

# Falls Church Recreation & Parks



## Fall 2016

Registration Dates:

Residents: August 15; Non-Residents: August 22

Register Online at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)



## Farmers Market



*photo by Gary Mester*

### OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,  
300 Park Avenue

April 2-December 31, 2016, 8am-Noon

(The market may not be held December 24th)

January 7-March 25, 2017, Time to be determined

Enjoy fresh fruit, vegetables, flowers and more!

## Sunset Cinema

Friday evenings, Septemebr 9, 23, and 30  
8:00pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy, drinks and food from a local food truck will be available for purchase.

Viewer's Choice! Friday, September 30th will be a double feature and you get to choose the feature film of the night. Voting ends July 28th.

Vote online at [www.fallschurchva.gov/polls](http://www.fallschurchva.gov/polls)



## 41st Annual Taste of Falls Church at the Fall Festival



*photos by Gary Mester*

Saturday, September 17, 10am-4pm  
Cherry Hill Park, 312 Park Avenue

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

## 23rd Annual Farm Day

Saturday, October 8, 10am-3pm  
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more. For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



## Halloween Carnival

Saturday, October 29, 6-7pm Infants to  
Kindergarteners, 7:30-8:30pm 1st to 5th Graders

Falls Church Community Center,  
223 Little Falls Street

Tons of candy, games,  
face painting, a live creepy  
creature show and more!  
Fun for the entire family!



## Veterans Day Ceremony

Friday, November 11, 11am  
Falls Church Veterans Memorial  
223 Little Falls St.



## 24th Annual Holiday Gift & Craft Show

Saturday, December 3, 9am-4pm  
Sunday, December 4, 11am-4pm  
Falls Church Community Center,  
223 Little Falls St.

Come enjoy over 50 juried crafters selling handmade items.  
Admission is \$1 Children under 12 free.

### 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 the Recreation & Parks Dept at 703-248-55199 or [cmadison@fallschurchva.gov](mailto: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 for Labor Day on September 4 & 5, and Thanksgiving Day, November 24. The building will close at noon on December 24 and closed all day December 25.

## Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: October 10, November 11, 24-27, and December 2-4.

## 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 Office** .....**703-248-5307**  
**Cherry Hill Farmhouse**.....**703-248-5171**  
**Fax** .....**703-536-8150**  
**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*  
 Kyle Clarke, *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*  
 Charlie Buettner, *Building Maintenance Worker*  
 Raul Chafloque, *Landscape Maintenance Worker*  
 Drew Loszynski, *Landscape 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](mailto:cjannicelli@fallschurchva.gov).

## EVENTS AT CHERRY HILL FARMHOUSE

### Farm Day

Enjoy a day of old fashioned fun and activities for the whole family, including: horse drawn hayrides, petting farm, pony rides, pumpkin painting, scare crow making (bring your own long pants and a sleeved shirt), live music, tours of the farmhouse and barn, blacksmith demonstrations, and food. Free Admission, fee for some activities.

**Date:** Sat 10/8      **Time:** 10am – 3pm

**Location:** Cherry Hill Farmhouse & Park

Call **703-248-5171** for more information.

### Fall Harvest Tea

Join us for this special tea celebrating the harvest season and the history of Falls Church as a farming village. Guests will dine on sandwiches, assorted sweets, scones, and hot tea!

**Date:** Sun 10/23      **Time:** 2 – 4pm

**Fee:** \$30 per person

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations

### Murder at the Manor

It was a dark and stormy night...the perfect setting for murder and mayhem. Join us as we explore the Victorian's love of murder, mystery, and suspense with stories that take place at the manor house where gentlemen and ladies mingle with vicars, butlers, maids, and a whole cast of characters. Beware! You never know who to trust. But one thing you can be sure of - you'll have a frightfully good time at our own manor house, Cherry Hill. **\*\*Reservations Required\*\***

**Date:** Fri. 10/28      **Time:** 8 pm

**Fee:** \$5 per person

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information and reservations

### Civil War Christmas

Start your Christmas Season off with a visit to Cherry Hill Farmhouse to see how Christmas was celebrated during the Civil War. Costumed re-enactors welcome friends, neighbors, and soldiers who gather for some holiday cheer in the midst of the conflict. Period decorations, music and Christmas carols, literary readings, poetry, and children's activities are all part of the festivities.

**Date:** Sat 11/26      **Time:** 10am – 2pm

**Fee:** Free Admission

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information.

## Cherry Hill Farmhouse, Tot Time, Early Release and Professional Day Programs

### Children's Holiday Shoppe

This annual fundraiser for Cherry Hill Farmhouse is an opportunity for children to purchase inexpensive gifts for their family members with help from volunteers. All gifts are \$6 or less and gift wrapped for free.

**Date:** Sat 12/3 **Time:** 10am – 2pm

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information.

### Holiday Tea

Enjoy a special holiday tea and talk at the historic farmhouse. The house will be decorated in mid-19th century period décor and will include a tree. The talk will be presented by the 1858 mistress of Cherry Hill. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. \*\*\*Reservations are Required\*\*\*

**Dates:** Sat 12/10, Sun 12/11 **Time:** 2 – 4pm

**Fee:** \$30

**Location:** Cherry Hill Farmhouse

Call **703-248-5171** for more information.

### PROFESSIONAL DAY WORKSHOPS & EARLY RELEASE WEDNESDAY PROGRAMS

#### Explore, Create & Play 6-11 years

School's out oh what fun! Being out of school has never been this overloaded with fun! We'll enjoy a dynamic set of activities such as yoga, Zumba, basketball, capture the flag and relay races. We'll also spend some time exploring nature then we'll top the fun off by making a nature-inspired craft to document our fun.

**Mon: 11/7**

**9am-5pm**

180100-A

R: \$90 / NR: \$110

**Instructor:** 26th Dimension

**Location:** Teen Center

#### Wednesday Early Release

##### 2nd grade through 5th grade

Join us Wednesdays during the school year where we will keep your kids active and engaged with enrichment programs. STEAM and Play, or Basketball classes. Transportation provided from Thomas Jefferson. Parents pick up at Community Center at 4pm. Children must be in at least 2nd grade to participate.

##### STEAM

**Wed: 9/7-12/14\***

**1:45-4pm**

120700-A

R: \$575 / NR: \$595

##### Basketball

**Wed: 9/7-12/14\***

**1:45-4pm**

120700-B

R: \$475 / NR: \$495

**Instructor:** Baroody Camps

**Location:** Art Room, Full Gym

\*No class dates 10/12, 11/9, 11/23

#### Dramatic Kids Workshop

##### 6-12 years

Awaken creativity & explore your artistic talents in this fun, dynamic theater arts day camp! Learn the art of improvisational theater techniques, the building blocks of playwriting, and the elements of scene study. Our talented Teaching Artists will guide students towards writing their own original sketch to take home!

**Tue: 11/8**

**9am-5pm**

181416-A

R: \$136 / NR: \$156

**Instructor:** C.A.R.E. Actor

**Location:** Teen Center

### 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 subject to change. Visit [www.FallsChurchVA.gov/OpenGym](http://www.FallsChurchVA.gov/OpenGym) 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.

**Location:** Gym

**Fridays:** 9/16-11/18; 10a-12p; No tot-time 11/11

\$1/child



# 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

### Juniors (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**

111001-F R: \$860 / NR: \$880

\*No class dates 4/11, 4/13

### Afternoon (Birthdates Oct 1, 2011 – Mar 31, 2013)

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

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

\*No class dates 10/10, 11/11, 11/25

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

111005-F R: \$1,1225 / NR: \$1,1245

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

### Seniors (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, 11/11, 11/25

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

111002-F R: \$1,1225 / NR: \$1,1245

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

You are encouraged to enroll your child for both sessions. Please consider paying the \$100 non-refundable deposit to hold a spot in the second 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 December 1, 2016.

## Open House for New Students:

Open House for new students 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 (Birthdates Oct. 1, 2011 –Sept. 30, 2012)

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.

**Location:** Preschool Room

**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**

111003-F R: \$860 / NR: \$880

\*No class dates 4/11, 4/13

**Falls Church Recreation and Parks**

Learn more about the  
Falls Church Community  
Center Preschool program at  
[www.fallschurchva.gov/  
recreation](http://www.fallschurchva.gov/recreation)

## Boogie Woogie Tumble & Twirl 3-4 years

This is the perfect intro class for your head boppin, toe tappin munchkin. They will learn basic tumbling skills while introducing their bodies to beginner dance technique with creative movement. This class will not only improve coordination and fine motor skills but encourage confidence and performance participation. Come Boogie Woogie with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended.

**Wed: 9/21-12/14\* 1:15-2pm**  
110406-A R: \$144 / NR: \$164  
**Fri: 9/23-12/16\* 1-1:45pm**  
110406-B R: \$124 / NR: \$144

**Instructor:** Adrenaline Staff  
**Location:** Dance-Left

\*No class dates 11/23, 11/25, 12/2

## NEW! Family Improv Event 3 & up

Join us for some family fun with C.A.R.E. Actor! We'll explore movement and theater games together that foster creativity. Please wear comfortable clothes and come ready to play and laugh with us! Fee includes one parent and one child.

**Fri: 9/23 6-7pm**  
130700-A R: \$10 / NR: \$20  
**Sat: 9/24 2-3pm**  
130700-B R: \$10 / NR: \$20

**Instructor:** C.A.R.E. Actor  
**Location:** Art Room

## Dramatic Kids! 6-11 years

Awaken creativity & boost self-confidence in this theater arts class that has it all! Each week students in this class will explore their imaginations and artistic talents by participating in fun, improvisational acting games & theatrical techniques while learning the fundamentals of dramatic storytelling facilitated by one of our talented Teaching Artists. This class provides a fun and dynamic space to build confidence, courage and character. A showcase of students' original work will be performed for their friends and family on the last day of class!

**Mon: 9/19-11/21 4:30-5:15pm**  
130703-A R: \$153 / NR: \$173

**Instructor:** C.A.R.E. Actor  
**Location:** Art Room

## NEW! My First Lemonade Stand 4-9 years

Let's sell lemonade! The proverbial lemonade stand can be a highly effective introduction to entrepreneurship for the young student. However, the benefits of this exercise can be greatly enhanced by adopting a business approach. This program empowers kids with an entrepreneurial mindset for their lemonade stand, drawing from such disciplines as marketing, finance, operations and strategy, in a supportive environment fostering team work. From designing marketing flyers to experimenting with recipes to estimating profits, young students will have fun while engaging in enriching, multi-disciplinary activities with a lasting developmental impact.

**Sat: 9/24-11/19 10-11am**  
120116-A R: \$180 / NR: \$200

**Instructor:** SPARK Business Academy  
**Location:** Senior Center-Right



## 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 set to take home. Students will have the opportunity to play in tournaments.

**Tue: 10/4-12/6\* 5:30-6:30pm**  
130702-A R: \$143 / NR: \$163

**Instructor:** Silver Knights Enrichment  
**Location:** Community Room  
\*No class dates 11/8

## NEW! Healthy Cooking Kidz 6-11 years

Could your kid be a budding chef? You'll find out in Healthy Cooking Kidz! In this class healthy cooking ideas with kids is fun and easy. It's also a delicious learning experience for kids, allowing them to explore new foods, learn about nutrition and develop math and reading skills as they measure and read directions. In Healthy Cooking Kidz we'll use easy childrens recipes and will have your kids cooking and having fun!

**Sat: 10/15-11/19 10-11am**  
120107-A R: \$145 / NR: \$165

**Instructor:** 26th Dimension  
**Location:** Senior Center-Left

## NEW! Dance Yogis 6-11 years

Dance Yogis are taking the entire cosmos by storm! Dance yoga is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of Yoga! Through a decadent fusion of dance, music, rhythmic flow, balance, fluid body movement and art your child will transform. You'll see improvement in their form, flexibility, awareness of breath, skill and focus. You'll also see them transform into a more motivated, confident, empowered yogi! In Dance Yogis we will use beautifully choreographed Vinyasa flows to perform a series of dance routines to a host of beautiful melodies. Each Dance Yogi will absolutely sparkle as they learn and experience a fun filled musical adventure through mind, body and soul movement. Then, on the last day of class there will be a performance for a lovely audience of parents!

**Thu: 9/22-11/17\* 4:30-5:30pm**  
120108-A R: \$120 / NR: \$140

**Instructor:** 26th Dimension  
**Location:** Dance-Left  
\*No class dates 11/10



# Enrichment Classes

## **NEW!** Natural Glam Girlz

**6-11 years**

It's all about the glam in Natural Glam Girlz! Come and get your creative juices flowing as we use them to make the most glamorous of accessories from necklaces to purses using all natural resources. This class will boost confidence, creativity and social skills. It will inspire children to explore the possibilities and to see the beauty in themselves. On the last day of class we'll top it off with a fashion show where our fashionistas will display for you lovely audience of parents their innovative, creative works.

**Mon: 9/26-12/5\* 4:30-5:30pm**

120109-A R: \$160 / NR: \$180

**Instructor:** 26th Dimension

**Location:** Senior Center-Right

\*No class dates 10/3, 10/10, 10/31, 11/7, 11/21

## **Adrenaline Tumbling**

**6-12 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: 9/22-12/15\* 4:30-5:30pm**

120410-A R: \$180 / NR: \$200

**Ages 6-12**

**Wed: 9/21-12/14\* 6:45-7:45pm**

120410-B R: \$180 / NR: \$200

**Instructor:** Adrenaline Staff

**Location:** Community Room

\*No class dates 11/23, 11/24



## **Adrenaline Cheer Class**

**6-12 years**

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances! All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation; we will help you to be your best!

**Thu: 9/22-12/15 6:45-7:45pm**

120411-A R: \$180 / NR: \$200

**Instructor:** Adrenaline Staff

**Location:** Community Room

\*No class dates 11/24

## **Manners Are Now Served! 7-12 years**

"Miss Vicki" with Manners Talk will hold a Table Manners Class for Children, Ages 7-12, that will be both fun-filled and "chock-full" of basic skills that every child should know. Will include: Table Setting Placement, Behavior and Posture, Proper Use of Utensils, Polite Talk at the Table, After Dining Courtesies and Exit Tips.

**Sat: 10/8 11:30am-1pm**

131004-A R: \$75 / NR: \$95

**Sat: 10/29 11:30am-1pm**

131004-B R: \$75 / NR: \$95

**Instructor:** Manners Talk

**Location:** Community Room

## **Youth Basketball Training**

**6-13 years**

With 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 6-8**

**Tue: 9/27-12/6 4:30-5:15pm**

120907-A R: \$100 / NR: \$120

**Ages 9-13**

**Tue: 9/27-12/6 5:15-6pm**

120907-B R: \$100 / NR: \$120

**Instructor:** Baroody Camps

**Location:** 1/2 Gym Back Door

\*No class dates 11/8

## **NEW! Junior Entrepreneurs**

**10-13 years**

Are your children budding entrepreneurs craving a supportive environment to realize their full potential? Do they love "Shark Tank"? This innovative program empowers students with the insights and mindset to launch their own business ideas leveraging project-based learning. Students learn multi-disciplinary skills, develop a business plan and "pitch" their venture. From strategy and operations to marketing and finance, this formative experience helps students develop an entrepreneurial mindset that will help them succeed in life and become strong leaders.

**Sat: 9/24-11/9 11am-12pm**

120117-A R: \$180 / NR: \$200

**Instructor:** SPARK Business Academy

**Location:** Senior Center-Right

## **Chillax: Stress Management 11-14 years**

This course will help your rising 6th-8th grader be better prepared to handle the academic, social and emotional pressures of middle school. Students will learn stress management strategies including yoga, breathing techniques, meditation and mindfulness practices. Research has shown mindfulness improves focus, mood and self-esteem. Using games, discussion, individual and group activities and floor exercises we cultivate self-acceptance, tolerance and mutual support to counter student worries and anxiety. Dress in stretchy clothing and bring a towel and yoga mat (or use one provided.) Instructor is a certified yoga instructor, conflict resolution educator and sympathetic parent. More info at: [Stressburneryoga.com](http://Stressburneryoga.com) or email: [hillary@stressburneryoga.com](mailto:hillary@stressburneryoga.com).

**Tue: 9/20-11/15\* 4:15-5:15pm**

140106-A R: \$115 / NR: \$135

**Instructor:** Stress Burner Yoga

**Location:** Community Room

\*No class dates 11/8





## Babysitter Lessons & Safety 11-16 years

BLAST! is a program designed by the American Academy of Pediatrics to train future babysitters. Ideal for children ages 11 to 16, their parent/guardian, or parent/guardians looking to hire a babysitter! A competent babysitter is knowledgeable in many basic childcare skills as well as the fundamentals of emergency care procedures, such as choking and CPR. The babysitter must also effectively relate on an age-appropriate level to the child or children that he/she is responsible for. The babysitter must 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 capable of handling a multitude of common situations that may arise while caring for a child.

**Sat: 9/24 9:30am-2:30pm**  
141002-A R: \$80 / NR: \$100

**Instructor:** Health Educators  
**Location:** TBD

**Mon: 11/7 9:30am-2:30pm**  
141002-A R: \$80 / NR: \$100

**Instructor:** Health Educators  
**Location:** Art Room

## Interviewing Skills for Teens 14-18 years

Interviews are stressful enough, and knowing you look the part and have the skills to do well is a huge confidence builder. Proper manners & good introduction skills along with a great presentation and good communication will strengthen and polish their image and leave a great first impression. The workshop series will prepare teens for interviewing for internships, volunteer positions, college and employment. Topics covered: Introduction Skills including Active Role-Playing, Proper Attire (Dressing for Success), "Do's and Don'ts" During an Interview, Tips for Good Communication, "Mindful Behavior" on Social Media and Thank You Notes.

**Sat: 9/24-10/1 11:30am-1pm**  
121023-A R: \$130 / NR: \$150

**Sat: 11/5-11/12 11:30am-1pm**  
121023-B R: \$130 / NR: \$150

**Instructor:** Manners Talk  
**Location:** Community Room

## 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: 9/19-12/12\* 6-7pm**  
150509-A R: \$125 / NR: \$145

**Instructor:** Grandmaster Jeff Cook  
**Location:** Art Room

\*No class dates 10/10

## First Aid, CPR & AED 16 & up

This ECSI (Emergency Care & Safety Institute) course meets job related requirements as defined by the regulatory authorities based on the latest Guidelines for CPR and Emergency Cardiac Care. Includes Adult, Child, Infant CPR/ AED instruction and Heimlich Maneuver. Completion card issued.

**Wed: 9/21 6-9:30pm**  
130722-A R: \$75 / NR: \$95

**Instructor:** Health Educators  
**Location:** Teen Center

## 12th Annual Run for the Schools

**5K Race or 1 Mile Fun Run/Walk**  
**Sunday, 8am, September 18, 2016**

Join 700+ runners and walkers to support the Falls Church Education Foundation and FCCPS. The 5K run/1 mile walk is during Fall Festival weekend and is a USATF Certified course that winds through the tree-lined streets of historic Falls Church City, a mix of hills and flat stretches. The Start/Finish is at 300 Block of Park Avenue

Advanced Race timing, Cash and Equipment Prizes for top runners and teams, Performance T-shirts, Post-Race Family and Awards Party and more!

For more information and to register please go to [www.fcedf.org/runfortheschools](http://www.fcedf.org/runfortheschools)

Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 organization, and the Falls Church City Public Schools.

# STEAM Classes

## Art in Hand Tots

**18 months-3 years**

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 and the sights, sounds, and textures of the beautiful changes in nature this time of year. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support language development, and promote social and problem solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home!

**www.artinhand.org.**

**Mon: 9/19-12/12\* 10:30-11:15am**

110100-A R: \$204 / NR: \$224

**Thu: 9/22-12/15\* 9:30-10:15am**

110100-B R: \$222 / NR: \$242

**Instructor:** Art in Hand Staff

**Location:** Art Room

\*No class dates 10/10, 11/7, 11/24

## 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! Each session has new activities and moms and helpers get to play too.

**Sat: 9/24-12/10 10-10:40am**

110101-A R: \$160 / NR: \$180

**Wed: 9/21-10/26 11:00-11:40am**

110101-B R: \$96 / NR: \$116

**Wed: 11/9-12/14 11:00-11:40am**

110101-C R: \$96 / NR: \$116

**Instructor:** Abrakadoodle

**Location:** Teen Center

\*No class dates 11/16, 12/3

## Art in Hand Preschoolers

**2.5-6 years**

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 kid-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. This parent/child class is perfect for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills.

**www.artinhand.org**

**Mon: 9/19-12/12\* 11:30am-12:15pm**

110107-A R: \$204 / NR: \$224

**Thu: 9/22-12/22\* 10:30-11:15am**

110107-B R: \$222 / NR: \$242

**Instructor:** Art in Hand Staff

**Location:** Art Room

\*No class dates 10/10, 11/7, 11/24

## 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: 9/24-12/3 11-11:45am**

110102-A R: \$160 / NR: \$180

**Instructor:** Abrakadoodle

**Location:** Teen Center

## Weebotics - Mommy & Me 4-6 years

Jr Weebotics is redefining robotics, making it possible for youngsters to build and program their own robots. This hands-on learning experience engages creative thinking and problem-solving skills. You and your child will program using traditional Lego pieces and simple, drag-and-drop software.

**Mon: 9/19-11/7\* 5-6:15pm**

120720-A R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Community Room

\*No class dates 10/10, 10/31

**NEW!**

## PhysioFit Kids

**3-12 years**

Join PhysioFit Kids as we jump into the awesome world of anatomy and physiology! With plenty of neat arts and crafts projects, super cool science experiments, and tons of moving, grooving and fitness improving activities, our formula of fun and learning will explore the systems of our bodies and how to keep them healthy. We help kids discover where they fit in because at PhysioFit Kids...WE ARE SCIENCE!

**Ages 3-5**

**Wed: 9/21-12/14 9:30-10:15am**

104012-A R: \$210 / NR: \$230

**Wed: 9/21-12/14 10:30-11:15am**

104012-B R: \$210 / NR: \$230

**Ages 6-12**

**Thu: 10/13-12/15\* 4:30-5:30pm**

104012-C R: \$160 / NR: \$180

**Instructor:** PhysioFit Kids

**Location:** Art Room

\*No class dates 11/24

## Young Rembrandts 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.

**Tue: 9/20-10/25 10-10:45am**

110108-A R: \$90 / NR: \$110

**Tue: 11/1-12/13 10-10:45am**

110108-B R: \$90 / NR: \$110

**Instructor:** Young Rembrandts

**Location:** Art Room

\*No class dates 11/8



## **NEW!** Engineering with Little Bits 5-9 years

In this class, younger students are introduced to basic electronics including input/output through hands-on learning and projects. Kids combine everyday supplies and color-coded modules that utilize LED lights, fans, sliders, pressure sensors, and more! Students work together in small teams to in order create different projects such as custom flashlights, touch sensors, alarm clocks, and more! Have you ever wanted to learn about the science behind how some machines work? Take this class today!

**Sat: 9/24-10/29 9-10am**

120730-A R: \$149 / NR: \$159

**Instructor:** C3 Cyber Club

**Location:** Community Room

## **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: 9/21-10/26 4:30-5:30pm**

120144-A R: \$115 / NR: \$135

**Wed: 11/9-12/14 4:30-5:30pm**

120144-B R: \$115 / NR: \$135

**Instructor:** Abrakadoodle

**Location:** Art Room

## **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: 9/20-11/29 5-6pm**

120148-A R: \$180 / NR: \$200

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

\*No class dates 11/8

## **NEW!** Comic Book Production 6-14 years

Graphic Novels and sequential Art has become a mainstay in literary material. From Bill Watterson's Calvin and Hobbes to Art Spiegelman's Maus, comics are an interactive written and visual art form. In this class students will learn the foundations of Sequential Art and Comics. Students will use lesson learned in school to build a plot, theme, and characters to draft a script. Using both traditional media of pencil and paper, and later digital media, students will begin to draw each panel of their story while learning principles of design and drawing. The goal of this class is to jump start kids into a popular and creative field of art and literature. Great for students who have an active imagination and a story to tell!

**Ages 6-9**

**Sat: 11/5-12/17\* 9-10am**

120732-A R: \$125 / NR: \$145

**Ages 10-14**

**Sat: 11/5-12/17\* 10:15-11:15am**

120732-B R: \$125 / NR: \$145

\*No class dates 11/26, 12/3

**Instructor:** C3 Cyber Club

**Location:** Community Room

## **Jr Programming with Scratch 6-9 years**

Create your own interactive stories, animations and games! This Digital Kidz programming class introduces younger students to the essential building blocks behind object-oriented programming through creating fun, interactive stories and simple games. Students let their imaginations run wild while learning programming basics.

**Mon: 11/14-12/19 5-6:15pm**

120726-A R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Community Room



## **Minecraft Animation 6-14 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 learn how animators work by completing a variety of short animation exercises and projects and 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.

**Ages 6-9**

**Sun: 10/30-12/11\* 2:30-3:30pm**

120728-A R: \$125 / NR: \$145

**Ages 10-14**

**Sun: 10/30-12/11\* 3:45-4:45pm**

120728-B R: \$125 / NR: \$145

\*No class dates 11/27, 12/4

**Instructor:** C3 Cyber Club

**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.

**Fri: 9/23-10/21 6-7:30pm**

120112-A R: \$113 / NR: \$133

**Instructor:** Young Rembrandts

**Location:** Senior Center-Left

# STEAM Classes



## Young Rembrandts Cartooning 6-12 years

Students learn and develop their ability to draw cartoon imagery, including action, irony and emotional expression of characters. We use stepwise instruction to encourage students to create their own independent versions of our cartoon lessons, with animated characters in humorous settings. Our curriculum is varied and challenging, with new, engaging cartooning lessons every week, and every session. Our goal is to provide students with a fun introduction to cartooning techniques such as exaggeration, caricature and personification, to make playful art of their own.

**Fri: 10/28-12/16\*** 6-7:30pm  
130105-A R: \$113 / NR: \$133

**Instructor:** Young Rembrandts

**Location:** Senior Center-Left

\*No class dates 11/11, 11/25, 12/2

## Science Magic 7-10 years

"Magically" mix colors while preparing for success in school and life! Children develop 21st Century Social and Emotional Life Skills that help them become better learners and compassionate innovators (e.g. self-discovery, self-regulation, empathy, communication, confidence, curiosity, and collaboration). Using our exclusive integrated curriculum, children put their Life Skills to use within the context of Science Magic – learning science-based "magic tricks" that use biology and chemistry.

**Wed: 10/5-12/14\*** 5-6:15pm  
120733-A R: \$250 / NR: \$270

**Instructor:** iSchool for the Future

**Location:** Senior Center-Left

\*No class dates 11/23

## Around the World

9-12 years

Gain a global perspective while preparing for success in school and life! Children develop 21st Century Social and Emotional Life Skills that help them become better learners and compassionate innovators. Using our exclusive integrated curriculum, children put their Life Skills to use while exploring countries around the world, improving geo-literacy, and creating their own "micronation".

**Fri: 9/30-12/9\*** 5-6:15pm  
120734-A R: \$225 / NR: \$245

**Instructor:** iSchool for the Future

**Location:** Art Room

\*No class dates 11/11, 11/25

## **NEW!** Engineering Club

7-12 years

NASA needs our help! In this session of Engineering Club, we will learn how to engineer rockets and rovers that can be used to explore faraway worlds. Using stomp rocket technology, kids will design rockets and test variables in a series of fun, safe, and exciting hands-on projects. In each week of the club, kids will use the Engineering Design Process to Ask, Imagine, Plan, Create and Improve their solutions to a real-world engineering problem. Get ready to blast off with Rockets and Rovers in this session of the Silver Knights Engineering Club!

**Thu: 10/6-12/1\*** 5:45-6:45pm  
130723-A R: \$179 / NR: \$199

**Instructor:** Silver Knights Enrichment

**Location:** Art Room

\*No class dates 11/24

## Adventures in Game Design 8-10 years

Playing video games is fun. Creating your own is awesome! Learn the concepts of game theory then use this knowledge to create fully-functional video games by adding characters, backgrounds and more from a massive library of cool sprites. Students also learn real-world app development and build arcade style video games for iPhone, iPad and iPod touch. Take your games home and amaze your friends!

**Mon: 9/19-11/7\*** 6:30-7:45pm  
120724-A R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Community Room

\*No class dates 10/10, 10/31

## Robotics and Programming with LEGO EV3 9-12 years

Using 3D building instructions and the most advanced technology ever developed, students in this Digital Kidz class, work with EV3, the latest generation of robots. Program using software based on the industry-leading graphical programming language used by scientists and engineers worldwide or your smart device!

**Mon: 11/14-12/19** 6:30-7:45pm  
120729-A R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Community Room

## 3D Character Modeling & Sculpt 10-14 years

In this class students will learn how to digitally sculpt characters in a 3D space! Using a software called Sculpttris is a pick up-and-go type of software where students learn how to will draw, develop, and sculpt their character and objects. Students also learn about sources on how to 3D PRINT their models. Is your child interested in learn how 3D characters in games and movies are made? This is a great class to take! Prerequisite Tools: Students MUST bring own sketchbook (Standard 8x10in).

**Sat: 9/24-10/29** 10:15-11:15am  
120731-A R: \$149 / NR: \$159

**Instructor:** C3 Cyber Club

**Location:** Community Room



# Adult STEAM and Parenting Workshops

## **NEW!** Studio Production

### **18 & up (16/17 with parental consent)**

Have an idea for a television show that you have always wanted to make but don't know how? Our studio production course offers a hands-on learning experience that provides you with the skills and knowledge to produce a television program on our local cable access channel, FCCTV. Using our new HD equipment, you will learn how to operate the studio cameras, live switcher, graphics generator, and audio board. Bring your ideas and create with us today!

**Tue: 9/6-9/27 6-9pm**

150724-A R: \$250 / NR: \$270

**Tue: 10/4-10/25 6-9pm**

150724-B R: \$250 / NR: \$270

**Instructor:** Falls Church Community TV Staff

**Location:** FCCTV Studio at GMHS-Door 20

## **NEW!** Field Video

### **Production 18 & up (16/17 with parental consent)**

Learn the technical ins-and-outs of producing quality video. Whether you are preparing a video to promote your small business or to share with friends and family on social media, we will show you how to compose your shots, use the camera in multiple settings, and capture good audio. We will work with professional-grade equipment for effective visual storytelling.

**Wed: 9/7-9/28 6-9pm**

150725-A R: \$250 / NR: \$270

**Wed: 10/5-10/26 6-9pm**

150725-B R: \$250 / NR: \$270

**Instructor:** Falls Church Community TV Staff

**Location:** FCCTV Studio at GMHS-Door 20

## **NEW!** Video Editing

### **18 & up (16/17 with parental consent)**

Make your footage stand out with basics on nonlinear video editing. Learn about what video formats would best suit your needs, as well as how to add music, photos, and customized text to your videos. We will guide you in how best to enhance the look of your video footage with professional-grade software.

**Tue: 9/6-9/27 6-9pm**

150726-A R: \$250 / NR: \$270

**Tue: 10/4-10/25 6-9pm**

150726-B R: \$250 / NR: \$270

**Instructor:** Falls Church Community TV Staff

**Location:** FCCTV Studio at GMHS-Door 20

## **Mindful Parenting, Peaceful Home 18 & up**

Do you wish you had a more peaceful home life? Less yelling, more listening? Mindfulness in parenting is essential for a good relationship with your children. All too often we find ourselves reacting instead of acting. Having an arsenal of parenting skills is important, but if you can't access them because your emotions are hijacked by anger or worry, they are useless. In this 6 session workshop, we will learn what it means to be Mindful Parenting. We will discuss essential skills for remaining calm in moments of stress. We will go deep and help you find your personal stress triggers. You will develop more patience with your children. You will find more happiness in your heart and in your home. You will share in the process with other families experiencing the same challenges and victories. This is much more than a meditation class! No prior experience is necessary, please wear comfortable clothing. Francine Ronis, LPC is a mom, child/family therapist, educator and Parenting Coach. She has been working with families in the DC area for more than 15 years. Her passion is to help families live more peaceful and joyously!

**Sat: 9/24 11:30am-1:30pm**

151017-A R: \$60 / NR: \$80

**Tue: 11/1 7:30-9:30pm**

151017-B R: \$60 / NR: \$80

**Instructor:** Francine Ronis, LPC

**Location:** Senior Center-Left

## **Positive Parenting, Happy Home 18 & up**

Would you like more cooperation in your home? Less yelling, more listening? Children that share in responsibilities without putting up a fight? In this class you will learn concrete skills to help your family time be more peaceful and your parenting more effective. We will discuss, feelings, cooperation, alternatives to punishment, encouraging autonomy, self-esteem, and so much more. Develop a relationship with your children that will carry you through the tough times and the teen years. This class is guaranteed to make your parenting more fun and effective. For parents of children ages 2 - 12. Francine Ronis, LPC is a mom, child/family therapist, educator, consultant and Parenting Coach. She has been working with families in the DC area for more than 15 years. Her passion is to help families live more peacefully and joyously!

**Thu: 9/15-10/13 7:15-8:45pm**

150723-A R: \$110 / NR: \$130

**Instructor:** Francine Ronis, LPC

**Location:** Art Room

## **Have a Happy Home With Your Preschoolers 18 & up**

Parents of young children – this workshop is a safe and nonjudgmental place to talk about your child(ren). This class will cover ways to develop and encourage cooperation, alternatives to punishment, attachment, appropriate expectations, and developing empathy in your children. This workshop is informative, insightful, practical, and supportive. This is also a forum where parents will share their concerns and questions and also their own parenting knowledge with each other. Handouts will be provided. Contact [Maddy505@aol.com](mailto:Maddy505@aol.com) for further information.

**Thu: 11/17 7-8:30pm**

151016-A R: \$20 / NR: \$30

**Instructor:** Maddy O'Neill-Dean, MSW

**Location:** Teen Center

# Music Classes

## Music Together Birth to 4 years

Music Together is a community of families - Moms, Dads, Grandparents, and Caregivers - sharing songs, instrument play, movement, dance, and rhythm activities and having a blast doing it! Music Together classes build on your children's natural enthusiasm for music and movement. With their parents or caregivers, children sing, play instruments, dance, and groove. All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$40 discount for siblings. Tuition includes a CD & downloadable music and the Songbook of the semester's music and our "Music Together at Home" Booklet and MT DVD. For further information and to watch our Music Together video visit [www.MusicWithMaddy.com](http://www.MusicWithMaddy.com).

**Mon: 10/3-12/5\* 9:15-10am**  
110608-A R: \$199 / NR: \$219  
**Mon: 10/3-12/5\* 10:15-11am**  
110608-B R: \$199 / NR: \$219  
**Tue: 10/4-12/6\* 9:15-10am**  
110608-C R: \$199 / NR: \$219  
**Tue: 10/4-12/6\* 10:15-11am**  
110608-D R: \$199 / NR: \$219  
**Tue: 10/4-12/6\* 11:15am-12pm**  
110608-E R: \$199 / NR: \$219  
**Wed: 10/5-12/7\* 9:15-10am**  
110608-F R: \$199 / NR: \$219  
**Wed: 10/5-12/7\* 10:15-11am**  
110608-G R: \$199 / NR: \$219

\*No class dates 11/7, 11/8, 11/23

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

## Maddy's Halloween Music Birth to 6 years

"Miss Maddy" of Music Together is celebrating Halloween with music, singing, dancing, and costumes (although costumes are not required). Babies 12 months and younger are FREE with a registered sibling. Registrant's SIBLINGS who are 13 months or older receive a \$5 discount. Contact Maddy with questions: [maddy505@aol.com](mailto:maddy505@aol.com) or [www.MusicWithMaddy.com](http://www.MusicWithMaddy.com)

**Fri: 10/28 9:15-10am**  
130607-A R: \$20 / NR: \$30  
**Fri: 10/28 10:15-11am**  
130607-B R: \$20 / NR: \$30

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

## Music Together FREE DEMONSTRATION CLASSES (for new families)

Please join Miss Maddy of Music Together on September 6 or 7 at 10am. No registration required.

## 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](mailto:ahorn1@verizon.net).

**Thu: 9/22-10/13 4:30-5pm**  
130704-A R: \$160 / NR: \$180  
**Thu: 9/22-10/13 5-5:30pm**  
130704-A1 R: \$160 / NR: \$180  
**Thu: 9/22-10/13 5:30-6pm**  
130704-A2 R: \$160 / NR: \$180  
**Thu: 9/22-10/13 6-6:30pm**  
130704-A3 R: \$160 / NR: \$180  
**Thu: 9/22-10/13 6:30-7pm**  
130704-A4 R: \$160 / NR: \$180  
**Thu: 9/22-10/13 7-7:30pm**  
130704-A5 R: \$160 / NR: \$180  
**Thu: 9/22-10/13 7:30-8pm**  
130704-A6 R: \$160 / NR: \$180  
**Sat: 9/24-10/15 9-9:30am**  
130704-B R: \$160 / NR: \$180  
**Sat: 9/24-10/15 9:30-10am**  
130704-B1 R: \$160 / NR: \$180  
**Sat: 9/24-10/15 10-10:30am**  
130704-B2 R: \$160 / NR: \$180  
**Sat: 9/24-10/15 10:30-11am**  
130704-B3 R: \$160 / NR: \$180  
**Sat: 9/24-10/15 11-11:30am**  
130704-B4 R: \$160 / NR: \$180  
**Sat: 9/24-10/15 11:30am-12pm**  
130704-B5 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 4:30-5pm**  
130704-C R: \$160 / NR: \$180

**Thu: 10/20-11/10 5-5:30pm**  
130704-C1 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 5:30-6pm**  
130704-C2 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 6-6:30pm**  
130704-C3 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 6:30-7pm**  
130704-C4 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 7-7:30pm**  
130704-C5 R: \$160 / NR: \$180  
**Thu: 10/20-11/10 7:30-8pm**  
130704-C6 R: \$160 / NR: \$180  
**Sat: 10/22-11/12 9-9:30am**  
130704-D R: \$160 / NR: \$180  
**Sat: 10/22-11/12 9:30-10am**  
130704-D1 R: \$160 / NR: \$180  
**Sat: 10/22-11/12 10-10:30am**  
130704-D2 R: \$160 / NR: \$180  
**Sat: 10/22-11/12 10:30-11am**  
130704-D3 R: \$160 / NR: \$180  
**Sat: 10/22-11/12 11-11:30am**  
130704-D4 R: \$160 / NR: \$180  
**Sat: 10/22-11/12 11:30am-12pm**  
130704-D5 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 4:30-5pm**  
130704-E R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 5-5:30pm**  
130704-E1 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 5:30-6pm**  
130704-E2 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 6-6:30pm**  
130704-E3 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 6:30-7pm**  
130704-E4 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 7-7:30pm**  
130704-E5 R: \$160 / NR: \$180  
**Thu: 11/17-12/15\* 7:30-8pm**  
130704-E6 R: \$160 / NR: \$180  
**Sat: 11/19-12/17\* 9-9:30am**  
130704-F R: \$120 / NR: \$140  
**Sat: 11/19-12/17\* 9:30-10am**  
130704-F1 R: \$120 / NR: \$140  
**Sat: 11/19-12/17\* 10-10:30am**  
130704-F2 R: \$120 / NR: \$140  
**Sat: 11/19-12/17\* 10:30-11am**  
130704-F3 R: \$120 / NR: \$140  
**Sat: 11/19-12/17\* 11-11:30am**  
130704-F4 R: \$120 / NR: \$140  
**Sat: 11/19-12/17\* 11:30am-12pm**  
130704-F5 R: \$120 / NR: \$140  
\*No class dates 11/24, 11/26, 12/3

**Instructor:** Dream In Color

**Location:** Preschool Room



## Preschool Dance A

### 2-3 years

All Dancers Must Meet the class age requirement by September 30, 2016. An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

**Mon: 9/19-12/12\* 9:30-10am**

110202-A R: \$84 / NR: \$104

**Tue: 9/20-12/13\* 9:30-10am**

110202-B R: \$84 / NR: \$104

**Tue: 9/20-12/13\* 10-10:45am**

110202-C R: \$84 / NR: \$104

**Instructor:** EBD- Hafer

**Location:** Dance-Right

**Sat: 9/24-12/10\* 9:30-10am**

110202-D R: \$70 / NR: \$90

**Instructor:** EBD- Lemke

**Location:** Art Room

\*No class dates 10/10, 11/8, 11/26, 12/3

## All that Ballet, Jazz & Movement 3.5-5 years

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet technique and Creative Movement exercises in a playful environment. Also, they will enjoy Jazz steps to contemporary age-appropriate music, including a choreographed routine to be performed for family and friends during the last class! Ballet shoes recommended.

**Tue: 9/20-12/6\* 1:15-2pm**

120201-A R: \$165 / NR: \$185

**Instructor:** Go Bananas Dancing

**Location:** Dance-Left

\*No class dates 11/8

## Preschool Dance B

### 3-4 years

All Dancers Must Meet the class age requirement by September 30, 2016. An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Mon: 9/19-12/12\* 10-10:45am**

110203-A R: \$126 / NR: \$146

**Tue: 9/20-12/13\* 10:45-11:30am**

110203-B R: \$126 / NR: \$146

**Thu: 9/22-12/15\* 9:30-10:15am**

110203-C R: \$126 / NR: \$146

**Instructor:** EBD- Hafer

**Location:** Dance-Right

**Sat: 9/24-12/10\* 11:15am-12pm**

110203-D R: \$105 / NR: \$125

**Instructor:** EBD- Lemke

**Location:** Art Room

**Sat: 9/24-12/10\* 9:30-10:15am**

110203-E R: \$125 / NR: \$145

**Sat: 9/24-12/10\* 10:15-11am**

110203-F R: \$125 / NR: \$145

**Instructor:** Dream In Color

**Location:** Dance-Right

\*No class dates 10/10, 11/8, 11/24, 11/26, 12/3

## Classical Ballet

### 3-5 years

All Dancers Must Meet the class age requirement by September 30, 2016. This ballet class will expose your little ballerina to many of the classical ballet stories. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc). Students will enjoy being exposed to real ballet stories to create a love for this classical art form!

**Fri: 9/23-12/16\* 10:45-11:30am**

110221-A R: \$124 / NR: \$144

**Fri: 9/23-12/16\* 1:45-2:30pm**

110221-B R: \$124 / NR: \$144

**Instructor:** Adrenaline Staff

**Location:** Dance-Left

\*No class dates 11/11, 11/25, 12/2

## Preschool Dance C

### 4-5 years

All Dancers Must Meet the class age requirement by September 30, 2016. An introduction to dance, movement, and expression for 4 to 5 year olds. In Preschool C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Mon: 9/19-12/12\* 10:45-11:30am**

110208-A R: \$126 / NR: \$146

**Tue: 9/20-12/13\* 11:30am-12:15pm**

110208-B R: \$126 / NR: \$146

**Thu: 9/22-12/15\* 10:15-11am**

110208-C R: \$126 / NR: \$146

**Thu: 9/22-12/15\* 4:45-5:30pm**

110208-D R: \$126 / NR: \$146

**Instructor:** EBD- Hafer

**Location:** Dance-Right

**Sat: 9/24-12/10\* 12-12:45pm**

110208-E R: \$105 / NR: \$125

**Instructor:** EBD- Lemke

**Location:** Art Room

**Sat: 9/24-12/10\* 11-11:45am**

110208-F R: \$125 / NR: \$145

**Instructor:** Dream In Color

**Location:** Dance-Right

\*No class dates 10/10, 11/8, 11/24, 11/26, 12/3



# Dance Classes

## Hip Hop Rock N'Roll

### 4-6 years

All Dancers Must Meet the class age requirement by September 30, 2016. Does your little one love to move? They will have a blast learning the basics of hip hop and dance as well as beginning tumbling in this class. Every class will begin with a warm up, creative movement and tumbling basics that will encourage confidence and enhance rhythm and motor skills! Come Rock N' Roll with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended. This class will have the opportunity to perform in the Adrenaline Dance Fall Showcase mid-December. To cover venue expenses there is a \$6 performance fee per guest.

**Wed: 9/21-12/14\*** 1:45-2:30pm

110220-A R: \$144 / NR: \$164

**Instructor:** Adrenaline Staff

**Location:** Dance-Left

\*No class dates 11/23



## Dance for Music Theatre 1

### 5-7 years

All Dancers Must Meet the class age requirement by September 30, 2016. Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

**Mon: 9/19-12/12\*** 5:15-6pm

120229-A R: \$116 / NR: \$136

**Instructor:** EBD- Lemke

**Location:** Dance-Left

\*No class dates 10/10, 10/31

## Creative Dance 1

### 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. This class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

**Thu: 9/22-12/15\*** 5:30-6:30pm

120244-A R: \$168 / NR: \$188

**Instructor:** EBD- Arenas

**Location:** Dance-Right

\*No class dates 11/24

## Ballet I

### 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 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!

### Ages 5-8

**Mon: 9/19-12/12\*** 4:45-5:30pm

120220-A R: \$116 / NR: \$136

**Instructor:** EBD-Miller

**Location:** Dance-Right

### Ages 5-6

**Sat: 9/24-12/10\*** 12-1pm

120220-B R: \$125 / NR: \$145

**Instructor:** Dream in Color

**Location:** Dance-Right

\*No class dates 10/10, 10/31, 11/26, 12/3

## Jazz/Hip Hop I

### 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 9/21-12/14** 4:15-5pm

120247-A R: \$137 / NR: \$157

**Instructor:** EBD- Samuel

**Location:** Dance-Right

## Ballet/Tap/Jazz I

### 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2016. 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.

**Mon: 9/19-12/12\*** 5:30-6:30pm

120254-A R: \$154 / NR: \$174

**Instructor:** EBD- Miller

**Location:** Dance-Right

**Wed: 9/21-12/14** 6-7pm

120254-B R: \$182 / NR: \$202

**Instructor:** EBD- Arenas

**Location:** Dance-Right

**Sat: 9/24-12/10\*** 10-11am

120254-C R: \$140 / NR: \$160

**Instructor:** EBD- Lemke

**Location:** Art Room

\*No class dates 10/10, 10/31, 11/26, 12/3

## Adrenaline Hip Hop

### 5-13 years

All Dancers Must Meet the class age requirement by September 30, 2016. Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory, improve balance and increase strength by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! This class will have the opportunity to perform in the Adrenaline Dance Fall Showcase mid-December. To cover venue expenses there is a \$6 performance fee per guest.

### Ages 5-9

**Wed: 9/21-12/14\*** 5:30-6:30pm

130203-A R: \$180 / NR: \$200

### Ages 8-13

**Thu: 9/22-12/15** 5:45-6:45pm

130203-B R: \$180 / NR: \$200

**Instructor:** Adrenaline Staff

**Location:** Dance-Left

\*No class dates 11/23



## Jr. Level Ballet 8 & up

All Dancers Must Meet the class age requirement by September 30, 2016. 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](mailto:everybodydance07@gmail.com)

### Jr. Ballet 1

**Tue: 9/20-12/13\*** 4:30-5:30pm  
120226-A R: \$168 / NR: \$188

**Instructor:** EBD- Miller  
**Location:** Dance-Right

### Jr. Ballet 2

**Tue: 9/20-12/13\*** 4:30-5:30pm  
120226-B R: \$168 / NR: \$188

**Instructor:** EBD- O'Hara  
**Location:** Dance-Left

### Jr. Ballet 3/4

**Tue: 9/20-12/13\*** 5:30-6:30pm  
120226-C R: \$168 / NR: \$188

**Instructor:** EBD- Miller  
**Location:** Dance-Right  
\*No class dates 11/8

## Dance For Musical Theater 2/3 8-12 years

Dancers must meet age requirement as of Sept. 30, 2016. This class will bring together dance and theatre. 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.

**Mon: 9/19-12/12\*** 6-6:45pm  
120260-A R: \$116 / NR: \$136

**Instructor:** EBD- Lemke  
**Location:** Dance-Left

\*No class dates 10/10, 10/31

## Ballet 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2016. 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!

**Fri: 9/23-12/16\*** 6-7pm  
120221-A R: \$140 / NR: \$160

**Instructor:** EBD-TBA

**Location:** Dance-Right

\*No class dates 11/11, 11/25, 12/2

## Jazz/Hip Hop 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2016. High-energy dance class with a hip-hop flair and music that gets kids dancing. This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 9/21-12/14** 5-6pm  
120248-A R: \$182 / NR: \$202

**Instructor:** EBD- Samuel

**Location:** Dance-Right

## Advanced Tap 9-18 years

All dancers must meet the age requirement as of September 30, 2016. Advanced Tap focuses on strengthening student's technique, developing sound, and tone as well as learning challenging choreography. Studying various styles of tap dancing from Broadway to jazz and rhythm tap, dancers are taught classic and contemporary repertoire. This is a high level class for students with extensive tap training, appropriate muscular development, endurance, and the maturity needed for more rigorous tap instruction. Tap shoes required. Dancewear or other form-fitting clothing required (No jeans or baggy t shirts). Instructor placement required, email [everybodydance07@gmail.com](mailto:everybodydance07@gmail.com).

**Wed: 9/21-12/14** 7-8pm  
130205-A R: \$182 / NR: \$202

**Instructor:** EBD- Arenas

**Location:** Dance-Right

**NEW!**

## Contemporary

### 13 & up

All dancers must meet age requirement as of September 30, 2016. 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.

**Thu: 9/22-12/15\*** 6:30-7:30pm  
120259-A R: \$168 / NR: \$188

**Instructor:** EBD- Arenas

**Location:** Dance-Right

\*No class dates 11/24

## Teen Musical Theatre 12-18 years

All Dancers Must Meet the class age requirement by September 30, 2016. Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

**Wed: 9/21-12/14** 8-9pm  
140207-A R: \$182 / NR: \$202

**Instructor:** EBD- Arenas

**Location:** Dance-Right



# Dance & Yoga Classes

## Senior Ballet & Pointe

### All Ages

All Dancers Must Meet the class age requirement by September 30, 2016. 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](mailto:everybodydance07@gmail.com)

### Sr. Ballet

**Mon: 9/19-12/12\* 6:45-8pm**

120227-A R: \$193 / NR: \$213

**Instructor:** EBD-Miller/Clay

**Location:** Dance-Right

### Pre-Pointe/Pointe

**Mon: 9/19-12/12\* 8-8:30pm**

120227-B R: \$84 / NR: \$104

**Instructor:** EBD-Miller/Clay

**Location:** Dance-Right

### Senior Ballet

**Thu: 9/22-12/15\* 7:30-8:45pm**

120227-C R: \$210 / NR: \$230

**Instructor:** EBD-Maloney

**Location:** Dance-Left

### Senior Ballet

**Sat: 9/24-12/10\* 10-11:30am**

120227-D R: \$210 / NR: \$230

**Instructor:** EBD-Arenas

**Location:** Dance-Left

### Pointe

**Sat: 9/24-12/10\* 11:30am-12pm**

120227-E R: \$70 / NR: \$90

**Instructor:** EBD-Arenas

**Location:** Dance-Left

\*No class dates 10/10, 11/24, 11/26, 12/3

## Night Club Social Dancing

### 16 & up

Is learning to dance in Night Clubs or for a Wedding Reception, Cruise Ship Vacation, or a New Year's Eve Dance what you want? Then this class is for you! Learn the basics and step patterns for some of the hottest social dances for couple dancing, and how to do it with grace and style. Get moving and having fun while you learn how to Salsa, Swing, Cha Cha, Slow Dance, Waltz, Rumba, Foxtrot, and more! Impress your dance partners as you learn how to lead and follow for these common social dances. This class is for both beginning and intermediate dancers. Dances covered each semester will vary.

**Thu: 10/13-11/17 7:30-8:45pm**

150214-A R: \$73 / NR: \$93

**Instructor:** Tom Woll and Associates

**Location:** Art Room

## YOGA

## Stress Burner Yoga for

### 24/7 13 & up

Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress "set-point" and cultivate flexibility on the mat and in life. In this different kind of yoga class we'll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. You have the perfect body for this class which is also a good complement to any yoga class you are already taking.

**Wed: 9/21-10/26 7:30-8:45pm**

140401-A R: \$120 / NR: \$140

**Wed: 11/2-12/14\* 7:30-8:45pm**

140401-B R: \$120 / NR: \$140

**Wed: 9/21-12/14\* 7:30-8:45pm**

140401-C R: \$210 / NR: \$230

**Instructor:** Stress Burner Yoga

**Location:** Community Room

\*No class dates 11/23

## Yoga for Fitness 16 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. 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 available.

**Mon: 9/19-12/5\* 12:15-1:15pm**

150401-A R: \$132 / NR: \$152

**Tue: 9/20-12/6\* 8-8:55pm**

150401-B R: \$132 / NR: \$152

\*No class dates 10/10, 11/8

**Instructor:** BodyMoves Fitness LLC

**Location:** Community Room

## Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

**Thu: 9/22-12/8\* 9:30-10:25am**

150402-A R: \$132 / NR: \$152

**Instructor:** BodyMoves Fitness LLC

**Location:** Community Room

\*No class dates 11/24



## 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 we include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other as part of the class. We accept students with some prior experience and students who have earned belts in other programs. No equipment or uniforms are necessary but may be worn. Advancement is based on skill, not age. Parents and friends are welcome to watch our classes. More information is available at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Mon: 9/19-12/5\* 7-8pm**  
120502-A R: \$80 / NR: \$100  
**Sat: 9/24-12/10\* 8:30-9:30am**  
120502-B R: \$80 / NR: \$100

**Instructor:** Dave Hacker & Mike Leski  
**Location:** Dance-Left

\*No class dates 10/10, 11/26, 12/3

## Intermediate Karate

### 14 & up

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome and should wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we 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. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended 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](http://www.StratfordKarate.org).

**Mon: 9/19-12/5\* 8:15-9:15pm**  
150508-A R: \$80 / NR: \$100  
**Thu: 9/22-12/8\* 7-8pm**  
150508-B R: \$80 / NR: \$100

**Instructor:** Rick Hathaway & Bill Kennedy  
**Location:** Dance-Left

\*No class dates 10/10, 11/24



## Advanced & Black Belt Karate 14 & up

If you have significant martial arts experience and are looking for a place to train, then come train with us. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, and sparring techniques for advancement. Sparring is an optional part of the class. Uniforms and hand & feet protection are required. We have more information online at

[www.StratfordKarate.org](http://www.StratfordKarate.org)

**Thu: 9/22-12/8\* 8:15-9:15pm**  
150502-A R: \$80 / NR: \$100

**Instructor:** Bill Kennedy & Rick Hathaway  
**Location:** Dance-Left

\*No class dates 11/24

## Tai Chi & 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: 9/20-12/13\* 6-7pm**  
150506-A R: \$125 / NR: \$145

**Instructor:** Grandmaster Jeff Cook  
**Location:** Art Room

\*No class dates 11/8

## 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: 9/19-12/12\* 6-7pm**  
150509-A R: \$125 / NR: \$145

**Instructor:** Grandmaster Jeff Cook

**Location:** Art Room

\*No class dates 10/10

## FENCING

### 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: 9/24-10/29 9:15-10am**  
110502-A R: \$93 / NR: \$113

**Instructor:** VA Academy of Fencing

**Location:** Academy of Fencing, Springfield, VA



# Fencing

## Young Musketeers Fencing 6-7 years

Students will learn basic footwork and basic handwork in fun and exciting atmosphere. The material is presented through games and drills. Fencing develops critical thinking, endurance, and cardio fitness. All necessary equipment provided. Athletic attire required.

<b>Mon: 9/12-10/17</b>	<b>4-5pm</b>
110504-A	R: \$120 / NR: \$140
<b>Mon: 11/7-12/12</b>	<b>4-5pm</b>
110504-B	R: \$120 / NR: \$140
<b>Wed: 9/14-10/19</b>	<b>4-5pm</b>
110504-C	R: \$120 / NR: \$140
<b>Wed: 11/9-12/21</b>	<b>4-5pm</b>
110504-D	R: \$120 / NR: \$140
<b>Fri: 9/16-10/21</b>	<b>4-5pm</b>
110504-E	R: \$120 / NR: \$140
<b>Fri: 11/11-12/23</b>	<b>4-5pm</b>
110504-F	R: \$120 / NR: \$140

**Instructor:** The Fencers Club

**Location:** The Fencers Club

\*No class dates 11/23, 11/25

## 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 and the epee. 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

<b>Sat: 9/24-10/29</b>	<b>12-12:45pm</b>
120501-A	R: \$93 / NR: \$113
<b>Wed: 9/28-11/2</b>	<b>5:15-6pm</b>
120501-B	R: \$93 / NR: \$113

### Ages 9-13

<b>Sat: 9/24-10/29</b>	<b>2-3pm</b>
120501-C	R: \$93 / NR: \$113
<b>Mon: 9/26-10/31</b>	<b>6-7pm</b>
120501-D	R: \$93 / NR: \$113

### Ages 14 & up

<b>Mon: 9/26-10/31</b>	<b>7-8pm</b>
120501-E	R: \$93 / NR: \$113
<b>Tue: 9/27-11/1</b>	<b>7-8pm</b>
120501-F	R: \$93 / NR: \$113

**Instructor:** VA Academy of Fencing

**Location:** Academy of Fencing, Springfield, VA

## Intro to Olympic Fencing 8-13 years

Fun and exciting class that will introduce the sport of fencing in the discipline of epee or foil (select below) to children ages 8 to 13. Students will learn basic footwork and basic handwork in fun and exciting atmosphere. The material is presented through games and drills. Fencing develops critical thinking, endurance, and cardio fitness. The final class is a team tournament utilizing electric scoring machines – great for parents and relatives to watch and awesome fun for the students.

### Epee

<b>Mon: 9/12-10/17</b>	<b>6-7pm</b>
120508-A	R: \$135 / NR: \$155
<b>Mon: 11/7-12/12</b>	<b>6-7pm</b>
120508-B	R: \$135 / NR: \$155
<b>Wed: 9/14-10/19</b>	<b>6-7pm</b>
120508-C	R: \$135 / NR: \$155
<b>Wed: 11/9-12/21</b>	<b>6-7pm</b>
120508-D	R: \$135 / NR: \$155
<b>Fri: 9/16-10/21</b>	<b>6-7pm</b>
120508-E	R: \$135 / NR: \$155
<b>Fri: 11/11-12/23</b>	<b>6-7pm</b>
120508-F	R: \$135 / NR: \$155

### Foil

<b>Tue: 9/13-10/18</b>	<b>6-7pm</b>
120508-G	R: \$135 / NR: \$155
<b>Tue: 11/8-12/13</b>	<b>6-7pm</b>
120508-H	R: \$135 / NR: \$155
<b>Thu: 9/15-10/20</b>	<b>6-7pm</b>
120508-I	R: \$135 / NR: \$155
<b>Thu: 11/10-12/22</b>	<b>6-7pm</b>
120508-J	R: \$135 / NR: \$155
<b>Sat: 9/17-10/22</b>	<b>9-10am</b>
120508-K	R: \$135 / NR: \$155
<b>Sat: 11/5-12/17</b>	<b>9-10am</b>
120508-L	R: \$135 / NR: \$155

**Instructor & Location:** The Fencers Club

\*No class dates 11/23, 11/24, 11/25

## Intro Historical Swordsmanship 14 & up

Learn the Historical European Martial Arts (HEMA) of sword fighting the way they were originally practiced on the battlefields and dueling grounds of the Middle Ages and Renaissance! Students will learn the basic footwork, handwork, and strategy for fencing with the rapier and dagger as well as the two-handed longsword, using fencing masks, jackets, and safety-tipped practice swords in a fun safe environment. A completed registration form and an equipment rental fee of \$29 payable to VAF is due on the first day of class. **Instructor & Location:** VA Academy of Fencing

### Ages 9-13

<b>Sun: 9/25-10/30</b>	<b>11am-12pm</b>
120504-A	R: \$93 / NR: \$113
<b>Thu: 9/29-11/3</b>	<b>7-8pm</b>
120504-B	R: \$93 / NR: \$113

## Intro to Olympic Fencing 14 & up

Fun and exciting class that will introduce the sport of fencing in the discipline of foil or saber (select below) to teens and adults. Students will learn basic footwork and basic handwork in fun and exciting atmosphere. The material is presented through games and drills in pairs. The final class is a team tournament utilizing electric scoring machines – a great deal of fun and excitement for the students. Fencing is an awesome family activity. Fencing develops and improves critical thinking, endurance, and cardio fitness. Fencing is a great sport for an overall workout and conditioning.

### Foil

<b>Mon: 9/12-10/17</b>	<b>7-8pm</b>
120509-A	R: \$135 / NR: \$155
<b>Mon: 11/7-12/12</b>	<b>7-8pm</b>
120509-B	R: \$135 / NR: \$155
<b>Wed: 9/14-10/19</b>	<b>7-8pm</b>
120509-C	R: \$135 / NR: \$155
<b>Wed: 11/9-12/21</b>	<b>7-8pm</b>
120509-D	R: \$135 / NR: \$155
<b>Fri: 9/16-10/21</b>	<b>7-8pm</b>
120509-E	R: \$135 / NR: \$155
<b>Fri: 11/11-12/23</b>	<b>7-8pm</b>
120509-F	R: \$135 / NR: \$155

### Saber

<b>Tue: 9/13-10/18</b>	<b>7-8pm</b>
120509-H	R: \$135 / NR: \$155
<b>Tue: 11/8-12/13</b>	<b>7-8pm</b>
120509-I	R: \$135 / NR: \$155
<b>Thu: 9/15-10/20</b>	<b>7-8pm</b>
120509-J	R: \$135 / NR: \$155
<b>Thu: 11/10-12/22</b>	<b>7-8pm</b>
120509-K	R: \$135 / NR: \$155

**Instructor & Location:** The Fencers Club

\*No class dates 11/23, 11/24, 11/25

### Ages 14&up

<b>Sun: 9/25-10/30</b>	<b>12-1pm</b>
120504-C	R: \$93 / NR: \$113
<b>Tue: 9/27-11/1</b>	<b>8-9pm</b>
120504-D	R: \$93 / NR: \$113

## City of Falls Church / FirstServe Tennis

### 2016 FALL Tennis Program Tennis Everyone!

Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Private lessons by appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required! Contact FirstServe Tennis for program, racket and equipment recommendations. Email [lessons@tenniseveryone.net](mailto:lessons@tenniseveryone.net), call 703-868-8172 or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

### Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1. Weather make-up day on 11/16 if necessary.

**Wed: 9/14-11/9 3:30-4:15pm**  
120901-A R: \$180 / NR: \$200

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

### Tennis 1&2: Rally, Serve & Score 10-14 years

Players learn the fundamental strokes: forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Player-Coach ratio is 6:1. Weather make-up day on 11/16 if necessary.

**Ages 6-8**  
**Wed: 9/14-11/9 4:30-5:30pm**  
120905-A R: \$180 / NR: \$200

**Ages 8-10**  
**Wed: 9/14-11/9 5:30-6:30pm**  
120905-B R: \$180 / NR: \$200

**Ages 10-14**  
**Wed: 9/14-11/9 1-2pm**  
120905-C R: \$180 / NR: \$200

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

### Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1. Weather make-up days on 11/15 and 11/16 if necessary.

**Tue: 9/13-11/1 9:30-10:45am**  
150901-A R: \$220 / NR: \$240

**Wed: 9/14-11/9 7:30-8:45pm**  
150901-B R: \$248 / NR: \$268

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

### Tennis 2- Drill, Rally & Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis 1 or with coach's recommendation. A tennis racket is required. Ratio 4:1. Weather make-up day on 11/16 if necessary.

**Wed: 9/14-11/9 8:45-10pm**  
150909-A R: \$248 / NR: \$268

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

### Tennis 3- Intermediate 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. A tennis racket is required. Ratio is 8:1. Weather make-up day on 11/16 if necessary.

**Wed: 9/14-11/9 9:15-10:45am**  
150903-A R: \$243 / NR: \$263

**Wed: 9/14-11/9 10:45am-12:15pm**  
150903-B R: \$243 / NR: \$263

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

### Cardio Tennis 18 & up

Strengthen your body and tennis game with a great mix of high-paced drilling, heart-healthy aerobics, and important strengthening and stretching exercises. Ratio 6:1. Weather make-up day 11/15 if necessary.

**Tue: 9/13-11/1 10:45-11:45am**  
150904-A R: \$200 / NR: \$220

**Instructor:** FirstServe Tennis  
**Location:** Cavalier Trail Park

## PICKLEBALL



### Intro to Pickleball 18 & up

Get started the right way by learning the fundamentals of this fun, mini-tennis-like game. The course includes an overview of the game and equipment, court etiquette and safety guidelines, how (delete hot and replace with how) to warm-up properly, and basic Pickleball strokes including how to serve and keep score. Pickleball equipment can be borrowed from the instructor. Please wear tennis or court shoes.

**Mon: 10/17-11/28\* 10-10:55am**  
160411-A R: \$75 / NR: \$95

**Instructor:** Helen White  
**Location:** 1/2 Gym Back Door  
\*No class dates 11/7

### 5 Key Pickleball Skills 18 & up

Each session focuses on improving one of these five essential skills: dinking, forehands and backhands, net play, the third shot and effective doubles strategy. Please wear tennis or court shoes. Prior playing experience required.

**Mon: 10/17-11/28 11-11:55am**  
160412-A R: \$75 / NR: \$95

**Instructor:** Helen White  
**Location:** 1/2 Gym Back Door  
\*No class dates 11/7

## 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, Kick Boxing Aerobics, and Strength and Fitness. 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: \$100

## Pilates With Props

### 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: 9/20-12/6\* 7-7:55pm**

150409-A R: \$132 / NR: \$152

**Instructor:** BodyMoves Fitness LLC

**Location:** Community Room

\*No class dates 11/8

## Aging Backwards/ Classical Stretch 20 & up

Aging Backwards/Classical Stretch is based on tai chi's flowing movements for health/balance; ballet's strengthening theories for long, lean, flexible muscles, and the healing powers of physiotherapy to create a pain free body. This program works through the muscle chains, liberating/empowering your muscles, relieving tension, lengthening, strengthening and increasing joint mobility. Ideal for anyone of any age who thinks Aging Backwards is a great idea. For more information, visit

[www.essentrics.com](http://www.essentrics.com)

**Mon: 9/19-12/12\* 7:15-8:15pm**

150439-A R: \$100 / NR: \$120

**Sun: 9/25-12/11\* 2:30-3:30pm**

150439-B R: \$100 / NR: \$120

**Instructor:** Essentrics NOVA

**Location:** Art Room

\*No class dates 10/10, 10/31, 11/27, 11/28, 12/4

## Step for Fun & Fitness

### 18 & up

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

**Mon/Wed: 9/12-12/21\* 6:30-7:30pm**

150404-A R: \$182 / NR: \$202

**Sat: 9/24-12/17\* 8:30-9:30am**

150404-B R: \$85 / NR: \$105

**Instructor:** Eileen Cutrona

**Location:** Senior Center-Full

\*No class dates 10/10, 11/23, 11/26

TRY IT WITH  
A CLASS  
CARD!

## Kick Boxing Aerobics

### 14 & up

Class incorporates warm-up and kickboxing moves for a full body cardio workout. Gloves and hand wraps provided.

**Tue: 9/13-12/20\* 7:30-8:30pm**

150417-A R: \$91 / NR: \$111

**Instructor:** Pam Doran

**Location:** Senior Center-Right

\*No class dates 11/8

TRY IT WITH  
A CLASS  
CARD!

## Strength and Fitness

### 14 & up

Class incorporates core, strength moves using weights/body weight and cardio for overall fitness. All exercises can be adapted to your personal fitness level.

**Tue: 9/13-12/20\* 6:30-7:30pm**

150433-A R: \$91 / NR: \$111

**Thu: 9/15-12/15\* 6:30-7:30pm**

150433-B R: \$85 / NR: \$105

**Instructor:** Pam Doran

**Location:** Senior Center-Full

\*No class dates 11/8, 11/24

TRY IT WITH  
A CLASS  
CARD!

## NLT- 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: 9/20-12/15\* 10-11am**

160408-A R: \$400 / NR: \$420

**Tue: 9/20-12/13\* 10-11am**

160408-B R: \$210 / NR: \$230

**Thu: 9/22-12/15\* 10-11am**

160408-C R: \$210 / NR: \$230

**Instructor:** Capitol Fitness

**Location:** 1/2 Gym Back Door

\*No class dates 11/8, 11/24





## 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.

#### Ages 2-3:

**Wed: 9/7-10/26 10-10:45am**

631104-A R: \$100 / NR: \$120

**Wed: 9/7-10/26 3-3:45pm**

631104-C R: \$100 / NR: \$120

**Sat: 9/10-10/29 9-9:45am**

631104-E R: \$100 / NR: \$120

#### Ages 4-5

**Wed: 9/7-10/26 11-11:45am**

631104-B R: \$100 / NR: \$120

**Wed: 9/7-10/26 4-4:45pm**

631104-D 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

## Fall Soccer

### (Grades Kindergarten-8th Grade)

#### Early Bird Registration:

**July 11-24**

#### Kindergarten - 2nd Grade

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

#### 3rd Grade & Above

Resident: \$105 Non-Resident: \$125

#### Regular Registration:

**July 25-August 7**

#### Kindergarten - 2nd Grade

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

#### 3rd Grade & Above

Resident: \$120 Non-Resident: \$140

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**.

## Youth Flag Football

### Grades 2-7

#### Early Bird Registration: July 18 – 31

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

Regular Registration: August 1 – 14

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 10 at 2:30pm

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

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

600001-A: Grades 2/3

600002-A: Grades 4/5

600003-A: Grades 6/7

## NFL Punt, Pass, & Kick

### Ages 8-15

What is Punt, Pass, & Kick? It is a FREE opportunity for boys and girls ages 8-15 to compete in a fun environment against their peers in a NFL sponsored football skills competition. The kids will compete in three activities (punting, passing, and place kicking) where their total combined distances will be scored, with the winners in each age/gender division moving on to a district competition.

**Location:** George Mason Artificial Turf Field

**Dates:** Saturday, September 10 @ 12pm

## House League Basketball

### Grades 2-12

Registration for boys and girls house basketball league teams runs from October 3-30. Teams will be formed by grade and drafted into teams and will participate in our winter house league. Practices and games will be scheduled in area gyms; practice and game times vary by teams. Volunteer coaches and paid referees are needed! Call **703-248-5027** for more information.

#### Early Bird Registration:

**October 3 – 16**

#### 2nd/3rd Grade

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

#### 4th Grade & above

Resident: \$130 / Non-Resident: \$150

#### Regular Registration:

**October 17 – 30**

#### 2nd/3rd Grade

Resident: \$130 / Non-Resident: \$150

#### 4th Grade & above

Resident: \$145 / Non-Resident: \$165

## Select League Basketball

### Age Groups – Boys/Girls 5th Grade, 6th Grade, 7th Grade, 8th Grade

Registration – Players will register once accepted to a team. For those basketball players interested in a more competitive and highly skilled environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the 1st week of October. Teams will be formed based on need. There will not necessarily be teams in each age/gender group. Contact Jimmy Ruby at **703-248-5027** for further information.

## 1st Touch Basketball Clinic Ages 3-4

Registration starts October 3rd and continues until clinic is filled. 1st Touch is a program designed to develop your young player's love and interest in basketball by providing the FUN-damental skills and techniques needed. A six-session course open to boys and girls ages 3 & 4. Each 45 minute session will include station work that focuses on different skills to include shooting, dribbling, passing, and footwork. It gives parents and children the opportunity to work one-on-one and spend quality time together. Parents/ guardians are asked to stay and participate during clinic. Participants must be correct age by October 1, 2016.

**Instructor:** Baroody Camps

**Location:** TBA

**Class Dates:** January 14 - February 18, 2017

**Fee:** R:\$100 /NR: \$120

621103-A 3 year olds Saturdays 9am

621103-B 4 year olds Saturdays 10am

## Beginning Basketball Clinic

**Grades: Kindergarten & 1st Grade**

Registration starts October 3rd and continues until clinic is filled. The 5 & 6 year old co-ed Early Hoopers Basketball Clinic is a once-per-week instructional clinic that focuses on the basic fundamental skills and rules of basketball as it begins to prepare the participant for league competition. The clinic is held for 7 weeks on weeknights and Saturdays. Volunteers are always welcome to assist our staff. Clinics start the 1st week of January.

**Instructor:** Baroody Camps

**Location:** TBA

**Fee:** R: \$100/NR: \$120

**Kindergarten clinics:**

621105-A Mondays 5:15-6pm

621105-B Wednesdays 5:15-6pm

621105-C Saturdays 10-10:45am

**1st Grade clinics:**

621106-A Tuesdays 5:15-6pm

621106-B Thursdays 5:15-6pm

621106-C Saturdays 11-11:45am

## Falls Church Force – Wrestling Club

The Fall Church Force Wrestling Club is dedicated to developing the character and overall athleticism of youth athletes in the Falls Church area through the challenging sport of wrestling. The club is open to beginners as well as experienced wrestlers ages 6 to 14 years old. The wrestling season starts Tuesday, November 1st and runs through the end of February. All practices will be in the wrestling room at Mary Ellen Henderson Middle School in Falls Church.

Each wrestler will have the opportunity to wrestle in several tournaments throughout the season. The tournaments are held on weekends (typically Sundays) in high school gymnasiums throughout the Northern Virginia area. The tournaments begin in late December/ early January and run through the month of February. Participation in each tournament is completely optional but highly encouraged. Registration begins on October 1st, 2016 for the fall season. Please visit our website for more detailed information at [Forcewc.com](http://Forcewc.com).

## ADULT SPORTS

### Fall Co-ed Volleyball

**Registration: July 18 – August 14**

**(Teams Only)**

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

### Fall Women's Volleyball

**Registration: July 18 – August 14**

**(Teams Only)**

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: July 18 – August 14**  
**(Teams Only)**

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 per team

## Fall Women's Basketball League

**Registration: July 18 – August 14**  
**(Teams Only)**

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 per team (8 game schedule)

## Winter Men's Basketball League

**Registration: November 14 – December 4**  
**(Teams Only)**

Various levels of competition are offered and play begins in January and played primarily on Sunday afternoons. Registration is on a team-basis only and team members must be 18 years or older. For more information, call **703-248-5027**. Games will be played primarily on Sunday afternoons.

**Fees:** \$800 per team

## C.R.U.S.H TEEN CENTER



### Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3 p.m. until 6 p.m. LaShawn Timmons, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact LaShawn at **703-248-5307** (TTY 711) for more information.



### Social Wednesdays

Come to C.R.U.S.H after school to socialize with friends, shoot hoops, or dance using our new X-Box Kinect. Each Wednesday will feature a different activity from tournaments to cooking projects to watching a movie.

**Fee:** FREE

**Grades:** 6-8

**Time:** 3pm-5pm

**Dates:** Wednesdays; September-May

### Midnight Madness

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

**Fee:** \$5

**Grades:** 5-8

**Time:** 7pm-12am

**Dates:** TBD



### Teen Council

Teen Council is a volunteer organization with a mission to empower teens with the core values of leadership, accountability, and a heart for service. Members participate in monthly volunteer projects, social activities, and assist with city special events. Meetings are held once a month, on Mondays at 4:30pm. Applications are available at the Falls Church Community Center or email [ltimmons@fallschurchva.gov](mailto:ltimmons@fallschurchva.gov).

**Grades:** 6-8

**Dates:** October-May

**\*Fee:** FREE to join.

**\*Trips** may have associated expenses.

### TEEN TRIPS

#### Busch Gardens & Kings Dominion Overnight Trip

**11-17 years**

Do you have what it takes to conquer two different amusement parks in two days? Join us for a trip to Bush Gardens for Howl-O-Scream, spend the night in Williamsburg, and then head to Kings Dominion for their Halloween Haunt.

**Sat/Sun: 10/8-10/9 8am-11pm**

141480-A

\$250

**Instructor:** Recreation Dept. Staff

**Location:** Depart from and Return to Falls Church Community Center

#### Middle School Movie Night 12-18 years

Come join us as we visit AMC Theatres at Tysons Corner after school for a movie. Participants will decide as a group on a PG or PG-13 rated movie to see.

**Thu: 11/17**

**4-8pm**

141447-A

\$15

**Instructor:** Recreation Dept. Staff

**Location:** Depart from and Return to Falls Church Community Center

#### Cosmic Bowling

**11-17 years**

The lights go out. The pins light up. The music blasts. Lasers beam around the room. It's Bowl America's Cosmic Bowling, the most novel way to have fun in the entertainment galaxy! Registration includes unlimited bowling and shoe rental. Please bring money for food.

**Sat/Sun: 12/3-12/4 9:30-12am**

141487-A

\$25

**Instructor:** Recreation Dept. Staff

**Location:** Depart from and Return to Falls Church Community Center

### Teen Work List

Are you a 9th-12th grader looking to make money? If so, join our Teen Work List. Residents contact us when they need someone to perform jobs such as babysitting, yard work, snow shoveling, and dog-walking. We will then contact you via email with a job description and the residents contact information. Simply fill out an application and forward it by mail, fax, or email to [ltimmons@fallschurchva.gov](mailto:ltimmons@fallschurchva.gov). For more information contact **703-248-5307**.

#### Flight Trampoline Park

**10-14 years**

Flight is a cutting-edge trampoline park located in Springfield, VA. Participants will have two hours of jump time! Please bring money for optional arcade games and food. Additional waivers are required and will be distributed prior to the trip.

**Fri: 11/4**

**6-9:30pm**

141497-A

\$30

**Instructor:** Recreation Dept. Staff

**Location:** Depart from and Return to Falls Church Community Center



# Falls Church Clubs

## COME JOIN A FALLS CHURCH CLUB!!!

All clubs looking for new members.

### 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](http://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](http://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.

**September 12:** El Tio Grill

**October 17:** Cracker Barrel

**November 14:** Olive Garden

**December 12:** Red Lobster

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks 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

### Blood Pressure

Held every other Tuesday from 9am-10am.

### 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:** Spanish Group at 10:45am and Italian Group 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

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am

### Military History

Join this enthusiastic group on alternate Fridays starting September 9. Selected topics include WWII, Korea and Vietnam War.

### Mixed Games

Every Day from 1:30-3pm

### Modified Senior Yoga

Come join us every Friday at 1:30pm. Classical yoga postures using props. Alignment individually adjusted and modified as needed. Reservations are required.

### Oil and Acrylic Painting

Meets every Friday at 1:00pm. Open studio. This is not a teaching class.

### Pickleball

Come join us on Mondays from Noon-2:30pm and Wednesdays from 11:30am-1:30pm. We have 3 indoor courts in our gym. **Donations greatly appreciated.**

### 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

**September:** Fall Celebration

Wednesday, September 28th at 1:30pm

**October:** Halloween Bingo Party

Monday, October 31st at 10:00am

**November:** Thanksgiving Luncheon

Wednesday, November 16th at Noon

**December:** Holiday Party

Monday, December 19th at 10:30am

## Senior Trips

**September:** Maryland Live

Monday, September 26th from 9am-5pm

**October:** Fall Foliage Trip

Date and time to be determined

**November:** Tanger Outlets at National Harbor

Monday, November 7th from 9am-4pm

**December:** United States Botanical Garden & lunch

Wednesday, December 14th from 9:15am-3:15pm

## MILITARY HISTORY FORUM 2016 - 2017 Program Schedule

Meeting Time 10am-Noon

### Sep. 9

Sonny Busa: Thermopylae: The Battle that Changed the World

### Sep. 23

Jan Herman: The Medical Environment of the Ironclad Navy

### Oct. 7

John Gordon: Fighting for MacArthur

### Oct. 21

Andrew Jampoler: Embassy to the Eastern Courts

### Nov. 4

Scott Willey: Hellcat Flying Ace – David McCampbell

### Nov. 18

Youseff Aboul-Enein: The Secret War for the Middle East

# Falls Church Senior Center



## 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.

### Mark Your Calendars: 2016 Senior Olympics

The 2016 competition will be September 10 -21 and will offer more than 50 events at 20 different locations throughout Northern Virginia. Registration opens July 5.

**New Events:** Orienteering, Spelling Bee, Sudoku, Rummikub, and 100 yard breast stroke

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.

Volunteers needed. Please call RSVP Northern Virginia at **703-403-5360** or email [rsvpvolunteerfairfax.org](mailto:rsvpvolunteerfairfax.org)

Please visit our website at [www.nvso.us](http://www.nvso.us) for more information or call the Senior Center at **703-248-5020**.

## SENIOR CLASSES

### The Great Course, "The Secret Life of Words: English Words and Their Origins"

This course explores the history of English words, tracing back a number of common and uncommon words and phrases through history to their origins. Human creativity and the power of languages are discussed. This course has multiple sessions. Hope to combine two sessions each time.

**Date:** Thursdays, September 8 thru October 27th  
Section#261014 **Cost:** Free

**Facilitator:** Ann McCleary

Register for this class at the community center in person, online, or by phone at **703-248-5027**.

### Topic: Google, More than just Searching!

While many of us think of Google when we want to find things, Google has many other features including creating and sharing various types of documents, calendar features, creating a web site, chatting, being part of a group etc. It's all stored on the cloud and accessible from anywhere. This 3-week session will introduce some of these Google features either on a laptop or a tablet.

Please bring own device.

**Date:** Thursdays, November 3, 10, and 17  
Section#261015 **Cost:** Free

**Instructor:** Dr. Diane Murphy from Marymount University

Register for this class at the community center in person, online, or by phone at **703-248-5027**. Class size will be limited, so register early.

### AARP Smart Driving Class



A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Class size is limited. Please call **703-248-5027** to register.

**Instructor:** David Young

**Location:** Falls Church Community Center

**Class Dates:** October 17 and 19

**Time:** Class meets on both days from 10am-3pm

**Fees:** \$20 AARP Members  
\$25 Non-AARP Members

### Volunteers Needed!

Calling bingo, current events leader, line dance instructor, leading a class, etc.

Please 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).

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](http://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)

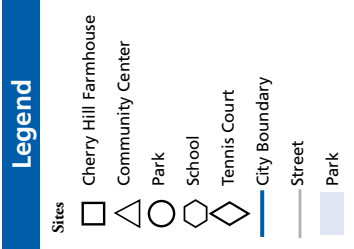
THOMAS JEFFERSON  
ELEMENTARY SCHOOL  
(601 South Oak Street)  
Basketball court  
Bike and hike trail  
Park benches  
Play equipment  
Rectangular athletic field  
Softball/baseball fields (2)

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)



## 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](mailto: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](mailto: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](mailto:realestate@fallschurchva.gov).

## WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

### City Website:

[www.fallschurchva.gov](http://www.fallschurchva.gov)

### Facebook:

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

### Instagram:

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

### Twitter:

[twitter.com/FallsChurchGov](https://twitter.com/FallsChurchGov)

### Citizen Information Line:

703-248-5200

### eFocus Newsletter:

Sign up at [www.fallschurchva.gov/Efocus](http://www.fallschurchva.gov/Efocus)

### FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

### Alert System:

Sign up at [alert.fallschurchva.gov](http://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](http://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](http://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](http://www.fallschurchva.gov/Downloadable).



**Mary Riley Styles Public Library**  
**120 N. Virginia Avenue**  
**[www.fallschurchva.gov/Library](http://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](http://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](http://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](http://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](http://www.fallschurchva.gov/library) or calendar at [www.fallschurchva.gov/LibraryCalendar](http://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

<b>City Residents:</b>	Free
<b>Non-City Residents 5 and under:</b>	Free
<b>Non-City Residents 6-18 or 65+:</b>	Free
<b>Non-City Residents 19-64:</b>	\$3

**Hotline:** 703-248-5077

Call for current schedule or visit [www.FallsChurchVA.gov/OpenGym](http://www.FallsChurchVA.gov/OpenGym).

## 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: August 15**

**Non-Residents: August 22**

## Brochure Availability

The brochure is available on-line at [www.fallschurchva.gov/recreation](http://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](mailto: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 October 10, November 11, 24-27, and December 2-4.



## How to Register



**On-line:** Go to [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation). 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 August 18 and August 25. To register, call **703-248-5027** and have your credit card ready.

## Registration Starts

Falls Church City Residents:  
**Monday, August 15, 2016**

Non-City Residents:  
**Monday, August 22, 2016**

**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 advice 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: \_\_\_\_\_



223 Little Falls St.  
Falls Church, VA 22046

PRESORTED  
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**PAID**  
MERRIFIELD, VA  
PERMIT NO. 7034

## Be a part of what makes the City of Falls Church a special place!

From movies under the stars to a day full of local food, pony rides and music, special events in the City of Falls Church provide unique experiences for all ages. We invite you to not only attend our special events, but become involved.

**Sponsor a special event, make a donation or volunteer!**

For more information on any special event and how you can get involved, please contact the Recreation & Parks Dept. at **703-248-5027** or [recreation@fallschurchva.gov](mailto:recreation@fallschurchva.gov).

### Upcoming Special Events this Season...

#### Sunset Cinema

Septemebr 9, 23, and 30



#### Fall Festival and Taste of Falls Church

Saturday, September 17

#### Farm Day

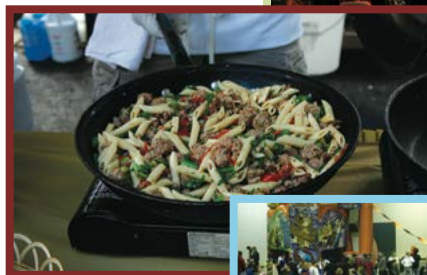
Saturday, October 8

#### Halloween Carnival

Saturday, October 29

#### Holiday Craft Show

Saturday and Sunday, December 2-3



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containing 30% post-consumer waste