



Be... Active, Playful, Creative
**Programs
& Events**



**Class &
A Pass
SALE**

PAGE 14

REGISTRATION STARTS
TOWN OF HERNDON
7
DECEMBER
DECEMBER
13
NON-RESIDENTS

WINTER 2016 - 2017

Recycle After April.

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Herndon Community Center Hours

Monday - Friday 6:00am-10:00pm
 Saturday 7:00am-6:00pm
 Sunday 7:00am-7:00pm

No admittance to the building a half hour before closing.

CLOSURES & HOLIDAY HOURS:

Christmas Eve, December 24 7:00am-4:00pm
 Christmas Day, December 25 Closed
 New Year's Eve, December 31 7:00am-5:00pm
 New Year's Day, January 1 Closed
 New Year's Day Holiday, January 2 8:00am-10:00pm

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm
 Friday, December 23 8:30am-12:00pm

OFFICE CLOSED:

Mondays: December 26, January 2 & 16, February 20

Daily Admission Rates



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

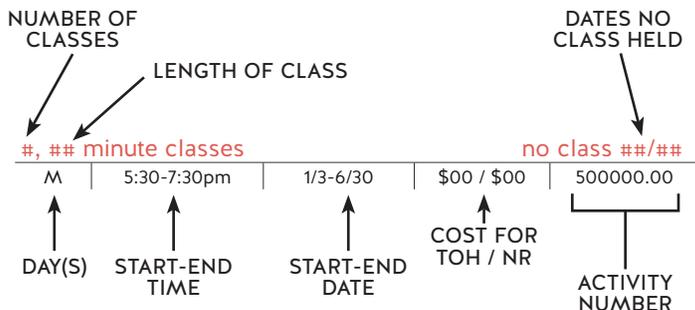
*Up to 5 family members,
2 adults maximum

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 31 and find **registration information** on page 30.

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

Special Events & What's New

Be... Active, Playful, Creative



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

Winter Break Camps
pages 17, 19, & 26



Holiday Arts and Craft Show
SUNDAY, December 4, 10:00am-4:00pm
Page 24 & 32

A Storybook Holiday
SATURDAY, December 17, 10:00-11:30am
Page 24



Children's Show - Rainbow Rock Band
MONDAY, January 16, 10:30-11:15am
Page 24



Father Daughter Dance
SATURDAY, February 4, 6:30-9:00pm
Page 25



Children's Show - Bob Brown KnightTime Puppet Show
MONDAY, February 20, 10:30-11:15am
Page 24



Family Passport to Fun
FRIDAY, February 24, 6:30-9:00pm
Page 25

**MORE
DETAILS
ON
PAGE 14**

Ice Breaker 5k Race
SUNDAY, March 19, 8:00am
Page 32



Class & A Pass SALE

When you sign up for an adult class,* you can purchase a winter admission pass for:

\$70 TOH / **\$95** NR

No extensions due to inclement weather. Purchase passes at the HCC.
*Not valid for classes that meet one time or workshops.
Can not be combined with the Winter Pass Sale.

PASSES VALID UNTIL 3/6/17



WINTER PASS SALE

Save by the year

10% OFF
an annual or
6-month pass

Offer Expires 2/17/17



POOL CLOSED:

- » At 6pm on Fridays in December and January when high school swim meets are scheduled.
- » Every Tuesday, Wednesday and Thursday from now through February 2, 3:45-5:00pm for Herndon HS Swim Team Practice.

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.
- » **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. 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.
- » **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

Makeup Policy

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

*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 Aquatics Services Manager at **703-435-6800 x2128**.

» Preschool Aquatics

ATTENTION: 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.

8, 25 minute classes

Sa	9:30-9:55am	1/7-2/25	\$67 / \$83	301100.60
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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.

8, 25 minute classes

M	10:00-10:25am	1/9-2/27	\$67 / \$83	301200.10
Sa	10:00-10:25am	1/7-2/25	\$67 / \$83	301200.60
Sa	10:30-10:55am	1/7-2/25	\$67 / \$83	301200.61

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. Swim with parent.

8, 25 minute classes

Sa	9:00-9:25am	1/7-2/25	\$67 / \$83	301300.60
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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.

8, 25 minute classes

M	9:30-9:55am	1/9-2/27	\$67 / \$83	302100.10
M/W	6:30-6:55pm	1/9-2/1	\$67 / \$83	302100.11
M/W	6:30-6:55pm	2/6-3/1	\$67 / \$83	302100.12
M	3:00-3:25pm	1/9-2/27	\$67 / \$83	302100.13
M	1:45-2:10pm	1/9-2/27	\$67 / \$83	302100.14
Tu/Th	7:00-7:25pm	1/10-2/2	\$67 / \$83	302100.21
Tu/Th	7:00-7:25pm	2/7-3/2	\$67 / \$83	302100.22
Th	10:30-10:55am	1/12-3/2	\$67 / \$83	302100.40
Sa	8:30-8:55am	1/7-2/25	\$67 / \$83	302100.60
Sa	9:30-9:55am	1/7-2/25	\$67 / \$83	302100.61
Sa	11:30-11:55am	1/7-2/25	\$67 / \$83	302100.62
Su	10:00-10:25am	1/8-2/26	\$67 / \$83	302100.70



“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

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.

8, 25 minute classes

M	9:00-9:25am	1/9-2/27	\$67 / \$83	302200.10
M/W	7:00-7:25pm	1/9-2/1	\$67 / \$83	302200.11
M/W	7:00-7:25pm	2/6-3/1	\$67 / \$83	302200.12
M	3:30-3:55pm	1/9-2/27	\$67 / \$83	302200.13
Tu/Th	6:30-6:55pm	1/10-2/2	\$67 / \$83	302200.21
Tu/Th	6:30-6:55pm	2/7-3/2	\$67 / \$83	302200.22
Tu/Th	7:30-7:55pm	1/10-2/2	\$67 / \$83	302200.23
Tu/Th	7:30-7:55pm	2/7-3/2	\$67 / \$83	302200.24
Th	10:00-10:25am	1/12-3/2	\$67 / \$83	302200.40
Sa	9:00-9:25am	1/7-2/25	\$67 / \$83	302200.60
Sa	10:00-10:25am	1/7-2/25	\$67 / \$83	302200.61
Su	10:30-10:55am	1/8-2/26	\$67 / \$83	302200.70

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.

8, 25 minute classes

M	11:00-11:25am	1/9-2/27	\$67 / \$83	302300.10
M/W	5:00-5:25pm	1/9-2/1	\$67 / \$83	302300.11
M/W	5:00-5:25pm	2/6-3/1	\$67 / \$83	302300.12
M	3:00-3:25pm	1/9-2/27	\$67 / \$83	302300.13
Tu/Th	5:30-5:55pm	1/10-2/2	\$67 / \$83	302300.21
Tu/Th	5:30-5:55pm	2/7-3/2	\$67 / \$83	302300.22
Th	9:30-9:55am	1/12-3/2	\$67 / \$83	302300.40
Sa	10:30-10:55am	1/7-2/25	\$67 / \$83	302300.60
Su	11:00-11:25am	1/8-2/26	\$67 / \$83	302300.70

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.

8, 25 minute classes

M	3:30-3:55pm	1/9-2/27	\$67 / \$83	302400.10
M/W	6:00-6:25pm	1/9-2/1	\$67 / \$83	302400.11
M/W	6:00-6:25pm	2/6-3/1	\$67 / \$83	302400.12

Preschool 4 (continued)

8, 25 minute classes

Tu/Th	6:00-6:25pm	1/10-2/2	\$67 / \$83	302400.21
Tu/Th	6:00-6:25pm	2/7-3/2	\$67 / \$83	302400.22
Th	9:00-9:25am	1/12-3/2	\$67 / \$83	302400.40
Sa	11:00-11:25am	1/7-2/25	\$67 / \$83	302400.60
Su	9:30-9:55am	1/8-2/26	\$67 / \$83	302400.70

» Youth

ATTENTION: 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.

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.

8, 30 minute classes

M/W	6:00-6:30pm	1/9-2/1	\$67 / \$83	303110.11
M/W	6:00-6:30pm	2/6-3/1	\$67 / \$83	303110.12
M	4:00-4:30pm	1/9-2/27	\$67 / \$83	303110.13
Tu/Th	5:00-5:30pm	1/10-2/2	\$67 / \$83	303110.21
Tu/Th	5:00-5:30pm	2/7-3/2	\$67 / \$83	303110.22
Sa	11:00-11:30am	1/7-2/25	\$67 / \$83	303110.60
Su	11:30am-12:00pm	1/8-2/26	\$67 / \$83	303110.70

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.

8, 30 minute classes

M/W	6:30-7:00pm	1/9-2/1	\$67 / \$83	303210.11
M/W	6:30-7:00pm	2/6-3/1	\$67 / \$83	303210.12
M	4:30-5:00pm	1/9-2/27	\$67 / \$83	303210.13
Tu/Th	5:30-6:00pm	1/10-2/2	\$67 / \$83	303210.21
Tu/Th	5:30-6:00pm	2/7-3/2	\$67 / \$83	303210.22
Sa	10:30-11:00am	1/7-2/25	\$67 / \$83	303210.60
Su	11:00-11:30am	1/8-2/26	\$67 / \$83	303210.70

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.

8, 30 minute classes

M/W	5:30-6:00pm	1/9-2/1	\$67 / \$83	303310.11
M/W	5:30-6:00pm	2/6-3/1	\$67 / \$83	303310.12
M	4:00-4:30pm	1/9-2/27	\$67 / \$83	303310.13
Tu/Th	6:30-7:00pm	1/10-2/2	\$67 / \$83	303310.21
Tu/Th	6:30-7:00pm	2/7-3/2	\$67 / \$83	303310.22
Tu/Th	7:00-7:30pm	2/7-3/2	\$67 / \$83	303310.23
Tu/Th	7:00-7:30pm	1/10-2/2	\$67 / \$83	303310.25
Sa	10:00-10:30am	1/7-2/25	\$67 / \$83	303310.60
Su	10:30-11:00am	1/8-2/26	\$67 / \$83	303310.70



WACKY WEDNESDAY



AGE 12 & 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

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule an evaluation at no charge.



Float Night

Our Viking Ship float will be out to play on the following third **Fridays: November 18, February 17, and March 17** from **7:30pm until closing**. (Not available in December and January due to 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!**

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.

8, 30 minute classes

M/W	5:00-5:30pm	1/9-2/1	\$67 / \$83	303410.11
M/W	5:00-5:30pm	2/6-3/1	\$67 / \$83	303410.12
M	4:30-5:00pm	1/9-2/27	\$67 / \$83	303410.13
Tu/Th	6:00-6:30pm	1/10-2/2	\$67 / \$83	303410.21
Tu/Th	6:00-6:30pm	2/7-3/2	\$67 / \$83	303410.22
Sa	9:30-10:00am	1/7-2/25	\$67 / \$83	303410.60
Su	10:00-10:30am	1/8-2/26	\$67 / \$83	303410.70

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.

8, 30 minute classes

Tu/Th	5:00-5:30pm	1/10-2/2	\$67 / \$83	303510.20
Tu/Th	5:00-5:30pm	2/7-3/2	\$67 / \$83	303510.21

8, 45 minute classes

Sa	8:45-9:30am	1/7-2/25	\$99 / \$123	303510.60
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» Stroke Development & Preparedness



Classes are designed to improve the stroke technique and endurance of the student. **The classes are now based on swim skills rather than age.** *Mandatory Requirements have been established for Youth Developmental levels and all swimmers must meet the requirements to participate in the class.*

- » For **Youth Developmental 1**, Students must have the ability to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping. Students will work on and develop butterfly and breaststroke throughout the session.
- » For **Youth Developmental 2**, Students must be able to swim 50 yards of front crawl with rotary breathing and backstroke without stopping. Plus 25 yards each of legal butterfly and breaststrokes.

Youth Developmental 1 Age 8-16

8, 45 minute classes

M	2:15-3:00pm	1/9-2/27	\$91 / \$115	304110.11
Sa	11:00-11:45am	1/7-2/25	\$91 / \$115	304110.60
Su	11:30am-12:15pm	1/8-2/26	\$91 / \$115	304110.70
Su	4:00-4:45pm	1/8-2/26	\$91 / \$115	304110.71
Su	5:30-6:15pm	1/8-2/26	\$91 / \$115	304110.72

Youth Developmental 2 Age 8-16

8, 45 minute classes

Sa	11:45am-12:30pm	1/7-2/25	\$91 / \$115	304110.61
Su	10:45-11:30am	1/8-2/26	\$91 / \$115	304110.73
Su	4:45-5:30pm	1/8-2/26	\$91 / \$115	304110.74
Su	6:15-7:00pm	1/8-2/26	\$91 / \$115	304110.75



» 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.

8, 30 minute classes

F	4:00-4:30pm	1/13-3/3	\$67 / \$83	303810.50
F	4:30-5:00pm	1/13-3/3	\$67 / \$83	303810.51

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.

8, 30 minute classes

F	5:00-5:30pm	1/13-3/3	\$67 / \$83	303910.50
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» 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.

8, 30 minute classes

Tu	5:15-5:45pm	1/10-2/28	\$67 / \$83	304510.20
Th	5:15-5:45pm	1/12-3/2	\$67 / \$83	304510.40

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.

8, 45 minute classes

Tu	5:45-6:30pm	1/10-2/28	\$99 / \$123	304610.20
Th	5:45-6:30pm	1/12-3/2	\$99 / \$123	304610.40

Diving 2/3 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.

8, 60 minute classes

Tu	6:30-7:30pm	1/10-2/28	\$131 / \$163	304710.20
Th	6:30-7:30pm	1/12-3/2	\$131 / \$163	304710.40



» 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.

8, 45 minute classes

Sa	10:30-11:15am	1/7-2/25	\$99 / \$123	306130.60
Sa	12:00-12:45pm	1/7-2/25	\$99 / \$123	306130.62
Su	12:00-12:45pm	1/8-2/26	\$99 / \$123	306130.70
Su	10:30-11:15am	1/8-2/26	\$99 / \$123	306130.71

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.

8, 45 minute classes

Sa	11:15am-12:00pm	1/7-2/25	\$99 / \$123	306230.60
Su	11:15am-12:00pm	1/8-2/26	\$99 / \$123	306230.70

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.

8, 45 minute classes

Sa	12:45-1:30pm	1/7-2/25	\$99 / \$123	306330.60
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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)

24, 60 minute classes

M/ Tu/W	8:30-9:30pm	1/9-3/2	\$96 / \$120	306630.10
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» WSI & Lifeguard Training

OR **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 the Aquatics Services Manager at 703-435-6800 x2128.

5, 9 hour classes

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

Recreation Assistants - Here to Help

Got questions or need help navigating our guide?



Our Recreation Assistants are here to give you customized help. They can guide you through our class offerings to help coordinate you or your family's activities with our department.

Call 703-787-7300 or email parksandrec@herndon-va.gov with your questions to get started.



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

Give the Gift of Health

Gift Cards are available for admission to the Herndon Community Center or to register for classes. Gift Cards can be for any amount. Stop by the front desk to purchase.



» 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.

8, 60 minute classes

F	8:00-9:00am	1/13-3/3	\$70 / \$86	308230.50
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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 shoes are recommended.

16, 60 minute classes

Tu/Th	10:00-11:00am	1/10-3/2	\$134 / \$166	308330.20
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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.

8, 60 minute classes

F	9:00-10:00am	1/13-3/3	\$70 / \$86	308440.50
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16, 60 minute classes

M/W	9:00-10:00am	1/9-3/1	\$134 / \$166	308440.10
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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 shoes are strongly recommended.

16, 60 minute classes

Tu/Th	9:30-10:30am	1/10-3/2	\$134 / \$166	308530.20
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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.

16, 60 minute classes

M/W	8:00-9:00am	1/9-3/1	\$134 / \$166	308630.10
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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.

8, 60 minute classes

Sa	8:00-9:00am	1/7-2/25	\$70 / \$86	308730.60
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16, 60 minute classes

M/W	6:30-7:30pm	1/9-3/1	\$134 / \$166	308730.10
Tu/Th	8:30-9:30am	1/10-3/2	\$134 / \$166	308730.20

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.

16, 60 minute classes

M/W	7:30-8:30pm	1/9-3/1	\$134 / \$166	308830.10
Tu/Th	7:30-8:30am	1/10-3/2	\$134 / \$166	308830.20

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.

8, 60 minute classes

Th	7:30-8:30am	1/12-2/23	\$70 / \$86	308930.40
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Awarded National Accreditation for the Third Time



Herndon Parks and Recreation Department was re-accredited by the Commission for Accreditation of Park and Recreation Agencies (CAPRA), an independent body sanctioned by the National Recreation and Park Association (NRPA). This qualifies

Herndon as one of 141 nationally-accredited agencies and one of only seven in Virginia. There are more than 10,000 recreation agencies in the United States. This elite honor was announced at the NRPA Annual Congress in St. Louis, Missouri, October 6, 2016.

CAPRA recognizes park and recreation agencies for excellence in operation and service. The accreditation process not only documents what the department has done in the past, it also illuminates areas where we can improve in the future in order to remain among the best agencies in the country. That translates into more thoughtfulness, efficiency, creativity and professionalism reflected in the programs and services our department offers.

One of our challenges is obtaining input from our families and members of the community. We welcome suggestions and feedback that will help us better serve you and your families. Contact us at parksandrec@herndon-va.gov or call 703-787-7300.



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.

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.

8, 60 minute classes

Th	6:45-7:45pm	1/12-3/2	\$52 / \$67	369930.40
Su	11:00am-12:00pm	1/8-2/26	\$52 / \$67	369930.70

» Small Group Fitness

The Big Downsize Age 16 & up

NEW TIME 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.

6, 60 minute classes no class 1/16, 2/20

M	7:00-8:00pm	1/9-2/27	\$51 / \$64	320230.10
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9, 60 minute classes

W	7:00-8:00pm	1/4-3/1	\$77 / \$96	320230.30
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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.

9, 60 minute classes

Th	7:40-8:40pm	1/5-3/2	\$77 / \$96	320330.40
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Circuit Breaker Age 16 & up

NEW TIME 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, improve agility and muscular endurance. Get ready to break a sweat!

6, 60 minute classes no class 1/16, 2/20

M	6:00-7:00pm	1/9-2/27	\$51 / \$64	320530.10
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9, 60 minute classes

W	6:00-7:00pm	1/4-3/1	\$77 / \$96	320530.30
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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.

9, 60 minute classes

Tu	6:00-7:00pm	1/3-2/28	\$77 / \$96	322850.20
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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 this total-body circuit.

6, 60 minute classes

no class 1/16, 2/20

M	12:00-1:00pm	1/9-2/27	\$51 / \$64	320730.10
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9, 60 minute classes

Tu	12:00-1:00pm	1/3-2/28	\$77 / \$96	320730.20
W	12:00-1:00pm	1/4-3/1	\$77 / \$96	320730.30
Th	12:00-1:00pm	1/5-3/2	\$77 / \$96	320730.40

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.

9, 60 minute classes

W	6:15-7:15am	1/4-3/1	\$77 / \$96	320930.30
F	6:15-7:15am	1/6-3/3	\$77 / \$96	320930.50

Kettlebell Training 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. They 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 also a great cardio boost. The beginner class teaches basic kettlebell moves and builds to progressions over the course of the session.

9, 60 minute classes

Beginner

Th	6:30-7:30pm	1/5-3/2	\$77 / \$96	321430.21
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Intermediate

Th	5:30-6:30pm	1/5-3/2	\$77 / \$96	321430.20
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HCC Admission Specials

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



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.

6, 60 minute classes no class 1/16, 2/20

M	4:15-5:15pm	1/9-2/27	\$51/ \$64	322530.11
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9, 60 minute classes

W	4:45-5:45pm	1/4-3/1	\$77/ \$96	322530.31
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TRX Suspension Training Age 16 & up

TRX 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 while allowing modifications for all ages and levels. The beginner class allows for longer transition times, slower pace, and additional modifications.

NEW! Beginner

9, 45 minute classes

F	9:30-10:15am	1/6-3/3	\$77 / \$96	322430.51
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Intermediate

9, 45 minute classes

Tu	7:00-7:45pm	1/3-2/28	\$77 / \$96	322430.23
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9, 30 minute classes

F	12:30-1:00pm	1/6-3/3	\$68 / \$85	322430.50
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» 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.

9, 45 minute classes

Tu	9:30-10:15am	1/3-2/28	\$54 / \$68	321730.20
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Th	9:30-10:15am	1/5-3/2	\$54 / \$68	321730.40
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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.

8, 45 minute classes no class 1/16, 2/20

M	8:30-9:15am	1/9-2/27	\$48 / \$60	321830.10
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M	9:30-10:15am	1/9-2/27	\$48 / \$60	321830.11
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9, 45 minute classes

W	9:30-10:15am	1/4-3/1	\$54 / \$68	321830.30
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W	8:30-9:15am	1/4-3/1	\$54 / \$68	321830.31
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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.

Strength Circuit (continued)

6, 45 minute classes no class 1/16, 2/20

M	9:30-10:15am	1/9-2/27	\$36 / \$45	321940.10
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9, 45 minute classes

Th	9:30-10:15am	1/5-3/2	\$54 / \$68	321940.40
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NEW!

Beginner TRX Suspension Training Age 16 & up

TRX 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 while allowing modifications for all ages and levels. The beginner class allows for longer transition times, pace, and additional modifications.

9, 45 minute classes

F	9:30-10:15am	1/6-3/3	\$77 / \$96	322430.51
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See Dancercise on page 19

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

Kid Care

MORNING:
M/W 9-11:30am
Tu/Th 9am-12pm

EVENING:
M/Tu 5:30-8:15pm
W/Th 5-8pm
F 5:15-7pm

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.

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so 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!

WINTER 2016/17 DROP-IN EXERCISE CLASS SCHEDULE

MON.		Body Blaster Circuit 9:25-10:25am		 5:30-6:30pm	 6:40-7:40pm	 6:45-7:45pm	
TUE.	 6:00-7:00am	Cardio-Sculpt Interval 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm	 7:50-8:50pm
WED.		Body Blaster Circuit 9:25-10:25am		 5:00-6:00pm	 6:00-7:00pm	 7:10-8:10pm	
THR.	 6:00-7:00am	 7:30-8:30am	Cardio-Sculpt Interval 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:30-6:30pm	 6:40-7:40pm
FRI.		Fit-Mix 9:10-10:10am		 5:30-6:30pm	» Instructor subject to change during the season. » Some classes may reach capacity or have limited specialty equipment available.		
SAT.		 10:15-11:15am	 11:30am-12:30pm	» Drop-In Exercise classes are designed for age 16 & up. » Please consult your doctor prior to starting any exercise program. » 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. See page 29 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. » Please do not enter a class 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.	 9:00-10:00am	Schedule Effective from Tuesday, January 3 - Sunday, March 12					

» DROP-IN Exercise Classes

Ab Express Age 16 & up
Ab Express is a half hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **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 9:25-10:25am**

Cardio/Sculpt Interval (CSI) Age 16 & up
This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls. **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 9:10-10:10am**

Aqua Zumba® Age 16 & up
For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua ZUMBA blends the ZUMBA philosophy with water resistance, for one pool party you shouldn't miss. There is less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
This class is by registration only. Please refer to the Aquatic Fitness schedule on page 9.



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, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu.

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



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



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

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

No class Friday 2/24

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 G.



Karen



Liz



Tais



Stephen



Jon



Jane N.

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

Teen Personal Training: Introduction to Strength Training

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). Please contact the Head Fitness Trainer to schedule 703-435-6800 x2131.

Back to Health with Class & A Pass

We know you hear it a lot around this time of year – make resolutions to get in shape – lose weight – start exercising – eat healthier – get in 10,000 steps, the list goes on and on. Pause for a moment and think about what is really important to you. Below are a few tips to help you keep your New Year's Resolutions:

- **Keep Records.** Handwritten or digitally, spell out your intentions and place it where you can see it often.
- **Set short-term goals for long-term results.** Detail what steps you will need to take to achieve your larger goal.
- **Celebrate your accomplishments along the way.** Everything gets better with rewards.
- **Schedule time to achieve your resolutions.** What do you need to do each day to achieve your goals? Plan time to make it happen.

- **Reach out to a friend.** Maybe they have the same goal as you or can help you stay accountable.
- **Don't give up so easily.** Failure happens. What did you learn and how can you get back on track?

Whatever your health and fitness goals are, we want to help you achieve them and make 2017 a great and prosperous year! To help you get **Back to Health**, we created the **Class & A Pass SALE**. When you sign up for an adult class*, you can purchase a special winter admission pass. This is a great way to save money, try one of our heart-pumping exercise classes, cruise through a few laps in the pool, check out new cardio equipment in the fitness room or meet up with friends for wallyball, table tennis or racquetball. The Herndon Community Center offers many activities to engage and inspire you to get **Back to Health**.

*Not valid for classes that meet one time or workshops.

Customer Spotlight: A Dedicated & Determined Patron

Like many of us, Angie Erschens has a variety of life roles to fulfill: wife, mother to two boys, coworker, small business owner and church volunteer. She enjoyed taking time out from her busy life to exercise, but after having her second child eight years ago, she experienced severe knee and joint pain, which prevented her from exercising. Two years ago her increased weight, mobility issues and stiffness was so bad she started working with a physical therapist. The therapist recommended she try water aerobics and she came to the Herndon Community Center to get started exercising again.

Angie took **Water Walking** and **Water Aerobics**, which allowed her to get moving without putting a lot of pressure on her joints. She enjoyed the camaraderie of the classes. Then a friend asked

her to take the **Stop Diabetes Now** and **The Big Downsize** classes and she slowly started losing weight and getting stronger. Angie and a friend she met in **The Big Downsize** started **Personal Training** with Jane Grannis. Angie said she really started seeing results although her mobility was still an issue for the first several months.

Since starting at the community center, Angie has lost 35 pounds! She has more health and wellness goals to accomplish, but she is the lightest and healthiest (and happiest) she has been since she got pregnant almost 9 years ago.

Angie said she has benefited from participating in classes at the Herndon Community Center because she has met new friends. The instructors and trainers were terrific because they were invested in her and her goals. But most of all, she feels amazing!



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.

8, 60 minute classes

M	2:30-3:30pm	1/9-2/27	\$68 / \$85	330040.10
W	2:30-3:30pm	1/11-3/1	\$68 / \$85	330040.30

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 their age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 90 minute classes

M	6:45-8:15pm	1/9-2/27	\$102 / \$128	330130.10
Th	7:00-8:30pm	1/12-3/2	\$102 / \$128	330130.40

Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginners 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.

8, 90 minute classes

F	11:30am-12:30pm	1/6-2/24	\$64 / \$85	331030.50
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Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transforms 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!

8, 60 minute classes

Sa	9:00-10:00am	1/7-2/25	\$64 / \$85	331130.60
W	10:30-11:30am	1/11-3/1	\$64 / \$85	331130.30



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

- Meredith, Herndon, VA

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.

8, 60 minute classes

M	8:15-9:15pm	1/9-2/27	\$77 / \$96	331131.10
W	8:15-9:15pm	1/11-3/1	\$77 / \$96	331131.30

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.

8, 60 minute classes

F	10:15-11:15am	1/6-2/24	\$115 / \$144	331330.50
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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.

8, 60 minute classes

F	9:00-10:00am	1/6-2/24	\$115 / \$144	331331.50
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Class & A Pass SALE

When you sign up for an adult class,* you can purchase a winter admission pass for:

\$70 TOH / **\$95** NR

No extensions due to inclement weather. Purchase passes at the HCC.
*Not valid for classes that meet one time or workshops.
Can not be combined with the Winter Pass Sale.

PASSES VALID UNTIL 3/6/17

MARTIAL ARTS

Be Centered

Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. Children are taught 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 are held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions are held at the Herndon Community Center.

8, 30 minute classes

No class 2/24

Sa	1:45-2:15pm	1/7-2/25	\$77 / \$96	372000.60
F	6:00-6:30pm	1/13-3/10	\$77 / \$96	372000.50
F	6:30-7:00pm	1/13-3/10	\$77 / \$96	372000.51

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts 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.

8, 60 minute classes

W	6:00-7:00pm	1/11-3/1	\$51 / \$64	372110.40
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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.

8, 60 minute classes

No class 2/24

F	7:05-8:05pm	1/13-3/10	\$51 / \$64	372250.50
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Fencing Age 9 & up

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

8, 2 hour classes

Su	4:00-6:00pm	1/8-2/26	\$79 / \$99	372750.01
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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.

8, 60 minute classes

Su	10:00-11:00am	1/8-2/26	\$33 / \$41	372450.01
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8, 90 minute classes

W	8:20-9:50pm	1/11-3/1	\$44 / \$55	372450.30
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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.

8, 90 minute classes

No class 2/24

Su	11:15am-12:45pm	1/8-2/26	\$48 / \$56	372550.50
W	8:20-9:50pm	1/11-3/1	\$48 / \$56	372550.30
F	8:15-9:45pm	1/13-3/10	\$48 / \$56	372550.51

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, is 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.

8, 60 minute classes

Su	10:00-11:00am	1/8-2/26	\$39 / \$49	372650.01
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Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.

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.

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.

8, 45 minute classes

Sa	9:00-9:45am	1/7-2/25	\$56 / \$70	370000.60
M	9:45-10:30am	1/9-2/27	\$56 / \$70	370000.10
Th	9:45-10:30am	1/12-3/2	\$56 / \$70	370000.40

NEW DAY!

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.

8, 45 minute classes

Sa	10:00-10:45am	1/7-2/25	\$56 / \$70	370100.60
M	10:45-11:30am	1/9-2/27	\$56 / \$70	370100.10
W	1:00-1:45pm	1/11-3/1	\$56 / \$70	370100.30
Th	10:45-11:30am	1/12-3/2	\$56 / \$70	370100.40

NEW DAY!

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.

8, 45 minute classes

Sa	11:00-11:45am	1/7-2/25	\$56 / \$70	370200.60
M	11:45am-12:30pm	1/9-2/27	\$56 / \$70	370200.10
W	2:00-2:45pm	1/11-3/1	\$56 / \$70	370200.30
Th	11:45am-12:30pm	1/12-3/2	\$56 / \$70	370200.40

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.

8, 45 minute classes

M	5:30-6:15pm	1/9-2/27	\$84 / \$105	370310.10
Th	4:45-5:30pm	1/12-3/2	\$84 / \$105	370310.40
Sa	12:00-12:45pm	1/7-2/25	\$84 / \$105	370310.60

Level 1 Age 6-12

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

8, 90 minute classes

Sa	1:00-2:30pm	1/7-2/25	\$84 / \$105	370410.60
M	6:30-8:00pm	1/9-2/27	\$84 / \$105	370410.10
Th	5:30-7:00pm	1/12-3/2	\$84 / \$105	370410.40

Level 2 Age 6-12

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,

Level 2 (continued)

backward roll on floor, stretch jump on beam and front support mount on beam.

7, 90 minute classes

No class 2/4

Sa	2:45-4:15pm	1/7-2/25	\$74 / \$93	370510.60
Tu	5:00-6:30pm	1/10-2/28	\$84 / \$105	370510.20
Th	7:00-8:30pm	1/12-3/2	\$84 / \$105	370510.40

8, 90 minute classes

Tu	5:00-6:30pm	1/10-2/28	\$84 / \$105	370510.20
Th	7:00-8:30pm	1/12-3/2	\$84 / \$105	370510.40

Level 3 Age 6-12

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.

7, 90 minute classes

No class 2/4

Sa	2:45-4:15pm	1/7-2/25	\$74 / \$93	370610.60
Tu	6:30-8:00pm	1/10-2/28	\$84 / \$105	370610.20

8, 90 minute classes

Tu	6:30-8:00pm	1/10-2/28	\$84 / \$105	370610.20
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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.

8, 45 minute classes

M	4:45-5:30pm	1/9-2/27	\$56 / \$70	370911.10
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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.

8, 60 minute classes

W	10:30-11:30am	1/11-3/1	\$32 / \$32	369800.30
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OR

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 is 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

OR

Extended Care Gymnastics Age 6-14

Extended Care only will only be available for the 9am-3pm gymnastics 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.

5, 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

DANCE

Be Graceful

Story Time Pre-Ballet Age 4-6

Combine pre-ballet, a little imagination, 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 will exercise your child's imagination by reading a short story, adding a related prop and choosing special music to go with the story. Dance performance held the last day of class for family and friends.

8, 60 minute classes

Th	11:00am-12:00pm	1/12-3/2	\$58 / \$73	341011.41
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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 your 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.

8, 45 minute classes

M	10:00-10:45am	1/9-2/27	\$58 / \$73	341100.11
W	10:00-10:45am	1/11-3/1	\$58 / \$73	341100.31
Sa	9:30-10:15am	1/7-2/25	\$58 / \$73	341100.61

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

- Lisa, Reston, VA

Ballet Age 3-6

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.

8, 45 minute classes

Beginner Age 3-5

W	11:00-11:45am	1/11-3/1	\$58 / \$73	341210.31
Sa	10:15-11:00am	1/7-2/25	\$58 / \$73	341210.61
Sa	1:30-2:15pm	1/7-2/25	\$58 / \$73	341210.62

Intermediate Age 3-5

Sa	11:00-11:45am	1/7-2/25	\$58 / \$73	341410.61
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Intermediate/Advanced Age 3-5

W	2:00-2:45pm	1/11-3/1	\$58 / \$73	341410.31
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Advanced Age 4-6

For children who have taken Baby Ballerina, Beginner and Intermediate ballet.

Sa	11:45am-12:30pm	1/7-2/25	\$58 / \$73	341610.61
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Ballet/Tap/Jazz Age 5-12

This 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. Two sessions experience needed.

8, 60 minute classes

Age 5-8

Sa	2:15-3:15pm	1/7-2/25	\$58 / \$73	342610.61
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Age 8-12

Sa	3:15-4:15pm	1/7-2/25	\$58 / \$73	342610.62
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Combination Dance Age 3-8

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.

8, 60 minute classes

Beginner Age 3-5

M	11:00am-12:00pm	1/9-2/27	\$58 / \$73	344210.11
Th	10:00-11:00am	1/12-3/2	\$58 / \$73	344210.41
Sa	12:30-1:30pm	1/7-2/25	\$58 / \$73	344210.61

Beginner/Intermediate Age 5-8

M	4:30-5:30pm	1/9-2/27	\$58 / \$73	344310.11
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Intermediate/Advanced Age 5-8

M	1:00-2:00pm	1/9-2/27	\$58 / \$73	344310.12
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Hip-Hop Age 4-12

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.

8, 60 minute classes

Beginner Age 4-6

Th	4:30-5:30pm	1/12-3/2	\$58 / \$73	345310.41
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Intermediate Age 6-8

M	5:30-6:30pm	1/9-2/27	\$58 / \$73	345310.11
Th	5:30-6:30pm	1/12-3/2	\$58 / \$73	345310.42

Intermediate/Advanced Age 8-12

W	5:00-6:00pm	1/11-3/1	\$58 / \$73	345310.31
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OR Storybook 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
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December 27-30 Age 6-8

Tu-F	9:00am-4:00pm	12/27-12/30	\$142 / \$178	280000.12
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NEW! Kids Ballroom Dance Age 7-12

Have your child discover the wonderful world of ballroom dance! Your child will learn the dance fundamentals of American Ballroom and Latin Ballroom. We will teach steps, proper posture, musicality and partnering skills (dance partners are not required). The beginning class covers waltz, salsa, rumba, cha cha and swing dance.

8, 60 minute classes

W	6:00-7:00pm	1/11-3/1	\$58 / \$73	341130.31
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» **Adult**

Ballet Technique Adult 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.

8, 90 minute classes

Th	6:30-8:00pm	1/12-3/2	\$89 / \$112	341230.41
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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!

8, 60 minute classes

W	7:00-8:00pm	1/11-3/1	\$58 / \$73	341232.31
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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.

16, 60 minute classes

M/W	12:00-1:00pm	1/9-3/1	\$116 / \$145	344030.11
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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

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

Seasonal Contract Rates are applicable only when the contract period is taken for the full season. For more info, 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.

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.

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

» Junior Team Tennis Age 6-14

Junior Team Tennis is designed for the strong, competitive player with the skills necessary to rally well and the desire to improve strategy to win more points and play in a co-ed team environment. Players practice once a week on Saturday evenings and have the opportunity to play against other teams. Currently, age groups are: 8 & under, 10 & under, and 14 & under. For more information for the January-April 2017 season, or to find out about openings and to schedule a tryout, contact Suzanna Swalboski at 703-435-6800, ext 2110.

» March Madness Age 9 & up

Please consult with instructor prior to registering if you have not previously enrolled in this level of play: 3.5+ NTRP rating. Taught by Pro Rick Johnson.

Express Session

4, 60 minute classes

Age 9-15

F	5:00-6:00pm	3/3-3/24	\$75 / \$94	394430.50
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Age 16 & up

Tu	5:00-6:00pm	3/7-3/28	\$75 / \$94	394430.20
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OR

» 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
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Girls

F-Su	1:30-6:00pm	11/25-11/27	\$50 / \$50	299250.52
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Age 12-15

Boys

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

M-W	1:30-6pm	12/26-12/28	\$50 / \$50	299250.44
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Age 15-19

Boys

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

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

W	4:30-5:00pm	1/4-2/22	\$52 / \$65	391200.31
Th	4:30-5:00pm	1/5-2/23	\$52 / \$65	391200.41
Sa	8:30-9:00am	1/7-2/25	\$52 / \$65	391200.61
M	4:30-5:00pm	1/9-2/27	\$52 / \$65	391200.11

Express Session

4, 30 minute classes

W	4:30-5:00pm	3/8-3/29	\$27 / \$34	391200.32
Th	4:30-5:00pm	3/9-3/30	\$27 / \$34	391200.42
Sa	8:30-9:00am	3/11-4/1	\$27 / \$34	391200.62

Beginner 1.0-1.5 Age 6-16

8, 60 minute classes

Age 6-8

Th	5:00-6:00pm	1/5-2/23	\$86 / \$108	392410.40
Sa	9:00-10:00am	1/7-2/25	\$86 / \$108	392410.60

Express Session

4, 60 minute classes

Th	5:00-6:00pm	3/9-3/30	\$43 / \$54	392410.41
Sa	9:00-10:00am	3/11-4/1	\$43 / \$54	392410.64

8, 60 minute classes

Age 9-11

Sa	10:00-11:00am	1/7-2/25	\$86 / \$108	392410.61
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Express Session

4, 60 minute classes

Sa	10:00-11:00am	3/11-4/1	\$43 / \$54	392410.65
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8, 60 minute classes

Age 12-15

Sa	11:00am-12:00pm	1/7-2/25	\$86 / \$108	392410.62
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Express Session

4, 60 minute classes

Sa	11:00am-12:00pm	3/11-4/1	\$43 / \$54	392410.66
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Advanced Beginner 2.0-2.5 Age 6-15

8, 60 minute classes

Age 6-8

Tu	4:00-5:00pm	1/3-2/21	\$86 / \$108	393110.21
F	5:00-6:00pm	1/6-2/24	\$86 / \$108	393110.51
Sa	9:00-10:00am	1/7-2/25	\$86 / \$108	393110.61

Express Session

4, 60 minute classes

Tu	4:00-5:00pm	3/7-3/28	\$43 / \$54	393110.22
F	5:00-6:00pm	3/10-3/31	\$43 / \$54	393110.52
Sa	9:00-10:00am	3/11-4/1	\$43 / \$54	393110.62

8, 60 minute classes

Age 9-11

Tu	5:00-6:00pm	1/3-2/21	\$86 / \$108	393210.20
Sa	10:00-11:00am	1/7-2/25	\$86 / \$108	393210.60

Express Session

4, 60 minute classes

Tu	5:00-6:00pm	3/7-3/28	\$43 / \$54	393210.21
Sa	10:00-11:00am	3/11-4/1	\$43 / \$54	393210.61

8, 60 minute classes

Age 12-15

Sa	11:00am-12:00pm	1/7-2/25	\$86 / \$108	393320.60
M	5:00-6:00pm	1/9-2/27	\$86 / \$108	393320.10

Express Session

4, 60 minute classes

Sa	11:00am-12:00pm	3/11-4/1	\$43 / \$54	393320.61
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****All students who were enrolled in the Intermediate or Advanced indoor class (not outdoors) from last season or prior seasons may enroll without a tryout. Otherwise, please call 703-435-6800x2110 to schedule an evaluation for proper placement for these classes.**

Intermediate 3.0-3.5** Age 9-15

8, 60 minute classes

W	5:00-6:00pm	1/4-2/22	\$86 / \$108	393520.30
F	4:00-5:00pm	1/6-2/24	\$86 / \$108	393520.50
Sa	12:00-1:00pm	1/7-2/25	\$86 / \$108	393520.60

Express Session

4, 60 minute classes

W	5:00-6:00pm	3/8-3/29	\$43 / \$54	393520.31
F	4:00-5:00pm	3/10-3/31	\$43 / \$54	393520.51
Sa	12:00-1:00pm	3/11-4/1	\$43 / \$54	393520.61

Advanced 4.0** Age 12-15

8, 60 minute classes

Sa	1:00-2:00pm	1/7-2/25	\$86 / \$108	393620.60
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Express Session

4, 60 minute classes

Sa	1:00-2:00pm	3/11-4/1	\$43 / \$54	393620.61
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High School Advanced Age 14-17

For students already on or about to try out for their high school team. Must be comfortable in competitive tournament play.

8, 60 minute classes

M	5:00-6:00pm	1/9-2/27	\$86 / \$108	393621.10
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Inclement Weather Policy

Please call the Parks and Recreation Inclement Weather Line for program/class cancellations at 703-435-6866. All classes and programs starting before 3:00pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3:00pm or later, a decision will be made by 1:00pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the weather line.



See Adult Tennis Classes on page 22.

INDOOR TENNIS

» Adult

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes

Sa	9:00-10:00am	1/7-2/25	\$96 / \$120	394030.60
M	9:00-10:00am	1/9-2/27	\$96 / \$120	394030.10

Express Session

4, 60 minute classes

Sa	9:00-10:00am	3/11-4/1	\$48 / \$60	394030.61
M	9:00-10:00am	3/13-4/3	\$48 / \$60	394030.11

Advanced Beginner 2.0-2.5** Age 16 & up

8, 60 minute classes

F	9:00-10:00am	1/6-2/24	\$96 / \$120	394140.50
Sa	10:00-11:00am	1/7-2/25	\$96 / \$120	394140.60

Express Session

4, 60 minute classes

F	9:00-10:00am	3/10-3/31	\$48 / \$60	394140.51
Sa	10:00-11:00am	3/11-4/1	\$48 / \$60	394140.61

Intermediate 3.0-3.5** Age 16 & up

8, 60 minute classes

Sa	11:00am-12:00pm	1/7-2/25	\$96 / \$120	394230.60
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Express Session

4, 60 minute classes

Sa	11:00am-12:00pm	3/11-4/1	\$48 / \$60	394230.61
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Advanced 4.0** Age 16 & up

8, 60 minute classes

Sa	12:00-1:00pm	1/7-2/25	\$96 / \$120	394330.60
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Express Session

4, 60 minute classes

Sa	12:00-1:00pm	3/11-4/1	\$48 / \$60	394330.61
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» Doubles

Cost includes new balls every session.

Seniors Age 55 & up

Senior discount does not apply.

13, 90 minute sessions

Th	12:00-1:30pm	1/5-3/30	\$117 / \$146	395040.40
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12, 90 minute sessions

M	12:00-1:30pm	1/9-3/27	\$108 / \$135	395040.10
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OR

Women's 3.0 & up Age 18 & up

14, 2 hour sessions

W	9:00-11:00am	1/4-4/5	\$200 / \$250	290030.34
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Men's 3.5 & up Age 18 & up

14, 2 hour sessions

Tu	8:30-10:30pm	1/3-4/4	\$236 / \$290	293030.22
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Mixed 3.5 & up Age 18 & up

13, 90 minute sessions

Sa	9:00-10:30pm	1/7-4/1	\$164 / \$205	395030.11
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OPEN HOUSE

HERNDON COMMUNITY CENTER

Preschool

2017-2018 School Year

Wednesday, February 15, 2017
5:30-7:30pm

(inclement weather date: February 22)

½ day programs ● 3-5 year olds

Registration begins on **Thursday, February 16, 2017** at **2pm** (priority is given to TOH residents) for the 2017-2018 school year. The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development. Professional staff will provide a nurturing environment for age 3-5. Registration is on a first-come, first-served basis. Children must be potty-trained and use of disposable undergarments is not permitted. Our goal is to foster independence in a school setting. The teacher-child ratio is 3 to 20. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. The classroom schedule includes: field trips, outside free-play, and music and movement.



Age 3-4 ● Tu/Th ● 9am-12pm
(Must be 3 by September 30, 2017)
\$1,350 / \$1,635 560000.26

Age 4-5 ● M/W/F ● 9am-12pm
(Must be 4 by September 30, 2017)
\$1,575 / \$1,950 560000.16

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.

“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

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.

8, 30 minute classes

Age 2-3

Sa	9:20-9:50am	1/7-2/25	\$53 / \$66	373000.52
Sa	9:55-10:25am	1/7-2/25	\$53 / \$66	373000.53
Sa	10:30-11:00am	1/7-2/25	\$53 / \$66	373000.54

Age 4-5

Sa	11:10-11:40am	1/7-2/25	\$53 / \$66	373000.55
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NEW!

Ignite Kids Club: Multi-Sport Jr. Athletes

Age 3-6

Jr. Athletes is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/ softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities. As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes

Age 3-4

Tu	5:30-6:00pm	1/10-2/28	\$53 / \$66	371500.21
Su	1:00-1:30pm	1/8-2/26	\$53 / \$66	371500.60

Age 5-6

Tu	6:05-6:35pm	1/10-2/28	\$53 / \$66	371500.23
Su	1:35-2:05pm	1/8-2/26	\$53 / \$66	371500.61

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 and 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

Sa	11:45am-12:30pm	1/7-2/25	\$75 / \$94	373110.50
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Fit, Play, Learn Age 6-18

Home School P.E. 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.

8, 60 minute classes

W	1:30-2:30pm	1/11-3/1	\$55 / \$69	374010.30
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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 2/24

F	6:30-7:30pm	1/13-3/10	\$80 / \$100	376010.60
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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.



Winter 2016/17 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	7:30-10:00pm	7:30-10:00pm		7:30-10:00pm	

Friday evening open gym may be cancelled 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
 Teen Open Gym
 Youth Open Gym



Herndon Holiday Arts & Crafts Show

Sunday
December **4**



10^{AM} - 4^{PM}

Over 70 vendors.
Unique gifts, holiday
decorations and
homemade items.

Free Admission & Parking

Held at the
Herndon Community Center

herndon-va.gov/events



703-787-7300

TOWN OF
Herndon
PARKS & RECREATION

OR



A Storybook Holiday

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

Age 3 - 8

10:00am Crafts

10:30am Storyteller

10:45am Santa Arrives

Come with 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.

\$9 250200.60

Children's Performing Arts Series

Mondays 10:30-11:15AM

AT THE HERNDON COMMUNITY CENTER



Rainbow Rock Band

Are you ready to rock the rainbow? The Rainbow Rock Band will entertain your little ones with tunes, laughs and more! Your child will learn about shapes, colors, movement, and more! The Rainbow Rockers encourage all of the rainbow rockers to participate in the show either on the microphone or at their seat, either way your little one is sure to have fun! 348000.11

JANUARY 16

\$4 in advance, \$5 at the door.

FEBRUARY 20

Bob Brown and KnightTime Puppet Show

Join us for a miniature Renaissance Faire. His highness King Oliver and his gracious Queen Elizabeth, encourage their humble subjects to make merry during this joyous occasion!

348000.12



Plan ahead and bring your young ones, as these dates are on Mondays when Fairfax County Public Schools are not in session.

ICE
BREAKER

AGE
4&UP

SUNDAY
MARCH
19

SEE
PAGE
32
FOR
MORE
INFO.



Father Daughter Dance

"Once Upon A Time"

Saturday, February 4 6:30-9:00pm

Age 3-12
 A moment fathers will treasure for the rest of their lives, and a very special event for their daughters. This semi-formal event held at the Herndon Community Center will include appetizers, beverages, dancing with a DJ, a fun photo booth and a keepsake gift for each daughter. Daughters may be accompanied by an uncle, grandfather, or male guardian.

\$50 per couple
 \$25 each additional daughter

350000.00



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

Family Passport to Fun!

Friday, February 24 6:30-9:00pm

All Ages. Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and those around them. This family event is designed for children to share the fun with a significant adult in their life. Therefore, children must attend with an adult. Bring your swim suit and play in the pool. 360511.50

Presented by Herndon Parks and Recreation Department and Kids at Hope Herndon.



\$2 per person





Environmental Film Series

FREE ALL AGES

Sundays
 2-4pm

The film series is a cooperative program with the Herndon Environmental Network and Herndon Parks and Recreation Department. Registration encouraged, as space is limited. Program held at Herndon Community Center.

January 22
PlantPure Nation is a 95-minute documentary film, from the producer/writer of Forks Over Knives, that tells the story of three people on a quest to spread the message of the health benefits of a plant-based diet. Shown in cooperation with GreenFare, <http://www.greenfare.com>. 367050.00

February 19
Hometown Habitat is a 90-minute environmental, education documentary focused on showing how and why native plants are critical to the survival and vitality of local ecosystems. 367050.01

These films are to encourage community dialogue and may not represent the views of the Town of Herndon.

Home School Pottery Age 7-16

For children who want to explore working with clay. Students will learn basic hand-building pottery 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	1/9-2/13	\$96 / \$120	310141.11
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Kidz on Wheelz Age 10-13

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

6, 90 minute classes

M	5:00-6:30pm	1/9-2/13	\$96 / \$120	310110.11
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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. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes

M	6:30-9:00pm	1/9-2/27	\$150 / \$188	310150.11
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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 25 lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes

Tu	6:30-9:00pm	1/10-2/28	\$150 / \$188	310160.21
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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'll learn the basics of choosing the right yarn, 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.

3, 90 minute classes

Th	6:00-7:30pm	1/12-1/26	\$40 / \$40	310231.41
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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. All supplies are included in the cost of the program.

4, 2.5 hour classes

W	5:00-7:30pm	1/11-2/1	\$150 / \$188	310411.31
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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 this class. All supplies are included in the cost of the program.

3, 2 hour classes

Sa	8:00-10:00am	1/21-2/4	\$185 / \$185	310052.61
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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.

WINTER CAMPS

OR 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

See Gymnastic Camp on page 17
and Dance Camp on page 19

Take Better Pictures Age 16 & up

Take better pictures 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. Explore how to optimize your photographs and archive them for storage and display.

8, 90 minute classes

Th	7:00-8:30pm	1/12-3/2	\$71 / \$94	360130.41
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CPR & First Aid* 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. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for two years.

1, 6 hour class

Su	12:00-6:00pm	1/29	\$95 / \$95	360151.71
Su	12:00-6:00pm	3/5	\$95 / \$95	360151.72

NEW!

MiniMusic Age 4-5

MiniMusic is an exciting, structured musical program for kids. It is a pre-reading music course that teaches basic music theory concepts. The classes include singing, playing musical instruments, rhythmic movement and dance. Children look forward to these fun-filled classes that will foster a love of music and dance and bring out your child's natural abilities.

8, 45 minute classes

M	1:00-1:45pm	1/09-2/27	\$80/\$100	310041.11
Th	11:00-11:45am	1/12-3/2	\$80/\$100	310041.41

“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

Adult Cooking: Adventures with Cauliflower* Age 18 & up

Cauliflower is the IT veggie of the Paleo Diet. Learn to make cauliflower rice, roasted cauliflower with chick peas and olives, and General Tso's Cauliflower.

1, 90 minute class

Tu	6:00-7:30pm	1/10	\$30 / \$30	360030.21
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Cooking with Kids: Grilled Cheese Age 6-12

Need a night off from cooking? Have your child cook dinner for your family! Your child will gain the skills, knowledge and confidence to make potato chipped grilled cheese and fruit salad from start to finish and bring home their culinary creation for the entire family to enjoy!

1, 60 minute class

Tu	4:30-5:30pm	2/21	\$20 / \$20	360150.21
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Adult/Child Cooking* Age 6-17

The easiest way to get dinner on the table is for family members to cook together. Cooking with your kids is not just fun; it's good for you! We'll make chicken fajitas, lemon-pepper salmon and kale chips.

1, 90 minute class

F	6:30-8:00pm	3/3	\$35 / \$35	360050.51
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Chess Age 6-11

Chess is enjoyed by millions of people around the world. In addition, research has shown there is a strong correlation between students learning to play chess and their academic achievement. In this class, the students will learn the parts of the chessboard; how each piece moves and captures; pawn promotion and "en passant" capture; the main rule of chess; the rules for castling; how to checkmate the lone king; the difference between checkmate and stalemate; the basic principles of chess; the number of ways a chess game can be won or drawn; guidelines for sound opening play; basic strategy and tactics; and how to keep the score of a game. Each class will include free time for the students to play chess with their classmates.

8, 90 minute classes

Sa	10:00-11:30am	1/7-2/25	\$96 / \$120	360100.61
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*Not eligible for Class & A Pass

CAMPS Galore!

Herndon Parks and Recreation Department has **SPRING BREAK** and **SUMMER CAMPS** to excite, educate, and entertain your children.

Spring Break camp information will be available in our *Spring Program and Events Guide*

available January 31.

The Summer Camp Brochure will be available February 14.



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

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.

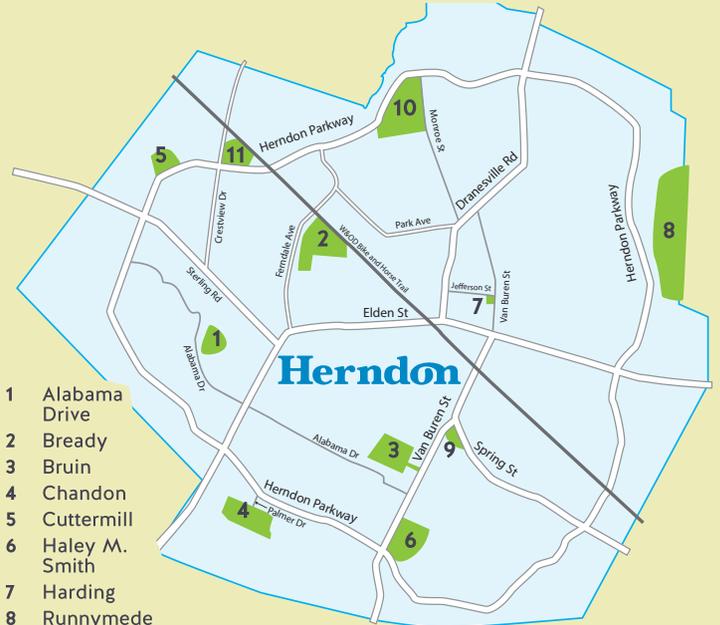
Stanton Park

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

2016 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 Programming 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
- Vacant, 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, December 7. Open registration for Non-TOH residents will begin at 10am on Tuesday, December 13.

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 December 13.

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 December 7 for TOH residents, and 10am on December 13 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, December 7 for TOH residents; and 10am, December 13 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.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, December 7** at 10am.
 Registration for Non-Town of Herndon Residents begins on **Tuesday, December 13** at 10am.

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

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

Sign Up Now!

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

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.



Herndon Parks and Recreation Registration Form - Winter 2016-17

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					
	/ /	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 _____



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

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parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center



@herndonparks

ECRWSSDDM
Residential Customer



Herndon Holiday Arts & Crafts Show

Sunday December **4**  **10^{AM} - 4^{PM}**

Over 70 vendors. Unique gifts, holiday decorations and homemade items.



Held at the Herndon Community Center
Free Admission & Parking

herndon-va.gov/events  703-787-7300



**JOIN US FOR
THE 3RD ANNUAL
ICE BREAKER
FAMILY FUN
RUN 5K**

**RACE STARTS
AT 8AM**



Let's put winter behind us and get active outside and prepare for the spring. The course will take you through a scenic section of Herndon around the Herndon Parkway and Sugarland Run Trail. Sport Tek T-shirts guaranteed to the first 800 registered runners.

357150.00

PRE-REGISTRATION IS **\$20** PER RUNNER & **\$25** ON RACE DAY.

**OPEN
HOUSE**

HERNDON COMMUNITY CENTER

Preschool

2017-2018 School Year

Wednesday, February 15, 2017

 See page 22 for details.