

Falls Church Recreation & Parks



Summer 2016

Registration Dates:

Residents: May 2; Non-Residents: May 9

Register Online at www.fallschurchva.gov/register

Farmers' Market



photo by Gary Mester

Voted America's Favorite Farmers' Market!

Saturdays - Open Year Round!

April 2-December 31, 2016

8am to 12noon

January 7-March 25, 2017

9am-12 noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

MARKET
FALLS CHURCH
CITY HALL
EVERY SATURDAY
8AM-12 NOON

Concerts in the Park

Thursdays, June 23-August 4, 7pm

Cherry Hill Park, 312 Park Avenue

The Village Preservation and Improvement Society are proud to announce the lineup for the 24th season of Summer Concerts in Cherry Hill Park. Co-sponsored by the City of Falls Church Recreation and Parks Department, the concerts take place on seven Thursdays this summer at 7pm beginning June 23rd through August 4th. Bands with a local connection are always featured. Come, bring your blankets, chairs and picnic dinners, and join your friends and neighbors to enjoy one of the highlights of summer.

- June 23 Falls Church Concert Band
Local musicians presenting concert music
- June 30 Bad Hair Day
Old and New Pop/Rock/Alternative
- July 7 Andrew Acosta Band
Roots Music
- July 14 Irish Breakfast Band
Irish Music
- July 21 Ocho de Bastos
Latin Pop
- July 28 Mama Tried – Barrey and Wyland
Bluegrass
- August 4 Tom Principato
Blues Rock

34th Annual Memorial Day Parade and Festival



photo by Gary Mester

Monday, May 30, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more.

For more information, visit fallschurchva.gov/events or call 703-248-5178.

Independence Day Celebration

Monday, July 4, 7pm (Rain Date July 5)

George Mason High School, 7124 Leesburg Pike

Live music beginning at 7pm

Fireworks, 9:20pm

Bring a blanket or chair and the entire family for an evening of fun and spectacular fireworks!

For more information, visit fallschurchva.gov/events or call 703-248-5178.



photo by Gary Mester

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Chris Madison at 703-248-5199 or cmadison@fallschurchva.gov.

Community Center Hours of Operation

Monday-Thursday: 8am-10pm
 Friday: 8am-11pm
 Saturday: 8:30am-11pm
 Sunday: 2-6pm (April-December)
 12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed on Memorial Day, May 30 and Independence Day, July 4. The building will be closed August 27-September 5 for clean week.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: May 30, Memorial Day and July 4, Independence Day.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-10pm.
 Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077

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Recreation & Parks Staff

Daniel J. Schlitt, *Director*
 Amy Maltese, *Hobby Class Coordinator, Senior Program Supervisor*
 Chris Madison, *Special Events, Senior Program Supervisor*
 Jimmy Ruby, *Sports Coordinator, Program Supervisor*
 LaShawn Timmons, *Teen and Camp Coordinator, Program Supervisor*
 Tracy Browand, *Senior Center Coordinator, Recreation Specialist*
 Keke Sidik, *Senior Administrative Assistant*
 Lisa Reid, *Administrative Assistant*
 Howard Herman, *Farmers' Market Manager*
 Corey Jannicelli, *Cherry Hill Farmhouse Coordinator, Recreation Specialist*
 Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*
 Juan Salguero, *Building Maintenance Worker*
 William Kargbo, *Building Maintenance Worker*
 Henry Castellon, *Landscape Maintenance Worker*
 Raul Chaffoque, *Building Maintenance Worker*

Advisory Board of Recreation and Parks

Steve Selby, *Chair*
 Charles O'Hara, *Vice Chair*
 Kathryn Chandler
 Robert Meeks, *Planning Commission Representative*
 Lori Lafave
 Leslie Rye
 Lawrence Webb, *School Board Representative*
 Marybeth Connelly, *City Council Liason*



Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1868 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. The house is open to the public Tuesday through Saturday between the hours of 9 am and 4 pm however we strongly encourage visitors to call ahead to ensure tour availability or visit during our Open House hours scheduled Saturdays April through October from 10 am- 12pm. Special tours can be arranged for large groups, scout troops, and school children by calling **703-248-5171**.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is required. For more information on any scheduled events, rental information and availability of the Cherry Hill Farmhouse please contact Corey Jannicelli at **703-248-5171** or **cjannicelli@fallschurchva.gov**.

EVENTS AT CHERRY HILL FARMHOUSE

Mother's Day Tea

Join us for this special tea hosted by a costumed docent and discussion on a mother's role in the mid-19th century. Guests will dine on sandwiches, assorted sweets, warm scones, and a bottomless cup of tea.

Date: Sun: 5/8 Time: 2-4pm

Fee: \$30

Location: Cherry Hill Farmhouse

Call **703-248-5171** (TTY 711) for more information and reservations.

Falls Church Civil War Day

It happened here! Learn how the Civil War affected Falls Church as re-enactors portray both civilians and soldiers from the period. Watch soldiers conduct firing and drilling exercises, listen to period music, talk to reenactors in our Ladies Sanitary Commission tent and our special guest, General and Mrs. Robert E. Lee! Look for our children's tent filled with lots of activities for kids. Old-fashion lunches can be pre-ordered for \$8. Call **703-248-5171 (TTY 711)** for more information.

Date: Sat: 5/21 Time: 10am-3pm

Location: Cherry Hill Park



Old Fashion Cooking Kids: Butter Turning, Cornbread and Lemonade

9-12 years

Learn what life would have been like on a 19th century farm. Children will have a chance to make and taste their own homemade butter, cornbread and lemonade.

Date: Sat: 6/4 Time: 2-4pm
330718-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Cherry Hill Farmhouse & Tot Time

Victorian Games 6-8 years

How did children entertain themselves back in the 19th Century? Learn about and try popular toys from the Victorian Era. Play old-fashion parlor games and make a toy to take home with you.

Date: Sat: 6/18 **Time:** 2-4pm
330719-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse



Old Fashion Cooking for Kids: Hardtack and Apple Sauce 9-12 years

Learn about the foods soldiers ate during the Civil War. Children will have a chance to make and taste their own hardtack (a staple of a soldier's diet) consisting of flour, salt and water along with homemade apple sauce!

Date: Sat: 7/9 **Time:** 2-4pm
330720-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Scent and Sensibility 12-14 years

Make your own homemade lip balm and lavender scented bags. Girls will receive basic sewing instructions and learn about beauty and hygiene during the Victorian Era.

Date: Sat: 7/23 **Time:** 2-4pm
330721-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Old Fashion Cooking for Kids: Cake and Ice Cream! 6-8 years

Join us for a sweet afternoon! Children will have a chance to make and taste their own homemade ice cream and cake with recipes from the Victorian era.

Date: Sat: 8/6 **Time:** 2-4pm
330722-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse

Flowers and Fans: Victorian Paper Art 9-12 years

Spend an afternoon making your own Victorian fan and practice their use as a tool for communicating with others. Leave with your own flower creations to decorate your house or share with friends and family.

Date: Sat: 8/27 **Time:** 2-4pm
330723-A R: \$15 / NR: \$25

Instructor: Corey Jannicelli

Location: Cherry Hill Farmhouse



Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Dates are subject to change. Call **703-248-5077** (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Dates: Fridays, now - June 24, 2016 No Tot Time: 4/8, 4/15

Location: Gym

Preschool Program

Preschool Program 3-5 years (Please see birthdate range below)

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Location: Preschool Room

2016 Summer

(Birthdates: Oct 1, 2011 – Sept 30, 2012)

Tue/Thu: 6/2-6/30 9am-12pm

311001-E R: \$176 / NR: \$186

Tue/Thu: 7/5-7/28 9am-12pm

311001-F R: \$156 / NR: \$166

2016 Fall & 2017 Winter/Spring

(Birthdates: Oct 1, 2012 – Sept 30, 2013)

Tue/Thu: 9/13-12/15* 9am-12pm

111001-F R: \$582 / NR: \$602

*No class dates 11/24

Tue/Thu: 1/3-5/25* 9am-12pm

211001-G R: \$860 / NR: \$880

*No class dates 4/11, 4/13

Seniors Morning Preschool

2016 Summer

(Birthdates: Oct 1, 2010 – Sept 30, 2011)

Mon/Wed/Fri: 6/1-7/1 9am-12pm

311002-E R: \$273 / NR: \$283

Mon/Wed/Fri: 7/6-7/29 9am-12pm

311002-F R: \$215 / NR: \$225

2016 Fall & 2017 Winter/Spring

(Birthdates: Oct 1, 2011 – Sept 30, 2012)

Mon/Wed/Fri: 9/12-12/16* 9am-12pm

111002-F R: \$882 / NR: \$902

*No class dates 10/10, 11/25

Mon/Wed/Fri: 1/4-5/26* 9am-12pm

211002-G R: \$1,225 / NR: \$1,245

*No class dates 1/16, 2/20, 4/10, 4/12, 4/14

Please consider paying the \$100 non-refundable deposit to hold a spot in the Winter/Spring session. The balance will be due December 1, 2016

Seniors Afternoon Preschool

2016 Summer

(Birthdates: Oct 1, 2010 – Sept 30, 2011)

Mon/Wed/Fri: 6/1-7/1 1-4pm

311002-E1 R: \$273 / NR: \$283

Mon/Wed/Fri: 7/6-7/29 1-4pm

311002-F1 R: \$215 / NR: \$225

2016 Fall & 2017 Winter/Spring

(Birthdates: Oct 1, 2011 – Sept 30, 2012)

Mon/Wed/Fri: 9/12-12/16* 1-4pm

111005-F R: \$882 / NR: \$902

*No class dates 10/10, 11/25

Mon/Wed/Fri: 1/4-5/26* 1-4pm

211004-G R: \$1,225 / NR: \$1,245

*No class dates 1/16, 2/20, 4/10, 4/12, 4/14

Summer Pre-K Readiness

4-5 years (Please see birthdate range below)

This short program will offer your child the opportunity to socialize and interact with children entering Kindergarten in September 2016. Your child will have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning math, writing, reading and conversational skills. We'll have snacks and outdoor play too. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program.

Location: Preschool Room

(Birthdates: Oct 1, 2010 – Sept 30, 2011)

Tue/Thu: 6/21-7/28 1-4pm

311003-A R: \$235 / NR: \$245

Learn more about the Falls Church Community Center Preschool program at www.fallschurchva.gov/recreation



Open House for New Students:

The Spring Open House will be held on Thursday, September 8, 2016

Juniors: 10am

Morning Seniors: 11am

Afternoon Seniors: 12pm

Pre-K Readiness: 1-3pm

Pre-K Readiness 4-5 years

(Please see birthdate range below)

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2017. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program. You are encouraged to enroll your child for both sessions. Please consider paying the \$100 non-refundable deposit to hold a spot in the winter/spring session. This deposit is required to be paid only if a spot is available at the time of initial registration. The balance fee for the second session is due 12/1.

Location: Preschool Room

2016 Fall & 2017 Winter/Spring

(Birthdates: Oct 1, 2011 – Sept 30, 2012)

Tue/Thu: 9/13-12/15* 1-4pm

111003-F R: \$582 / NR: \$602

*No class dates 11/24

Tue/Thu: 1/3-5/25* 1-4pm

211003-G R: \$860 / NR: \$880

*No class dates 4/11, 4/13

Zumbini Birth-3 years

Designed to let you and your little ones 0 to 3 years old wiggle, sing and learn together, the Zumbini program is where the science of child development meets the magic of Zumba. Zumbini classes include rhythm, vocal, movement and instruments, exposing children and their caregivers to music and all of its benefits! Packed with energy, fun and play, Zumbini classes contribute toward the natural development of cognitive, social, emotional and physical skills. At least one caregiver must participate with the child in the classes.

Sat: 7/9-8/13* 11-11:45am
310404-A R: \$98 / NR: \$108

Instructor: Prophetic Dance
Location: Dance-Left

Zumba Kids Jr 4-6 years

Perfect for our younger Zumba® fans! Kids 4-6 years old get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

Mon: 6/6-7/18* 5-5:45pm
320413-A R: \$55 / NR: \$65

*No class dates 7/4

Instructor: Prophetic Dance
Location: Dance-Left

Zumba Kids 4-11 years

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat.

Ages 7-11
Mon: 6/6-7/18* 6-6:45pm
320414-A R: \$55 / NR: \$65

Ages 4-11
Sat: 7/9-8/13 12-12:45pm
320414-B R: \$55 / NR: \$65

*No class dates 7/4

Instructor: Prophetic Dance
Location: Dance-Left

Adrenaline Tumbling 4-11 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

Ages 4-6
Thu: 6/30-8/18 5-6pm
320408-A R: \$110 / NR: \$120

Ages 7-11
Thu: 6/30-8/18 6-7pm
320408-B R: \$110 / NR: \$120

Instructor: Adrenaline Staff
Location: Community Room

Family Zumba 4 & up

“The Ultimate Dance Party for Kids and Adults alike!! If you are looking for something fun and healthy to do with your family, this is it! Family Zumba is just like our regular Zumba class but toned down so everyone can follow along. We take the “work” out of workout. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.”

Sun: 6/5-7/10 2:30-3:15pm
330405-A R: \$55 / NR: \$65

Instructor: Prophetic Dance
Location: Dance-Left

Chillax: Stress Management 11-14 years

This workshop will help your rising 6th-8th grader be better prepared to handle the academic, social and emotional pressures of middle school. Based on the successful Chillax class offered last winter, this workshop will give students a crash course in stress management strategies including yoga, breathing techniques, meditation and mindfulness practices. Research has shown mindfulness improves focus, mood and self-esteem. The workshop will utilize games, discussion, individual and group activities and floor exercises to cultivate compassion for self and others. Dress in workout clothes and bring a towel and your yoga mat (or use one provided.) Instructor is a certified yoga instructor and conflict resolution educator. For more info go to Stressburneryoga.com or email questions to hillary@stressburneryoga.com.

Thu: 8/25 5-7pm
340705-A R: \$25 / NR: \$35

Instructor: Stress Burner Yoga
Location: Community Room



Don't miss out on our youth sport classes such as karate, basketball and more!
See pages 14-16

Hobby & Electronics Classes

Babysitter Lessons and Safety 11-16 years

BLAST! is a program designed by the American Academy of Pediatrics to train future babysitters. A competent babysitter is knowledgeable in many basic childcare skills as well as the fundamentals of emergency care procedures. The babysitter must also effectively relate on an age appropriate level to the child or children that he/she is responsible for and be ready to deal with any sudden issue that appears - from a temper tantrum to a cut finger. BLAST! provides the necessary basic childcare information to transform a young adult into a responsible babysitter.

Sat: 6/11 9:30am-2pm
241002-B R: \$75 / NR: \$85

Instructor: Health Educators

Location: Teen Center

First Aid/ CPR 14 & up

American Safety & Health Institute Community CPR/AED for adults, children and infants, and Universal Basic First Aid. First Aid and CPR/ AED certification is valid for two years.

First Aid & CPR
Wed & Thu: 6/8-6/9 7-9:30pm
250718-A R: \$70 / NR: \$80

First Aid Only
Wed: 6/8 7-9:30pm
250718-B R: \$56 / NR: \$66

CPR Only
Thu: 6/9 7-9:30pm
250718-C R: \$56 / NR: \$66

Instructor: Know CPR

Location: Art Room

Job Interviewing Strategies 14-18 years

It's never too early! Interviewing requires preparation and commitment. Two- 2 hour Saturday sessions that will center on the important elements needed and essential for teenagers as they prepare for significant interviews: for internships, employment and college. The topics will include: Meet and Greet Essentials (Role-playing Introductions), Importance of Proper Attire (Dress for Success), Do's and Don'ts - Interview Etiquette, Good Communication Skills, Being Mindful of Your Image on Social Media, Proper Follow-Ups.

Sat: 7/16 & 7/30 11am-1pm
340704-A R: \$135 / NR: \$145

Instructor: Manner Talk

Location: Senior Center-Right

Strictly Self Defense 16 & up

This class focusses on real world Self Defense. Included in this course are learning to use a number of simple movements in a variety of ways to maximum effect, awareness, area assessment, and how not to be a victim. Learn how to counter the most common attacks such as wrist, arm and shoulder grabs, chokes and tackles. The instructor has 50 years of experience in Martial Arts, a Grandmaster rank and 30 years of teaching to SpecOPs, Air Marshall and undercover police.

Mon: 6/6-8/15* 6-7pm
350438-A R: \$115 / NR: \$125

*No class dates 7/4

Instructor: Grandmaster Jeff Cook

Location: Community Room

Jr. Minecraft Animation 6-9 years

In this class, younger students will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation principles to scenes they create. Does your child aspire to become an animator? Sign up for this class today!

Sun: 6/5-7/10 2:30-3:30pm
320731-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Community Room

Jr. Minecraft Programming 6-9 years

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love!

Sun: 7/17-8/21* 2:30-3:30pm
320727-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club

Location: Community Room

Chess 5-12 years

Learn chess from a Silver Knights Chess coach! We teach more than 3,500 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club, but there's an option to purchase a chess to take home. Students will have the opportunity to play in tournaments.

Tue: 6/7-8/16 5:15-6:15pm
330707-A R: \$143 / NR: \$153

Instructor: Silver Knights Chess

Location: Senior Center-Right

Game Development and Design 6-9 years

This special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. In this exciting class, children will use basic 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more! Acquire computer skills, mathematics, creativity and basic problem solving skills. Looking for a way to introduce your child to the wonderful world of video game design? This is a great place to start!

Sun: 7/17-8/21 3:45-4:45pm
320730-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club
Location: Community Room

3D Game Programming w/Unreal 10-14 years

Aspiring game designers will love this class as they have the chance to learn how to utilize the industry-standard game design software Unreal® Editor, used to create games as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments, and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, add interactive vehicles and weapons. Learn how to use the same tools video game developers are using today

Sun: 6/5-7/10 3:45-4:45pm
320718-A R: \$149 / NR: \$159

Instructor: C3 Cyber Club
Location: Community Room

MUSIC CLASSES

Private Piano or Voice Lessons 5 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 6/23-7/14	4:30-5pm
330704-A	R: \$160 / NR: \$170
Thu: 6/23-7/14	5-5:30pm
330704-A1	R: \$160 / NR: \$170
Thu: 6/23-7/14	5:30-6pm
330704-A2	R: \$160 / NR: \$170
Thu: 6/23-7/14	6-6:30pm
330704-A3	R: \$160 / NR: \$170
Thu: 6/23-7/14	6:30-7pm
330704-A4	R: \$160 / NR: \$170
Thu: 6/23-7/14	7-7:30pm
330704-A5	R: \$160 / NR: \$170
Thu: 6/23-7/14	7:30-8pm
330704-A6	R: \$160 / NR: \$170
Sat: 6/25-7/23*	9-9:30am
330704-B	R: \$160 / NR: \$170
Sat: 6/25-7/23*	9:30-10am
330704-B1	R: \$160 / NR: \$170
Sat: 6/25-7/23*	10-10:30am
330704-B2	R: \$160 / NR: \$170
Sat: 6/25-7/23*	10:30-11am
330704-B3	R: \$160 / NR: \$170

Sat: 6/25-7/23*	11-11:30am
330704-B4	R: \$160 / NR: \$170
Sat: 6/25-7/23*	11:30am-12pm
330704-B5	R: \$160 / NR: \$170
Sat: 6/25-7/23*	12:30-1pm
330704-B6	R: \$160 / NR: \$170
Sat: 6/25-7/23*	1-1:30pm
330704-B7	R: \$160 / NR: \$170
Thu: 7/28-8/18	4:30-5pm
330704-C1	R: \$160 / NR: \$170
Thu: 7/28-8/18	5-5:30pm
330704-C2	R: \$160 / NR: \$170
Thu: 7/28-8/18	5:30-6pm
330704-C3	R: \$160 / NR: \$170
Thu: 7/28-8/18	6-6:30pm
330704-C4	R: \$160 / NR: \$170
Thu: 7/28-8/18	6:30-7pm
330704-C5	R: \$160 / NR: \$170
Thu: 7/28-8/18	7-7:30pm
330704-C6	R: \$160 / NR: \$170
Thu: 7/28-8/18	7:30-8pm
330704-C7	R: \$160 / NR: \$170
Sat: 7/30-8/20	9-9:30am
330704-D	R: \$160 / NR: \$170
Sat: 7/30-8/20	9:30-10am
330704-D1	R: \$160 / NR: \$170
Sat: 7/30-8/20	10-10:30am
330704-D2	R: \$160 / NR: \$170
Sat: 7/30-8/20	10:30-11am
330704-D3	R: \$160 / NR: \$170
Sat: 7/30-8/20	11-11:30am
330704-D4	R: \$160 / NR: \$170
Sat: 7/30-8/20	11:30am-12pm
330704-D5	R: \$160 / NR: \$170
Sat: 7/30-8/20	12:30-1pm
330704-D6	R: \$160 / NR: \$170
Sat: 7/30-8/20	1-1:30pm
330704-D7	R: \$160 / NR: \$170

*No class dates 7/2

Instructor: Dream In Color
Location: Preschool Room



Art Classes

Art in Hand Tots

18 months-3 years

Tots and their parents will make a splash (of color) with us this summer! Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by tot-friendly topics, including the sensations of the sea and shore, while getting a cool respite from the hot summer sun. For more information visit www.artinhand.org

Mon: 6/6-8/8* 10:30-11:15am
310104-A R: \$148 / NR: \$158

Thu: 6/9-8/11* 10:30-11:15am
310104-B R: \$167 / NR: \$177

*No class dates 7/4, 7/21, 7/25

Instructor: Art in Hand Staff

Location: Teen Center

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Moms and helpers get to play too.

Wed: 6/8-8/10 10:30-11:10am
310101-A R: \$160 / NR: \$170

Sat: 6/11-8/20 10-10:40am
310101-B R: \$160 / NR: \$170

Instructor: Abrakadoodle

Location: Wed: Teen Center; Sat: Art Room

Art in Hand Preschoolers

2.5-6 years

Together with a parent, curious kids will make a splash (of color) with us this summer! Curious kids will enjoy a full hour class that includes sensory play, an interactive story time, and opportunities to create with a wide variety of traditional art media, found objects and natural materials inspired by the sensations of the sea and shore. www.artinhand.org

Mon/Thu: 6/6-8/8* 11:45am-12:45pm
310105-A R: \$180 / NR: \$190

Mon/Thu: 6/9-8/11* 11:45am-12:45pm
310105-B R: \$203 / NR: \$213

*No class dates 7/4, 7/21

Instructor: Art in Hand Staff

Location: Teen Center

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Sat: 6/11-8/20 11-11:45am
310102-A R: \$160 / NR: \$170

Instructor: Abrakadoodle

Location: Art Room

Learn to Draw

3.5-5 years

Preschoolers learn drawing skills, develop kindergarten readiness and create fun, rewarding works of art. Our teachers use familiar images, stepwise instruction and positive direction to encourage preschoolers' independent drawings. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to guide our young artists' development of motor and cognitive skills in a fun, creative environment.

Wed: 6/1-6/22 1-1:45pm
310111-A R: \$60 / NR: \$70

Wed: 6/29-7/20 1-1:45pm
310111-B R: \$60 / NR: \$70

Wed: 7/27-8/17 1-1:45pm
310111-C R: \$60 / NR: \$70

Instructor: Young Rembrandts

Location: Teen Center

Abrakadoodle Doodlers

6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action-oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style.

Tue: 6/7-8/9 5-6pm
310103-A R: \$180 / NR: \$190

Instructor: Abrakadoodle

Location: Senior Center-Left

Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

Wed: 6/8-8/10 4:30-5:30pm
320144-A R: \$190 / NR: \$200

Instructor: Abrakadoodle

Location: Senior Center-Left

Young Rembrandts Cartooning 6-12 years

NEW entertaining lessons every week! We introduce students to the fun of making their own cartoon images to animate characters or tell a joke. Kids learn to draw action and emotions, play with color, and express their humor and imagination. An amusing way to illustrate emotional expression, social sequencing and spatial organization. Encourage your child's playful creativity! 5, 90-minute classes. All supplies included; no additional fees.

Wed: 6/29-7/20 6:30-8pm
320111-A R: \$90 / NR: \$100

Instructor: Young Rembrandts

Location: Community Room

Young Rembrandts Drawing 6-12 years

Students learn and develop drawing skills and art appreciation through our progressive, open-ended approach to drawing. We use stepwise instruction to inspire students' independent drawings, including seasonal, realistic and abstract images. Our curriculum is varied and challenging, with new, engaging drawing lessons every week, and every session. Our goal is to provide children with the skills and confidence to create fun and rewarding artwork in and out of our class.

Wed: 6/1-6/22 6:30-8pm
320112-A R: \$90 / NR: \$100

Wed: 7/27-8/17 6:30-8pm
320112-B R: \$90 / NR: \$100

Instructor: Young Rembrandts

Location: Community Room

Preschool Dance B/C

3-5 years

All Dancers Must Meet the class age requirement by September 30, 2015. An introduction to dance, movement and expression for 3 to 5 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or “noisy” shoes.

Thu: 6/23-8/11 5:45-6:30pm
310216-A R: \$90 / NR: \$100

Sat: 6/25-8/20 10:30-11:15am
310216-B R: \$90 / NR: \$100

Instructor: Dream In Color

Location: Dance-Left

Ballet I

5-7 years

All Dancers Must Meet the class age requirement by September 30, 2015. This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet I classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Sat: 6/25-8/20 11:30am-12:30pm
320220-A R: \$90 / NR: \$100

Instructor: Dream In Color

Location: Dance-Right

Adrenaline Ballet

5-8 years

This is the perfect summer ballet class for your twirling ballerina! Basic ballet concepts will be introduced to lay a positive technical foundation (ie: positions, plies, etc) while having a blast exploring their creative movement. Students will enjoy being exposed to real ballet stories to create a love for this classical art form!

Mon: 6/27-8/15* 5:15-6pm
320224-A R: \$90 / NR: \$100

*No class dates 7/4

Instructor: Adrenaline Staff

Location: Dance-Right

Dance for Musical Theatre 1

5-8 years

All dancers must meet the class age requirement by September 30, 2015. This unique class will bring together dance and theatre in a celebration of the magic of musical theatre. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical, as well as building stage presence. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Wed: 6/29-7/20 5:30-6:15pm
320261-A R: \$42 / NR: \$52

Wed: 7/27-8/17 5:30-6:15pm
320261-B R: \$42 / NR: \$52

Instructor: EBD- Arenas

Location: Dance-Left

Ballet/Tap/Jazz 1

5-8 years

All dancers must meet the class age requirement by September 30, 2015. This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Wed: 6/29-7/20 4:45-5:30pm
320205-A R: \$42 / NR: \$52

Wed: 7/27-8/17 4:45-5:30pm
320205-B R: \$42 / NR: \$52

Instructor: EBD- Arenas

Location: Dance-Left



Adrenaline Hip Hop

5-11 years

Want to dance like a B-boy or B-Girl? Adrenaline Dance Force brings an amazing class to you! This B-boy focused class will start with a warm up and stretching, leading into strength training and skill sessions. This class is open to boys and girls! Our B-boy Crew will bring the latest in choreography and tricks. Dancers will be challenged on their individual abilities!

Ages 5-7
Wed: 6/29-8/17 5-6pm
320223-A R: \$110 / NR: \$120

Ages 8-11
Wed: 6/29-8/17 6-7pm
320223-B R: \$110 / NR: \$120

Instructor: Adrenaline Staff

Location: Dance-Right

Ballet II

7-9 years

All Dancers Must Meet the class age requirement by September 30, 2015. This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Sat: 6/25-8/20 12:30-1:30pm
330220-A R: \$90 / NR: \$100

Instructor: Dream In Color

Location: Dance-Right

Leaps and Turns

7-10 years

All dancers must meet the class age requirement by September 30, 2015. This dance class is designed specifically for the more serious dancer who wishes to perfect and refine their skills of turning, jumping, and leaping. Classes are taught with an emphasis on technique and correct body placement.

Thu: 6/30-7/21 6-7pm
330203-A R: \$56 / NR: \$66

Thu: 7/28-8/18 6-7pm
330203-B R: \$56 / NR: \$66

Instructor: EBD-Anna O'Hara

Location: Dance-Right

Dance Classes

Dance Conditioning 1

9-13 years

All dancers must meet the class age requirement by September 30, 2015. This class concentrates on dance technique and strengthening dancers who would like to increase their range of motion. We will focus on cardiovascular exercises to warm up the muscles, then work on specific stretches to increase flexibility for dance movements required in dance, and incorporate strength training movements to develop a stronger, less injury prone dancer. Instructor placement required, email everybodydance07@gmail.com

Tue: 6/28-7/19 6:30-7:30pm

320623-A R: \$56 / NR: \$66

Tue: 7/26-8/16 6:30-7:30pm

320623-B R: \$56 / NR: \$66

Instructor: EBD- Miller

Location: Dance-Right

Contemporary 1 9-13

All dancers must meet the class age requirement by September 30, 2015. Contemporary is a genre of dance created to implement ballet, modern and jazz techniques into one particular style. Dancers will have a strong focus in these technique areas and will become self-aware as to how their bodies move through space.

Wed: 6/29-7/20 6:15-7:15pm

330219-A R: \$56 / NR: \$66

Wed: 7/27-8/17 6:15-7:15pm

330219-B R: \$56 / NR: \$66

Instructor: EBD- Arenas

Location: Dance-Left



Junior Ballet 9 & up

All dancers must meet the class age requirement by September 30, 2015. Junior level is for students 9 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically. Instructor placement required, email everybodydance07@gmail.com

Tue: 6/28-7/19 5:30-6:30pm

320621-A R: \$56 / NR: \$66

Tue: 7/26-8/16 5:30-6:30pm

320621-B R: \$56 / NR: \$66

Instructor: EBD- Anna O'Hara

Location: Dance-Right

Senior Level Ballet 9 & up

All dancers must meet the class age requirement by September 30, 2015. Instructor placement required. Senior level, formerly Advanced Ballet and Pre-pointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength. Instructor placement required. Email everybodydance07@gmail.com

Wed: 6/29-7/20 7-8:15pm

330205-A R: \$70 / NR: \$80

Wed: 7/27-8/17 7-8:15pm

330205-B R: \$70 / NR: \$80

Instructor: EBD- Maloney/O'Hara

Location: Dance-Right

Dance Conditioning 2

14 & up

All dancers must meet the class age requirement by September 30, 2015. This class concentrates on dance technique and strengthening dancers who would like to increase their range of motion. We will focus on cardiovascular exercises to warm up the muscles, then work on specific stretches to increase flexibility for dance movements required in dance, and incorporate strength training movements to develop a stronger, less injury prone dancer. Instructor placement required. Please email everybodydance07@gmail.com

Tue: 6/28-7/19 7:30-8:30pm

330218-A R: \$56 / NR: \$66

Tue: 7/26-8/16 7:30-8:30pm

330218-B R: \$56 / NR: \$66

Instructor: EBD- Miller

Location: Dance-Right



Contemporary 2 14 & up

All dancers must meet the class age requirement by September 30, 2015. Contemporary is a genre of dance created to implement ballet, modern and jazz techniques into one particular style. Dancers will have a strong focus in these technique areas and will become self-aware as to how their bodies move through space.

Wed: 6/29-7/20 7:15-8:15pm

340206-A R: \$56 / NR: \$66

Wed: 7/27-8/17 7:15-8:15pm

340206-B R: \$56 / NR: \$66

Instructor: EBD- Arenas

Location: Dance-Left

Dance Classes & Mentoring Information



1-2-1 Mentoring

Targeting 6th – 8th grade students within the City of Falls Church, the 1-2-1 Mentoring program focuses on both academics and social skills. This site-based program provides activities, homework help and one-on-one time that permit mentors and their mentee to connect in a structured environment. This program meets every Thursday from 5:00-6:30 p.m.

Night Club Couple Dancing 16 & up

Is learning to dance for night clubs what you want? Then this class is for you! Learn the basics and various patterns for some of the hottest and common night club dances. Get moving and having fun when you learn how to Salsa, Jitterbug Swing, Cha Cha, and Slow Dance. Time permitting, other Dances like Hustle, Bachata and Merengue may be taught. With the moves that you learn, you'll stand out on the dance floor. * Must register as a pair. Each partner must register* Fee is per person.

Mon: 6/13-7/18 7:45-9pm
350217-A R: \$60 / NR: \$70

*No class dates 7/4

Instructor: Tom Woll and Associates

Location: Senior Center-Left

Social Dance- Basic Survival 16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase.

Mon: 7/25-8/22* 7:45-9pm
350213-A R: \$60 / NR: \$70

Instructor: Tom Woll and Associates

Location: Senior Center-Left

MAKE A DIFFERENCE



RISE Mentoring Program

Targeting 9th – 12th grade students within the City of Falls Church, this program provides positive role models for participants. Mentors and mentees will meet at a minimum of 2 hours per week, including at least 1 face-to-face meeting. The schedule of these meetings will be determined by a cooperative effort between the mentor, mentee, and the mentee's parent / guardian.

Being a Mentor

Mentors act as role models and offer friendship and encouragement to their mentees. Mentors strive to help mentees improve academic performance, self-esteem, and social aptitude. Through a consistent and goal-oriented relationship formed under the guidance of the program coordinator, mentors and mentees will complete school assignments together, practice social and life skills, discuss issues of importance to the mentee, and participate in recreational activities.

Program Benefits

Participants of the program have the unique opportunity to develop a relationship with a concerned adult who provides support, perspective, education and encouragement. In this environment, they can set goals to work towards with their mentor. For mentees, the results of this relationship can be seen in their school performance, their desire to resist engaging in further delinquent activity, and the new skills and confidence they exhibit.

The program directly improves the lives of the participants and their families while also benefitting Falls Church as a whole, by guiding teens onto a path to become productive, contributing members of the community.

Interested in Becoming a Mentor?

Call us at 703-248-5233 or visit us online: www.fallschurchva.gov/1688/Mentoring

Prospective mentors must first complete a program application. Once approved, they are required to make a minimum 1 year commitment to volunteering with the program, be at least 21 years old, reside in the Northern Virginia area, and pass all required background checks.

Sport Classes

Challenger Minikickers

4-6 years

MiniKickers is an exciting program devised by soccer experts, child development professionals and experienced coaches. It teaches basic soccer skills while developing strength, balance, coordination, listening skills and team work for children aged 2-6. Our professional, licensed British coaches will ensure your child has a fantastic and positive soccer experience.

Ages 2-4

Sat: 6/25-8/13*

9-9:45am

310906-A

R: \$115 / NR: \$125

Ages 4-6

Sat: 6/25-8/13*

10-10:45am

310906-B

R: \$115 / NR: \$125

Ages 4-6

Sat: 6/25-8/13*

11-11:45am

310906-C

R: \$115 / NR: \$125

*No class dates 7/2

Instructor: Challenger Sports

Location: Larry Graves Field

Little Musketeers

4-5 years

Fencing fun for 4-5 year olds! This class will explore the basics of modern sport fencing, including rules, terminology and techniques in an age-appropriate, educational and entertaining environment. In addition, the class will also focus on physical fitness, mind-body coordination and the self-discipline and mutual respect that is an important part of the chivalric fencing tradition. Young D'Artagans will have the opportunity to try out their fencing skills on each other dressed in fencing jackets, masks, and will use special sword simulators. A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

Sat: 6/18-7/30*

9:15-10am

310502-A

R: \$93 / NR: \$103

*No class dates 7/2

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing, Springfield, VA

Youth Basketball Training

4-10 years

We are excited to bring back the love of the game for the kids this summer. By their participation in our programs, players will become more confident physically, mentally and socially. We will help players improve his/her shooting, ball handling, defense and rebounding while having fun in a non-threatening yet competitive environment. Players will work together and compete while they have fun playing basketball related games like Knockout, Dribble War and Sharks and Minnows. Kids will also play age appropriate half court games.

Ages 4-6

Thu: 6/2-7/7

6-7pm

320904-A

R: \$100 / NR: \$110

Thu: 7/14-8/18

6-7pm

320904-B

R: \$100 / NR: \$110

Ages 7-10

Thu: 6/2-7/7

6-7pm

320904-A1

R: \$100 / NR: \$110

Thu: 7/14-8/18

6-7pm

320904-B1

R: \$100 / NR: \$110

Instructor: Baroody Camps

Location: Gym-Full

Historical Swordsmanship

9 & up

Explore the sword arts the way they were originally practiced on the battlefields and dueling grounds of the Middle Ages and the Renaissance. The sword styles that are introduced are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai (made of bamboo) and the foil. A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

Ages 9-13

Sun: 6/19-7/31*

10-11am

320503-A

R: \$93 / NR: \$103

Ages 14+

Sat: 6/18-7/30*

11am-12pm

320503-B

R: \$93 / NR: \$103

Ages 14+

Thu: 6/23-8/4*

7-8pm

320503-C

R: \$93 / NR: \$103

*No class dates 7/2, 7/3, 7/7

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing, Springfield, VA

Intro - Olympic Sport Fencing 6 & up

Known as the physical game of chess and one of the safest sports, Olympic fencing provides a tremendous physical and mental workout for students of all ages and athletic abilities. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class.

Ages 6-8

Wed/Sat: 6/22-8/3*

6-6:45pm

320501-A

R: \$93 / NR: \$103

Ages 9-13

Sun: 6/19-7/31*

12-1pm

320501-B

R: \$93 / NR: \$103

Mon: 6/20-8/1*

6-7pm

320501-C

R: \$93 / NR: \$103

Tue: 6/21-8/2*

6-7pm

320501-D

R: \$93 / NR: \$103

Ages 14 & up

Sun: 6/19-7/31*

1-2pm

320501-E

R: \$93 / NR: \$103

Mon: 6/20-8/1*

7-8pm

320501-F

R: \$93 / NR: \$103

Tue: 6/21-8/2*

7-8pm

320501-G

R: \$93 / NR: \$103

*No class dates 7/3, 7/4, 7/5, 7/6

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing, Springfield, VA



Beginning Karate

7 & up

Curious about the martial arts? We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other in class. We also accept students with some prior experience and students who have earned belts in other programs.

No equipment or uniforms are required. More information is available at www.StratfordKarate.org.

Mon: 6/6-8/22* 7-8pm
330507-A R: \$132 / NR: \$142
Sat: 6/11-8/20 8:30-9:30am
330507-B R: \$132 / NR: \$142

*No class dates 7/4

Instructor: Dave Hacker

Location: Dance-Left

Intermediate & Advanced Karate 10 & up

Curious about the martial arts? We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. We welcome students with prior experience. Students who have earned belts in other programs are welcome to wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Uniforms are not required for beginning students but are suggested for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at www.StratfordKarate.org.

Mon: 6/6-8/22* 8:15-9:15pm
350507-A R: \$132 / NR: \$142
Thu: 6/9-8/18 7:15-8:15pm
350507-B R: \$132 / NR: \$142

*No class dates 7/4

Instructor: Richard Hathaway

Location: Mon: Dance-Left; Thurs: Dance-Right



Karate Jamboree

3-5 years

It's Sesame Street the martial arts way! With over 100 martial arts-related games and learning activities designed to tap into specific mental and physical growth areas, toddlers will "play as they grow" and "learn as they play. Whether your child is three learning object permanence, and problem solving, or five learning body awareness, gross and fine motor skills, language, his or her development will be enhanced by this program.

Mon: 6/6-8/22* 9:30-10:20am
310503-A R: \$120 / NR: \$130

*No class dates 7/4

Instructor: WCRB Karate

Location: Community Room

WCRB Martial Art-Beginners 6-12 years

At World Champion Rod Batiste Karate DAGPAW is the acronym we use to instill the six skills necessary to be a success, it stands for: Discipline, A's & B's, Goal Setting, Perseverance, Attitude, and Work Ethic. During this beginner session along with karate basics, we will be concentrating on self – discipline. At WCRB we don't just talk about success, we produce it!

Beginners
Tue/Thu: 6/2-8/18 5:15-6:15pm
320506-A R: \$230 / NR: \$240

Instructor: WCRB Karate

Location: Tues: Dance Studio Left; Thurs: Senior Center Left

Intermediate/Advance
Tue/Thu: 6/2-8/18 7:15-8:15pm
320506-B R: \$230 / NR: \$240

Instructor: WCRB Karate

Location: Dance-Left

Adult Beginner Tennis

18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Wed: 6/29-7/27 7:30-8:45pm
350905-A R: \$138 / NR: \$148
Wed: 8/3-8/31 7:30-8:45pm
350905-B R: \$138 / NR: \$148

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Adult Intermediate Tennis 18 & up

Students refine stroke production with an emphasis on rallying, tactics, and match play. Ratio 4:1.

Wed: 6/29-7/27 8:45-10pm
350906-A R: \$138 / NR: \$148
Wed: 8/3-8/31 8:45-10pm
350906-B R: \$138 / NR: \$148

Instructor: FirstServe Tennis

Location: Cavalier Trail Park



Fall Soccer (Grades Kindergarten-8th Grade)

Early Bird Registration: July 11-24

Kindergarten/1st Grade :

Resident: \$85 Non-Resident: \$105

2nd Grade & Above

Resident: \$100 Non-Resident: \$120

Regular Registration: July 25-August 7

Kindergarten/1st Grade –

Resident: \$100 Non-Resident: \$120

2nd Grade & Above

Resident: \$115 Non-Resident: \$135

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5027**.

1st Kicks Soccer Clinic

2-5 years

First Kicks is a program designed to develop your young players love and interest in soccer by providing the fundamental skills and techniques needed. An eight-session course open to boys and girls ages 2-5. Each 45 minutes session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day. Clinics run from September 7th-October 29th. Registration for the clinic starts July 18th and will stay open until filled. Ages are as of September 1, 2016. Classes will be held on Columbus Day weekend.

Wed: 9/7-10/26 10-10:45am
631104-A R: \$100 / NR: \$120

Wed: 9/7-10/26 11-11:45am
631104-B R: \$100 / NR: \$120

Wed: 9/7-10/26 3-3:45pm
631104-C R: \$100 / NR: \$120

Wed: 9/7-10/26 4-4:45pm
631104-D R: \$100 / NR: \$120

Sat: 9/10-10/29 9-9:45am
631104-E R: \$100 / NR: \$120

Sat: 9/10-10/29 10-10:45am
631104-F R: \$100 / NR: \$120

Sat: 9/10-10/29 11-11:45am
631104-G R: \$100 / NR: \$120

Location: Larry Graves Field

Youth Flag Football

Grades 2-7

Early Bird Registration: July 18th - 31st

Resident: \$100 / Non-Resident: \$120

Regular Registration: August 1st – 14th

Resident: \$110 / Non-Resident: \$130

Falls Church Recreation & Parks Department will be hosting our annual youth flag football league this fall.

This program is a co-ed, non-contact, 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid-afternoon each week. Volunteer coaches are needed. Please contact Jimmy Ruby for more details at **703-248-5027**.

Location: George Mason Artificial Turf Field

Mandatory Tryout Dates:

Grades 2/3-September 10th at 2:30pm

Grades 4/5-September 17th at 2:30pm

Grades 6/7-September 17th at 4:00pm

600001-A: Grades 2/3

600002-A: Grades 4/5

600003-A: Grades 6/7

ADULT SPORTS

Fall Co-ed Volleyball

Registration: (Teams Only) July 18th through August 14th.

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Tuesdays and Thursdays. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$300/team

Fall Women's Volleyball

Registration: (Teams Only) July 18th through August 14th.

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Mondays and Wednesdays. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$240

Adult Fall Co-ed Soccer

For more information, call **703-248-5027** and ask for Jimmy Ruby.

Fall Men's Basketball League

Registration: (Teams Only) July 18th through August 14th.

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$800/team

Fall Women's Basketball League

Registration: (Teams Only) July 18th through August 14th.

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$600/team (8 game schedule)

Adapted Aquatics

4-18 years

Children with disabilities or attentional issues will have fun and work on water skills with a trained instructor one on one. Students will be evaluated at the first session and will work on some or all of the following skills, appropriate to their level.

Wed: 7/6-8/10 1-1:30pm
385116-A R: \$60 / NR: \$70

Location: Park Towers Pool



Swimming- Toddler and Me 18 months-3 years

Swimmers will work on blowing bubbles, moving arms and legs independently. They will learn water safety. Nursery rhymes, songs and floating toys will be part of the class. Caretakers must accompany children into the water.

Mon-Fri: 6/27-7/8* 9:15-9:45am
385107-A R: \$100 / NR: \$110
Mon-Fri: 7/8-7/19 10:15-10:45am
385107-C R: \$110 / NR: \$120

Mon-Fri: 7/25-8/5 9:15-9:45am
385107-E R: \$110 / NR: \$120
Mon-Fri: 8/4-8/15 10:35-11:05am
385107-G R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool



Preschool Swim Level 1 4-5 years

Swimmers will learn to blow bubbles, enter and exit the water safely, back float, front glide, change direction, as well as water safety. Children will work on submerging mouth, nose and eyes. They will learn the fundamental basics of swimming on front and back.

Mon-Fri: 6/27-7/8* 10:35-11:05am
385100-A R: \$100 / NR: \$110
Mon-Fri: 7/11-7/22 10:35-11:05am
385100-C R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 10:35-11:05am
385100-E R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 10:35-11:05am
385100-G R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool

Preschool Swim Level 2 4-5 years

Children will learn to enter and exit the water safely, blow bubbles back float, front glide, change direction, the basics of swimming on front and back, as well as water safety in and around the water.

Mon-Fri: 6/27-7/8* 11:15-11:45am
385115-A R: \$100 / NR: \$110
Mon-Fri: 7/11-7/22 11:15-11:45am
385115-C R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 11:15-11:45am
385115-E R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 11:15-11:45am
385115-G R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool

Swimming- Beginner 6-11 years

Swimmers will learn to blow bubbles, enter and exit the water safely, back float, front float, front glide, tread, change direction, as well as water safety. Swimmers work on submerging their entire body.

Mon-Fri: 6/27-7/8* 9:55-10:25am
385108-A R: \$100 / NR: \$110
Mon-Fri: 6/27-7/8* 11:55am-12:25pm
385108-A1 R: \$100 / NR: \$110
Mon-Fri: 7/11-7/22 11:55am-12:25pm
385108-C1 R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 9:55-10:25am
385108-E R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 11:55am-12:25pm
385108-E1 R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 9:55-10:25am
385108-G R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 11:55am-12:25pm
385108-G1 R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool

Swimming- Intermediate 6-11 years

Learn freestyle and elementary backstroke as well as scissor, frog, flutter and dolphin kick. They will be introduced to deep water.

Mon-Fri: 6/27-7/8* 11:55am-12:25pm
385110-A1 R: \$100 / NR: \$110
Mon-Fri: 7/11-7/22 9:55-10:25am
385110-C R: \$110 / NR: \$120
Mon-Fri: 7/11-7/22 11:55am-12:25pm
385110-C1 R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 9:55-10:25am
385110-E R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 11:55am-12:25pm
385110-E1 R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 9:55-10:25am
385110-G R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 11:55am-12:25pm
385110-G1 R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool

Swimming- Advanced 6-11 years

Students improve on freestyle and elementary backstroke and will be introduced to backstroke, breaststroke, butterfly and sidestroke. They will learn survival swimming in deep water as well as feet first, pike and tuck surface dives.

Mon-Fri: 7/11-7/22 9:15-9:45am
385113-C R: \$110 / NR: \$120
Mon-Fri: 7/25-8/5 9:15-9:45am
385113-E R: \$110 / NR: \$120
Mon-Fri: 8/8-8/19 9:15-9:45am
385113-G R: \$110 / NR: \$120

*No class dates 7/4

Location: Park Towers Pool

Stress Burner Yoga 13 & up

Imagine moving through your day with a new sense of resilience, confidence and calm. Stressburneryoga.com techniques can help lower your stress "set-point" and cultivate flexibility on the mat and in life. In this 5-week different kind of yoga class we'll focus on ways to bring the mindfulness, peace, and alignment gained from yoga practice into our daily lives, and have fun at the same time! You have the perfect body for this class which is also a good complement to any yoga class you are already taking. For info:

Hillary@stressburneryoga.com

Wed: 6/1-6/29 7:45-9pm
340403-A R: \$90 / NR: \$100

Instructor: Stress Burner Yoga

Location: Community Room

Yoga for Fitness - Adults 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. This class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats are available.

Tue: 6/7-8/9 8-8:55pm
350406-A R: \$120 / NR: \$130

Instructor: BodyMoves Fitness

Location: Community Room

Fitness Classes

Pilates with Props - Adults 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

Tue: 6/7-8/9 7-7:55pm
350410-A R: \$120 / NR: \$130
Instructor: BodyMoves Fitness
Location: Community Room

Zumba Latin Aerobics

18 & up

Join the Latin dance fitness craze that everyone's been talking about! Get your heart rate up and tone your entire body while burning hundreds of calories in just one hour. Dance to salsa, bachata, samba, reggaeton, African and dancehall rhythms while gaining strength, confidence and flexibility. Sneakers, comfortable clothing and a willingness to "shake it off" are all that's required for this all-levels class.

Thu: 6/23-8/11 6:30-7:30pm
350414-A R: \$40 / NR: \$50
Instructor: Dream In Color
Location: Dance-Left

Tai Chi and Qi Gong

16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 49 years of study and 30 years of teaching experience.

Tue: 6/7-8/16 6-6:55pm
350510-A R: \$125 / NR: \$135
Instructor: Grandmaster Jeff Cook
Location: Community Room

Class Cards! *

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you to take Step for Fun Fitness and Core Body & Strength Training. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90

Adult Ballet Barre

18 & up

Ballet is a classical, challenging dance form that requires strength, energy, flexibility and grace. Join an instructor with over 15 years of dance training for this all-levels class that incorporates several ballet movements to tone your legs, abs and arms for an all-over workout. Dancewear encouraged; form-fitting clothing and socks or ballet shoes required.

Thu: 6/23-8/11 7:30-8:30pm
350437-A R: \$90 / NR: \$100

Instructor: Dream In Color
Location: Dance-Left

Step for Fun & Fitness

14 & up

*Class Card Option

TRY IT WITH A CLASS CARD!

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Mon/Wed: 6/13-8/24* 6:30-7:30pm
350404-A R: \$137 / NR: \$147
Sat: 6/11-8/20* 8:30-9:30am
350404-B R: \$72 / NR: \$82

*No class dates 7/4

Instructor: Eileen Cutrona
Location: Senior Center-Full

FREE CLASS

Spring into Wellness Day

Saturday, June 4, 8:30am
Step for Fun & Fitness
Falls Church Community Center

Core Body & Strength Training 14 & up

*Class Card Option

TRY IT WITH A CLASS CARD!

Class will emphasize core body incorporating strength, toning and cardio exercise.

Tue: 6/14-8/23 6:30-7:30pm
350444-A R: \$72 / NR: \$82

Thu: 6/16-8/25 6:30-7:30pm
350444-B R: \$72 / NR: \$82

Instructor: Eileen Cutrona /Pam Doran
Location: Senior Center-Full

NTL- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program instructed by a Certified Personal Trainer – Senior Fitness Specialist/ Corrective exercise specialist/ Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. And greatly reducing the risk of falling. All students are to bring an exercise mat and light (2 - 8 lb. dumbbells).

Tue/Thu: 6/2-8/18 10-11am
360406-A R: \$404 / NR: \$414

Tue: 6/7-8/16 10-11am
360406-B R: \$188 / NR: \$198

Thu: 6/2-8/18 10-11am
360406-C R: \$206 / NR: \$216

Instructor: Capitol Fitness
Location: 1/2 Gym Back Door

Summer Camps

Register today! Only camps still available are listed. Camps listed as *Offsite depart from and return to the Community Center. For a full description of each camp, please visit www.FallsChurchVa.gov/Camps

June 27 - July 1

Ages	Description	Activity #	Hours	Instructor	Location	Cost
4-6	Little Shots Tennis	381901-A	9:15-9:30a	First Serve Tennis	GMHS Courts	R: \$128 NR: \$138
Introduces tots to tennis through fun games and activities designed to build coordination.						
5-8	Shooting Stars - Half Day	381402-A	9a-1p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$110 NR: \$120
5-8	Shooting Stars - Full Day	381402-A1	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170 NR: \$180
Campers play creative games & skill building activities designed to captivate and enlighten children.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care (Full Day only): 3-6pm		389992-A \$55
6-14	Giant Basketball-Coed	381207-A	9a-3p	Giant Basketball Academy	MEH Gym	R: \$200 NR: \$210
Players learn basketball, skills, shooting, team play, defensive positioning, speed drills.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55



7-10	Tennis I & II	381902-A	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						
7-12	Kingii Dragon Robot	384002-A	9a-12p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
With flashing eyes and a moving mouth, this robot uses Infra-Red Sensor for its escape and approach modes.						
Morning Extended Care: 7-9am		389991-A	\$45			
7-12	Space 9 Robot	384003-A	12:45-3:45p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
Build an eight-legged star explorer controlled by an infra-red remote transmitter so you can control its movement.						
Afternoon Extended Care: 3-6pm		389992-A	\$55			
8-10	Dream in Color Dance	380228-A	9a-3p	Dream In Color	Community Center	R: \$240 NR: \$250
Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55

June 27 - July 1 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
8-11	Field Trip Frenzy!	383205-A	9a-4p	Recreation Dept. staff	*Offsite	R: \$340 NR: \$350
Field trips will include outdoor adventures, swimming, entertainment and more.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55
8-13	Baseball Camp	3810010-A	9a-3p	Mustang Sports	GMHS Fields	R: \$175 NR: \$185
Campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55
8-13	Mustang Basketball-Boys	381203-A	9a-3p	Mustang Sports	GMHS Main Gym	R: \$175 NR: \$185
Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55
8-15	Lacrosse Camp	381214-A	9a-3p	Play Up Sports	GMHS Fields	R: \$150 NR: \$160
Players will receive great exposure to the game and gain a competitive advantage.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55
9-17	Olympic Sport Fencing	381701-A	9-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.						
9-17	Historical Swordsmanship	381703-A	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.						
10-17	Fish and Explore Fishing Camp	381709-A	8:30a-4:30p	Fish and Explore	*Offsite	R: \$595 NR: \$605
Fish in public and private lakes, ponds, reservoirs, the Chesapeake Bay and more. Learn to read the water and more.						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55
11-15	Excursion Camp	383201-A	9a-5p	Recreation Dept. staff	*Offsite	R: \$390 NR: \$400
Travel to different destinations each day! Trips may include tubing, sailing, Kings Dominion and more!						
Morning Extended Care: 7-9am		389991-A	\$45	Afternoon Extended Care: 3-6pm		389992-A \$55



July 5 - 8

Ages	Description	Activity #	Hours	Instructor	Location	Cost
5-8	Shooting Stars - Half Day	381402-B	9a-1p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$88 NR: \$98
5-8	Shooting Stars - Full Day	381402-B1	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$137 NR: \$147
Campers play creative games & skill building activities designed to captivate and enlighten children.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care (Full Day only): 3-6pm		389992-B \$42
5-13	Silver Knights Chess	382103-B	9a-3p	Silver Knights Chess	MEHMS Classroom	R: \$279 NR: \$289
5-13	Silver Knights Chess	382103-B1	9a-12p	Silver Knights Chess	MEHMS Classroom	R: \$167 NR: \$177
5-13	Silver Knights Chess	382103-B2	12p-3p	Silver Knights Chess	MEHMS Classroom	R: \$167 NR: \$177
Learn basic rules/strategy, openings, tactics, and endgames. Study, play and analyze games.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care: 3-6pm		389992-B \$42




6-12	Youth Football Camp	381006-B	9a-3p	Sportz Campz 4 Kidz	GMHS Fields	R: \$137 NR: \$147
Fundamentals of positions, life skills, teamwork, communication, and sportsmanship.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care: 3-6pm		389992-B \$42
6-12	The Story of Karate	381410-B	9a-3p	WCRB Karate	Community Center	R: \$224 NR: \$234
Introduction to karate fundamentals including patterns, board breaking, weapons, blocks and more.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care: 3-6pm		389992-B \$42
6-14	Giant Basketball-Boys	381207-B	9a-3p	Giant Basketball Academy	MEHMS Gym	R: \$160 NR: \$170
Players learn basketball, skills, shooting, team play, defensive positioning, speed drills.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care: 3-6pm		389992-B \$42
7-12	Softball Camp	381008-B	9a-3p	Pure Performance	GMHS Fields	R: \$220 NR: \$230
Campers will be hitting, throwing, and fielding in a safe and fun learning environment.						
Morning Extended Care: 7-9am		389991-B	\$34	Afternoon Extended Care: 3-6pm		389992-B \$42

July 5 - 8 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
1st-6th	Summer Fun Playground program to include arts and crafts, sports, free play, swimming and field trips (not included).	385001-B	9a-3p	Recreation Dept. Staff	Cherry Hill Park	R: \$130 NR: \$140
	Morning Extended Care: 7-9am	389991-B	\$34	Afternoon Extended Care: 3-6pm	389992-B	\$42
9-14	Clay Hill Horseback Riding Campers have lessons in horseback riding skills, safety and horse management.	383002-B	8a-4:30p	Clay Hill Stables	*Offsite	R: \$430 NR: \$440
	Morning Extended Care: 7-9am	389991-B	\$34	Afternoon Extended Care: 3-6pm	389992-B	\$42
10-14	Tennis I & II Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.	381903-B	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$205 NR: \$215
10-16	Inner Quest Campers explore the great outdoors in this exciting adventure camp.	383102-B	8a-4p	Inner Quest	*Offsite	R: \$487 NR: \$497
	Morning Extended Care: 7-9am	389991-B	\$34	Afternoon Extended Care: 3-6pm	389992-B	\$42
11-18	Cross Training 101 Campers will be instructed and tested on Strength, Mobility, Agility, Speed, Power, Nutrition and Recovery.	381011-B	9a-3p	Play Up Sports	GMHS Main Gym	R: \$172 NR: \$182
	Morning Extended Care: 7-9am	389991-B	\$34	Afternoon Extended Care: 3-6pm	389992-B	\$42



Register Today for Camps!

Full camp details can be found in the
Summer Camp Brochure:
www.FallsChurchVA.Gov/Camps

July 11 - 15

Ages	Description	Activity #	Hours	Instructor	Location	Cost
3-4	Dream in Color Dance Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet.	380228-C	9a-12p	Dream In Color	Community Center	R: \$190 NR: \$200
3-6	Ready, Set Create! Artists will practice Bull's Eye painting, and create interesting effects that disappear then magically re-appear.	382031-C	9a-12p	Abakadoodle	GMHS Classroom	R: \$198 NR: \$208
4-6	Little Shots Tennis Introduces tots to tennis through fun games and activities designed to build coordination.	381901-C	8:15a-9:30a	First Serve Tennis	GMHS Courts	R: \$128 NR: \$138
6-11	Make It and Take It Home Make and take home a wide assortment of toys that teach science concepts. Must provide a 100% cotton t-shirt.	384015-C	9a-12p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
	Morning Extended Care: 7-9am	389991-C	\$45			

July 11 - 15 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
6-12	All-American Sports Camp	381401-C	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170 NR: \$180
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
6-12	Ready, Set, Create!	382031-C1	9a-3p	Abakadoodle	GMHS Classroom	R: \$298 NR: \$308
Artists will practice Bull's Eye painting, and create interesting effects that disappear then magically re-appear.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
7-10	Tennis I & II	381902-C	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						
7-11	Singing Kidz	380223-C	9a-3p	26th Dimension	MEHMS Classroom	R: \$285 NR: \$295
Participants discover how breath, voice, music and yoga can be used together to take their singing to higher heights.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
8-13	Baseball Camp	381001-C	9a-3p	Mustang Sports	GMHS Fields	R: \$175 NR: \$185
Campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
8-13	Mustang Girls Lacrosse	381002-C	9a-3p	Mustang Sports	GMHS Fields	R: \$175
8-13	Mustang Boys Lacrosse	381010-C	9a-3p	Mustang Sports	GMHS Fields	NR: \$185
This camp is presented by GMHS coaches and is designed for campers who want to improve their lacrosse skills.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
8-13	Mustang Basketball - Girls	381203-C	9a-3p	Mustang Sports	GMHS Main Gym	R: \$175 NR: \$185
Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
9-12	Every Body Dance Camp	380230-C	9a-3p	Every Body Dance	Community Center	R: \$290 NR: \$300
Children will enjoy ballet, jazz, hip-hop, tap, musical theatre and modern dance.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
9-17	Olympic Sport Fencing	381701-C	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.						
9-17	Historical Swordsmanship	381703-C	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.						



July 11 - 15 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
10-14	History Excursion	381802-C	9a-3p	Recreation Dept. Staff	*Offsite	R: \$325 NR: \$335
Explore historic well-known sites and those off the beaten path. Leaves from and returns to the CH Farmhouse.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
11-15	Theatrical Teens	382106-C	9a-3p	C.A.R.E. Actor	GMHS Classroom	R: \$295 NR: \$305
Engage in improvisational theater, playwriting, set & costume design, while discussing current topics.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
11-16	Loaded Up Volleyball	381003-C	9a-3p	VSSA Sports Training	MEHMS Gym	R: \$185 NR: \$195
Learn mechanics of passing/receiving, setting skills and proper basic skills for hitting/positioning.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55
12-15	Thrills & Chills	383206-C	9a-9p	Recreation Dept. Staff	*Offsite	R: \$475 NR: \$485
Campers visit Six Flags, Kings Dominion, Splashdown Waterpark and more. Return times vary.						
Morning Extended Care: 7-9am		389991-C	\$45	Afternoon Extended Care: 3-6pm		389992-C \$55



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July 18 - 22

Ages	Description	Activity #	Hours	Instructor	Location	Cost
3-4	First Kicks Soccer	381303-D	9-10a	Challenger Sports	GMHS Fields	R: \$106 NR: \$116
Players are introduced to basics through fundamental activities, games and fun soccer challenges.						
3-6	Mad About Movies Art Camp	382032-D	9a-12p	Abrakadoodle	GMHS Classroom	R: \$198 NR: \$208
Campers learn how movies are made and recreate favorite movie characters. Explore animation and more.						
4-6	Mini-Soccer	381304-D	10:15-11:45a	Challenger Sports	GMHS Fields	R: \$134 NR: \$144
Players are introduced to basics through fundamental activities, games and fun soccer challenges.						
6-11	Dramatic Kids!	382105-D	9a-3p	C.A.R.E. Actor	MEHMS Classroom	R: \$295 NR: \$305
Campers will take part in theater games, playwriting, set & costume design and more.						
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55
6-12	All-American Sports Camps	381401-D	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170 NR: \$180
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55

July 18 - 22 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost	
6-12	Mad About Movies Art Camp	382032-D1	9a-3p	Abakadoodle	GMHS Classroom	R: \$298 NR: \$308	
Campers learn how movies are made, tell stories and recreate favorite movie characters.							
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55	
6-16	Soccer Development Program	381305-D	9a-12p	Challenger Sports	GMHS Fields	R: \$183 NR: \$193	
6-16	Soccer Full Day Camp	381305-D1	9a-3p	Challenger Sports	GMHS Fields	R: \$257 NR: \$267	
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending.							
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care (Full Day only): 3-6pm			389992-D \$55
7-11	Pack Your Manners!	382026-D	10a-1p	Manners Talk	CH Farmhouse	R: \$250 NR: \$260	
Expand your child's understanding of manners, social skills, and respect for others & their environment.							
7-14	Virgil Seay Sports Camp	381403-D	9a-3p	VSSA Sports Training	GMHS Fields	R: \$180 NR: \$190	
This week will focus on flag football, soccer and lacrosse. Gain self-confidence in a semi-competitive atmosphere.							
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55	
8-13	Mustang Basketball - Boys	381203-D	9a-3p	Mustang Sports	GMHS Main Gym	R: \$175 NR: \$185	
Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills							
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55	
9-14	Clay Hill Horseback Riding	383002-D	8a-4:30p	Clay Hill Stables	*Offsite	R: \$500 NR: \$510	
Campers have lessons in horseback riding skills, safety and horse management.							
Morning Extended Care: 7-9am		389991-D	\$45	Afternoon Extended Care: 3-6pm		389992-D \$55	
9-17	Olympic Sport Fencing	381701-D	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200	
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.							
9-17	Historical Swordsmanship	381703-D	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200	
No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.							
10-14	Tennis I & II	381903-D	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266	
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.							



July 25 - 29

Ages	Description	Activity #	Hours	Instructor	Location	Cost
4-6	Little Shots Tennis	381901-E	8:15-9:30a	First Serve Tennis	GMHS Courts	R: \$128 NR: \$138
Introduces tots to tennis through fun games and activities designed to build coordination.						
5-8	Every Body Dance Camp	380230-E	9a-3p	Every Body Dance	Community Center	R: \$290 NR: \$300
Children will enjoy ballet, jazz, hip-hop, tap, musical theatre and modern dance. Learn and improve dance technique.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
6-12	Youth Football Camp	381006-E	9a-3p	Sportz Campz 4 Kidz	GMHS Fields	R: \$170 NR: \$180
Fundamentals of positions, life skills, teamwork, communication, and sportsmanship.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
6-12	All-American Sports Camp	381401-E	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170 NR: \$180
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
7-10	Tennis I & II	381902-E	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						

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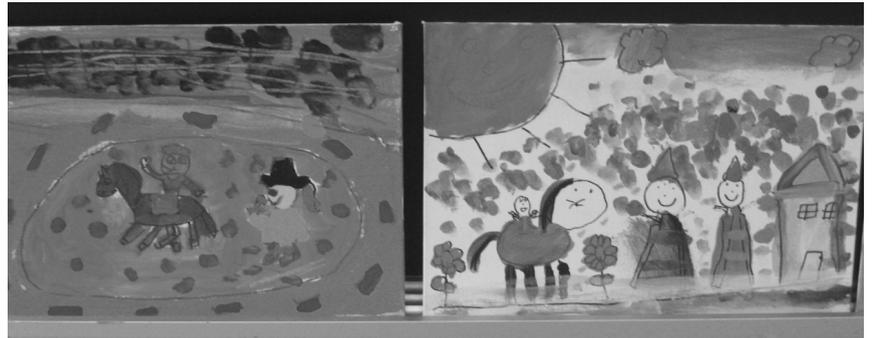
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7-11	Science Magic	384026-E	9a-3p	iSchool for the Future	GMHS Classroom	R: \$315 NR: \$325
Children have fun learning science-based "magic tricks" and learn about environmental issue in their community.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
8-13	She-EO First Steps	382029-E	9a-3p	She-EO, LLC	GMHS Classroom	R: \$289 NR: \$299
Campers create a dream board, a personal plan and receive a success journal and tote bag.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
8-13	Mustang Basketball - Girls	381203-E	9a-3p	Mustang Sports	GMHS Main Gym	R: \$175 NR: \$185
Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
8-14	C. Olympia- Horseback Riding	383003-E	8a-5p	Camp Olympia	*Offsite	R: \$580 NR: \$590
Horseback lessons with a variety of unmounted horse activities, swimming and sports.						
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55

July 25 - 29 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
8-14	Camp Olympia- Sports Camp Campers participate in swimming, horseback lessons and team sports or individual sports.	383004-E	8a-5p	Camp Olympia	*Offsite	R: \$460 NR: \$470
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
8-18	Adventures in Podcasting Campers make characters, sound effects and stories, all of which will come together for a podcast.	382100-E	9a-3p	Educational Theatre Co.	MEHMS Classroom	R: \$295 NR: \$305
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
9-17	Olympic Sport Fencing No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.	381701-E	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
9-17	Historical Swordsmanship No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.	381703-E	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
10-18	G-Street Fabrics Students complete something for their room, something for their "stuff" and something to wear. Ends at 1pm.	382108-E	9a-1p	G-Street Fabrics	GMHS Classroom	R: \$275 NR: \$285
Morning Extended Care: 7-9am		389991-E	\$45			
11-13	Dream in Color Dance Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet.	380228-E	9a-3p	Dream In Color	Community Center	R: \$240 NR: \$250
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55
11-15	Wet 'N Wild Excursion Camp Campers will go sailing and visit local waterparks such as Splashdown Water Park.	383204-E	9a-5p	Recreation Dept. Staff	*Offsite	R: \$360 NR: \$370
Morning Extended Care: 7-9am		389991-E	\$45	Afternoon Extended Care: 3-6pm		389992-E \$55



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August 1 - 5

Ages	Description	Activity #	Hours	Instructor	Location	Cost
3-4	First Kicks Soccer Players are introduced to basics through fundamental activities, games and fun soccer challenges.	381303-F	9a-10a	Challenger Sports	GMHS Fields	R: \$106 NR: \$116
3-6	Under the Sea Art There's nothing fishy about using cool tools and materials to create fun paintings, collages, sculptures and more.	382033-F	9a-12p	Abrakadoodle	GMHS Classroom	R: \$198 NR: \$208
3-6	Enchanted Castles Dance Dance our way through classic cherished stories magic wands, enchanted spells and royal balls.	380212-F	10a-12p	Tiny Dancers	Community Center	R: \$200 NR: \$210

August 1 - 5

Ages	Description	Activity #	Hours	Instructor	Location	Cost
 						
4-6	Mini-soccer	381304-F	10:15-11:45a	Challenger Sports	GMHS Fields	R: \$134
Players are introduced to basics through fundamental activities, games and fun soccer challenges.						NR: \$144
5-13	Silver Knights Chess	382103-F	9a-3p	Silver Knights Chess	MEHMS Classroom	R: \$349
						NR: \$359
5-13	Silver Knights Chess	382103-F1	9a-12p	Silver Knights Chess	MEHMS Classroom	R: \$209
5-13	Silver Knights Chess	382103-F2	12p-3p	Silver Knights Chess	MEHMS Classroom	NR: \$219
Learn basic rules/strategy, openings, tactics, and endgames. Study, play and analyze games.						
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care: 3-6pm		389992-F \$55
5-15	UK Sports Half Day	381400-F	9a-12p	UK Elite	GMHS Fields	R: \$155
						NR: \$165
5-15	UK Sports Full Day	381400-F1	9a-3p	UK Elite	GMHS Fields	R: \$235
Learn different UK sports to include Soccer, Cricket, Rugby, Gaelic Football, plus others.						NR: \$245
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care (Full Day only): 3-6pm		389992-F \$55
1st-6th G	Summer Fun	385001-F	9a-3p	Recreation Dept. Staff	Cherry Hill Park	R: \$160
Playground program to include arts and crafts, sports, free play, swimming and field trips (not included).						NR: \$170
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care: 3-6pm		389992-F \$55
6-12	All-American Sports Camp	381401-F	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						NR: \$180
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care: 3-6pm		389992-F \$55
6-12	Under the Sea Art	382033-F1	9a-3p	Abrakadoodle	GMHS Classroom	R: \$298
There's nothing fishy about using cool tools and materials to create fun paintings, collages, sculptures and more.						NR: \$308
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care: 3-6pm		389992-F \$55
6-16	Soccer Development Program	381305-F1	9a-3p	Challenger Sports	GMHS Fields	R: \$257
						NR: \$267
6-16	Soccer Development Program	381305-F	9a-12p	Challenger Sports	GMHS Fields	R: \$183
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending.						NR: \$193
Morning Extended Care: 7-9am		389991-F	\$45	Afternoon Extended Care (full day only): 3-6pm		389992-F \$55

August 1 - 5 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
7-12	Creative Engineering	384017-F	9a-12p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
Work with an advanced 3D construction kit. Get your own 3-volt geared motor and learn to make it run.						
Morning Extended Care: 7-9am 389991-F \$45						
7-12	Electronic Lab	384018-F1	12:45-3:45p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
Build an electric fan, motion detector, power microphone, and space war sounds with a kit to take home.						
Afternoon Extended Care: 3-6pm 389992-F \$55						
8-18	ETC #Physical Comedy	382101F	9a-3p	Educational Theatre Co.	MEHMS Classroom	R: \$295 NR: \$305
Participants will learn to perform "on their feet" and construct their work into original comedy scenes.						
Morning Extended Care: 7-9am 389991-F \$45 Afternoon Extended Care: 3-6pm 389992-F \$55						
9-12	Musical Theater Camp	380231-F	9a-3p	Everybody Dance	Community Center	R: \$290 NR: \$300
Children will have a theatre experience to include acting, choreography, singing and dancing.						
Morning Extended Care: 7-9am 389991-F \$45 Afternoon Extended Care: 3-6pm 389992-F \$55						
9-17	Olympic Sport Fencing	381701-F	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.						
9-17	Historical Swordsmanship	381703-F	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.						
10-14	Tennis I & II	381903-F	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						
10-16	Learn to Code-Beginners	384010-F	8:30a-12p	LAD Communications	Community Center	R: \$269 NR: \$279
Learn how to write JavaScript and HTML code, computer maintenance, and the basics of hardware.						
Morning Extended Care: 7-9am 389991-F \$45						
10-16	Computer Technology	384011-F	1-4:30p	LAD Communications	Community Center	R: \$269 NR: \$279
Produce a podcast, shoot & edit video, create your own flash website, make a 3D landscape and more.						
Afternoon Extended Care: 3-6pm 389992-F \$55						
11-15	Excursion Camp	383201-F	9a-5p	Recreation Dept. Staff	*Offsite	R: \$440 NR: \$450
Travel to different destinations each day! Trips may include tubing, sailing, Kings Dominion and more!						
Morning Extended Care: 7-9am 389991-F \$45 Afternoon Extended Care: 3-6pm 389992-F \$55						
11-16	She-EO Next Steps	382029-F	9a-3p	She-EO, LLC	GMHS Classroom	R: \$289 NR: \$299
Campers create a dream board, a personal plan and receive a success journal and tote bag.						
Morning Extended Care: 7-9am 389991-F \$45 Afternoon Extended Care: 3-6pm 389992-F \$55						



August 8 - 12

Ages	Description	Activity #	Hours	Instructor	Location	Cost
3-6	Act it Out!	382104-G	9a-12p	C.A.R.E. Actor	MEHMS Classroom	R: \$175 NR: \$185
Take an adventure in this theater & arts program that uses storybooks to emphasize positive values.						
3-6	Pirates Return Art Camp	382034-G	9a-12p	AbraKadoodle	GMHS Classroom	R: \$198 NR: \$208
Explore the crystal blue oceans searching for artsy treasures while studying cartooning, sand painting, sculpture and more.						
4-6	Little Shots Tennis	381901-G	8:15-9:30a	First Serve Tennis	GMHS Courts	R: \$128 NR: \$138
Introduces tots to tennis through fun games and activities designed to build coordination.						
5-8	Musical Theater Camp	380231-G	9a-3p	Everybody Dance	Community Center	R: \$290 NR: \$300
Children will have a theatre experience to include acting, choreography, singing and dancing.						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55
1st -	Summer Fun	385001-G	9a-3p	Recreation Dept. Staff	Cherry Hill Park	R: \$160 NR: \$170
6th G Playground program to include arts and crafts, sports, free play, swimming and field trips (not included).						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55
6-12	Adrenaline Cheer Camp	380226-G	9:30a-12:30p	Adrenaline Dance Force	Community Center	R: \$175 NR: \$185
Camp will cover stunts, tumbling, dance, motions, chants, jumps and cheers!						
6-12	All-American Sports Camp	381401-G	9a-3p	Sportz Campz 4 Kidz	GMHS Aux Gym	R: \$170 NR: \$180
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55
						
6-12	Pirates Return - Art Camp	382034-G1	9a-3p	AbraKadoodle	GMHS Classroom	R: \$298 NR: \$308
Explore the crystal blue oceans searching for artsy treasures while studying cartooning, sand painting, sculpture and more.						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55
7-10	Tennis I & II	381902-G	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						
8-13	Mustang Soccer Camp	381310-G	9a-3p	Mustang Sports	GMHS Fields	R: \$175 NR: \$185
Campers will experience the drills and teachings that have won multiple state championships.						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55
8-14	The Fencers Club	381712-G	9a-3p	The Fencers Club	MEHMS Classroom	R: \$300 NR: \$310
Students will learn the basic foot and handwork skills while learning the basics of sparring with and epee.						
Morning Extended Care: 7-9am		389991-G	\$45	Afternoon Extended Care: 3-6pm		389992-G \$55

August 8 - 12 (continued)

Ages	Description	Activity #	Hours	Instructor	Location	Cost
8-14	C. Olympia- Horseback Riding Horseback lessons with a variety of unmounted horse activities, swimming and sports.	383003-G	8a-5p	Camp Olympia	*Offsite	R: \$580 NR: \$590
	Morning Extended Care: 7-9am	389991-G	\$45	Afternoon Extended Care: 3-6pm	389992-G	\$55
8-14	Camp Olympia- Sports Camp Campers participate in swimming, horseback lessons and team sports or individual sports.	383004-G	8a-5p	Camp Olympia	*Offsite	R: \$460 NR: \$470
	Morning Extended Care: 7-9am	389991-G	\$45	Afternoon Extended Care: 3-6pm	389992-G	\$55
8-18	ETC's Sketch Comedy Campers use improvisational skills to develop original sketches. Control, timing and voice are developed.	382102-G	9a-3p	Educational Theater Co.	MEHMS Classroom	R: \$295 NR: \$305
	Morning Extended Care: 7-9am	389991-G	\$45	Afternoon Extended Care: 3-6pm	389992-G	\$55
9-17	Olympic Sport Fencing No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.	381701-G	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
9-17	Historical Swordsmanship No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.	381703-G	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
10-14	History Excursion Explore well-known sites as well as those off the beaten path. Depart from and return to the CH Farmhouse.	381802-G	9a-3p	Recreation Dept. Staff	*Offsite	R: \$325 NR: \$335
	Morning Extended Care: 7-9am	389991-G	\$45	Afternoon Extended Care: 3-6pm	389992-G	\$55
10-17	Outdoor Nature Photography Students learn about digital photography while hiking local nature trails and parks.	381800-G	8:30a-4:30p	Fish and Explore	*Offsite	R: \$495 NR: \$505
	Morning Extended Care: 7-9am	389991-G	\$45	Afternoon Extended Care: 3-6pm	389992-G	\$55



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Only camps that still have availability are
being included on these pages.

August 15 - 19

Ages	Description	Activity #	Hours	Instructor	Location	Cost
6-12	Youth Football Camp Fundamentals of positions, life skills, teamwork, communication, and sportsmanship.	381006-H	9a-3p	Sportz Campz 4 Kidz	GMHS Fields	R: \$170 NR: \$180
Morning Extended Care: 7-9am		389991-H	\$45	Afternoon Extended Care: 3-6pm		389992-H \$55
7-11	Innovation Lab *Two Week Camp* Explore, experiment, design and build as you create your own invention.	384021-H	9a-3p	iSchool for the Future	Community Center	R: \$625 NR: \$635
Morning Extended Care: 7-9am		389991-H/I	\$45	Afternoon Extended Care: 3-6pm		389992-H/I \$55
7-11	Pack Your Manners! Expand your child's understanding of manners, social skills, and respect for others & their environment.	382026-H	10a-1p	Manners Talk	CH Farmhouse	R: \$250 NR: \$260
7-12	White Light & Lasers Science Build and take home your own kaleidoscope, spectroscope, perioscope and constellation watcher.	384020-H1	12:45-3:45p	Sciensational Workshops	Community Center	R: \$185 NR: \$195
Afternoon Extended Care: 3-6pm		389992-H	\$55			
7-14	Virgil Seay Sports Camp This week will focus on flag football, soccer, tchoukball & PE games.	381403-H	9a-3p	VSSA Sports Training	GMHS Fields	R: \$180 NR: \$190
Morning Extended Care: 7-9am		389991-H	\$45	Afternoon Extended Care: 3-6pm		389992-H \$55
8-14	Virginia Fishing Adventures Campers learn beginner and intermediate tactics for freshwater fishing. Supplies are provided.	381705-H	8:30a-4:30p	Virginia Outside	*Offsite	R: \$550 NR: \$560
Morning Extended Care: 7-9am		389991-H	\$45	Afternoon Extended Care: 3-6pm		389992-H \$55
8-14	Adventure & Water Sports Campers canoe, kayak, swim, rock climb, practice archery, air rifle, gymnastics and more.	383005-H	8a-5p	Valley Mill	*Offsite	R: \$535 NR: \$545
Morning Extended Care: 7-9am		389991-H	\$45	Afternoon Extended Care: 3-6pm		389992-H \$55
8-14	Adventure & Horseback Riding Daily horse riding or activities. Canoeing, kayaking, swimming and more.	383006-H	8a-5p	Valley Mill	*Offsite	R: \$600 NR: \$610
Morning Extended Care: 7-9am		389991-H	\$45	Afternoon Extended Care: 3-6pm		389992-H \$55
9-17	Olympic Sport Fencing No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.	381701-H	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
9-17	Historical Swordsmanship No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.	381703-H	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
10-14	Tennis I & II Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.	381903-H	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266



August 22 - 26

Ages	Description	Activity #	Hours	Instructor	Location	Cost
3-4	First Kicks Soccer	381303-I	9a-10a	Challenger Sports	GMHS Fields	R: \$106 NR: \$116
Players are introduced to basics through fundamental activities, games and fun soccer challenges.						
4-6	Mini-Soccer	381304-I	10:15-11:45a	Challenger Sports	GMHS Fields	R: \$134 NR: \$144
Players are introduced to basics through fundamental activities, games and fun soccer challenges.						
4-6	Little Shots Tennis	381901-I	8:15-9:30a	First Serve Tennis	GMHS Courts	R: \$128 NR: \$138
Introduces tots to tennis through fun games and activities designed to build coordination.						
5-13	Silver Knights Chess	382103-I	9a-3p	Silver Knights Chess	Community Center	R: \$349 NR: \$359
5-13	Silver Knights Chess	382103-I1	9a-12p	Silver Knights Chess	Community Center	R: \$209
5-13	Silver Knights Chess	382103-I2	12-3p	Silver Knights Chess	Community Center	NR: \$219
Learn basic rules/strategy, openings, tactics, and endgames. Study, play and analyze games.						
Morning Extended Care: 7-9am 389991-I \$45 Afternoon Extended Care: 3-6pm 389992-I \$55						
6-16	Soccer Development Program	381305-I	9a-12p	Challenger Sports	GMHS Fields	R: \$183 NR: \$193
6-16	Soccer Development Program	381305-I1	9a-3p	Challenger Sports	GMHS Fields	R: \$257 NR: \$267
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending.						
Morning Extended Care: 7-9am 389991-I \$45 Afternoon Extended Care (Full Day only): 3-6pm 389992-I \$55						
7-10	Tennis I & II	381902-I	9:45a-12:15p	First Serve Tennis	GMHS Courts	R: \$256 NR: \$266
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys.						
7-11	Dance Yogi Kidz	380224-I	9a-3p	26th Dimension	Community Center	R: \$285 NR: \$295
Dance yogi consists of physical activities that improve form, flexibility, breath, skill and focus.						
Morning Extended Care: 7-9am 389991-I \$45 Afternoon Extended Care: 3-6pm 389992-I \$55						
7-14	Virgil Seay Sports Camp	381404-I	9a-3p	VSSA Sports Training	Community Center	R: \$210 NR: \$220
This week will focus on indoor soccer, basketball, floor hockey, PE games and includes a bowling field trip.						
Morning Extended Care: 7-9am 389991-I \$45 Afternoon Extended Care: 3-6pm 389992-I \$55						
9-17	Olympic Sport Fencing	381701-I	9a-12p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.						
9-17	Historical Swordsmanship	381703-I	12:30-3:30p	VA Academy of Fencing	Springfield, VA	R: \$190 NR: \$200
No transportation. Explore the sword arts as practiced in the Middle Ages. Equipment rental is \$49 paid to VAF.						
10-16	Learn to Code-Beginners	384010-I	8:30a-12p	LAD Communications	Community Center	R: \$269 NR: \$279
Learn how to write JavaScript and HTML code, computer maintenance, and the basics of hardware.						
Morning Extended Care: 7-9am 389991-I \$45						
10-16	Computer Technology	384011-I	1-4:30p	LAD Communications	Community Center	R: \$269 NR: \$279
Produce a podcast, shoot & edit video, create your own flash website, make a 3D landscape and more.						
Afternoon Extended Care: 3-6pm 389992-I \$55						
10-16	Inner Quest	383102-I	8a-4p	Inner Quest	*Offsite	R: \$552 NR: \$562
Campers explore the great outdoors in this exciting adventure camp.						
Morning Extended Care: 7-9am 389991-I \$45 Afternoon Extended Care: 3-6pm 389992-I \$55						

August 29 - September 2

Ages	Description	Activity #	Camp hours	Instructor	Location	Cost
8-11	Field Trip Frenzy!	383205-J	9a-4p	Recreation Dept. Staff	*Offsite	R: \$340
Field trips will include outdoor adventures, swimming, entertainment and more. No extended care this week.						NR: \$350
10-16	Inner Quest	383102-J	8a-4p	Inner Quest	*Offsite	R: \$552
Campers explore the great outdoors in this exciting adventure camp. No extended care this week.						NR: \$562

Join Our Team

Falls Church Recreation & Parks is still hiring for Teen Excursion Leaders, Water Safety Instructors, Playground Counselors, and Extended Care Staff. For a full list of qualifications and requirements, please visit www.FallsChurchVA.gov/Jobs

To Apply:

Send a completed City application or resume with a copy of your driving record obtained from the Department of Motor Vehicles, First Aid and CPR certifications to City of Falls Church, Human Resources Division, 300 Park Avenue, Falls Church, VA 22046. You can also email this information to hr@fallschurchva.gov.

Reasonable Accommodation:

During the selection process, applicants with disabilities may request reasonable accommodation with the mutual agreement of the hiring authority and the Human Resources Division. Requests for reasonable accommodation should be directed to the Human Resources Division.



COME JOIN A FALLS CHURCH CLUB!!!

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band open to musicians with a wide variety of skills and interests. Led by Music Director Robert Little, the band performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes and American classics at concerts held at outdoor parks and indoor retirement centers in the local community. The band also regularly performs at Ronald Reagan Washington National Airport to welcome veterans arriving via the Honor Flight program. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

German Conversation

Tuesdays at 10am

Spanish Conversation

Wednesdays at 10:45am

Italian Conversation

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.



Bridge Club

Social Bridge -- Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge -- Meets every Friday at 9am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post Building on Oak Street at 7:30 pm., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds benefit all aspects of horticulture in Falls Church City. A monthly newsletter is also published with news of club activities and special events. More information? Be sure to check our website www.fallschurchgardenclub.org.

Looking to start a club?

Please call the senior center at **703-248-5020** for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. Besides bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card apply. Please call the Senior Center at **703-248-5020** for more information.

Knitting and Crocheting Club

Every Thursday at 10am in the Senior Center. Knitting and Crocheting for all skill levels.

Come join us for a great learning experience. All projects welcomed.



Lunch Bunch Club

Come join us for a lunch outing on the second Monday every month as we visit the different local restaurants Responsible for own meal. Transportation on your own.

June: Olive Garden- Monday, June 13th at 1:15pm

July: Ruby Tuesday- Monday, July 11th at 1:15pm

August: IHOP – Monday, August 8th at 1:15pm

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Tuesday, Wednesday, and Friday. Please call **703-248-5020** for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Ballroom Dancing

Every 2nd Thursday from 1:00-2:45pm

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Bingo

Meets every Wednesday from 10am-1:30pm.

Card Games

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta, Hand and Foot, Rummy, etc with us every Thursday at 9:30am

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Tuesdays: German Conversation at 10am

Wednesdays: Italian conversation at 1:30pm

Thursdays: French conversation at 10am

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Hand and Foot

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Friday at 9:30am

Knitting and Crocheting

Come knit and crochet with us. All levels encouraged. Every Thursday at 10am.



Lunch Bunch Club

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at 1:15pm. Don't forget to bring your appetite!

Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. This enthusiastic group enjoys a lively give-and-take. Alternate Fridays from 10am-Noon. (Meets September thru May)

Mixed Games

Every Day from 1:30-3pm

Modified Senior Yoga

Every Friday at 2:30pm. Reservations are required.

Oil and Acrylic Painting

Every Friday from 1-3pm. Open Studio. Work on your own projects. (September thru May)

Pickleball

Every Monday from Noon-2:30pm and Wednesdays from Noon – 2:00pm (September thru May)

Rummikub Challenge

Come every Wednesday at 1:30pm and play a friendly game of Rummikub with friends and staff.

Scrabble

Come every Tuesday at 1:30pm and play a friendly game of Scrabble with friends.

SPECIAL SENIOR PROGRAMS

June: Summer Potluck Party

Thursday, June 30th at 10:30am

July: Bingo Bash & Pizza Party

Wednesday, July 27th at 10am

August: Dog Days of Summer Party

Thursday, August 11th at 10:30am

SENIOR OLYMPICS COMING IN SEPTEMBER



Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored

by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Both Indoor and Outdoor events offered.

NVSO offers both indoor and outdoor events, including swimming, div-ing, tennis, table tennis, racquetball, pickleball, men's basketball, volley-ball, cycling, badminton, bowling, Wii bowling, team line dancing, golf, minia-ture golf, bocce, eight ball pool, horseshoes, and track and field. Board games and cards games also are offered, such as cribbage, duplicate bridge, bunco and scrabble.

Please visit our website at www.nvso.us or call the Senior Center at **703-248-5020** for more information.

ENJOY CITY RECREATION SPACES!

Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts). The unlighted Cherry Street courts are first come, first served.

Call 703-248-5027 to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

Weddings & Receptions

The Cherry Hill Farmhouse and grounds can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit fallschurchva.gov/CherryHillFarmhouse

Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

CITY PARK AMENITIES

BERMAN PARK

Bike and hike trail
Picnic shelter
Picnic tables and grill
Play equipment

BIG CHIMNEYS PARK

Park benches
Picnic tables and grill
Play equipment

CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)
Bike and hike trail
Park benches
Picnic table and grill
Slide and Swings
Tennis courts (2 - lighted)

CHERRY HILL PARK

Basketball court (lighted)
City kiosk
Horseshoe court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Volleyball court
Water fountain
Tennis courts (2 - lighted)

CROSSMAN/FOUR MILE RUN PARK

Park benches
Picnic tables and grills
Slide and Swings

DONALD S. FRADY PARK

Horseshoe court
Game table
Gazebo
Mini-amphitheater
Picnic tables and grills
Play equipment
Water fountain

FORT TAYLOR PARK

City kiosk
Historic Trail marker
Park bench

LINCOLN PARK

Basketball court
Park benches
Picnic table and grill
Play equipment

MADISON PARK

Basketball court
Park benches
Picnic shelter
Picnic tables
Play equipment
Rectangular athletic field
Water fountain

ROBERTS PARK

Basketball court
Park benches
Picnic shelter
Picnic tables and grills
Play equipment
Water fountain

WEST END PARK

Park benches
Picnic tables and grills
Play equipment
Skateboard and BMX features

Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

FALLS CHURCH PUBLIC SCHOOLS
GEORGE MASON HIGH SCHOOL/
MARY ELLEN HENDERSON MIDDLE
SCHOOL
(7124 Leesburg Pike)
Baseball/softball fields (2)
Running track
Rectangular fields (2; 1 has artificial turf)
Tennis courts (4 - lighted)

THOMAS JEFFERSON
ELEMENTARY SCHOOL
(601 South Oak Street)
Basketball court
Bike and hike trail
Park benches
Play equipment
Rectangular athletic field
Softball/baseball fields (2)

MOUNT DANIEL
ELEMENTARY SCHOOL
(2328 North Oak Street)
Basketball court
Play equipment
Small athletic field

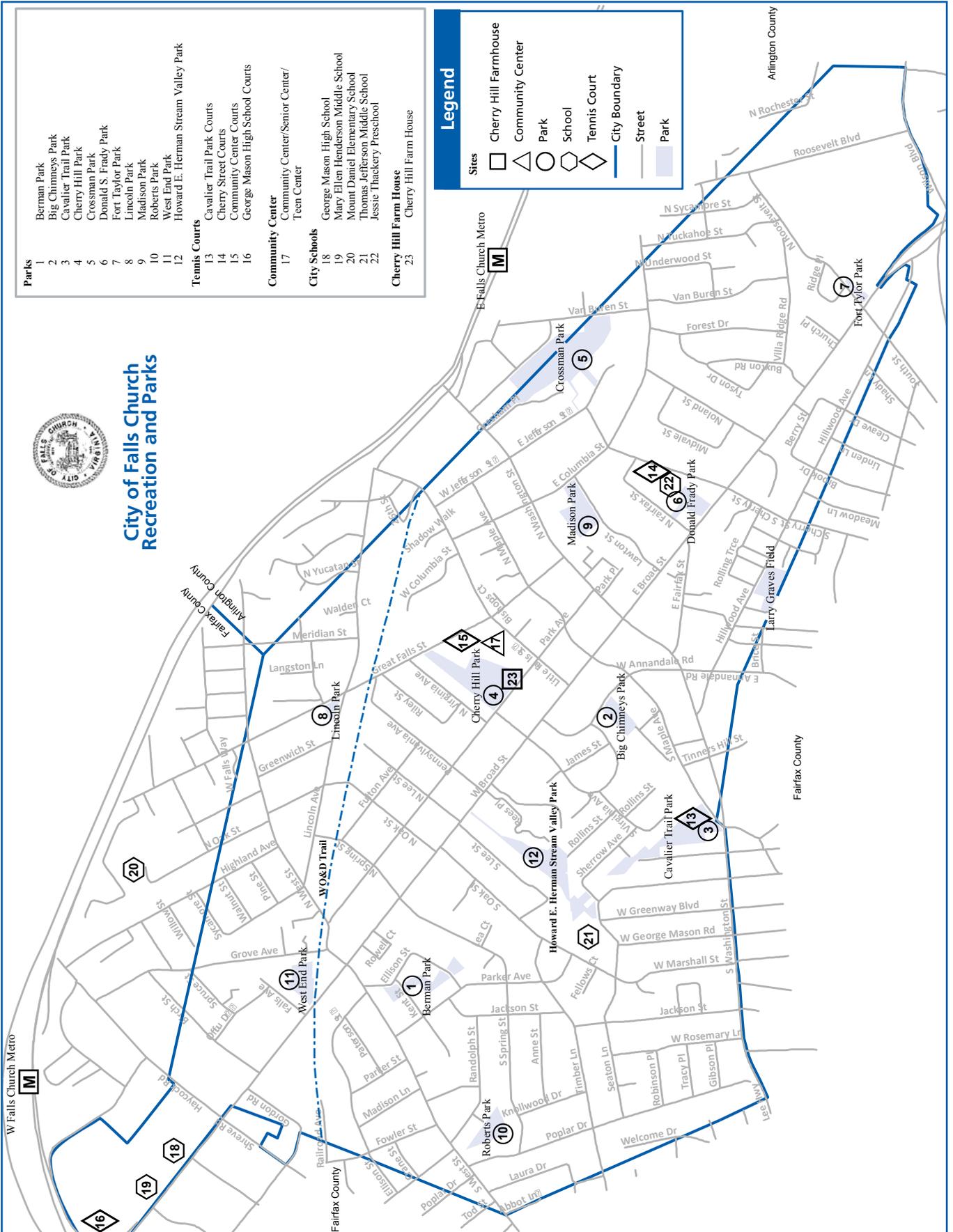
OTHER RECREATION FACILITIES
Falls Church Community Center
(223 Little Falls Street)
Cherry Street tennis courts (2)
W & OD Bike Trail

MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)
Memorial Park (Park Ave. & Little Falls Street)



City of Falls Church Recreation and Parks



Information for Residents

RESOURCES FOR RESIDENTS

Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration form (available online or at City Hall) and fax a copy of the temporary or current vehicle registration to 703-248-5212 (TTY 711). The Treasurer's Office will issue a decal and bill. Decals may also be purchased at the Treasurer's Office: 703-248-5046 (TTY 711).

Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or treasurer@fallschurchva.gov.

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or commissioner@fallschurchva.gov.

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or realestate@fallschurchva.gov.

WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

City Website:

www.fallschurchva.gov

Facebook:

[facebook.com/CityofFallsChurchGov](https://www.facebook.com/CityofFallsChurchGov)

Instagram:

[instagram.com/FallsChurchgov](https://www.instagram.com/FallsChurchgov)

Twitter:

twitter.com/FallsChurchGov

Citizen Information Line:

703-248-5200

eFocus Newsletter:

Sign up at www.fallschurchva.gov/Efocus

FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

Alert System:

Sign up at alert.fallschurchva.gov

Radio:

1680 AM (during emergencies)



Public Schools

The are four schools in the Falls Church City Public Schools system: Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at www.fccps.org.

Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054 (TTY 711).

Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054 (TTY 711).

Focus on Falls Church Newsletter

Get current City news with Focus on Falls Church Newsletter, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

Solid Waste Services

Department of Public Works

Solid Waste Hotline:
703-248-5160 (TTY 711)
recycling@fallschurchva.gov

The Department of Public Works (DPW) manages weekly curbside collection of trash, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions. Questions? Call 703-248-5160, ext. 2 (TTY 711).

Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.



City-issued trash cart with properly-tagged excess trash bag.

Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags. Questions? Call 703-248-5160, ext. 3 (TTY 711).

Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber. Questions? Call 703-248-5160, ext. 5 (TTY 711).

Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush." Questions? Call 703-248-5160, ext. 5 (TTY 711).

Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.

Leaf Collection

Leaves are collected from residential streets in the fall. Each residential street is vacuumed two times. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment.



Christmas Tree Collection

Live Christmas trees are collected free of charge on Wednesdays in January and February. To prepare, place trees in right-of-way, but behind the curb and separate from regular trash and recycling. Remove all decorations, rope, plastic, etc.

Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4 (TTY 711), before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1 (TTY 711).

Mary Riley Styles Public Library

ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library providing access to items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and color and b/w laser printing. Patrons can additionally connect to nearly 20 research databases from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room. The library has two 24 hour exterior book drops, one of which is drive-thru.

Getting A Library Card

The library serves residents, employees, and property owners of the City of Falls Church and by cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are also eligible for a library card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is available for an annual fee for patrons who do not meet these residency requirements. Apply for a library card in person at the library or online at www.fallschurchva.gov/GetaLibraryCard.

Ebooks & More

With your MRSPL card, you can borrow from our growing collection of eBooks, eAudiobooks, eMagazines, and eMusic for use on your PC/Mac, tablet, or phone. Chose from thousands of popular books, magazines, and songs! To learn more about these wonderful online services, visit our website at www.fallschurchva.gov/Downloadable.



Mary Riley Styles Public Library
120 N. Virginia Avenue
www.fallschurchva.gov/Library

General Line: 703-248-5030
Renewal Line: 703-248-5175
Circulation Desk: 703-248-5031
Reference Desk: 703-248-5035
Youth Services Desk: 703-248-5034
Administrative Office: 703-248-5033

HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

Research from Home

Have a topic you need to research? Using your MRSPL card, search newspapers (including the Washington Post from 1877-present), stocks, historic Falls Church photos, and more! All from the comfort of your home! Learn more at www.fallschurchva.gov/ResearchTools.

Youth and Teen Services

The Youth Services department provides programming and services to infants, children, teens, and families. Regular infant and preschool storytimes are offered throughout the year. Two reading programs are offered during the year – the Winter Reading Program in February for ages 0-5 and the Summer Reading Program for all ages. In addition, there are book discussion groups for teens. Please see our webpage at www.fallschurchva.gov/YouthandTeenServices or call the Youth Services desk at 703-248-5034 for more information.

Adult Programs and Services

A wide range of adult programs and services are available throughout the year, including: three book discussion groups (with one geared exclusively toward for seniors); 1-on-1 internet tutoring; a weekly ESL conversation group; an adult Summer Reading Program (with amazing prizes!); and a variety of other topics (like health and wellness). Please visit the library's webpage at www.fallschurchva.gov/library or call the Reference Desk for more information.

For complete listing of all our programs for children, teens, and adults please visit the library website at www.fallschurchva.gov/library or calendar at www.fallschurchva.gov/LibraryCalendar.

General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

- City Residents:** Free
- Non-City Residents 5 and under:** Free
- Non-City Residents 6-18 or 65+:** Free
- Non-City Residents 19-64:** \$3
- Hotline:** 703-248-5077

Call for current schedule.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates
Residents: May 2
Non-Residents: May 9

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call 703-248-5027 or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5027, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

- Ten or more days before the activity start date 80% Refund/ 90% Credit
- Five to nine calendar days before the activity start date 90% Credit only
- Less than five calendar days before the activity start date No Refund/ No Credit
- Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

- More than fourteen days before the camp start date..... 80% Refund/ 90% Credit
- Less than fourteen calendar days before the camp start date..... No Refund/ No Credit
- Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held May 30, July 4

How to Register

Registration Starts

Falls Church City Residents:

Monday, May 2, 2016

Non-City Residents:

Monday, May 9, 2016



On-line: Go to www.fallschurchva.gov/register. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 8am the second day of registration May 3 and May 10. To register, call **703 248-5027** and have your credit card ready.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703 248-5027** for more information.



Registration Form



For More Information: Call 703 248-5027; Fax 703 536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
 Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
 Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advise of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:    

Card Number: _____

Exp Date: _____

CVC: _____



223 Little Falls St.
Falls Church, VA 22046

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The City of Falls Church Recreation and Parks Newsletter

Sign up for our monthly newsletter
at www.fallschurchva.gov/recreation

Did you know that open gym hours
are now available online?
www.fallschurchva.gov/opengym

Recreation & Parks Department 2016 Registration Dates to Remember

Summer Camp Registration

February 1 City Residents; February 8 Non-city

Summer Class Registration

May 2 City Residents; May 9 Non-city

Fall Class Registration

August 15 City Residents; August 22 Non-city

Fall Youth Soccer Registration

Early Bird: July 11-24; Regular: July 25-Aug 7

Fall Youth Flag Football Registration

Early Bird: July 18-31; Regular: Aug 1-14

Winter Youth Basketball Registration

Early Bird: Oct 3-16; Regular: Oct 17-30



Printed on recycled paper
containing 30% post-consumer waste