



January-March 2024

# Programs & Events

[www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation)

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

Herndon  
Community Center  
*Celebrating*  
**45**  
years



## V.I.P. Dance

See page 13 for details.

## Kids Fishing Derby

See page 14 for details.

## Hoppy Egg Hunting

See page 14 for details.



## Registration Opens

Town of Herndon (TOH)  
**Wednesday,  
December 6**

Non-Resident (NR)  
**Tuesday,  
December 12**

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## Herndon Community Center Hours

Monday–Thursday 7:00am–9:00pm  
 Friday & Saturday 7:00am–6:00pm  
 Sunday 9:00am–4:00pm

### Closures & Holiday Hours

Wednesday, November 22 7:00am–4:00pm  
 Thanksgiving – Thursday, November 23 **Closed**  
 Black Friday – Friday, November 24 **Closed**  
 Friday, December 22 7:00am–12:00pm  
 Saturday, December 23 7:00am–6:00pm  
 Christmas Eve – Sunday, December 24 **Closed**  
 Christmas Day – Monday, December 25 **Closed**  
 New Year's Eve – Sunday, December 31 8:00am–2:00pm  
 New Year's Day – Monday, January 1 **Closed**  
 Martin Luther King Jr. Day – Monday, January 15 **Closed**  
 President's Day – Monday, February 19 7:00am–9:00pm

## Parks & Recreation Office Hours

Monday–Friday 8:00am–5:00pm

### Office Closures & Reduced Hours

**Closed**  
 Thursday, November 23; Friday, November 24; Monday, December 25;  
 Monday, January 1; Monday, January 15  
**Reduced Hours**  
 Wednesday, November 22 8:00am–4:00pm  
 Friday, December 22 8:00am–12:00pm

## Daily Admission Rates

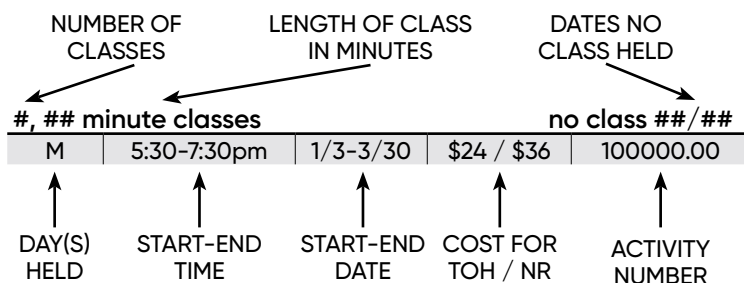
More Information in the Admission Fees & Passes section.

### TOH / NR

<b>Adults</b>	\$7 / \$8
<b>Seniors</b>	\$5.75 / \$6.50
<b>Youth</b>	\$5.75 / \$6.50
<b>Family*</b>	\$19.75 / \$22.50

\*Up to 5 family members, 2 adults maximum

## Understanding the Class Listing Format



## Commonly Used Acronyms

- TOH** Town of Herndon rate, which 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

All classes are subject to change and/or cancellation. Early registration helps prevent cancellations! New classes may be added after the publication of this document. Please visit [www.herndonwebtrac.com](http://www.herndonwebtrac.com) for current details.



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.

## Herndon Town Council

**Sheila A. Olem**, Town of Herndon Mayor

**Clark A. Hedrick**, Vice Mayor

**Cesar del Aguila**, Councilmember

**Naila Alam**, Councilmember

**Pradip Dhakal**, Councilmember

**Keven LeBlanc**, Councilmember

**Donielle M. Scherff**, Councilmember

**Bill Ashton**, Town Manager

## Town of Herndon Parks & Recreation Department Staff

**Cindy S. Roeder**, Director

**Cynthia Hoftiezer**, Deputy Director

**Ginger Kohles**, Administrative Assistant

**Lindsey Jones**, Systems Technician

**Bobby Harmon**, Office Assistant III

**Kevin Breza**, Recreation Program Coordinator

**Reid Okoniewski**, Marketing and  
Communications Specialist

**Mark Mermelstein**, Recreation Services Manager

**Kerstin Severin**, Aquatic Services Manager

**Erin Rider**, Aquatic Program Specialist

**Reece Showalter**, Pool Manager

**Matt Lear**, HACC Head Swim Coach

**Ron Tillman**, Herndon Community Center  
(HCC) Manager

**Mike Heath**, Assistant HCC Manager

**Alex Mosher**, Customer Service

**Mary Jo Sharbaf**, Customer Service

**Suzanna Swalboski**, Indoor Tennis Manager

**Karen Tsitos**, Head Personal Trainer

**Tom Milenkevich**, Fitness Services Supervisor

**Kubra Alam**, Recreation Supervisor:  
Wellness, Martial Arts, Teen Discovery & Events

**Julie Kagler**, Recreation Supervisor:  
Camps, Classes & Community Events

**Kate Keifer**, Recreation Supervisor:  
Performing Arts, Events & Classes

## Mission Statement

The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.

## Special Events:

**Cozy Paint & Sip Night ..... 12 & 22**

Wednesday, January 10

Herndon Community Center

**Hobby Exchange ..... 12**

Saturday, January 27

Herndon Community Center

**V.I.P. Dance ..... 13**

Saturday, February 17

Herndon Community Center

**Taylor Swift Trivia Night ..... 13**

Friday, March 8

Herndon Community Center

**Kid's Fishing Derby ..... 14**

Saturday, March 16

Runnymede Park

**Hoppy Egg Hunting ..... 14**

Saturday, March 30

Bready Park



**WINTER PASS  
SALE**

**10%  
OFF**

**an annual or  
6-month pass**

Offer Expires 2/29/24



# Aquatics

**No Aquatic Classes: 1/15, 3/26, & 3/30**

**Pool closed to public during  
HIGH SCHOOL SWIM TEAM:**

**PRACTICES - 3:30-4:30pm:  
Monday-Thursday 11/6/23-2/14/24**

## Aquatics: Pool & Swimmer Information

**We strongly recommend no food be eaten one hour or less before participation in any swimming class.**

**A minimum of 2 lap lanes are available for ages 13 & up during all pool hours Friday-Sunday and until 8pm Monday-Thursday. Capacity limits may apply.**

**Before enrolling your student, read ALL the class requirements, prerequisites, and details** (also located at <http://bit.ly/HCCswim>). Children should be comfortable with and easily able to perform *all prerequisite skills* for a class. If a child doesn't meet the prerequisite skills, they will be dropped from the roster. If space allows, they may be moved to an appropriate class or placed on the wait list.

### Open/Recreational Swim availability:

- Monday-Thursday: 11am - 5pm
- Friday: 11am - 6pm
- Saturday: 12pm - 6pm
- Sunday: 9am - 4pm

*Capacity limits may apply*

### Aquatic Classes 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.



# Aquatics: Preschool

## Preschooler 1 Age 3-5

Skills introduced include water adjustment and orientation, breath control, basic water safety, and swimming movements on front and back. This is an excellent class for children with little or no previous water experience. Child should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

### 6, 30 minute classes

M/W	5:00-5:30pm	3/4-3/20	\$72 / \$90	302100.12
Tu/Th	7:00-7:30pm	3/5-3/21	\$72 / \$90	302100.22

### 7, 30 minute classes

no class 1/15, 3/30

M/W	5:00-5:30pm	1/8-1/31	\$84 / \$105	302100.10
Tu/Th	7:00-7:30pm	1/9-1/30	\$84 / \$105	302100.20
Sa	9:00-9:30am	3/2-4/20	\$84 / \$105	302100.61

### 8, 30 minute classes

M/W	5:00-5:30pm	2/5-2/28	\$96 / \$120	302100.11
Tu/Th	7:00-7:30pm	2/6-2/29	\$96 / \$120	302100.21
Sa	9:00-9:30am	1/6-2/24	\$96 / \$120	302100.60

## Preschooler 2 Age 3-5

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

### 6, 30 minute classes

M/W	5:40-6:10pm	3/4-3/20	\$72 / \$90	302200.12
Tu/Th	6:20-6:50pm	3/5-3/21	\$72 / \$90	302200.22

### 7, 30 minute classes

no class 1/15, 3/30

M/W	5:40-6:10pm	1/8-1/31	\$84 / \$105	302200.10
Tu/Th	6:20-6:50pm	1/9-1/30	\$84 / \$105	302200.20
Sa	9:40-10:10am	3/2-4/20	\$84 / \$105	302200.61

### 8, 30 minute classes

M/W	5:40-6:10pm	2/5-2/28	\$96 / \$120	302200.11
Tu/Th	6:20-6:50pm	2/6-2/29	\$96 / \$120	302200.21
Sa	9:40-10:10am	1/6-2/24	\$96 / \$120	302200.60

## Preschooler 3 Age 3-5

Preschooler 3 students will focus on front crawl, back crawl, elementary backstroke, treading water, and water safety rules. Instruction is given for swimming in deep water.

### 6, 30 minute classes

M/W	6:20-6:50pm	3/4-3/20	\$72 / \$90	302300.12
Tu/Th	5:40-6:10pm	3/5-3/21	\$72 / \$90	302300.22

### 7, 30 minute classes

no class 1/15, 3/30

M/W	6:20-6:50pm	1/8-1/31	\$84 / \$105	302300.10
Tu/Th	5:40-6:10pm	1/9-1/30	\$84 / \$105	302300.20
Sa	10:20-10:50am	3/2-4/20	\$84 / \$105	302300.61

### 8, 30 minute classes

M/W	6:20-6:50pm	2/5-2/28	\$96 / \$120	302300.11
Tu/Th	5:40-6:10pm	2/6-2/29	\$96 / \$120	302300.21
Sa	10:20-10:50am	1/6-2/24	\$96 / \$120	302300.60

## Preschooler 4 Age 4-6

Our Preschooler 4 class focuses on front crawl and back crawl endurance, breath control, elementary backstroke, breaststroke, treading water, water safety, and diving from seated and kneeling positions.

### 6, 30 minute classes

M/W	7:00-7:30pm	3/4-3/20	\$72 / \$90	302400.12
Tu/Th	5:00-5:30pm	3/5-3/21	\$72 / \$90	302400.22

### 7, 30 minute classes no class 1/15, 3/30

M/W	7:00-7:30pm	1/8-1/31	\$84 / \$105	302400.10
Tu/Th	5:00-5:30pm	1/9-1/30	\$84 / \$105	302400.20
Sa	11:00-11:30am	3/2-4/20	\$84 / \$105	302400.61

### 8, 30 minute classes

M/W	7:00-7:30pm	2/5-2/28	\$96 / \$120	302400.11
Tu/Th	5:00-5:30pm	2/6-2/29	\$96 / \$120	302400.21
Sa	11:00-11:30am	1/6-2/24	\$96 / \$120	302400.60

## Aquatics: Youth

### Swim 1 Age 6-12

This class is designed to orient students to the aquatic environment. Instruction is given in breath control, floating, kicking, front and back crawl, elementary backstroke, and water safety skills.

#### 6, 30 minute classes

M/W	7:00-7:30pm	3/4-3/20	\$72 / \$90	303110.12
Tu/Th	5:00-5:30pm	3/5-3/21	\$72 / \$90	303110.22

#### 7, 30 minute classes no class 1/15, 3/30

M/W	7:00-7:30pm	1/8-1/31	\$84 / \$105	303110.10
Tu/Th	5:00-5:30pm	1/9-1/30	\$84 / \$105	303110.20
Sa	11:00-11:30am	3/2-4/20	\$84 / \$105	303110.61

#### 8, 30 minute classes

M/W	7:00-7:30pm	2/5-2/28	\$96 / \$120	303110.11
Tu/Th	5:00-5:30pm	2/6-2/29	\$96 / \$120	303110.21
Sa	11:00-11:30am	1/6-2/24	\$96 / \$120	303110.60

### Swim 2 Age 6-12

Building on Swim 1, students work on submersion skills, unsupported front and back float, unsupported front and back glide, front and back crawl, kicking, treading water, and safety rules. Previous water experience is required.

#### 6, 30 minute classes

M/W	6:20-6:50pm	3/4-3/20	\$72 / \$90	303210.12
Tu/Th	5:40-6:10pm	3/5-3/21	\$72 / \$90	303210.22

#### 7, 30 minute classes no class 1/15, 3/30

M/W	6:20-6:50pm	1/8-1/31	\$84 / \$105	303210.10
Tu/Th	5:40-6:10pm	1/9-1/30	\$84 / \$105	303210.20
Sa	10:20-10:50am	3/2-4/20	\$84 / \$105	303210.61

#### 8, 30 minute classes

M/W	6:20-6:50pm	2/5-2/28	\$96 / \$120	303210.11
Tu/Th	5:40-6:10pm	2/6-2/29	\$96 / \$120	303210.21
Sa	10:20-10:50am	1/6-2/24	\$96 / \$120	303210.60



### Swim 3 Age 6-12

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

#### 6, 30 minute classes

M/W	5:40-6:10pm	3/4-3/20	\$72 / \$90	303310.12
Tu/Th	6:20-6:50pm	3/5-3/21	\$72 / \$90	303310.22

#### 7, 30 minute classes no class 1/15, 3/30

M/W	5:40-6:10pm	1/8-1/31	\$84 / \$105	303310.10
Tu/Th	6:20-6:50pm	1/9-1/30	\$84 / \$105	303310.20
Sa	9:40-10:10am	3/2-4/20	\$84 / \$105	303310.61

#### 8, 30 minute classes

M/W	5:40-6:10pm	2/5-2/28	\$96 / \$120	303310.11
Tu/Th	6:20-6:50pm	2/6-2/29	\$96 / \$120	303310.21
Sa	9:40-10:10am	1/6-2/24	\$96 / \$120	303310.60

### Swim 4 Age 6-12

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

#### 6, 30 minute classes

M/W	5:00-5:30pm	3/4-3/20	\$72 / \$90	303410.12
Tu/Th	7:00-7:30pm	3/5-3/21	\$72 / \$90	303410.22

#### 7, 30 minute classes no class 1/15, 3/30

M/W	5:00-5:30pm	1/8-1/31	\$84 / \$105	303410.10
Tu/Th	7:00-7:30pm	1/9-1/30	\$84 / \$105	303410.20
Sa	9:00-9:30am	3/2-4/20	\$84 / \$105	303410.61

#### 8, 30 minute classes

M/W	5:00-5:30pm	2/5-2/28	\$96 / \$120	303410.11
Tu/Th	7:00-7:30pm	2/6-2/29	\$96 / \$120	303410.21
Sa	9:00-9:30am	1/6-2/24	\$96 / \$120	303410.60

### Swim 5 Age 6-12

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

#### 7, 45 minute classes no class 3/30

Sa	8:30-9:15am	3/2-4/20	\$126 / \$161	303510.61
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#### 8, 45 minute classes

Sa	8:30-9:15am	1/6-2/24	\$144 / \$184	303510.60
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## Aquatics: Youth Developmental

### Youth Developmental Pee Wee Age 5-7

Designed for swimmers interested in competitive swimming but with no experience participating on a team. Lessons are designed with extensive stroke development in all 4 strokes. **Swimmers must have the ability to swim 25 yards of freestyle and backstroke.**

7, 45 minute classes			no class 3/30	
Sa	9:30-10:15am	3/2-4/20	\$112 / \$147	304310.61

8, 45 minute classes				
Sa	9:30-10:15am	1/6-2/24	\$128 / \$168	304310.60



### Youth Developmental 1 Age 8-16

Bring your swimmers to a practice that develops their technique in the four competitive strokes, starts, turns, and endurance building. Great way to stay in shape and prepare for swim team. **Swimmers must be able to swim 25 yards of freestyle with rotary breathing and 25 yards of backstroke without stopping.**

7, 45 minute classes			no class 3/30	
Sa	10:30-11:15am	3/2-4/20	\$112 / \$147	304110.61

8, 45 minute classes				
Sa	10:30-11:15am	1/6-2/24	\$128 / \$168	304110.60

### Youth Developmental 2 Age 8-16

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns, and endurance building. Great way to stay in shape and prepare for swim team. **Swimmers must be able to swim 50 yards each of front crawl with rotary breathing, backstroke without stopping, and 25 yards each of butterfly and breaststroke.**

7, 45 minute classes			no class 3/30	
Sa	11:15am-12:00pm	3/2-4/20	\$112 / \$147	304210.61

8, 45 minute classes				
Sa	11:15am-12:00pm	1/6-2/24	\$128 / \$168	304210.60

## Aquatics: Adult

### Adult Intro to Swimming (Level 1) Age 13 & up

Interested in learning to swim but not yet comfortable in the water? 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. **Goggles are highly recommended.**

8, 45 minute classes				
Tu	9:00-9:45am	1/9-2/27	\$144 / \$184	306130.20
Tu	7:00-7:45pm	1/9-2/27	\$144 / \$184	306130.21
Tu	8:00-8:45pm	1/9-2/27	\$144 / \$184	306130.22

### Adult Beginner (Level 2) Age 13 & up

For students who have passed Adult Intro to Swimming, or those who are comfortable in the water, can float independently, and have a rudimentary understanding of freestyle. Rotary breathing and backstroke are included in this class. **Goggles are highly recommended.**

7, 45 minute classes				no class 3/26
Tu	9:00-9:45am	3/5-4/23	\$126 / \$161	306230.21
Tu	7:00-7:45pm	3/5-4/23	\$126 / \$161	306230.22

8, 45 minute classes				
Tu	10:00-10:45am	1/9-2/27	\$144 / \$184	306230.20

### Masters Group Age 18 & up

**NEW**

This group is designed for adult swimmers who wish to train with a small group of fellow athletes. Attend as many or as few days a week as you wish. **Previous competitive swim experience or triathlon swim experience needed.**

60 & 90 minute sessions		no sessions 11/23, 11/24, 12/22, 12/23, 12/26, 12/25, 1/1, 1/15		
M & W	5:00-6:30am			
Tu	8:00-9:00pm			
Th	7:30-9:00pm	11/1-1/31	\$150 / \$199	206630.10
F	2:00-3:00pm			
Sa	6:00-7:00am			
M & W	5:00-6:30am			
Tu	8:00-9:00pm			
Th	7:30-9:00pm	2/1-4/30	\$150 / \$199	306630.10
F	2:00-3:00pm			
Sa	6:00-7:00am			

## Aquatics: Diving

### Introduction to Diving Age 7-12

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	5:00-5:30pm	1/9-2/27	\$96 / \$120	304510.20
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### 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	5:30-6:15pm	1/9-2/27	\$144 / \$184	304610.20
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### Diving 2 Age 7-17

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

#### 8, 60 minute classes

Tu	6:15-7:15pm	1/9-2/27	\$192 / \$248	304710.20
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## Aquatics: Aquatic Fitness

### Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises and aerobic conditioning to improve fitness. No swimming experience is necessary. Rubber-soled shoes are strongly recommended.

#### 6, 60 minute classes

M/W	8:30-9:30am	3/4-3/20	\$72 / \$90	308530.12
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#### 7, 60 minute classes

M/W	8:30-9:30am	1/8-1/31	\$84 / \$105	308530.10
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no class 1/15

#### 8, 60 minute classes

M/W	8:30-9:30am	2/5-2/28	\$96 / \$120	308530.11
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### Deep Water 1 Age 16 & up

This class is a high intensity, no impact cardiovascular workout in deep water. While swimming skills are not required, participants must be comfortable and able to move around the pool in deep water with or without floatation devices. Benefits include toning and strengthening muscles.

#### 6, 60 minute classes

M/W	7:00-8:00pm	3/4-3/20	\$72 / \$90	308730.12
Tu/Th	8:30-9:30am	3/5-3/21	\$72 / \$90	308730.22

#### 7, 60 minute classes

M/W	7:00-8:00pm	1/8-1/31	\$84 / \$105	308730.10
Tu/Th	8:30-9:30am	1/9-1/30	\$84 / \$105	308730.20

no class 1/15

#### 8, 60 minute classes

M/W	7:00-8:00pm	2/5-2/28	\$96 / \$120	308730.11
Tu/Th	8:30-9:30am	2/6-2/29	\$96 / \$120	308730.21

### 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. Floatation devices are used periodically, but participants must be able to tread water and move around in 6-12 feet deep water without any floatation aids.

#### 6, 60 minute classes

Tu/Th	7:30-8:30am	3/5-3/21	\$72 / \$90	308830.22
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#### 7, 60 minute classes

Tu/Th	7:30-8:30am	1/9-1/30	\$84 / \$105	308830.20
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#### 8, 60 minute classes

Tu/Th	7:30-8:30am	2/6-2/29	\$96 / \$120	308830.21
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## Fitness: Small Group Classes

**Combines the individual attention and customized programming of one-on-one personal training, with the energy and motivation of group classes. New class sessions are offered monthly. Classes are held in the Fitness Studio. Maximum of 10 participants per class.**

### Balance Training Age 55 & up

Balance is key to maintaining independence as you age, fall prevention, and performing 'activities of daily living' well. Class focuses on both static balance (maintaining position over base of support) and dynamic balance (ability to react to perturbations and transitions from on- to off-balance). Format includes warm-up, balance & posture specific exercises, and general strength training.

#### 4, 45 minute classes

Tu	10:30-11:15am	2/6-2/27	\$30 / \$40	321730.21
Tu	10:30-11:15am	3/5-3/26	\$30 / \$40	321730.22

#### 5, 45 minute classes

Tu	10:30-11:15am	1/2-1/30	\$38 / \$50	321730.20
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### BLAST Fitness COMBO Age 16 & up

Take a few sets of resistance training, add in some rounds of cardio interval, a splash of core conditioning and a pinch of mobility work and you have a recipe for a great exercise class! Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of varying exercise modes. Every class is different, but the focus on improved health stays the same throughout.

#### 3, 45 minute classes no class 1/15

M	8:30-9:15am	1/8-1/29	\$23 / \$30	325831.10
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#### 4, 45 minute classes

M	8:30-9:15am	2/5-2/26	\$30 / \$40	325831.11
M	8:30-9:15am	3/4-3/25	\$30 / \$40	325831.12
W	8:30-9:15am	2/7-2/28	\$30 / \$40	325831.31
W	8:30-9:15am	3/6-3/27	\$30 / \$40	325831.32

#### 5, 45 minute classes

W	8:30-9:15am	1/3-1/31	\$38 / \$50	325831.30
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### BLAST Fitness Strength Age 16 & up

Functional fitness training designed to help you move better, be stronger and feel healthier. This circuit-style strength class will rotate through several series of exercises (within your individual equipment station), incorporating resistance training, body sculpting and core conditioning in fun, creative intervals. Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of resistance exercises using Free Weights, Kettlebells, Superbands, PhysioBalls and more!

#### 4, 45 minute classes

Tu	9:30-10:15am	2/6-2/27	\$30 / \$40	320430.21
Tu	9:30-10:15am	3/5-3/26	\$30 / \$40	320430.22
Th	9:30-10:15am	1/4-1/25	\$30 / \$40	320430.40
Th	9:30-10:15am	3/7-3/28	\$30 / \$40	320430.42

#### 5, 45 minute classes

Tu	9:30-10:15am	1/2-1/30	\$38 / \$50	320430.20
Th	9:30-10:15am	2/1-2/29	\$38 / \$50	320430.41

### H.I.I.T. Age 16 & up

Get more out of your workout in less time. High Intensity Interval Training (HIIT) burns more calories, increases fat loss and improves cardiovascular fitness in a shorter amount of time. Experience a challenging mix of short bursts of maximum-effort-exercises followed by brief recovery breaks in a rapid circuit-style format. Strength training, plyometrics, body weight exercises, sprints and other training techniques may be included!

#### 4, 45 minute classes

Th	12:15-1:00pm	1/4-1/25	\$30 / \$40	322630.40
Th	12:15-1:00pm	3/7-3/28	\$30 / \$40	322630.42
Sa	8:30-9:15am	1/6-1/27	\$30 / \$40	322630.60
Sa	8:30-9:15am	2/3-2/24	\$30 / \$40	322630.61

#### 5, 45 minute classes

Th	12:15-1:00pm	2/1-2/29	\$38 / \$50	322630.41
Sa	8:30-9:15am	3/2-3/30	\$38 / \$50	322630.62

### Move Well Age 16 & up

Move your body freely, easily, and pain free. This class combines stretching and dynamic movement-quality exercises to improve physical function, movement patterns and joint range of motion. Optimized mobility helps you enjoy freedom of movement, limits pain with movement, and increases your overall fitness & performance. **This class is beneficial for all fitness levels.**

#### 4, 45 minute classes

Th	4:00-4:45pm	1/4-1/25	\$30 / \$40	320631.40
Th	4:00-4:45pm	3/7-3/28	\$30 / \$40	320631.42

#### 5, 45 minute classes

Th	4:00-4:45pm	2/1-2/29	\$38 / \$50	320631.41
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## The Lunch Workout Age 16 & up

Re-ignite your metabolism over the lunch hour with an empowering workout that will carry you through the rest of your day. Enjoy a full-body fitness experience as you make your way through dynamic warm-ups, corrective exercises, power circuits, strength routines, cardio intervals and core finishers. Discover how your workout can be modified or progressed to meet - or challenge - your abilities and optimize your results.

### 3, 45 minute classes no class 1/15

M	12:15-1:00pm	1/8-1/29	\$23 / \$30	321330.10
F	12:15-1:00pm	2/9-2/23	\$23 / \$30	321330.51

### 4, 45 minute classes

F	12:15-1:00pm	1/5-1/26	\$30 / \$40	321330.50
M	12:15-1:00pm	2/5-2/26	\$30 / \$40	321330.11
M	12:15-1:00pm	3/4-3/25	\$30 / \$40	321330.12
W	12:15-1:00pm	2/7-2/28	\$30 / \$40	321330.31
W	12:15-1:00pm	3/6-3/27	\$30 / \$40	321330.32

### 5, 45 minute classes

W	12:15-1:00pm	1/3-1/31	\$38 / \$50	321330.30
F	12:15-1:00pm	3/1-3/29	\$38 / \$50	321330.52

## POUND Rockout. Workout. Age 16 & up

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix (lightly weighted drumsticks engineered specifically for exercising) POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to all ages and abilities.

### 4, 45 minute classes

Sa	8:00-8:45am	1/6-1/27	\$30 / \$40	326430.60
Sa	8:00-8:45am	2/3-2/24	\$30 / \$40	326430.61

### 5, 45 minute classes

Sa	8:00-8:45am	3/2-3/30	\$38 / \$50	326430.62
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**PLEASE NOTE:** Senior Discounts do not apply to Small Group Training or Personal Training.

## Fitness: Drop-In Classes

**Participants may use Herndon Community Center Admission Passes or pay the Daily Admission Rate to attend drop-in classes. Space may be limited in the case of any necessary class size restrictions or equipment limitations. Admission is on a first-come basis. Holiday Break: No drop-in classes 12/22/23 - 1/1/24**

### Body Sculpt & Abs Age 16 & up

This 60-minute muscle toning and strengthening class challenges you from head to toe! We move to the beat of the music while focusing on improving core strength, increasing flexibility and burning calories. This high repetition, light dumbbell workout will improve your muscle tone, posture, balance and strength. This is truly a total body workout.

#### 60 minute classes

Tu	7:00-8:00am	1/2 - 3/26
Th	7:00-8:00am	1/4 - 3/28
Sa	9:00-10:00am	1/6 - 3/30

### HCC STRONG Age 16 & up

This is what it is like to feel STRONG! In this class you'll find strength of body - and of mind - as you will yourself to accomplish a wide variety of functional movements and exercises to build a healthier body. You can lift barbells overhead; you can master the push-up; you can hip-hinge like a boss; if you can think it, you can do it!

#### 45 minute classes

Tu	6:45-7:30pm	1/2-3/26
Th	6:45-7:30pm	1/4-3/28



### Zumba® Age 16 & up

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

#### 60 minute classes

no class 1/15

M	5:30-6:30pm	1/8-3/25
Tu	5:30-6:30pm	1/2 - 3/26
W	5:30-6:30pm	1/3-3/27
Th	5:30-6:30pm	1/4 - 3/28

## HCC Admission Specials

# \$3

TUESDAYS  
(for seniors 65+)  
All Day

# \$5

FRIDAYS  
(all ages)  
All Day



## Fitness: Personal Training

NOR

*One-on-one personal training sessions are available by appointment. Sessions are generally held in the Community Center's Personal Training Studio or Fitness Room. For more information or to get started email our Head Personal Trainer: karen.tsitos@herndon-va.gov. \*Limitations apply to schedule and trainer availability*

### One-on-One Personal Training

#### 30 minute session

6 sessions.....\$180 / \$239  
10 sessions.....\$244 / \$325

#### 45 minute session

6 sessions.....\$237 / \$315  
10 sessions.....\$349 / \$464

### Two-on-One Partner Training

*(Pricing is PER PERSON)*

#### 45 minute session

6 sessions.....\$190 / \$253  
10 sessions.....\$300 / \$399



# Wellness

## Wellness: Yoga

### Seated Yoga Fitness Age 16 & up

Even if stiffness, injury, poor balance, or limited mobility make it difficult to get down to or up from the floor, this class will enable you to enjoy the yoga poses you love combined with some Tai Chi and overall fitness moves. Using a wall, chair, and/or blocks for support, you will learn to adapt your practice to do standing and seated poses with ease and confidence. Options given for different ability levels. Appropriate for students with or without prior yoga experience.

#### 6, 60 minute classes

Tu	12:30-1:30pm	1/9-2/13	\$84 / \$112	330030.20
Tu	12:30-1:30pm	2/20-3/26	\$84 / \$112	330030.21

### Lite Yoga Age 16 & up

Lite Yoga provides a full hour of yoga practice which is less vigorous than a regular Hatha Yoga class. It covers all basic poses done at a pace that allows all to participate and provides adaptations for those who may desire a more challenging practice. It is ideal for seniors and beginners, as well as anyone returning to yoga practice or requiring a class that is less demanding on joints and muscles.

#### 5, 60 minute classes

no class 1/15

M	11:45am-12:45pm	1/8-2/12	\$70 / \$94	330040.10
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#### 6, 60 minute classes

M	11:45am-12:45pm	2/19-3/25	\$84 / \$112	330040.11
W	11:45am-12:45pm	1/10-2/14	\$84 / \$112	330040.30
W	11:45am-12:45pm	2/21-3/27	\$84 / \$112	330040.31

### Hatha Yoga Age 16 & up

Hatha Yoga offers the opportunity to continue and deepen your yoga practice, improving balance, agility, flexibility, and strength through forward and backward bends, inversions, twists, standing poses, and core work. Breathwork, concentration, proper alignment, and technique are emphasized.

#### 5, 75 minute classes

no class 1/15

M	1:00-2:15pm	1/8-2/12	\$80 / \$107	330230.10
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#### 6, 75 minute classes

M	1:00-2:15pm	2/19-3/25	\$96 / \$128	330230.11
W	1:00-2:15pm	1/10-2/14	\$96 / \$128	330230.30
W	1:00-2:15pm	2/21-3/27	\$96 / \$128	330230.31

## Lunchtime Yoga Age 16 & up

This multi-level end-of-week Hatha practice will help you stretch, de-stress, and refresh to get you ready for the weekend ahead. Use your breath to reset and yoga poses to build strength, balance, flexibility, and agility. Options for gentler or more challenging variations will be included so you can get the most out of this practice, regardless of your experience or ability level. Relieve muscle and mental tension. Relax and manage stress. Return home or to work ready for the rest of the day's - and weekend's - challenges.

### 6, 60 minute classes

F	11:55am-12:55pm	1/12-2/16	\$84 / \$112	330060.50
F	11:55am-12:55pm	2/23-3/29	\$84 / \$112	330060.51

## Martial Arts

### Self Defense Age 13 & up

Interested in learning easy & effective techniques to defend yourself and others without having to grapple with a cage fighter? This 6-week class is designed for students of all skill levels and is taught by a Japanese Jiu Jitsu master and veteran black belt who provides personalized instruction to each student. The curriculum includes lessons on how to defend against chokes, kicks & punches, knife & club defenses, as well as releases, traps, throws, strikes, & submission holds. Register for one or both sessions to continue improving your skills.

### 6, 90 minute classes

W	7:00-8:30pm	1/10-2/14	\$63 / \$84	372410.30
W	7:00-8:30pm	2/21-3/27	\$63 / \$84	372410.31

### 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, & basic strikes. No prior experience necessary. Led by Washinkan kendo dojo instructors.

### 6, 60 minute classes

Su	10:00-11:00am	1/7-2/11	\$42 / \$56	372450.70
Su	10:00-11:00am	2/18-3/24	\$42 / \$56	372450.71

### Kendo Age 13 & up

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class teaching technique for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class. Led by Washinkan kendo dojo instructors.

### 6, 90 minute classes

Th	7:00-8:30pm	1/11-2/15	\$63 / \$84	372550.40
Th	7:00-8:30pm	2/22-3/28	\$63 / \$84	372550.41

### 6, 2 hour classes

Su	10:00am-12:00pm	1/7-2/11	\$84 / \$112	372550.70
Su	10:00am-12:00pm	2/18-3/24	\$84 / \$112	372550.71

**45 YEARS**

HERNDON COMMUNITY CENTER

STOP IN, SWIM, SWEAT, TRY A CLASS, AND  
**CELEBRATE**  
THE HERNDON COMMUNITY CENTER!

**Monday, March 25 - Friday, March 29**

**\$4.50 Admission each day FOR EVERYONE!**

**Pass Sale: 45 days for \$45 (purchase this week only)**

**Spin the Wheel to win a Herndon Prize!**

**PLUS, if you're 45 years old (ID required), it's BOGO for your next visit!**

HERNDON COMMUNITY CENTER

# NEW! Cozy Paint & Sip Night

Wednesday  
January 10  
6-8:30pm



Join us for a Cozy Paint & Sip Night at the Herndon Community Center. An experienced arts instructor will teach you how to paint a wintery scene on an 11 x 14 canvas to take home. All supplies included. You will also enjoy refreshments to include a hot chocolate and tea bar. Age 16 & up.  
\$40 310050.01

# HOBBY Exchange

FREE

SATURDAY  
January 27

Drop-Off 1:00-2:00pm  
Exchange 2:15-3:30pm

Did you take up a hobby last year that didn't stick? Are you ready to try something new in 2024? Think of hobbies such as baking, puzzles, board games, jewelry making, sporting equipment, knitting to name a few!

Drop off your unwanted items and receive a ticket to come back and "shop" first. After donors shop, open to everyone to be inspired and find a new hobby for the year!

- All items must be in useable good condition with all parts/pieces. Please kindly tape board game and puzzles closed.
- Family-friendly items only.
- No collections.

Reservations are not needed. In case of inclement weather, call the inclement weather line at 703-435-6866. Please email [Julie.Kagler@herndon-va.gov](mailto:Julie.Kagler@herndon-va.gov) for questions.



*Light Up  
the Night*  
**V.I.P.  
DANCE**

**SATURDAY  
February 17**

**6:30-9:00pm**

More details at [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation)

Kids, enjoy an unforgettable  
night with your  
Very Important Person

Light up the dance floor  
with our glow accessories  
and DJ, enjoy dessert, and  
strike a pose in our  
photo booth!

Kids (age 4-12) choose a  
Very Important Person  
(any adult 18+) in their life  
to accompany them to  
this semi-formal event  
held at the  
Herndon Community Center.

Early registration is advised | 350000.01

**\$50 adult/child couple**

**\$25 each additional child**

# Swiftie Showdown

The Ultimate Taylor Swift Trivia Night

**FRIDAY, MARCH 8**

**6:00 - 6:30 PM**

**Friendship Bracelet Exchange**

**6:30 - 8:30 PM**

**Trivia**



**Calling all Swifties!** Show off your in-depth  
knowledge of the pop legend's life, career, and  
music. Taylor Swift Trivia will be played pub-style  
and participants may either play alone or in teams.

**Pizza, snacks, and prizes !**

**\$10/advance registration  
\$15/day of registration**

Advance registration is HIGHLY  
recommended for this event.  
Everyone attending MUST register.

# Kids Fishing Derby

Start an annual family tradition and join us for this special day!

**Saturday, March 16**

8:00am-12:00pm

**Runnymede Park**

Park at Hunters Creek Clubhouse, 417 Queens Row and follow signs to easy trail for check-in and fishing spots!

Pre-registration price is \$10, valid through Friday, March 15 at 4:45pm. Onsite, day of event registration is \$15, cash or check only. **450050.60**

**Age 2-15.** Experience a relaxing day fishing into a beautiful setting. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. In addition, Trout Unlimited will help clean and store your catch. Limited fishing poles and bait are available for use.

Please wear shoes you don't mind getting wet or muddy. Sandals are NOT permitted. All participants under age 16 **MUST** be accompanied by an adult. Teens and adults, age 16 & up, **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. See staff for dates and times of extended fishing hours.



*This event is proudly supported by the Fraternal Order of Police.*

# HOPPY EGG HUNTING SATURDAY MARCH 30



Bready Park Softball Field  
814 Ferndale Avenue

Age Walking-7. Children are invited to bring their parents, cameras, baskets, and egg-hunting shoes for a fun-filled morning in the park. Games, arts and crafts, petting zoo, and music will begin at 9:30 am, along with a photo opportunity with the Bunny.  
Event held rain or shine.

**Register by age group and note hunt time for that age group.**

**Walking-2 11:15 am 454500.63**  
**Age 3-4 10:30 am 454500.62**  
**Age 5-7 9:45 am 454500.61**

NOTE: Advance registration ends at 4:45 pm on Friday, March 29. Onsite registration is \$15 at the gate. Cash or check accepted, no credit cards.



# Camps

## Winter Break Camp Age 6-11

OR

Come join the fun at Herndon Community Center during winter break. We will have a variety of activities every day for your child to enjoy to include art & crafts, gym games, board games, swimming and much more. Please be sure to pack a peanut-free lunch daily, water bottle, swimsuit, and towel.

### 4, 7.5 hour sessions

M-Th	8:00am-3:30pm	12/18-12/21	\$150 / \$200	280100.06
Tu-F	8:00am-3:30pm	12/26-12/29	\$150 / \$200	280100.07



## Winter Break Tennis Camp Age 7-13

OR

This 4-day camp will feature on-court instruction, warm-ups, conditioning, games and more! Skills instruction and match play included. Beginners as well as experienced players all welcome. Students must provide their own racquet and bring two snacks and a water bottle every day during the session. Athletic attire and shoes required.

### 4, 4 hour sessions

Tu-F	9:00am-1:00pm	12/26-12/29	\$147 / \$196	288710.10
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## Spring Break Tennis Camp Age 7-12

A great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction, and match play. Students must provide their own racquet. Bring snack and lunch each day. In case of inclement weather, camp will be moved indoors.

### 5, 4 hour sessions

M-F	9:00am-1:00pm	3/25-3/29	\$169 / \$225	488610.10
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# Tennis: Indoor

## Indoor Tennis Center 2023-2024 Season Monday, October 30, 2023 - Sunday, April 14, 2024

### Holiday Closures:

**November 23 & 24, December 25, January 1**

### Hours:

Saturday	7:00am-10:00pm
Sunday	7:00am-9:00pm
Monday	9:00am-9:30pm
Tuesday	9:30am-10:30pm
Wednesday	7:00am-10:30pm
Thursday	9:00am-10:30pm
Friday	7:00am-10:00pm

*Subject to change based on contracts and demand.*

## Bready Park Tennis Center Rates

HOURLY COURT COSTS	CONTRACT TIME	RANDOM TIME*
<i>Prime Time (after 5:00pm, Monday-Friday; Saturday &amp; Sunday all day)</i>		
Adult TOH Resident	\$28	\$32
Adult Non-Resident	\$36	\$40
<i>Non-Prime Time (before 5:00pm weekdays)</i>		
Adult TOH Resident	\$25	\$27
Adult Non-Resident	\$32	\$34
Youth/Senior TOH (a)	\$22	\$24
Youth/Senior Non-Resident (a)	\$26	\$28

(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.

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.

No courts may be contracted or booked to be used as instruction outside of TOH offerings.

Questions about contract time, please contact Indoor Tennis Manager 703-435-6800 x2110 or Suzanna.Swalboski@herndon-va.gov

No courts may be contracted or booked to be used as instruction outside TOH offerings.

**Random time may be reserved up to seven days in advance. For reservations, call 703-435-6800 x2114.**

Prior to registering for a class or program, please refer to the NTRP ratings chart on page 17 to determine an appropriate level. When applicable, the recommended NTRP rating ranges are included with class headings and program descriptions. All youth classes will emphasize tennis fundamentals. All students must provide their own racquet and wear tennis shoes.

## Indoor Tennis: Youth

### Red-ball Level I (Pee Wee) Age 4-6

Beginning tennis. Introduces and acclimates the youngest players to tennis' basic strokes & footwork.

#### 6, 45 minute classes no class 1/15, 3/25, 3/28

M	5:00-5:45pm	1/8-2/19	\$74 / \$98	391200.10
M	5:00-5:45pm	2/26-4/8	\$74 / \$98	391200.11
Th	4:15-5:00pm	1/11-2/15	\$74 / \$98	391200.40
Th	4:15-5:00pm	2/29-4/11	\$74 / \$98	391200.41

### Beginner 1.0-1.5 Age 6-15

#### Age 6-9

#### 6, 45 minute classes no class 1/15, 3/23, 3/25, 3/27, 3/30

M	5:45-6:30pm	1/8-2/19	\$74 / \$98	392310.10
M	5:45-6:30pm	2/26-4/8	\$74 / \$98	392310.11
W	5:15-6:00pm	1/10-2/14	\$74 / \$98	392310.30
W	5:15-6:00pm	2/28-4/10	\$74 / \$98	392310.31
Sa	9:00-9:45am	1/6-2/10	\$74 / \$98	392310.60
Sa	9:00-9:45am	2/24-4/13	\$74 / \$98	392310.62

#### Age 7-12

#### 6, 60 minute classes no class 3/23, 3/30

Sa	10:45-11:45am	1/6-2/10	\$97 / \$129	392310.61
Sa	10:45-11:45am	2/24-4/13	\$97 / \$129	392310.63

#### Age 9-15

#### 6, 60 minute classes no class 3/28

Th	4:00-5:00pm	1/11-2/15	\$97 / \$129	392310.40
Th	4:00-5:00pm	2/29-4/11	\$97 / \$129	392310.41

### Beginner 1.0-1.5/

### Advanced Beginner 2.0-2.5 Age 7-15

#### Age 7-12

#### 6, 60 minute classes no class 1/15, 3/25, 3/29

M	5:45-6:45pm	1/8-2/19	\$97 / \$129	392410.10
M	5:45-6:45pm	2/26-4/8	\$97 / \$129	392410.11
F	5:30-6:30pm	1/12-2/16	\$97 / \$129	392410.50
F	5:30-6:30pm	3/1-4/12	\$97 / \$129	392410.51

#### Age 9-15

#### 6, 60 minute classes no class 1/15, 3/25

M	4:00-5:00pm	1/8-2/19	\$97 / \$129	392410.12
M	4:00-5:00pm	2/26-4/8	\$97 / \$129	392410.13

### Advanced Beginner 2.0-2.5 Age 6-15

#### Age 6-12

#### 6, 60 minute classes no class 3/28

Th	5:00-6:00pm	1/11-2/15	\$97 / \$129	393110.40
Th	5:00-6:00pm	2/29-4/11	\$97 / \$129	393110.41

#### Age 7-12

#### 6, 60 minute classes no class 3/23, 3/30

Sa	11:45am-12:45pm	1/6-2/10	\$97 / \$129	393110.60
Sa	11:45am-12:45pm	2/24-4/13	\$97 / \$129	393110.61

#### Age 9-15

#### 6, 60 minute classes no class 3/27

W	4:15-5:15pm	1/10-2/14	\$97 / \$129	393110.30
W	4:15-5:15pm	2/28-4/10	\$97 / \$129	393110.31

### Advanced Beginner 2.0-2.5/

### Intermediate 3.0-3.5 Age 9-15

#### 6, 60 minute classes no class 3/23, 3/29, 3/30

F	6:30-7:30pm	1/12-2/16	\$97 / \$129	393210.51
F	6:30-7:30pm	3/1-4/12	\$97 / \$129	393210.52
Sa	9:45-10:45am	1/6-2/10	\$97 / \$129	393210.60
Sa	9:45-10:45am	2/24-4/13	\$97 / \$129	393210.61

### Intermediate 3.0-3.5/Advanced 4.0 Age 7-15

#### Age 7-12

#### 6, 60 minute classes no class 3/26

Tu	5:15-6:15pm	1/9-2/13	\$97 / \$129	393520.20
Tu	5:15-6:15pm	2/27-4/9	\$97 / \$129	393520.22
Th	5:00-6:00pm	1/11-2/15	\$97 / \$129	393520.40
Th	5:00-6:00pm	2/29-4/11	\$97 / \$129	393520.41

#### Age 9-15

#### 6, 60 minute classes no class 3/26

Tu	4:15-5:15pm	1/9-2/13	\$97 / \$129	393520.21
Tu	4:15-5:15pm	2/27-4/9	\$97 / \$129	393520.23

### Home School Tennis Age 5-16

This class will emphasize tennis fundamentals but can accommodate various ages and skill levels. All students must provide their own racquet and wear tennis shoes.

#### 6, 60 minute classes no class 3/28

Th	11:00am-12:00pm	1/11-2/15	\$97 / \$129	393211.40
Th	11:00am-12:00pm	2/29-4/11	\$97 / \$129	393211.41

### High School 3.0-4.0 Indoor Tennis Age 14-19

These classes are for players either already on their high school tennis team or preparing for upcoming team tryouts, and who are regularly competing above the intermediate level.

#### 6, 60 minute classes no class 3/23, 3/30

Tu	6:15-7:15pm	1/9-2/13	\$97 / \$129	392320.20
Th	4:30-5:30pm	1/11-2/15	\$97 / \$129	392320.40
Sa	12:00-1:00pm	1/6-2/10	\$97 / \$129	392320.60
Sa	12:00-1:00pm	2/24-4/13	\$97 / \$129	392320.61



## Youth Tennis: Performance-Based

Coach-led sessions designed to improve performance, knowledge, and confidence in competitive play.

### Red-ball Level II 2.5 – 3.0 Age 5-9

For players who can sustain a rally and enjoy competition.

6, 60 minute sessions no class 3/23, 3/29, 3/30

F	3:30-4:30pm	1/12-2/16	\$97 / \$129	391200.50
F	3:30-4:30pm	3/1-4/12	\$97 / \$129	391200.51
Sa	3:00-4:00pm	1/6-2/10	\$97 / \$129	391200.60
Sa	3:00-4:00pm	2/24-4/13	\$97 / \$129	391200.61

### Orange Ball Competition

#### Practice 3.0 – 4.0 Age 6-11

Coaches will focus on game strategy, rules, and shot combinations for both singles and doubles. Players should be ready to compete or already on tennis teams.

6, 60 minute sessions no class 3/23, 3/30

Sa	2:00-3:00pm	1/6-2/10	\$97 / \$129	392510.60
Sa	2:00-3:00pm	2/24-4/13	\$97 / \$129	392510.61

### Greendot & Regulation Competition

#### Practice 3.0-4.0 Age 6-18

Ball choice should be determined by the ball used for the player's closest upcoming competitive event. These sessions provide match readiness and build confidence in constructing points.

#### Greendot only Age 6-12

5, 60 minute sessions

Sa	4:00-5:00pm	1/20-2/17	\$81 / \$108	393510.61
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#### Regulation Ball only Age 8-15

5, 60 minute sessions

Sa	4:00-5:00pm	1/20-2/17	\$81 / \$108	393510.62
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#### Regulation Ball only Age 11-18

5, 60 minute sessions

Sa	5:00-6:00pm	1/20-2/17	\$81 / \$108	393510.63
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#### Greendot or Regulation Ball Age 6-15

6, 60 minute sessions no class 3/29

F	4:30-5:30pm	1/12-2/16	\$97 / \$129	393510.50
F	4:30-5:30pm	3/1-4/12	\$97 / \$129	393510.51

## Youth Singles Tournament (Double Elimination)

### Age 11-16

*(both greendot & regulation ball divisions offered)*

Have fun keeping your skills sharp during the High School tennis season's spring break by competing in the regulation ball bracket or enjoy developmental competition in the greendot-ball bracket. Trophies awarded for first and second place in each division.

Sa	3:00-9:00pm	3/23	\$40 / \$53	390276.60
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## NTRP Ratings

Classes are organized according to player ability, which 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.

## Indoor Tennis: Adult

**To ensure appropriate placement, please consult the NTRP chart on this page prior to registering.**

### Beginner 1.0-1.5 Age 16 & up

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

6, 60 minute classes no class 3/23, 3/30

Sa	9:00-10:00am	1/6-2/10	\$97 / \$129	394030.60
Sa	9:00-10:00am	2/24-4/13	\$97 / \$129	394030.61

### Beginner 1.0-1.5/

#### Advanced Beginner 2.0-2.5 Age 16 & up

6, 60 minute classes no class 1/15, 3/25

F	9:00-10:00am	1/12-2/16	\$97 / \$129	394130.50
F	9:00-10:00am	3/01-4/12	\$97 / \$129	394130.51
M	6:45-7:45pm	1/8-2/19	\$97 / \$129	394130.10
M	6:45-7:45pm	2/26-4/8	\$97 / \$129	394130.11

#### Advanced Beginner 2.0-2.5 Age 16 & up

6, 60 minute classes no class 3/23, 3/27, 3/30

W	12:30-1:30pm	1/10-2/14	\$97 / \$129	394230.30
W	12:30-1:30pm	2/28-4/10	\$97 / \$129	394230.31
Sa	10:00-11:00am	1/6-2/10	\$97 / \$129	394230.60
Sa	10:00-11:00am	2/24-4/13	\$97 / \$129	394230.61

## Advanced Beginner 2.0-2.5/ Intermediate 3.0-3.5 Age 16 & up

6, 60 minute classes		no class 3/28, 3/29		
Th	10:00-11:00am	1/11-2/15	\$97 / \$129	394230.40
Th	10:00-11:00am	2/29-4/11	\$97 / \$129	394230.41
F	7:30-8:30pm	1/12-2/16	\$97 / \$129	394230.50
F	7:30-8:30pm	3/1-4/12	\$97 / \$129	394230.51

## Intermediate 3.0-3.5 Age 16 & up

6, 60 minute classes		no class 3/23, 3/30		
F	8:00-9:00am	1/12-2/16	\$97 / \$129	394330.50
F	8:00-9:00am	3/01-4/12	\$97 / \$129	394330.51
Sa	11:00am-12:00pm	1/6-2/10	\$97 / \$129	394330.60
Sa	11:00am-12:00pm	2/24-4/13	\$97 / \$129	394330.61

## Intermediate 3.0-3.5/Advanced 4.0 Age 16 & up

6, 60 minute classes		no class 3/26		
Tu	7:15-8:15pm	1/9-2/13	\$97 / \$129	394330.20
Tu	7:15-8:15pm	2/27-4/9	\$97 / \$129	394330.21

## Advanced 4.0 Age 16 & up

6, 60 minute classes		no class 3/23, 3/26, 3/30		
Tu	6:15-7:15pm	2/27-4/9	\$97 / \$129	394530.20
F	7:00-8:00am	1/12-2/16	\$97 / \$129	394530.50
F	7:00-8:00am	3/01-4/12	\$97 / \$129	394530.51
Sa	1:00-2:00pm	1/6-2/10	\$97 / \$129	394530.60
Sa	1:00-2:00pm	2/24-4/13	\$97 / \$129	394530.61

## Serve Rx 2.0-4.0

### Age 16 & up

Focusing primarily on serves, this class will give you a boost in your serving power, spin, placement, feel and confidence.

6, 45 minute classes		no class 3/26		
Tu	3:30-4:15pm	1/9-2/13	\$74 / \$98	394430.20
Tu	3:30-4:15pm	2/27-4/9	\$74 / \$98	394430.21

## Serve & Return 2.0-4.0

### Age 16 & up

Fine-tuning of skills and strategy for best placement of serve and return of serve for both singles and doubles.

6, 60 minute classes		no class 3/29		
F	12:30-1:30pm	1/12-2/16	\$97 / \$129	394430.51
F	12:30-1:30pm	3/1-4/12	\$97 / \$129	394430.52

## Indoor Tennis: Doubles Leagues

Enjoy competitive play in one of our four leagues!

- Senior doubles and women's doubles leagues use a fast-paced round-robin format of multiple shorter matches allowing players to compete with and against all registrants each day of play.

The recommended level of play for senior doubles and women's doubles ranges from Advanced Beginner/Intermediate to Advanced (2.5-4.0), and participants should be experienced in doubles' rules and order of play.

- In Tuesday night men's doubles, courts are assigned for each date of play based on cumulative statistical ranking (total games won/total games played), and trophies are awarded to the top two statistical finishers on the final date of the session. Recommended level of play for Tuesday night men's doubles is high intermediate and above (3.0-4.5)

All Doubles League participants are responsible for finding their own substitute players. Those who register to be on the waiting list are considered substitute players and should be regularly available during time of play. Waiting list players and substitute players' contact information will be provided to registered participants who are in need of a sub.

If you would like to be considered as a substitute player, please register after the program is full to be contacted. The Town reserves the right to remove you from the program if you regularly do not arrange for your own substitute. *These programs are not eligible for a senior discount.* League cost includes new balls every session.

### Mixed Senior Doubles Age 50 & up

11, 90 minute sessions		no class 1/15		
M	12:00-1:30pm	1/8-3/25	\$137 / \$182	395040.10

### Tennis Men's Doubles Age 16 & up

13, 2 hour sessions		no class 3/26		
Tu	8:30-10:30pm	1/9-4/9	\$191 / \$254	393030.20

### Tennis Women's Doubles Age 16 & up

11, 2 hour sessions				
W	9:00-11:00am	1/10-3/20	\$165 / \$219	390030.30

### Men's Senior Doubles Age 50 & up

12, 90 minute sessions				
Th	12:00-1:30pm	1/4-3/21	\$149 / \$198	396040.40

# Performing Arts

## Performing Arts: Youth Dance

To ensure an independent experience and to foster a quality and rewarding learning environment in our youth classes, parents remain outside the classroom. Parent observation opportunities will be offered the last 15 minutes of class during the week of Saturday, March 16 – Friday, March 22.

### Ballet with Creative Movement Age 4-5

Ballet develops good posture, poise and graceful movement. Dancers will study the fundamentals of ballet technique including terminology, barre work and center choreography. Creative movement sparks the imagination to naturally develop motor skills, rhythmic awareness, coordination and balance in a fun way. This class is designed for new and returning dancers.

#### 11, 45 minute classes

Tu	5:15-6:00pm	1/9-3/19	\$75 / \$100	341210.22
W	5:15-6:00pm	1/10-3/20	\$75 / \$100	341210.34



### Ballet I Age 6-7

Ballet develops good posture, poise and graceful movement. Dancers will study the fundamentals of ballet technique including correct body placement, strength and basic vocabulary utilizing barre work, center and combinations.

#### 11, 45 minute classes

Tu	6:00-6:45pm	1/9-3/19	\$75 / \$100	341310.20
W	6:00-6:45pm	1/10-3/20	\$75 / \$100	341310.30

### Ballet II Age 7-8

Ballet develops good posture, poise and graceful movement. Dancers will study the fundamentals of ballet technique including correct body placement, strength and basic vocabulary utilizing barre work, center and combinations. This class is designed for dancers with at least one session of experience.

#### 11, 45 minute classes

Tu	6:45-7:30pm	1/9-3/19	\$75 / \$100	341410.20
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### Adaptive Dance Age 4-7

NEW

This creative movement class provides an opportunity for children with Autism, Down Syndrome, Cerebral Palsy, or other developmental and intellectual disabilities to explore the joy of dance in a safe and supported environment. Dancers will develop coordination, musicality, mobility and personal growth. Intake forms are required upon enrollment to ensure that we can accommodate each child's needs. Caregivers may observe and/or participate in classes if they wish.

#### 11, 45 minute classes

Th	5:30-6:15pm	1/11-3/21	\$75 / \$100	341710.40
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### Jazz I Age 6-10

Jazz dance combines techniques of classical ballet and modern dance with current forms of popular dance. This class will begin to develop students' flexibility, strength and balance skills and is designed for both new and returning dancers. Jazz shoes should be brought to each class session.

#### 11, 45 minute classes

Th	7:00-7:45pm	1/11-3/21	\$75 / \$100	342611.40
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### Hip-Hop Age 6-10

This high-energy class infuses the latest forms of street dancing with developing musicality and style. Students will learn the basics of hip hop technique, performance skill and confidence.

#### 11, 45 minute classes

Th	6:15-7:00pm	1/11-3/21	\$75 / \$100	345310.40
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### Urban Hip-Hop Age 10-15

This is a high intensity Urban Hip Hop dance class that will cover styles of urban dancing including tutting, moonwalking, top rocks, threading, ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.

#### 11, 60 minute classes

Tu	7:45-8:45pm	1/9-3/19	\$100 / \$132	345311.20
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## Performing Arts: Adult Dance

### Adult Jazz Age 18 & up

A fun way to get exercise while learning or revisiting fundamentals and beyond of Broadway Jazz. Barre warm up, isolations, stretching, across the floor and steps set to a choreographed routine will be taught during this high impact class. An optional performance opportunity will be offered to interested dancers.

#### 11, 60 minute classes

W	7:45-8:45pm	1/10-3/20	\$100 / \$132	341235.33
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## Adult Tap Age 18 & up

Secretly always wanted to learn to tap dance, or have wanted to revisit tapping? It's never too late! Fundamentals and beyond will be taught during this high-impact class including warm-ups, traveling patterns across the floor and steps set to a choreographed routine. An optional performance opportunity will be offered to interested tappers.

### 11, 60 minute classes

W	6:45-7:45pm	1/10-3/20	\$100 / \$132	341236.33
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## Performing Arts: Acting

### Ready, Set, Act! Age 6-9

This creative storytelling class is ideal for your future Broadway Star, who will learn the fundamentals of acting, movement and speech/diction in an imaginative and energetic environment. Students will use role-playing and basic creative drama exercises to bring scenes and stories to life. No prior experience is necessary. A showcase will be presented at the end of the session for family and friends.

### 10, 60 minute classes no class 1/15

M	5:30-6:30pm	1/8-3/18	\$90 / \$120	348010.10
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### Rising Stars Age 9-12

This class is for students looking to develop their acting skills. Actors will develop the foundation of performance technique through acting exercises, ensemble work, monologues and scene work. They will expand their performance ranges and take on more challenging roles with confidence. No prior experience is necessary. A showcase will be presented at the end of the session for family and friends.

### 10, 60 minute classes no class 1/15

M	6:30-7:30pm	1/8-3/18	\$90 / \$120	348110.10
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### Theatrical Costume Design for Kids

**NEW**

#### Age 8-16

Take your theatrical costume ideas from the sketch pad to the sewing table to the stage. You will concept your own character looks and learn basic design skills as well as how to read a pattern and finally, you will construct one of your designs from paper and fabric. No prior drawing or sewing skills needed.

### 10, 60 minute classes no class 1/15

M	7:30-8:30pm	1/8-3/18	\$90 / \$120	348710.10
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# We Need You!

## How can you help US offer more and new classes?

### 1 Suggest classes and programs.

Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) and tell us your ideas and classes you want to take!

### 2 Propose classes and programs YOU can teach.

We are seeking enthusiastic and skilled individuals to share their talents and passions. Learn more and drop us a class proposal with an easy form at [bit.ly/HPR-ClassProposal](http://bit.ly/HPR-ClassProposal).

### 3 Submit a Request for Proposal (RFP)

If you are interested in being a contract instructor or camp provider, the open RFP has rolling quarterly deadlines. Details can be found at [bit.ly/HPR-Instructors](http://bit.ly/HPR-Instructors).

**We accept old-school phone calls at 703-787-7300.**

**We look forward to hearing from YOU!**

**HCC Admission Specials**

**\$3** TUESDAYS (for seniors 65+) All Day

**\$5** FRIDAYS (all ages) All Day

# Arts & Crafts

## Arts & Crafts: Preschool

### Preschool STEAM Team Age 3.5-5

Calling all creative minds and innovators! Join the Preschool STEAM Team as we create, observe and embrace the trial and error process to develop critical thinking and problem solving skills in an open ended environment. Children will express themselves through art, participate in science experiments, build, design and embrace the question why.

#### 4, 90 minute classes

W	1:30-3:00pm	1/10 -1/31	\$48 / \$64	310000.03
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### Dino Days Age 3.5-5

Put on your paleontologist hat and come learn about a prehistoric time when dinosaurs roamed the earth. We will learn about different dinosaurs, how they lived and how scientists study them now. Class includes crafts, story time, music, and hands on learning experiences.

#### 4, 90 minute classes

W	1:30-3:00pm	2/7 - 2/28	\$48 / \$64	310000.04
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### Music Makers Age 3.5-5

Let's make music! Come sing, dance, play instruments and even craft your own instruments to take home. We will listen to music and observe how it makes us feel, learn about different musicians around the world and embrace the inner musician inside us all..

#### 3, 90 minute classes

W	1:30-3:00pm	3/6-3/20	\$36 / \$48	310000.05
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## Arts & Crafts: Youth

### Cartooning & Comic Book Writing Age 8-12

Young artists will learn about storytelling, writing, and drawing through art games and collaborative stories. Over several weeks, they will design their own comic book with unique characters and an original plot.

#### 6, 90 minute classes

Su	11:00am-12:30pm	1/21-2/25	\$90 / \$120	310116.01
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### Get Hooked Age 10-15

**NEW**

Do you want to learn to crochet? Or improve your current skills? An experienced instructor to work with all levels and supplies will be provided.

#### 4, 60 minute classes

W	6:30-7:30pm	2/28-3/20	\$40 / \$53	310400.11
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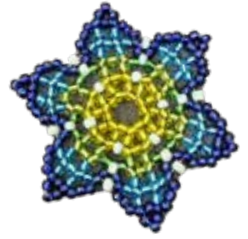
## Arts & Crafts: Adult

### Bead Weaving – Techniques for All

**NEW**

#### Age 16 & up

Create beautiful, handcrafted items with beads! Learn the basics of bead weaving using different techniques taught by our experienced instructor. The cost of supplies is included in the fee. All skill levels are welcome.



#### 7, 90 minute classes

W	7:00-8:30pm	1/24-2/14	\$80 / \$106	310052.01
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### Open for All: Crochet & Knitting Class

#### Age 16 & up

Come join us for knitting, crocheting, and socializing. All levels of experience welcome! Beginners are welcome and will learn basics of knitting and/or crocheting. More experienced participants can bring their latest project for help with troubleshooting or start a new project with fresh eyes and ideas. We will have an experienced instructor there to help you get started, trouble shoot, or find a fun new project.

#### 4, 90 minute classes

Tu	7:00-8:30pm	1/9-1/30	\$40 / \$53	310231.03
Tu	7:00-8:30pm	2/6-2/27	\$40 / \$53	310231.04
Tu	7:00-8:30pm	3/5-3/26	\$40 / \$53	310231.05

## Arts & Crafts: Pottery

### Beginning Wheel Age 16 & up

Learn techniques of throwing the wheel to include wedging, centering, pulling, trimming and the use of tools and glaze. Experience wonderful craft with good habits and positive feedback in every class. Use of tools and 25lbs of clay included: additional clay may be purchased as needed.

#### 8, 2.5 hour classes

M	6:00-8:30pm	1/22-3/11	\$250 / \$333	310150.02
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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 25lbs of clay, glazes, and kiln use. Additional clay may be purchased as needed.

#### 8, 2.5 hour classes

Tu	6:00-8:30pm	1/23-3/12	\$250 / \$333	310160.23
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**NEW!**  
**Cozy Paint & Sip Night**

**Wednesday  
 January 10  
 6-8:30pm**



Join us for a Cozy Paint & Sip Night at the Herndon Community Center. An experienced arts instructor will teach you how to paint a wintery scene on an 11 x 14 canvas to take home. All supplies included. You will also enjoy refreshments to include a hot chocolate and tea bar. Age 16 & up.  
**\$40** 310050.01

## Life Interest

### Life Interest: Cooking

#### Japanese Cooking with Chef Kana

**NEW**

**Age 8-11**

Embark on a culinary journey to Japan with our exciting cooking class designed especially for kids! In this hands-on experience, young chefs will discover the art of Japanese cooking, learning how to prepare delicious and authentic dishes. From Poke to Japanese sandwiches, children will explore a variety of traditional and modern recipes. Join us for a memorable and educational Japanese cooking adventure, where your children can embrace the flavors and traditions of Japan!

**4, 90 minute classes**

Th	6:00-7:30pm	1/11-2/1	\$120 / \$160	360114.01
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#### Baking with Chef Kana Age 8-11

**NEW**

Join us for a fun and delicious adventure in our vegan cupcake cooking class for kids! In this interactive and hands-on class, young aspiring chefs will learn how to make cute cupcakes without using any animal products. From mixing the batter to decorating their sweet creations, children will explore the art of plant-based baking. Our experienced instructor will guide them through each step, ensuring a safe and enjoyable learning environment. So, let your little ones unleash their culinary creativity and join us for a delightful and vegan cupcake experience!

**4, 90 minute classes**

Th	6:00-7:30pm	2/15-3/7	\$120 / \$160	360114.02
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## Life Interest: Instructor Bio

### Meet the Chef!

#### Chef Kana



"Hello! I'm Chef Kana, and I have had the opportunity to work in various culinary environments and explore different cuisines. These experiences have greatly influenced and shaped me into the chef I am today. My cooking philosophy revolves around mindfulness, both in the preparation and enjoyment of food, and I always strive to infuse fun into the culinary experience!"

## Open Gym Schedule

### Winter 2023-24: Open Gym

Adult Pickleball	M/Tu/Th	9:00-11:00am
	Sa	8:00-11:00am
Adult Basketball	M/Tu	6:45-8:45pm
	Tu/Th/F	11:30am-2:30pm
Teen Open Gym	M-F	2:45-5:15pm
Youth Open Gym	Sa	1:00-5:45pm
	Su	12:30-3:45pm

This schedule is subject to change – Open Gym may be cancelled for events. Youth Open Gym is for 17 and under. All youth under 10 must be accompanied by an adult. Teen Open Gym is for age 13-17. Adult Open Gym is for 16 and up.

NEIGHBORS IN

# Action



## *Making this recreation center access affordable for our community!*

Herndon Parks and Recreation Department partnered with staff from Cornerstones and their initiative, Opportunity Neighborhoods Herndon Ambassadors and Community Connectors to propose a discounted admission policy to the Herndon Community Center for eligible residents and those residing in the Herndon High School pyramid. Following Town Council approval, these deeply discounted rates are now easily available for admission and use of the fitness room, open gym, and open swim. (Visit Herndon Community Center | Town of Herndon, VA ([herndon-va.gov](http://herndon-va.gov)) for age requirements and center schedule).

There are many ways for town residents to receive the discounted rate, you only need provide proof of your address falling within the eligible areas of Town. Non-residents in the Herndon High School pyramid must show proof of address and need-based eligibility. A full list of acceptable documents is available on the website. <https://www.herndon-va.gov/departments/recreation/herndon-community-center/neighbors-in-action>



VECINOS EN

# Acción

## *ihaciendo que este centro de recreación sea accesible para nuestra comunidad a precios asequibles!*

Departamento de Parques y Recreación de Herndon se asoció con el personal de Cornerstones y su iniciativa, Opportunity Neighborhoods Herndon Ambassadors y Community Connectors, para proponer una política de admisión con descuento en el Centro Comunitario de Herndon para residentes elegibles y aquellos que residen en el área de influencia de la Escuela Secundaria de Herndon. Tras la aprobación del Concejo Municipal, estas tarifas con descuento significativo ahora están fácilmente disponibles para la admisión y uso del gimnasio, gimnasio abierto y natación libre en el Centro Comunitario de Herndon. (Visite el Centro Comunitario de Herndon | Municipio de Herndon, VA ([herndon-va.gov](http://herndon-va.gov)) para conocer los requisitos de edad y el horario del centro).

Hay muchas formas para que los residentes de la ciudad obtengan la tarifa con descuento, solo necesitamos proporcionar una prueba de que su dirección se encuentra dentro de las áreas elegibles de la ciudad. Los no residentes en el área de influencia de la Escuela Secundaria de Herndon deben mostrar una prueba de dirección y elegibilidad basada en necesidades. Una lista completa de documentos aceptables está disponible en el sitio web. <https://www.herndon-va.gov/departments/recreation/herndon-community-center/neighbors-in-action>

# Parks

## 1 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.

## 2 Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, five lighted tennis courts, four lighted pickleball courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

## 3 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.

## 4 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.

## 5 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, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

## 6 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 restrooms seasonally. Picnic pavilion available first-come, first-served.

## 7 Harding Park

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

## 8 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.*

## 9 Spring Street Park

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

## 10 Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is 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.

## 11 Trailside Park

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

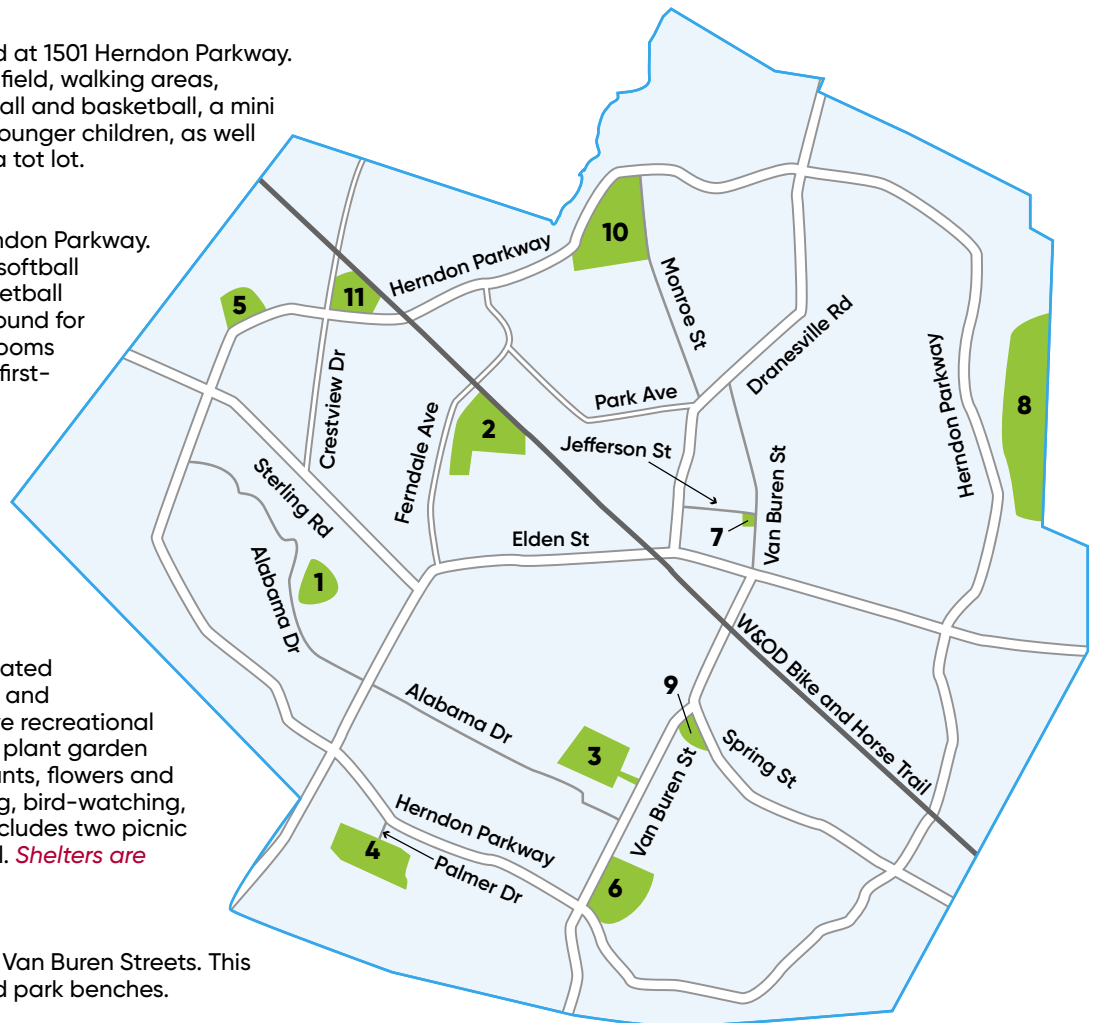
## Picnic Shelter Rentals

- 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 [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation).**



*This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation) for more information.*



## Herndon Community Center

TOH = Town of Herndon Resident  
(Requires ID with address);

NR = Non-Resident; Youth: 17 & under,  
Student: 18-25 with student ID, Senior: 65+

*All admissions and passes are nonrefundable.*

Daily Rate	TOH/NR
Adult .....	\$7/\$8
Youth, Senior, Student .....	\$5.75/\$6.50
Family .....	\$19.75/\$22.50

10-Visit Pass*	TOH/NR
Adult .....	\$63/\$72
Youth, Senior, Student .....	\$52/\$59

25-Visit Pass**	TOH/NR
Adult .....	\$140/\$160
Youth, Senior, Student .....	\$115/\$130

30-Day Pass	TOH/NR
Adult .....	\$56/\$72
Youth, Senior, Student .....	\$46/\$59
Adult 2-Person^ .....	\$84/\$108
Senior 2-Person^ .....	\$69/\$88
Adult/Senior 2-Person^ .....	\$74/\$95
Dependent Youth+ .....	\$14/\$18

6-Month Pass	TOH/NR
Adult .....	\$294/\$384
Youth, Senior, Student .....	\$242/\$312
Adult 2-Person^ .....	\$441/\$576
Senior 2-Person^ .....	\$362/\$468
Adult/Senior 2-Person^ .....	\$389/\$504
Dependent Youth+ .....	\$72/\$94

Annual Pass	TOH/NR
Adult .....	\$504/\$672
Youth, Senior, Student .....	\$414/\$546
Adult 2-Person^ .....	\$756/\$1,008
Senior 2-Person^ .....	\$621/\$819
Adult/Senior 2-Person^ .....	\$666/\$882
Dependent Youth+ .....	\$124/\$164

\* Expires 1 year after purchase  
\*\* Expires 2 years after purchase  
^ Same household

+ Dependent pass must be purchased with an adult pass

### Pass and Daily Admission Fee Includes

Use of pool, spa, sauna, fitness room, racquetball courts, locker room, and open gym times. Age restrictions apply.

### 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 one free training session. Free training session has limited availability based on weekday scheduling. No evenings or weekend available.

### Age Categories:

- Youth: 17 & under
- Student: 18-25 with student ID
- Adult: 18 & older
- Seniors: 65 & older
- Children: Admitted free under age 2 with a paying adult

### Pool Use:

Children 5 & under: an adult must accompany child in the water  
Children 8 & under: must be accompanied by an adult  
Proper swim attire required in both the Pool and Spa. No jeans, cut-offs, sweat pants or socks.

### Spa & Sauna Use:

Children 15 & under: are not permitted in the Spa or Sauna  
Youth 16 & up: may use the Spa and Sauna  
Please adhere to posted signs and notices to ensure safe use of both resources.

### Gymnasium Use:

Please visit [www.herndon-va.gov/HCC](http://www.herndon-va.gov/HCC) for open gym times and age restrictions.

### Fitness Room Use:

The Fitness Room may be enjoyed independently by anyone age 14 & older. Children under the age of 14 are not permitted in the 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.

### 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 10:00am on Wednesday, December 6. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, December 12.

### 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 two 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 this page of the 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?

Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: [www.herndon-va.gov/recreation](http://www.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 10:00am on December 12.

## 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.

## Financial Assistance and Scholarship Program

The Town of Herndon provides financial assistance to qualified Town of Herndon residents by waiving a percentage of the registration fee for eligible recreation programs or 10-visit passes. For more information, please call 703-787-7300.

## Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call 703-787-7300 to discuss any modifications 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 cancelled, 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 cancelled due to low enrollment.

## Registration Options

Open registration dates apply to ALL registration options 10:00am on December 6 for TOH residents, and 10:00am on December 12 for Non-TOH residents. For best advantage, list choices for your classes. 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 [www.herndon-va.gov/recreation](http://www.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 **NOR** is not available online. Acceptance of our liability waiver will be required prior to registration.
- 2. In-Person** registration for the Fall classes begins at 10:00am, December 6 for TOH residents and 10:00am, December 12 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, 777 Lynn Street, Herndon, VA 20170

- 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	Refunds
5+ days before class/program starts	Full
4 days before class/program starts and onward	Yes with service charge*, pro-rated as necessary
Medical reasons (with a doctor's note preventing participation in class/program) or relocation of 20 or more miles	Pro-rated, no service charge
*Customer-requested refunds are subject to above parameters except when the individual relocates at least twenty miles or for a medical reason with a doctor's note.	

1. Full refunds are issued if classes are canceled due to minimum enrollment not being met.
2. Service charge is 15% per class and applies to refunds, as noted in the chart.
3. All refunds may be made by either credit card or Town check.
4. Pro-rated values are calculated based on the remaining classes at the time that the request is received by the Department.
5. No refunds are given to those who have a balance due.
6. Some programs including events, camps, and swim team may have a more stringent refund policy that is noted in the program information.
7. Daily Admission, Admission Passes and Personal Training Passes are non-refundable, except due to medical circumstances or patron relocates more than twenty miles away.

# Herndon Parks and Recreation Registration Form

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

Phone: 703-787-7300

Fax: 703-318-8652

Mail to: Herndon Parks and Recreation  
777 Lynn Street,  
Herndon, VA 20170

One form per household. Please print clearly in ink. Complete this form and be sure to note your first, second, and third choices.

**Proof of residency may be required.**

Last \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Email \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Participant Name	Birth Date	Class Title	1st Choice Class Code	2nd Choice Class Code	3rd Choice Class Code	Fee

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

**If paying by credit card, complete the following:**

VISA  Mastercard  American Express  Discover

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Billing Zip \_\_\_\_\_

Print Name of Card Holder \_\_\_\_\_

Signature \_\_\_\_\_

**Special Accommodations:**

Call 703-787-7300 to speak with a recreation program supervisor.

**Make Check Payable to:**

Town of Herndon  
All returned checks are subject to a \$50 fee

**Change of address/phone/email?**

YES  NO

**OFFICE USE ONLY – Processed by:** \_\_\_\_\_

**Payment Method**  C  CK  CC  LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

**Refunds:**

A 15% service charge will be assessed 5 days or fewer before the start of the program. Full refunds will only be given for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation Department.

**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 Participant, Parent, or Guardian \_\_\_\_\_

Signature of Participant, Parent, or Guardian \_\_\_\_\_