



Be... Active, Playful, Creative

Programs & Events



Preschool
PAGE 29

Turkey Trot
PAGE 13

SPOOKTACULAR
PAGE 23

FALL 2016
Recycle After December.



TABLE OF CONTENTS

Aquatics	4-10
Arts & Crafts	30
Dance	20-21
Drop-In Exercise Classes.....	14-15
Fitness.....	11-15
General Information	34
Gymnastics	19
Kid Care	12
Life Interest	31
Martial Arts.....	18
Open Gym Schedule.....	17
Parks	32
Preschool.....	29
Registration Information	34
Special Events	22-24
Sports.....	24-25
Staff Directory	33
Tennis	
Outdoor	26
Indoor	27-28
Wellness	16
Winter Camps	29

Herndon Community Center Hours

Monday - Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 10:00am-6:00pm (through 8/28)

Sunday 7:00am-7:00pm (Starting 9/11)

No admittance to the building a half hour before closing.

HOLIDAY HOURS:

November 25, 8:00am-9:30pm

CLOSED:

ANNUAL MAINTENANCE & CLEANING August 29-September 5

ONLY POOL CLOSED August 22-September 5

Labor Day, September 5

Thanksgiving, November 24

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

CLOSED:

September 5, October 10, November 11, 24 & 25

Daily Admission Rates



TOH / NR

Adults \$6.50 / \$7.50

Seniors \$5.25 / \$6.25

Youth \$5.25 / \$5.50

Family* \$18 / \$22.50

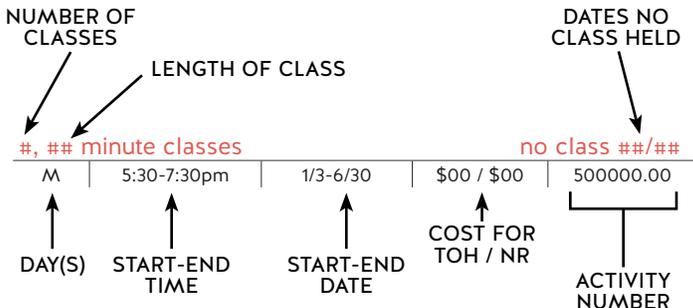
*Up to 5 family members,
2 adults maximum

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction

NR - Non-Resident rate

- NEW!** New this Season
- DROP-IN** No Registration Required
- NOR** No Online Registration
- OR** Ongoing Registration



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.

For Mail & In-Person options fill out the registration form on page 35 and find registration information on page 34.

1 **ONLINE:** herndonwebtrac.com



2 **MAIL:** Herndon Parks and Recreation
PO Box 427
Herndon, VA 20172-0427

3 **IN-PERSON / DROP OFF:** Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

4 **FAX:** 703-318-8652
Hearing Impaired Relay
1-800-828-1120 TDD

“The introductory classes offered by the Herndon Parks and Recreation Department are a very cost effective way to be introduced to a new activity.”

- Debbie, Great Falls, VA

What's Special *Be... Active, Playful, Creative*



Labor Day Festival
MONDAY, September 5, 11:00am-5:00pm
777 Lynn Street, Historic Downtown Page 36



Farm to Table
SUNDAY, September 18, 5:00pm
777 Lynn Street, Historic Downtown Page 24



Family Fun Night
SATURDAY, September 24, 7:00-9:30pm
777 Lynn Street, Historic Downtown Page 22



NatureFest
SUNDAY, September 25, 1:00-5:00pm
Runnymede Park Page 36



HerdDOG Bark Bash
SUNDAY, October 2, 12:00-3:00pm
Bready Park Page 22



Herndon Homecoming Parade
SATURDAY, October 15, 9:30am
Elden Street, Historic Downtown Page 22



Spooktacular
FRIDAY, October 28, 6:30-8:00pm
Herndon Community Center Page 23



Turkey Trot 5K
SATURDAY, November 19, 4:00pm
Herndon Community Center Page 13

HOLIDAY HAPPENINGS AT HCC:

Canoe Ride with Santa Saturday, December 3, 2:00-6:00pm Page 8

Holiday Arts and Craft Show Sunday, December 4, 10:00am-4:00pm Page 23

A Storybook Holiday Saturday, December 17, 10:00-11:30am Page 23



NO AQUATICS CLASSES:

» October 8-9 & November 7, 8, 25-29.

POOL CLOSED:

» The pool will be closed to the public October 8-9 for the Harvest Moon swim meet.

Pool & Swimmer Information

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons every morning until noon.
- » **Parents should read class requirements** and descriptions carefully to ensure your child is enrolled into the appropriate level class. If a child is in the incorrect class, *he/she will be transferred to an appropriate class or placed on the wait list if no space is available.*
- » **For a detailed listing of class requirements** visit herndon-va.gov/recreation and click on Aquatics.
- » **Children should be able to perform** all prerequisite skills for a class easily and comfortably.
- » **Swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman at 703-435-6800 x2134 to schedule a free evaluation.

Makeup Policy

Classes canceled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the makeup class.



Float Night

Our Viking Ship float will be out to play the **third Friday of each month from 7:30pm until closing, except December and January** (high school swim season). Play on the float and bring your own floats and toys and have fun with the whole family.

Did You Know?

The Viking Ship sets sail in the pool most **Saturdays and Sundays from 1-4pm!**

» Preschool Aquatics

PLEASE NOTE: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6 months-2 years

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 10/8, 11/7, 11/23, 11/26		
M	10:30-10:55am	9/12-10/17	\$51 / \$64	201100.10
M	10:30-10:55am	10/24-12/5	\$51 / \$64	201100.11
W	10:30-10:55am	9/14-10/19	\$51 / \$64	201100.30
W	10:30-10:55am	10/26-12/7	\$51 / \$64	201100.31
Sa	9:30-9:55am	9/10-10/22	\$51 / \$64	201100.60
Sa	9:30-9:55am	10/29-12/10	\$51 / \$64	201100.61

Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 10/8, 11/7, 11/23, 11/26		
M	10:00-10:25am	9/12-10/17	\$51 / \$64	201200.10
M	10:00-10:25am	10/24-12/5	\$51 / \$64	201200.11
W	10:00-10:25am	9/14-10/19	\$51 / \$64	201200.30
W	10:00-10:25am	10/26-12/7	\$51 / \$64	201200.31
Sa	10:00-10:25am	9/10-10/22	\$51 / \$64	201200.60
Sa	10:30-10:55am	9/10-10/22	\$51 / \$64	201200.61
Sa	10:00-10:25am	10/29-12/10	\$51 / \$64	201200.62
Sa	10:30-10:55am	10/29-12/10	\$51 / \$64	201200.63

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

6, 25 minute classes		no class 10/8, 11/26		
Sa	9:00-9:25am	9/10-10/22	\$51 / \$64	201300.60
Sa	9:00-9:25am	10/29-12/10	\$51 / \$64	201300.61

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

Preschool 1 (continued)

6, 25 minute classes no class 10/8, 11/7, 11/8, 11/23, 11/24, 11/26

M	9:30-9:55am	9/12-10/17	\$51 / \$64	202100.10
M	3:00-3:25pm	9/12-10/17	\$51 / \$64	202100.13
M	9:30-9:55am	10/24-12/5	\$51 / \$64	202100.14
M	3:00-3:25pm	10/24-12/5	\$51 / \$64	202100.16
Tu	10:30-10:55am	9/13-10/18	\$51 / \$64	202100.20
Tu	10:30-10:55am	10/25-12/6	\$51 / \$64	202100.23
W	9:30-9:55am	9/14-10/19	\$51 / \$64	202100.30
W	1:00-1:25pm	9/14-10/19	\$51 / \$64	202100.31
W	9:30-9:55am	10/26-12/7	\$51 / \$64	202100.32
W	1:00-1:25pm	10/26-12/7	\$51 / \$64	202100.33
Th	10:30-10:55am	9/15-10/20	\$51 / \$64	202100.40
Th	10:30-10:55am	10/27-12/8	\$51 / \$64	202100.41
Sa	8:30-8:55am	9/10-10/22	\$51 / \$64	202100.60
Sa	9:30-9:55am	9/10-10/22	\$51 / \$64	202100.61
Sa	11:30-11:55am	9/10-10/22	\$51 / \$64	202100.62
Sa	8:30-8:55am	10/29-12/10	\$51 / \$64	202100.63
Sa	9:30-9:55am	10/29-12/10	\$51 / \$64	202100.64
Sa	11:30-11:55am	10/29-12/10	\$51 / \$64	202100.65

8, 25 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	6:30-6:55pm	9/12-10/5	\$67 / \$84	202100.11
M/W	6:30-6:55pm	10/10-11/9	\$67 / \$84	202100.12
M/W	6:30-6:55pm	11/14-12/12	\$67 / \$84	202100.15
Tu/Th	7:00-7:25pm	9/13-10/6	\$67 / \$84	202100.21
Tu/Th	7:00-7:25pm	10/11-11/3	\$67 / \$84	202100.22
Tu/Th	7:00-7:25pm	11/15-12/13	\$67 / \$84	202100.24
Tu/Th	6:00-6:25pm	9/13-10/6	\$67 / \$84	202100.25
Tu/Th	6:00-6:25pm	10/11-11/3	\$67 / \$84	202100.26
Tu/Th	6:00-6:25pm	11/15-12/13	\$67 / \$84	202100.27

10, 25 minute classes no class 10/9

Su	10:00-10:25am	9/11-11/20	\$83 / \$104	202100.70
----	---------------	------------	--------------	-----------

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 25 minute classes no class 10/8, 11/7, 11/8, 11/23, 11/24, 11/26

M	9:00-9:25am	9/12-10/17	\$51 / \$64	202200.10
M	9:00-9:25am	10/24-12/5	\$51 / \$64	202200.13
M	1:45-2:10pm	9/12-10/17	\$51 / \$64	202200.15
M	1:45-2:10pm	10/24-12/5	\$51 / \$64	202200.16
Tu	10:00-10:25am	9/13-10/18	\$51 / \$64	202200.20
Tu	10:00-10:25am	10/25-12/6	\$51 / \$64	202200.23
W	9:00-9:25am	9/14-10/19	\$51 / \$64	202200.30
W	1:30-1:55pm	9/14-10/19	\$51 / \$64	202200.31
W	9:00-9:25am	10/26-12/7	\$51 / \$64	202200.32
W	1:30-1:55pm	10/26-12/7	\$51 / \$64	202200.33
Th	10:00-10:25am	9/15-10/20	\$51 / \$64	202200.40
Th	10:00-10:25am	10/27-12/8	\$51 / \$64	202200.41
Sa	9:00-9:25am	9/10-10/22	\$51 / \$64	202200.60
Sa	10:00-10:25am	9/10-10/22	\$51 / \$64	202200.61
Sa	9:00-9:25am	10/29-12/10	\$51 / \$64	202200.62
Sa	10:00-10:25am	10/29-12/10	\$51 / \$64	202200.63

8, 25 minute classes no class 10/31, 11/7, 11/8, 11/23

M/W	7:00-7:25pm	9/12-10/5	\$67 / \$84	202200.11
M/W	7:00-7:25pm	10/10-11/9	\$67 / \$84	202200.12
M/W	7:00-7:25pm	11/14-12/12	\$67 / \$84	202200.14



“Instructors for Preschool 1 swim are fantastic. They are all great with the kids. Love them! My boys have learned how to swim thanks to the instructors at HCC.”

- Leslie, Herndon, VA

Preschool 2 (continued)

8, 25 minute classes no class 10/31, 11/7, 11/8, 11/23

M/W	6:00-6:25pm	9/12-10/5	\$67 / \$84	202200.17
M/W	6:00-6:25pm	10/10-11/9	\$67 / \$84	202200.18
M/W	6:00-6:25pm	11/14-12/12	\$67 / \$84	202200.19
Tu/Th	6:30-6:55pm	9/13-10/6	\$67 / \$84	202200.21
Tu/Th	6:30-6:55pm	10/11-11/3	\$67 / \$84	202200.22
Tu/Th	6:30-6:55pm	11/15-12/13	\$67 / \$84	202200.24
Tu/Th	7:30-7:55pm	9/13-10/6	\$67 / \$84	202200.25
Tu/Th	7:30-7:55pm	10/11-11/3	\$67 / \$84	202200.26
Tu/Th	7:30-7:55pm	11/15-12/13	\$67 / \$84	202200.27

10, 25 minute classes no class 10/9

Su	10:30-10:55am	9/11-11/20	\$83 / \$104	202200.70
Su	11:30-11:55am	9/11-11/20	\$83 / \$104	202200.71

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 10/8, 11/7, 11/8, 11/23, 11/24, 11/26

M	11:00-11:25am	9/12-10/17	\$51 / \$64	202300.10
M	11:00-11:25am	10/24-12/5	\$51 / \$64	202300.13
M	3:00-3:25pm	9/12-10/17	\$51 / \$64	202300.15
M	3:00-3:25pm	10/24-12/5	\$51 / \$84	202300.16
Tu	9:30-9:55am	9/13-10/18	\$51 / \$64	202300.20
Tu	9:30-9:55am	10/25-12/6	\$51 / \$64	202300.23
W	11:00-11:25am	9/14-10/19	\$51 / \$64	202300.30
W	2:00-2:25pm	9/14-10/19	\$51 / \$64	202300.31
W	11:00-11:25am	10/26-12/7	\$51 / \$64	202300.32
W	2:00-2:25pm	10/26-12/7	\$51 / \$64	202300.33
Th	9:30-9:55am	9/15-10/20	\$51 / \$64	202300.40
Th	9:30-9:55am	10/27-12/8	\$51 / \$64	202300.41
Sa	10:30-10:55am	9/10-10/22	\$51 / \$64	202300.60
Sa	10:30-10:55am	10/29-12/10	\$51 / \$64	202300.61

8, 25 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	5:00-5:25pm	9/12-10/5	\$67 / \$84	202300.11
M/W	5:00-5:25pm	10/10-11/9	\$67 / \$84	202300.12
M/W	5:00-5:25pm	11/14-12/12	\$67 / \$84	202300.14
Tu/Th	5:30-5:55pm	9/13-10/6	\$67 / \$84	202300.21
Tu/Th	5:30-5:55pm	10/11-11/3	\$67 / \$84	202300.22
Tu/Th	5:30-5:55pm	11/15-12/13	\$67 / \$84	202300.24

10, 25 minute classes no class 10/9

Su	11:00-11:25am	9/11-11/20	\$83 / \$104	202300.70
----	---------------	------------	--------------	-----------

Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes no class 10/8, 11/7, 11/8, 11/23, 11/24, 11/26

M	3:30-3:55pm	9/12-10/17	\$51 / \$64	202400.10
M	3:30-3:55pm	10/24-12/5	\$51 / \$64	202400.13
Tu	9:00-9:25am	9/13-10/18	\$51 / \$64	202400.20
Tu	9:00-9:25am	10/25-12/6	\$51 / \$64	202400.23
W	2:30-2:55pm	9/14-10/19	\$51 / \$64	202400.31
W	2:30-2:55pm	10/26-12/7	\$51 / \$64	202400.33
Th	9:00-9:25am	9/15-10/20	\$51 / \$64	202400.40
Th	9:00-9:25am	10/27-12/8	\$51 / \$64	202400.41
Sa	11:00-11:25am	9/10-10/22	\$51 / \$64	202400.60
Sa	11:00-11:25am	10/29-12/10	\$51 / \$64	202400.61

8, 25 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	5:30-5:55pm	9/12-10/5	\$67 / \$84	202400.11
M/W	5:30-5:55pm	10/10-11/9	\$67 / \$84	202400.12
M/W	5:30-5:55pm	11/14-12/12	\$67 / \$84	202400.14
Tu/Th	5:00-5:25pm	9/13-10/6	\$67 / \$84	202400.21
Tu/Th	5:00-5:25pm	10/11-11/3	\$67 / \$84	202400.22
Tu/Th	5:00-5:25pm	11/15-12/13	\$67 / \$84	202400.24

10, 25 minute classes no class 10/9

Su	9:30-9:55am	9/11-11/20	\$83 / \$104	202400.70
----	-------------	------------	--------------	-----------

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatics Programming Specialist at 703-435-6800 x2134 to schedule an evaluation.

Have you been unable to be placed in a swim class of your choice?

Do you and your friends have free time during weekday afternoons from 12-3pm?

Then it's time to
Design a Class!



Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule.

For more information, contact Kerstin Severin at 703-435-6800 x2128.

» Youth

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

6, 30 minute classes no class 10/8, 11/7, 11/26

M	4:00-4:30pm	9/12-10/17	\$51 / \$64	203110.14
M	4:00-4:30pm	10/24-12/5	\$51 / \$64	203110.15
Sa	11:00-11:30am	9/10-10/22	\$51 / \$64	203110.60
Sa	11:00-11:30am	10/29-12/10	\$51 / \$64	203110.61

8, 30 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	6:00-6:30pm	9/12-10/5	\$67 / \$84	203110.11
M/W	6:00-6:30pm	10/10-11/9	\$67 / \$84	203110.12
M/W	6:00-6:30pm	11/14-12/12	\$67 / \$84	203110.13
Tu/Th	5:00-5:30pm	9/13-10/6	\$67 / \$84	203110.21
Tu/Th	5:00-5:30pm	10/11-11/3	\$67 / \$84	203110.22
Tu/Th	5:00-5:30pm	11/15-12/13	\$67 / \$84	203110.23

10, 30 minute classes no class 10/9

Su	11:30am-12:00pm	9/11-11/20	\$83 / \$104	203110.70
----	-----------------	------------	--------------	-----------

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

6, 30 minute classes no class 10/8, 11/7, 11/26

M	4:30-5:00pm	9/12-10/17	\$51 / \$64	203210.14
M	4:30-5:00pm	10/24-12/5	\$51 / \$64	203210.15
Sa	10:30-11:00am	9/10-10/22	\$51 / \$64	203210.60
Sa	10:30-11:00am	10/29-12/10	\$51 / \$64	203210.61

8, 30 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	6:30-7:00pm	9/12-10/5	\$67 / \$84	203210.11
M/W	6:30-7:00pm	10/10-11/9	\$67 / \$84	203210.12
M/W	6:30-7:00pm	11/14-12/12	\$67 / \$84	203210.13
Tu/Th	5:30-6:00pm	9/13-10/6	\$67 / \$84	203210.21
Tu/Th	5:30-6:00pm	10/11-11/3	\$67 / \$84	203210.22
Tu/Th	5:30-6:00pm	11/15-12/13	\$67 / \$84	203210.23

10, 30 minute classes no class 10/9

Su	11:00-11:30am	9/11-11/20	\$83 / \$104	203210.70
----	---------------	------------	--------------	-----------

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute classes no class 10/8, 11/7, 11/26

M	4:00-4:30pm	9/12-10/17	\$51 / \$64	203310.13
M	4:00-4:30pm	10/24-12/5	\$51 / \$64	203310.15
Sa	10:00-10:30am	9/10-10/22	\$51 / \$64	203310.60
Sa	10:00-10:30am	10/29-12/10	\$51 / \$64	203310.61

8, 30 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	5:30-6:00pm	9/12-10/5	\$67 / \$84	203310.11
M/W	5:30-6:00pm	10/10-11/9	\$67 / \$84	203310.12
M/W	5:30-6:00pm	11/14-12/12	\$67 / \$84	203310.14
Tu/Th	6:30-7:00pm	9/13-10/6	\$67 / \$84	203310.21
Tu/Th	6:30-7:00pm	10/11-11/3	\$67 / \$84	203310.22
Tu/Th	6:30-7:00pm	11/15-12/13	\$67 / \$84	203310.23
Tu/Th	7:00-7:30pm	9/13-10/6	\$67 / \$84	203310.24
Tu/Th	7:00-7:30pm	10/11-11/3	\$67 / \$84	203310.25



WACKY WEDNESDAY



**AGE 5 & UNDER
NOON - 3PM**

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

**\$5 parent/child
\$2 each additional child**

Swim 3 (continued)

8, 30 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

Tu/Th	7:00-7:30pm	11/15-12/13	\$67 / \$84	203310.26
-------	-------------	-------------	-------------	-----------

10, 30 minute classes no class 10/9

Su	10:30-11:00am	9/11-11/20	\$83 / \$104	203310.70
----	---------------	------------	--------------	-----------

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

6, 30 minute classes no class 10/8, 11/7, 11/26

M	4:30-5:00pm	9/12-10/17	\$51 / \$64	203410.13
M	4:30-5:00pm	10/24-12/5	\$51 / \$64	203410.15
Sa	9:30-10:00am	9/10-10/22	\$51 / \$64	203410.60
Sa	9:30-10:00am	10/29-12/10	\$51 / \$64	203410.61

8, 30 minute classes no class 10/31, 11/7, 11/8, 11/23, 11/24

M/W	5:00-5:30pm	9/12-10/5	\$67 / \$84	203410.11
M/W	5:00-5:30pm	10/10-11/9	\$67 / \$84	203410.12
M/W	5:00-5:30pm	11/14-12/12	\$67 / \$84	203410.14
Tu/Th	6:00-6:30pm	9/13-10/6	\$67 / \$84	203410.21
Tu/Th	6:00-6:30pm	10/11-11/3	\$67 / \$84	203410.22
Tu/Th	6:00-6:30pm	11/15-12/13	\$67 / \$84	203410.23

10, 30 minute classes no class 10/9

Su	10:00-10:30am	9/11-11/20	\$83 / \$104	203410.70
----	---------------	------------	--------------	-----------

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

6, 45 minute classes no class 10/8, 11/26

Sa	8:45-9:30am	9/10-10/22	\$75 / \$94	203510.60
Sa	8:45-9:30am	10/29-12/10	\$75 / \$94	203510.61

» Stroke Development & Preparedness

Youth Developmental Workout Age 8-16

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Swimmers in the Fall, Winter and Spring sessions will have the opportunity to participate in a meet sometime during the season.

- » Age 8 & under must swim 25 yards front crawl without stopping.
- » Age 9-12 must swim 50 yards front crawl without stopping.
- » Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

Age 5-8

10, 45 minute classes				no class 10/9
Su	11:30am-12:15pm	9/11-11/20	\$113 / \$141	204110.70
Su	4:00-4:45pm	9/11-11/20	\$113 / \$141	204110.71
Su	5:30-6:15pm	9/11-11/20	\$113 / \$141	204110.72

12, 45 minute classes				no class 10/8, 11/26
Sa	11:00-11:45am	9/10-12/10	\$135 / \$169	204110.60

Age 9-12

10, 45 minute classes				no class 10/9
Su	10:45-11:30am	9/11-11/20	\$113 / \$141	204110.73
Su	4:45-5:30pm	9/11-11/20	\$113 / \$141	204110.74
Su	6:15-7:00pm	9/11-11/20	\$113 / \$141	204110.75

12, 45 minute classes				no class 10/8, 11/26
Sa	11:45am-12:30pm	9/10-12/10	\$135 / \$169	204110.61

Age 12-15

10, 45 minute classes				no class 10/9
Su	10:00-10:45am	9/11-11/20	\$113 / \$141	204110.76

Age 8-16

12, 45 minute classes				no class 11/7
M	2:15-3:00pm	9/12-12/5	\$135 / \$169	204110.11

High School Prep Workout Age 13-17

This class is geared to help swimmers prepare for the high school swimming season. Focus will be on technique and endurance for the competitive strokes and will include work on starts and turns.

8, 60 minute classes				no class 11/7
M	4:00-5:00pm	9/12-10/31	\$207 / \$259	204110.16



» Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

6, 30 minute classes no class 11/25

F	4:00-4:30pm	9/16-10/21	\$51 / \$64	203810.50
F	4:30-5:00pm	9/16-10/21	\$51 / \$64	203810.51
F	4:00-4:30pm	10/28-12/9	\$51 / \$64	203810.52
F	4:30-5:00pm	10/28-12/9	\$51 / \$64	203810.53

Advanced Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

6, 30 minute classes no class 11/25

F	5:00-5:30pm	9/16-10/21	\$51 / \$64	203910.50
F	5:00-5:30pm	10/28-12/9	\$51 / \$64	203910.51

» Adult

Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

6, 45 minute classes no class 10/8, 11/7, 11/26

M	10:15-11:00am	9/12-10/17	\$75 / \$94	206130.10
M	10:15-11:00am	10/24-12/5	\$75 / \$94	206130.11
Sa	10:30-11:15am	9/10-10/22	\$75 / \$94	206130.60
Sa	10:30-11:15am	10/29-12/10	\$75 / \$94	206130.61
Sa	12:00-12:45pm	9/10-10/22	\$75 / \$94	206130.62
Sa	12:00-12:45pm	10/29-12/10	\$75 / \$94	206130.63

10, 45 minute classes no class 10/9

Su	12:00-12:45pm	9/11-11/20	\$123 / \$154	206130.70
Su	10:30-11:15am	9/11-11/20	\$123 / \$154	206130.71

Adult Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

6, 45 minute classes no class 10/8, 11/7, 11/26

M	9:30-10:15am	9/12-10/17	\$75 / \$94	206230.10
M	9:30-10:15am	10/24-12/5	\$75 / \$94	206230.11
Sa	11:15am-12:00pm	9/10-10/22	\$75 / \$94	206230.60
Sa	11:15am-12:00pm	10/29-12/10	\$75 / \$94	206230.61

10, 45 minute classes no class 10/9

Su	11:15am-12:00pm	9/11-11/20	\$123 / \$154	206230.70
----	-----------------	------------	---------------	-----------

Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly are introduced.

6, 45 minute classes no class 10/8, 11/26

Sa	12:45-1:30pm	9/10-10/22	\$75 / \$94	206330.60
Sa	12:45-1:30pm	10/29-12/10	\$75 / \$94	206330.61

Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice)

33, 60 minute classes no class 10/31, 11/7, 11/23, 11/24

M/W/Th	8:30-9:30pm	9/12-12/14	\$132 / \$165	206630.10
--------	-------------	------------	---------------	-----------



Canoe Ride with Santa

Saturday, December 3
2:00-6:00pm

\$10

Age 3-14

Enjoy a different experience with Santa. Have a special canoe ride with Santa and let him know what you'd like him to bring you! There will be an open swim included for participants and their families from 2-6pm. Wear your bathing suit and enjoy a swim.

Time

Registration Code

2:00-2:10pm	209350.60
2:15-2:25pm	209350.61
2:30-2:40pm	209350.62
2:45-2:55pm	209350.63
3:00-3:10pm	209350.64
3:15-3:25pm	209350.65
3:30-3:40pm	209350.66
3:45-3:55pm	209350.67

» Aquatic Extras

Boy Scout Programs Age 13-18

Participants will learn and practice the skills necessary to complete the Swimming Merit Badge.

3, 60 minute classes

no class 10/8

Sa	12:00-1:00pm	10/1-10/22	\$63 / \$63	203710.60
----	--------------	------------	-------------	-----------

Water Safety Instructor Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class and complete a Water Safety precourse test. Students must pick up their materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of precourse skills, please call Kerstin Severin at 703-435-6800 x2128.

5, 9 hour classes

M-F	9:00am-6:00pm	12/19-12/23	\$286 / \$346	207130.60
-----	---------------	-------------	---------------	-----------

Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. The precourse test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

6, 8 hour classes

M-Sa	9:00am-5:00pm	12/17-12/23	\$286 / \$346	207230.60
------	---------------	-------------	---------------	-----------

Lifeguard Review Class

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

2, 8 hour classes

Sa/Su	9:00am-5:00pm	11/26-11/27	\$150 / \$150	207230.61
Tu/W	9:00am-5:00pm	12/27-12/28	\$150 / \$150	207230.62

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Instructor permission recommended and successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive

Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- » Compete on a dive team
- » Swim 25 yards
- » Forward optional dives (flips)
- » Back and inward dives

» Diving

Introduction to Diving Age 5-12

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

6, 30 minute classes

no class 11/8, 11/24

Tu	5:15-5:45pm	9/13-10/18	\$51 / \$64	204510.20
Tu	5:15-5:45pm	10/25-12/6	\$51 / \$64	204510.21
Th	5:15-5:45pm	9/15-10/20	\$51 / \$64	204510.40
Th	5:15-5:45pm	10/27-12/8	\$51 / \$64	204510.41

Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

6, 45 minute classes

no class 11/8, 11/24

Tu	5:45-6:30pm	9/13-10/18	\$75 / \$94	204610.20
Tu	5:45-6:30pm	10/25-12/6	\$75 / \$94	204610.21
Th	5:45-6:30pm	9/15-10/20	\$75 / \$94	204610.40
Th	5:45-6:30pm	10/27-12/8	\$75 / \$94	204610.41

Diving 2 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 60 minute classes

no class 11/8, 11/24

Tu	6:30-7:30pm	9/13-10/18	\$99 / \$124	204710.20
Tu	6:30-7:30pm	10/25-12/6	\$99 / \$124	204710.21
Th	6:30-7:30pm	9/15-10/20	\$99 / \$124	204710.40
Th	6:30-7:30pm	10/27-12/8	\$99 / \$124	204710.41

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

» Aquatic Fitness

Power Splash Age 16 & up

Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

12, 60 minute classes		no class 11/25		
F	8:00-9:00am	9/16-12/9	\$102 / \$128	208230.50

Therapeutic Water Workout Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled water shoes are strongly recommended.

25, 60 minute classes		no class 11/8, 11/24		
Tu/Th	10:00-11:00am	9/13-12/13	\$206 / \$258	208330.20

Senior Water Aerobics Age 16 & up

Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

12, 60 minute classes		no class 11/25		
F	9:00-10:00am	9/16-12/9	\$102 / \$128	208440.50

25, 60 minute classes		no class 11/7, 11/23		
M/W	9:00-10:00am	9/12-12/12	\$206 / \$258	208440.10

Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled water shoes are strongly recommended.

25, 60 minute classes		no class 11/8, 11/24		
Tu/Th	9:30-10:30am	9/13-12/13	\$206 / \$258	208530.20

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

25, 60 minute classes		no class 11/7, 11/23		
M/W	8:00-9:00am	9/12-12/12	\$206 / \$258	208630.10

Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

11, 60 minute classes		no class 10/8, 11/26		
Sa	8:00-9:00am	9/17-12/10	\$94 / \$118	208730.60

25, 60 minute classes		no class 11/7, 11/8, 11/23, 11/24		
M/W	6:30-7:30pm	9/12-12/12	\$206 / \$258	208730.10
Tu/Th	8:30-9:30am	9/13-12/13	\$206 / \$258	208730.20

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

25, 60 minute classes		no class 11/7, 11/8, 11/23, 11/24		
M/W	7:30-8:30pm	9/12-12/12	\$206 / \$258	208830.10
Tu/Th	7:30-8:30am	9/13-12/13	\$206 / \$258	208830.20

Aqua Zumba Age 16 & up

Make a splash and join our "pool party" workout for all ages! Aqua Zumba is a safe, effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

12, 60 minute classes		no class 11/24		
Th	7:30-8:30am	9/15-12/8	\$102 / \$128	208930.40

“Frieda is a very patient instructor, she makes the class interesting and makes modifications with a smile. She is just wonderful”

- Ruth, Herndon, VA

Staff Promotions In Aquatics



CHRISTINA BOLZMAN is our new Aquatics Program Specialist. Prior to that, she was a swim instructor at the HCC. In 2000, Christina started her career in aquatics but then spent many years doing database management and customer service. Her new job is a happy marriage of the two, and she is excited to have a growing role in the aquatics program at the HCC. Christina wants everyone to enjoy being in the water and looks forward to making that experience as comfortable as possible.

DYLAN EVANS, started teaching at the HCC in 2001 and he has held many different roles; swim instructor, head lifeguard, lifeguard instructor, and swim coach during his time here at HCC. His newest role is Pool Operations Manager, where he is responsible for the pool facility and maintenance, and supervising and training of the lifeguards. He hopes that everyone has a safe time at the pool and enjoys the water as much as he does.

PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

NOR Indicates No Online Registration available.

The Big Downsize Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

15, 60 minute classes no class 10/10

M	6:30-7:30pm	9/12-12/19	\$128 / \$173	220230.10
---	-------------	------------	---------------	-----------

16, 60 minute classes

W	6:30-7:30pm	9/7-12/21	\$136 / \$184	220230.30
---	-------------	-----------	---------------	-----------

Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Participant must bring their own wraps.

15, 60 minute classes no class 11/24

Th	7:40-8:40pm	9/8-12/22	\$128 / \$173	220330.40
----	-------------	-----------	---------------	-----------

NEW!

INTRODUCTION TO BACKPACKING

THURSDAYS 9/8 - 11/3
6:30-7:30AM



AGE 16 & up

Join our personal trainer, an experienced Army Ranger instructor, for backpacking on the W&OD and local trails. Backpacking is an amazing outdoor experience and has recently become popular as one of the best fitness activities for building endurance and strength. Backpacking strengthens key lower body muscles, lower back and shoulders. This moderate intensity course will incorporate backpacking gear, hiking nutrition and safety throughout the sessions.

\$77 / \$104 221230.40 9, 60 minute classes

NEW!

Circuit Breaker Age 16 & up

Amp up your workout in this electrifying, fast-paced circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and aerobics, which target strength building, agility and muscular endurance. Get ready to break a sweat!

15, 60 minute classes no class 10/10

M	5:30-6:30pm	9/12-12/19	\$128 / \$173	220530.10
---	-------------	------------	---------------	-----------

16, 60 minute classes

W	5:30-6:30pm	9/7-12/21	\$136 / \$184	220530.30
---	-------------	-----------	---------------	-----------

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Designed for a small group by our trainers, come mix it up with a total-body circuit.

14, 60 minute classes no class 10/10

M	12:00-1:00pm	9/12-12/19	\$119 / \$161	220730.10
---	--------------	------------	---------------	-----------

15, 60 minute classes no class 11/8, 11/24

Tu	12:00-1:00pm	9/6-12/20	\$136 / \$184	220730.20
Th	12:00-1:00pm	9/8-12/22	\$128 / \$173	220730.40

16, 60 minute classes

W	12:00-1:00pm	9/7-12/21	\$136 / \$184	220730.30
---	--------------	-----------	---------------	-----------

NEW!

Morning Buzz Age 16 & up

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

16, 60 minute classes

W	6:15-7:15am	9/7-12/21	\$136 / \$184	220930.30
---	-------------	-----------	---------------	-----------

14, 60 minute classes no class 11/11, 11/25

F	6:15-7:15am	9/9-12/23	\$119 / \$161	220930.50
---	-------------	-----------	---------------	-----------

NEW!

Beginner Kettlebells Age 16 & up

Kettlebells provide an amazing workout in a relatively short amount of time, but mastering technique and proper form are imperative to reaping the benefits and preventing injury. These strengthen key muscles of the lower body, challenge core and upper body, and are highly effective in improving total-body strength. Because of the high-intensity nature of this style of training, it is a great cardio boost. The beginner class teaches basic kettlebell moves and builds to progressions over the course of the session.

15, 60 minute classes no class 11/24

Th	6:30-7:30pm	9/8-12/22	\$128 / \$173	221431.40
----	-------------	-----------	---------------	-----------

Intermediate Kettlebells Age 16 & up

This class is designed for individuals who are familiar with Kettlebell-specific moves, including swings, cleans and the Turkish Get Up (TGU). The focus will be fine tuning and progressing these moves.

15, 60 minute classes no class 11/24

Th	5:30-6:30pm	9/8-12/22	\$128 / \$173	221430.41
----	-------------	-----------	---------------	-----------

see page 31 for
Hoop Dance class

TRX Suspension Training Age 16 & up

Blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had.

15, 45 minute classes no class 11/8

Tu	7:00-7:45pm	9/6-12/20	\$128 / \$173	222430.20
----	-------------	-----------	---------------	-----------

14, 30 minute classes no class 11/11, 11/25

F	12:30-1:00pm	9/9-12/23	\$105 / \$130	222430.50
---	--------------	-----------	---------------	-----------

Small Group Personal Training for Teachers

Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school.

14, 60 minute classes no class 10/10

M	4:15-5:15pm	9/12-12/19	\$119 / \$161	222530.11
---	-------------	------------	---------------	-----------



16, 60 minute classes

W	4:30-5:30pm	9/7-12/21	\$136 / \$184	222530.32
---	-------------	-----------	---------------	-----------

Cyclist Cross-Training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

15, 60 minute classes no class 11/8

Tu	6:00-7:00pm	9/6-12/20	\$128 / \$173	222850.20
----	-------------	-----------	---------------	-----------

Cross-Training for Runners Age 16 & up

Build strength, speed, and improve your running form in our cross conditioning class specifically designed for runners. Our personal trainer incorporates run-specific resistance training, plyometric drills, flexibility and foam rolling to increase your running efficiency and avoid injury.**Please note, this class does not include running. For run coaching, please see our Turkey Trot Training.

15, 60 minute classes no class 11/8

Tu	6:30-7:30am	9/6-12/20	\$128 / \$173	223230.20
----	-------------	-----------	---------------	-----------

» Active Adult Fitness

Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

15, 45 minute classes no class 11/8

Tu	9:30-10:15am	9/6-12/20	\$90 / \$113	221730.20
----	--------------	-----------	--------------	-----------

Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight

back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

15, 45 minute classes no class 10/10

M	8:30-9:15am	9/12-12/19	\$90 / \$113	221830.10
M	9:30-10:15am	9/12-12/19	\$90 / \$113	221830.11

16, 45 minute classes

W	8:30-9:15am	9/7-12/21	\$96 / \$120	221830.30
W	9:30-10:15am	9/7-12/21	\$96 / \$120	221830.31

Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

15, 45 minute classes no class 10/10

M	9:30-10:15am	9/12-12/19	\$90 / \$113	221940.10
---	--------------	------------	--------------	-----------

16, 45 minute classes no class 11/24

Th	9:30-10:15am	9/8-12/22	\$96 / \$120	221940.40
----	--------------	-----------	--------------	-----------



Friday, September 16 @ 12pm

Age 14 & up

Join the Herndon Community Center fitness team to participate in the **10th Annual RUN@WORK Day**, which encourages adults to get 30 minutes of exercise each day.

To participate, visit the Community Center at 12:00pm on September 16th and run/walk a 1.5 mile or 3 mile course. Log your miles to help us reach our 200 mile goal for the day - and sign the pledge to continue to exercise and be active 30 minutes each day.

This is a FREE event with no registration required.

Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

<p>MORNING:</p> <p>M/W 9-11:30am Tu/Th 9am-12pm</p>	<p>EVENING:</p> <p>M/Tu 5:30-8:15pm W/Th 5-8pm F 5:15-7pm</p>
--	--

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

Be Dedicated



AGE 4 & UP RACE STARTS AT 4:00PM
PACKET PICK-UP 1:30-3:30PM

TURKEY TROT 5K

SATURDAY, NOVEMBER 19

Herndon Parks and Recreation Department is hosting the annual Turkey Trot 5K. Come out and enjoy a trail course 5K with the family! The race will begin at 4:00pm on 11/19. Packet pick-up and race day registration from 1:30pm-3:30pm. Long sleeve Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. T-shirts must be picked up the day of the race. Shirts will not be available after race day.

Prizes to 1st and 2nd place winners in the following age groups: 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. A turkey and all the trimmings will be given to the overall male and female winners.

REGISTRATION

Registration forms will be available online and at the Herndon Community Center in late September.

ONLINE REGISTRATION IS AVAILABLE AT
HERNDON-VA.GOV/RECREATION & ACTIVE.COM.

PRE-REGISTRATION: (Ends 12pm on 11/18)
\$30 and a can of food for donation
257150.60

RACE DAY REGISTRATION:
Adults: \$35 and a can of food for donation

YOUTH AGE 18 & UNDER:
\$20 and a can of food for donation

All food will be donated to **LINK**.

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you - so that you may reach your desired fitness goals!



Jane



Karen



Liz



Tais



Stephen



Jon

3-SESSION STARTER PACK*

*New training clients only

30 minute sessions

3 workouts \$99 / \$150

ONE-ON-ONE PERSONAL TRAINING

30 minute sessions

1 workout \$36 / \$45
6 workouts \$180 / \$225
10 workouts \$244 / \$305

45 minute sessions

1 workout \$47 / \$59
6 workouts \$237 / \$296
10 workouts \$349 / \$436

NEW!

60 minute sessions

1 workout \$64 / \$80
6 workouts \$317 / \$396
10 workouts \$462 / \$578

TWO-ON-ONE PARTNER TRAINING

(Rates are per person)

NEW!

60 minute sessions

1 workout \$34 / \$43
6 workouts \$190 / \$238
10 workouts \$300 / \$375

TURKEY TROT 5K Training

TUESDAYS 9/6-11/15
6:00-7:15PM \$148/\$190

Whether you're looking to finish your first 5k race, or improve on your personal best time, this training program will help you achieve your goal. Meet with a running coach weekly to work on running technique, building endurance, proper form, and strength gain. This class meets outdoors, please dress accordingly. Race Registration for the 2016 Turkey Trot included in cost of program. **AGE 14 & UP** 227230.20



AGE 16 & up*

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30pm	W 5:00-6:00pm
M 6:45-7:45pm	W 7:10-8:10pm
Tu 6:00-7:00am	Th 6:00-7:00am
Tu 5:30-6:30pm	Th 5:30-6:30pm*
Tu 11:00am-12:00pm	F 5:30-6:30pm
Tu 7:50-8:50pm	Sa 11:30am-12:30pm*

*This class is for age 12 & up with parent supervision.

No class 9/30, 10/8, 10/28, 11/8, 11/24, 11/25, 12/10



AGE 16 & up

BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

M	6:40-7:40pm
Tu	6:40-7:40pm
W	6:00-7:00pm
Th	6:40-7:40pm
Sa	10:15-11:15am

No class 10/8, 11/8, 11/24, 11/25, 12/10



FRIDAY, OCTOBER 21
7:30-9:00PM

AGE 16 & up

Join us as we go 80's old skool. Come in your best 80's outfit and dance with the most excellent instructors to some rad 80's tunes! Costume Prizes, Refreshments, Door Prizes. **Totally!**

226830.50

Register early and get discounted admission. Price goes up to \$15 at the door.

NEW!



AGE 16 & up

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple, so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Tu/Th	5:30-6:30pm
W	7:00-8:00am
Su	9:00-10:00am

No class 9/18, 10/9, 11/24, 12/4

FALL 2016 DROP-IN EXERCISE CLASS SCHEDULE

MON.		Body Blaster Circuit 9:10-10:10am Jane N		 5:30-6:30pm Mary Jo	 6:40-7:40pm Mary Jo	 6:45-7:45pm Lauren	
TUE.	 6:00-7:00am Carol	Cardio-Sculpt Interval 9:30-10:30am Katie	 11:00am-12:00pm Terlene	Ab Express 12:15-1:00pm Katie	 5:30-6:30pm Stephanie	 6:40-7:40pm Colette	 7:50-8:50pm Veronica
WED.	 7:00-8:00am TBD	Body Blaster 9:10-10:10am Jane N			 5:00-6:00pm Mary Jo	 6:00-7:00pm Stephanie	 7:10-8:10pm Molly
THR.	 6:00-7:00am Carol	 7:30-8:30am Dana**	Cardio-Sculpt Interval 9:30-10:30am Katie	Ab Express 12:15-1:00pm Katie	 5:30-6:30pm TBD	 6:40-7:40pm Lendys	 5:30-6:30pm Lendys
FRI.		Fit-Mix 9:10-10:10am Katie			 5:30-6:30pm Lauren	» Instructors listed available at time of distribution may change during the season. » Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.	
SAT.		 10:15-11:15am Colette	 11:30am-12:30pm Dana/Veronica/ TBD	See page 33 for details on becoming a pass holder. » Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. » Some classes may reach capacity or have limited specialty equipment available. » Please consult your doctor prior to starting any exercise program. » Drop-In Exercise classes are designed for age 16 & up. » Please do not enter a class if arriving more than ten minutes past the scheduled start time. » Please see our website for up-to-date schedules. **AQUA ZUMBA® Class Requires Pre-Registration			
SUN.	 5:30-6:30pm Zack	Schedule Effective from Tuesday, September 6 - Sunday, December 18					

» DROP-IN

Ab Express Age 16 & up

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

No class 11/8, 11/24 Tu/Th 12:15-1:00pm

Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body. M/W 9:10-10:10am

Cardio/Sculpt Interval (CSI) Age 16 & up

Cardio and strength cross-training combined get your heart and muscles pumping. Sculpt will incorporate the use of free weights, tubing and stability balls, and cardio will maximize calorie burn. No class 11/8, 11/24 Tu/Th 9:30-10:30am

Fit-Mix Age 16 & up

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind. F 9:10am-10:10am

Zumba Gold Age 16 & up

Zumba Gold is ideal for active adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! No class 11/8 Tu 11:00am-12:00pm

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

» Wellness

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 60 minute classes no class 10/10, 11/23

M	2:30-3:30pm	9/12-12/5	\$98 / \$128	230040.10
W	2:30-3:30pm	9/14-12/7	\$98 / \$128	230040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 90 minute classes no class 10/10, 11/24

M	7:00-8:30pm	9/12-12/5	\$112 / \$144	230130.10
Th	7:00-8:30pm	9/15-12/8	\$112 / \$144	230130.40

Hatha Yoga Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

12, 90 minute classes no class 10/9, 11/27

Su	1:00-2:30pm	9/11-12/11	\$112 / \$144	230330.00
----	-------------	------------	---------------	-----------

Hatha Yoga for Kids Age 5-15

This children's class, designed for age 5-15, is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

12, 45 minute classes no class 10/9, 11/27

Su	2:45-3:30pm	9/11-12/11	\$88 / \$112	230430.00
----	-------------	------------	--------------	-----------

Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

12, 60 minute classes no class 10/28, 11/25

F	11:30am-12:30pm	9/16-12/16	\$98 / \$128	231030.50
---	-----------------	------------	--------------	-----------

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 60 minute classes no class 10/8, 11/23, 11/26

W	10:30-11:30am	9/14-12/7	\$98 / \$128	231130.30
Sa	9:00-10:00am	9/17-12/17	\$98 / \$128	231130.60

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 60 minute classes no class 10/10, 11/8

M	8:15-9:15pm	9/12-12/5	\$112 / \$144	231131.10
Tu	8:15-9:15pm	9/13-12/6	\$112 / \$144	231131.20

Tai Chi & Qi-Gong Age 16 & up

Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week, participants will learn about the 8 pieces of Brocade (BaDuanJin), which is a popular form of Chinese medical Qi-gong. These breathing exercises will warm-up the body for the tai-chi practice. During the tai-chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

12, 60 minute classes no class 10/28, 11/25

F	10:15-11:15am	9/16-12/16	\$173 / \$216	231330.50
---	---------------	------------	---------------	-----------

Yoga for Stress Age 16 & up

This restorative yoga class will introduce participants to the healing components of a yoga practice. We each have everyday stressors that constantly wear us down mentally, physically and spiritually. Come every week to a class that will teach you the skills to deal with these everyday stressors. You will learn breathing techniques, meditation and bodywork that will help you to become more knowledgeable about where and how you hold stress in your body. Each week during the session, come and learn how to relax into the awareness of the present moment and to let go of the judging thoughts which affect your body and your emotions. Senior discount does not apply.

12, 60 minute classes no class 10/28, 11/25

F	9:00-10:00am	9/16-12/16	\$173 / \$216	231331.50
---	--------------	------------	---------------	-----------

"I am in better physical, emotional, mental, and spiritual condition because of my fitness class."

- Meredith, Herndon, VA

Spotlight on an Amazing Customer



The benefits of parks and recreation related programs have had a lifelong impact on Scott Bozek. Growing up in New England he longed to swim at the local YMCA. He quickly learned that if he took a fencing class at the YMCA, the instructor would allow him the opportunity to swim in the pool. His fencing skills excelled and he learned from a great coach. All his hard work paid off as he competed in the 1972 & 1976 Olympics. In addition to his two Olympic appearances, Bozek competed at the 1971 & 1975 Pan American Games, winning gold medals both years in team fencing and a silver medal in 1971 in individual fencing. He was the US Champion in fencing in 1973 and 1975.

Flash forward, after living in Herndon since 1978, serving in the Foreign Service, traveling the world, Bozek has retired and once again is enjoying the benefits of parks and recreation programs. He has worked on improving his health and balance by attending our Tai Chi class for the past couple of years. He enjoys the sport of Tai Chi because he doesn't miss getting hit with a sword. The Tai Chi class is a nice moving meditation and exercise. Once again he enjoys the support of an outstanding teacher, Grace Tsai Tsuyuki. Scott said, "Grace is a great teacher and this class keeps me connected to the Herndon community."



Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday-Friday | 6-7:15am



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Classes are held indoors in the event of inclement weather.

Other locations: Check our updated listing on www.FIResults.com or call 1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!

Fall 2016 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm				11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:00-10:00pm	7:00-10:00pm		7:45-10:00pm	

Friday evening open gym may be canceled for events.
Youth = Age 17 & under and Teen = Age 13-17.
This schedule is subject to change - check monthly schedule.

- Adult Open Gym
- Adult Basketball
- Adult Volleyball
- Adult Badminton
- Teen Open Gym
- Youth Open Gym

Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager at 703-435-6800 x2116 for more details.

MARTIAL ARTS

Be Centered

Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including: kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

11, 30 minute classes no class 9/30, 10/28, 11/25

F	6:00-6:30pm	9/16-12/16	\$105 / \$131	272000.50
F	6:30-7:00pm	9/16-12/16	\$105 / \$131	272000.51

12, 30 minute classes no class 11/26

Sa	1:40-2:10pm	9/17-12/10	\$115 / \$144	272000.60
----	-------------	------------	---------------	-----------

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 60 minute classes no class 11/23

W	6:00-7:00pm	9/14-12/7	\$79 / \$99	272110.40
---	-------------	-----------	-------------	-----------

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

11, 60 minute classes no class 9/30, 10/28, 11/25

F	7:05-8:05pm	9/16-12/16	\$61 / \$76	272250.50
---	-------------	------------	-------------	-----------



Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact tim.lander@herndon-va.gov

12, 60 minute classes no class 10/9, 11/27, 12/4

Su	10:00-11:00am	9/11-12/18	\$44 / \$55	272450.01
----	---------------	------------	-------------	-----------

Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class, teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

11, 90 minute classes no class 9/30, 10/28, 11/25,

F	8:15-9:45pm	9/16-12/16	\$58 / \$72	272550.51
---	-------------	------------	-------------	-----------

12, 90 minute classes no class 10/9, 11/23, 11/27, 12/4

W	8:20-9:50pm	9/14-12/7	\$63 / \$79	272550.30
Su	11:15am-12:45pm	9/11-12/18	\$63 / \$79	272550.70

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, and is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

12, 60 minute classes no class 10/9, 11/27, 12/4

Su	10:00-11:00am	9/11-12/18	\$44 / \$55	272650.01
----	---------------	------------	-------------	-----------

Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour classes no class 10/9, 11/27, 12/4

Su	4:00-6:00pm	9/11-12/18	\$115 / \$144	272750.70
----	-------------	------------	---------------	-----------

Birthday Parties

at the Herndon Community Center

Celebrating Made Easy!

Call to Schedule your Party TODAY!

703-787-7300

Land - Pool Party Packages Available

All parties offer 75 minutes of an activity and an hour in the party room.



Kiddie Play Zone Age 1-5

Bring your toddler and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym. Parents supervise their own children. **\$5 drop-in fee.**

12, 60 minute classes no class 11/23

W	10:30-11:30am	10/5-12/14	\$40	269800.30
---	---------------	------------	------	-----------

Gymnastics Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute classes no class 10/8, 10/31, 11/8, 11/24, 11/26

M	9:30-10:15am	9/12-12/5	\$84 / \$105	270000.10
Tu	9:30-10:15am	9/13-12/6	\$84 / \$105	270000.20
Th	9:30-10:15am	9/15-12/8	\$84 / \$105	270000.40
Sa	9:00-9:45am	9/17-12/17	\$84 / \$105	270000.60

Munchkateers 1 Age 3-4

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

12, 45 minute classes no class 10/8, 10/31, 11/8, 11/24, 11/26

M	10:30-11:15am	9/12-12/5	\$84 / \$105	270100.10
Tu	10:30-11:15am	9/13-12/6	\$84 / \$105	270100.20
Th	10:30-11:15am	9/15-12/8	\$84 / \$105	270100.40
Sa	10:00-10:45am	9/17-12/17	\$84 / \$105	270100.60

Munchkateers 2 Age 4-6

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

12, 45 minute classes no class 10/8, 10/31, 11/8, 11/24, 11/26

M	11:30am-12:15pm	9/12-12/5	\$84 / \$105	270200.10
Tu	11:30am-12:15pm	9/13-12/6	\$84 / \$105	270200.20
Th	11:30am-12:15pm	9/15-12/8	\$84 / \$105	270200.40
Sa	11:00-11:45am	9/17-12/17	\$84 / \$105	270200.60

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

12, 45 minute classes no class 10/8, 10/31, 11/24, 11/26

M	5:30-6:15pm	9/12-12/5	\$84 / \$105	270310.10
Th	4:45-5:30pm	9/15-12/8	\$84 / \$105	270310.40
Sa	12:00-12:45pm	9/17-12/17	\$84 / \$105	270310.60

Level 1 Age 6-13

No experience necessary but must be able to learn gymnastics terminology, demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

12, 90 minute classes no class 10/8, 10/31, 11/24, 11/26

M	6:30-8:00pm	9/12-12/5	\$126 / \$158	270410.10
Th	5:30-7:00pm	9/15-12/8	\$126 / \$158	270410.40
Sa	1:00-2:30pm	9/17-12/17	\$126 / \$158	270410.60

Level 2 Age 6-13

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

12, 90 minute classes no class 10/8, 11/8, 11/24, 11/26

Tu	5:00-6:30pm	9/13-12/6	\$126 / \$158	270510.20
Th	7:00-8:30pm	9/15-12/8	\$126 / \$158	270510.40
Sa	2:45-4:15pm	9/17-12/17	\$126 / \$158	270510.60

Level 3 Age 6-13

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

12, 90 minute classes no class 10/8, 11/8, 11/26

Tu	6:30-8:00pm	9/13-12/6	\$126 / \$158	270610.20
Sa	2:45-4:15pm	9/17-12/17	\$126 / \$158	270610.60

Beginner Cheerleading Age 5-10

This class is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

12, 45 minute classes no class 10/31

M	4:45-5:30pm	9/12-12/5	\$84 / \$105	270911.10
---	-------------	-----------	--------------	-----------

“Thank you, thank you for consistently providing great gymnastics programs at a reasonable cost. We have been coming to HCC for gymnastics for years and love it. Thank you!”

- Allison, Herndon, VA

DANCE

Be Graceful

Story Time Pre-Ballet Age 4-6

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes of class, then the last 20 minutes of class we will exercise your child's imagination by reading a short story, equipping each child with a related prop and choosing special music to go with each story. Dance performance held the last day of class for parents.

12, 60 minute classes no class 11/24

Th	12:00-1:00pm	9/15-12/8	\$87 / \$109	241011.41
----	--------------	-----------	--------------	-----------

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with their child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes no class 10/8, 10/31, 11/23, 11/26

M	10:00-10:45am	9/12-12/5	\$87 / \$109	241100.11
W	10:00-10:45am	9/14-12/7	\$87 / \$109	241100.31
Sa	9:30-10:15am	9/10-12/10	\$87 / \$109	241100.61

"I loved watching how much I saw my daughter's confidence grow through her dance classes."

- Lisa, Reston, VA

Ballet Age 3-5

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute classes no class 10/8, 11/23, 11/24, 11/26

Beginner

W	11:00-11:45am	9/14-11/30	\$87 / \$109	241210.31
Sa	10:15-11:00am	9/10-12/10	\$87 / \$109	241210.61
Sa	1:30-2:15pm	9/10-12/10	\$87 / \$109	241210.62

Intermediate

Sa	11:00-11:45am	9/10-12/10	\$87 / \$109	241210.64
----	---------------	------------	--------------	-----------

Intermediate/Advanced

W	2:00-2:45pm	9/14-11/30	\$87 / \$109	241210.33
Th	11:00-11:45am	9/15-12/8	\$87 / \$109	241210.41

Advanced

Sa	11:45am-12:30pm	9/10-12/10	\$87 / \$109	241210.65
----	-----------------	------------	--------------	-----------



Ballet/Tap/Jazz Age 5-8

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes no class 10/8 & 11/26

Beginning/Intermediate Age 5-8

Sa	2:15-3:15pm	9/10-12/10	\$87 / \$109	242610.61
----	-------------	------------	--------------	-----------

Intermediate/Advanced Age 8-12

Sa	3:15-4:15pm	9/10-12/10	\$87 / \$109	242610.62
----	-------------	------------	--------------	-----------

Combination Dance

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

12, 60 minute classes no class 10/8, 10/31, 11/24, 11/26

Beginner Age 3-5

M	11:00am-12:00pm	9/12-12/5	\$87 / \$109	244210.11
Th	10:00-11:00am	9/15-12/8	\$87 / \$109	244210.41
Sa	12:30-1:30pm	9/10-12/10	\$87 / \$109	244210.61

Beginner/Intermediate Age 5-8

M	4:30-5:30pm	9/12-12/5	\$87 / \$109	244210.13
---	-------------	-----------	--------------	-----------

Intermediate/Advanced Age 4-6

M	1:00-2:00pm	9/12-12/5	\$87 / \$109	244210.12
---	-------------	-----------	--------------	-----------

Hip-Hop

Fun and upbeat style of dance focusing on coordination and strength. Hip Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes no class 10/31, 11/23, 11/24

Beginner Age 4-6

Th	4:30-5:30pm	9/15-12/8	\$87 / \$109	245310.41
----	-------------	-----------	--------------	-----------

Intermediate Age 6-8

M	5:30-6:30pm	9/12-12/5	\$87 / \$109	245310.11
Th	5:30-6:30pm	9/15-12/8	\$87 / \$109	245310.42

Intermediate Advanced Age 8-12

W	5:00-6:00pm	9/14-11/30	\$87 / \$109	245310.31
---	-------------	------------	--------------	-----------

See page 29 for Winter Dance Camps

“It was great to see the smile on Amy's face during the "recital" she was so proud of what she learned!”

- Kari, Herndon, VA

» Adult

Swing Dance Age 16 & up
Learn to jump, jive and wail by learning the triple and single East Coast swing. No experience needed.

12, 60 minute classes		no class 11/23		
W	6:00-7:00pm	9/14-11/30	\$87 / \$109	241130.31

Dancercise Age 16 & up
Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 60 minute classes		no class 10/31 & 11/23		
M/W	12:00-1:00pm	9/12-12/7	\$174 / \$218	244030.11

Adult Ballet Technique Age 16 & up
You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 90 minute classes		no class 11/24		
Th	6:30-8:00pm	9/15-12/8	\$134 / \$168	241230.41

Dance Survival Class Age 16 & up
Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover the novelty dances Macarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!

12, 60 minute classes		no class 11/23		
W	7:00-8:00pm	9/14-12/7	\$87 / \$109	241231.31



Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen.

Call 703-787-7300 for information, or to arrange a tour of our facilities.



Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible citizens, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x 2107 for more information or contact the Herndon Community Center for assistance.

HCC Admission Specials

\$2 TUESDAYS (for seniors 65+) All Day | **\$5** FRIDAYS (from 12:00-9:30pm) All Ages

KIDS AT HOPE *Movie Night*

“The Iron Giant”

Saturday, September 24

7:00-9:30pm on the HMC Lawn*

Herndon is a Kids at Hope Community,
believing & practicing that

**“ALL CHILDREN ARE CAPABLE OF
SUCCESS... NO EXCEPTIONS”**



Bring family and friends together,
discover and explore the **Kids At
Hope philosophy** and enjoy
The Iron Giant (PG) movie on the
HMC Lawn at sundown, complete with
free popcorn. Food will also be for sale.

To volunteer, sign up at
<http://tinyurl.com/HerndonMovieNight>

*This is not a drop-off event; parents are
expected to supervise their children.*

**In the event of rain, the movie will be shown
in the Herndon Community Center gym.*

All Ages
\$2 PER PERSON
252000.60



Homecoming Parade

“Music Through the Decades—the 20s to Today”

Saturday, October 15 9:30am

You're sure to love the Herndon Homecoming parade, featuring floats
from student organizations, local businesses, as well as special guests.
Don't miss out! Bring a chair and support the Hornets
in Downtown Herndon along Elden Street.

Call Kimmie @ 703-435-6800 x2119
to participate in the parade or to volunteer.

Herndon Parks & Recreation

HERNDOG

HERNDON'S EVENT FOR PET LOVERS!

BARK BASH

FREE ADMISSION

SUNDAY, OCTOBER 2

12:00-3:00pm

AT BREADY PARK

Three hours of four-legged fun.
Entry to **HERNDOG BARK BASH**
is free but fees may apply to
some activities, services or
to purchase vendor products.
Friendly, leashed and vaccinated
dogs (and their owners)
are welcome.

Competitions, off-leash area,
and dog-themed vendors will
offer plenty of fun for dogs and
their families!

If you would like to **volunteer**,
be an **event sponsor** or
participate as a **vendor**, please
email Tim Lander at
tim.lander@herndon-va.gov
or call 703-435-6800 x2106.



Spooktacular

FRIDAY, OCTOBER 28

6:30-7:30PM GAMES & CRAFTS

7:30-8:00PM SHOW

Enjoy ghoulish games, a spooky craft and a children's show. Fee covers all activities, show and a treat bag. Dinner on your own.



\$10*

***\$10** in advance through **October 27,**

***\$15** on the day of the event per child.

AGES 3-8
250000.50

PARENTS MUST ACCOMPANY CHILDREN AT THIS EVENT.



ROCKNOCEROS

age 1+

\$4*

248000.11

Children's Performing Arts

MONDAY, NOVEMBER 7
10:30-11:15am

***\$4** in advance/**\$5** at the door; children under the age of one are free. Please print your receipt to use as your ticket.

Holiday Homes Tour of Herndon

Saturday, December 3
10:00am-4:00pm

Local homes will be dressed up for the holidays. Local community organizations sponsor each home.

Tickets are \$15 & \$20 after December 1. Tickets can be purchased in-person at Herndon Florist, Herndon Community Center, or online by visiting facebook.com/HolidayHomestour

Herndon Holiday Arts & Crafts Show

Sunday, December 4
10:00am-4:00pm

Held at the Herndon Community Center.

Over 80 vendors. Unique gifts, holiday decorations and homemade items.

Free Admission and Parking

A Storybook Holiday

'Twas the Night Before Christmas

Saturday, December 17
10:00-11:30am

10:00am Crafts

10:30am Story Teller

10:45am Santa Arrives

AGE 3-8. Bring your child to enjoy some holiday fun. Cost includes craft projects, a visit with Santa and a reading of a holiday story by a special guest. **Tickets are \$9.**

250200.60

Herndon



FARM to TABLE

Sunday, September 18

5:00pm

HMC Green, 777 Lynn St.

You are invited to join Herndon's first Farm to Table Dinner. A special and unique culinary event **on the green**, featuring the freshest products from *local farms*, crafted into a delicious, *multi-course meal* by Herndon chefs. As you arrive, mingle and enjoy a beverage and passed *hors d'oeuvres*. Later, dinner, paired with *Virginia wine*, is served in a combination of **family style** and French service. Entertainment throughout the evening compliments this elegantly *rustic* experience.

In the event of too much rain, the event will be moved to the HCC gym.

Hosted by Herndon Parks and Recreation Department and Amphora Restaurant with proceeds to benefit LINK.

Limited tickets. \$100/person.

Tickets can be purchased at the Herndon Community Center. Call 703-787-7300 for more information.

RATTLERS' WRESTLING

Grades 1st - 8th : COED

Registration deadline: November 15, 2016
Each wrestler must register separately with USA Wrestling to participate.

Rattlers' wrestling is a way to introduce youngsters to the sport of wrestling and prepare them for high school wrestling. The program will focus on: **Skill development, sportsmanship, teamwork, fitness, and FUN!** Kids will improve their balance and coordination along with their strength, agility, speed and mental toughness. In addition, it is one of the best cross-training sports for other athletic activities. Kids are paired with classmates of similar size, age and ability. **Informational parent meeting is held in November at the Herndon Community Center.**



PRACTICE SCHEDULE

Held at South Lakes High School

Schedule subject to change.

GRADES 1ST - 3RD

Tuesday 6:00-7:30pm 11/15-2/22
Wednesday 6:00-7:15pm 11/16-2/22
\$95 / \$119 275110.10

GRADES 4TH - 8TH

Monday 6:00-7:30pm 11/14-2/20
Wednesday 7:15-8:15pm 11/16-2/22
\$95 / \$119 275110.11

Regular season competitions take place early December - February on Saturdays. the end of the season regional competition takes place on Saturday & Sunday.

USA WRESTLING MEMBERSHIP

USA Wrestling Membership registration fee is **NOT** included. The cost is \$15 for the Virginia Limited Folkstyle Athlete Membership at usawmembership.com to renew or join. All returning wrestlers **MUST RENEW** their USA Wrestling Membership which expires 8/31/16. To renew you will need your USA Wrestling ID number. Includes Northern Virginia Wrestling Federation fee, t-shirt, and awards.

Parent(s) are required to volunteer at four regular season meets as well as the regional meet.

Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 2-3

8, 30 minute classes no class 10/8

Sa	9:55-10:25am	9/17-11/12	\$53 / \$66	273000.53
Sa	10:30-11:00am	9/17-11/12	\$53 / \$66	273000.54
Sa	11:10-11:40am	9/17-11/12	\$53 / \$66	273000.55

Age 4-5

8, 30 minute classes no class 10/8

Sa	9:20-9:50am	9/17-11/12	\$53 / \$66	273000.52
----	-------------	------------	-------------	-----------

Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes no class 10/8

Sa	11:45am-12:30pm	9/17-11/12	\$75 / \$94	273110.50
----	-----------------	------------	-------------	-----------

“Coach Jeff was amazing. He really engaged the kids and just adapted when they didn't want to do exactly as instructed because of their age. He made it fun and was very creative with games. I would recommend him hands down.”

- Laurie, Sterling, VA

Fit, Play, Learn Age 6-18

This class is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

7, 60 minute classes no class 10/8, 11/8, 11/23, 11/24

Tu	1:30-2:30pm	9/6-10/18	\$47 / \$59	274010.20
W	1:30-2:30pm	9/7-10/19	\$47 / \$59	274010.30
Th	1:30-2:30pm	9/8-10/20	\$47 / \$59	274010.40
Tu	1:30-2:30pm	10/25-12/13	\$47 / \$59	274010.21
W	1:30-2:30pm	10/26-12/14	\$47 / \$59	274010.31
Th	1:30-2:30pm	10/27-12/15	\$47 / \$59	274010.41

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes no class 9/30, 10/28

F	6:30-7:30pm	9/16-11/18	\$80 / \$100	276010.60
---	-------------	------------	--------------	-----------

Racquetball League Age 18 & Up

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to be used during the regular season. Registration deadline is Friday, September 9. First week of play begins on Sunday, September 18th. League director reserves the right to combine divisions if necessary. For more information, please call 703-435-6800 ext. 2109.

Advanced Division

Su	9/18-12/18	\$60 / \$75	278030.10	141310.61
----	------------	-------------	-----------	-----------

Intermediate Division

Su	9/18-12/18	\$60 / \$75	278030.20	141610.62
----	------------	-------------	-----------	-----------

NEW!

Ignite First Step Football Age 5-11

This program is designed to teach and develop the fundamentals of the game and provides a safe place for players to enhance motor skills, strengthen listening skills and build confidence. Players are introduced to flag football through drills, unique games and active play. Perfect for any child ages 5-11 years, regardless of sports experience.

8, 45 minute classes no class 10/9

Age 5-7

Su	1:30-2:15pm	9/18-11/13	\$75 / \$94	273200.01
----	-------------	------------	-------------	-----------

Age 8-11

Su	2:20-3:05pm	9/18-11/13	\$75 / \$94	273200.02
----	-------------	------------	-------------	-----------

**HERNDON
KIDS
TRIATHLON**
FREE CLINIC

**Sunday,
August 28
9:00-10:00am**

**AGE 6-16
257000.10**

Join us for a pre-race meeting.
We will walk through the race course, provide safety and training information. If you have any questions about the clinic or the race please contact thomas.schoenauer@herndon-va.gov.

VOLUNTEERS NEEDED!

Course Marshals, Registration, Check-In, Finish Line, Support Intersection, Crossing Marshals

**Please register at
<http://tinyurl.com/HerndonTri>**

Ask About Programs

Please call Suzanna Swalboski, Tennis Manager at 703-435-6800 x2110 for information on classes and programs.

ALL STUDENTS MUST PROVIDE THEIR OWN RACQUET AND WEAR TENNIS SHOES. ALL YOUTH CLASSES WILL EMPHASIZE TENNIS FUNDAMENTALS.

» Youth

For all youth classes that apply, the Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

Pee Wee Age 4-5

8, 30 minute classes		no class 10/8		
Tu/Th	4:30-5:00pm	9/13-10/6	\$52 / \$65	271000.21
Sa	8:30-9:00am	9/10-11/5	\$52 / \$65	271000.60

Beginner 1.0-1.5 Age 6-15

8, 45 minute classes no class 10/8

Age 6-8				
M/W	5:00-5:45pm	9/12-10/5	\$72 / \$90	271110.10
Tu/Th	5:00-5:45pm	9/13-10/6	\$72 / \$90	271110.20
Sa	9:00-9:45am	9/10-11/5	\$72 / \$90	271110.60

8, 60 minute classes no class 10/8

Age 9-15				
Tu/Th	6:00-7:00pm	9/13-10/6	\$72 / \$90	271210.20
Sa	11:00am-12:00pm	9/10-11/5	\$72 / \$90	271210.60

Advanced Beginner 2.0-2.5 Age 6-15

8, 45 minute classes no class 10/8

Age 6-8				
M/W	5:00-5:45pm	9/12-10/5	\$72 / \$90	271111.10
Tu/Th	5:00-5:45pm	9/13-10/6	\$72 / \$90	271111.20
Sa	10:00-10:45am	9/10-11/5	\$72 / \$90	271111.60

8, 60 minute classes no class 10/8

Age 9-15				
M/W	6:00-7:00pm	9/12-10/5	\$72 / \$90	271211.10
Tu/Th	6:00-7:00pm	9/13-10/6	\$72 / \$90	271211.20
Sa	10:00-11:00am	9/10-11/5	\$72 / \$90	271211.60

Intermediate 3.0-3.5 Age 11-15

8, 60 minute classes no class 10/8

M/W	7:00-8:00pm	9/12-10/5	\$72 / \$90	271213.10
Sa	11:00am-12:00pm	9/10-11/5	\$72 / \$90	271213.60

Advanced 4.0 Age 12-15

8, 60 minute classes				
Tu/Th	7:00-8:00pm	9/13-10/6	\$72 / \$90	271214.20

High School Level Age 14-17

8, 60 minute classes		no class 10/8		
Sa	12:00-1:00pm	9/10-11/5	\$72 / \$90	271315.20

» Adult

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes				
Sa	8:00-9:00am	9/10-11/5	\$77 / \$96	271530.60
M/W	6:00-7:00pm	9/12-10/5	\$77 / \$96	271530.10

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes		no class 10/8		
M/W	7:00-8:00pm	9/12-10/5	\$77 / \$96	271531.10
Sa	9:00-10:00am	9/10-11/5	\$77 / \$96	271531.60

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes		no class 10/8		
M/W	8:00-9:00pm	9/12-10/5	\$77 / \$96	271532.10
Sa	10:00-11:00am	9/10-11/5	\$77 / \$96	271532.60

Advanced 4.0 Age 16 & up

8, 60 minute classes				
Tu/Th	7:00-8:00pm	9/13-10/6	\$77 / \$96	271533.10
Tu/Th	8:00-9:00pm	9/13-10/6	\$77 / \$96	271533.11

Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

Mission Statement

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.

» Youth Singles Tournaments

Round Robin format, followed by single elimination in semis and finals. Must register five days before the tournament starts.

Age 10-12

Boys

F-Su	8:30am-1:30pm	11/25-11/27	\$50 / \$50	299250.51
------	---------------	-------------	-------------	-----------

Girls

F-Su	1:30-6:00pm	11/25-11/27	\$50 / \$50	299250.52
------	-------------	-------------	-------------	-----------

Age 12-15

Boys

M-W	8:30am-1:30pm	12/26-12/28	\$50 / \$50	299250.41
-----	---------------	-------------	-------------	-----------

Girls

M-W	1:30-6pm	12/26-12/28	\$50 / \$50	299250.44
-----	----------	-------------	-------------	-----------

Age 15-19

Boys

Th-Sa	8:30am-1:30pm	12/29-12/31	\$50 / \$50	299250.42
-------	---------------	-------------	-------------	-----------

Girls

Th-Sa	1:30-6:00pm	12/29-12/31	\$50 / \$50	299250.43
-------	-------------	-------------	-------------	-----------

Indoor Tennis 2016-17

Tennis Bubble Hours:

Monday - Friday: 6:30am-10:30pm;
Saturday & Sunday: 7:00am-10:00pm
Open Monday, September 19, 2016 -
Sunday, April 16, 2017

Court cost is per hour

CONTRACT TIME RANDOM TIME*

Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

Additional Information

The 2016-2017 season has limited contract time still available.

Seasonal Contract Rates are applicable only when the contract period is taken for the full season. For more information, contact parksandrec@herndon-va.gov. The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

Contract request forms are available at the HCC, on our website, or request one via email Suzanna.swalboski@herndon-va.gov.

INDOOR TENNIS

» Youth

Pee Wee Age 4-5

Beginning tennis fundamentals. Student should come with own tennis racquet and wear tennis shoes.

8, 30 minute classes no class 11/21, 11/23, 11/24, 11/26

M	4:30-5:00pm	10/17-12/12	\$49 / \$58	291200.11
W	4:30-5:00pm	10/19-12/14	\$49 / \$58	291200.31
Th	4:30-5:00pm	10/20-12/15	\$49 / \$58	291200.41
Sa	8:30-9:00am	10/15-12/10	\$49 / \$58	291200.61

Beginner 1.0-1.5 Age 6-15

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

8, 60 minute classes no class 11/24, 11/26

Age 6-8

Th	5:00-6:00pm	10/20-12/15	\$88 / \$104	292310.41
Sa	9:00-10:00am	10/15-12/10	\$88 / \$104	292310.61

8, 60 minute classes no class 11/26

Age 9-11

Sa	10:00-11:00am	10/15-12/10	\$88 / \$104	292410.61
----	---------------	-------------	--------------	-----------

9, 60 minute classes no class 11/26

Age 12-15

Sa	11:00am-12:00pm	10/15-12/10	\$88 / \$104	292510.61
----	-----------------	-------------	--------------	-----------



Advanced Beginner 2.0-2.5 Age 6-15

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

8, 60 minute classes no class 11/22, 11/25, 11/26

Age 6-8

Tu	4:00-5:00pm	10/18-12/13	\$88 / \$104	293110.21
F	5:00-6:00pm	10/14-12/9	\$88 / \$104	293110.51
Sa	9:00-10:00am	10/15-12/10	\$88 / \$104	293110.61

8, 60 minute classes no class 11/22, 11/26

Age 9-11

Tu	5:00-6:00pm	10/18-12/13	\$88 / \$104	293210.21
Sa	10:00-11:00am	10/15-12/10	\$88 / \$104	293210.61

8, 60 minute classes no class 11/26

Age 12-15

M	3:30-4:30pm	10/17-12/12	\$88 / \$104	293320.11
Sa	11:00am-12:00pm	10/15-12/10	\$88 / \$104	293320.61

INDOOR TENNIS

Intermediate 3.0-3.5 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season or prior seasons may enroll without a tryout.

8, 60 minute classes no class 11/23, 11/25, 11/26

W	5:00-6:00pm	10/19-12/14	\$88 / \$104	293520.31
F	4:00-5:00pm	10/14-12/9	\$88 / \$104	293520.51
Sa	12:00-1:00pm	10/15-12/10	\$88 / \$104	293520.61

Advanced 4.0 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

8, 60 minute classes no class 11/26

Sa	1:00-2:00pm	10/15-12/10	\$88 / \$104	293620.61
----	-------------	-------------	--------------	-----------

High School Age 14-18

For students already on their high school team or about to try out and already competing in tournament play.

8, 60 minute classes

M	5:00-6:00pm	10/17-12/12	\$88 / \$104	292320.10
W/F	3:30-4:30pm	10/5-10/28	\$88 / \$104	292320.31

» Adult

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play. Read NTRP Ratings for class level details.

Beginner 1.0-1.5 Age 16 & up

All students must provide their own racquet and wear tennis shoes.

8, 60 minute classes no class 11/26

M	9:00-10:00am	10/17-12/12	\$90 / \$120	294030.11
Sa	9:00-10:00am	10/15-12/10	\$90 / \$120	294030.61

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes no class 11/24, 11/25, 11/26

Th	1:00-2:00pm	10/13-12/8	\$90 / \$120	294130.41
F	9:00-10:00am	10/14-12/9	\$90 / \$120	294130.51
Sa	10:00-11:00am	10/15-12/10	\$90 / \$120	294130.61

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes no class 11/26

Sa	11:00am-12:00pm	10/15-12/10	\$90 / \$120	294230.61
----	-----------------	-------------	--------------	-----------

Senior Classes 3.0-3.5 Age 50 & up

8, 60 minute classes

M/W	1:00-2:00pm	10/3-10/26	\$90 / \$120	294231.11
W/F	12:30-1:30pm	10/5-10/28	\$90 / \$120	294231.31

Advanced 4.0 Age 16 & up

8, 60 minute classes no class 11/26

Sa	12:00-1:00pm	10/15-12/10	\$90 / \$120	294330.61
----	--------------	-------------	--------------	-----------

Senior Doubles Age 50 & up

Cost includes new balls every session. No senior discount.

11, 90 minute classes no class 11/24

M	12:00-1:30pm	10/10-12/19	\$88 / \$99	295040.11
Th	12:00-1:30pm	10/6-12/22	\$88 / \$99	295040.41

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

JUNIOR TEAM TENNIS PROGRAM Age 6-14

This program offers opportunity for team competitions designed specifically for 8 & under, 10 & under, and 14 & under players.



Interested? Contact Suzanna Swalboski
703-435-6800 x2110

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

REGISTER NOW!

HERNDON COMMUNITY CENTER

Preschool

2016-2017 School Year

Learn through PLAY

½ day programs 3-5 year olds

Give your child the opportunity to explore, play, meet friends, foster independence, build skills and prepare for school. The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development with professional staff and a nurturing environment, with a focus on learning through play. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. The classroom schedule includes field trips, outside free-play, music & movement, swimming, and special activities. The teacher-child ratio is 3 to 20.



Children must be potty-trained and use of disposable undergarments is not permitted.



Runs September 12, 2016 – June 9, 2017, generally following Fairfax County Public School schedule.

Age 3-4 • Tu/Th • 9am-12pm

(Must be 3 by September 30, 2016)

\$1,350 / \$1,685 560000.25

Age 4-5 • M/W/Friday • 9am-12pm

(Must be 4 by September 30, 2016)

\$1,550 / \$1,950 560000.15

A \$75 nonrefundable deposit and child's proof of age (such as birth certificate or passport) are due at time of registration. Fees are payable on an established payment plan of 5 installments. To learn more, call Kimmie Alcorn at 703-435-6800 x2119.

WINTER CAMPS

School's Out Age 6-11

Excitement and adventure await! Campers will have the opportunity to participate in large group-games, swimming, cooperative games, and arts & crafts! Bring your swimsuit, towel, packed lunch and snack, water bottle and sneakers. Please no peanut/nut products.

4, 10.5 hour classes

M-Th	7:30am-6:00pm	12/19-12/22	\$108 / \$135	280100.11
Tu-F	7:30am-6:00pm	12/27-12/30	\$108 / \$135	280100.12

Story Book Dance Camp Frozen

This four-day mini dance camp will mirror our popular summer camps. The story will be Disney's Frozen and the crafts will be wintery and icy with the final dance choreographed to the smash hit, "Let It Go". There will be a dance party for family and friends on the last day of camp. What a fun way to spend the holidays!

4, 7 hour classes

December 19-22 Age 4-5

M-Th	9:00am-4:00pm	12/19-12/22	\$142 / \$178	280000.11
------	---------------	-------------	---------------	-----------

December 27-30 Age 6-8

Tu-F	9:00am-4:00pm	12/27-12/30	\$142 / \$178	280000.12
------	---------------	-------------	---------------	-----------

Gymnastics Winter Break Camps Age 6-14

Sprinkle gymnastics into your winter break by participating in floor exercises, balance beam, vault, cheerleading, swimming (optional), and active games. Bring a lunch, snack, tennis shoes, swimsuit and towel. Focus will be on gymnastics and cheer but we will play a variety of games and activities each day.

5, 6 hour classes

M-Th	9:00am-3:00pm	12/19-12/22	\$141 / \$176	270920.20
Tu-F	9:00am-3:00pm	12/27-12/30	\$141 / \$176	270920.21

Extended Care Gymnastics

Extended Care will only be available for the 9am-3pm gymnastic camp. Care is provided by winter break day camp staff at HCC and participants will join the day camp program already in progress. A Camper Information Form must be completed to attend. Please provide an extra snack and drink.

4, 3 hour classes

M-Th	3:00-6:00pm	12/19-12/22	\$48	270921.20
Tu-F	3:00-6:00pm	12/27-12/30	\$48	270921.21



ARTS & CRAFTS

Be Unique

Home School Pottery Age 7 & up

For children who want to explore working with clay. Students will learn basic handbuilding skills including pinching, coiling, and working with slabs. Projects might include whistles, wind chimes, mugs, plates, tiles, coil pots and more. Students will decorate and glaze their finished pieces. Fee includes all materials.

6, 90 minute classes

M	2:30-4:00pm	9/19-10/24	\$96 / \$120	210140.11
---	-------------	------------	--------------	-----------

Kidz on Wheelz Age 10-13

Explore your creativity while learning both basic pottery wheel and hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run free. Fee includes all materials.

8, 90 minute classes no class 10/31

M	6:30-8:00pm	9/19-11/14	\$96 / \$120	210010.11
---	-------------	------------	--------------	-----------

Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of handbuilding with clay. This class is designed for people who have an interest in working with clay and gives students experience in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes no class 11/8

Tu	6:00-8:30pm	9/20-11/15	\$150 / \$188	210140.21
----	-------------	------------	---------------	-----------

Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes no class 10/31

M	6:30-9:00pm	9/19-11/14	\$150 / \$188	210150.11
---	-------------	------------	---------------	-----------

Intermediate Wheel Age 16 & up

Intermediate Wheel is open to students who have some previous pottery wheel experience and are looking to build on their current skills. Class will focus on perfecting basic techniques of throwing, using tools and glazing techniques. Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes no class 11/8

Tu	6:00-8:30pm	9/20-11/15	\$150 / \$188	210160.21
----	-------------	------------	---------------	-----------

Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.



Learn to Crochet Age 10 & up

Can't find a scarf you really like? Why settle for a store bought scarf when you can make it yourself! In this class you will learn the basics of choosing the right yarn and tools you will need and the basic stitches to create your masterpiece. Practice yarn and hooks will be provided for class use, but participants will need to purchase their own supplies to make their scarf.

5, 90 minute classes

Th	6:00-7:30pm	9/15-10/13	\$40 / \$50	210231.41
----	-------------	------------	-------------	-----------

Art in Hand

Join us for an artful autumn in this parent/child class specially designed for the youngest artists! Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by the colors and textures of the season. Our developmental approach will stimulate the senses, spark imaginations and support emerging language, social and problem-solving skills. Most of all, you and your child can be creative, have fun and make the mess away from home!

12, 45 minute classes

no class 11/25

18 months - 3 years

F	10:15-11:00am	9/16-12/9	\$173/ \$216	210400.51
---	---------------	-----------	--------------	-----------

3 - 5 years

F	11:15am-12:00pm	9/16-12/9	\$173 / \$216	210400.52
---	-----------------	-----------	---------------	-----------

NEW!

Creating Mosaics Age 14 & up

Make your own unique mosaics. Beginners learn the basic terms and techniques of mosaic art including layout, design, gluing, grouting, and finishing. Students will complete three simple projects on a variety of surfaces that will increase in degree of difficulty. Supply fees are included in the cost of the program.

4, 2.5 hour classes

W	5:00-7:30pm	9/14-10/5	\$150 / \$188	210401.31
---	-------------	-----------	---------------	-----------

NEW!

Beads, Baubles, Jewelry Age 12 & up

Do you aspire to become a jewelry designer? This class is for any crafter who wants to create the latest trends in fashion jewelry! After this class, you will be ready to make your own jewelry. All students will complete a set of earrings, bracelets, necklaces, hair accessories and rings by the end of class. All supplies included in cost of program.

3, 2 hour classes

Sa	10:00am -12:00pm	11/05-11/19	\$185 / \$185	210052.62
----	---------------------	-------------	---------------	-----------

Take Better Pictures Age 16 & up

Digital Photography fundamentals. Take great photographs with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes

Th	7:00-8:30pm	9/15-11/3	\$75 / \$94	260130.41
----	-------------	-----------	-------------	-----------

CPR & First Aid (combo) Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Certification is valid for 2 years. Great class for Teachers, Personal Trainers, Scout Leaders or anyone who needs CPR for work.

1, 6 hour class

Su	12:30-6:30pm	9/18	\$95 / \$95	260150.01
Su	12:30-6:30pm	10/16	\$95 / \$95	260150.02
Su	12:30-6:30pm	11/13	\$95 / \$95	260150.10

Adult Cooking Class Age 16 & up

Learn to make salmon with roasted veggies, panko crusted tilapia and seared ginger-garlic tuna.

1, 90 minute class

Th	6:00-7:30pm	10/27	\$30 / \$30	260330.41
----	-------------	-------	-------------	-----------

Cooking with Kids: Spaghetti Pie Age 6-12

Give mom and dad a break and make dinner. Assemble a delicious spaghetti pie and cheesy garlic bread to bake at home to share with family.

1, 45 minute class

Tu	4:30-5:15pm	9/20	\$20 / \$20	260340.21
----	-------------	------	-------------	-----------

Cooking with Kids: Thanksgiving Turkey Age 6-12

Thanksgiving Turkey description: We will make turkey tenders, a turkey wrap and decorate cookies.

1, 60 minute class

Th	4:30-5:30pm	11/10	\$20 / \$20	260340.41
----	-------------	-------	-------------	-----------

Adult/Child Cooking Age 6-14

The easiest way to get dinner on the table is for family members to cook together. We'll make lime chili salmon, fajitas and surprise salad.

1, 90 minute class

F	6:00-7:30pm	9/30	\$35 / \$35	260350.51
---	-------------	------	-------------	-----------



“I enjoy the Herndon Community Center because it offers a large variety of programs and appeals to a wide range of community participants.”

- Anaya, Herndon, VA

Hoop Dance Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult sized hoop or borrow/purchase one from the instructor.

10, 60 minute classes

no class 10/9

Th	6:45-7:45pm	9/15-11/17	\$67 / \$84	269930.40
Su	11:00am-12:00pm	9/18-11/20	\$67 / \$84	269930.70



Route “937 Coppermine - Elden” runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

Spotlight on Trailside Park

featuring a New Playground, Skatepark, & Bocce Ball Court



Trailside Park is located at 1022 Crestview Drive, adjacent to the W&OD Trail, and is OPEN for PLAY! This park features a skatepark, picnic shelter with picnic tables, grills, a new playground, an open play area, and a bocce court. This playground features dedicated equipment for 2-5 year olds, big slides, a bouncy race car, a multi-person seated spinner for kids 6-12, shade, and lots of space to run. Take your children to try the parent and child swing, which promotes intergenerational play as adults and children under 5 face each other and swing together.

The shelter is available for reservation. To make a reservation & to learn more about fees, call 703-787-7300.

Parks in Herndon

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, soccer field and a playground. Sports fields are available for scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor bathrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

Shelters are available for reservation.

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

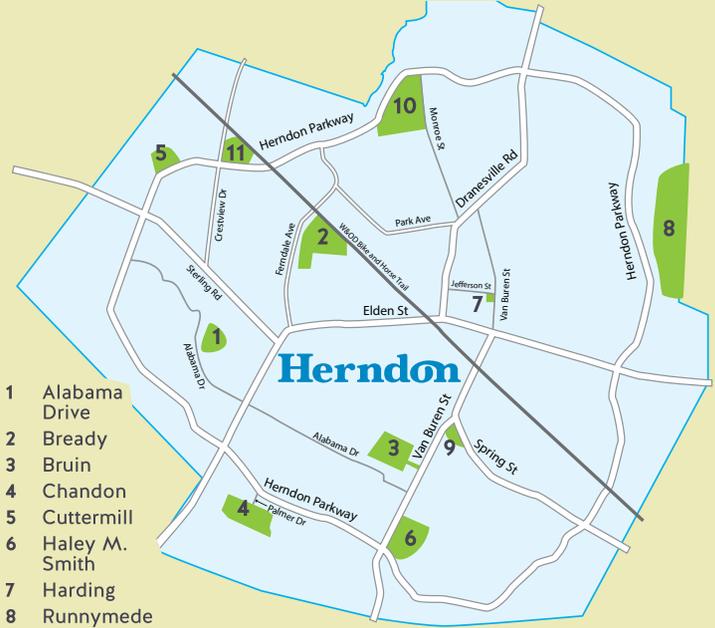
Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a new playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



- 1 Alabama Drive
- 2 Bready
- 3 Bruin
- 4 Chandon
- 5 Cuttermill
- 6 Haley M. Smith
- 7 Harding
- 8 Runnymede
- 9 Spring Street
- 10 Stanton
- 11 Trailside

This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit herndon-va.gov/recreation for more information.



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
 requires ID with address for every transaction
 NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family	\$18/\$22.50

(Up to 5 family members, 2 adults maximum)

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult	\$52.50/\$70.25
Adult 2-Person*	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person*	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult	\$261.75/\$349
Adult 2-Person*	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person*	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult	\$470.25/\$627
Adult 2-Person*	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single	\$329.25/\$551.75
Senior 2-Person*	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.
 ** Dependent pass must be purchased with adult pass.
 1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.
 2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
 Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
 Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
 Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
 Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours: Monday-Friday, 4-10pm,
 Saturday & Sunday, Opening-2pm
Prime Time: admission fee per player
 \$4 per hour +
 \$3.50 per session wallyball
Non-Prime Time: admission fee per player
 \$2 per hour +
 \$2 per session wallyball

Town of Herndon Town Council

- Lisa C. Merkel, Mayor
- Jennifer Baker, Vice Mayor
- David A. Kirby, Councilmember
- Steven Lee Mitchell, Councilmember
- Sheila A. Olem, Councilmember
- Jasbinder Singh, Councilmember
- Grace Han Wolf, Councilmember
- Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

- Cindy S. Roeder, Director
- Cynthia Hoftiezer, Deputy Director
- Nancy Burke, Administrative Assistant
- Lori Rowland, Office Assistant
- Lindsey Jones, Systems Technician
- Kevin Breza, Recreation Program Coordinator
- Abby Kimble, Marketing Specialist
- Kerstin Severin, Aquatic Services Manager
- Dylan Evans, Pool Operations Manager
- Bruce Andersen, HAC Head Coach
- Christina Bolzman, Aquatics Program Specialist
- Ron Tillman, Community Center Manager
- John Walsh, Assistant Community Center Manager
- Suzanna Swalboski, Indoor Tennis Manager
- Julie Foechterle, Preschool Director
- Karen Tsitos, Head Personal Trainer

Recreation Supervisors

- Kimmie Alcorn, Special Interest, Arts & Crafts, Camps
- Jane Grannis, Fitness
- Tim Lander, Sports & Community Events
- Holly Poppo, Performing Arts & Community Events
- Thomas Schoenauer, Wellness, Sports & Community Events

Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

PLATINUM:



SILVER:

Passanante's Home Food Services

O'Sullivan's Irish Pub

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10am on Wednesday, August 17. Open registration for Non-TOH residents will begin at 10am on Tuesday, August 23.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 33 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on August 23.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call 703-787-7300 at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on August 17 for TOH residents, and 10am on August 23 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, August 17 for TOH residents; and 10am, August 23 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

"99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center."

Use one form per household.
Complete this form and be sure to note your first, second, and third choices.

Sign Up Now!

TOH = people who live in the Town of Herndon limits
 NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NOR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, August 17** at 10am.
 Registration for Non-Town of Herndon Residents begins on **Tuesday, August 23** at 10am.

Herndon Parks and Recreation Registration Form - Fall 2016

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____
 ADDRESS _____
 CITY/STATE/ZIP _____ EMAIL _____
 PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/11/99	M/F	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
 All returned checks are subject to a \$50 fee

MAIL TO:
 Herndon Parks and Recreation
 P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? YES NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY - Processed by: _____

Payment Method C CK CC LC

AP# _____ **Date Paid** _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

VISA Mastercard American Express Discover

CREDIT CARD # _____ **EXP. DATE** _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____

PHONE: 703-787-7300
FAX: 703-318-8652



Town of Herndon
Parks and Recreation
PO Box 427
Herndon, VA 20172-0427
herndon-va.gov/recreation
703-787-7300

PRST STD
U.S. POSTAGE
PAID
HERNDON, VA
PERMIT NO. 280



join our newsletter...
parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



ECRWSS Residential Customer

HERNDON LABOR DAY FESTIVAL



Wine & Craft Brew Tasting

*Featuring Virginia Wineries, Craft Beer Tasting,
Crafts, Fantastic Food and Plenty of Music!*

Entertainment

11:00am-12:00pm	Acoustic Soul, Classic Rock and Blues Duo
12:00-1:00pm	Houk Robinson, Acoustic Top 40 Duo
1:00-2:30pm	English Channel, 60's and 70's Brit Rock/Pop
2:30-3:30pm	Sweet Yonder, Bluegrass Inspired Americana
3:30-5:00pm	Gringo Jingo, Santana Tribute Band

Virginia Wineries

- Creek's Edge Winery • Rogers Ford Farm Winery • Two Twisted Posts Winery
- 868 Estate Vineyards • Horton Vineyards • Rebec Vineyards
- Cardamon Family Vineyards • Mattaponi Winery

Craft Beers

- Blue Mountain Lager • Forge Belgian Blonde • Max Fox Kolsch
- Devils Backbone Vienna Lager • South Street Satan's Pony • And more

Admission \$20

includes tasting glass,
unlimited wine tasting,
& 2 beer tickets*

\$5 Admission Only
(no wine tasting)

*\$2 Additional beer
tasting tickets

PRODUCED BY

TOWN OF
Herndon
PARKS & RECREATION

&

Herndon
Woman's Club

Thanks to our Sponsors:

- Renewal by Andersen • Junction Square

MONDAY
Sept. 5
11AM-5PM

Herndon Town Green
777 Lynn Street
Downtown Herndon, VA

Media Sponsor
FAIRFAX COUNTY
TIMES

NatureFest

There's No Place Like Home
Sunday, September 25
1:00-5:00pm

Runnymede Park - 195 Herndon Parkway

Explore various nature stations
throughout the park including
butterflies, bees, life in the meadow,
web of life, and much more. Live
animal shows throughout the day.
Arts and crafts and *fun for the
whole family* will be included!

Event is free and co-sponsored by

The Friends of Runnymede Park
and Herndon Parks and Recreation
Department. Satellite parking with
a passenger van shuttle will be
available to and from the Herndon
Police Station, 397 Herndon
Parkway.



Free
admission

Volunteers

We need volunteers
on the day of the event.

Please call 703-435-6800 x2014.