs) to sign up to receive text and email messages about PRCS events, program registration dates, and other news. For announcements regarding information about County Government updates sign up for Alert Loudoun at [loudoun.gov](http://loudoun.gov). For questions related to any PRCS program, event, or reservation, please email [prcs@loudoun.gov](mailto:prcs@loudoun.gov) or call 703-777-0343.

### REGISTRATION - NEW TIME

Online and in-person registration for all activities begins at **6:30am** on Thursday, 2/8/24 for county residents and begins at **6:30am** on Thursday 2/15/24 for out-of-county residents. Walk-in registrations are available during business hours by location. Please note, assistance with registrations over the phone is limited during peak registration times.

Online and in-person Senior Day and Overnight Trips registration begins at 9:00am on Wednesday 2/7/24 for County residents and senior center members (County or out-of-county). Senior Trips registration begins at 9:00am on Thursday 2/15/24 for out-of-county residents (who are not members). There is an additional 50% membership fee for out of county residents who sign up for a senior center membership.

### PRCS CONNECT ONLINE REGISTRATION

PRCS Connect is our online registration system for enrolling in PRCS activities, using a household identification number and password. A new household account can be requested online at [loudoun.gov/PRCSconnect](http://loudoun.gov/PRCSconnect) under “Create a new Account.” The first person listed in each household should be an adult. Each household account can host multiple members and will be utilized to register and pay for activities using VISA, Discover, or MasterCard. For forgotten account IDs or passwords select “Login” for assistance. If additional assistance is required, please contact a local PRCS center, park or the Administrative Office before the first day of registration!

### REGISTRATION FOR LICENSED PROGRAMS

Additional forms are required for licensed programs. Please refer to [loudoun.gov/prcslp](http://loudoun.gov/prcslp) for specific registration guidelines for Licensed Preschool, CASA, CASA Academy, YAS, Daze and Fest summer camps, Adaptive Recreation camp and licensed camps. Please visit [loudoun.gov/PRCSCares](http://loudoun.gov/PRCSCares) to learn how you can apply to receive financial assistance.

### PAYMENTS

Registration fees are due at the time of registration, unless otherwise noted. Online registrations must be paid by credit card. In-person payments can be made by cash and credit card, or check and money order, made payable to “County of Loudoun.” Payments by check or money order can also be mailed to the PRCS Administrative Office but do not send cash or credit card information by mail. The cost of supplies and materials is included in the class or activity fee unless otherwise indicated. If a separate supply or material fee is listed for an

activity, it must be paid directly to the instructor on the first day of class; do not include supply fees in registration payment.

### ANNUAL CHILDCARE STATEMENT

Childcare statements can be run and printed using PRCS Connect at [loudoun.gov/PRCSconnect](http://loudoun.gov/PRCSconnect), under “My Account > Reports > Childcare Statement.” The report will be sent to the email address associated with your PRCS Connect account, and a statement can be printed for any calendar year but, the desired tax year must be selected.

### PROGRAM REFUNDS & CANCELLATIONS

If you need to cancel a class/program registration, and you can make the request 15 or more days before the start date, a full refund will be offered. If you cancel a class/program registration 14 or fewer days before the start date, a 50% refund will be offered. Cancellation requests must be submitted in writing. The request should be dated and sent by email, fax, or mail directly to the facility or program manager offering the class/program.

If you are dissatisfied with the quality of a class/program in which you are currently enrolled, you may request a refund according to the refund policy or policy provided by the specific program. Our goal is to ensure quality programs.

For Senior Trips: there are no refunds, although a refund minus a 25% administrative fee may be issued if the spot is resold. If a participant needs to forward a spot for medical reasons, please call 571-258-3050 or 571-258-3051 atleast one week prior to the trip.

For Community and Recreation Center Trips: Refunds can be requested 15 or more days before the start date, a 50% refund will be offered, and 14 or less no refunds will be offered.

The Department reserves the right to cancel, postpone or change a class or activity due to insufficient enrollment, inclement weather, public holidays or emergencies or other reasonable causes. A full refund (including any applicable fees) will be offered if PRCS cancels.

### NOTICE TO PARTICIPANTS

All activities of a physical nature involve some risk. By registering for a county-sponsored class requiring physical activity, you, as the participant or parent of a participant under the age of 18, assume the risk involved in participating in these activities. The Loudoun County Department of Parks, Recreation and Community Services is dedicated to providing safe facilities and equipment for all participants, as well as qualified instructional staff to enhance your experience.

Unless specifically declined, by registering for or participating in a PRCS-sponsored activity, participants give permission for the Loudoun County Department of Parks, Recreation and Community Services to use photographs and videos of themselves or their children for publicity in publications and other media, including social media, without limitation to increase community awareness of PRCS programs and services.

### TRANSPORTATION & TRIPS

There will be no smoking or alcoholic beverages allowed on any vehicles used for Department trips including motor buses. For questions regarding the Senior Trips program please email [seniortrips@loudoun.gov](mailto:seniortrips@loudoun.gov).

### RENTALS

Rental space is available at most centers and parks including rooms, pavilions, and gyms for private parties, meetings, and other activities. Contact the preferred center or staffed park directly for available dates, times, and cost. Rental rates can be found in the current Fee Schedule at [loudoun.gov/prcs](http://loudoun.gov/prcs). For information about unstaffed facilities, please call 703-777-0343.

### VOLUNTEERS

For information on volunteer opportunities, including PRCS advisory boards and councils, Aging Services, and the teen volunteer program call 703-777-0343. Those interested in working with Loudoun residents with disabilities, including Special Olympics and Arts for All Loudoun, should call 703-771-5013 or 703-771-5010.

### PROGRAM ACCESSIBILITY - ADA

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA).

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

Si usted requiere asistencia para cualquier tipo de discapacidad o asistencia en su idioma para participar, comuníquese con [adaptrec@loudoun.gov](mailto:adaptrec@loudoun.gov), 703-777-0343, TTY-711. Haga su solicitud con tres días hábiles de anticipación; algunas solicitudes pueden requerir más de tres días.

### CLOSINGS/POSTPONEMENTS

In case of inclement weather, public holidays or emergencies, the Department will determine program cancellations or postponements. For more details, visit [loudoun.gov/prcs](http://loudoun.gov/prcs), consult your parent handbook, or call the program location or PRCS Administration at 703-777-0343. For athletic field conditions, visit [loudoun.gov/fieldstatus](http://loudoun.gov/fieldstatus). For up-to-date announcements regarding County Government closings and cancellations, sign up for Alert Loudoun at [loudoun.gov](http://loudoun.gov).

## 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/Adult Day Centers	
.....	703-777-0257
Children’s Programs and Camps .....	703-737-8042
Facilities Planning & Development.....	703-737-8992
Licensed Childcare/Preschool .....	703-737-8006
Sports, Youth & Adult .....	703-777-0343
Sports Postponements/Cancelations.....	703-777-0456
Youth Services.....	703-777-0343
CENTERS	
Ashburn Senior Center.....	571-367-8340
Bluemont Community Center .....	540-554-8643
Carver Center .....	571-258-3400
Claude Moore Recreation & Community Center ...	571-258-3600
Douglass Community Center.....	703-771-5913

Dulles South Recreation & Community Center .....	571-258-3456
Dulles South Senior Center .....	571-258-3883
Eastern Loudoun Adult Day Center.....	571-258-3232
Franklin Park Performing & Visual Arts Center....	540-338-7973
Leesburg Adult Day Center .....	703-771-5334
Loudoun Valley Community Center .....	540-338-4122
Lovettsville Community Center .....	540-822-5284
Lucketts Community Center .....	703-771-5281
Mac Brownell Adult Day Center.....	571-258-3402
Old Waterford School .....	540-882-3018
Philomont Community Center .....	540-338-5882
Senior Center at Cascades.....	571-258-3280
Sterling Community Center .....	703-430-9480
The Senior Center of Leesburg .....	703-737-8039
REGIONAL & STAFFED PARK SITES	
Banshee Reeks Nature Preserve.....	703-737-8894
Claude Moore Park.....	571-258-3700
Franklin Park .....	540-338-7603
Hal & Berni Hanson Regional Park .....	571-367-8360
Philip A. Bolen Memorial Park.....	571-258-3487
Potomack Lakes Sportsplex .....	703-444-1459



FACILITIES & PARKS



# FACILITIES & PARKS

<b>PRCS Administration</b> 742 Miller Drive SE Leesburg, VA 20175 703-777-0343	<b>Chick Ford &amp; Ryan Bickel Fields</b> 43950 Grace Bridge Drive Ashburn, VA 20147 703-777-0343	<b>Eastern Loudoun Adult Day Center</b> 45140 Bles Park Drive Ashburn, VA 20147 571-258-3232
<b>Ashburn Park</b> 43645 Partlow Road Ashburn, VA 20147 703-777-0343	<b>Claude Moore Park</b> 21544 Old Vestals Gap Road Sterling, VA 20164 571-258-3700	<b>Edgar Tillett Memorial Park</b> 21561 Belmont Ridge Road Ashburn, VA 20147 703-777-0343
<b>Banshee Reeks Nature Preserve</b> 21085 The Woods Road Leesburg, VA 20176 703-737-8894	<b>Claude Moore Recreation &amp; Community Center</b> 46105 Loudoun Park Lane Sterling, VA 20164 571-258-3600 Lanesville Heritage Area	<b>E.E. Lake General Store</b> 18351 Railroad Street Bluemont, VA 20135 703-777-0343
<b>Bazil Newman Riverfront Park</b> 44105 Heron Way Leesburg, VA 20176 703-777-0343	<b>Conklin Community Park</b> 25701 Donegal Drive Chantilly, VA 20152 703-777-0343	<b>Evergreen Mills Equestrian &amp; Hiking Trail</b> 21332 The Woods Road Leesburg, VA 20176
<b>Beth Miller Park</b> 20270 Leier Place Ashburn, VA 20147 703-777-0343	<b>Corner Hall Park (Kirkpatrick West)</b> 41381 Gardenia Dr. Aldie, VA 20105	<b>Evermoore Neighborhood Park</b> 22395 Foundation Drive Ashburn, VA 20147
<b>Bles Park</b> 44830 Bles Park Drive Ashburn, VA 20147 703-777-0343	<b>Countryside Park</b> 20756 Countryside Boulevard Sterling, VA 20164 703-777-0343	<b>Franklin Park</b> 17501 Franklin Park Drive Purcellville, VA 20132 540-338-7603
<b>Bluemont Community Center</b> 33846 Snickersville Turnpike Bluemont, VA 20135 540-554-8643	<b>Dawson Corner Neighborhood Park</b> 42349 Madturkey Run Place Chantilly, VA 20152 703-777-0343	<b>Franklin Park Performing &amp; Visual Arts Center</b> 36441 Blueridge View Lane Purcellville, VA 20132 540-338-7973
<b>Brambleton Community Park</b> 22388/22389 Belmont Ridge Road Ashburn, VA 20148 703-777-0343	<b>Douglass Community Center</b> 407 E. Market Street Leesburg, VA 20175 703-771-5913	<b>Goshen Corner Park</b> 41430 Braddock Road Aldie, VA 20105 703-777-0343
<b>Byrne's Ridge Park</b> 24915 Mineral Springs Circle Aldie, VA 20105 703-777-0343	<b>Dulles South Recreation &amp; Community Center</b> 24950 Riding Center Drive South Riding, VA 20152 571-258-3456	<b>Greg Crittenden Memorial Park</b> 21401 Windmill Drive Ashburn, VA 20147 703-777-0343
<b>Carver Center</b> 200 Willie Palmer Way Purcellville, VA 20132 571-258-3400	<b>Dulles South Senior Center</b> 24950 Riding Center Drive South Riding, VA 20152 571-258-3883	<b>Gwen Thompson Briar Patch Park</b> 21660 Sterling Boulevard Sterling, VA 20164 703-777-0343
<b>Chick Ford and Ryan Bickel Fields</b> 43950 Grace Bridge Drive Ashburn, VA 20147 703-777-0343	<b>East Gate Park</b> 43664 Tall Cedars Parkway Chantilly VA, 20152 703-777-0343	<b>Hal &amp; Berni Hanson Regional Park</b> 22831 Hanson Park Drive Aldie, VA 20105 571-367-8360
<b>Mac Brownell Adult Day Center</b> 200 Willie Palmer Way Purcellville, VA 20132 571-258-3402		<b>Hampshire Park</b> 21315 Smith Switch Road Ashburn, VA 20147 703-777-0343

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General Registration Begins February 8

FACILITIES & PARKS



# FACILITIES & PARKS

<b>Keep Loudoun Beautiful Park</b> 43055 Golf Club Road Leesburg, VA 20176 703-777-0343	<b>Moorefield Station Community Park</b> 43240 Clarendon Square, Ashburn, VA 20148	<b>Shale Ridge Neighborhood Park</b> 21335 Shale Ridge Court Ashburn, VA 20147 703-777-0343
<b>Riverpoint Drive Trailhead</b> 43942 Riverpoint Drive Leesburg, VA 20176 703-777-0343	<b>Nations Neighborhood Park</b> 42691 Nations Street Chantilly, VA 20152 703-777-0343	<b>(Arcola) Slave Quarters (no interior access)</b> 24837 Evergreen Mills Road Sterling, VA 20166 703-777-0343
<b>Leesburg Adult Day Center</b> 16501 Meadowview Court Leesburg, VA 20175 703-771-5334	<b>Nell Boone Park</b> 11756 Harper's Ferry Road Purcellville, VA 20132 (Neersville) 703-777-0343	<b>Sterling Community Center</b> 120 Enterprise Street Sterling, VA 20164 703-430-9480
<b>Leesburg Annex Ballfield</b> 102 North Street, N.W., Leesburg, VA 20175 703-777-0343	<b>Philip A. Bolen Memorial Park</b> 42405 Claudia Drive Leesburg, VA 20175 571-258-3487	<b>Sugarland Run Stream Valley Park</b> 20750 Meadowland Lane Sterling, VA 20165 703-777-0343
<b>Loudoun Valley Community Center</b> 320 W. School Street Purcellville, VA 20132 540-338-4122	<b>Philomont Community Center</b> 36592 Philomont Road Philomont, VA 20131 540-338-5882	<b>The Senior Center of Leesburg</b> 102 North Street, N.W. Leesburg, VA 20175 703-737-8039
<b>Lovettsville Community Center</b> 57 E. Broad Way Lovettsville, VA 20180 540-822-5284	<b>Potomac Green Neighborhood Park</b> 20750 Marblehead Drive Ashburn, VA 20147 703-777-0343	<b>Toby Atwell Field</b> 240 Old Waterford Road NW, Leesburg, VA 20175 703-777-0343
<b>Lovettsville Community Park</b> 39550 Lovettsville Park Drive Lovettsville, VA 20180 703-777-0343	<b>Potomack Lakes Sportsplex</b> 20280 Cascades Parkway Sterling, VA 20164 703-777-0343	<b>Trailhead Park at Belmont Ridge</b> 42555 Sungrove Terrace Ashburn, VA 20148 703-777-0343
<b>Lucketts Community Center</b> 42361 Lucketts Road Leesburg, VA 20176 703-771-5281	<b>Ray Muth Sr. Memorial Park</b> 20971 Marblehead Drive Ashburn, VA 20147 703-777-0343	<b>Trailside Park</b> 20375 Claiborne Parkway Ashburn, VA 20147 703-777-0343
<b>Lucketts Community Park</b> 14560 James Monroe HighWay Leesburg, VA 20176 703-777-0343	<b>Round Hill Indoor Aquatic Center</b> 17010 Evening Star Drive Round Hill, VA 20141 571-258-3562	<b>Vestals Gap Overlook Park</b> 45335 Century Blvd. Sterling, VA, 20166 703-777-0343
<b>Lyndora Park</b> 43624 Lucketts Bridge Circle Ashburn, VA 20148 703-777-0343	<b>Scott Jenkins Memorial Park</b> 39480 East Colonial Highway Hamilton, VA 20158 703-777-0343	<b>Woodgrove Park</b> 17020 Evening Star Drive Round Hill, VA 20141 703-777-0343
<b>Meadow Glen Park</b> 41574 Conejo Way Aldie, VA 20105 703-777-0343	<b>Senior Center at Cascades</b> 21060 Whitfield Place Sterling, VA 20165 571-258-3280	
<b>Mickie Gordon Memorial Park</b> 23229 Carter's Farm Lane Middleburg, VA 20118 703-777-0343	<b>Settle-Dean Cabin (no interior access)</b> 25625 Loudoun County Parkway Chantilly, VA 20152 703-777-0343	

Register at [loudoun.gov/PRCSconnect](https://loudoun.gov/PRCSconnect)

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# NOW HIRING!

## Open Positions

- Camp Supervisors
- Camp Leaders
- Camp Leaders for Adaptive Recreation
- Camp Instructors for Parks
- Summer and Seasonal Assistant Manager for Parks and Outdoor Pools
- Facility Attendant
- Seasonal Maintenance Workers
- Recreation Aide for Outdoor Pools
- Lifeguards (Training Provided)
- Swim Instructor (Training Provided)
- Personal Trainers
- Group Fitness Instructors

**Apply Today At**  
**[loudoun.gov/PRCSJobs](https://loudoun.gov/PRCSJobs)**  
**Contact: 703-777-0343**  
**[PRCSRecruiting@loudoun.gov](mailto:PRCSRecruiting@loudoun.gov)**



Join our mission to connect all communities  
through exceptional people, parks and programs.