

Children's Corner

Scan the QR code to go directly to the Parktakes Online Children's Corner page.



Our specialized programs introduce babies and preschoolers to creative concepts and fun activities designed to promote coordination and social skill development. Classes and programs for preschoolers and older children also are listed in Nature, History and Gardening and other Parktakes sections. Some classes may have supply fees so check class descriptions for details. Any supply fees are payable to instructor at first class and are non-refundable.



Kids Play for Preschoolers

(3-5 yrs.) Registration for our popular preschool is ongoing. This licensed program, which runs September – June, includes a theme-based curriculum packed with fun, engaging and educational activities. Children must be potty trained and of the appropriate age by Sept. 30. For more details, please call Franconia or Spring Hill Rec Centers.

Locations:

Franconia Rec Center 703-922-9841
Spring Hill Rec Center 703-827-0989

Preschool on the Farm

(3, 4, 5 yrs.) Learning is done through play at this popular preschool, held in the schoolhouse on the farm. Children will visit the farm animals, take nature walks, make crafts, sing songs and play games. Social, emotional, and verbal skills are developed to prepare students for kindergarten. Children must be potty trained. This program is administered by Katydid, Inc. and licensed by the Virginia Department of Education. Physical exam and immunization record are required. The preschool follows Fairfax County Public Schools holiday and inclement weather schedule. Classes begin after Labor Day. Students are accepted all year on a space-available basis. Visits can be scheduled by phone: 703-689-3104 or e-mail: info@kattydidkids.com. For more information, visit www.kattydidkids.com.
9-11:45 a.m. MW, TR, TRF, MTWTF
12:30-3:15 p.m. TRF, TWR, MTWRF

Tot Instructors Wanted

Teach what you love! Instructors are needed for story time, music, arts and crafts, sports, gymnastics and tumbling. Weekday/weekend classes, flexible schedule. Contact your local Rec Center or email instructors@fairfaxcounty.gov for an application.



Art & Variety Classes

ABCs and 1-2-3s

(2-3 yrs.) Learning can be fun when teaching children their letters and numbers through hands-on crafts. Kids learn how to associate a sound with each letter and number from the craft they make in class. Parent must attend class with the 2- to 3-year-old age group. Additional supply fee payable to instructor.

4TA		10--45 minute lessons--\$109				
4TC		8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$	
CubRunREC	F	10am	378.M4TO	4/5	4TC	
Franconia Rec	M	9:30am	378.36WV	4/8	4TC	
Franconia Rec	F	1:30pm	378.3VWP	4/12	4TC	
Franconia Rec	Sa	9:15am	378.HD3T	4/13	4TC	
OakmontREC	Th	4:30pm	378.OJFJ	4/4	4TA	
Wkfld/Moore	T	10am	378.S7OV	4/2	4TC	
Wkfld/Moore	T	11am	378.KVJX	4/2	4TC	
Wkfld/Moore	Sa	9am	378.2F5B	4/6	4TA	
Wkfld/Moore	Sa	10am	378.MEUJ	4/6	4TA	

Abrakadoodle Mini Doodlers

(3-6 yrs.) Ignite your child's imagination using real artists' materials, including watercolors, tempera paints, oil pastels, and creative tools. Carefully designed lessons help children develop skills while enhancing creativity. A \$30-\$40 materials fee is due at first class (checks payable to Abrakadoodle).

DTVL		10--45 minute lessons--\$187				
DTVW		8--45 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	5pm	498.ZGE6	4/4	DTVW	
CubRunREC	Sa	10:30am	498.9800	4/6	DTVW	
OakmontREC	W	2pm	498.V8D1	4/3	DTVW	
OakmontREC	W	11am	498.Y1VB	4/3	DTVW	
ProvREC	W	5pm	498.KUFG	4/10	DTVW	
SoRunREC	T	11:15am	498.SHUX	4/2	DTVW	
SoRunREC	W	5pm	498.EVR9	4/3	DTVW	
SoRunREC	Sa	12:30pm	498.1PLT	4/6	DTVW	
SpHillREC	Sa	1:30pm	498.VC4W	4/6	DTVL	
SpHillREC	T	2pm	498.U3PK	4/9	DTVW	
Wkfld/Moore	Th	2pm	498.AY8X	4/4	DTVW	

Abrakadoodle Twoosy Doodlers

(20-36 mos.) Little ones experiment with painting, gluing, sticking, printing and creating while developing fine-motor, language and self-help skills. This Abrakadoodle class, for toddlers and their parents, inspires creativity while emphasizing an I-can-do-it spirit! A \$30-\$40 materials fee is due at first class (checks payable to Abrakadoodle).

DTVL		10--45 minute lessons--\$187				
DTVW		8--45 minute lessons--\$153				
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	4pm	F2D.FEQ5	4/4	DTVW	
CubRunREC	Sa	9:30am	F2D.3VW0	4/6	DTVW	
OakmontREC	M	10am	F2D.BD0B	4/1	DTVW	
OakmontREC	M	11am	F2D.AFX8	4/1	DTVW	
OakmontREC	W	10am	F2D.A1F5	4/3	DTVW	
ProvREC	F	10am	F2D.86U5	4/12	DTVW	
SoRunREC	T	10:15am	F2D.6NGQ	4/2	DTVW	
SoRunREC	Sa	11:30am	F2D.G3EE	4/6	DTVW	
SpHillREC	Sa	12:30pm	F2D.SR6U	4/6	DTVL	
SpHillREC	T	10am	F2D.G9YV	4/9	DTVW	
SpHillREC	T	11am	F2D.C9EM	4/9	DTVW	
Wkfld/Moore	Th	10am	F2D.5ACV	4/4	DTVW	
Wkfld/Moore	Th	11am	F2D.VGUR	4/4	DTVW	

Animal Antics

Children enhance fine and gross motor skills in this class featuring a different animal each week. Activities include animal crafts, animal songs, animal stories and acting like an animal.

4TA		10--45 minute lessons--\$109				
4TC		8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$	
(2-5 yrs. child only)						
CubRunREC	M	10am	0F1.NHLD	4/1	4TC	
Franconia Rec	M	11:30am	0F1.0CSA	4/8	4TC	
OakmontREC	Th	3:30pm	0F1.554N	4/4	4TA	
OakmontREC	F	10am	0F1.YQ6E	4/12	4TA	
Wkfld/Moore	Sa	12pm	0F1.QCQJ	4/6	4TA	
(2-5 yrs. with parent)						
CubRunREC	F	9am	KH1.U3GX	4/5	4TC	

Preschool Picassos

(2-5 yrs.) Children delight in exploring their artistic abilities through projects that build self-confidence and encourage self-expression. Class projects and art media progress with age. Additional art supply fee payable to instructor at first class.

4TA		10--45 minute lessons--\$109				
4TC		8--45 minute lessons--\$92				
Location	Day	Time	Code	Begin	\$	
CubRunREC	M	12pm	0A7.1WAH	4/1	4TC	
Franconia Rec	T	9:15am	0A7.B1ZB	4/9	4TC	
Franconia Rec	F	2:30pm	0A7.Q3JH	4/12	4TC	
Franconia Rec	Sa	10:15am	0A7.86LE	4/13	4TC	
OakmontREC	M	10am	0A7.MG67	4/8	4TC	
Wkfld/Moore	Sa	11am	0A7.FYYP	4/6	4TA	

Preschool Prep

Get ready for preschool by working on socialization and fine and gross motor skills. Concepts such as sharing, taking turns, following directions, colors and counting are introduced through a variety of music, instruments, play equipment, dancing, singing and stories. Adult participation is required.

4TC		8--45 minute lessons--\$92			
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
Franconia Rec	M	10:30am	2BC.JMHS	4/8	4TC
Franconia Rec	T	10:15am	2BC.GWPR	4/9	4TC
(4-6 yrs.)					
Franconia Rec	T	11:30am	4V4.X3PF	4/9	4TC

Tiny Tot Activity Time

(24-42 mos.) Enjoy art projects, songs and circle time with your child. Class includes fine and gross motor skills to enhance learning. Classes are in the old schoolhouse in front of the carousel. Spring themes concentrate on farm and nature. Parents and children are welcome to visit the farm after class.

DTVM 8--45 minute lessons--\$129					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	Th	9:30am	55F.ISJ9	3/21	DTVM
Frying Pan Pk	Th	10:30am	55F.K1ZS	3/21	DTVM
Frying Pan Pk	F	9:30am	55F.W83Y	3/22	DTVM
Frying Pan Pk	F	10:30am	55F.899T	3/22	DTVM

Under the Sea

(3-6 yrs.) Explore the deep blue sea through crafts, snacks, stories and more that focus on different aspects of our oceans.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	10am	7C0.TNL2	4/3	4TA

Variety Zone

(3-5 yrs.) In this class, children experience a variety of Parktakes classes in art, music and movement. A perfect way to sample our children's programs. Supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	11am	F75.QCBU	4/3	4TC

Cooking Classes

Cooking around the World

(4-6 yrs.) In this class, offered by Tiny Chefs, students learn to create the cuisines of multiple countries. Cook up the fabulous flavors while learning cooking techniques and ingredients which make them unique. Any supply fee payable to instructor at class. Not recommended for children with food allergies. Supply fee of \$15 payable at first class.

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	10am	B2E.3DH6	4/4	4TC



Just Desserts

(3-5 yrs.) Students learn how to make some of their favorite desserts. From cupcakes, pudding and brownies to pancakes and ice cream, these easy recipes will make for fun cooking and yummy eating. Adult must participate with child. Supply fee payable to instructor at first class.

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Th	11am	TDK.6W8A	4/4	4TC

Dance Classes

Baby Ballerinas

(2-4 yrs.) This class for the youngest ballerinas stretches their minds and feet. Adult must participate with child.

4TA 10--45 minute lessons--\$109					
DTVR 8--45 minute lessons--\$107					
DTVF 8--45 minute lessons--\$133					
DTVP 8--45 minute lessons--\$152					
DTVQ 10--45 minute lessons--\$161					

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	9:30am	B1C.2994	3/16	4TA
Franconia Rec	Th	9:15am	YDT.335G	4/11	DTVQ
Franconia Rec	Sa	9am	YDT.QG76	4/13	DTVF
Franconia Rec	Su	9:15am	YDT.5VN5	4/14	DTVP
Oakton ES	Sa	9:30am	YDT.93KR	3/16	DTVR
Oakton ES	Sa	10:30am	YDT.7K2A	3/16	DTVR
SoRunREC	W	9am	YDT.ECZM	4/3	DTVQ
SphillIREC	Su	9am	YDT.XXNB	4/7	DTVF
Wkfld/Moore	W	5pm	YDT.YRTM	4/3	DTVQ
Wkfld/Moore	Su	12:30pm	YDT.CF7Y	4/7	DTVQ

Ballet & Acro

(4-5 yrs.) Children will learn basic tumbling and acro movement as well as ballet movements, terminology and flexibility.

DTVR 8--45 minute lessons--\$107					
Location	Day	Time	Code	Begin	\$
Franconia Rec	F	10am	I75.UM85	4/12	DTVR
OakmontREC	W	11:15am	I75.04TM	4/3	DTVR
SoRunREC	Th	10:30am	I75.YOCX	4/4	DTVR
Wkfld/Moore	W	10:25am	I75.7PGE	4/3	DTVR
Wkfld/Moore	F	1pm	I75.H3HP	4/5	DTVR

Ballet & Tap

Introduction to basic ballet and tap steps and movements. This is not a parent/child class.

DTVF 8--45 minute lessons--\$133					
DTVP 8--45 minute lessons--\$152					
DTVQ 10--45 minute lessons--\$161					
DTVR 8--45 minute lessons--\$107					

Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
CubRunREC	Su	12:15pm	5F8.KSKX	4/7	DTVF
Franconia Rec	F	10:50am	5F8.WM44	4/12	DTVR
Franconia Rec	Su	10:15am	5F8.LOSI	4/14	DTVP
OakmontREC	W	9:30am	5F8.C1OG	4/3	DTVR
ProvREC	T	9am	5F8.WYQZ	3/19	DTVR
SoRunREC	Th	9:30am	5F8.4H31	4/4	DTVR
(3-5 yrs.)					
CubRunREC	M	1pm	AD3.C901	4/1	DTVR
CubRunREC	M	1:55pm	AD3.EHJF	4/1	DTVR
Franconia Rec	M	10:20am	AD3.IP5L	4/8	DTVR
Franconia Rec	Sa	11am	AD3.A6LX	4/13	DTVR
OakmontREC	M	11:45am	AD3.HDF8	4/1	DTVR
OakmontREC	W	10:20am	AD3.H1XT	4/3	DTVR
OakmontREC	Su	10am	AD3.GLT9	4/14	DTVR
OakmontREC	Su	10:50am	AD3.09JQ	4/14	DTVR
OakmontREC	Su	12:45pm	AD3.G11Y	4/14	DTVR

ProvREC	W	5pm	AD3.9LMG	3/20	DTVR
ProvREC	M	5pm	AD3.2ARM	4/1	DTVQ
ProvREC	F	5pm	AD3.H6V6	4/5	DTVQ
ProvREC	Sa	9am	AD3.GF9C	4/6	DTVR
ProvREC	Sa	9:50am	AD3.QF67	4/6	DTVR
SoRunREC	M	3:15pm	AD3.CRLG	4/1	DTVR
SoRunREC	Su	9am	AD3.5D3G	4/7	DTVR
SphillIREC	W	5pm	AD3.B87J	4/3	DTVQ
SphillIREC	F	10:30am	AD3.R1ME	4/5	DTVQ
SphillIREC	Su	9:50am	AD3.V8JB	4/7	DTVF
Wkfld/Moore	W	9:30am	AD3.1KRN	4/3	DTVR
Wkfld/Moore	F	2pm	AD3.3LIC	4/5	DTVR
Wkfld/Moore	Sa	9am	AD3.IX7D	4/6	DTVR
Wkfld/Moore	Su	1:30pm	AD3.QX9X	4/7	DTVF
(4-5 yrs.)					
CubRunREC	Su	2pm	6C5.9RKD	4/7	DTVF

Combo Ballet & Hip Hop

(3-5 yrs.) Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

DTVA 10--45 minute lessons--\$132					
DTVF 8--45 minute lessons--\$133					
DTVR 8--45 minute lessons--\$107					

Location	Day	Time	Code	Begin	\$
CubRunREC	Su	1:10pm	CMH.TUJX	4/7	DTVF
OakmontREC	Su	10:50am	CMH.JS7Z	4/14	DTVR
ProvREC	Th	5:10pm	CMH.JAUQ	3/21	DTVR
ProvREC	Sa	10:40am	CMH.HD1S	4/6	DTVR
ProvREC	Sa	10:50am	CMH.RW2H	4/6	DTVR
SoRunREC	M	10:30am	CMH.KIAN	4/1	DTVA
SoRunREC	Su	10am	CMH.JV59	4/7	DTVR
Wkfld/Moore	W	9:30am	CMH.YHJZ	4/3	DTVR
Wkfld/Moore	F	5:30pm	CMH.3KMF	4/5	DTVR

Hip Hop for Tots

(3-5 yrs.) Tots are introduced to basic hip hop steps and combinations. Class focuses on creativity, coordination, flexibility and fun. All moves are set to age-appropriate music.

4TA 10--45 minute lessons--\$109					
DTVF 8--45 minute lessons--\$133					
DTVQ 10--45 minute lessons--\$161					
DTVR 8--45 minute lessons--\$107					

Location	Day	Time	Code	Begin	\$
Franconia Rec	Th	10:15am	370.2WWD	4/11	DTVQ
Franconia Rec	Sa	1pm	370.LJ77	4/13	DTVF
Orng Hnt ES	Sa	10am	370.2CQF	4/6	DTVR
ProvREC	F	5pm	370.BT1I	4/5	DTVQ
SoRunREC	W	10am	370.DPYE	4/3	DTVQ
SphillIREC	Th	5pm	370.UCHM	4/4	DTVQ
Wkfld/Moore	F	4:30pm	370.2EX2	4/5	DTVR
SoRunREC	Th	4pm	R55.1HQ3	4/4	4TA

Intro to Ballet

(3-5 yrs.) Students are introduced to the basic movement elements to build a foundation for progression in ballet. Classes ignite students' imagination through creative games and stories while focusing on muscle development, coordination, music and fun.

4TA 10--45 minute lessons--\$100					
DTVR 8--45 minute lessons--\$107					

Location	Day	Time	Code	Begin	\$
Belle Vw ES	Sa	10:30am	1B1.K9U1	3/26	4TA
Franconia Rec	F	4:30pm	PMD.CHAP	4/12	DTVR
OakmontREC	Su	9am	PMD.M2BT	4/14	DTVR
OrngHnt ES	Sa	9am	PMD.4UKD	4/6	DTVR
ProvREC	Su	10am	PMD.ZQ8B	3/17	DTVR
ProvREC	T	9:55am	PMD.KALQ	3/19	DTVR
SoRunREC	M	9:30am	PMD.ZL84	4/1	DTVR
Wkfld/Moore	Th	4:30pm	PMD.EWRB	4/4	DTVR

Children's Corner

Lil Tap and Tu Tu's

Let your child develop an appreciation for the arts in this combination class that progresses from simple tap and ballet moves to more advanced steps. Techniques in placement and flexibility are covered. Tap and ballet shoes, leotard and tights may be needed.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
(2-3 yrs.)					
SoRunREC	Sa	12pm	9ZM.XEC2	4/6	4TA
(4-5 yrs.)					
SoRunREC	T	4:30pm	2A4.BMNI	4/2	4TA
SoRunREC	Sa	11:05am	2A4.MYNQ	4/6	4TA

Little Dancers

(2-3 yrs.) Youngsters dance and move in this class focusing on coordination, rhythm and creative play.

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
SoRunREC	T	3:30pm	43B.FZFU	4/2	4TA	
SoRunREC	Sa	10:15am	43B.Y8XE	4/6	4TA	

Drama & Music Classes

Keys for Kids

(4-6 yrs.) The youngest musicians and their parents are introduced to the piano through guided curriculum exploration. Rental Instrument and music provided by Learn Now Music. Students will take instruments and music home in between classes to practice and explore. A \$20 supply fee for rental instrument and music is payable before class starts online at <https://learnnowmusic.com/updatepayment/>.

DTVL 10--45 minute lessons--\$187						
Location	Day	Time	Code	Begin	\$	
Wkfld/Moore	M	10am	KRH.Q3KC	4/1	DTVL	

Let's Make Music

(2-5 yrs.) Discover the joy of family music. Mixed-age grouping encourages children to interact together in positive playful ways. Come sing, dance, play instruments and meet other families with young children. This is a parent-child interactive course.

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
OakmontREC	T	3:30pm	962.P98X	4/2	4TA	
OakmontREC	F	9am	962.OYV1	4/12	4TA	
Wkfld/Moore	Sa	2pm	962.6220	4/6	4TA	
Wkfld/Moore	Sa	4pm	962.7JJY	4/6	4TA	

Tiny Tot Music & Movement

Your toddler will explore upbeat and mellow movements, major and minor song keys, and a wide variety of genres, time signatures, and rhythms. Children and grown-ups sing, play percussive instruments and dance with props including parachutes, ribbons and scarves as we learn to express ourselves through music. Class may be held outside.

DTVM 8--45 minute lessons--\$129					
Location	Day	Time	Code	Begin	\$
(18-30 mos.)					
Frying Pan Pk	T	9:30am	326.32AL	3/19	DTVM
Frying Pan Pk	W	9:30am	326.9RLX	3/20	DTVM
(24-42 mos.)					
Frying Pan Pk	T	10:30am	71E.G7MX	3/19	DTVM
Frying Pan Pk	W	10:30am	71E.EA09	3/20	DTVM



Martial Arts Classes

Little Ninjas

Kids develop gross motor skills and build self-confidence, attention span and listening skills in a fun learning environment. Martial arts uniforms are required. Extra fee for belt testing.

4TA	10--45 minute lessons--\$109				
DMVE	10--30 minute lessons--\$102				
DMVF	10--45 minute lessons--\$103				
Location	Day	Time	Code	Begin	\$
(3 yrs.)					
LdbyExFrOks	Sa	11am	943.9F4E	3/16	DMVE
(3-5 yrs.)					
BikBltFFX	M	5pm	187.WDWM	3/18	DMVE
BikBltFFX	T	5pm	187.7IDP	3/19	DMVE
BikBltFFX	W	5pm	187.M19L	3/20	DMVE
BikBltFFX	Th	5pm	187.8YSA	3/21	DMVE
(4-6 yrs.)					
CubRunREC	Su	10:15am	TSJ.DNPL	3/17	4TA
OakmontREC	Sa	3pm	TSJ.KAEJ	4/13	4TA
LdbyExFrOks	Sa	11:30am	415.QYOD	3/16	DMVF
LdbyExFrOks	T	6pm	415.WPIM	3/19	DMVF
LdbyExFrOks	W	4:30pm	415.LSS4	3/20	DMVF
LdbyExFrOks	Th	6pm	415.DP3A	3/21	DMVF
LdbyExFrOks	F	4:30pm	415.EFIO	3/22	DMVF
SoRunREC	Sa	11:15am	415.3WP1	4/6	DMVE

Little Ninjas II

(4-6 yrs.) Prerequisite: Little Ninjas I or equivalent. Uniforms are required.

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Sa	4pm	4AF.RXSG	4/13	4TA	

Movement Classes

Blast Off for Babies

(18-24 mos.) Fun is guaranteed when you and your tiny tot blast off in our play environment. Children love the games, songs and fingerplays. A great way to introduce youngsters to interactive play. Adults must attend class. Socks required for everyone.

4TA 10--45 minute lessons--\$109						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	W	10:15am	ABC.Z7KG	4/10	4TA	
Wkfld/Moore	Sa	3pm	ABC.OORM	4/6	4TA	

Creative Movement

(2-3 yrs.) Students are introduced to basic dance elements such as body, time, space, energy and action in a fun, positive environment. Classes ignite students' imagination through creative games and stories, while focusing on muscle development, coordination, music and fun.

DTVF 8--45 minute lessons--\$133						
DTVQ 10--45 minute lessons--\$161						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	C6B.668Y	4/13	DTVF	
SpHillREC	W	4pm	C6B.XEAC	4/3	DTVQ	
SpHillREC	F	9:30am	C6B.WP6T	4/5	DTVQ	

Full Speed Ahead

(2-5 yrs.) In this fun Baroody Camps program the possibilities are endless. Kids will traverse obstacle courses and play unique games tangled up in song. Adults must join in the fun and be present throughout the classes. Socks are required, fun ones recommended.

DTVQ 10--45 minute lessons--\$161						
Location	Day	Time	Code	Begin	\$	
CubRunREC	T	10:30am	01M.1GFW	4/9	DTVQ	
Wkfld/Moore	M	10:30am	01M.04WL	4/1	DTVQ	
Wkfld/Moore	W	10:30am	01M.HSFC	4/3	DTVQ	
Wkfld/Moore	F	10:30am	01M.MDMD	4/5	DTVQ	

Funfit Tots

A high-energy, adult/child activity class that includes songs, stories, parachutes, games, balls, and music. Develop coordination, muscle tone, balance, socialization and language skills. It is recommended that your child be walking. Adult participation is required.

DTVM 8--45 minute lessons--\$129						
Location	Day	Time	Code	Begin	\$	
(11 mos.-4 yrs.)						
SpHillREC	Su	9:10am	61F.KP3J	4/7	DTVM	
SpHillREC	Th	9:10am	61F.HXJT	4/11	DTVM	
(1-2 yrs.)						
SpHillREC	Su	10:05am	D21.QIKH	4/7	DTVM	
SpHillREC	Th	10:05am	D21.VP8L	4/11	DTVM	
(2-3 yrs.)						
SpHillREC	Su	11am	504.IFD9	4/7	DTVM	
SpHillREC	Th	11am	504.Z9Z0	4/11	DTVM	



The Tot Spot

(2-5 yrs.) This fun Baroody Camps program fuses two things children love most, music and movement, in a variety of activities to make use of their imagination. Tots venture into a world of games and sound while participating in fan favorite activities such as parachute games, dancing and obstacle courses. Kids will have a blast developing their basic motor and social skills with peers throughout.

DTVF 8--45 minute lessons--\$133 DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	9:30am	U04.AIGN	4/9	DTVF
Wkfld/Moore	M	9:30am	U04.DDZ0	4/1	DTVQ
Wkfld/Moore	W	9:30am	U04.MJ00	4/3	DTVQ
Wkfld/Moore	F	9:30am	U04.ELRS	4/5	DTVQ

TotZone

(2-5 yrs.) Children love this best-of class combining Let's Make Music and Zoom Around the Room for a healthy dose of movement with songs and games. Activities include circle time, parachute, dancing, musical instrument exploration, obstacle courses and toddler games. Activities develop motor skills, balance, socialization and music appreciation.

4TA 10--45 minute lessons--\$109 4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
CubRunREC	M	11am	D66.HEJ9	4/1	4TC
CubRunREC	W	12pm	D66.GL6U	4/3	4TC
CubRunREC	F	11am	D66.SOOD	4/5	4TC
OakmontREC	F	11am	D66.YJ8E	4/12	4TA
SoRunREC	T	10am	D66.71JQ	4/2	4TA

Zoom Around the Room

(2-5 yrs.) In this fun and safe environment, kids love the obstacle courses and creative games that are intermingled with songs and fingerplays. Adult must attend class. Socks required.

4TA 10--45 minute lessons--\$109					
Location	Day	Time	Code	Begin	\$
Franconia Rec	W	9:15am	A7B.DRSD	4/10	4TA
Franconia Rec	W	11:15am	A7B.1M9E	4/10	4TA

Science & Nature Classes

Dinosaurs Galore

(3-7 yrs.) Follow a naturalist as you and your child dig into dinosaurs and explore this prehistoric world. Children make a fossil to take home and dig for buried dinosaur bones. Reservations required.

R19C 1--1 hour program--\$9					
Location	Day	Time	Code	Begin	\$
CubRunREC	Sa	10am	871.F72L	3/16	R10C
CubRunREC	Sa	10am	871.1F6H	4/13	R19C
CubRunREC	Sa	10am	871.BHFS	5/11	R19C

LEGO® STEAM Park

(3-5 yrs.) Welcome to LEGO® STEAM Park, where children investigate the world of early science, technology, engineering, art and math. Students construct parts of a STEAM theme park full of moving rides and fun games. As students return to the STEAM park, they will grow their understanding of gears, motion, measurement, and solving problems together in a fun and engaging way.

DTVK 8--45 minute lessons--\$144					
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	11am	04B.Y1Q1	4/13	DTVK

Little Labcoats

(3-5 yrs.) Children love making discoveries while conducting hands-on experiments. Projects encourage self-exploration of science. Additional supply fee payable to instructor at first class.

4TA 10--45 minute lessons--\$109 4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	10am	661.AYVT	4/3	4TC
Franconia Rec	Sa	10:30am	661.OULF	4/13	4TC
OakmontREC	T	4:30pm	661.29US	4/2	4TA
OakmontREC	M	11am	661.OWTI	4/8	4TC

Nature Detectives

(3-5 yrs.) During this naturalist-led class, children and parents get the opportunity to explore the natural world through hikes, stories, songs, crafts and other hands-on activities. \$5 cash supply fee payable at first class.

CTVH 4--55 minute lessons--\$55					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	11am	875.4C0T	4/2	CTVH
CubRunREC	W	11am	875.RNEV	5/1	CTVH

The Science Seed

(3-6 yrs.) This series of classes introduces children to science in fun, interactive and age-appropriate ways. Children will learn about geology, chemistry, biology and nature through activities to ensure that children build a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how lessons can be continued at home.

DTV9 8--55 minute lessons--\$177					
Location	Day	Time	Code	Begin	\$
OakmontREC	M	4:30pm	YMM.WXWH	4/1	DTV9
ProvREC	Su	10am	YMM.4F9F	4/7	DTV9
ProvREC	Su	11am	YMM.OMJO	4/7	DTV9
SoRunREC	Su	10am	YMM.QK78	4/7	DTV9
SoRunREC	Su	11am	YMM.WENI	4/7	DTV9
Wkfld/Moore	Sa	10am	YMM.PT79	4/6	DTV9
Wkfld/Moore	Sa	11am	YMM.PJ4N	4/6	DTV9

Sports & Fitness Classes

Beginning Athletes in Team Sports

(4-5 yrs.) This high-energy class introduces kids to a variety of sports including soccer, basketball and flag football, and an assortment of other activities. Kids have fun learning new sports while emphasizing teamwork.

DTVF 8--45 minute lessons--\$133					
Location	Day	Time	Code	Begin	\$
LittleRun ES	Su	9am	FC7.PA3T	3/17	DTVF
Oak View ES	Sa	9am	FC7.FDZC	4/6	DTVF
SoRunREC	W	5pm	FC7.L3ZI	4/3	DTVF
SoRunREC	Su	12pm	FC7.B3YQ	4/7	DTVF
Sully CommCtr	Th	5pm	FC7.XSMF	4/4	DTVF



LOOKING FOR MORE PROGRAMS AT YOUR FAVORITE NATURE SITES?

Check Events, Gardening, History and Outdoor sections.

Basketball I

Children learn basketball skills and techniques including passing, shooting, dribbling and other fundamentals. Adult participation required. Classes held at schools may be indoors.

DTVA 10--45 minute lessons--\$132 DTVD 10--55 minute lessons--\$132 DTVF 8--45 minute lessons--\$133 DTVI 10--45 minute lessons--\$136 DTVQ 10--45 minute lessons--\$161					
Location	Day	Time	Code	Begin	\$

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:30am	176.89LU	4/6	DTVI
Wkfld/Moore	Sa	10am	176.YU9Y	4/6	DTVA

(4-5 yrs. with parent)

LittleRun ES	Su	10am	EFA.Y4A7	4/17	DTVF
Oakton ES	Sa	10:30am	EFA.WJG0	4/6	DTVF
Orng Hnt ES	Sa	9am	EFA.2ZP0	4/6	DTVF
SpHillREC	Su	9am	EFA.VMZ5	4/7	DTVD
SpHillREC	F	5:30pm	EFA.O1GM	4/12	DTVQ
Sully CommCtr	W	5pm	EFA.E6XL	4/3	DTVF
Sully CommCtr	Su	5pm	EFA.O4EI	4/7	DTVF
Wkfld/Moore	M	5:30pm	EFA.B5MY	4/1	DTVQ
Woodbrn ES	Th	5pm	EFA.GHLG	4/4	DTVF

Gym Jam

(3-5 yrs.) A fun introduction to fitness through creative up-beat exercises and sports-related skills with an emphasis on team play and group interaction.

4TC 8--45 minute lessons--\$92					
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	11am	705.D44Y	4/6	4TC

Soccer I

Kids kick into action in this class emphasizing coordination through skill development and teamwork. Athletic shoes required. Bring a ball. ProvRec and classes held in the schools may be held indoors using soft soccer balls.

4SM 8--55 minute lessons--\$119 4TC 8--45 minute lessons--\$92 DTVD 10--55 minute lessons--\$132 DTVF 8--45 minute lessons--\$133					
Location	Day	Time	Code	Begin	\$

Location	Day	Time	Code	Begin	\$
(3 yrs.)					
SoRunREC	Sa	9am	4BE.LWB7	4/6	4TC
SoRunREC	F	9am	SFC.8FK0	4/5	DTVF
SoRunREC	Su	9am	SFC.ORRT	4/7	DTVF
(4-5 yrs.)					
SoRunREC	Sa	10am	5C6.QQJY	4/6	4TC
CubRunREC	Th	3:30pm	39V.YEEW	4/4	DTVF
Flint HL ES	Su	9am	39V.HDVW	4/7	DTVD
Flint HL ES	Su	10am	39V.WVP5	4/7	DTVD
ProvREC	T	5:30pm	39V.SI4S	4/2	DTVF
SoRunREC	M	5pm	39V.D658	4/1	DTVF
SoRunREC	T	5pm	39V.WM0B	4/2	DTVF
SoRunREC	F	10am	39V.4MN9	4/5	DTVF
SoRunREC	Sa	9am	39V.XQ80	4/6	DTVF
SoRunREC	Su	10am	39V.J1QW	4/7	DTVF
SpHillREC	Sa	9am	39V.5P5L	4/6	DTVD
SpHillREC	Sa	10am	39V.8VIM	4/6	DTVD
SpHillREC	Su	9am	39V.HY4T	4/7	DTVD
SpHillREC	Su	10am	39V.D34U	4/7	DTVD
SpHillREC	T	4pm	39V.QUVY	4/9	4SM
Sully CommCtr	F	5pm	39V.FJ3I	4/5	DTVF
Wkfld/Moore	Sa	1pm	39V.LEQ2	4/6	DTVD
Wkfld/Moore	Sa	9am	39V.EM9A	4/6	DTVD
Wkfld/Moore	Su	9am	39V.35GM	4/7	DTVD



Future Soccer Stars

(4-6 yrs.) This class offered by Brazilian United introduces soccer to younger children in a playful environment that engages the imagination while teaching basic soccer techniques. Soccer is used as a tool for motor and cognitive development, ensuring a fun-filled experience!

DFVG 8--55 minute lessons--\$140

Location	Day	Time	Code	Begin	\$
WestSprgfldeS	Sa	10am	VZ0.5J06	3/16	DFVG

Challenger TinyTykes Soccer-Cubs

(2-3 yrs.) In these "Cubs" classes, children use soccer to help develop balance, agility, coordination, color recognition and numerical learning. Children will increase confidence and social skills in a fun and relaxed environment. Focus is on core technical foundations, receiving the ball, passing, and dribbling. These core foundations provide the building blocks for future success. Parent Participation is preferred.

DTVF 8--45 minute lessons--\$133

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	9:15am	EF0.YQF9	4/6	DTVF
Franconia Rec	W	9:30am	EF0.RUWD	4/10	DTVF
Oakton ES	Sa	9:15am	EF0.3SDE	4/6	DTVF
Orng Hnt ES	Su	9am	EF0.R3DR	4/7	DTVF
SoRunREC	T	10am	EF0.KQPQ	4/2	DTVF

Challenger TinyTykes Soccer-Lions

(3-4 yrs.) In these "Lions" classes, soccer is used to help develop balance, agility, coordination, color recognition and numerical learning. Children will increase confidence and social skills in a fun and relaxed environment. Focus is on the core technical foundations, receiving the ball, passing, and dribbling. Technical areas are also integrated such as differing foot surfaces for kicking, team play, shooting and throwing/catching.

DTVJ 8--55 minute lessons--\$149

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	10:05am	38C.8SGC	4/6	DTVJ
Franconia Rec	W	10:30am	38C.UJIG	4/10	DTVJ
Oakton ES	Sa	10am	38C.33Y1	4/6	DTVJ
Orng Hnt ES	Su	10am	38C.WVZA	4/7	DTVJ
SoRunREC	T	11am	38C.5U3F	4/2	DTVJ

Challenger International

Soccer Academy

(4-6 yrs.) Players get to train with our coaches and work on core skills such as shooting, dribbling and passing while working on balance, coordination, agility and teambuilding. With no emphasis on winning, practices develop and improve each player both on and off the field. Practices are taken from our age-specific developmental curriculum designed by international experts.

DTVJ 8--55 minute lessons--\$149

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	11:05am	E08.JFPF	4/6	DTVJ
Oakton ES	Sa	11am	E08.PAJF	4/6	DTVJ
Orng Hnt ES	Su	11am	E08.WSAW	4/7	DTVJ

T-Ball

(4-5 yrs.) Get a head start on the T-ball season. Fun skill development includes base running, hitting off tee, throwing and catching. Group interaction, cooperation and team play emphasized. Bring your own glove.

4SM 8--55 minute lessons--\$119

DTVM 8--45 minute lessons--\$129

Location	Day	Time	Code	Begin	\$
AnnandalePk	Su	8am	HFX.101J	4/7	4SM
Wkfld/Moore	Su	9am	HFX.6FSO	4/7	DTVM

Yoga for Tots

(18 mos.-3 yrs.) Class focuses on flexibility, body awareness and coordination. Designed to enhance the physical and mental well-being of children. Parent must participate with child.

4TC 8--45 minute lessons--\$92

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	9:05am	1E3.HKTD	4/9	4TC
Franconia Rec	T	11am	1E3.75SS	4/9	4TC

Tumbling & Gymnastics

Gymnastics with Parent

(18 mos.-3 yrs.) An adult must participate with the child for this fun-filled class for children interested in gymnastics that incorporates creative movement, listening skills, fun gross motor development and introduces youngsters floor exercises, and balance beam moves. Equipment varies at each site.

4TA 10--45 minute lessons--\$109

4TC 8--45 minute lessons--\$92

DTVP 8--45 minute lessons--\$152

DTVQ 10--45 minute lessons--\$161

Location	Day	Time	Code	Begin	\$
Franconia Rec	T	10am	088.MYRV	4/9	4TC
Wkfld/Moore	Su	3pm	088.R80W	4/7	4TA
Wkfld/Moore	Su	9am	088.YL2Z	4/7	4TA
Franconia Rec	F	9am	IBA.U01S	4/12	DTVP
Franconia Rec	Sa	9:15am	IBA.MK7J	4/13	DTVP
Franconia Rec	Su	10:15am	IBA.JMWJ	4/14	DTVP
OakmontREC	T	11am	IBA.EXI4	4/2	DTVP
ProvREC	Sa	9am	IBA.S8BR	4/6	DTVP
ProvREC	Sa	12pm	IBA.W10U	4/6	DTVP
ProvREC	Su	11am	IBA.4DWY	4/7	DTVP
SoRunREC	F	12pm	IBA.SC51	4/5	DTVP
SoRunREC	Su	1pm	IBA.9GHI	4/7	DTVP
SoRunREC	Su	2pm	IBA.2B9Z	4/7	DTVP
SoRunREC	F	4:30pm	IBA.LCEQ	4/5	DTVP
Wkfld/Moore	T	9:30am	IBA.AXRI	4/2	DTVQ
Wkfld/Moore	Th	9:30am	IBA.499Q	4/4	DTVQ
Wkfld/Moore	Sa	1pm	IBA.X509	4/6	DTVP
Wkfld/Moore	Sa	9am	IBA.6019	4/6	DTVP
Wkfld/Moore	Sa	12pm	IBA.8L10	4/6	DTVP



REGISTER ONLINE
www.fairfaxcounty.gov/parks/parktates

BASKETS AND BUNNIES

SATURDAY, MARCH 30

BURKE LAKE PARK

EGG HUNT TICKETS

Choose available times between 10:45 a.m.- 4 p.m.

Choose an age group: 1-4 yrs. • 5-7 yrs.

Sensory Egg Hunt for 1-7 yrs.

- Hop on down to participate in a timed egg hunt
- Only children participating in the egg hunt need to purchase an egg hunt ticket
- One parent is allowed to accompany each child for an egg hunt age group
- Egg hunt time is specified upon registration

Pre-sale tickets are \$5 per child through Wednesday, March 27. At the door ticket sales are \$5 per child beginning on March 30

AMUSEMENTS TICKETS

10 A.M.-5 P.M.

For ages 3-adult

- Visit Sunny the Bunny
- Play games
- Take a spin the carousel
- Enjoy a round of mini-golf
- Make spring crafts

(Egg hunt tickets need to be purchased separately)

Pre-sale tickets \$10 tickets through March 27. At the door ticket sales are \$15 per person beginning on March 30







Visit www.fairfaxcounty.gov/parks/burke-lake for more information.

For Inclusion and ADA Support, call (703) 324-8727 TTY Va. Relay 711

Gymnastics for Preschoolers

An exciting challenge for children interested in gymnastics that incorporates creative movement, listening skills, fun gross motor development and introduces youngsters floor exercises, and balance beam moves. Equipment varies at each site.

4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92
DTVP	8--45 minute lessons--\$152
DTVQ	10--45 minute lessons--\$161

Location	Day	Time	Code	Begin	\$
(3-4 yrs.)					
CubRunREC	M	4:30pm	2B8.D01L	4/8	4TC
CubRunREC	T	9:30am	2B8.89GS	4/9	4TC
CubRunREC	Th	3:30pm	2B8.Z7J0	4/11	4TC
Franconia Rec	Sa	8:30am	2B8.G18V	4/6	4TA
Franconia Rec	W	5pm	BW0.XLPV	4/10	DTVP
Franconia Rec	F	9:50am	BW0.C9IF	4/12	DTVP
SoRunREC	Su	11am	BW0.R1AF	4/7	DTVP
(3-5 yrs.)					
Wkfld/Moore	Su	4pm	E42.FVQE	4/7	4TA
Wkfld/Moore	Su	10am	E42.QUWC	4/7	4TA
Franconia Rec	Sa	10:15am	UR8.176P	4/13	DTVP
Franconia Rec	Sa	12:20pm	UR8.82YE	4/13	DTVP
Franconia Rec	Su	9:15am	UR8.PBZN	4/14	DTVP
OakmontREC	T	11:50am	UR8.6SRJ	4/2	DTVP
ProvREC	T	5pm	UR8.VRST	4/2	DTVP
ProvREC	Th	5pm	UR8.BIZ4	4/4	DTVP
ProvREC	Sa	10am	UR8.XT38	4/6	DTVP
ProvREC	Sa	11am	UR8.FI7H	4/6	DTVP
ProvREC	Su	11:50am	UR8.UN3Z	4/7	DTVP
SoRunREC	F	5:35pm	UR8.ASGL	4/5	DTVP
SoRunREC	F	12:50pm	UR8.HK6Q	4/5	DTVP
Wkfld/Moore	M	5pm	UR8.FRL4	4/1	DTVP
Wkfld/Moore	T	10:30am	UR8.JZ2R	4/2	DTVP
Wkfld/Moore	Th	5pm	UR8.GZSE	4/4	DTVP
Wkfld/Moore	Th	10:30am	UR8.JSX0	4/4	DTVP
Wkfld/Moore	Sa	1:50pm	UR8.NVOE	4/6	DTVP
Wkfld/Moore	Sa	10am	UR8.JKNH	4/6	DTVP
(4-5 yrs.)					
CubRunREC	M	5:20pm	094.1EVK	4/8	4TC
CubRunREC	T	10:30am	094.LZ9Z	4/9	4TC
CubRunREC	Th	4:20pm	094.KF91	4/11	4TC
Franconia Rec	Sa	9:30am	094.AZP6	4/6	4TA
Franconia Rec	Sa	10:30am	094.S1VF	4/6	4TA
SoRunREC	Sa	1:15pm	094.GY8W	4/6	4TC
Wkfld/Moore	Su	11am	094.G7CK	4/7	4TA
SoRunREC	Su	12pm	M3Q.FHU9	4/7	DTVP
Wkfld/Moore	Sa	11am	M3Q.FNDR	4/6	DTVP

Tumbling

(4-6 yrs.) Children roll right into this stimulating class that introduces them to basic tumbling moves and skills. A great way to reinforce social concepts of taking turns and following directions with skill-oriented activities that enhance balance, strength and coordination.

4TA	10--45 minute lessons--\$109
4TC	8--45 minute lessons--\$92
DTVP	8--45 minute lessons--\$152

Location	Day	Time	Code	Begin	\$
CubRunREC	T	11:30am	D57.UPFB	4/9	4TC
Wkfld/Moore	Su	12pm	D57.LU6S	4/7	4TA
Franconia Rec	T	4:15pm	RD2.EFTU	4/9	DTVP
ProvREC	W	6pm	RD2.F08B	4/10	DTVP

MORE CLASSES ONLINE:
www.fairfaxcounty.gov/parks/parktates

LEAD BY EXAMPLE TAE KWON DO

IMPROVE YOUR CHILD'S PHYSICAL AND MENTAL STRENGTH

Top Rated Martial Arts School for 25 Years!
Family Owned & Operated

TAE KWON DO

Dragons (3 yrs)
Ninjas (4-6)
Warriors (7-12)
Teens/Adults (13+)
Family Classes(7+)
Adapted TKD (5+)



OTHER ACTIVITIES

Before School Drop Off
After School Pick Up
Teacher Workday
Snow Day, Spring Break
Winter/Summer Camps
Birthday Parties

NOW ENROLLING for Before/After School Fall 2024!

GREAT FALLS/RESTON

1025N Seneca Road
 Great Falls, VA 22066
703-956-6077



SOUTH RUN/SPRINGFIELD

7515 Huntsman Blvd
 Springfield, VA 22153
703-440-1100

FAIR OAKS/FAIRFAX/OAKTON

11226E Waples Mill Road
 Fairfax, VA 22033
703-273-1100

www.LeadByExampleTaeKwonDo.com

Play Ball with Pioneer Baseball

FREE T-BALL for kids 4-5 yrs old.
Join the fun today!

Season starts around April 6 and games run through June 8.

Pioneer offers options for T-ball (ages 4-5), Coach Pitch (ages 5-6), Rookies (ages 7-8), Minors (ages 9-10), Majors (ages 11-12), and Seniors (ages 13-15).

Early Bird Registration (\$10 off) ends on February 4.
 Registration closes on March 3.

Fees for
Coach Pitch
& Rookies
\$135

Fees for
Minors, Majors
& Seniors
\$195

FREE
T-ball for
ages 4-5
(value \$135)



Pioneer Baseball League was the recipient of a generous grant from The Board of Congressional Sports for Charity, which allows us to offer free T-ball registration for the spring season.



REGISTER NOW
www.pblva.org

Dance

Scan the QR code to go directly to the Parktakes Online Dance page.



- All dance instructors have different teaching styles.
- Ballet classes require ballet attire (leotard, tights and appropriate shoes).
- For other classes, be sure to wear comfortable clothing. Any clothing requirements will be discussed at the first class.
- Check the listings for information on couples-only classes.
- Instructional aids, publications and tapes may be available for optional purchase in some classes.
- Some classes may have supply fees so check class descriptions for details. Any supply fees are payable at first class and are non-refundable.



Wake Up & Dance

(13-Adult) Start your day off with dance! course covers stretching, movement exercises and different styles of dance.

3PA 8--55 minute lessons--\$100

Location	Day	Time	Code	Begin	\$
Franconia Rec	W	6:30am	ZIH.D7NV	3/20	3PA

Ballet & Stretch

(13-Adult) For students who have danced before or those who wish to learn. This class is a unique combination of ballet fundamentals and stretching.

3PA 8--55 minute lessons--\$100

Location	Day	Time	Code	Begin	\$
Bucknell ES	Th	8pm	61A.BZAU	4/4	3PA

Intro to Ballet

(5-7 yrs.) Introduction to basic ballet positions. Frequent shifts between ballet activities, creative movement and other activities keep children engaged in learning.

CPVF 8--55 minute lessons--\$115
DPVK 10--55 minute lessons--\$173
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	5:30pm	408.AU9U	4/12	CPVF
ProvREC	W	6pm	408.03QW	3/20	CPVF
SpHillREC	W	6pm	408.TZ0K	4/3	DPVK
SpHillREC	Su	10:45am	408.4DD5	4/7	DPVN
Wkfld/Moore	Th	5:30pm	408.J90A	4/4	CPVF

Homeschool Intro to Ballet

(6-10 yrs.) Homeschool students are introduced to basic ballet positions and terminology.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
SoRunREC	M	11:30am	3UG.3004	4/1	CPVF

Ballet I

Basic ballet fundamentals develop self-confidence, posture and body awareness. Students are recommended to purchase shoes, leotard and tights after the first session.

DPDA 8--55 minute lessons--\$91
4PA 10--55 minute lessons--\$127
CPVF 8--55 minute lessons--\$115
DPVK 10--55 minute lessons--\$173
DPVN 8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
(6-12 yrs.)					
Stone MS	Th	5:30pm	5KA.2CV3	4/4	DPDA
(5-7 yrs.)					
Belle Vw ES	Sa	11:30am	5SF.5TEH	3/16	4PA
SoRunREC	W	5pm	5SF.5X6H	4/3	4PA
CubRunREC	Su	2:55pm	2BE.ZXCG	4/7	DPVN
Franconia Rec	Sa	2pm	2BE.1CKZ	4/13	DPVN
OakmontREC	Su	9am	2BE.ZK62	4/14	CPVF
ProvREC	Su	9am	2BE.SIZG	3/17	CPVF
ProvREC	M	6pm	2BE.QY4J	4/1	DPVK
ProvREC	F	6pm	2BE.2Z9Q	4/5	DPVK
SoRunREC	M	4:05pm	2BE.2W48	4/1	CPVF
Wkfld/Moore	W	6pm	2BE.2QUW	4/3	DPVK
Wkfld/Moore	Sa	9:55am	2BE.M455	4/6	CPVF
(8-12 yrs.)					
OakmontREC	Su	11:45am	VWV.8CX1	4/14	CPVF
ProvREC	Su	11:55am	VWV.PBPP	3/17	CPVF
(10-14 yrs.)					
Stone MS	Th	6:30pm	96S.WPCK	4/4	DPDA
Wkfld/Moore	T	8pm	63B.9XA8	4/2	4PA

Ballet & Jazz

(6-12 yrs.) Introduction to basic steps and movements for ballet and jazz.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
SoRunREC	Su	1pm	224.5C7H	4/7	CPVF
Wkfld/Moore	F	7:35pm	224.VSF3	4/5	CPVF

Combo Dance & Tap

Students are introduced to dance forms such as ballet, jazz and tap.

3PA 8--55 minute lessons--\$100
4PA 10--55 minute lessons--\$127
CPVF 8--55 minute lessons--\$115
CPVL 8--55 minute lessons--\$157
DPVK 10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
(5-8 yrs.)					
Franconia Rec	Su	11:15am	3A9.6L03	4/14	CPVL
OakmontREC	Su	12:45pm	3A9.PLJT	4/14	CPVF
ProvREC	T	10:50am	3A9.NCL4	3/19	CPVF
ProvREC	Th	6pm	3A9.N4HB	3/21	CPVF
SoRunREC	Su	11am	3A9.A0SP	4/7	CPVF
(6-12 yrs.)					
Bucknell ES	Th	6pm	3EE.414J	4/4	3PA
SoRunREC	T	5:30pm	3EE.DLR2	4/2	4PA
SoRunREC	W	6pm	3EE.2DRE	4/3	4PA
SoRunREC	Sa	1pm	3EE.0X19	4/6	4PA
(8-12 yrs.)					
ProvREC	M	7pm	764.JP4B	4/1	DPVK
SpHillREC	W	7pm	764.PF51	4/3	DPVK
Wkfld/Moore	W	7pm	764.JY4I	4/3	DPVK

Combo Ballet & Hip Hop

(5-8 yrs.) Students learn the basic fundamentals of ballet and hip-hop as well as coordination, flexibility, and dance terminology.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	9:50am	NFK.U323	4/14	CPVF
OakmontREC	Su	11:45am	NFK.4BNI	4/14	CPVF
ProvREC	Sa	11:45am	NFK.JUNU	4/6	CPVF
Wkfld/Moore	F	3pm	NFK.TU4Y	4/5	CPVF
Wkfld/Moore	F	6:30pm	NFK.MW30	4/5	CPVF



Fan us on Instagram
www.instagram.com/fairfaxparks/

Hip Hop I

Get into the beat with the latest street dances. These routines are great for exercise, coordination, balance and flexibility.

3PA	8--55 minute lessons--\$100
4PA	10--55 minute lessons--\$127
CPVF	8--55 minute lessons--\$115
DPVK	10--55 minute lessons--\$173
DPVN	8--55 minute lessons--\$138

Location	Day	Time	Code	Begin	\$
(5-7 yrs.)					
SoRunREC	Th	5pm	GH0.CAWG	4/4	4PA
Franconia Rec	Sa	12pm	209.HTW1	4/13	DPVN
OakmontREC	Su	1:35pm	209.5N0K	4/14	CPVF
ProvREC	Su	10:50am	209.LVNS	3/17	CPVF
ProvREC	W	7pm	209.DVKN	3/20	CPVF
ProvREC	F	6pm	209.G01D	4/5	DPVK
SoRunREC	M	5:05pm	209.VV35	4/1	CPVF
SoRunREC	Su	12pm	209.XOIX	4/7	CPVF
SpHillREC	Th	6pm	209.BJSY	4/4	DPVK
Wkfld/Moore	Sa	11am	209.060G	4/6	CPVF
(8-13 yrs.)					
OakmontREC	Su	2:35pm	085.KJJO	4/14	CPVF
Orng Hnt ES	Sa	12pm	085.2V45	4/6	CPVF
ProvREC	F	7pm	085.TV75	4/5	DPVK
SoRunREC	M	6:05pm	085.MLU3	4/1	CPVF
SpHillREC	Th	7pm	085.0ZFN	4/4	DPVK
Wkfld/Moore	Sa	12pm	085.GCJR	4/6	CPVF
(8-17 yrs.)					
Bucknell ES	Th	7pm	B4A.F2HZ	4/4	3PA

Jazz I

(5-7 yrs.) Introduction to basic moves, turns, combinations to music and visual expression of music.

CPVF	8--55 minute lessons--\$115
------	-----------------------------

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	6:30pm	AB9.3ZTL	4/12	CPVF
Orng Hnt ES	Sa	11am	AB9.JAG8	4/6	CPVF
Wkfld/Moore	Th	6:30pm	AB9.AX3B	4/4	CPVF

Tap II

(13-Adult) For students with some experience. A more complex class than Tap I.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	7pm	D94.02U6	4/7	4PA

Tap Techniques

(13-Adult) Learn to be light on your feet through basic steps, tap combinations and routines. This adult tap dance class provides exercise, rhythm and fun.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Franconia Rec	Su	6pm	C3B.PDPN	4/7	4PA



www.fairfaxcounty.gov/parks/volunteer

Ballroom Dancing I

(13-Adult) This class introduces you to traditional American ballroom dance basics. Learn proper dance position and how to lead and follow. Dances include foxtrot, waltz, rumba and cha-cha. Each student must register.

3PA	8--55 minute lessons--\$100
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	6:30pm	162.TTAD	4/2	4PA

(Singles & Couples)

Wkfld/Moore	T	6:30pm	162.TTAD	4/2	4PA
(Couples only)					
Franconia Rec	Th	8:10pm	A6D.7KX6	4/4	4PA
Frying Pan Pk	T	7pm	A6D.XDS7	3/19	3PA
SpHillREC	Su	3pm	A6D.561N	4/7	4PA

Ballroom Dancing II

(13-Adult) Prerequisite: Ballroom I or equivalent. Each student must register.

3PA	8--55 minute lessons--\$100
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	T	7:30pm	956.7EJO	4/2	4PA

(Singles & Couples)

Wkfld/Moore	T	7:30pm	956.7EJO	4/2	4PA
(Couples only)					
Franconia Rec	Th	8:10pm	25B.CDOJ	4/4	4PA
Frying Pan Pk	T	7pm	25B.WGD6	3/19	3PA

Ballroom Dancing III Couples only

(13-Adult) Prerequisite: Ballroom II or equivalent. Each student must register.

3PA	8--55 minute lessons--\$100
4PA	10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	8:10pm	F68.J1LZ	4/1	4PA
Frying Pan Pk	T	8pm	F68.7YQF	3/19	3PA

Ballroom Dancing IV Couples only

(13-Adult) Prerequisite: Ballroom III or equivalent. Each student must register.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Franconia Rec	M	8:10pm	DAD.N9MZ	4/1	4PA

Line Dancing I

(13-Adult) This fun and exciting class combines low to high energy dance routines from different decades. No experience or partner necessary.

4PA	10--55 minute lessons--\$127
DPVK	10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	6:30pm	7D2.MRUB	4/1	4PA
SpHillREC	T	11am	W7D.4NSQ	4/9	DPVK

Line Dancing II

(13-Adult) Prerequisite: Level I. Take your line dance skills up a notch with fun dances from many decades that include more complex choreography. Building on the skills learned in Level I, this class will improve agility, reaction time and balance. No partner is necessary.

4PA	10--55 minute lessons--\$127
DPVK	10--55 minute lessons--\$173

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7:30pm	6L5.YUTP	4/1	4PA
SpHillREC	F	6pm	9Z4.U9WT	4/12	DPVK

Swing Dance I

(13-Adult) Learn basic swing and jitterbug steps. Each student must register.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	4pm	35B.GY7M	4/14	4PA
Wkfld/Moore	Sa	4pm	35B.TKGS	4/6	4PA

Swing Dance II

(13-Adult) Prerequisite: Swing Dance I or equivalent. Each student must register.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Sa	5pm	64A.QTAZ	4/6	4PA

West Coast Swing

(13-Adult) Danced to slower blues music, this slotted dance allows for more freedom and playfulness while dancing with your partner, especially for the women who do expressive swivel walks and hip swings. Singles are welcome, partners are recommended.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	7:30pm	FEF.UOIU	4/5	4PA

West Coast Swing II

(13-Adult) Prerequisite: West Coast Swing I. Singles are welcome, partners are recommended. Each student must register.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	3pm	MD6.OADC	4/14	4PA

Hustle

(13-Adult) The Hustle is the partner version of disco dancing. This fusion of swing and disco is danced to the club hits from the 1970s through today.

4PA	10--55 minute lessons--\$127
-----	------------------------------

Location	Day	Time	Code	Begin	\$
Wkfld/Moore	F	6:30pm	B15.XFNV	4/5	4PA

Social Dance-Basic Survival I

(13-Adult) Designed with the non-dancer in mind. Learn waltz, rumba, foxtrot, tango, swing, cha-cha and merengue basics. Partners encouraged, singles welcome. Each student must register.

3PA	8--55 minute lessons--\$100
DPBC	8--1 hour 25 minute lessons--\$136

Location	Day	Time	Code	Begin	\$
Card Fst ES	Th	8:30pm	6D1.REL7	3/21	DPBC
ProvREC	T	6:30pm	6D1.KY1I	3/19	3PA
Woodson HS	T	7pm	6D1.XS38	3/19	DPBC

Social Dance-Basic Survival II

(13-Adult) Prerequisite: Social Dance Basic Survival I, Ballroom I or equivalent. Continue expanding skills learned in level I. Partners encouraged, singles welcome. Each student must register.

DPBC	8--1 hour 25 minute lessons--\$136
------	------------------------------------

Location	Day	Time	Code	Begin	\$
Woodson HS	T	8:30pm	7A3.W0C9	3/19	DPBC

Dance

Beyond Basic Survival-Couples

(13-Adult) For those who have completed Social Dance/Basic Survival II, Ballroom Dance II or equivalent. This class introduces additional advanced-level patterns in all previously learned dance styles as well as new dance styles.

DPBC 8--1 hour 25 minute lessons--\$136

Location	Day	Time	Code	Begin	\$
Card Est ES	Th	7pm	50D.J9T1	3/21	DPBC

Country & Western Dancing I

(13-Adult) Learn the latest in basic country dancing in this fun, relaxed setting. Singles and couples welcome.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	3pm	706.J4NJ	4/6	4PA



Country & Western Line Dancing Beginning I

(13-Adult) A variety of country and western line dances. Singles and couples welcome.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	4pm	607.0VPW	4/6	4PA
Frying Pan Pk	W	6pm	607.65TY	4/3	4PA
OakmontREC	Su	3pm	607.ZP3G	4/14	4PA

Country & Western Line Dancing Beginning II

(13-Adult) Prerequisite: Country & Western Line Dancing Beginning I or equivalent.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
Franconia Rec	Sa	5pm	C8C.911T	4/6	4PA
Frying Pan Pk	W	7pm	C8C.BTAE	4/3	4PA
OakmontREC	Su	4pm	C8C.8K2G	4/14	4PA

Country & Western Line Dancing Intermediate I

(13-Adult) Prerequisite: Country & Western Line Dancing Beginning II or equivalent.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	742.LJ5U	4/14	4PA

Country & Western Line Dancing Intermediate II

(13-Adult) Prerequisite: Country & Western Line Dancing Intermediate I or equivalent.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	6pm	81E.SIUX	4/14	4PA

Belly Dance I

(13-Adult) Join the fun and get in shape while learning the magic and mystery of the oldest dance form.

CPVF 8--55 minute lessons--\$115

Location	Day	Time	Code	Begin	\$
Franconia Rec	F	9am	Y21.QWRC	4/12	CPVF
ProvREC	F	12:20pm	Y21.F138	4/5	CPVF
SoRunREC	Th	12:35pm	Y21.LY32	4/4	CPVF
Wkfld/Moore	W	12:15pm	Y21.Z3DH	4/3	CPVF

Bachata

(13-Adult) Learn this popular, Dominican Republic dance that combines movements and turn patterns with some of the most exciting Argentine tango, cha-cha and salsa elements.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	2pm	872.KOP0	4/14	4PA
ProvREC	T	7:30pm	872.3X0R	3/19	4PA
Wkfld/Moore	Th	6:30pm	872.OTRR	4/4	4PA

Latin Dancing I

(13-Adult) Learn the basic figures and turns from the three most popular dances at salsa clubs - salsa, merengue and bachata. Learn how to distinguish each dance's music and how to add your own style. For singles or couples, each student must register.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	7BF.E8U4	4/7	4PA

Salsa I Singles & Couples

(13-Adult) Learn salsa basics and dance to current Latin hits. Each student must register.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
OakmontREC	Su	5pm	375.LZTC	4/14	4PA
Wkfld/Moore	Th	7:30pm	375.22IM	4/4	4PA

Indian Classical Dance I

(6-10 yrs.) Students learn the fundamentals of Indian Classical Dance, including Bharatanatyam, which promotes strength, endurance, self-confidence and concentration.

3PA 8--55 minute lessons--\$100

Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	5:30pm	XDA.X6VU	3/18	3PA

Hula Dance-Beginning

(13-Adult) Learn basic hula foot and hand motions and incorporate them into dances. Students should wear loose-fitting skirts.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	2pm	DA9.MYYY	4/7	4PA

Hula Dance-Intermediate

(13-Adult) Prerequisite: Hula I or equivalent. Students should wear loose-fitting skirts.

4PA 10--55 minute lessons--\$127

Location	Day	Time	Code	Begin	\$
SpHillREC	Su	3pm	FAF.97C7	4/7	4PA



Weddings

at Twin Lakes and Laurel Hills Golf

- Friendly, dedicated event planners
- Beautifully decorated clubhouses
- Minutes from airports, lodging and our nation's capital
- Also available for rehearsal dinners, parties and showers



For more information, visit www.fairfaxcounty.gov/parks/golf/parties

Day Trips & Tours

Scan the QR code to go directly to the Parktakes Online Day Trips & Tours page.



Readvertised trip (not eligible for early discount)

Getaway-Frederick Douglass Home & Portrait Gallery Tuesday, February 20

Fee: \$89 Code: 50Z.6EZ1

(Adults) Celebrate Black History Month with a focus on renowned statesman and social reformer, Frederick Douglass. Take a guided tour the Douglass home in Anacostia (a National Park site), see items from his public and private life of the late 1800s, and understand the significance of the work of this great man. Next, journey to the National Portrait Gallery to see the Frederick Douglass portraits exhibit. Lunch is on your own in the Portrait Gallery courtyard (purchase from the café or bring your own). There will be some additional time to see more exhibits at the Portrait Gallery. Note: There are very steep steps to reach the Douglass Home, which is situated on a hilltop. The second floor of the home is only accessible by stairs. Please call Green Spring Gardens at 703-642-5173 for accommodations requests and inquiries. Bus departs Green Spring Gardens at 9:30 a.m. and returns at 3:30 p.m.



Fan us on Instagram
www.instagram.com/fairfaxparks/

Day Trips & Tours Information & Policies

For departure and return schedules, weather related information and/or schedule changes, call the Tours Hotline at 703-324-8687 (324-TOUR) for recorded information. Email tours@fairfaxcounty.gov and automatically receive a list of upcoming tours or call the Program Coordinator at 703-324-5611 and leave your name and address.

Transportation: Transportation is either by chartered motor coach equipped with reclining seats and restroom or by a small bus or van. Arrive at your departure location 15 minutes before the scheduled departure time a location and do not wait for the bus inside businesses or nearby establishments. Call 703-222-4664 for additional details and tour reservations.

Bus Seating: Registered participants may select seats on a first-come first-served basis. Usually, two seats adjacent to the driver are reserved for the trip escort and a tour guide (if needed). Generally, a few bus seats are left available for interpreters when needed, in the rare case of a defective seat or for persons who may experience motion sickness. The trip escort will try to accommodate requests for special seating when possible. Bus seating will be socially distanced, and masks will be required while riding on the bus.

Age Parameters: All minors must be accompanied by an adult. Only children age 5 and older may travel by motor coach.

Alcohol: No kegs, opened cans or glass containers are allowed on the bus. No large coolers are allowed

Philadelphia Flower Show

Monday, March 4

Fee: \$179

Code: A19.A2EI

Wednesday, March 6

Fee: \$179

Code: A19.01RF

(Adults) Includes motor coach and admission. The Philadelphia Flower Show is the nation's largest and longest-running horticultural event, featuring stunning displays by some of the world's premier floral and landscape designers. Immerse yourself in the spectacular and decadent floral displays and the exciting, energetic and passionate side of flowers, gardens and horticulture. Bring a lunch or enjoy the atmosphere and food at the Reading Terminal Market located across the street. March 4 trip departs Green Spring at 8 a.m. and returns at 8 p.m. March 6 trip departs Green Spring at 10 a.m. and returns at 10 p.m. Trip cancellation deadline is February 16, 2024.

New Trips (eligible for early discount)

Getaway – Charlottesville Private Gardens

Wednesday, April 24

Fee: \$259

Code: 4T7.PML3

(16-Adult) Getaway to Charlottesville to view private gardens in their spring glory. Our first stop is writer Cole Burrell's woodland garden. Next, we stop Gina's Garden where we will enjoy a boxed lunch. Our final destination is the beautiful Waterperry Farm gardens featuring a 60-acre private pleasure garden of mixed perennials and woody plants. Talk with the garden owners and find some inspiration for your own garden spaces. Trip departs Green Spring Gardens at 7:15 a.m. and returns at 7:15 p.m. Includes motor coach, lunch and admission. Trip cancellation deadline: April 10.



Getaway – Wildflower Walk

Tuesday, April 30

Fee: \$124

Code: XI5.PCFA

(16-Adult) Stop and smell the wildflowers. You'll be awed by acres of these natural beauties at Thompson Wildlife Management Area near Markham, Virginia. A naturalist will guide you through this relatively easy hike along the area fire road. After the hike, we'll stop at Fox Meadow Winery to enjoy the views while eating our picnic lunches. Optional wine tasting is \$15 paid to the winery. Bus departs at 8:30 a.m. and returns at 3:30 p.m. Trip includes motorcoach and guided tour. Bring a bag lunch and wear appropriate attire for hiking outdoors. Cancellation deadline, April 16, 2024.

Getaway – Longwood Gardens

Thursday, May 23

Fee: \$179

Code: DBF.5RES

(16-Adult) Spring has sprung at Longwood Gardens. Get away to this formal DuPont landscape in Kennett Square, Pennsylvania. Immerse yourself in the splendor as the gardens continue indoors of the grand conservatory. Dining is available at the café of the Terrace Restaurant near the conservatory or at the fine dining restaurant, 1906. If you choose the 1906. Longwood strongly suggests you make reservations via OpenTable. Bus departs at 7 a.m. and returns at 7 p.m. Price includes motor coach and entrance fee. Cancellation deadline is May 9, 2024.

unless the cooler can be positioned on the back seat so that it does not take away a seat from any passenger. Damage or spillage from a cooler can stain coach seat upholstery and compromise bus cleanliness and appearance.

Registration: Tour reservations may be made by phone at 703-222-4664, through Parktakes online at www.fairfaxcounty.gov/parks/parktakes, or completing the form in the back of Parktakes to register by mail or fax. Payment can be made by check, or by MasterCard, Visa or Discover. Registrations are accepted on, a first-come, first-served basis until the trip is filled.

Discounts: Early registration discounts apply only to tours first advertised in this issue of Parktakes. Senior discount fees do not apply to tours. The class scholarship policies also do not apply to tours.

People with Disabilities: Participants requiring ADA accommodations must call 703-324-8563 at least 10 business days in advance of the scheduled activity. TTY Va. Relay 711.

Cancellations: The FCPA reserve the right to cancel a trip due to low enrollment and/or other circumstances. If a trip is canceled, all registrants will be notified, and all fees will be refunded to your Parktakes account. Trips are not canceled due to inclement weather unless you are notified by phone. Call 703-324-TOUR (8687) for emergency weather instructions.

Refund Policy: Refunds, credits or transfers for day trips are allowed up to 14 days prior to the trip

date. Cancellation/refund requests received 13 or fewer days prior to the trip date will not be granted because of bus company and vendor deadlines. For trips requiring deposits, the deposit is nonrefundable. You can, however, substitute another person in your place.

The FCPA retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.

Schedule times are approximate. Reasonable substitutions for some items included in the printed trip description may be necessary in certain cases. Refunds are not given for delays or changes in the itinerary due to weather, traffic, security delays, crowds, mechanical breakdown, or other factors beyond the Park Authority's control. FCPA is not liable for cost of tickets, meals or expenses due to schedule changes.

Confirmation and Itinerary: The week before a trip, you will receive an itinerary in the mail.

Departure/Return Location

Green Spring Gardens	4603 Green Spring Rd., Alexandria
-----------------------------	--------------------------------------

Equestrian and Farm

FCPA Equestrian Facilities

Frying Pan Farm Park



2709 West Ox Road
Herndon, Va. 20171

www.fairfaxcounty.gov/parks/frying-pan-park
703-437-9101

- Indoor and outdoor riding arenas
- Jump equipment
- Dressage ring
- Cross-country course
- Integrated Sound System in the Indoor Arena and Lower Arena
- Horse shows
- State-of-the-art barns with stalls for 150 horses
- Equestrian Center facilities and equipment are available for rentals

Open 8 a.m.-9 p.m. daily. Due to the heavy use of indoor riding arena, please call for availability and cost. Frying Pan Farm Park does not have horses for rent. For show schedules, entry forms and rental details: www.fairfaxcounty.gov/parks/fryingpanpark.

Laurel Hill Equestrian Center



9500 Furnace Road
Lorton, Va. 22079

- Large, multi-purpose outdoor arena with all-weather footing
- Stadium jumps and dressage markers
- Trails for horse and bicycle riding
- Available dawn to dusk
- Private lessons, horse schooling and riding practice allowed
- Reservations are not required
- Use of the equestrian center is free of charge
- There are currently no horses for rent on the property

Scan the QR code to go directly to the Parktakes Online Equestrian & Farm page.



Turner Farm Park



925 Springvale Road
Great Falls, Va. 22066

703-388-2807

- Former dairy farm
- Almost 40 acres of open fields enclosed by perimeter fencing
- Open for general riding
- Novice-level, cross-country course
- Water, ditch and bank complexes
- Round pen
- Large multi-purpose outdoor arena
- All-weather footing
- Reservations are not required
- Use of the equestrian center is free of charge
- Available dawn to dusk
- May be reserved for shows or events
- There are currently no horses for rent on the property

Equestrian Programs and Classes

Please note that if you are unable to attend class, you must notify the stable at least one day in advance.

Please check with the stable; a make-up fee may be charged. For safety reasons, students must wear riding helmets and hard-soled shoes with a heel, not athletic shoes.

Student weight must not exceed 200 lbs.

Frying Pan Farm Park

All classes at Frying Pan Farm Park are taught by Spirit Open Equestrian Program, Inc. (www.spirit-equestrian.org) and offer a safe and fun equestrian program for people of all ages and abilities. Classes are held outdoors and indoors depending on facility availability. All riders should arrive 15 minutes prior to class, wear long pants, shoes or boots with heels and dress for the weather. Helmets are mandatory, you may bring your own or one will be provided. All participants must fill out paperwork prior to the first class. Download forms at www.fairfaxcounty.gov/parks/frying-pan-park/equestrian. Classes will be conducted with current, appropriate health and safety precautions.



Horse Expo

(All Ages) This event is for experienced riders as well as people who are new to the world of horses. There will be food trucks, speakers, demonstrations, and businesses that sell horse-related products and services.

DHA1 Each Free Event

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	3NJ.GR05	4/13	DHAF

Therapeutic Horseback Riding

(4-Adult) Class is open to new and returning students and is for riders with developmental, emotional, neurological and physical disabilities. Therapeutic riding contributes positively each rider's well-being, teaching safe and effective horsemanship in a group setting. Each lesson is tailored to the rider's abilities and focuses on development of balance, gross and fine motor skills, confidence and communication. Student weight must not exceed 200 lbs. A medical form is required by SPIRIT for participation.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	1F7.TATJ	3/18	DHAF
Frying Pan Pk	T	6pm	1F7.ZLZH	3/19	DHAF
Frying Pan Pk	W	6pm	1F7.6PK4	3/20	DHAF
Frying Pan Pk	Th	6pm	1F7.XLCA	3/21	DHAF

Therapeutic Horseback Riding II

(4-Adult) Prerequisite: Students must have taken Therapeutic Horseback Riding I for three consecutive sessions. Advancement is based on the rider's abilities, needs and personal progress. Each lesson is

tailored to the rider's abilities. Student weight must not exceed 200 lbs. A medical form is required by Spirit for participation.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	7pm	JJJ.YAKW	3/18	DHAF
Frying Pan Pk	T	7pm	JJJ.ZZVD	3/19	DHAF
Frying Pan Pk	W	7pm	JJJ.2BH7	3/20	DHAF
Frying Pan Pk	Th	7pm	JJJ.EAGZ	3/21	DHAF

Horseback Riding-Beginner

(8-14 yrs.) For the student who has never taken lessons and wants to learn the basics. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	M	6pm	15F.FULZ	3/18	DHAF
Frying Pan Pk	M	7pm	15F.PSFT	3/18	DHAF
Frying Pan Pk	T	6pm	15F.ZWLE	3/19	DHAF
Frying Pan Pk	T	7pm	15F.ADCE	3/19	DHAF
Frying Pan Pk	Th	6pm	15F.PGD8	3/21	DHAF
Frying Pan Pk	Th	7pm	15F.E9PE	3/21	DHAF

Horseback Riding Advanced Beginner

(8-14 yrs.) Prerequisite: Students must have taken Horseback Riding Beginning for three consecutive sessions. Riders will build on skills learned in level I. Student weight must not exceed 200 lbs.

DHAF 8--45 minute lessons--\$799

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	6pm	GR4.4VGA	3/20	DHAF
Frying Pan Pk	W	7pm	GR4.AJLA	3/20	DHAF

Child and Parent Programs

Little Hands on the Farm

Join us to learn about a different element of farm life each week. Children will get to spend time with a different farm animal each session. Other activities can include, story time, creating crafts, and introductory level farm chores. One adult must attend with each child (limit one parent to attend with each child).

1--45 minute program

Location	Day	Time	Code	Date	\$
(2-3 yrs.)					
Frying Pan Pk	T	9:45am	58A.EEON	3/26	\$10/child
Frying Pan Pk	F	9:45am	58A.XEUK	3/29	\$10/child
Frying Pan Pk	T	9:45am	58A.Z110	4/9	\$10/child
Frying Pan Pk	F	9:45am	58A.3S04	4/12	\$10/child
Frying Pan Pk	T	9:45am	58A.PZ8M	4/23	\$10/child
Frying Pan Pk	F	9:45am	58A.90G5	4/26	\$10/child
(3-5 yrs.)					
Frying Pan Pk	T	11am	100.U9M2	3/26	\$10/child
Frying Pan Pk	F	11am	100.KBAQ	3/29	\$10/child
Frying Pan Pk	T	11am	100.YWY0	4/9	\$10/child
Frying Pan Pk	F	11am	100.8U8R	4/12	\$10/child
Frying Pan Pk	T	11am	100.NM3W	4/23	\$10/child
Frying Pan Pk	F	11am	100.JW47	4/26	\$10/child



HORSE EXPO

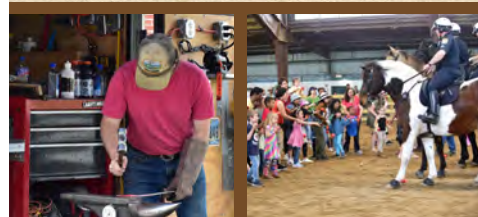
AT FRYING PAN FARM PARK

Saturday, April 13, 2024

10 a.m. - 3 p.m.

- Immerse yourself in the equestrian world
- Experienced riders and new horse enthusiasts welcome
- Indulge in delectable treats from food trucks
- Gain insights from expert speakers
- Witness captivating demonstrations
- Explore a variety of businesses offering horse-related products and services

To register visit www.fairfaxcounty.gov/parks/frying-pan-park/equestrian



Kidwell Farm at Frying Pan Farm Park

2709 West Ox Road • Herndon, Va. 20171
703-437-9101
www.fairfaxcounty.gov/parks/fryingpanpark

Down on the Farm

Meet draft horses, chickens, peacocks, rabbits, sheep, goats, cows and pigs at Kidwell farm, Frying Pan Farm Park's 1930s era working farm. Pet the friendly farm animals, take a wagon ride or watch the farm hands at work. At the Kidwell Farm House, you can take a tour to see how farm families lived in the 1930s. Kidwell Farm is open daily from 9 a.m. to 5 p.m. More information about the park's historic schoolhouse, blacksmith shop and meeting house is available on the web. Groups are welcome, and school programs are available by appointment. Call for tour information.

The Country Store

703-435-3710
Located in the former Vocational Agriculture Shop (c.1920), the Frying Pan Country Store is a one-stop shop with something for everyone - books of all kinds, toys, snacks and drinks, decorative items for the home and unique gifts.

Hours:

Monday-Thursday 10 a.m.-2 p.m.
Friday-Sunday 10 a.m.-4:30 p.m.

Little Hands on the Farm (Spanish Language)

(2-5 yrs.) Join us to learn about a different element of farm life each week. Children will get to spend time with a different farm animal each session. Other activities can include, story time, creating crafts, and introductory level farm chores. One adult must attend with each child. One parent to attend per child.

1--45 minute program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	T	10:30am	EQK.HOG2	4/2	\$10/child

Children's Programs

Animal Tea Party

(4-7 yrs.) Join us for a cozy tea party on the farm! Bring your favorite stuffed animal, help us decorate for the party and read a story. We will enjoy drinks and cookies in a special environmentally friendly tea set and meet one of our animals.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	W	10am	M3W.8BHO	3/27	\$10/child
Frying Pan Pk	W	2pm	M3W.FXF9	3/27	\$10/child
Frying Pan Pk	W	10am	M3W.HGDS	4/24	\$10/child
Frying Pan Pk	W	2pm	M3W.4QE2	4/24	\$10/child

Farm Skills - Animal Caretaker

(7-14 yrs.) Our farmers will take you on a behind the scenes farm tour to see all the hard work that goes into raising our farm animals. Participants tour our feed room, visit our animal areas, meet farm animals, and learn the different management practices that we use to keep the animals happy and healthy. One adult must attend with a registered child in this program.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Th	3pm	E4D.04HR	3/28	\$10/child



www.fairfaxcounty.gov/parks/volunteer

Family/All Ages

Putting the Animals to Bed

(3-Adult) When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	7pm	KOP.YX09	3/15	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.47XA	3/16	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.8M4G	3/17	\$10/ea.
Frying Pan Pk	F	7pm	KOP.0F5C	3/22	\$10/ea.
Frying Pan Pk	Sa	7pm	KOP.6BKX	3/23	\$10/ea.
Frying Pan Pk	Su	7pm	KOP.17VX	3/24	\$10/ea.

Campfire Wagon Ride

(2-Adult) Enjoy an intimate after hours experience at the farm as day turns to night. Register for a wagon ride time and enjoy the bonfire after your ride. Staff will provide marshmallows for roasting but feel free to bring along any other treat for yourselves.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	5pm	DEB.RZC3	5/17	\$10/ea.
Frying Pan Pk	F	5:30pm	DEB.Z3B0	5/17	\$10/ea.
Frying Pan Pk	F	6pm	DEB.7UQM	5/17	\$10/ea.
Frying Pan Pk	F	6:30pm	DEB.2YKW	5/17	\$10/ea.
Frying Pan Pk	F	7pm	DEB.T6AX	5/17	\$10/ea.
Frying Pan Pk	F	7:30pm	DEB.1B3U	5/17	\$10/ea.
Frying Pan Pk	Sa	5pm	DEB.0F2S	5/18	\$10/ea.
Frying Pan Pk	Sa	5:30pm	DEB.ZCJ7	5/18	\$10/ea.

Frying Pan Pk	Sa	6pm	DEB.34V7	5/18	\$10/ea.
Frying Pan Pk	Sa	6:30pm	DEB.X7QP	5/18	\$10/ea.
Frying Pan Pk	Sa	7:30pm	DEB.81D7	5/18	\$10/ea.
Frying Pan Pk	F	5pm	DEB.M38F	5/24	\$10/ea.
Frying Pan Pk	F	5:30pm	DEB.9LHC	5/24	\$10/ea.
Frying Pan Pk	F	6pm	DEB.9LSX	5/24	\$10/ea.
Frying Pan Pk	F	6:30pm	DEB.VMEV	5/24	\$10/ea.
Frying Pan Pk	F	7pm	DEB.SQ6T	5/24	\$10/ea.
Frying Pan Pk	F	7:30pm	DEB.DVHH	5/24	\$10/ea.
Frying Pan Pk	Sa	5pm	DEB.VJ55	5/25	\$10/ea.
Frying Pan Pk	Sa	5:30pm	DEB.XRDC	5/25	\$10/ea.
Frying Pan Pk	Sa	6pm	DEB.1FIO	5/25	\$10/ea.
Frying Pan Pk	Sa	6:30pm	DEB.6VW6	5/25	\$10/ea.
Frying Pan Pk	Sa	7pm	DEB.KFDU	5/25	\$10/ea.
Frying Pan Pk	Sa	7:30pm	DEB.W9IN	5/25	\$10/ea.

Teens/Adult Program

Nighttime Farmer

(13-Adult) Be a farmer for the night and help us check on the farm's new moms and babies! Spring is an exciting time on the farm for everyone and an important time for our animals to get some extra attention. Enjoy a nighttime farm tour and learn what it takes to care of our farm animals during birthing season.

1--1 hour program

Location	Day	Time	Code	Date	\$
Frying Pan Pk	F	8pm	FFR.XG4Y	3/29	\$10/ea.




Follow us at
fairfaxparks



Spring Farm Day = Barnyard Bliss

Saturday, May 4 • 10 a.m.-3 p.m.

Cost per person is \$12 online/\$14 at the door

Frying Pan Farm Park

- Sheep shearing
- Antique farm equipment demos
- Cow and goat milking demos
- Spring baby animal boom on the farm
- Enjoy crafts, games and wagon rides

www.fairfaxcounty.gov/parks/frying-pan-park





2024
SCHEDULE

Buy Fresh,
Buy Local.

WEDNESDAYS

**McCutcheon/Mt.Vernon
Sherwood Library**

April 17-December 18 • 8 a.m.-Noon

2501 Sherwood Hall Lane, Alexandria

SNAP accepted, bonus dollar program!



Oakmont Rec Center

May 1-November 6 • 8 a.m.-Noon

3200 Jermantown Road, Oakton

Wakefield • Wakefield Park

May 1-October 30 • 2 - 6 p.m.

8100 Braddock Road, Annandale

SNAP accepted, bonus dollar program!



THURSDAYS

Annandale • Mason District Park

May 2-November 14 • 8 a.m.-Noon

6621 Columbia Pike, Annandale

SNAP accepted, bonus dollar program!



Herndon

May 2-November 7 • 8 a.m.-Noon

700 Block of Lynn St., Herndon

FRIDAYS

McLean • Lewinsville Park

May 3-November 15 • 8 a.m.-Noon

1659 Chain Bridge Road, McLean

Closed May 17

Kingstowne

May 3-October 25 • 3 - 7 p.m.

5870 Kingstowne Towne Center, Alexandria

SATURDAYS

Burke • VRE Parking Lot

April 20-December 21 • 8 a.m.-Noon

5671 Roberts Parkway, Burke

Reston • Lake Anne Village Center

April 27-December 7 • 8 a.m.-Noon

1609-A Washington Plaza, Reston

SNAP accepted, bonus dollar program!



SUNDAYS

Lorton • VRE Parking Lot

May 5-November 10 • 8 a.m.-Noon

8990 Lorton Station Boulevard, Lorton

SNAP accepted, bonus dollar program!





For information and directions, visit:
www.fairfaxcounty.gov/parks/farmersmarkets
or call 703-642-0128

Events

Scan the QR code to go directly to the Parktakes Online Events page.



Astronomy Festival

(3-Adult) Enjoy activities including guided star gazing, looking through the telescope, and listening to ancient stories about the constellations around the campfire. Participate in other activities and games throughout the evening. Hot chocolate included with price of registration. Canceled if raining or snowing.

1--2 hour 30 minute program

Location	Day	Time	Code	Date	\$
TurnerFarmPk	Sa	6pm	4DF.YL7L	3/9	\$10/each

Bluebells at the Bend

(3-Adult) Celebrate the Virginia Bluebells that carpet the early spring forest! Enjoy wildflower walks, live animals, exhibitors, live music, kids crafts and food. \$10 per person online until 4/4, \$12 per person day of event admission.

1--4 hour event

Location	Day	Time	Code	Date	\$
Riverbend Pk	Sa	10am	FD6.UFGQ	4/6	\$10/each



Follow us at
fairfaxparks



Into The Woods at Frying Pan Farm Park

Saturday, April 6, 11 a.m.-12:30 p.m.

Free, 30 minute walk

Registration Recommended

(5-Adult) In celebration of the National Cherry Blossom Festival, join us in the woods of Frying Pan Farm Park for a nature-filled experience. Enjoy this free, fun-for-all-ages, self-paced tour and discover how the combination of spring sunshine and a rare soil type make the woods of this park like no other place on earth! Your adventure begins at the main park entrance where you will be directed to the lesser-known trail near the historic meetinghouse. Throughout the trail you will find stations for appreciating wildlife, building fairy houses and making a craft. For times and to register, visit Parktakes online, or call the site directly.

Partial Solar Eclipse Celebration

(4-Adult) Join our naturalists to view the partial annular solar eclipse. At noon, watch as the moon partially eclipses the sun as they travel across the sky. A limited number of eclipse viewing glasses and sun spotting scopes will be available to view the eclipse. As we await the eclipse and after it has passed, enjoy various related games, activities and demonstrations. Participants should bring portable chairs and blankets. The event is weather dependent and will be cancelled if rain is expected. Children must be accompanied by a registered adult.

1--2 hour Event

Location	Day	Time	Code	Date	\$
BurkeLakePk	M	2pm	4AE.LQU4	4/8	\$10/each
ECLawncPk	M	2pm	4AE.6XKU	4/8	\$10/each

Spring Farm Day

(2-Adult) Watch sheep shearing and antique farm equipment demonstrations. See cow and goat milking demos and participate in hands-on farm activities. Enjoy crafts, games, and get an up-close introduction to the baby farm animals. One wagon ride included with each paid admission. Cost is \$12 per person, ages 2 and older before May 4. Walk-ins welcome, \$14 at the door on the day of the event.

1--5 hour event

Location	Day	Time	Code	Date	\$
Frying Pan Pk	Sa	10am	6D0.QQTM	5/4	\$12/each

BE AN ENVIRONMENTAL HERO AT THE WATERSHED CLEANUP



The Fairfax County Park Authority in partnership with the Nature Conservancy is committed to enhancing the watershed health through clean-up initiatives. This ensure a sustainable environment for communities and wildlife to thrive.

SPRING 2024 SCHEDULE

Friday, April 12 • 9:30-11:30 a.m.
Providence Rec Center

Saturday, April 13 • 8-10 a.m.
Scott's Run Nature Preserve

Saturday, April 13 • 9-11 a.m.
Ellanor C. Lawrence Park Athletic Field

Sunday, April 14 • 12-2 p.m.
Lake Fairfax Park

Saturday, April 20 • 9 a.m.-12 p.m.
Hidden Oaks Nature Center

Saturday, April 27 • 9-11 a.m.
Burke Lake Park

Sunday, April 28 • 9 a.m.-12 p.m.
Lake Accotink Park

Additional dates will be added soon.
Find out more at www.nature.org/fairfaxcleanup



Verses in Bloom

During National Poetry Month

Hosted by ArtsFairfax and the Fairfax Poet Laureate



Poetry in the Parks

Saturday, April 27 • 1-2:30 p.m.
Green Spring Gardens

National Poetry Month reading will showcase the talents of distinguished writers from the DC/Maryland/Virginia region.

Poetry Beneath the Stars

Saturday, May 4 • 7:30-8:30 p.m.
Turner Farm Park

Hear prose presented by featured local authors.

Easter Egg Hunts



Baskets & Bunnies - Amusements Tickets

(All Ages) Hop on down to Burke Lake Park to visit Sunny the Bunny. Take a spin into spring on our carousel, get egg-cited for crafts, games, and play a round of mini-golf. \$10 tickets on sale through two days before the event, \$15 if purchased the day of the event. This ticket is for event Amusements only. Egg Hunt tickets can be purchased separately. No refunds once the event has started. Contact the site directly with any questions. Each person attending must register. Children under the age of two ride free but must be accompanied by a paying adult. Limited activity tickets will be available on the day of event.

1--5 hour event

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	857.EN00	3/30	\$10/each

Baskets & Bunnies - Egg Hunt Ticket

Hop on down to Burke Lake Park and get egg-cited to participate in a timed egg hunt. \$8 Egg Hunt ticket on sale through two days before the event, \$10 if purchased the day of. This ticket is for Egg Hunts only for age group 1-4 year-olds. Baskets & Bunnies Amusements Ticket can be purchased separately through Parktakes. Only children participating in the egg hunt need to purchase an egg hunt ticket. One parent is allowed to accompany each child for this

egg hunt age range. No refunds once the event has started. Contact the site directly with any questions. Limited activity tickets will be available on the day of the event. Please be on time for your egg hunt as space may not be available in another time slot. Egg hunt time is specified upon registration.

1--Egg Hunt

Location	Day	Time	Code	Date	\$
(1-4 yrs.)					
BurkeLakePk	Sa	10:45am	014.96YU	3/30	\$5/child
BurkeLakePk	Sa	11am	014.AXVQ	3/30	\$5/child
BurkeLakePk	Sa	12pm	014.K60D	3/30	\$5/child
BurkeLakePk	Sa	12:15pm	014.HR4C	3/30	\$5/child
BurkeLakePk	Sa	12:30pm	014.U1R9	3/30	\$5/child
BurkeLakePk	Sa	12:45pm	014.KNBE	3/30	\$5/child
BurkeLakePk	Sa	1pm	014.PJUL	3/30	\$5/child
BurkeLakePk	Sa	1:30pm	014.T4YP	3/30	\$5/child
BurkeLakePk	Sa	2pm	014.8VHA	3/30	\$5/child
BurkeLakePk	Sa	2:30pm	014.SQJ	3/30	\$5/child
BurkeLakePk	Sa	3pm	014.78EG	3/30	\$5/child
BurkeLakePk	Sa	3:15pm	014.6UKV	3/30	\$5/child
BurkeLakePk	Sa	3:30pm	014.GNTX	3/30	\$5/child
BurkeLakePk	Sa	4pm	014.WRAY	3/30	\$5/child
BurkeLakePk	Sa	4:15pm	014.FFZO	3/30	\$5/child

(5-7 yrs.)

BurkeLakePk	Sa	10:30am	0C1.VDOF	3/30	\$5/child
BurkeLakePk	Sa	11:45am	0C1.KB3Q	3/30	\$5/child
BurkeLakePk	Sa	1:15pm	0C1.US5N	3/30	\$5/child
BurkeLakePk	Sa	2:15pm	0C1.0ZCD	3/30	\$5/child
BurkeLakePk	Sa	3:45pm	0C1.010S	3/30	\$5/child
BurkeLakePk	Sa	4:30pm	0C1.QKBY	3/30	\$5/child

Baskets & Bunnies - Sensory Egg Hunt

(1-7 yrs.) At this sensory-friendly egg hunt, children with disabilities will hop on down to Burke Lake Park to participate in a quieter area that allows them to complete the egg hunt on their own. \$8 Egg Hunt ticket on sale through two days before the event, \$10 if purchased the day of the event. This ticket is for the Sensory Egg Hunt only for age group 1-7 year-olds. Baskets & Bunnies Amusements Ticket can be purchased separately through Parktakes. Only children participating in the egg hunt need to purchase an egg hunt ticket. No refunds once the event has started. Contact the site directly with any questions. Limited activity tickets will be available on the day of the event. Egg hunt time is specified upon registration.

1--Egg Hunt

Location	Day	Time	Code	Date	\$
BurkeLakePk	Sa	10am	LEB.20E9	3/30	\$5/child
BurkeLakePk	Sa	11:15am	LEB.URQ4	3/30	\$5/child



Easter Egg Hunt at Colvin Run Mill

(2-9 yrs.) Hunt for eggs filled with treats and treasures on the grounds of Colvin Run Mill Historic Site. Before the hunt, make egg-cellent crafts to take home. Separate hunts by age group. Bring your own basket. Program will be held rain or shine.

1--Egg Hunt

Location	Day	Time	Code	Date	\$
ColvinRunMill	Sa	11am	D20.G3JA	3/30	\$8/child
ColvinRunMill	Sa	12:30pm	D20.NDCP	3/30	\$8/child
ColvinRunMill	Sa	2pm	D20.OGYI	3/30	\$8/child

BUBBLES AND BUNNIES

Saturday, March 30 · Cub Run Rec Center

Two sessions: 9-10:30 a.m. and 11 a.m.-12:30 p.m.

Ages 2-12 · \$20/child

- Help the Easter Bunny find their eggs hidden in the pool
- Receive a basket to carry home all the eggs you find
- After the search, stay to enjoy the slides, lazy river, play features



www.fairfaxcounty.gov/parks/reccenter/swimming



EARTH DAY FAIRFAX 2024

Saturday, April 20 • 10 a.m.-4 p.m.

Discover how you can help improve the health of Earth through fun, hands-on activities and games!

Enjoy:

- Outdoor Discovery Activities
- Interactive Nature Exhibits
- Furry Farm Friends
- Food Trucks
- Earth Friendly Vendors
- Craft Beer Garden
- Obstacle Course
- Local Bands and Live Entertainment
- FREE Giveaways
- Sully Historic House Tours

**FREE
Admission
Parking
\$10 per car**

Sully Historic Site • 3650 Historic Sully Way, Chantilly

www.fairfaxcounty.gov/parks/topics/earth-day




Join the 2024 Healthy Strides 5K/10K!

HEALTHY STRIDES 5K/10K

MAY the 4th be with You

FAIRFAX COUNTY PARK AUTHORITY

Saturday, May 4, 2024 • 7:30 a.m.

Burke Lake Park, 7315 Ox Road, Fairfax Station, Va. 22039

- ★ Enjoy a scenic run, walk or roll in the 5K (3.1 miles)
- ★ Take part in the competitive 10K (6.2 miles)

MAY the 4th Be With You!

Register now: www.fairfaxcounty.gov/parks/healthy-strides

A portion of proceeds go to Fairfax County Park Foundation to support the Wonder Wagon Mobile Nature Center. Donate or sponsor at fairfaxparkfoundation.org/our-projects/healthy-strides.




**Thank You to
Our 2023
(and 2024)
4-H Fair & Carnival
Sponsors!**

Grand Champion Sponsor



RHLCT
The Ruth and Hal Launder's Charitable Trust

Reserve Champion Sponsors



colerides.com







Blue Ribbon Sponsor



FCPF
Fairfax County Park Foundation

Red Ribbon Sponsors





Exhibits and Events Sponsors











4-H and Farm Friend Sponsors



















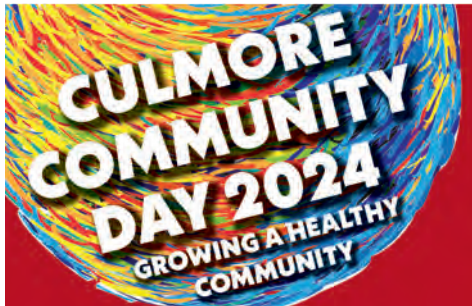
Paul and Carney Smyth











Saturday, May 4, 2024
10 a.m.-1 p.m.
Woodrow Wilson Library
 6101 Knollwood Dr. • Falls Church

Free Admission • Children's Activities • Live Music
 Folklore Dancers • Live Animals • Resource Tables
 Public Safety • Free Giveaways • Mini Medical Clinic



Culmore Community Day Planning Committee
 For more information, 703-324-8514
www.fairfaxcounty.gov/parks/culmore-day

FREE!

Wetlands AWARENESS DAY

Sunday, May 5 • 12-4 p.m.
Huntley Meadows Park



- Discover the beauty and importance of wetlands.
- Stroll forested paths and immersive boardwalk trail.
- Learn about plants and animals that live in the park.
- See live raptors, reptiles and amphibians up close.
- Enjoy interactive displays and activities.
- Collect a stamp at each station to receive a prize.

Visit www.fairfaxcounty.gov/parks/huntley-meadows
 for more information.



Spring Event Guide

Egg Hunts and Spring Celebrations

Usher in the season with spring festivals, activities, events and nature walks for all ages!

Thursday, March 14		
Pi Day Celebration	Hidden Oaks Nature Center	pg. 135
Saturday, March 16		
Women's Work in the 19 th Century	Colvin Run Mill	pg. 111
Sunday, March 17		
Natures Colorful Eggs	Hidden Pond Nature Center	pg. 119
St. Patrick's Day Science	Hidden Oaks Nature Center	pg. 135
Saturday, March 23		
Dinosaur Egg Hunt	Hidden Oaks Nature Center	pg. 119
Spring EGG-stravaganza	Lake Fairfax Park	pg. 121
Monday, March 25		
Great American April 2024 Solar Eclipse Preview	Turner Farm Park	pg. 134
Saturday, March 30		
Baskets & Bunnies	Burke Lake Park	pg. 90
Bubbles and Bunnies	Cub Run Rec Center	pg. 25
Easter Egg Hunt at Colvin Run Mill	Colvin Run Mill	pg. 90
Sunday, April 1		
Mill in Motion	Colvin Run Mill	pg. 111
Saturday, April 6		
Bluebells at the Bend	Riverbend Park	pg. 89
Eggsperiments	Hidden Oaks Nature Center	pg. 134
Going for the Green	Pinecrest Golf Course	pg. 107
Mill in Motion	Colvin Run Mill	pg. 111
Monday, April 8		
Partial Solar Eclipse Celebration	Ellanor C. Lawrence Park	pg. 89
Partial Solar Eclipse Celebration	Burke Lake Park	pg. 89
Safely See the Partial Eclipse	Historic Huntley	pg. 135
Saturday, April 20		
Earth Day Celebration	Sully Historic Site	pg. 91
Sunday, April 21		
Nature Walk with a Police Officer	Hidden Oaks Nature Center	pg. 122
Tuesday, April 30		
Getaway - Wildflower Walk	Green Spring Gardens Park	pg. 85
Saturday, May 4		
Spring Farm Day	Frying Pan Farm Park	pg. 88
Sunday, May 5		
Culmore Day	Woodrow Wilson Library	pg. 92
Mill in Motion	Colvin Run Mill	pg. 111
Alice in Wonderland Tea Party	Hidden Oaks Nature Center	pg. 122
Saturday, May 11		
Two Person Best Ball	Oakmont Golf Center	pg. 108
Saturday, May 18		
Spring Two Person Team Challenge	Burke Lake Golf Center	pg. 108
Spring Garden Day	Green Spring Gardens	pg. 103
Sunday, May 19		
Spring Scramble Tournament	Pinecrest Golf Course	pg. 108

Exercise and Physical Fitness

Scan the QR code to go directly to the Parktakes Online Exercise and Physical Fitness page.



Our Fitness and Wellness team is dedicated to putting fun in fitness. Whether you pay the daily Rec Center admission fee or purchase a longer-term pass, your admission entitles you to the variety and convenience of more than 300 drop-in classes a week. Rec Centers also offer specialty classes for an additional registration fee.

Rec Center Membership Pass

- No initiation fee. Convenient pass options available. Visit <http://go.usa.gov/5TK> for a list of rates.
- More than 300 drop-in fitness classes per week. Visit <http://go.usa.gov/52S> to see the list.
- Access to all Rec Center fitness centers fully equipped with Cybex strength equipment and a variety of cardiovascular machines.
- Pass privileges also include use of pools and admission to selected special events.
- Visit www.fairfaxcounty.gov/parks/passes for more information.

Personal Training

Our trainers' expert guidance and education can remove obstacles and help you reach your potential by:

- Using the latest training techniques to overcome plateaus and jumpstart your workout.
- Providing accountability and motivating you on the fast track to your desired results.
- Helping with a specific illness, injury or conditions.
- Providing sports-specific training to improve your performance.

Invest in your future fitness and enjoy the healthy payoff of working with one of our dedicated trainers. Small-group and private lessons in Pilates/reformer, yoga, TRX suspension training, and sports-specific conditioning available. For more information, visit <http://go.usa.gov/5Tg> or call your local Rec Center.

Healthy Strides Active Living Classes

5K Team-Beginner

(13-Adult) If you're in it to finish, try this beginner-friendly team. You start out mostly walking and end up running the whole 3.1-mile race.

3EB	8--55 minute lessons--\$99				
Location	Day	Time	Code	Begin	\$
ProvREC	Sa	9am	2E4.E6TZ	4/6	3EB

Delaying Diabetes Hybrid

(Adults) This class is for anyone who has been given a pre-diabetes diagnosis, knows they are at risk for developing diabetes, has converted to diabetes, is a caregiver for a person with diabetes or would like to understand more to help friends or family with diabetes. Four virtual classes will cover what pre-diabetes and diabetes are, what to eat, why exercise is needed, and how behavior and mindset help with diabetes treatment. The other four classes will be in person. Class participants will help decide on two activity classes and two food-related classes.

3EX	8--55 minute lessons--\$126				
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	11am	4PK.XWSC	4/2	3EX



Group Muscular Strength & Conditioning

Body Sculpting

(13-Adult) A lighter total body workout open to all levels of participants, this class focuses on general muscle conditioning.

4ED	11--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
OakmontREC	Th	8am	8B3.QL0P	4/4	4ED

BODYPUMP

(13-Adult) BODYPUMP is the original barbell class that strengthens your entire body. Challenge all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Senior discount does not apply to these lessons.

4ECA	11--55 minute lessons--\$157				
Location	Day	Time	Code	Begin	\$
ProvREC	M	6pm	A90.CPBM	4/1	4ECA
ProvREC	W	6pm	A90.BZEL	4/3	4ECA
SoRunREC	M	7pm	A90.TQJ9	4/1	4ECA
SoRunREC	W	7pm	A90.BJUI	4/3	4ECA
SoRunREC	Sa	8am	A90.Y03Q	4/6	4ECA

Fitness for Women

(16-Adult) This specialized program delivers a female-friendly fitness makeover.

4ED	11--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
SpHillIREC	Su	5pm	41C.G9D7	4/7	4ED

Fitness for Seniors

(60 yrs.+) Class is designed to help students build greater strength, flexibility and cardiovascular endurance by using weights, bands and low-to moderate-intensity aerobics.

4EB	11--55 minute lessons--\$137				
4EC	22--55 minute lessons--\$272				
Location	Day	Time	Code	Begin	\$
CubRunREC	T	8am	1A0.L0DU	4/2	4EB
CubRunREC	T	12pm	1A0.RMAO	4/2	4EB
OakmontREC	T	8am	1A0.PFQ6	4/2	4EB
OakmontREC	F	8am	1A0.P79C	4/5	4EB
ProvREC	T/Th	8:30am	1A0.9G3W	4/2	4EC
SpHillIREC	T	12pm	1A0.9V63	4/2	4EB
SpHillIREC	F	11am	1A0.NFA5	4/5	4EB

Kettlebell Training

(16-Adult) Kettlebell training is an excellent way to burn fat while building strength and power with just the right amount of controlled, explosive movement. Learn how to safely execute kettlebell technique and how to make appropriate modifications that work every major muscle group.

4ED	11--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
SpHillIREC	T	7pm	81F.KG0T	4/2	4ED

Pickleball Conditioning

(60 yrs.+) Improve your game and learn how to reduce the risk of injuries related to this popular sport. Exercises presented will help improve your agility, balance, strength, coordination, and range of motion.

4ED	11--55 minute lessons--\$139				
Location	Day	Time	Code	Begin	\$
SpHillIREC	W	1pm	FJE.YEYP	4/3	4ED

Stay Active/Independent for Life-Standing

(55 yrs.+) Stay Active and Independent for Life (SAIL) is a twelve-week evidenced-based strength, balance and fitness program designed to help students with balance issues or a history of falls. Class meets twice weekly with a certified SAIL instructor who leads exercises to improve overall fitness while focusing on improving balance. Exercise is done standing up.

4EVA	24--55 minute lessons--\$270				
Location	Day	Time	Code	Begin	\$
ProvREC	T/Th	10am	E98.HMDL	4/2	4EVA

Total Body Conditioning

(60 yrs.+) For students who want to add variety to their exercise program. Improve agility, balance and coordination, while increasing muscular endurance and strength.

4EB	11--55 minute lessons--\$137				
Location	Day	Time	Code	Begin	\$
OakmontREC	M	12pm	F0C.N2U5	4/1	4EB
OakmontREC	T	9:30am	F0C.NA1P	4/2	4EB
OakmontREC	W	12pm	F0C.J04Q	4/3	4EB
OakmontREC	Th	10:30am	F0C.E73C	4/4	4EB



Exercise and Physical Fitness

TRX Suspension Training

(13-Adult) TRX suspension training uses individual body weight, gravity and suspension tools in an exciting way to get a whole new workout. Senior discount does not apply to these lessons.

4ECA 11--55 minute lessons--\$157						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	4:30pm	35C.I33H	4/1	4ECA	
SoRunREC	W	5pm	35C.IEMB	4/3	4ECA	
SoRunREC	Th	7pm	35C.LQ8M	4/4	4ECA	
SpHillREC	Su	3:30pm	35C.97R9	4/7	4ECA	
Wkfld/Moore	M	9am	35C.C50L	4/8	4ECA	
Wkfld/Moore	T	9am	35C.WGW0	4/9	4ECA	
Wkfld/Moore	W	9am	35C.FR45	4/10	4ECA	
Wkfld/Moore	Th	7pm	35C.DJ7	4/11	4ECA	

Weight Training

These classes are a great introduction to weight-training and combine educational topics (from safety, tips, and techniques to muscle groups and workout planning) with hands-on practice to learn proper form. Exercises and equipment covered will vary by location, with modifications presented for a variety of ages and abilities.

4EW 5--55 minute lessons--\$81					
4EX 11--55 minute lessons--\$172					
Location	Day	Time	Code	Begin	\$
(Co-ed 16-Adult)					
SoRunREC	Th	7:30pm	BB2.8Z5E	4/4	4EX
SoRunREC	Sa	3pm	BB2.35K2	4/6	4EW
SpHillREC	Sa	9am	BB2.DBQ4	4/6	4EX
(Ladies only 16-Adult)					
SoRunREC	Su	9am	9EA.B2QC	4/7	4EX
SpHillREC	F	12pm	9EA.DJZ	4/5	4EX
(Co-ed 60 yrs.+)					
SpHillREC	Th	12pm	503.L38Z	4/4	4EX

Weight Training for Teens

(12-15 yrs.) Learn proper equipment use, techniques and safety along with stretching, strength and endurance exercises. Students who complete a final test are issued a weight room pass (to be used with admission) that entitles them to use the weight room without adult supervision.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Sa	10am	E8B.E2DJ	4/20	4EW	
OakmontREC	Th	5pm	E8B.PAKE	4/4	4EW	
ProvREC	W	4pm	E8B.Y2JN	4/3	4EW	
ProvREC	W	4pm	E8B.FSBO	5/8	4EW	
SoRunREC	Sa	4pm	E8B.BYCO	4/6	4EW	
SoRunREC	Su	10am	E8B.DB3J	4/7	4EW	
SpHillREC	W	4pm	E8B.293J	4/3	4EW	
SpHillREC	Su	5pm	E8B.BNQD	4/7	4EW	
SpHillREC	W	4pm	E8B.DLSU	5/8	4EW	
SpHillREC	Su	5pm	E8B.WMKN	5/12	4EW	

Free Weight Training

(16-Adult) Learn proper techniques, safety and stretches to give you a great workout using free weights. This class focuses the upper body.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
SoRunREC	Sa	5pm	52C.X7QC	4/6	4EW	
SoRunREC	Sa	5pm	52C.ZZXG	5/11	4EW	
SpHillREC	Su	4pm	52C.2KR7	4/7	4EW	
SpHillREC	Su	4pm	52C.A4JW	5/12	4EW	

Intro to Powerlifting

(16-Adult) Ready to take your program to the next level? Learn safe and effective lifting techniques as well as mobility exercises and stretches. This class focuses on primary lifts (squat, deadlift, and bench press) and includes assessments, workout planning, and modifications to help you progress through the class at your own level.

4EV 11--1 hour 25 minute lessons--\$258						
Location	Day	Time	Code	Begin	\$	
SpHillREC	Su	6pm	RWF.RUP4	4/7	4EV	

Group Aerobic Exercise

Aerobics II

(60 yrs.+) This class is for the older adult who is beyond beginner but not quite advanced. Muscle strengthening with hand weights, low impact, moderate intensity aerobics and stretching are taught.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakmontREC	F	9:30am	C1D.ILBA	4/5	4EB	

Barre Workout

(13-Adult) This class incorporates ballet exercises, barres and light weights to help you tone and define your muscles. Learn the secrets of dancers for a totally toned body. Barre techniques class highly recommended prior to this program. Socks required.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakmontREC	M	7am	3BF.7KCB	4/1	4EB	
SoRunREC	W	9:30am	3BF.HLGJ	4/3	4EB	
SoRunREC	Sa	8am	3BF.59GI	4/6	4EB	
SpHillREC	Sa	10am	3BF.WEYC	4/6	4EB	

Body Combat

(13-Adult) This is a high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness! Please bring a water bottle and towel to class.

3EL 8--45 minute lessons--\$99						
4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	Sa	10am	45Q.2DPH	4/6	4EB	
SoRunREC	T	6:30pm	45Q.HLGJ	4/2	4EB	
SoRunREC	Th	5pm	45Q.PGJU	4/4	3EL	
SoRunREC	F	8:30am	45Q.J417	4/5	4EB	

Crew

(13-Adult) This class offers a non-impact, cardiovascular workout that strengthens the upper and lower body while burning a significant amount of calories. Rowers are provided.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	022.CDKA	4/3	4EB	
CubRunREC	W	11am	022.GORU	4/3	4EB	

Cycle Spin

(13-Adult) Ride your way to a stronger, leaner body. This group exercise program using stationary spin bike for a great cardio workout. Please bring a water bottle and towel to class.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	6pm	EJ.J.HZEO	4/1	4EB	
SoRunREC	T	6pm	EJ.J.832P	4/2	4EB	
SoRunREC	W	6:05pm	EJ.J.FE0L	4/3	4EB	
SoRunREC	Th	6pm	EJ.J.D037	4/4	4EB	
SoRunREC	Sa	9am	EJ.J.M3JS	4/6	4EB	
SoRunREC	Su	3:45pm	EJ.J.I0JS	4/7	4EB	



On Sale January 1-31, 2024

Enjoy 15% Off Annual Memberships

- Access to all Rec Centers
- Track
- Virtual and Drop-In Fitness Classes
- Pools, Spas and Saunas
- Basketball and Racquetball Courts
- Strength Equipment, Cardio and Free Weights
- Fitness Center Orientations
- Drop-In Pickleball

Amenities vary by location.



FAIRFAX COUNTY PARK AUTHORITY
Rec CENTERS
A wealth of recreational opportunities await you!



Available at all Park Authority Rec Centers and online at www.fairfaxcounty.gov/parks/passes
AUDREY MOORE, Annandale • CUB RUN, Chantilly • GEORGE WASHINGTON, Alexandria • FRANCONIA, Franconia
OAKMONT, Oakton • PROVIDENCE, Falls Church • SOUTH RUN, Springfield • SPRING HILL, McLean



Zumba

(13-Adult) Dance themes combined with dynamic music turn fitness into a party! Maximize caloric output and tone your body using easy-to-follow dance steps. All levels welcome.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
SoRunREC	M	8pm	69F.03EV	4/1	4EB	
SoRunREC	W	8pm	69F.2T60	4/3	4EB	
SoRunREC	Sa	9am	69F.J7V6	4/6	4EB	
Wkfld/Moore	F	9am	69F.8IU3	4/12	4EB	

Zumba Gold

(60 yrs.+) Class features the same great Latin music and dance styles as Zumba but at a slower pace. This is a safe, easy way to do a great total body workout.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
ProvREC	M	10:30am	8F6.R7XG	4/1	4EB	
ProvREC	W	10:30am	8F6.XQW8	4/3	4EB	
ProvREC	F	11am	8F6.5UMP	4/5	4EB	
SphillREC	Th	10am	8F6.CUKW	4/4	4EB	
Wkfld/Moore	Th	9am	8F6.ALWL	4/11	4EB	

Alternative Exercise

A Matter of Balance

(55 yrs.+) This structured group intervention class emphasizes practical strategies to reduce fear of falling and increase activity levels. Students learn to view falling and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Senior discount does not apply to these lessons.

4EBV 8--1 hour 55 minute lessons--\$198						
Location	Day	Time	Code	Begin	\$	
SphillREC	Th	1pm	X3B.C7WC	4/4	4EBV	

Awareness through Movement for a Pain Free Back

(13-Adult) Learn gentle and safe Feldenkrais lessons specifically designed to help you reduce and prevent back pain, tension and movement restrictions. This class will help improve your posture and flexibility.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	I93.BP3R	4/4	4EW	

Awareness through Movement Neck & Shoulders

(13-Adult) This Feldenkrais class will provide you with the tools you need to interrupt habit patterns involving unnecessary tension and contraction in your neck and shoulders. Learn innovative ways to reduce pain and improve your posture, breathing and well-being.

4EW 5--55 minute lessons--\$81						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	2:15pm	6P8.MW84	5/9	4EW	

Balance and Beyond

(55 yrs.+) Certified balance and mobility specialists help you enhance mobility, strength and flexibility. Advanced techniques from the FallProof fall prevention program are incorporated to improve overall wellness.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakmontREC	W	11am	FDD.KMBE	4/3	4EB	
ProvREC	Th	1pm	FDD.YNVU	4/4	4EB	
SphillREC	M	11am	FDD.ZYKV	4/1	4EB	
Wkfld/Moore	T	1:30pm	FDD.OBIK	4/9	4EB	
Wkfld/Moore	Th	11am	FDD.CLRY	4/11	4EB	

Bones for Life

(13-Adult) Learn safe weight-bearing exercises to increase and maintain bone health. This class uses impact exercises designed to reduce stress on vulnerable joints while building bone strength, balance and overall health.

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
ProvREC	Th	3:30pm	519.9GOT	4/4	4EE	

Creative Balance

(Adults) This class will help participants regain and improve balance skills and move with more ease, agility, and confidence. With fun music, simple physical games, props and challenges, you'll get social and have fun while addressing a wide range of factors involved in balance, from foot stability to core strength.

3EB 8--55 minute lessons--\$99						
Location	Day	Time	Code	Begin	\$	
ProvREC	T	12:30pm	WBB.5DNF	4/2	3EB	

TEAM WORK makes the DREAM WORK!

Join the award-winning team of
ADAPTED AQUATICS VOLUNTEERS
Call 703-324-8565 for information.

Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
OakmontREC	Th	1pm	ED6.UJQK	4/4	4EB	
SoRunREC	T	3:05pm	ED6.CJ1S	4/2	4EB	
SoRunREC	Th	11:15am	ED6.WP9M	4/4	4EB	
Wkfld/Moore	M	1pm	ED6.EJ1D	4/8	4EB	
Wkfld/Moore	T	10am	ED6.X8FB	4/9	4EB	

Gentle Yoga

(13-Adult) Gentle stretches, yoga postures and breathing techniques increase flexibility and strength for those desiring a slower pace. This gentle practice may be suitable for individuals returning from illness or injury or those with physical challenges.

4EB 11--55 minute lessons--\$137						
Location	Day	Time	Code	Begin	\$	
CubRunREC	W	9am	21C.NY3L	4/3	4EB	
ProvREC	T	5:30pm	21C.6AQS	4/2	4EB	
SoRunREC	T	2pm	21C.10E3	4/2	4EB	
SoRunREC	Th	10am	21C.31F8	4/4	4EB	
Wkfld/Moore	T	6pm	21C.G69E	4/9	4EB	
Wkfld/Moore	T	10:30am	21C.IGBL	4/9	4EB	
Wkfld/Moore	F	11am	21C.CDQY	4/12	4EB	

Hatha Yoga I

(13-Adult) Learn basic yoga postures as you gain more strength and flexibility while using different breathing techniques. This class is designed to help improve your posture and bring you relaxation. Please bring a mat and towel to class.

4EB 11--55 minute lessons--\$137						
4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
Franconia Rec	M	6pm	C21.LNCQ	4/1	4EB	
Franconia Rec	F	10:30am	C21.YEER	4/5	4EB	
Franconia Rec	Su	11am	C21.3DW9	4/7	4EB	
OakmontREC	M	9:30am	C21.JTKD	4/1	4EB	
OakmontREC	T	6pm	C21.MVL4	4/2	4EE	
OakmontREC	Th	10:15am	C21.4MGL	4/4	4EE	
OakmontREC	F	12pm	C21.PFO0	4/5	4EB	
OakmontREC	Su	10:30am	C21.67EQ	4/7	4EE	
ProvREC	M	6pm	C21.S8PW	4/1	4EE	
ProvREC	Th	5:30pm	C21.6SAY	4/4	4EB	
SoRunREC	M	5:45pm	C21.IOT3	4/1	4EB	
SoRunREC	M	9:30am	C21.JSEM	4/1	4EB	
SoRunREC	T	8pm	C21.XTER	4/2	4EB	
SoRunREC	T	9am	C21.X0GB	4/2	4EE	
SoRunREC	W	7pm	C21.3YOJ	4/3	4EB	
SoRunREC	W	10:30am	C21.0KXB	4/3	4EB	
SoRunREC	Su	5pm	C21.VIBU	4/7	4EB	
Wkfld/Moore	Sa	9am	C21.DQYK	4/6	4EE	
Wkfld/Moore	Sa	10:30am	C21.3HBL	4/6	4EE	
Wkfld/Moore	T	12pm	C21.16YD	4/9	4EE	
Wkfld/Moore	W	7pm	C21.7QH1	4/10	4EE	

Hatha Yoga II

(13-Adult) Prerequisite: Hatha Yoga I or equivalent. Please bring a mat and towel to class.

4EE 11--1 hour 25 minute lessons--\$205						
Location	Day	Time	Code	Begin	\$	
CubRunREC	Th	7pm	19F.0KTX	4/4	4EB	
Wkfld/Moore	Th	7pm	19F.UVGR	4/11	4EE	

Exercise and Physical Fitness

Hatha Combo

(13-Adult) Focus on basic yoga postures in this multi-level class. Practice includes varying levels with modifications to postures based on student experience. Please bring a mat and towel to class.

4EE 11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$
Frying Pan Pk	M	7pm	F3F.YQLS	4/8	4EE

Laughter Yoga

(Adults) Laughter is a natural healer, painkiller and mood booster. Based on the research-backed principles of Laughter Yoga, it involves no verbal jokes and no yoga poses, just positive, playful, even zany activities to get us "laughing for no reason." Deep breathing and gentle movement are also included to further boost our well-being. Participants regularly report feeling more relaxed, energized, and connected after a group laughter session. Laughter brings proven benefits for our heart, lungs, brain and even our immune system.

3EB 8--55 minute lessons--\$99					
Location	Day	Time	Code	Begin	\$
ProvREC	T	1:30pm	BPP.7PNA	4/2	3EB

Gentle Pilates

(13-Adult) Loosen the joints and spine and create new movement opportunities gently in a class designed to support special needs and abilities of the practitioner. Use basic Pilates principles, working from the inside out and integrating mind, breath and body to leave this class renewed and reinvigorated.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
OakmontREC	W	3:30pm	F82.AUYL	4/3	4EB
OakmontREC	F	7am	F82.SHTJ	4/5	4EB

Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
CubRunREC	W	5pm	16E.3964	4/3	4EB
CubRunREC	Sa	8am	16E.2HAL	4/6	4EB
Franconia Rec	W	5:30pm	16E.RP1T	4/3	4EB
OakmontREC	W	9am	16E.YCQR	4/3	4EB
SoRunREC	Th	6pm	16E.1D6S	4/4	4EB
SoRunREC	F	7pm	16E.HV17	4/5	4EB
SoRunREC	Su	5pm	16E.40GW	4/7	4EB
SpHillREC	T	10am	16E.ØEZV	4/2	4EB
SpHillREC	Th	10am	16E.TEØL	4/4	4EB

Gentle Pilates Allegro Reformer

(13-Adult) Pilates lessons on a special apparatus that provides various resistance levels within a full range of motion. These gentle lessons help loosen the joints and spine and create new movement opportunities, balance, and flexibility in a class designed to support the special needs and abilities of the practitioner. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
SpHillREC	F	11am	78C.DJ8N	4/5	4EAA
SpHillREC	F	12pm	78C.8HMT	4/5	4EAA
SpHillREC	Sa	11am	78C.42BL	4/6	4EAA

Pilates Allegro Reformer Lessons

(13-Adult) Pilates lessons on a special apparatus that provides various levels of resistance within the full range of motion. Private lessons stretch and strengthen your entire body and help you develop body muscle balance, flexibility, agility and bone density. Intro to Pilates Mat recommended. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
CubRunREC	M	6pm	Ø8E.EZ3N	4/Ø1	4EAA
CubRunREC	M	9:45am	Ø8E.8Y2M	4/Ø1	4EAA
CubRunREC	T	5:45pm	Ø8E.W8G3	4/2	4EAA
CubRunREC	T	9am	Ø8E.24IM	4/2	4EAA
CubRunREC	T	10am	Ø8E.DBFE	4/2	4EAA
CubRunREC	T	11am	Ø8E.USTD	4/2	4EAA
CubRunREC	W	10am	Ø8E.UEOX	4/3	4EAA
CubRunREC	Su	9:30am	Ø8E.4CØ9	4/14	4EAA
CubRunREC	Su	10:45am	Ø8E.GBZY	4/14	4EAA
Franconia Rec	M	6:30pm	Ø8E.CW99	4/1	4EAA
Franconia Rec	M	7:30pm	Ø8E.MAQÅ	4/1	4EAA
Franconia Rec	T	5:30pm	Ø8E.EJVL	4/2	4EAA
Franconia Rec	W	6:30pm	Ø8E.KQWU	4/3	4EAA
Franconia Rec	W	10am	Ø8E.2GA7	4/3	4EAA
Franconia Rec	Th	4pm	Ø8E.JCYV	4/4	4EAA
Franconia Rec	Su	5:30pm	Ø8E.CKB7	4/7	4EAA
ProvREC	M	10:30am	Ø8E.NØ1J	4/1	4EAA
ProvREC	T	6pm	Ø8E.8VYM	4/2	4EAA
ProvREC	T	10am	Ø8E.JD8B	4/2	4EAA
ProvREC	T	11am	Ø8E.1LØR	4/2	4EAA
ProvREC	Th	10:30am	Ø8E.8Ø96	4/4	4EAA
ProvREC	Th	11:30am	Ø8E.Ø1ZP	4/4	4EAA
ProvREC	Su	9am	Ø8E.SIGH	4/7	4EAA
SoRunREC	M	5pm	Ø8E.NØ8Y	4/1	4EAA
SoRunREC	M	6pm	Ø8E.YNJM	4/1	4EAA
SoRunREC	W	10am	Ø8E.FBEG	4/3	4EAA
SoRunREC	W	11am	Ø8E.WU9H	4/3	4EAA
SoRunREC	Sa	7am	Ø8E.6WYR	4/6	4EAA
SpHillREC	W	6pm	Ø8E.E3Ø7	4/3	4EAA
SpHillREC	W	7pm	Ø8E.X7JP	4/3	4EAA
SpHillREC	Th	6pm	Ø8E.SKNV	4/4	4EAA
SpHillREC	Sa	9am	Ø8E.9FJR	4/6	4EAA

Pilates Allegro Reformer Lessons II

(13-Adult) Pilates lessons on a special apparatus that provides a workout with complex exercise variations and longer sets. The movements develop coordination, strength and flexibility while the concentration required improves the mind-and-body connection. Prerequisite: Pilates Allegro Reformer I. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	5B6.PF4T	4/2	4EAA
CubRunREC	Th	5:45pm	5B6.UAØV	4/4	4EAA
Franconia Rec	W	7:30pm	5B6.ØLUY	4/3	4EAA
Franconia Rec	Th	7:30pm	5B6.8NYS	4/4	4EAA
ProvREC	T	5pm	5B6.2GKG	4/2	4EAA
SpHillREC	M	6:30pm	5B6.62GX	4/1	4EAA
SpHillREC	T	8am	5B6.8AØR	4/2	4EAA
SpHillREC	T	9am	5B6.X93R	4/2	4EAA
SpHillREC	W	8am	5B6.VFGG	4/3	4EAA
SpHillREC	W	9am	5B6.TG6C	4/3	4EAA
SpHillREC	W	10am	5B6.ØEPS	4/3	4EAA
SpHillREC	F	10am	5B6.K7A8	4/5	4EAA

Pilates Allegro Reformer & Tower

(13-Adult) Prerequisite: Pilates Allegro Reformer I or Pilates Mat. This full-body workout uses Allegro Reformers and Towers, mat work and props. Lessons enhance core strength, flexibility, neuromuscular coordination and balance. Improve body awareness

as you learn the essentials of working on the towers. Senior discount does not apply to these lessons.

4EAA 11--55 minute lessons--\$223					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	7pm	A4Ø.6P9C	4/4	4EAA
SpHillREC	Sa	10am	A4Ø.BHLX	4/6	4EAA

Pilates Allegro Reformer Jumpboard

(13-Adult) This exciting express format adds aerobic elements to your Pilates reformer program through the use of a jumpboard attachment. Participants will also perform a variety of additional strength and stability exercises. Students should be able to do level 2 class work.

4EAC 11--30 minute lessons--\$111					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	11am	719.7SPE	4/3	4EAC

Mat Fusion

(13-Adult) Looking for a safe and effective way to improve flexibility, endurance and muscle tone? Mat fusion encompasses the Eastern philosophy of yoga, the holistic approach of Pilates and the application of floor-based exercise techniques.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
SoRunREC	T	7pm	34B.UØR1	4/2	4EB

Tai Chi I

(13-Adult) Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Chinese exercises to increase energy flow while decreasing stress.

DEBA 8--55 minute lessons--\$1Ø1					
4EB 11--55 minute lessons--\$137					
4EE 11--1 hour 25 minute lessons--\$2Ø9					

Location	Day	Time	Code	Begin	\$
CubRunREC	T	4:30pm	ED9.WXGX	4/2	4EE
Franconia Rec	W	6pm	ED9.XZØP	4/3	4EB
Frying Pan Pk	Th	8pm	ED9.3A5C	3/21	DEBA
GreenSprGrdn	M	11am	ED9.HØKS	4/1	DEBA
OakmontREC	M	1:15pm	ED9.91Q5	4/1	4EB
ProvREC	T	10am	ED9.B4E7	4/2	4EB
ProvREC	W	1pm	ED9.ARØH	4/3	4EB
SpHillREC	M	7pm	ED9.T8KW	4/1	4EB
SpHillREC	Sa	9am	ED9.D75W	4/6	4EB

Tai Chi II

(13-Adult) Tai Chi I strongly recommended.

DEBA 8--55 minute lessons--\$1Ø1					
4EB 11--55 minute lessons--\$137					

Location	Day	Time	Code	Begin	\$
CubRunREC	T	7pm	63Ø.1QTY	4/2	4EB
Franconia Rec	Th	6pm	63Ø.MX1Ø	4/4	4EB
GreenSprGrdn	M	12:15pm	63Ø.JDND	4/1	DEBA
OakmontREC	M	5:30pm	63Ø.G5U7	4/1	4EB
ProvREC	T	9am	63Ø.81ØT	4/2	4EB
ProvREC	W	2pm	63Ø.ØT5Ø	4/3	4EB
SpHillREC	M	7pm	63Ø.F36U	4/1	4EB
SpHillREC	Sa	10am	63Ø.42Ø1	4/6	4EB

Tai Chi III

(13-Adult) Tai Chi II strongly recommended.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
CubRunREC	T	6pm	156.5WØ5	4/2	4EB
Franconia Rec	Th	7pm	156.E1G3	4/4	4EB
Oakmont RE	M	3:15pm	156.1BIN	4/1	4EB

Tai Chi w/Props I

(13-Adult) Prerequisite: Tai Chi II or equivalent. For the continuing tai chi practitioner interested in learning the tai chi fan. Equipment is available for purchase from instructor or bring your own with instructor permission.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
SpHillREC	W	7pm	CF1.MA8R	4/3	4EB

Tai Chi Yang Style

(13-Adult) Learn six choreographed forms of Tai Chi consisting of 108 postures that are often described as "moving meditation." Traditional martial arts warm-up exercises are included in all classes. Please bring a water bottle, mat and towel to class.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	Su	9:30am	LLG.YL6E	4/7	4EB
Wkfld/Moore	Su	10:30am	LLG.W4QJ	4/7	4EB
Wkfld/Moore	W	8pm	LLG.WHF6	4/10	4EB

Vinyasa Yoga

(13-Adult) This active, flowing yoga style incorporates breath-synchronized movements, allowing poses to flow from one to another. Class helps develop strength, flexibility and body and breath awareness while leaving the body energized and the mind at peace.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
CubRunREC	Su	10am	3Ø8.VFXC	4/14	4EB



Yin Yoga

(13-Adult) Yin Yoga incorporates seated and supine postures that are held for longer periods (1-5 minutes each), targeting connective tissues, joints, and fascial networks. In this relaxing class, you will stretch all major muscle groups to help improve flexibility, regain range of motion, reduce pain, and prevent injuries. This yoga will also help calm the mind, reduce stress, activate the parasympathetic nervous system and improve concentration. Bring a mat and a towel to class.

4EE 11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$
SpHillREC	Th	6pm	KXS.QAWP	4/4	4EE

Yoga for Gardeners

(Adults) This class features a gentle introduction to the Vinyasa method which helps participants increase the strength, flexibility and endurance necessary for gardening. Class held indoors.

DEBA 8--55 minute lessons--\$101					
Location	Day	Time	Code	Begin	\$
GreenSPGrdn M		9:30am	6E6.ZW3M	4/1	DEBA

Yoga for Stress Management

(13-Adult) The stress of everyday life can create body tension and stiffness and can also affect mood and energy level. This class combines yoga postures and stretching with breathing and relaxing meditations restoring positive energy and renewing an overall sense of wellness.

4EE 11--1 hour 25 minute lessons--\$205					
Location	Day	Time	Code	Begin	\$
SpHillREC	Su	5pm	DØ1.SULM	4/7	4EE

Yoga Groove

(13-Adult) Chill out vinyasa style in this upbeat class that fuses classic yoga poses and flows with popular music. Movement, music and breath are used to open the body's energy centers so energy can flow freely through the body. No previous yoga or dance experience needed.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Wkfld/Moore	M	7pm	49D.ZXAØ	4/8	4EB

Outdoor Classes

Outdoor Cardio Kickboxing

(13-Adult) This high energy cardio class strengthens your entire body using kicks and punches for muscle toning and conditioning. Class takes place outdoors.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
ProvREC	T	6:30pm	G5E.T9NØ	4/2	4EB

Outdoor Running for Fitness

(13-Adult) Master the basics of running to reduce your chances for injury. This class builds confidence, improves your form and increases your fitness. Beginners welcome! Class takes place outdoors.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
SoRunREC	Sa	8:30am	EC2.UT6R	4/6	4EB

Virtual Classes

Virtual Cardio Kickboxing

(13-Adult) This high-energy cardio class tones your entire body plus teaches you self-defense tactics. No contact required. Bag gloves are recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	Th	6:30pm	AY4.8REM	4/4	4EB

Virtual Chair Yoga

(13-Adult) This gentle yoga class is for those who are unable to get up and down off the floor or who want the extra support of a chair. Students coordinate breath with movement and perform stretches, relaxation techniques and meditation/concentration exercises while using a chair for support. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T	3:05pm	Ily.CC5M	4/2	4EB
Virtual FCPA	Th	11:15am	Ily.QDDS	4/4	4EB

Virtual Pilates

(13-Adult) Practice classical exercise sequences based on Pilates method. Focus on core control, alignment and breathing to properly execute exercises that strengthen and lengthen the body. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EK 24--55 minute lessons--\$297					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	T/Th	8:30am	IS8.A6ZG	4/2	4EK

Virtual Tai Chi I

(13-Adult) Tai Chi promotes flexibility, balance and physical control. This low-impact mind/body class is based on ancient Chinese exercises to increase energy flow while decreasing stress. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	1:15pm	XF2.SX51	4/1	4EB

Virtual Tai Chi II

(13-Adult) Build on the movements learned in Tai Chi I for a longer sequence of movement patterns for better flexibility and balance. Tai Chi I recommended. This class will be delivered online using Microsoft Teams or Zoom. Class registrants will be emailed a link to the class meetings prior to the start of class.

4EB 11--55 minute lessons--\$137					
Location	Day	Time	Code	Begin	\$
Virtual FCPA	M	12pm	MXS.H2WØ	4/1	4EB