



June-August 2024

Programs & Events

www.herndon-va.gov/recreation

www.herndonwebtrac.com



SUMMER CAMPS!

Starts on page 16

Farmers' Market Fun Days

Page 12

July 4th Celebration

Page 12



Class Registration Opens

Town of Herndon (TOH)
Wednesday,
May 8 at 10am

Non-Resident (NR)
Tuesday,
May 14 at 10am

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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

Juneteenth – Wednesday, June 19 **Closed**
 Independence Day – Thursday, July 4 **Closed**
 Labor Day – Monday, September 2 **Closed**
 The Herndon Community Center will be closed from August 24 – September 2 for maintenance and cleaning.

Parks & Recreation Office Hours

Monday–Friday 8:00am–5:00pm

Office Closures &/or Reduced Hours

Juneteenth – Wednesday, June 19 **Closed**
 Independence Day – Thursday, July 4 **Closed**
 Labor Day – Monday, September 2 **Closed**

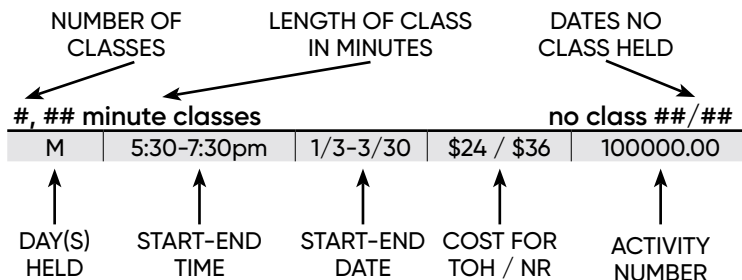
Daily Admission Rates

More Information in the Admission Fees & Passes section.

	TOH / NR
Adults	\$7 / \$8
Seniors	\$5.75 / \$6.50
Youth	\$5.75 / \$6.50
Family*	\$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 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

- Bob Williams, 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
- Steven Orr, Head Lifeguard
- Matt Lear, HAC 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:

Water Safety: Conquering the Deep End7
Saturday, May 4 • HCC

Bike to Work Day11
Friday, May 17 • Town Hall Square

Water Safety: Splash into Water Safety7
Saturday, May 18 • HCC

Play All Day VA11
Thursday, June 20 • Local Parks

Intro to Olympic Aquatics7
Saturday, June 22 • HCC

July 4th Celebration 12
Thursday, July 4 • Bready Park

Farmers Market Fun Days 12
Thursdays, July 11-Aug 15
• Town Hall Square



HCC SUMMER UNLIMITED PASS SALE

Adult Pass
TOH \$140/
NR \$180

Senior, Youth & Student
TOH \$110/
NR \$140

Seniors: 65 & over Youth: 17 & Under
Student: 18 - 25 with student ID

Valid 5/1/24 - 8/23/24

Aquatics

No Aquatic Classes: 6/19 & 7/4

Aquatics: Pool & Swimmer Info

Aquatic Classes Makeup Policy:

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Refunds for cancelled classes will be issued to participants if we do not have a makeup class date available.

A minimum of 2 lap lanes are available for ages 13 & up during all pool hours Friday-Sunday and until 9pm Monday-Thursday. Capacity limits may apply.

Open/Recreational Swim availability:

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

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 moved to an appropriate class or placed on the wait list.

We strongly recommend no food be eaten one hour or less before participation in any swimming 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	8/5-8/21	\$72 / \$90	102100.17
Tu/Th	7:00-7:30pm	8/6-8/22	\$72 / \$90	102100.21

7, 30 minute classes

			no class 6/19, 7/4, 7/9	
M-Th	9:00-9:30am	6/17-6/27	\$84 / \$105	102100.10
M-Th	9:00-9:30am	7/1-7/11	\$84 / \$105	102100.12
M-Th	5:00-5:30pm	6/17-6/27	\$84 / \$105	102100.18
Tu/Th	7:00-7:30pm	7/2-7/25	\$84 / \$105	102100.20

8, 30 minute classes

M-Th	9:00-9:30am	7/15-7/25	\$96 / \$120	102100.13
M-Th	9:00-9:30am	7/29-8/8	\$96 / \$120	102100.14
M/W	5:00-5:30pm	7/1-7/24	\$96 / \$120	102100.16
Sa	9:00-9:30am	6/29-8/17	\$96 / \$120	102100.60

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. The successful completion of Preschooler 1 or equivalent is required.

6, 30 minute classes

M/W	5:40-6:10pm	8/5-8/21	\$72 / \$90	102200.16
Tu/Th	6:20-6:50pm	8/6-8/22	\$72 / \$90	102200.21

7, 30 minute classes

			no class 6/19, 7/4, 7/9	
M-Th	9:40-10:10am	6/17-6/27	\$84 / \$105	102200.10
M-Th	9:40-10:10am	7/1-7/11	\$84 / \$105	102200.11
Tu/Th	6:20-6:50pm	7/2-7/25	\$84 / \$105	102200.20

8, 30 minute classes

M-Th	9:40-10:10am	7/15-7/25	\$96 / \$120	102200.12
M-Th	9:40-10:10am	7/29-8/8	\$96 / \$120	102200.13
M/W	5:40-6:10pm	7/1-7/24	\$96 / \$120	102200.15
M-Th	5:40-6:10pm	6/17-6/27	\$96 / \$120	102200.17
Sa	9:40-10:10am	6/29-8/17	\$96 / \$120	102200.60



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. The successful completion of Preschooler 2 or equivalent is required.

6, 30 minute classes

M/W	6:20-6:50pm	8/5-8/21	\$72 / \$90	102300.16
Tu/Th	5:40-6:10pm	8/6-8/22	\$72 / \$90	102300.21

7, 30 minute classes

			no class 6/19, 7/4, 7/9	
M-Th	10:20-10:50am	6/17-6/27	\$84 / \$105	102300.10
M-Th	10:20-10:50am	7/1-7/11	\$84 / \$105	102300.11
M-Th	6:20-6:50pm	6/17-6/27	\$84 / \$105	102300.17
Tu/Th	5:40-6:10pm	7/2-7/25	\$84 / \$105	102300.20

8, 30 minute classes

M-Th	10:20-10:50am	7/15-7/25	\$96 / \$120	102300.12
M-Th	10:20-10:50am	7/29-8/8	\$96 / \$120	102300.13
M/W	6:20-6:50pm	7/1-7/24	\$96 / \$120	102300.15
Sa	10:20-10:50am	6/29-8/17	\$96 / \$120	102300.60

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. The successful completion of Preschooler 3 or equivalent is required.

6, 30 minute classes

M/W	7:00-7:30pm	8/5-8/21	\$72 / \$90	102400.16
Tu/Th	5:00-5:30pm	8/6-8/22	\$72 / \$90	102400.21

7, 30 minute classes

no class 6/19, 7/4, 7/9

M-Th	11:00-11:30am	6/17-6/27	\$84 / \$105	102400.10
M-Th	11:00-11:30am	7/1-7/11	\$84 / \$105	102400.11
M-Th	7:00-7:30pm	6/17-6/27	\$84 / \$105	102400.17
Tu/Th	5:00-5:30pm	7/2-7/25	\$84 / \$105	102400.20

8, 30 minute classes

M-Th	11:00-11:30am	7/15-7/25	\$96 / \$120	102400.12
M-Th	11:00-11:30am	7/29-8/8	\$96 / \$120	102400.13
M/W	7:00-7:30pm	7/1-7/24	\$96 / \$120	102400.15
Sa	11:00-11:30am	6/29-8/17	\$96 / \$120	102400.60



Calling All Swimmers!

Herndon Halibuts (HERNDON SWIM LEAGUE) AGE 5-18

If you have always wanted to be on a swim team, but haven't had a neighborhood team to swim for, here's your chance!

Join the Herndon Community Center Swim Team and be a Fighting Halibut!

As a developmental team, your child will have an opportunity to enhance and learn the four competitive strokes and participate in swim meets. All swimmers **MUST** be able to swim one length of the pool continuously without stopping. If swimmers cannot swim a length of the pool, they will not be allowed to participate on the team. Additional information will be given to the members of the team upon registration. A \$25 late fee will be charged if registering after May 27.

EVENING PRACTICES

May 28-June 14
Monday-Thursday

MORNING PRACTICES

June 17-July 19
Monday-Friday

No Practice Wednesday, June 19 & Thursday, July 4

Registration TOH \$175/NR \$232 until May 27

Age 8 & under	105350.10	Age 9-10	105350.11
May 28-June 14	5:45-6:30pm	May 28-June 14	5-5:45pm
June 17-July 19	7:30-8:15am	June 17-July 19	8:15-9:00am
Age 11-12	105350.12	Age 13-18	105350.13
May 28-June 14	6:30-7:30pm	May 28-June 14	4-5:00pm
June 17-July 19	9-10:00am	June 17-July 19	10-11:00am

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	8/5-8/21	\$72 / \$90	103110.16
Tu/Th	5:00-5:30pm	8/6-8/22	\$72 / \$90	103110.21

7, 30 minute classes

no class 6/19, 7/4, 7/9

M-Th	11:00-11:30am	6/17-6/27	\$84 / \$105	103110.10
M-Th	11:00-11:30am	7/1-7/11	\$84 / \$105	103110.11
M-Th	7:00-7:30pm	6/17-6/27	\$84 / \$105	103110.17
Tu/Th	5:00-5:30pm	7/2-7/25	\$84 / \$105	103110.20

8, 30 minute classes

M-Th	11:00-11:30am	7/15-7/25	\$96 / \$120	103110.12
M-Th	11:00-11:30am	7/29-8/8	\$96 / \$120	103110.13
M/W	7:00-7:30pm	7/1-7/24	\$96 / \$120	103110.15
Sa	11:00-11:30am	6/29-8/17	\$96 / \$120	103110.60

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. The successful completion of Swim 1 or equivalent is required.

6, 30 minute classes

M/W	6:20-6:50pm	8/5-8/21	\$72 / \$90	103210.16
Tu/Th	5:40-6:10pm	8/6-8/22	\$72 / \$90	103210.21

7, 30 minute classes

no class 6/19, 7/4, 7/9

M-Th	10:20-10:50am	6/17-6/27	\$84 / \$105	103210.10
M-Th	10:20-10:50am	7/1-7/11	\$84 / \$105	103210.11
M-Th	6:20-6:50pm	6/17-6/27	\$84 / \$105	103210.17
Tu/Th	5:40-6:10pm	7/2-7/25	\$84 / \$105	103210.20

8, 30 minute classes

M-Th	10:20-10:50am	7/15-7/25	\$96 / \$120	103210.12
M-Th	10:20-10:50am	7/29-8/8	\$96 / \$120	103210.13
M/W	6:20-6:50pm	7/1-7/24	\$96 / \$120	103210.15

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. The successful completion of Swim 2 or equivalent is required.

6, 30 minute classes

Tu/Th	6:20-6:50pm	8/6-8/22	\$72 / \$90	103310.21
M/W	5:40-6:10pm	8/5-8/21	\$72 / \$90	103310.16

7, 30 minute classes

no class 6/19, 7/4, 7/9

M-Th	9:40-10:10am	6/17-6/27	\$84 / \$105	103310.10
M-Th	9:40-10:10am	7/1-7/11	\$84 / \$105	103310.11
M-Th	5:40-6:10pm	6/17-6/27	\$84 / \$105	103310.17
Tu/Th	6:20-6:50pm	7/2-7/25	\$84 / \$105	103310.20

Swim 3 Age 6-12

8, 30 minute classes

M-Th	9:40-10:10am	7/15-7/25	\$96 / \$120	103310.12
M-Th	9:40-10:10am	7/29-8/8	\$96 / \$120	103310.13
M/W	5:40-6:10pm	7/1-7/24	\$96 / \$120	103310.15
Sa	9:40-10:10am	6/29-8/17	\$96 / \$120	103310.60

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. The successful completion of Swim 3 or equivalent is required.

6, 30 minute classes

M/W	5:00-5:30pm	8/5-8/21	\$72 / \$90	103410.16
Tu/Th	7:00-7:30pm	8/6-8/22	\$72 / \$90	103410.21

7, 30 minute classes

no class 6/19, 7/4, 7/9

M-Th	9:00-9:30am	6/17-6/27	\$84 / \$105	103410.10
M-Th	9:00-9:30am	7/1-7/11	\$84 / \$105	103410.11
M-Th	5:00-5:30pm	6/17-6/27	\$84 / \$105	103410.17
Tu/Th	7:00-7:30pm	7/2-7/25	\$84 / \$105	103410.20

8, 30 minute classes

M-Th	9:00-9:30am	7/15-7/25	\$96 / \$120	103410.12
M-Th	9:00-9:30am	7/29-8/8	\$96 / \$120	103410.13
M/W	5:00-5:30pm	7/1-7/24	\$96 / \$120	103410.15
Sa	9:00-9:30am	6/29-8/17	\$96 / \$120	103410.60

Aquatics: Camps

NEW/OR Junior Lifeguard Training Camp Age 11-14

Do you have a desire to become a future lifeguard? Learn the roles of responsibilities of a lifeguard in our Junior Lifeguard Training Camp! You will improve your swimming skills and work on beginner-level rescues. Learn from our experienced lifeguard instructors and lifeguards! Start training early for an opportunity to become a professional lifeguard. **Note: Participation in Junior Lifeguard Training does not result in American Red Cross (ARC) certification.**

5, 2 hour sessions

M-F	10:00am-12:00pm	6/24-6/28	\$100 / \$133	107250.10
M-F	10:00am-12:00pm	7/15-7/19	\$100 / \$133	107250.11

NEW WSI Aid Mini-Camp Age 11-14

Do you have a desire to become a future swim instructor? Learn the roles and responsibilities of a swim instructor in our Water Safety Instructor Aid Training Camp! Learn the skills needed to be a Water Safety Instructor and assist swim instructors in real-time swim lessons. Start early for the opportunity to be a swim instructor. **Note: Participation in WSI Aid Training does not result in American Red Cross (ARC) certification.**

4, 2 hour sessions

no session 7/4

M-W/F	9:00-11:00am	7/1-7/5	\$100 / \$133	107130.10
M-Th	9:00-11:00am	7/22-7/25	\$100 / \$133	107130.11



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.

4, 30 minute classes

Tu-F	10:30-11:00am	6/25-6/28	\$48 / \$60	104510.10
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5, 30 minute classes

M-F	10:30-11:00am	7/8-7/12	\$60 / \$75	104510.11
M-F	10:30-11:00am	8/5-8/9	\$60 / \$75	104510.12

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.

4, 30 minute classes

Tu-F	11:00-11:45am	6/25-6/28	\$72 / \$92	104610.10
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5, 45 minute classes

M-F	11:00-11:45am	7/8-7/12	\$90 / \$115	104610.11
M-F	11:00-11:45am	8/5-8/9	\$90 / \$115	104610.12

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.

4, 30 minute classes

Tu-F	9:30-10:30am	6/25-6/28	\$96 / \$124	104710.10
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5, 60 minute classes

M-F	9:30-10:30am	7/8-7/12	\$120 / \$155	104710.11
M-F	9:30-10:30am	8/5-8/9	\$120 / \$155	104710.12

Aquatics: Special Events



SWIM THE DISTANCE IN 2024

Celebrate the Community Center's 45th Anniversary and set a goal to swim 45 miles in 2024!



Pick up a tracking form from the Aquatics Office. When completed, return it for a special prize.



HERNDON AQUATIC CLUB

The Herndon Aquatic Club Commanders is the Herndon Parks and Recreation Department's year-round USA Swimming club. The Commanders' competitive swim team is dedicated to giving each swimmer the opportunity to achieve at high levels in an encouraging environment. Swimmers improve stroke technique, endurance, and speed; gain confidence; and build friendships with team members.

Visit www.teamunify.com/team/pvhacc/page/home to request an evaluation. Contact Head Coach Matt Lear at Matthew.Lear@herndon-va.gov with questions.



Intro to Olympic Aquatics

Have you ever wondered what it was like to be in the Olympics?

SATURDAY, June 29


1:00-3:00pm

Age 8-14. In this session we will be introducing 4 of the Olympic Aquatic Sports just in time for the 2024 Summer Olympics: Artistic Swimming, Diving, Swimming and Water Polo. Come out to try them for yourself to see how fun (and challenging) the Aquatic Olympic sports are!

Swimmers will be in all depths of the pool (up to 12 feet) during this session so having water confidence and basic swim skills are required for this event!

Please contact Erin Rider at (703) 787-7300 ext. 2125 if you have any questions. \$10 109320.60

OR



WATER SAFETY DAYS

Conquering the Deep End: (Water Safety Day 1)

SATURDAY, May 4 12:00-1:30pm
Age 8-16

Take a dive into deep end skills: treading water, swimming, and have some fun on the diving board! Each participant will be able to take their Herndon Community Center Deep End Test and have it recorded in our test book (passing the test gives you access to use the deep end and diving board during open swim)! **Must be able to swim at least 15 yards without stopping** \$5 409310.60

Splash into Water Safety: (Water Safety Day 2)

SATURDAY, May 18 12:00-1:30pm
Age 5-8

Our instructors are excited to introduce you to swimming safely. We will begin to teach floating, rolling, and safe entries into the pool (including fun jumping). Kick-start your swimmers' pool safety before the summer! **Participants must be comfortable in the water but do not need prior swim lesson experience**

\$5 409310.61

Participants can stay in the water during open swim after class with a parent on the deck.



Aquatics: Aquatic Fitness

Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. Rubber-soled shoes are strongly recommended.

6, 60 minute classes

M/W	8:00-9:00am	8/5-8/21	\$72 / \$90	108530.12
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8, 60 minute classes

M/W	8:00-9:00am	7/1-7/24	\$96 / \$120	108530.11
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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	8/5-8/21	\$72 / \$90	108730.11
Tu/Th	8:30-9:30am	8/6-8/22	\$72 / \$90	108730.21

7, 60 minute classes

Tu/Th	8:30-9:30am	7/2-7/25	\$84 / \$105	108730.20
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8, 60 minute classes

M/W	7:00-8:00pm	7/1-7/24	\$96 / \$120	108730.10
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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 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	8/6-8/22	\$72 / \$90	108830.21
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7, 60 minute classes

Tu/Th	7:30-8:30am	7/2-7/25	\$84 / \$105	108830.20
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Fitness

PLEASE NOTE: Senior Discounts do not apply to Small Group Training or Personal Training.

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.

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

M	8:30-9:15am	8/5-8/19	\$23 / \$30	125831.11
W	8:30-9:15am	8/7-8/21	\$23 / \$30	125831.31

5, 45 minute classes

M	8:30-9:15am	7/1-7/29	\$38 / \$50	125831.10
W	8:30-9:15am	7/3-7/31	\$38 / \$50	125831.30

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 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!

3, 45 minute classes

Tu	9:30-10:15am	8/6-8/20	\$23 / \$30	120440.21
Th	9:30-10:15am	7/11-7/25	\$23 / \$30	120440.40

4, 45 minute classes

Th	9:30-10:15am	8/1-8/22	\$30 / \$40	120440.41
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5, 45 minute classes

Tu	9:30-10:15am	7/2-7/30	\$38 / \$50	120440.20
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Balance, H.I.I.T., & Strength Fusion Classes will return in Fall 2024

HCC Admission Specials

\$3

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
ALL DAY
All Ages

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

M	12:15-1:00pm	8/5-8/19	\$23 / \$30	121330.11
W	12:15-1:00pm	8/7-8/21	\$23 / \$30	121330.31
F	12:15-1:00pm	7/12-7/26	\$23 / \$30	121330.50

4, 45 minute classes

F	12:15-1:00pm	8/2-8/23	\$30 / \$40	121330.51
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5, 45 minute classes

M	12:15-1:00pm	7/1-7/29	\$38 / \$50	121330.10
W	12:15-1:00pm	7/3-7/31	\$38 / \$50	121330.30

no class 7/4

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.*

3, 45 minute classes

Th	4:00-4:45pm	7/11-7/25	\$23 / \$30	120631.40
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4, 45 minute classes

Th	4:00-4:45pm	8/1-8/22	\$30 / \$40	120631.41
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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 rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to all ages and abilities.

3, 45 minute classes

Sa	10:00-10:45am	8/3-8/17	\$23 / \$30	126430.61
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4, 45 minute classes

Sa	10:00-10:45am	7/6-7/27	\$30 / \$40	126430.60
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Fitness: Personal Training

NOR

Results-oriented, customized fitness training!
Work with elite, experienced trainers and build a customized fitness plan designed to help you reach your goals. One-on-one personal training sessions are available by appointment. For more information or to get started email our Head Personal Trainer: karen.tsitos@herndon-va.gov. (Limitations apply based on schedule and trainer availability).

NEW Personal training packages are now available in 4, 8 or 12 session blocks to make it easier for you to train monthly at once, twice or three times per week!

One-on-One Personal Training

45 minute session

4 sessions \$174 / \$218
 8 sessions \$331 / \$414
 12 sessions \$470 / \$588

30 minute session

4 sessions \$132 / \$165
 8 sessions \$251 / \$314
 12 sessions \$356 / \$445

Two-on-One Partner Training

(Pricing is PER PERSON)

45 minute session

4 sessions \$157 / \$196
 8 sessions \$298 / \$373
 12 sessions \$423 / \$529

Drop-In 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. *Participants may use HCC Admission Passes or pay the Daily Admission Rate to attend these classes.*

60 minute classes

Tu	7:00-8:00am	7/2-8/19
Th	7:00-8:00am	7/11 - 8/22
Sa	9:00-10:00am	7/6-8/17

ZUMBA Classes on next page.

Drop-In 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. *Participants may use HCC Admission Passes or pay the Daily Admission Rate to attend these classes.*

60 minute classes

M	5:30-6:30pm	7/1-8/19
Tu	5:30-6:30pm	7/2 -8/20
W	5:30-6:30pm	7/3-8/21
Th	5:30-6:30pm	7/11-8/22

Lunchtime Yoga Age 16 & up

This multi-level Hatha practice will help you stretch, de-stress, and refresh to get you ready for the week or 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 challenges.

7, 60 minute classes

M	12:00-1:00pm	7/8-8/19	\$98 / \$130	130060.10
F	12:00-1:00pm	7/12-8/23	\$98 / \$130	130060.50

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.

7, 60 minute classes

Tu	12:30-1:30pm	7/9-8/20	\$98 / \$130	130030.20
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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.

7, 60 minute classes

W	11:45am-12:45pm	7/10-8/21	\$98 / \$130	130040.30
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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.

7, 75 minute classes

W	1:00-2:15pm	7/10-8/21	\$112 / \$149	130230.30
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Martial Arts

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.

7, 60 minute classes

no class 6/30, 7/7

Su	10:00-11:00am	6/23-8/18	\$49 / \$65	172450.70
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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.

8, 90 minute classes

no class 7/4

Th	7:00-8:30pm	6/27-8/22	\$84 / \$112	172550.40
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7, 2 hour classes

no class 6/30, 7/7

Su	10:00am-12:00pm	6/23-8/18	\$98 / \$130	172550.70
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Jiu Jitsu Age 13 & up

Come learn Jiu Jitsu and work toward earning your black belt from a recognized 5th degree black belt instructor. Beginners will learn fundamental Jiu Jitsu techniques & defenses against strikes, kicks, chokes, garment grabs, and knife attacks, as well as joint-locks, ground fighting and submissions holds. Advanced students will learn to defend against multiple opponents armed and unarmed attacks, stick fighting, and how to employ disabling pressure point/nerve techniques.

8, 90 minute classes

W	6:00-7:30pm	7/3-8/21	\$84 / \$112	172950.30
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FREE EVENT

OR

BIKE TO WORK DAY FRIDAY MAY 17, 2024



Herndon Pit Stop

6:00 – 10:00am

In front of Herndon Depot
730 Elden Street

REGISTER TODAY AT
biketoworkmetrodc.org

Free refreshments & giveaways
while supplies last.



Celebrate the longest day of the year on June 20th in a park!



FREE!

You're invited to Popsicles in the Parks! Enjoy a popsicle and meet some of our amazing staff! We will be hosting this event at four different locations and times.

Haley Smith Park
10am – 11am

Alabama Drive Park
1:00pm – 2:00pm

Runnymede Park
5:00pm – 6:00pm

Trailside Park
7:00pm – 8:00pm

JULY 4TH celebration AT BREADY PARK Free

- ✿ Activities begin at 6:30pm
- ✿ Bingo & family games
 - ✿ Live band
 - ✿ Face painting
 - ✿ Crafts for kids
- ✿ Food & refreshments
(purchase at the event)
- ✿ FIREWORKS at 9:30pm



Bready Park, 814 Ferndale Ave.
Bready Park is located between the W&OD Trail
and the Herndon Community Center

Parking is available at Herndon Middle School
and the Herndon Community Center
on a limited basis. Road closures will be in effect

No pets, fireworks or sparklers, alcohol, or grills.

Farmers' Market Fun Days

THURSDAYS
10:30-11:15AM
July 11-August 15

Town Hall Green 730 Station St.

FREE & OPEN
TO THE PUBLIC



Make sure to
shop the Farmers'
Market vendors
between
8am-12:30pm

SAVE THE DATE
THURSDAY, JULY 25

Celebrate the Summer Olympics with
Herndon Parks and Recreation!

Tennis: Outdoor

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

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.

OUTDOOR WEATHER POLICY

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

Inclement Weather Line: 703-435-6866.

Outdoor Tennis: Youth

Red Ball Beginner Age 4-6

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

6, 45 minute classes

M	5:45-6:30pm	6/24-7/29	\$74 / \$98	176011.10
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Summer Fun Week Age 4-9

A fun summer tennis experience for our youngest players. Spend a week with our instructors learning basic skills while participating in fun tennis-specific games. Participants will be grouped together by age to ensure skill development is appropriate for each group.

5, 90 minute classes

M-F	9:00-10:30am	6/24-6/28	\$90 / \$120	176043.10
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Beginner 1.0-1.5

Age 6-9

6, 45 minute classes

no class 7/6

M	6:30-7:15pm	6/24-7/29	\$74 / \$98	176111.10
Sa	8:45-9:30am	6/29-8/10	\$74 / \$98	176111.60

Age 7-12

6, 60 minute classes

no class 7/6

Sa	9:30-10:30am	6/29-8/10	\$97 / \$129	176111.61
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Advanced Beginner 2.0-2.5

Age 7-12

6, 60 minute classes

no class 7/6

M	5:30-6:30pm	6/24-7/29	\$97 / \$129	176113.10
Sa	10:30-11:30am	6/29-8/10	\$97 / \$129	176113.60

Age 9-15

6, 60 minute classes

M	6:30-7:30pm	6/24-7/29	\$97 / \$129	176113.11
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Advanced Beginner/Intermediate 2.0-2.5/3.0-3.5

Age 6-12

6, 60 minute classes

Tu	5:00-6:00pm	6/25-7/30	\$97 / \$129	176114.20
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Age 9-15

6, 60 minute classes

no class 7/6

Sa	9:45-10:45am	6/29-8/10	\$97 / \$129	176114.60
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Intermediate/Advanced 3.0-3.5/4.0 Age 9-15

6, 60 minute classes

Tu	6:00-7:00pm	6/25-7/30	\$97 / \$129	176116.20
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Youth Tennis: Performance-Based

Orange Ball Competition Practice Age 7-12

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

6, 60 minute classes

no class 7/7

Su	6:00-7:00pm	6/30-8/11	\$97 / \$129	176136.70
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Greendot & Regulation Competition Practice Age 7-15

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.

6, 60 minute classes

no class 7/7

Su	5:00-6:00pm	6/30-8/11	\$97 / \$129	176137.70
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High School Class Age 14-19

This class is for players that are already on their high school tennis team or preparing for upcoming team tryouts. Players should be regularly competing above the intermediate level.

6, 60 minute classes				no class 7/7
Su	6:00-7:00pm	6/30-8/11	\$97 / \$129	176236.70

Please see page 18-19 for a complete list of our awesome summer tennis camp weeks and tennis Counselor In Training program.

Outdoor Tennis: Adult

Beginner/Advanced Beginner 1.0-1.5/2.0 Age 16 & up

6, 60 minute classes				
M	7:30-8:30pm	6/24-7/29	\$97 / \$129	176312.10
W	6:30-7:30pm	6/26-7/31	\$97 / \$129	176312.30

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

6, 60 minute classes				
M	7:15-8:15pm	6/24-7/29	\$97 / \$129	176314.10

Intermediate 3.0-3.5 Age 16 & up

6, 60 minute classes				no class 7/6
W	7:30-8:30pm	6/26-7/31	\$97 / \$129	176315.30
Sa	10:45-11:45am	6/29-8/10	\$97 / \$129	176315.60

Intermediate 3.0-3.5/Advanced 4.0 Age 16 & up

6, 60 minute classes				
M	8:30-9:30pm	6/24-7/29	\$97 / \$129	176316.10

Advanced 4.0 Age 16 & up

6, 60 minute classes				no class 7/7
Tu	7:00-8:00pm	6/25-7/30	\$97 / \$129	176317.20
Su	7:00-8:00pm	6/30-8/11	\$97 / \$129	176317.70

NEW Doubles Positioning Drills

Intermediate/Advanced 3.0 - 4.0 Age 16 & up

This class focuses on positioning for adult doubles play for the intermediate and advanced level player.

6, 60 minute classes				
W	8:30-9:30pm	6/26-7/31	\$97 / \$129	176346.30

Pickleball: Outdoor

Players must bring their own rackets.

Pickleball: Adult

Beginner Age 16 & up

Dive into the coolest game in town on our brand-new pickleball courts. Join us for an exhilarating experience and learn the ropes of the nation's fastest growing game.

6, 60 minute classes				no class 7/4
Tu	8:00-9:00am	6/25-7/30	\$97 / \$129	177311.20

Advanced Age 16 & up

This class builds on fundamental skills and is designed to teach more advanced play and game strategy.

6, 60 minute classes				no class 7/4
Tu	9:00-10:00am	6/25-7/30	\$97 / \$129	177317.20



Arts & Crafts

Arts & Crafts: Youth

Cartooning & Comic Book Writing Age 8-12

Students learn the process professional cartoonists and manga artists use to create their stories. They discuss what makes a good comic, then learn the basic elements of storytelling and character design. Each student will write and draw their own comic book to take home at the end of the session.

6, 90 minute classes

Su	11:00am-12:30pm	6/16-7/21	\$90 / \$120	110116.02
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Advanced Cartooning & Comic Book Writing Age 8-12

For children who have taken the beginner class or have prior comic making experience. Artists will further develop their drawing skills, experiment with more complex storytelling, and learn techniques used by professional cartoonists.

6, 90 minute classes

Su	12:30-2:00pm	6/16-7/21	\$90 / \$120	110620.01
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Arts & Crafts: Adult

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.

5, 90 minute classes

Tu	7:00-8:30pm	7/2-7/30	\$50 / \$67	110231.34
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Pottery Wheel Age 16 & up

Learn techniques of throwing the wheel to include wedging, centering, pulling, trimming and the use of tools and glaze. Experience the 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. All skill levels are welcome.

8, 2.5 hour classes

M	6:00-8:30pm	6/24-8/12	\$250 / \$333	110150.42
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Open Gym Schedule

Summer 2024: Open Gym

This schedule is subject to change – Open Gym may be cancelled for events. Please check the website or call 703-435-6868 for specific dates.

Adult Basketball (Age 16 & up)

M/Tu 6:45-8:45pm

Tu/Th 11:30am-1:30pm

Adult Pickleball (Age 16 & up)

M/Tu/Th 9:00-11:00am

Sa 8:00-11:00am

Family/Youth Open Gym (Age 17 & under*)

Adults 18 and over must be accompanied by a youth, 17 and under.

Sa 1:00-5:45pm

Su 12:30-3:45pm

*10 and under must be accompanied by paid adult

VECINOS EN

Acción

¡haciendo que este centro de recreación sea accesible para nuestra comunidad a precios asequibles!

NEIGHBORS IN

Action

Making community center access affordable for our community!

Reduced fees based on qualified zone and demonstrated need.





HERNDON
COMMUNITY
CENTER



Opportunity
Neighborhoods
Herndon

Summer Camps

General Information

Check out www.herndon-va.gov/recreation/camps for updates and more details as we put the finishing touches on the summer programs.

Ongoing registration. Register Now!

Required Camper Information Forms:

After your child is registered, you must complete and submit all required forms. **Forms are available at the Herndon Community Center (HCC) or online at www.herndon-va.gov/recreation/camps.**

A separate form is required for each child. If you register for multiple camps, you can use one Camper Information Form for each child. If you have completed forms for a previous 2024 camp, you must notify us at herndon.camps@herndon-va.gov or 703-787-7300 to designate any additional camps after submitting your forms.

Ready Each Day:

Each day campers should apply sunscreen and insect repellent prior to camp, wear closed toe shoes, and bring a lunch and/or snack with water bottle (please no peanut products). Check the camp descriptions for further items to bring.


Inclement Weather – 703-435-6866:

All camps, except Dance, are based extensively or exclusively outdoors. Read each camp description regarding plans in the case of inclement weather.

All camps will meet on Code Red days, with adjusted schedules and activities to provide extra water and shade breaks. Tennis will move into the HCC in case of rain. In case of dangerous weather, Odyssey and Tennis will move indoors to the HCC. Nature camps will be cancelled. Trips for Teen Discovery may be adjusted depending on the weather.

Financial Assistance:

Please call 703-787-7300 to find out about our financial assistance program for Town residents.



The Town of Herndon Parks & Recreation Summer Camp program was named Northern Virginia Magazine's Best Summer Camps for the second summer in a row! This was voted by readers of Northern Virginia magazine and vetted by their staff. Be sure to check out the magazine's March issues as we were named officially as one of the best local summer camps in the area for the 2023 camp season.



Register Today!

OR

Herndon Odyssey

Age 6-11

Herndon Odyssey provides continuous opportunities for campers to learn in a safe environment, develop new friendships and have FUN! Herndon Odyssey is a structured recreational summer camp program that includes a variety of activities including team-building, arts & crafts, swimming, sports, games and theme days. EACH WEEK campers will take a field trip to a local waterpark, farm, or museum as well as visit the local town farmer's market. Herndon Odyssey is located at Bready Park and is primarily outdoors.

Campers need to bring a healthy lunch, water, and two snacks every day (no peanut/nut products).

Forms and the Parent Handbook are available at the Herndon Community Center or online at www.herndon-va.gov/departments/recreation

Parent Meeting: Wednesday, June 12 at 6:30pm at the HCC. *This meeting is for adults only.*

4, 7.5 hour sessions no camp 6/19 & 7/4

M/Tu/Th/F	8:00am-3:30pm	6/17-6/21	\$180 / \$240	186110.01
M-W/F	8:00am-3:30pm	7/1-7/5	\$180 / \$240	186110.03

5, 7.5 hour sessions

M-F	8:00am-3:30pm	6/24-6/28	\$225 / \$299	186110.02
M-F	8:00am-3:30pm	7/8-7/12	\$225 / \$299	186110.04
M-F	8:00am-3:30pm	7/15-7/19	\$225 / \$299	186110.05
M-F	8:00am-3:30pm	7/22-7/26	\$225 / \$299	186110.06
M-F	8:00am-3:30pm	7/29-8/2	\$225 / \$299	186110.07
M-F	8:00am-3:30pm	8/5-8/9	\$225 / \$299	186110.08

Odyssey-The Final Countdown

Join us at camp for one final week before school starts. Children will enjoy a variety of outdoor activities, arts and crafts, games and much more. *Limited enrollment, no field trip, no extended care available.*

5, 7.5 hour sessions

M-F	8:00am-3:30pm	8/12-8/16	\$225 / \$299	186110.09
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Odyssey Extended Care

Age 6-11

We are pleased to offer the extended day option for parents who need a bit more time picking their children up from camp. **Only campers registered for Herndon Odyssey may register for the extended care option.**

4, 7.5 hour sessions		no camp 6/19 & 7/4		
M/Tu/Th/F	3:30-6:00pm	6/17-6/21	\$100	186210.01
M-W/F	3:30-6:00pm	7/1-7/5	\$100	186210.03
5, 7.5 hour sessions				
M-F	3:30-6:00pm	6/24-6/28	\$125	186210.02
M-F	3:30-6:00pm	7/8-7/12	\$125	186210.04
M-F	3:30-6:00pm	7/15-7/19	\$125	186210.05
M-F	3:30-6:00pm	7/22-7/26	\$125	186210.06
M-F	3:30-6:00pm	7/29-8/2	\$125	186210.07
M-F	3:30-6:00pm	8/5-8/9	\$125	186210.08

Odyssey Counselor in Training (C.I.T.)

OR

Age 13-16

The program offers participants an opportunity to learn how to plan, teach and execute youth programs and activities. C.I.T.'s will work in the Herndon Odyssey camp and shadow counselors while developing these skills. The C.I.T. program is designed to create leaders, role models and prepare participants to become effective and talented counselors. C.I.T.'s are provided with camp shirts, appropriate training, and a program manual.

All C.I.T.'s MUST participate in one of two offered trainings to be eligible to participate in the program. Register for the training when registering for C.I.T. session.

4, 7.5 hour sessions		no camp 6/19 & 7/4		
M/Tu/Th/F	8:00am-3:30pm	6/17-6/21	\$80 / \$106	180021.11
M-W/F	8:00am-3:30pm	7/1-7/5	\$80 / \$106	180021.13
5, 7 hour sessions				
M-F	8:00am-3:30pm	6/24-6/28	\$100 / \$133	180021.12
M-F	8:00am-3:30pm	7/8-7/12	\$100 / \$133	180021.14
M-F	8:00am-3:30pm	7/15-7/19	\$100 / \$133	180021.15
M-F	8:00am-3:30pm	7/22-7/26	\$100 / \$133	180021.16
M-F	8:00am-3:30pm	7/29-8/2	\$100 / \$133	180021.17
M-F	8:00am-3:30pm	8/5-8/9	\$100 / \$133	180021.18

REQUIRED C.I.T. TRAINING SESSIONS – MUST ATTEND ONE PRIOR TO PARTICIPATION IN C.I.T. PROGRAM

1, 2 hour session				
Sa	10:00am-12:00pm	6/15	–	180022.61
Sa	10:00am-12:00pm	7/13	–	180022.62

OR Teen Discovery

Age 12-15

Teen Discovery allows teenagers to spend a week with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a nut free lunch, water bottle, bathing suit and towel daily. Start and return times for some trips may vary. Each day will feature a new destination. Trips may include Kings Dominion, Dave & Busters, Top Golf, water parks, horseback riding, white water rafting, trampoline park, regional parks, and more! Some trips require additional waivers signed by parent/guardian for participation.

Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.

Parent Meeting: Wednesday, June 12 at 7:00pm at the HCC. **This meeting is for adults only.**

4, 7 hour sessions		no camp 7/4		
Session II Highlight: Tubing				
M-W/F	10:00am-5:00pm	7/1-7/5	\$240 / \$319	186220.11
5, 7 hour sessions				
Session I Highlight: Kings Dominion				
M-F	10:00am-5:00pm	6/24-6/28	\$300 / \$399	186220.10
Session III Highlight: Kings Dominion				
M-F	10:00am-5:00pm	7/8-7/12	\$300 / \$399	186220.12
Session IV Highlight: Indoor Rock Climbing				
M-F	10:00am-5:00pm	7/15-7/19	\$300 / \$399	186220.13
Session V Highlight: Kings Dominion				
M-F	10:00am-5:00pm	7/22-7/26	\$300 / \$399	186220.14
Session VI Highlight: Top Golf				
M-F	10:00am-5:00pm	7/29-8/2	\$300 / \$399	186220.15

Register Today!



Ongoing registration. Register Now!

Dance Camps

OR

Age 6-12

Dance camps are a high-energy experience focused on exploring dance techniques and choreography centered on a weekly theme. Weather permitting, campers will eat snack outside in the Bready Park picnic shelter and have some time for outdoor play. All campers should bring appropriate dance shoes as indicated in each camp description, sturdy shoes for playground time, a water bottle and a daily snack (no peanut/nut products please). Each week's camp experience will culminate in a brief showcase where the dancers will perform for family and friends.

Mouse House Music Party Age 6-10

Experience the fun of your favorite Disney music from stories like Descendants, Encanto, Frozen and more. This camp will incorporate a variety of dance styles and lots of fun. Ballet or jazz shoes required.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/8-7/12	\$188 / \$250	184000.11
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Eras Extravaganza Age 6-12

Are you a dedicated Swiftie looking to Shake it Off during this Cruel Summer? Then we've got a Blank Space for you in this Eras Tour-inspired dance camp where we'll sing and dance to the best Taylor hits. No special shoes required.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/15-7/19	\$188 / \$250	184000.12
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Nutcracker in July Age 6-10

Escape the summer heat by joining us in the magical snowy kingdom of the Sugar Plum Fairy as we explore the music and choreography of everyone's favorite holiday tradition. Ballet shoes required.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/22-7/26	\$188 / \$250	184000.13
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Hip Hop Dance Off Age 6-10

Welcome to the coolest dance camp of the summer as we blend the most popular tunes of the summer with high-energy hip hop choreo and style. No special dance shoes required.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/29-8/2	\$188 / \$250	184000.14
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Broadway Babies Age 6-12

Take to the stage and let your inner Broadway star out. Learn combinations to songs from some of the hottest musical theatre shows and shine like a star! Jazz shoes required.

5, 4 hour sessions

M-F	9:00am-1:00pm	8/5-8/9	\$188 / \$250	184000.15
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Tennis Camps

OR

Age 7-13

A great way for kids to spend their summer outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Students must provide their own racquet and a new can of balls. Bring a snack each day. Meets at Bready Park courts. In case of rain days, program will operate in the gymnasium and/or racquetball courts.

4, 4 hour sessions

no camp 6/19 & 7/4

M/Tu/Th/F	9:00am-1:00pm	6/17-6/21	\$139 / \$184	188519.10
M-W/F	9:00am-1:00pm	7/1-7/5	\$139 / \$184	188519.12

5, 4 hour sessions

M-F	9:00am-1:00pm	6/24-6/28	\$172 / \$228	188519.11
M-F	9:00am-1:00pm	7/8-7/12	\$172 / \$228	188519.13
M-F	9:00am-1:00pm	7/15-7/19	\$172 / \$228	188519.14
M-F	9:00am-1:00pm	7/22-7/26	\$172 / \$228	188519.15
M-F	9:00am-1:00pm	7/29-8/2	\$172 / \$228	188519.16
M-F	9:00am-1:00pm	8/5-8/9	\$172 / \$228	188519.17

Tennis C.I.T.

Age 14-15 **NOR**

Want to be a tennis instructor someday? Get an early start on training for the position! Tennis C.I.T.'s gain valuable experience on how to instruct, run drills, supervise kids, and more tennis-related items in our summer camp setting. Tennis experience required to participate in the program.

Individuals looking to volunteer at tennis camps this summer in the 14-15 age range must sign up for the C.I.T. program. Questions on eligibility for participation can be directed to the Tennis Manager at (703) 435-6800 x2110.

All C.I.T.'s MUST participate in one of two offered trainings to be eligible to participate in the program. Register for the training when registering for C.I.T. session.

4, 4 hour sessions no camp 6/19 & 7/4

M/Tu/Th/F	9:00am-1:00pm	6/17-6/21	\$48 / \$64	188619.10
M-W/F	9:00am-1:00pm	7/1-7/5	\$48 / \$64	188619.12

5, 4 hour sessions

M-F	9:00am-1:00pm	6/24-6/28	\$60 / \$80	188619.11
M-F	9:00am-1:00pm	7/8-7/12	\$60 / \$80	188619.13
M-F	9:00am-1:00pm	7/15-7/19	\$60 / \$80	188619.14
M-F	9:00am-1:00pm	7/22-7/26	\$60 / \$80	188619.15
M-F	9:00am-1:00pm	7/29-8/2	\$60 / \$80	188619.16
M-F	9:00am-1:00pm	8/5-8/9	\$60 / \$80	188619.17

REQUIRED C.I.T. Training Sessions – must attend one prior to participation in summer C.I.T. Program and select one training session when registering.

1, 2 hour session

Sa	10:00am-12:00pm	6/15	–	180022.63
Sa	10:00am-12:00pm	7/13	–	180022.64

OR Nature Camp

OR

Age 5-10

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, we will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education, and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut products). Camp meets at Runnymede Park, 195 Herndon Parkway. In case of inclement weather, camp will be cancelled for the day.

Branching Out

Trees are one of the most vital components of the natural world that many just take for granted.

Why do some trees lose their leaves during certain seasons, and others retain their color? Let's delve into the world of trees and learn about how they function and help everything around them.

4, 4 hour sessions

no camp 6/19

M/Tu/Th/F	9:00am-1:00pm	6/17-6/21	\$120/\$160	186311.09
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Beneath The Surface

What are some identifying factors in differentiating freshwater vs saltwater habitats. How is each of these biomes unique and how do they relate to each other? Identifying and catching the creatures found in our local freshwater streams.

5, 4 hour sessions

M-F	9:00am-1:00pm	6/24-6/28	\$150 / \$199	186311.10
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Ongoing registration. Register Now!



Winging It

Are all winged creatures related? This week we take to the skies, and we learn about all manner of creatures that have wings as well as how they use them. If an animal has wings, does it mean that it can fly? Are there creatures that use their wings for more than just traveling?

4, 4 hour sessions		no camp 7/4		
M-W/F	9:00am-1:00pm	7/1-7/5	\$120 / \$160	186311.11

Adventure Skills

Do you think you'd be able to survive in the wilderness without video games and tv? What are the essentials for living strictly by the land and where would the ideal locations be? This week we will explore the park and develop skills that were necessary for survival while humans were nomadic.

5, 4 hour sessions				
M-F	9:00am-1:00pm	7/8-7/12	\$150 / \$199	186311.12

Forest Friends

The world has millions of different species, but what can we find in our home of Northern Virginia? Learn various methods of tracking as well as deductive reasoning about when and where certain animals may appear.

5, 4 hour sessions				
M-F	9:00am-1:00pm	7/15-7/19	\$150 / \$199	186311.13

Pollinator Palooza

Explore the different types of pollinators, from bees to hummingbirds to bats, and even humans. Let's discuss why pollinators are so important to both plants and animals. How do pollinators help us and what can humans do to support pollinators?

5, 4 hour sessions				
M-F	9:00am-1:00pm	7/22-7/26	\$150 / \$199	186311.14

Radical Reptiles and Amazing Amphibians

Revisit the amazing world of herpetology this year and learn about the reptiles and amphibians that Virginia has to offer. Why do people think snakes are slimy? Can toads give you warts? Learn what differentiates the two families from each other and why each is a valuable part of our ecosystem.

5, 4 hour sessions				
M-F	9:00am-1:00pm	7/29-8/2	\$150 / \$199	186311.15

Planet Protectors

How humans can and have impacted the environment, what we can do to take care of our planet (how kids can be "planet protectors"), what it means to live sustainably, and brainstorm solutions for the future.

5, 4 hour sessions				
M-F	9:00am-1:00pm	8/5-8/9	\$150 / \$199	186311.16

NEW Junior Lifeguard Training Camp

OR

Age 11-14

Do you have a desire to become a future lifeguard? Learn the roles of responsibilities of a lifeguard in our Junior Lifeguard Training Camp! You will improve your swimming skills and work on beginner-level rescues. Learn from our experienced lifeguard instructors and lifeguards! Start training early for an opportunity to become a professional lifeguard. ***Note: Participation in Junior Lifeguard Training does not result in American Red Cross (ARC) certification.**

5, 2 hour sessions				
M-F	10:00am-12:00pm	6/24-6/28	\$100 / \$133	107250.10
M-F	10:00am-12:00pm	7/15-7/19	\$100 / \$133	107250.11

NEW Magnus Chess Academy

OR

Age 6-12



In chess camp, campers play and learn chess with Magnus Academy! Magnus has taught 100,000 children

including national champions, but most students are beginners looking to learn and have fun! Campers are divided into groups by skill level. Activities include learning the rules, openings, tactics, endgames, studying master games, and playing lots of games against other students. Campers will take breaks for snacks and fresh air and have lunch and recess from 12:00-1:00pm. Please provide water bottle, lunch, and snacks. At the end of the week, campers receive a t-shirt and chess set. All equipment provided. Instruction provided by Magnus Chess Academy.

5, 7 hour sessions				
M-F	9:00am-4:00pm	7/22-7/26	\$399 / \$531	186410.11
M-F	9:00am-4:00pm	8/12-8/16	\$399 / \$531	186410.12

Ongoing registration.
Register Now!

Each week, your little explorer has the opportunity to tackle new problems by developing solutions using engineering concepts, technology, science, art, drama and physical activity games!

Register Today!

Through the power of storytelling and hands-on STEAM learning, your child will foster critical, 21st-century skills like communication, collaboration, critical thinking, and creativity. Based on the award-winning book *Going Places* by Peter H. and Paul A. Reynolds, your child joins the journey of the book's main characters, Maya and Rafael, inspired by the lessons they learned in their story, and they've gone on to create their own *Going Places Creative Problem-Solving Agency*.

NEW The Great Race!

OR

Age 6-12

This week, campers join characters Maya and Rafael collaborating on the most amazing and imaginative go cart anyone has seen. We engineer unique racers, learn about propulsion, experiment with simple machines, and design a challenging racecourse.

5, 6 hour sessions

M-F	9:00am-3:00pm	7/29-8/2	\$270 / \$359	186510.01
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NEW Krazy Kinetic Parade!

OR

Ages 6 -12

This week, campers join characters Maya and Rafael create the *Going Places Creative Problem-Solving Agency*, based at the Eureka Public Library. Their challenge this week is to make the Eureka Town parade spectacular and they do this by building a kinetic parade float.

5, 6 hour sessions

M-F	9:00am-3:00pm	8/5-8/9	\$270 / \$359	186510.02
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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 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.

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.

Call US at 703-787-7300.

We look forward to hearing from YOU!



We Are Hiring

Join our team of instructors!

- ✓ Swimming
- ✓ Fitness
- ✓ Dance
- ✓ Gymnastics
- ✓ Sports
- ✓ Tennis
- ✓ Arts & Crafts
- ✓ Hobbies

Whatever your passion... we want you!

Information and Applications
<https://www.herndon-va.gov/residents/careers>

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.*

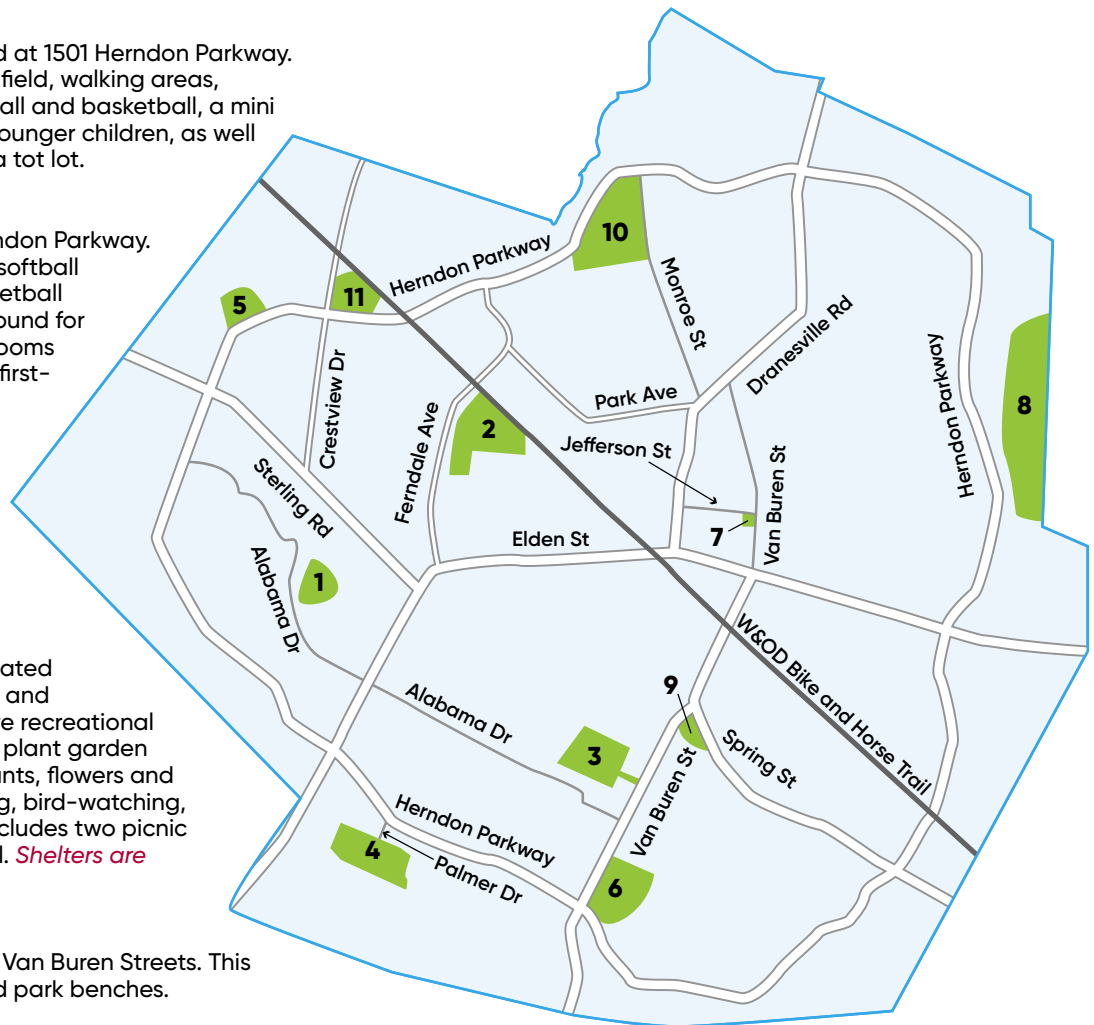
Picnic Shelter Rentals

- 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.



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 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 bit.ly/HCC-OpenGym 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, May 8. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, May 14.

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 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 May 14.

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.

Class Registration Options

Open registration dates apply to ALL registration options 10:00am on May 8 for TOH residents, and 10:00am on May 14 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. 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 Summer classes begins at 10:00am, May 8 for TOH residents and 10:00am, May 14 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

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. **Fully 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 MM/DD/YYYY	Class Title	Class Code			Fee
			1st Choice	2nd Choice	3rd Choice	

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 _____

OFFICE USE ONLY – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

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

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 understand and am aware

that recreational and fitness activities including strength, flexibility and aerobic exercise, with or without equipment, are a potentially hazardous activity. I also understand that recreational and fitness activities involve a risk of injury and even death. I acknowledge that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I understand that transportation to and from these activities, if provided by or through the Town of Herndon may involve risk. I will not participate unless I am medically able, and by my signature below, I certify that I am medically able to participate, and am in good health. I hereby agree to expressly assume and accept any and all risks of injury or death. I also understand there are risks to my person and/or property connected with participation in online content, including classes, training and fitness videos. I further understand that there are risks associated with participation in classes and/or instruction be it in a facility or outdoors.

In consideration of being allowed to utilize the equipment and facilities of and participate in recreational and fitness activities and personal training at or near the Herndon Community Center or participate in online personal training sessions, online classes, videos, live-stream or other web-based services, in addition to the payment of any fee, I hereby agree for myself, my heirs, my executors, administrators and assigns to waive all claims against, release, indemnify, defend, and hold harmless the Town of Herndon, its officials, supervisors, employees, instructors and agents (the "Town") from any and all claims or liabilities for any injuries, disability, death, loss or damage to person or property, however caused, arising out of or connected with my use of the facilities or participation in any physical activities, and waive my ability to bring any legal action against the Town as I am voluntarily electing to participate in physical activity.

I hereby grant the Town of Herndon permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of the Town of Herndon and will not be returned. I hereby irrevocably authorize the Town of Herndon to edit, alter, copy, exhibit, publish, or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo.

I agree, and confirm that I am either over the age of 18 or the parent/legal guardian of a minor participant.

Print Name of Participant, Parent, or Guardian _____

Signature of Participant, Parent, or Guardian _____