

FREDERICK COUNTY PARKS AND RECREATION
SUMMER CAMP GUIDE

THE SKY'S THE LIMIT! SUMMER 2014!



THE FREDERICK COUNTY PARKS AND RECREATION DEPARTMENT STAFF

Jason Robertson.....Director
 Matthew G. Hott.....Superintendent of Parks
 Chris Konyar.....Superintendent of Recreation
 Karen Vacchio.....Public Information

Jason Brown.....basicREC Manager
 Rick Burroughs.....Program Supervisor
 Stacy Herbaugh.....Facilities Manager
 Andrew Keefauver.....Program Supervisor
 Sarah Kuhn.....Program Coordinator
 Daniel Pidgeon.....Park Manager, Clearbrook Park
 Rob Riggelman.....Program Supervisor
 Cory Smith.....Park Manager, Sherando Park
 Diana Treece.....Program Supervisor
 Jon Turkel.....Park & Stewardship Planner

THE FREDERICK COUNTY PARKS AND RECREATION COMMISSION

The Parks and Recreation Commission meets every second Tuesday at 7 p.m. at various locations. Call 665-5678 for additional information or if you wish to address the Commission.

Charles "Rusty" Sandy.....Chairman,
 Member at Large
 Gary Longerbeam.....Vice Chairman,
 Back Creek District
 Kevin Anderson.....Member at Large
 Partick Anderson.....Shawnee District
 Greg Brondos.....Gainesboro District
 Randy Carter.....Stonewall District
 Martin Cybulski.....Redbud District
 Ron Madagan.....Opequon District

Christopher Collins.....Board of Supervisors
 Liaison

The Frederick County Parks and Recreation Department Activities Guide is published five times per year with a special summer camps issue in early spring. To receive your free copy, call 540-665-5678. Information in this publication is also available on our web site: fcprd.net

The Frederick County Parks and Recreation Department reserves the right to photograph and videotape all activities, events, classes, programs, and facilities for promotional purposes.

INSIDE THIS ISSUE...CHRIS KONYAR

We all have to admit: it's been a long, cold winter! We are as excited as everyone else for summer and this publication is full of great things for kids of all ages!

If it's adventure you're looking for, we have weeks and days to give you the thrill of a lifetime - and the whole family can join in! If you're looking for some enrichment during the warm months, we have art, theater, horseback riding, cheerleading, and even a class for kids and their best furry friend.

Looking for just a random trip to help keep boredom at bay? Wednesday Wheels offers amusement parks, museums, and even a sports trip. And speaking of sports, we got 'em all: soccer, football, tennis, track, volleyball, basketball, golf - and some of these camps include exciting field trips as well as sports instruction!

Camp basicREC is back with great themes this year. If you don't need a camp for every week this summer, we are pleased to be offering Pick A Week again this year - you just pick the weeks you need and join us for full slate of fun.

There is, of course, a full slate of swim lessons and other aquatic programs such as Splash Aquatic Boot Camp, Synchronized Swimming, and Splash Dance!

We hope you are ready to reach for the sky this summer. We are!



Visit <http://www.deq.virginia.gov> and search Frederick County Parks and Recreation for information.



STAY CONNECTED WITH FREDERICK COUNTY PARKS AND REC!



INSIDE THIS ISSUE...

3-4	Adventure
4-6	Enrichment
7	Wednesday Wheels
8-13	Sports
14	Camp basicREC/Pick-A-Week
15	Full Day Options
16	Pool Information
17-20	Swim Lessons/Aquatics
21	Registration information
22	Parks & Facilities Key
23	Facilities Information

ADVENTURE WEEKS

AGES 9-14

Outdoor Adventure Camp provides unforgettable adventures all summer long in beautiful Harpers Ferry. Campers will get to experience the natural beauty of the outdoors while challenging themselves with new and unique adventures such as white water rafting, kayaking, climbing at the Aerial Adventure Park, zip lining, tubing and more! All activities provide beginner to intermediate excitement for any child in need of a change of pace.

Our zip line canopy tour features 8 zips, varying from 200-800 feet in length, and takes place along the Potomac River where campers will see historic sites from new heights! Our Aerial Adventure Park is a camper favorite – campers explore 5 aerial obstacle trails at their own pace by leaping through the hanging lily pads, wiggling through the wobble bridge and getting stumped on the tree stump ladder. Campers will also come away from camp having learned the basics of river safety and guiding through different experiences on the Shenandoah and Potomac Rivers – flat water tubing, white water kayaking, and stand up paddleboarding to name a few! All activities are facilitated by River Riders' highly trained guides, who make it their goal to share their experience and passion for adventure and the outdoors with your child. This week is a camper favorite where they will spend their days having fun in the sun. Other activities will include hiking, stand-up paddle boarding and a Thursday field trip to paintball and go-karts! The week ends with an all-day rafting trip and our famous pizza party!

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration.)

For each session:

Fee: \$300

Day(s): M-F

Time: 7:45 a.m.-5 p.m.

Location: RBRES parking lot

Activity#	Dates	Registration deadline
-----------	-------	-----------------------

5100-A	7/7-11	7/2
--------	--------	-----

5100-E	8/4-8	7/28
--------	-------	------

Participants need pack a lunch daily

AERIAL ADVENTURE PARK

AGES 8-14

If your child is tired of the same old activities, get them excited with an unforgettable outdoor experience in Harpers Ferry, WV! A trip to Aerial Adventure Park allows campers to leap through the hanging lily pads, wiggle through the wobble bridge, get stumped on the tree stump ladder, and pony up on the saddle, while exploring up to 5 aerial obstacle trails at their own pace! All activities are facilitated by River Riders' highly trained guides, who make it their goal to share their experience and passion for adventure with your child. Check list will be provided upon registration.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration.)

Fee: \$65

Activity #5100-D

Day(s): F

Date(s): 8/1

Time: 9 a.m.-2 p.m.

Registration deadline: 7/25

Participants need pack a lunch daily

ZIP LINE ADVENTURES DAY!

CHAIRLIFT - ZIP LINE - MOUNTAIN TUBING

AGES 8-14

A day of non stop fun! New at Bryce is the Mountain Zip Line, a series of interconnected lines that takes adventurers from the top of the chairlift to the bottom of the mountain, flying through the air harnessed to cables. The mountain also continues its popular snow tubing excitement in the summer with Mountain Tubing, providing excitement as participants fly down synthetic snow atop summer tubes. Participants will be divided into age/ability appropriate groups to rotate through activities.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Check list will be provided upon registration.

Participants need to bring a lunch daily.

For each session:

Fee: \$55

Day(s): F

Time: 9:30 a.m.-3:45 p.m.

Pickup/Drop-off: SH Parking lot across from Pool

Activity#	Dates	Registration deadline
5106-D	6/20	6/16
5106-E	7/18	7/14

ZIP LINE ADVENTURE FAMILY DAY!

CHAIRLIFT - ZIP LINE - MOUNTAIN TUBING

AGES 8-ADULTS

A day of non stop fun! New at Bryce is the Mountain Zip Line, a series of interconnected lines that takes adventurers from the top of the chairlift to the bottom of the mountain, flying through the air harnessed to cables. The mountain also continues its popular snow tubing excitement in the summer with Mountain Tubing, providing excitement as participants fly down synthetic snow atop summer tubes. Participants will be divided into age/ability appropriate groups to rotate through activities.

Parent or Guardian must complete all required paperwork and return to FCPRD (available at time of registration) Check list will be provided upon registration.

Fee: \$55

Activity #	Day(s)	Dates	Registration deadline
------------	--------	-------	-----------------------

5106-F	S	8/16	8/11
--------	---	------	------

Time: 8:15 a.m.-4:30 p.m.

Pickup/Drop-off: SH, Parking lot across from pool

Participants need pack a lunch daily

YOUNG RIDERS CAMP

AGES 6-14

Conducted by: **Hunter's Bay Sport Horses LLC**

If you are interested in horseback riding then the perfect experience is waiting for you at Hunters Bay Sport Horses LLC. This camp is geared for the young horse enthusiast who is looking for the first step to riding a horse. Campers will be introduced to riding, caring, grooming, and much more in this 4 day camp. Hunters Bay Sport Horses LLC will provide campers with four days filled with horse activities and time in the saddle finished with a fun horse show and a camp memorabilia item. Campers must bring their own snacks and lunch; there will be 2 snack breaks 1 lunch break and frequent water breaks. Campers must wear long pants, shirts that can be tucked in with short sleeves (no tank tops). Campers need to bring a water bottle and their own sunscreen. Campers are encouraged to wear boots or sturdy shoes with tall socks (no sandals or flip flops) and bring their own riding helmet that meets or exceeds current standards. Bike helmets will not be allowed. Helmets can be purchased at many different area locations including Southern States, Tractor Supply and Wild Bills Western Wear. Helmets range in price from \$35.00 and up it is important that riders have a helmet that is specifically fit to them to ensure both comfort and safety. Space is limited so sign up today.

Fee: \$285 per session

Day(s): M-TH

Time: 9 a.m.-3:30 p.m.

Location: Hunter's Bay Sport Horses LLC, 439 Reliance Rd. Middletown, VA 22645

Activity #7114-A

Date(s): 6/23-6/26

Registration deadline: 6/19

Activity #7114-B

Date(s): 7/7-7/10

Registration deadline: 7/3

Activity #7114-C

Date(s): 7/21-7/24

Registration deadline: 7/17

Activity #7114-D

Date(s): 8/4-8/7

Registration deadline: 7/31

Website: www.horselocate.com

CHEER CAMP

RISING 1ST- RISING 6TH GRADERS

The Sherando High School Varsity Cheerleaders are back for more fun this summer as they introduce camp participants to dance, basic stunting, techniques, and other fundamentals of cheerleading in an upbeat, enjoyable atmosphere full of surprises! This camp is designed for any level of cheerleader, from those new to the sport to those looking to improve their cheering foundation. All campers please wear tennis shoes and bring a water bottle and non-perishable lunch daily. Also, participants will take part in the CAMP basicREC Disco Dayz Dance on Friday, 7/18! Please provide your child's shirt size when registering.

Fee: \$55

Activity #4110-A

Day(s): M-F

Date(s): 7/14-18

Time: 9 a.m. - 12 p.m.

Location: EVES

Registration deadline: 7/11

Full Day Option: wrap in CAMP basicREC at EVES for rising 1st-6th graders.

Fee: \$165

Activity #1126-J

Day(s): M-F

Date(s): 7/14-18

Time: 6:30 a.m.- 6 p.m.

Location: EVES

Registration deadline: 7/11

FLAG FOOTBALL CHEERLEADING AND DANCE TEAM WITH NEW COMPETITION TEAM OPTION!

AGES 5-12

FCPRD is changing it up this season! We are looking for those who are energetic, love to dance, and who can help cheer on our 9-10 Boys' flag football teams this fall. All cheerleaders will receive pom poms and a t-shirt. We ask that parents provide blue or black shorts and sneakers for all participants. Games will be played on Saturdays starting September. Please provide your child's shirt size when registering. NEW this year: at the end of the flag football season, we will be having an Evendale vs. Gainesboro End-of-Season Cheer Competition Saturday, 11/8, 12-1p.m. at Evendale Elementary's gymnasium

Fee: \$45 (flag football season ONLY)

\$60 (flag football season PLUS competition option)

Date(s): 9/3-11/6

Activity #4110-F, ages 5-8 (flag football season ONLY)

Activity #4110-FF, ages 9-12 (flag football season ONLY)

Activity #4110-J, ages 5-8 (flag football PLUS competition)

Activity #4110-JJ, ages 9-12 (flag football PLUS competition)

Day(s): W

Time: 6-7 p.m., ages 5-8; 7-8 p.m.; ages 9-12; 8-8:30 competition

Location: EVES

Activity #4110-G, ages 5-8 (flag football season ONLY)

Activity #4110-GG, ages 9-12 (flag football season ONLY)

Activity #4110-K, ages 5-8 (flag football PLUS competition)

Activity #4110-KK, ages 9-12 (flag football PLUS competition)

Day(s): TH

Time: 6-7 p.m., ages 5-8; 7-8 p.m.; ages 9-12; 8-8:30 competition

Location: GBES

ART AT SHERANDO AGES 6-10

Instructor: Jean Grubbs

Let the art begin! Participants will work with different mediums and will have completed projects to take home. Art projects can get messy so bring a smock or over size t-shirt. Campers will be walking in the outdoors to discover sketchable objects. A backpack is advisable to keep personal items in. Interested in an all day camp? Check out the full day option!

Fee: \$60, all art supplies included

Activity #2206-C

Day(s): M-F

Date(s): 7/28-8/1

Time: 9-11:30 a.m.

Location: MPRSH

Registration deadline: noon, 7/23

Bring sunscreen, refillable water bottle, and a snack each day.

Full day option at Sherando Park; details on page 15

Fee: \$165

Activity #1126-D

Time: 7:30 a.m.-5:30 p.m.

Location: MPRSH

ART IN THE PARK AGES 6-12

Instructor: Jean Grubbs

This camp brings art to life! Campers will explore the park and choose scenes/objects to re create on paper. Using a variety of mediums, campers will create art from a rough sketch to the finished piece. Please bring a snack and water each day, wear and bring sunscreen and bring a smock or wear clothes that can get messy. A hat or visor is recommended and sneakers as the campers will be walking around Clearbrook Park.

For each session:

Fee: \$68, all art supplies included

Day(s): M-F

Time: 9 a.m.-noon

Location: CB, Lions Shelter

Activity #	Ages	Date(s)
2206-A	8-12	7/7-11

Registration deadline: noon, 7/3

2206-B	6-10	8/11-15
--------	------	---------

Registration deadline: noon, 8/7

POUND, PAINT AND CREATE AGES 8-14

Instructor: Emily Rhodes, Polka Dot Pot

Everyday a new experience awaits campers. Each camper will throw a pot on the wheel and learn how to hand build with clay, learn how to fuse glass and experiment with different painting techniques. Wear clothes that can get messy. Bring water and a snack. Three sessions available with different projects each session.

For each session:

Fee: \$130

Day(s): M-F

Time: 9 a.m.-noon

Location: Polka Dot Pot, 7 N. Loudoun St.

Activity #	Date(s)	Registration deadline
2232-A	6/23-27	6/19
2232-B	7/14-18	7/10
2232-C	8/4-8	7/30

ENGINEERING FUNDAMENTALS WITH LEGO®

AGES 7-11

Instructed by: Play-well TEKologies

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® Apply real world concepts in physics, engineering, and architecture through engineer designed projects.

Campers will design and build like never before and will explore creative ideas in a supportive environment. With the staff, and a lot of LEGO® campers will build bridges, skyscrapers, motorized cars and more. Bring water.

Fee: \$129

Activity #2030-B

Day(s): M-F

Date(s): 7/21-25

Time: 1-4 p.m.

Location: MPRSH

LEGO®: PRE-ENGINEERING AGES 5-6

Instructed by: Play-well TEKologies

Let your imagination run wild with tens of thousands of LEGO®. Build projects such as boats, bridges, mazes and motorized cars using special pieces to create your own unique design. Explore the endless creative possibilities of the LEGO® building system with the guidance of experienced Play-Well instructors.

Fee: \$129

Activity #2030-A

Day(s): M-F

Date(s): 7/21-25

Time: 9 a.m.-noon

Location: MPRSH

AMERICAN RED CROSS BABYSITTING TRAINING AGES 11+

Great opportunity for those who want to begin babysitting and for those already babysitting. Participants will engage in hands on activities, watch videos and participate in instructor led discussions. Topics covered will include: safety, basic care, responsibility and play. Basic elements of first aid will be covered. Participants will need to bring non perishable lunch, beverage, snack and note taking materials. Everyone will receive a handbook.

For each session:

Fee: \$90

8:30 a.m.-4 p.m.

**American Red Cross building: 561
Fortress Drive**

Activity #	Day(s)	Date(s)
2212-X	W	6/18

Registration deadline: 6/2

2212-Y	T	6/24
--------	---	------

Registration deadline: 6/14

FAIRY TALE MASH UP

AGES 8-11

Instructor: LaTasha Do'zia-Earley, *Selah Theatre Project*

Young actors will be introduced to the many facets of improvisation, storytelling and scenic work. Throughout the camp, students will develop the basic skills of theater. This camp provides the opportunity to create, design and perform unforgettable scenes. On Friday the students will perform an original piece for family and friends. Please bring water and a snack each day.

Fee: \$85

Activity #2024-G

Day(s): M-F

Date(s): 7/7-11

Time: 9 a.m.-1 p.m.

Location: BHES, gym/stage

JAZZ

AGES 14+

Looking for something energetic and fun to do this summer? Try Adult Jazz. Reap the benefits of a great workout full of basic moves and what you bring to it.

For each session:

Fee: \$30

Day(s): TH

Time: 6:30-7:30 p.m.

Location: GBES

Activity # **Date(s)**

2029-A 5/22-6/19

2029-B 6/26-7/31

DRAWING I

COLOR PENCILS AND MARKERS

AGES 8-11

Instructor: Kellee Walters

Inviting all inspiring artists to join us! We will explore a variety of techniques and subject matter to create drawings. All supplies included. Bring smock or wear an old shirt-we may get a little messy.

Fee: \$31

Activity #2008-L

Day(s): W

Date(s): 6/11-7/2

Time: 6:45-8 p.m.

Location: GWMES

LIVE! ON STAGE

AGES 12-16

Instructor: LaTasha Do'zia-Earley, *Selah Theatre Project*

What a combination-total theater immersion plus all of the fun of a summer camp. Performers of all levels, beginning and advanced, will find expression and fulfillment on stage. This 2 week program will immerse your child in all aspects of the performing arts! Dramatists will lead explorations in to the world of musical theater, dance, choreography, set and costume design and more. At the end of the session, students will perform for family and friends. Please bring daily: non perishable lunch, beverage, water and a snack.

Fee: \$160

Activity #2024-E

Day(s): M-F

Date(s): 7/21-8/1

Time: 9 a.m.-4 p.m.

Location: BHES gym/stage

DIGITAL PHOTOGRAPHY CAMP

AGES 8-14

Instructed by: Pictures Plus/O'Roke Photography

Join the professional staff of Pictures Plus/O'Roke Photography for an action packed camp adventure. Campers will experience "hands on" working with portrait, action, landscaping and more. Learn to download, upload, manipulate and print images.

This course is for those with any level of experience. Interested in an all day camp? Check out the full day option!

Fee: \$80

Activity #2233-A

Day(s): M-F

Date(s): 7/28-8/1

Time: 9-11 a.m.

Location: SH, Sandy Shelter

Registration deadline: noon, 7/24

Requirements for Photography camp:

- digital camera (loaners are available upon request-please request at time of registration)
- be prepared to be walking outdoors
- bring daily: refillable water bottle, sunscreen, wear or bring a hat/visor, sunglasses, notebook and pen

Full day option at Sherando Park; details on page 15

Fee: \$165

Activity #1126-K

Time: 7:30 a.m.-5:30 p.m.

Location: MPRSH

TRICKS AND SKILLS WITH FIDO

AGES 9+

Instructor: Lisa Marino: *Certified Professional Dog Trainer; Certified Trick Dog Instructor*

Kids and dogs: when they click, it is a fabulous combination! This class teaches youth to become awesome positive reinforcement dog trainers by creating a special bond with the family dog. Your child will learn to communicate with the dog using a clicker, and will teach your dog some basic manners, skills and some fun tricks! By the end of the class, your child and dog may master enough tricks to earn the Novice Trick Dog title.

Parents must stay on site but the child will be the main handler. Make sure you have a 6' leash for your dog (no retractables), dog treats in small pieces, water for the dog and humans, clean up baggies. Your dog must be up to date on vaccinations, rabies and have rabies/ID tag/license

Fee: \$22

Activity #2220-W

Day(s): S

Date(s): 6/14, 21, 28

Time: 9:30 a.m.-10:30 a.m.

Sherando Park: main entrance, first parking lot to the left, by the flagpole.

BALLET

AGES 3-5

Instructor: Jennifer Turman Bayliss

Young ballerinas: join in for a fun filled and creative class! Basic ballet will be introduced and practiced along with opening up your child's imagination thru creative dancing. Participants must be potty trained. Please bring water. Ballet slippers required.

Fee: \$85

Activity #2230-T

Day(s): M-F

Date(s): 7/14-18

Time: 10 a.m.-noon

Location: MPRSH

CREATE ANIME CHARACTER

AGES 8-11

Instructor: Kellee Walters

Anime is a Japanese animation art form. Anime characters can be found in comic books, animated movies and video games. We will learn the basic methods and create an anime character. All supplies included.

Fee: \$31

Activity #2008-M

Day(s): W

Date(s): 7/30-8/13

Time: 7-8:30 p.m.

Location: GWMES

WEDNESDAY WHEELS: WEEKLY FIELD TRIPS

AGES 10-14

Get out of town with FCPRD this summer for our Wednesday Wheels weekly field trips! Water parks, zipline adventures, a day at Kings Dominion, D.C. museum tours, baseball games—the list goes on and on. Price includes entry fees into field trip destinations and transportation. All trips leave from the Sunnyside Plaza parking lot—see individual trip descriptions for times and further instructions (lunch, necessary forms if any, what to wear, etc.). Participants must wear sunscreen daily and bring extra spray sunscreen with them.



RIVER RIDERS AERIAL ADVENTURE PARK HARPERS FERRY, WV

A day exploring obstacle trails, wobble bridges, and MORE await your adventurer at this one-of-a-kind aerial adventure park!

Fee: \$65

Activity #5113-A

Date(s): 6/18

Time: Depart ARES at 9 a.m.; return approx. 2 p.m.

Registration deadline: 6/13

Participants must wear sneakers and pack a non-perishable lunch. Also, all required forms (see attachment to receipt) must be completed and returned to FCPRD before the trip

BRYCE RESORT ZIP LINE ADVENTURE BASYS, VA

Spend the day in the skies—harnessed to cables!

Fee: \$55

Activity #5113-B

Date(s): 6/25

Time: Depart ARES at 9:30 a.m.; return approx. 4 p.m.

Registration deadline: 6/20

Participants must wear sneakers and pack a non-perishable lunch. Also, all required forms (see attachment to receipt) must be completed and returned to FCPRD before the trip

AU SYMINGTON AQUATIC CENTER LEESBURG, VA

A lazy river, floating snake, water slides, tunnels and MORE!

Fee: \$22

Activity #4111-A

Date(s): 7/2

Time: Depart ARES at 11 a.m.; return approx. 5 p.m.

Registration deadline: 6/27

Participants must bring money for the snack bar and/or pack a non-perishable lunch and swim gear

SMITHSONIAN MUSEUM TOURS WASHINGTON, D.C.

Enjoy a day in the city touring the Smithsonian Museums and monuments!

Fee: \$25

Activity #4111-B

Date(s): 7/9

Time: Depart ARES at 9 a.m.; return approx. 7 p.m.

Registration deadline: 7/3

Participants must wear sneakers and pack a non-perishable lunch.

KINGS DOMINION DOSWELL, VA

Come with us for a day of rides and fun at the area's favorite amusement park!

Fee: \$70

Activity #4111-C

Date(s): 7/23

Time: Depart ARES at 8 a.m.; return approx. 7 p.m.

Registration deadline: 7/18

Participants must wear sneakers and bring swim gear in case we go to the water park section and everyone must bring money for lunch purchase.

NATIONALS VS. NY METS NATIONALS PARK, WASHINGTON D.C.

Take me out to the ballgame—spend the day in Nats Park and take in a day game! Seats are in section 101. Please note: in order to take in the great game, this trip is on Thursday, not Wednesday!

Fee: \$40

Activity #5113-C

Day(s): TH

Date(s): 8/7

Time: Game time is 12:35 p.m. Depart ARES at 9 a.m.; return approx. 7 p.m.

Registration deadline: 8/2

Participants must bring money for lunch purchase.

MASSANUTTEN WATER PARK MASSANUTTEN RESORT, VA

Spend the day with us in this indoor/outdoor water park with slides, a wave pool, and much MORE!

Fee: \$40

Activity #5113-D

Date(s): 8/13

Time: Depart ARES at 10:30 a.m.; return approx. 5:30 p.m.

Registration deadline: 8/8

Participants must bring swim gear and money for lunch purchase.

YOUTH SPORTS SAMPLER

AGES 6-8

The Youth Sports Sampler will prepare children for an organized sport in an enjoyable non-competitive environment. This camp will introduce a new sport each day. Sports include: basketball, soccer, baseball, golf, disc golf, football and so much more! This clinic provides the opportunity for children to learn basic fundamental skills and techniques associated with each sport!

Fee: \$68

Activity #3208-A

Day: M-TH

Date: 6/30-7/3

Time: 9 a.m. - 12 p.m.

Location: EVES

Registration deadline: noon, 6/27

Full Day Option: wrap in CAMP basicREC at EVES for rising 1st-6th graders; details on page 15.

Fee: \$130

Activity #1126-E

Time: 6:30 a.m.-6 p.m.

Location: EVES

YOUTH TRIATHLON

AGES 7-14

Join FCPRD for our Annual youth triathlon event. This triathlon will challenge your child in their age group with a swim, bike ride in Sherando Park, and a run utilizing a portion of the Sherando High School Track. Race packets will be available on Saturday June 14th at the Sherando Park pool and can be picked up between 9-11 a.m. All participants are required to do a bike inspection which will be held on Saturday June 14, 2014 at Sherando Park Pool from 9-11 a.m.

Age is based on your age of day of the event.

Fee: \$40

Activity #5504-A; 7-8 (25 meter swim, 1 mile bike, .5 mile run)

#5504-B; 9-10 (75 meter swim, 3 mile bike, 1 mile run)

#5504-C; 11-12 (125 meter swim, 3 mile bike, 1 mile run)

#5504-D; 13-15 (125 meter swim, 3 mile bike, 1 mile run)

Day(s): SU

Date(s): 6/15

Time: 8 a.m.

Location: SH Pool

Registration deadline: 6/10



SWIM.



BIKE.



RUN.



KIDS RUNNING CLINIC

AGES 7+

Instructors: Kevin Shirk and local area students athletes

This introductory clinic will cover basic aspects of running, proper conditioning, proper form, stretching and more. Participants will learn the fundamentals on middle and long distance running as well as sprints. Our staff, Kevin Shirk Millbrook Head Varsity Cross Country Coach and local area student-athletes, will teach beginner runners about long runs, workouts, and racing with an encouraging, fun and inviting atmosphere. Each participant registering for Kids Running Clinic will receive a t-shirt. Please indicate shirt when registering. On our last night we will hold a 'Mini Meet' with events ranging from the 100 meter dash to the mile run!

Fee: \$40

Activity #5318-A

Day(s): M-F

Date(s): 6/23-6/27

Time: 6:30-8 p.m.

Registration deadline: 6/20

Location: MBHS stadium

SUMMER TRACK SERIES

AGES 3+

Enjoy the many events that this track series has to offer. Events range from running events to a baseball throw. Events is age appropriate and will be modified for certain age groups. All events are scheduled for Thursday's. All events results will be posted on www.fcprd.net.

For each session:

Fee: \$6, \$20 for all 4 meets

Day(s): TH

Time(s): registration begins at 4:45p.m, events begin at 6p.m.

Location(s): SHHS, JWHS

Activities #	Date(s)	Location
5005-A	6/12	SHHS
5005-B	6/19	SHHS
5005-D	7/10	JWHS
5005-E	7/17	JWHS
5005-F	all	all

FIRST TIME TENNIS

AGES 3-6

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to introduce the sport of tennis to young kids using upbeat, positive, encouraging coaching; initiating and demonstrating proper essential basic skills and stroke development to the participant then actively hitting the ball. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall eye-hand coordination, learn the fundamentals of all shots (forehand, backhand, volleys, overhead, serve) gain self-confidence, improve footwork and agility, play games, and most importantly, HAVE FUN!

For each session:

Fee: \$72

Day(s): T & TH

Time: 5:15-6 p.m.

Activity#	Date(s)	Location
5214-H	6/3-26	SHHS, tennis courts
5214-HH	6/3-26	JWHS, tennis courts
5214-I	7/8-31	SHHS, tennis courts
5214-II	7/8-31	JWHS, tennis courts
5214-J	8/5-28	SHHS, tennis courts
5214-JJ	8/5-28	JWHS, tennis courts

YOUTH TENNIS

AGES 4-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

This Program is designed to take participants from mastering essential skills to actively playing tennis. The staff will introduce key skills using a variety of fun activities as well as some components of physical conditioning. Players will develop and improve overall skills, learn the fundamentals of all strokes (forehand, backhand, volleys, overhead, serve) gain confidence, improve conditioning, footwork, agility and athleticism, play games, and most importantly, HAVE FUN!

Fee: \$79

Activity#	Age	Day(s)	Date(s)	Time
5214-K	4-11	T & TH	6/3-26	5:30-6:30 p.m.
5214-KK	11-17	T & TH	6/3-26	6:30-7:30 p.m.
Location: SHHS, tennis courts				
5214-L	4-11	T & TH	6/3-26	5:30-6:30 p.m.
5214-LL	11-17	T & TH	6/3-26	6:30-7:30 p.m.
Location: JJWHS, tennis courts				
5214-M	4-11	T & TH	7/8-31	5:30-6:30 p.m.
5214-MM	11-17	T & TH	7/8-31	6:30-7:30 p.m.
Location: SHHS, tennis courts				
5214-N	4-11	T & TH	7/8-31	5:30-6:30 p.m.
5214-NN	11-17	T & TH	7/8-31	6:30-7:30 p.m.
Location: JJWHS, tennis courts				
5214-O	4-11	M & W	7/28-8/20	9:45-10:45 a.m.
7214-OO	11-17	M & W	7/28-8/20	10:45-11:45 a.m.
Location: MBHS, tennis courts				
5214-P	4-11	T & TH	8/5-28	5:30-6:30 p.m.
5214-PP	11-17	T & TH	8/5-28	6:30-7:30 p.m.
Location: SHHS, tennis courts				
5214-Q	4-11	T & TH	8/5-28	5:30-6:30 p.m.
5214-QQ	11-17	T & TH	8/5-28	6:30-7:30 p.m.
Location: JJWHS, tennis courts				
5214-R	4-11	T & TH	9/2-25	5-6 p.m.
5214-RR	11-17	T & TH	9/2-25	6-7 p.m.
Location: SHHS, tennis courts				

SUMMER TENNIS ACADEMY/MIDDLE/HIGH SCHOOL TEAM COMPETITIONS AND MATCH PLAY INTERMEDIATE/ADVANCED AGES 12-18

This program is designed to take aspiring participants from mastering essential skills to actively playing tennis; all structured in a tennis academy, practice format. Each session will consist of expert instruction to each player through a variety of coaching techniques. This unique program combines the fundamentals of the sport while each session gives participants an opportunity to run through a number of movement/conditioning tennis drills and play games focused on developing and improving overall skills. In addition, the Tennis Director will conduct stroke breakdown and analysis, and prepare a summer program helping the aspiring player achieve their individual goals. The player will get the most out of this program being able experience academy style tennis practice and then incorporate the skills they are learning and working on applying them during the team tennis competitions and matches. Excellent for both current High School tennis players as well as Middle School aged players looking to take their games to the next level.

Fee: \$225

Activity #5102-W

Day(s): T, TH, and select S

Date(s): 6/24-8/16

Time: 3:45-5:15 p.m. T/TH; 11 a.m.-1 p.m. S

Location: SHHS, tennis courts

TENNIS CAMPS

AGES 5-17

Instructor: Matt Rosner, USPTA and FCPRD Tennis Staff

Join us for a week of fun and tennis. Learn the basic of tennis with our week long tennis camp. The camp will be designed to help you both learn the game of tennis and improve. The camp will cover grip, backhand forehand, volley, footwork, and playing games and lots more. Sign up today to get your spot in camp!

For each session:

Fee: \$72

Day(s): M-F

Time: 9:30-11 a.m.

Session I:

Activity #5102-U

Date(s): 6/23-27

Location: JWHS, tennis courts

Full Day Option: wrap in CAMP basicREC at APRES for rising 1st-6th graders; details on page 15

Fee: \$165

Activity #1126-C

Time: 6:30 a.m.-6 p.m.

Location: APRES

Registration deadline: 6/20

Session II:

Activity #5102-V

Date(s): 7/28-8/1

Location: SHHS, tennis courts

Full Day Option at Sherando Park; details on page 15

Fee: \$165

Activity #1126-L

Time: 7:30 a.m.-5:30 p.m.

Location: MPRSH

Registration deadline: 7/25

KIDS ON GOLF

AGES 7-13

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

Get into this hands-on introduction to golf! Skills needed to learn the game of golf will be explained and demonstrated and participants will practice these skills. On the final day, participants will use all of these skills learned as they play the par 3 course. If you do not have your own clubs to use, FCPRD will have clubs available to use at an additional cost.

Please indicate player's height and if they are right or left handed. Use the registration guidelines listed below.

For each session:

Fee: \$85 with clubs; \$95 with use of FCPRD clubs

Day(s): M-F

Time: 9-11:30 a.m.

Location: Appleland Sports Center

Session I:

Activity #7000-A with your own clubs

Activity #7000-B with use of FCPRD clubs

Date(s): 6/16-6/20

Registration deadline: 6/12

Session II:

Activity #7000-C with your own clubs

Activity #7000-D with use of FCPRD clubs

Date(s): 7/14-7/18

Registration deadline: 7/10



CONTINUE A KID ON GOLF

AGES 8-14

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

This program takes Kids on Golf to the next level and is for those who have completed an introductory golf class. This program mixes excitement with lots of skill building and challenges participants to improve their game. Instruction includes fundamentals review, bunker play, course management, rules and etiquette, and course play. Golfers must provide their own clubs.

For each session:

Fee: \$75

Day(s): M-F

Time: 9-11 a.m.

Location: Appleland Sports Center

Session I:

Activity #7001-A

Date(s): 6/23-27

Registration deadline: 6/19

Session II:

Activity #7001-B

Date(s): 7/21-25

Registration deadline: 7/17

GOLF TOURNAMENT FOR KIDS

AGES 6-13

Test your golf skills in this junior golf tournament. Trophies and prizes will be awarded to each age division. All players will tee off at the same tee marker. Golfers must provide their own clubs. Proper golf attire and etiquette is required. PGA Pro Brent Baker will pair up 3 players per team. Ages 6-9 will play 6 holes; 10-13 will play 12 holes.

Day(s): F

Date(s): 8/14; raindate 8/15

Location: Appleland Sports Center

Fee Activity # Ages Time

\$20 7004-A 6-9 8:30-10:30 a.m.

\$25 7004-B 10-13 11-2 p.m.

Registration deadline: 8/12

EVENING GOLF FOR KIDS

AGES 7-13

This program mixes excitement with lots of skill building and challenges participants to improve their game. Each day will blend fun aspects with learning and on the final day participants will have an opportunity to play some holes on the regulation course. Golfers must provide their own clubs.

Proper golf attire and etiquette required.

For each session:

Fee: \$68

Day(s): M-F

Time: 5-7 p.m.

Location: Rock Harbor Golf Course

Session I:

Activity #7003-A

Date(s): 7/7-11

Registration deadline: 7/3

Session II:

Activity #7003-B

Date(s): 8/4-8

Registration deadline: 7/31

MINI GOLF CLINIC

AGES 8-14

Instructor: Brent Baker, USGTF Pro, Certified Pro over 15 Years

This three day instruction offers youth an opportunity to pick up those special skills. Golfers must provide their own clubs. This will be a condensed clinic focusing on the fundamentals such as grip, alignment, ball position, posture, etc. You will also spend time learning etiquette, proper club selection, and putting and chipping. Prior experience not required but preferred.

Fee: \$55

Activity #7002-A

Day(s): M-W

Date(s): 8/11-13

Time: 9-11 a.m.

Location: Appleland Sports Center

Registration deadline: 8/7

SUMMER HIGH SCHOOL VOLLEYBALL LEAGUE

AGES 14-18

This league is for high school age players. Players should sign up according to the school they will attend during the 2014-2015 school year. This camp provides a great opportunity to gear up for the fall volleyball season. The maximum number of players per team is 15. The league will begin mid June and run through the end of July. There will be two divisions offered for JV and Varsity players. Games will be played at GWMES, EVES, and GBES. Teams will play 8 regular season games followed by a single elimination tournament. Double headers will be given to shorten the length of the regular season. *All participants must be part of an organized high school, travel or AAU team.* Please consult with your coach before registering.

Please include player's shirt size at time of registration.

Early Bird Fee: \$50 before 5/27 at midnight

Final Fee: \$60 between 5/28 & 6/3 at midnight (no participants will be taken after 6/3)

Day(s): T, TH

Date(s): 6/17-7/31

Time: 6-9 p.m.

Location: GBES, GWMES, EVES

Activity #

3322-A

3322-AA

3322-B

3322-BB

3322-C

3322-CC

3322-D

3322-DD

3322-E

3322-F

3322-G

3322-GG

School

James Wood

James Wood (JV)

Millbrook

Millbrook (JV)

Sherando

Sherando (JV)

Handley

Handley (JV)

Martinsburg

Musselman

Musselman (JV)

Clarke County

Clarke County (JV)

Activity #

3322-H

3322-I

3322-J

3322-K

3322-L

3322-M

3322-N

3322-O

3322-P

3322-Q

3322-R

3322-S

School

Warren County

Skyline

Jefferson

Loudoun County

Loudoun Valley

Hampshire High School

Berkeley Springs

Shenandoah Valley

Christian

Strasburg

Washington

Central

Other

YOUTH ARCHERY

AGES 9-17

Instructor: Robert "Bob" Clark, National Archery in the Schools & The School of Advanced Archery Certifications

Sponsored by: Gander Mountain

This Monday through Friday Archery Program will teach the basics of shooting a compound bow safely and effectively. Scoring games will be used to test form and accuracy. Participants will learn proper handling, bow and arrow usage, and discuss the importance of range safety. The program is also intended to provide the necessary guidance for the recreation archer who is interested in archery for the enjoyment of shooting a bow and arrow. There is no need to bring your own bow, because all equipment is provided. A great time will be had by all!

The instructor, Bob Clark is a long time archer. He is the 2011 IBO World Champion, a 9 time IBO National Champion, 2 time IBO shooter of the year, several NFAA Indoor State Championships, WV Master Hunter, and WV Bow Hunter of the Year.

Fee: \$79

Day(s): M-F

Date(s): 6/23-6/27

Location: SH Park- Ruritan Shelter

Registration Deadline: 6/19

Activity #7225-E

Time: 9-10:20 a.m.

Activity #7225-F

Time: 10:30-11:50 a.m.

Location: SH Park- Ruritan Shelter

SUMMER BASKETBALL LEAGUE

AGES 8-14

Our winter basketball league is back for the summer! This league is designed to introduce the game of basketball to boys and girls. The first 5 sessions are practices. Games begin July 1 on Monday and Wednesday; there will be no practice sessions once games begin. Practice and game times will be 6, 7 and 8 p.m. at any four FCPR centers (Gainesboro, Evendale, Orchard View, and Greenwood Mill Elementary Schools).

All coaches should attend the mandatory coaches meeting on June 11 at 6:00 p.m. at Evendale Elementary School. Participants must be appropriate age on or before the registration deadline of 6/3.

Divisions may be combined due to lower than expected enrollment.

For each sections:

Early Bird Fee: \$48 on or before 5/27.

Final Fee: \$58 between 5/28 & 6/3.

Dates: 6/16-8/13

Days: M, W, S

Time: 6-9 p.m.

Location: GWMES, OVES, GBES and EVES

Activity # Division/Ages

3400-A 10-11 Boys

3400-B 10-11 Girls

3400-C 8-9 Co-Ed

5315-A 12-14 Girls

5315-B 12-14 Boys

All registrations received after 6/3 will be placed on a waiting list; there is no guarantee of acceptance into a program after a registration deadline passes.

To help make our youth sports leagues successful, we are asking for parent/volunteer coaches and assistant coaches. Coaches and assistant coaches must be certified by the American Sport Education Program and successfully pass a criminal background check in order to coach. Please contact us at 665-5678 if you're interested in becoming a volunteer coach.

YOUTH FAST-PITCH SOFTBALL & FIELD TRIP **AGES 8-17**

If you are looking for a Fast-Pitch Softball Camp this summer to have some fun while learning, this is the camp for you! Whether you're just starting out or you're a player with some experience, come join us this week. Players will receive instruction on the fundamentals of fielding, hitting/bunting, pitching/catching, and base running.

As an added bonus, we will be taking a day field trip (Thursday, 7/17) to the Baltimore Orioles Stadium and the Babe Ruth Museum for tours of their facilities. Campers will need to pack a lunch, bring a water bottle, and dress comfortably for the field trip day. Departure 8:30 a.m.; return approximately 4:30 p.m.

Classes may meet on Saturday if needed due to inclement weather. Each participant will also receive a camp T-shirt, so please signify the child's shirt size at registration. Participants need to bring with them: glove, cleats or sneakers, and bat (if you have one).

Fee: \$73

Activity #7113-A

Day(s): M-F

Date(s): 7/14-18

Time: 8:30-11:30 a.m.

Location: SH, Field 1 & other area fields

Registration deadline: 7/7

YOUTH BASEBALL & FIELD TRIP **AGES 8-12**

This Baseball Camp is structured for players with no experience and some experience. Our main focus will be to provide an enjoyable and exciting baseball experience for each player. Players will receive instruction on the fundamentals of fielding, hitting/bunting, pitching/catching, and base running. Individual and team drills will be incorporated into daily activities. As an added bonus, we will be taking a day field trip (Thursday, 7/17) to the Baltimore Orioles Stadium and the Babe Ruth Museum for tours of their facilities. Campers will need to pack a lunch, bring a water bottle, and dress comfortably for the field trip day. Departure 8:30 a.m.; return approximately 4:30 p.m.

Every camper will receive a camp T-shirt, so please signify the child's shirt size at registration. Participants need to bring with them: glove, cleats or sneakers, and bat (if you have one).

Fee: \$73

Activity #7107-A

Day(s): M-F

Date(s): 7/14-18

Time: 8:30 a.m.-11:30 a.m.

Location: SH, Field 2 & other area fields

Registration deadline: 7/7

YOUTH FOOTBALL & FIELD TRIP **AGES 8-12**

Instructors: Area High School and College Football Players

Can't wait for football season this year?

You don't have to. Whether you are an experienced football player or just out for fun, join us this summer for a fun football experience. Participants will laugh, sweat and play football. We will also take a trip on Thursday of this week to take a tour of Baltimore Ravens playing facility in Baltimore, Maryland. Campers will need to pack a lunch, bring a water bottle, and dress comfortable for the field trip day. Departure 8:30 a.m.; return approximately 4:30 p.m.

Every camper will receive a camp T-shirt, so please signify the child's shirt size at registration.

Fee: \$73

Activity #5196-A

Day(s): M-F

Date(s): 7/7-11

Time: 8:30-11:30 a.m.

Location: ABMS

Registration deadline: 7/3

FOR FULL INFORMATION ON FALL FLAG FOOTBALL, VISIT FCPRD.NET

PEE WEE FLAG FOOTBALL **AGES 5-8**

This program is geared for children ages 5-6 and 7-8 year olds who are interested in trying football. Fun and fundamentals will be the focus of these divisions. Participants must be of age on or before 10/1/14.

For each session

Fee: \$35

Day(s): M-S

Date(s): 9/8-11/8

Time: 5:30-6:30 weekdays, TBD S

Location: Local Elementary Schools

Registration deadline: 8/25

Activity #5302-A, ages 5-6

Activity #5316-A, ages 7-8

9/10 FLAG FOOTBALL

This league provides participants with plenty of action while learning new flag football skills. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We will make every attempt to keep participants near their desired location. Participants must be of age on or before 10/1/14.

Fee: \$40

Activity #5313-A

Day(s): M-S

Date(s): 9/8-11/8

Time: 5:30-6:30 weekdays, TBD S

Location: Local Elementary Schools

Registration deadline: 8/25

11/13 FLAG FOOTBALL

Focus will be on improving the skills of football and having fun. All players will learn what it takes to be more successful on the football field. All participants will be required to have a mouth piece to participate. Please indicate the school your child attends or lives near when registering. We make every attempt to keep participants near their desired location. Participants must be of age on or before 10/1/14.

Fee: \$45

Activity #5314-A

Day(s): M-S

Date(s): 9/8-11/8

Time: 5:30-6:30 weekdays, TBD S

Location: Local Middle Schools

Registration deadline: 8/25

SERVE IT UP VOLLEYBALL CAMP

Instructors include: Kim Riordan, current and past volleyball players.

Serve! Pass! Spike! Enjoy an enthusiastic learning environment with one of the area's best volleyball coaching staffs, guest coaches, current players and college level players from the area. This fun and upbeat experience will excel and develop new skills for all campers. Our main focus will be to help each player learn the skills he/she needs by providing specific instructions for both individual and team performance.

FUNDAMENTALS CAMP AGES 9-14

This one week camp will improve participants overall game through intensive drills, competition, and expert training in competitive volleyball fundamentals and tactics. Spots are limited. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes. Please provide your child's shirt size when registering.

Fee: \$60

Activity #3102-A

Day(s): M-F

Date(s): 6/16-6/20

Time: 8:30-11:00 a.m.

Location: EVES

Registration deadline: noon, 6/13

Full Day Option: wrap in CAMP basicREC at EVES for rising 4th – rising 6th graders; details on page 15.

Fee: \$165

Activity #1126-A

Day(s): M-F

Date(s): 6/16-20

Time: 6:30 a.m.-6 p.m.

Location: drop off and pick up at EVES

Registration deadline: noon, 6/13

SPECIALIZED SESSIONS AGES 12-16

Specialized sessions are designed for any player who desires to move onto the next level. These sessions focus on individual drills, lectures and demonstrations. Sessions include the following: Serving/Passing (Monday and Tuesday) and Hitting/Defense (Wednesday and Thursday). Friday will include mini games that will incorporate the combination of skills learned throughout the week. Participants are encouraged to bring a water bottle, knee pads and comfortable tennis shoes. Please provide your child's shirt size when registering.

Fee: \$55

Activity #3102-B

Day(s): M-F

Date(s): 6/16-20

Time: 11:30 a.m.-1:30 p.m.

Location: EVES

Registration deadline: noon, 6/13



KICK IT UP SOCCER CAMP

Hayden's Goal Inc., (in memory of Hayden Ellias) will present information to both players and parents on soccer goal safety at the beginning of each soccer camp session.

FCPRD is partnering with Hayden's Goal, Inc., and premier soccer coaches and volunteers from the area to offer this one week soccer academy. We have designed age/skill specific training programs that foster proper technical development and provide a better understanding of the game's overall tactics. Our main focus will be to provide players with a challenging environment that demands good training habits. This camp is broken into two sessions; the first session will focus on fundamental skills associated with the game, while the second session will focus on competitive soccer skills, tactics and game playing at an advanced level. This camp provides a great opportunity to gear up for the BRYSA/Winchester United fall soccer season. Please provide your child's shirt size when registering.

FUNDAMENTALS CAMP AGES 5-12

Fee: \$65

Day(s): M-F

Date(s): 7/28-8/1

Time: 9-11 a.m.

Location: SH, soccer fields 2 & 3

Registration deadline: noon, 7/25

Activity #	Ages
3100-A	5-6
3100-B	7-8
3100-C	9-10
3100-D	11-12

**Full Day Option at Sherando Park;
see page 15 for details**

Fee: \$165

Activity #1126-M

Time: 7:30 a.m.-5:30 p.m.

Dates: 7/28-8/1

Location: MPRSH

Registration deadline: 7/25 at noon

**Bring a nonperishable lunch and bathing
suit/towel**

ADVANCED SKILLS DEVELOPMENT AGES 9-17

Fee: \$65

Day(s): M-F

Date(s): 7/28-8/1

Time: 9-11 a.m.

Location: SH soccer fields 2 & 3

Registration deadline: noon, 7/25

Activity #	Ages
3100-E	9-10
3100-F	11-12
3100-G	13-14
3100-H	15-17

CAMP BASICREC

AGES RISING 1ST GRADERS THROUGH RISING 6TH GRADERS

Instructors: FCPRD Recreation Technicians and Program Assistants

Camp basicREC is the top choice for those 9 weeks of “not-so-lazy” days of summer! Campers will enjoy fun-filled adventures which have a home base in area schools/playgrounds. Camp basicREC is designed to keep your child involved in activities that go on throughout the day!! Summer will be filled with special activities, events, group games, playing outside, water play, organized sports and games, arts and crafts, swimming, field trips, and time to just relax! Camp basicREC is based outside and, weather permitting, twice per week we will venture out to the park to play and spend the afternoon swimming at the pools. All campers will have their swimming skills assessed prior to being permitted to swim and color coded wrist bands will be worn which designates their skill level. Parents will drop off and pick up their campers at their school site daily, even on park/pool days. There will not be make up days for pool days/field trips that may be rained out. Parks and pools are subject to change. Morning and afternoon snacks will be provided, but you are welcome to bring these from home. Make sure your camper is lathered in sun block daily before coming to camp and that they bring their water bottle, a non perishable lunch which does not need preparation, towel, sneakers, swimsuit, spray sun block, water shoes, and t-shirt. Detailed information is available in the Parent Handbook.

APPLE PIE RIDGE ELEMENTARY SCHOOL/CLEARBROOK PARK AND POOL

Activity #1127-04 Pool Days: M, W

COMMUNITY CENTER AT EUENDALE ELEMENTARY SCHOOL/SHERANDO PARK AND POOL

Activity #1127-05 Pool Days: T, TH

COMMUNITY CENTER AT GREENWOOD MILL ELEMENTARY SCHOOL/SHERANDO PARK AND POOL

Activity #1127-06 Pool Days: M, W

Fee: \$1,035, weekly payment options listed below

Day(s): M-F Date(s): 6/16-8/15 Time: 6:30 a.m.-6 p.m.

Closed: 7/4

If you take advantage of all 9 weeks of CAMP basicREC, payments can be made by choosing option 1 or 2 below. If withdraw from the full-time enrollment in the program becomes necessary, you will be responsible to pay the following weeks regularly scheduled payment.

Option 1: \$1,035 is due when enrolling in all 9 weeks of summer

Option 2: Enroll in the automated payment plan and upon registration \$115 will be due for the first week with the following deductions being withdrawn from your checking account or an approved credit card on 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28 and 8/4.

To register, you must obtain and fill out the CAMP basicREC registration form. You may register online at www.fcprd.net, or in person at the FCPRD office (8 a.m.-4:30 p.m.). Registrations will not be processed unless all forms are completed and submitted along with payment. Forms may also be obtained by visiting our website. Please do not mail the forms to us. Incomplete forms will be returned to you which could result in your information not being processed.

PICK-A-WEEK!

If you do not need all 9 weeks of CAMP basicREC, you can pick and pay as you go. Themes for each week are listed below. Payment is due at time of registration.

THEME: KICK-OFF WEEK

Fee: \$165

Activity #	Location
1130-A	APRES
1130-B	EVES
1130-C	GWMES

Date(s): 6/16-20

Trip: Bowling at Northside

THEME: ADVENTURE WEEK

Fee: \$165

Activity #	Location
1130-J	APRES
1130-K	EVES
1130-L	RBRES

Date(s): 7/7-11

Trip: Washington National Zoo

THEME: DISCOVERY WEEK

Fee: \$165

Activity #	Location
1130-S	APRES
1130-T	EVES
1130-U	GWMES

Date(s): 7/28-8/1

Trip: Discovery Museum

THEME: END OF SUMMER EXTRAVAGANZA WEEK

Activity #	Location
1130-Y	APRES
1130-Z1	EVES
1130-Z2	GWMES

Date(s): 8/11-15

Trip: Clearbrook Park Party

THEME: LASER KRAZE WEEK

Fee: \$165

Activity #	Location
1130-D	APRES
1130-E	EVES
1130-F	GWMES

Date(s): 6/23-27

Trip: Laser Tag at Skyline
Laser Tag

THEME: DISCO DAYZ WEEK

Fee: \$165

Activity #	Location
1130-M	APRES
1130-N	EVES
1130-O	GWMES

Date(s): 7/14-18

Trip: to EVES for a Disco
Dance; pick up at EVES Friday

THEME: TALENT SHOW WEEK

Fee: \$165

Activity #	Location
1130-V	APRES
1130-W	EVES
1130-X	GWMES

Date(s): 8/4-8

Trip: GWMES talent show, pick up at GWMES on Friday

THEME: STAR SPANGLED SPECTACULAR WEEK

Fee: \$130

Activity #	Location
1130-G	APRES
1130-H	EVES
1130-I	GWMES

Date(s): 6/30-7/3; closed 7/4

Trip: Movie at the Alamo

THEME: WET AND WILD WEEK

Fee: \$165

Activity #	Location
1130-P	APRES
1130-Q	EVES
1130-R	GWMES

Date(s): 7/21-25

Trip: Leesburg Water Park

FULL DAY OPTIONS

Only at Frederick County Parks and Rec can a half-day camp offer a full day of fun! Some of our speciality camps provide a great opportunity for kids to enjoy a full-day camp experience while still getting the speciality camp experience. It's the best of both worlds!

Let's say your child wants to go to Kick It Up Soccer Camp but you are unable to arrange transportation for this half day camp. Now you have a full day option which provides an opportunity for your child to attend soccer camp and have a full day camp adventure. You can drop off your child at the Sherando Community Center as early as 7:30 a.m. and when it's time to go to soccer camp, staff will take the campers to the field. When soccer is over, staff will pick up the soccer campers and return home base for other camp activities, including pool time. Pick up your camper from the Sherando Pool no later than 5:30 p.m. This would apply to camps with the Sherando High School Community Center as a home base for the week.

The same would apply to the camps held at EVES and APRES. Campers will participate in the speciality camp during the designated time and then CAMP basicREC before and after the speciality camp that was chosen, including a weekly field trip!

Make sure that your camper is lathered in sunblock daily before coming to camp and that they bring a water bottle daily, a non perishable lunch which does not need to be prepared, a towel, sneakers, a swimsuit, sun block, water shoes, and a t-shirt. All campers will have their swimming skills assessed prior to being permitted to swim. Color coded wrist bands will be worn that associates them with a skill level. There are no makeups for pool day rainouts.

Fee: \$165 per week which includes the speciality camp and camp activities before and after the speciality camp option. This may include pool time. Sports Sampler week is \$130 due to the short week.

Camp	Activity #	Date(s)	Time	Location	Ages	Details on page
Serve It Up	1126-A	6/16-20	6:30 a.m.-6 p.m.	EVES	9-11	13
Serve It Up runs 8:30-11 a.m. The rest of the day, campers will enjoy games, activities, pool time, and a field trip to Northside Lanes for bowling!						
Tennis	1126-C	6/23-27	6:30 a.m.-6 p.m.	APRES	rising 1st-6th graders	9
Tennis camp runs 9:30-11 a.m. The rest of the day, campers will enjoy games, activities, pool time and a field trip to Laser Tag!						
Sports Sampler	1126-E	6/30-7/3	6:30 a.m.-6 p.m.	EVES	6-8	10
Sports Sampler runs from 9 a.m.-noon. The rest of the day, campers will enjoy games, activities, pool time and a field trip to The Alamo for a movie. The fee this week is \$130 due to the short week.						
Cheer Camp	1126-J	7/14-18	6:30 a.m.-6 p.m.	EVES	rising 1st-6th graders	4
Cheer Camp runs from 9 a.m.-noon. The rest of the day, campers will enjoy games, activities, pool time and a field trip to the Evendale camps site for a Disco Dance!						
Art at Sherando	1126-D	7/28-8/1	7:30 a.m.-5:30 p.m.	MPRSH	6-12	5
Art camp runs 9-11:30 a.m. The rest of the day, campers will enjoy games, activities, and pool time.						
Photography	1126-K	7/28-8/1	7:30 a.m.-5:30 p.m.	MPRSH	6-14	6
Photography camp runs 9-11 a.m. The rest of the day, campers will enjoy games, activities, and pool time.						
Tennis	1126-L	7/28-8/1	7:30 a.m.-5:30 p.m.	MPRSH	5-17	9
Tennis camp runs 9:30-11 a.m. The rest of the day, campers will enjoy games, activities, and pool time.						
Kick It Up	1126-M	7/28-8/1	7:30 a.m.-5:30 p.m.	MPRSH	5-12	13
Kick It Up runs 9-11 a.m. The rest of the day, campers will enjoy games, activities, and pool time.						



2013 Camp basicREC trip to the National Zoo!

POOL SCHEDULE

May 24, 25, 26, 31, June 1, 7, 8
June 7-June 13
June 14* - August 17

August 23, 24, 30, 31 September 1

***The pool will be open seven days a week beginning with the first day of summer vacation for the Frederick County Public School system and will be open weekends only once the 2014-2015 FCPS year has begun.**

SHERANDO POOL

11 a.m.-7 p.m.
closed
11 a.m.-5:45 p.m. (M-TH)
11 a.m.-7 p.m. (F, S, SU)
11 a.m.-7 p.m.

CLEARBROOK POOL

11 a.m.-7 p.m.
noon-4:30 p.m. (M-F only)
11 a.m.-5:45 p.m. (M-TH)
11 a.m.-7 p.m. (F, S, SU)
11 a.m.-7 p.m.

ADMISSION FEES:

Age		Last Hour
Infant-2 years	Free	Free
3 and Over	\$3	\$1

POOL RENTALS:

Friday, Saturday, Sunday, 7:15 p.m.-9:15 p.m. Rentals by reservation only and with at least one week notice. Reservations are accepted beginning in January of the same calendar year. **RESERVATION fee must be PAID IN FULL at time reservation is made.**

Fee: \$200 for residents, \$250 for non-County residents.

REFUND POLICY:

Refunds will be given until a program begins, however, a 20% administrative charge will be deducted. No refunds will be given after the start of a program unless special circumstances warrant. All requests for refunds must be in writing. In some cases, household accounts will be credited for future use in lieu of cash refunds. Credit card refunds will be applied to credit card accounts; no cash refunds will be issued on credit card charges.

PASSES:

Save 20% off of the regular admission price by purchasing multiple visit passes for the price of \$2.40/visit. Punch passes are valid at either Sherando or Clearbrook pools. A minimum of 10 visits must be purchased.

SWIM TEAM

Youth ages 5-18 are encouraged to participate in the Shenandoah Valley Swim League. FCPRD will have teams at Clearbrook and Sherando Pools which will compete with other swim teams in the Shenandoah Valley Swim League. Saturday morning meet schedules will be available the first week of practice. Swimmers must provide their own transportation to and from meets. The Shenandoah Valley Swim League is made up of the following 6 teams: Winchester Country Club, Stonebrook, Winchester Swim Team, Clarke County Parks and Recreation, Sherando, and Clearbrook, Frederick County Parks and Recreation.

Participants must meet the following guidelines when considering swim team: Youth ages 5-8 years: ability to swim 25 yards on the surface without stopping. Youth ages 9-18 years: ability to swim 50 yards on the surface without stopping. Swim team will not take the place of swim lessons. If you are unsure about your child's ability, register for the program and our coaches will evaluate your child. If he or she does not meet the minimum qualifications, you will receive a full refund.

Coaches may evaluate your child and deem that they are not ready for swim team. The first two nights of practice will be for first time member evaluations. A full refund will be issued in these instances.

Parents willing to assist with volunteering at swim meets are greatly needed. Please notify your team's coach at the start of the season or call 665-5678 if you are interested.

Fee: \$95 (includes swim cap and t-shirt)
Activity #6019-A, Clearbrook Dolphins
Activity #6019-B, Sherando Sharks

Practices for both teams will adhere to the following schedule:
T, TH: 5/27 and 5/29, 6-7:30 p.m. for first time swimmers only
M, W: 6/2 and 6/4, 6-7:30 p.m. all swimmers!
M-TH: 6/9-7/31, 7-80 p.m., ages 5-11 years; 8-9 p.m., ages 12-18
T, TH: 6/17-7/31 8:30 a.m.-9:30 a.m., ages 5-18 years

YOUTH DEVELOPMENT SWIM TEAM

Not sure if you are ready for swim team? Don't want to commit to the entire summer? FCPRD is pleased to offer a development program for the swimmer that is not quite ready to compete with the Sharks or the Dolphins but would like to see what it is all about. Refined stroke, breathing, flip turns, and proper diving will be introduced and practiced. This program does not take the place of swim lessons.

For each session:

Fee: \$45

Day(s): M-TH

Activity #	Pool	Time	Dates
6018-A	CB	10-11 a.m.	6/16-26
6018-B	SH	10-11 a.m.	6/16-26
6018-C	CB	5:30-6:30 p.m.	6/16-26
6018-D	SH	5:30-6:30 p.m.	6/16-26
6018-E	CB	10-11 a.m.	7/7-17
6018-F	SH	10-11 a.m.	7/7-17
6018-G	CB	5:30-6:30 p.m.	7/7-17
6018-H	SH	5:30-6:30 p.m.	7/7-17

SWIM LESSONS

FCPRD follows the guidelines of the American Red Cross Learn to Swim program. Please read the description of each class to register for the appropriate skill level. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level.

If you are interested in signing your child up for a consecutive session of lessons, please check with your instructor after Wednesday's lesson to determine the appropriate level for which to register. The registration deadline is Thursday at midnight for the following weeks' session of lessons. We do not encourage you to sign up for more than one week of lessons at a time; we cannot adjust for situations where advancement was not met in the previous session.

For all swim lesson levels: classes canceled due to inclement weather will be announced on radio stations WINC and Q102. Make-ups could be scheduled for either Friday, Saturday or Sunday during the regular time of your scheduled lesson. Please check with your instructor for exact make-up information. Classes will only be cancelled during an electrical storm, if it is only raining, the class will be held as scheduled.

During swim lessons, guardians may watch their children from the grass areas. Please no parents or siblings on the pool deck during swim lessons.

Following morning lessons, patrons staying to swim for the day must leave and re-enter the pool area at noon.

WATER SPLASH

AGES 1-3

Parent or responsible adult *must* be in the water with the child; water depths will not exceed 4 feet. One child per responsible adult. This course makes no claims to teach your child to swim or waterproof your child, but is designed to inform parents how to interact in the water with the child. Snug plastic pant required over diapers.

Fee: \$24 per child and parent or guardian

Activity #	Day(s)	Date(s)	Time	Location
6000-A	M-W	6/23-25	9:30-10 a.m.	CB
6000-B	M-W	6/23-25	9:30-10 a.m.	SH
6000-C	M-W	7/21-23	6-6:30 p.m.	CB
6000-D	M-W	7/21-23	6-6:30 p.m.	SH
6000-E	M-W	8/4-6	9:30-10 a.m.	CB
6000-F	M-W	8/4-6	9:30-10 a.m.	SH
6000-G	SU	6/22-7/6	10:30-11 a.m.	CB
6000-H	SU	6/22-7/6	10:30-11 a.m.	SH
6000-I	SU	7/13-27	10:30-11 a.m.	CB
6000-J	SU	7/13-27	10:30-11 a.m.	SH
6000-K	SU	8/3-17	10:30-11 a.m.	CB
6000-L	SU	8/13-17	10:30-11 a.m.	SH

THE FOLLOWING COURSES ARE ALL \$35 FOR A ONE WEEK SESSION:

MINNOWS

This course is designed for 3-4 year olds. Interactive games and activities will be featured and are intended to encourage your child to enjoy the water. Basics such as water safety awareness, personal safety, and skill fundamentals will be presented. As children master these skills, advanced skills will be incorporated within this class time frame.

TADPOLES

This course is designed for 3-5 year olds. This class will help participants become more familiar and independent in the water. The focus of this class will include but is not limited too; water entry and exit, underwater skills, floating and gliding with assistance, arm and leg action, and water safety.

LEVEL I

INTRODUCTION TO WATER SKILLS

Recommended that children are 4-6 years old to participate in this class. OBJECTIVE: to learn basic personal water safety information and skills. Students will learn elementary aquatic skills.

LEVEL II

FUNDAMENTAL AQUATIC SKILLS

Students must feel comfortable in the water and be able to completely submerge as well as sustain a back float. OBJECTIVE: to give participants success with fundamental skills. Students will learn to float without support and to recover to a vertical position.

LEVEL III

STROKE DEVELOPMENT

Prerequisite: Completion of Level II

OBJECTIVE: to learn the survival float, the elementary backstroke, and to coordinate the front crawl. Students will learn rules for headfirst entries and begin to enter the water headfirst from the side of the pool. The scissors and dolphin kicks will be introduced.



LESSON SCHEDULE

THE FOLLOWING COURSES ARE ALL \$35 PER SESSION

WEEK 1: 6/2-5

All sessions meet M-TH, 5-6 p.m.

Activity #	Location	Level
6001-A	CB	Minnows
6001-B	SH	Minnows
6001-C	CB	Tadpoles
6001-D	SH	Tadpoles
6001-E	CB	Level I
6001-F	SH	Level I
6001-G	CB	Level II
6001-H	SH	Level II
6001-I	CB	Level III
6001-J	SH	Level III

WEEK 2: 6/9-12

All sessions meet M-TH, 5:30-6:30 p.m.

Activity #	Location	Level
6002-A	CB	Minnows
6002-B	SH	Minnows
6002-C	CB	Tadpoles
6002-D	SH	Tadpoles
6002-E	CB	Level I
6002-F	SH	Level I
6002-G	CB	Level II
6002-H	SH	Level II
6002-I	CB	Level III
6002-J	SH	Level III

WEEK 3: 6/16-19

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6003-A	Minnows	6003-F	Minnows
6003-B	Tadpoles	6003-G	Tadpoles
6003-C	Level I	6003-H	Level I
6003-D	Level II	6003-I	Level II
6003-E	Level III	6003-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6003-K	Minnows	6003-P	Minnows
6003-L	Tadpoles	6003-Q	Tadpoles
6003-M	Level I	6003-R	Level I
6003-N	Level II	6003-S	Level II
6003-O	Level III	6003-T	Level III

WEEK 4: 6/23-26

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6004-A	Minnows	6004-F	Minnows
6004-B	Tadpoles	6004-G	Tadpoles
6004-C	Level I	6004-H	Level I
6004-D	Level II	6004-I	Level II
6004-E	Level III	6004-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6004-K	Minnows	6004-P	Minnows
6004-L	Tadpoles	6004-Q	Tadpoles
6004-L	Level I	6004-R	Level I
6004-N	Level II	6004-S	Level II
6004-O	Level III	6004-T	Level III

WEEK 5: 6/30-7/3

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6005-A	Minnows	6005-F	Minnows
6005-B	Tadpoles	6005-G	Tadpoles
6005-C	Level I	6005-H	Level I
6005-D	Level II	6005-I	Level II
6005-E	Level III	6005-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6005-K	Minnows	6005-P	Minnows
6005-L	Tadpoles	6005-Q	Tadpoles
6005-M	Level I	6005-R	Level I
6005-N	Level II	6005-S	Level II
6005-O	Level III	6005-T	Level III

WEEK 6: 7/7-10

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6006-A	Minnows	6006-F	Minnows
6006-B	Tadpoles	6006-G	Tadpoles
6006-C	Level I	6006-H	Level I
6006-D	Level II	6006-I	Level II
6006-E	Level III	6006-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6006-K	Minnows	6006-P	Minnows
6006-L	Tadpoles	6006-Q	Tadpoles
6006-M	Level I	6006-R	Level I
6006-N	Level II	6006-S	Level II
6006-O	Level III	6006-T	Level III

WEEK 7: 7/14-17

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6007-A	Minnows	6007-F	Minnows
6007-B	Tadpoles	6007-G	Tadpoles
6007-C	Level I	6007-H	Level I
6007-D	Level II	6007-I	Level II
6007-E	Level III	6007-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6007-K	Minnows	6007-P	Minnows
6007-L	Tadpoles	6007-Q	Tadpoles
6007-M	Level I	6007-R	Level I
6007-N	Level II	6007-S	Level II
6007-O	Level III	6007-T	Level III

WEEK 8: 7/21-24

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6008-A	Minnows	6008-F	Minnows
6008-B	Tadpoles	6008-G	Tadpoles
6008-C	Level I	6008-H	Level I
6008-D	Level II	6008-I	Level II
6008-E	Level III	6008-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6008-K	Minnows	6008-P	Minnows
6008-L	Tadpoles	6008-Q	Tadpoles
6008-M	Level I	6008-R	Level I
6008-N	Level II	6008-S	Level II
6008-O	Level III	6008-T	Level III

WEEK 9: 7/28-31

CLEARBROOK

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6009-A	Minnows	6009-F	Minnows
6009-B	Tadpoles	6009-G	Tadpoles
6009-C	Level I	6009-H	Level I
6009-D	Level II	6009-I	Level II
6009-E	Level III	6009-J	Level III

SHERANDO

10-11 a.m.		6-7 p.m.	
Activity #	Level	Activity #	Level
6009-K	Minnows	6009-P	Minnows
6009-L	Tadpoles	6009-Q	Tadpoles
6009-M	Level I	6009-R	Level I
6009-N	Level II	6009-S	Level II
6009-O	Level III	6009-T	Level III

WEEK 10: 8/4-7

CLEARBROOK

10-11 a.m.	6-7 p.m.	Activity #	Level	Activity #	Level
6010-A Minnows		6010-F Minnows			
6010-B Tadpoles		6010-G Tadpoles			
6010-C Level I	6010-H Level I				
6010-D Level II	6010-I Level II				
6010-E Level III	6010-J Level III				

SHERANDO

10-11 a.m.	6-7 p.m.	Activity #	Level	Activity #	Level
6010-K Minnows		6010-P Minnows			
6010-L Tadpoles		6010-Q Tadpoles			
6010-M Level I	6010-R Level I				
6010-N Level II	6010-S Level II				
6010-O Level III	6010-T Level III				

PRIVATE SWIM LESSONS

One on one private instruction will be offered with a Certified Water Safety Instructor. All private lessons must be scheduled through the main office. Please do not bring more than one child per lesson, each child must be registered individually. Instructor requests cannot be guaranteed. The registration deadline is Thursday at midnight for the following week's session of lessons.

For each lesson:

Fee: \$15 per lesson

Time: 9:15-9:45 a.m.

Activity #	Day	Date	Location
6020-A	M	6/16	SH
6020-B	M	6/16	CB
6020-C	W	6/18	SH
6020-D	W	6/18	CB
6020-E	M	6/23	SH
6020-F	M	6/23	CB
6020-G	W	6/25	SH
6020-H	W	6/25	CB
6020-I	M	6/30	SH
6020-J	M	6/30	CB
6020-K	W	7/2	SH
6020-L	W	7/2	CB
6020-M	M	7/7	SH
6020-N	M	7/7	CB
6020-O	W	7/9	SH
6020-P	W	7/9	CB
6020-Q	M	7/14	SH
6020-R	M	7/14	CB
6020-S	W	7/16	SH
6020-T	W	7/16	CB
6020-U	M	7/21	SH
6020-V	M	7/21	CB
6020-W	W	7/23	SH
6020-X	W	7/23	CB
6020-Y	M	7/28	SH
6020-Z	M	7/28	CB
6020-AA	W	7/30	SH
6020-BB	W	7/30	CB
6020-CC	M	8/4	SH
6020-DD	M	8/4	CB
6020-EE	W	8/6	SH
6020-FF	W	8/6	CB

ADULT SWIM LESSONS

Learn a valuable skill that you can enjoy for a lifetime. Overcome your hesitation with water at a comfortable pace while learning basic elements of swimming.

For each session:

Fee: \$35

Day(s): SU

Time: 10-10:30 a.m.

Activity #	Date(s)	Location
6011-A	6/22-7/13	CB
6011-B	6/22-7/13	SH
6011-C	7/20-8/10	CB
6011-D	7/20-8/10	SH

SPLASH AQUATIC BOOT CAMP

AGES 13+

Do you want to take part in the new fitness craze that is sweeping the nation? SPLASH Aquatic Boot Camp (SBC) will get you in the best shape of your life. It is designed around the military deep sea diver training and incorporates deep water intervals, water sprints, sports drills, and circuits. Using the properties of water, these exercises are designed to improve your strength and stamina using coordination and agility. SBC improves oxygen metabolism, improves swimming efficiency, and tones your entire body. While the class is serious physical conditioning, it is also a lot of fun, is easy on your joints, and you can work at your own pace!

Fee: \$3 per day

Activity #	Day(s)	Date(s)	Time	Location
6026-A	T, TH	6/17-8/14	6-7 p.m.	CB
6026-B	M, W	6/18-8/13	6-7 p.m.	Sh

DEEP WATER INTERVAL TRAINING

Take the plunge for a workout that is no impact! This class will use a variety of deep and shallow water exercises to offer you a great cardiovascular workout that will help increase muscle strength and endurance. What a great way to end your day! Ages 13 and up.

Fee: \$3 per day

Activity #6027-A

Day(s): M

Date(s): 6/16-7/27

Time: 6-7 p.m.

Location: CB

JUNIOR LIFEGUARDING CAMP

This program is designed to introduce youth age 12-15, to the world of lifeguarding. Participants will build a foundation of knowledge, attitude, and skills in preparation for the American Red Cross Lifeguard Training Course. This camp will not certify participants as lifeguards. First Aid, CPR, simulated rescue situations, and assisting with swim lessons will be some of the topics covered in this camp. Campers are welcome to stay and swim once class has been dismissed.

Participants should bring a non-perishable lunch, sunscreen, and bottled water with them.

For each session:

Fee: \$50

Day(s): M-TH

Time: 10 a.m.-2 p.m.

Activity #	Pool	Dates
6017-A	SH	6/23-6/26
6017-B	CB	6/23-6/26
6017-C	SH	7/28-7/31
6017-D	CB	7/28-7/31

WATER SAFETY INSTRUCTOR COURSE

The American Red Cross Water Safety Instructor Course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program. WSI training develops the participant's understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participant progress.

Open to participants ages 16 and up.

Fee: \$150

Activity #6016-A

Day(s): S, SU

Date(s): 5/31-6/8

Time: 8-11 a.m.

Location: CB pool

LIFEGUARD TRAINING COURSE

This course designed by the American Red Cross teaches the necessary skills to become a swimming pool lifeguard.

Participants will learn surveillance skills, rescue techniques, first aid training, and professional rescuer CPR.

To be eligible students must be 15 years of age by the last day of the class.

Attendance and participation in all sessions is mandatory. Students must pass both a written and physical skills

test to receive certification. Material and class fees are non-refundable after the second day of class.

Pre-test: Successful candidates must complete the following skills in order to participate in the Lifeguard Training Course:

Endurance Test: 300 meter continuous swim demonstrating 150 meters freestyle and 150 meters of breaststroke. Proper rhythmic breathing and correct arm stroke and kick must be demonstrated.
Strength Test: Swim 20 yards either freestyle or breaststroke, feet first dive to depth of 9-10 feet, retrieve a 10 lb. diving brick and return to surface. Swim 20 yards back to the starting point with the brick at chest.

Tread water for two minutes without using your hands.

The pre-test will be given on the first day of class, instruction will begin immediately after for successful candidates.

Fee: \$250

Activity #6012-A

Day(s): M-F

Date(s): 7/7-18

Time: 8 a.m.-noon

Location: CB pool

SYNCHRONIZED SWIMMING

You'll swim to music and learn a simple routine. Learn easy fun moves with your friends! You must be able to swim the length of the pool.

For each session:

Fee: \$35

Day(s): T, TH

Date(s): 6/24-7/10

Time: 10-11 a.m.

Activity # Location

6022-A CB

6022-B SH

MORNING LAP SWIM

Lap lanes will be available for swimmers ages 15 and up. This self directed activity is a great way to jump start your day!

Fee: \$1 per day

Day(s): M, W

Date(s): 6/16-8/6

Time: 8:30-9:30 a.m.

Activity # Location

6013-A SH

6013-B CB

HIGH SCHOOL/USA SWIMMER LAP SWIM

This is a great training and conditioning program for competitive swimmers who want to maintain their edge and perfect their strokes. This program is open to all current high school and USA swimming members.

Upcoming 9th graders who wish to swim for their school team may participate as well.

Fee: \$1 per day

Day(s): M-TH

Activity # Dates Location Time

6023 A 8/4-7 SH 10-11 a.m.

6023 B 8/11-14 SH 5:30-6:30 p.m.

SWIMMING INTERVALS CLASS

Increase your cardiovascular fitness while improving your swimming skills. This class combines water fitness with swimming drills in intervals that change as the summer progresses. Come ready to move in the water and reap the improvements of a different and challenging workout!

Fee: \$3

Activity # 6024 D

Day(s): W

Date(s): 6/18-8/6

Time: 8:30-9:30 a.m.

Location: CB pool

SPLASH DANCE!

Combines flexibility and strength training exercise with a dance format including four basic jumps for a high energy workout that creates results! One of the benefits of this class is the core exercises that help to tone and strengthen upper and lower back muscles.

For each session:

Fee: \$3

Day(s): SU

Time: 10-11 a.m.

Activity # Location Dates

6025-A CB 6/1-6/22

6025-B SH 7/13-8/3

Registration Guidelines

fcprd.net

1. No registration will be accepted without payment. If participant has allergies or needs other accommodations, please indicate at registration.
2. If you are registering someone from a different address, you must use a separate form. Feel free to copy this form as needed or download a form from our web site.
3. Participants must register prior to the start of all programs or by the registration deadline if one is specified in the program information.
4. We will make every effort to notify participants if we must cancel a program. FCPRD shares facilities with Frederick County Schools and must cancel programs when these facilities are not available. For

updates, listen to local radio stations, call 540-665-5678 and select "3" for cancellations, or visit the web site at www.fcprd.net and click on the cancellations button.

5. Refunds will be given until a program begins to the registering household; however, a 20% administrative charge will be deducted. In the case where goods and/or services have been purchased (i.e. tickets, transportation costs, deposits, reservation charges) participants may not be given a full refund. In most cases, household accounts will be credited (100%) in lieu of a cash refund. No refunds or household credits will be approved after the start of a program. Separate fees apply for withdrawal from basicREC, CAMP basicREC and kinderREC. Refer to the parent handbook available online at www.fcprd.net or call the main office for full details.

6. Participants must be picked up by the program ending time. Late pick up fees apply: \$15 for the first 15 minutes or any portion thereof; \$2 per minute over 15 minutes.

7. Returned checks are assessed a \$35 NSF fee. Your account may be forwarded to the County Treasurer's Office for collection if your account is not paid in full.

8. Registration deadlines: There is no guarantee of acceptance into a program after a registration deadline passes. Registration wait lists may or may not be available.

9. If your child will need to self-administer medication during any FCPRD program please call the main office at (540) 665-5678 prior to registering

Park Visitation

fcprd.net

1. Accidents/Injuries: Any person witnessing or involved in an accident in a park should report it to the Park Ranger, Park Manager, or the Parks and Recreation Department, 665-5678.
2. Alcoholic Beverages: The possession of alcoholic beverages is prohibited on park

property. No intoxicated person shall enter or remain in the parks.

3. Animals and Pets: Animals must be kept under control at all times. Pets must be on leash no longer than six feet. Owners are responsible for cleaning up after their pets. Pets are prohibited on or within 50 feet of an athletic complex or field, or playground.

4. Camping: Persons shall not camp or lodge within any park.

5. For the enjoyment of everyone visiting the parks, please refer to full park guidelines posted in the park kiosks and on the web site at www.fcprd.net.

Register Online Now
fcprd.net

Registration Form

Mail or bring to: FCPRD, 107 North Kent Street, Winchester, VA 22601

To register by phone with a credit card, call 540-665-5678 * Print this form at fcprd.net

Standard FCPRD refund policy applies to all registrations

Participant	DOB	Activity #	Activity Name	Fee
Total Fees: \$				
Address:			Telephone Numbers	
Print Name of Parent/Guardian: _____			Home:	Work:
			Cell:	
			<input type="checkbox"/> Please Call Me - I want to Volunteer as a Youth Coach!	
To receive periodic e-mail updates from FCPRD, please provide us with your e-mail address: _____				
Special accommodations needed				
Allergies or intolerance to food, medication, etc., and action to take in an emergency				
Under the provisions of the Virginia Freedom of Information Act, I hereby request that any and all personal information regarding the child(ren) named above be retained by The Frederick County Parks and Recreation Department as exempt from disclosure.				
X SIGNATURE OF PARENT/GUARDIAN			Date	
			PRINT NAME OF PARENT/GUARDIAN	

AT THE PARKS

PARK HOURS

MARCH 1 - OCTOBER 31: 8 A.M. - DUSK

NOVEMBER 1 - FEBRUARY 28: 8 A.M. - 6 P.M.

For current shelter fees and to make shelter reservations, visit our web site at www.fcprd.net or call the main office - 540-665-5678. For further information on the parks, email the parks division at: kdehaven@co.frederick.va.us

SHERANDO PARK

252 LAKEVIEW CIRCLE, STEPHENS CITY

Situated on 330 scenic acres, Sherando Park offers a variety of activities and facilities for the enjoyment of the entire family. The park is located 1.8 miles east of I-81 on Route 277 at Stephens City and includes:

- **4.55-acre fishing lake**
- **lighted ball fields**
- **picnic shelters & tables**
- **hiking trails**
- **25M outdoor pool**
- **18-hole disc golf**
- **soccer fields**
- **volleyball court**
- **playgrounds**
- **bocce, tennis and basketball courts (at SHHS)**

Picnic Shelters & Capacity

- **Lock Gazebo (35)**
- **Abex (75)**
- **James Wood FFA (75)**
- **Shawquon Ruritan (150)**
- **Sandy Family (150)**
- **Stephens City Lions (200)**

CLEARBROOK PARK

3300 MARTINSBURG PIKE, CLEAR BROOK

Traveling just five miles north of Winchester allows you to experience the 55 acres of Clearbrook Park which include:

- **3-acre lake**
- **lighted ball fields**
- **picnic shelters & tables**
- **3,000 feet of paved walking paths**
- **paddleboats**
- **playground**
- **25M outdoor pool**
- **volleyball court**
- **vintage red caboose**

Paddleboats open 12-6 p.m. weekends only through September.

Cost is \$2/person for a 30 minute ride

Picnic Shelters & Capacity

- **Lawrence (30)**
- **James Wood Key Club (75)**
- **James Wood Colonels (75)**
- **Rubbermaid (75)**
- **Antique Car Club (75)**
- **Brill Family (75)**
- **Shawnee Lions (150)**
- **Kiwanis II (150)**
- **Kiwanis I (250)**

BIKING & WALKING

At Sherando Park, there are 3 miles of bike/pedestrian path connecting the park and Sherando High School with adjoining neighborhoods, commercial centers, Warrior Drive, and the Tasker Road bike path. The pathways provide a great surface for both walking and biking.

At Clearbrook Park, there are paved paths providing an excellent walking surface. Measuring approximately 3,000 feet (there are 5,280 feet in a mile!), the paths circle the lake and take walkers through the park.

NEIGHBORHOOD PARKS

Frederick County Parks and Recreation provides playground equipment throughout the County. Currently there are three neighborhood parks.

Frederick Heights, Milam Drive & Potomac Place
11 acres featuring a playground & basketball court

Round Hill, 789 Round Hill Road
1/2 acre with a playground

Reynolds Store, 9291 N. Frederick Pike, Cross Junction
1/2 acre with a playground

FACILITIES KEY

Abbreviation	Facility
MPSRH	Multipurpose room at Sherando CC
FRSH	Fitness room at Sherando CC
CB	Clearbrook Park
SH	Sherando Park
JWHS	James Wood High School
MBHS	Millbrook High School
SHHS	Sherando High School
ABMS	Admiral Byrd Middle School
FCMS	Frederick County Middle School
JWMS	James Wood Middle School
AYMS	Aylor Middle School
APRES	Apple Pie Ridge Elementary School
ARES	Armel Elementary School
BHES	Bass Hoover Elementary School
EVES	Evendale Elementary School
GBES	Gainesboro Elementary School
GWMES	Greenwood Mill Elementary School
IHES	Indian Hollow Elementary School
MTES	Middletown Elementary School
OVES	Orchard View Elementary School
RBRES	Redbud Run Elementary School
SWES	Stonewall Elementary School

Note: school locations are the gymnasiums unless otherwise noted.

**COMMUNITY CENTER AT EUENDALE ELEMENTARY SCHOOL, 220
ROSA LANE
FEES & EQUIPMENT**

Reservations must be made one week in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

Activity Room with kitchen accommodates up to 35 people.
Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available 6-10 p.m. M-F and 8 a.m.-10 p.m. S, SU*

Exercise Room accommodates up to 49 people.
Reservations must be made one week in advance and are subject to availability.

Rental fee: \$12/hour residents; \$27/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

**COMMUNITY CENTER AT GREENWOOD MILL ELEMENTARY SCHOOL,
281 CHANNING DRIVE
FEES & EQUIPMENT**

Reservations must be made one week in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net. Basketballs and volleyballs are available.

Fee: \$25/hour residents; \$40/hour non-residents; full court; 2 hour minimum rental; no food or drink allowed; available M-F, 6:30-9 p.m.; 8 a.m.-noon; SU closed. Additional hours will be posted on site.

Activity Room with microwave and refrigerator accommodates up to 50 people.

Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; S and SU 8 a.m.-10 p.m.*

Fitness Room: For your healthy lifestyle, the following equipment is available: 3 ellipticals, 5 treadmills, 2 recumbent Lifecycles, 2 upright Lifecycles, a Summitt Trainer, 5 multi-use weight stations, a flat bench and dumbbells, jump ropes, and stability balls.

Fee: \$1 for students; \$2 for adults; discount passes will be available for purchase.

Hours of Operation: M-F, 6:30 a.m.-9 p.m., S 8 a.m.-noon

Additional weekend hours will be posted on the web and on site.

**COMMUNITY CENTER AT ORCHARD VIEW ELEMENTARY SCHOOL,
4275 MIDDLE ROAD
FEES & EQUIPMENT**

Reservations must be made one week in advance and are subject to availability.

The gymnasium: Full size gym with one (1) full court with six (6) backboards; Standard size volleyball court with net; Basketballs and Volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

**COMMUNITY CENTER AT GAINESBORO ELEMENTARY SCHOOL, 4651
NORTH FREDERICK PIKE
FEES & EQUIPMENT**

Reservations must be made one week in advance and are subject to availability.

Gymnasium: Full size gym with one (1) full court with six (6) backboards; standard size volleyball court with net.

Basketballs and volleyballs are available.

Fee: \$25/hour; \$40/hour non-resident; full court; 2 hour minimum rental; no food or drink allowed in the gym; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

Activity Room with kitchen accommodates up to 35 people.
Rental fee: \$15/hour residents; \$30/hour non-residents; 2 hour minimum; available M-F, 6-10 p.m.; 8 a.m.-10 p.m. S and SU*

**COMMUNITY CENTER AT SHERANDO HIGH SCHOOL
869-5988, 185 SOUTH WARRIOR DRIVE
FEES & EQUIPMENT**

Reservations must be made one week in advance and are subject to availability.

Fitness Room: For your healthy lifestyle, the following equipment is available: Life fitness Pro 2 Series: Chest press, leg curl, leg extension, seated leg press, shoulder press; Landice Treadmill; Pro Elite Chin & Dip; Quantum Bicep/Tricep and Lat Pulldown/Mid Row, pec fly, Noride Track Treadmill, two Ellipticals, and two recumbent bikes.

Center Staff is trained in the proper use of this equipment and will assist when necessary.

Fee: \$1 for students; \$2 for adults; discount passes are available for purchase.

Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon

Racquetball Courts: two regulation size courts for racquetball and wallyball are available. Call 869-5988 to reserve.

Fee: \$5 for students; \$6 for adults; \$1 additional per person for wallyball; discount passes are available for purchase.

Hours: M-F: 4-8 p.m.; S: 8 a.m.-noon

Multipurpose Room, complete with kitchen, ballet barre and mirrors, and room divider accommodates up to 140 people.

Fee: \$20/hour residents; \$35/hour non-residents; 2 hour minimum rental; available daily 8 a.m.-10 p.m.*

Rental Equipment: For your convenience - the following items are now available for rent: Basketballs ~ Volleyballs ~ Tennis Racquets and Tennis Balls ~ Pedometers ~ Disc Golf Discs ~ Jump Ropes

All items may be rented on a first come, first served basis for \$1 for a two hour block of time during the Community Center's regular operating hours. A photo ID is required at the time of checkout and will be held until the rental equipment is returned. Bocce balls are available to use on the courts for \$2 and jump ropes are for use inside the Center - free of charge!

***Please include setup and take down time in your reservation; a clean up fee of \$30 per hour will be assessed if the facility is not left in the proper condition.**

Reservations made less than five (5) business days in advance will be assessed a 20% fee and are subject to availability.



Frederick County Parks and Recreation Department
107 N. Kent Street
Winchester, VA 22601

PRST STD
U.S. POSTAGE
PAID
WINCHESTER, VA
PERMIT No. 147