



Fall 2024

Programs & Events

www.herndon-va.gov/recreation

www.herndonwebtrac.com



NatureFest

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Pumpkin Plunge

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Homecoming Parade

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Turkey Trot

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Registration Opens

Town of Herndon (TOH)
Wednesday,
August 14 at 10am
Non-Resident (NR)
Tuesday,
August 20 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

The Herndon Community Center will be closed from August 24 – September 2 for maintenance and cleaning.

Closures & Holiday Hours

Labor Day, Monday, September 2 **Closed**
 Indigenous Peoples’ Day, Monday, October 14 7:00am–9:00pm
 Veterans Day, Monday, November 11 **Closed**
 Wednesday, November 27 7:00AM–4:00PM
 Thanksgiving, Thursday, November 28 **Closed**
 Black Friday, Friday, November 29 **Closed**
 Christmas Eve, Tuesday, December 24 7:00am–12:00pm
 Christmas Day, Wednesday, December 25 **Closed**
 New Year’s Eve, Tuesday, December 31 7:00am–2:00pm
 New Year’s Day, Wednesday, January 1 **Closed**

Parks & Recreation Office Hours

Monday–Friday 8:00am–5:00pm

Office Closures

Monday, September 2; Monday, November 11;
 Thursday, November 28; Friday, November 29;
 Wednesday, December 25; Wednesday, January 1

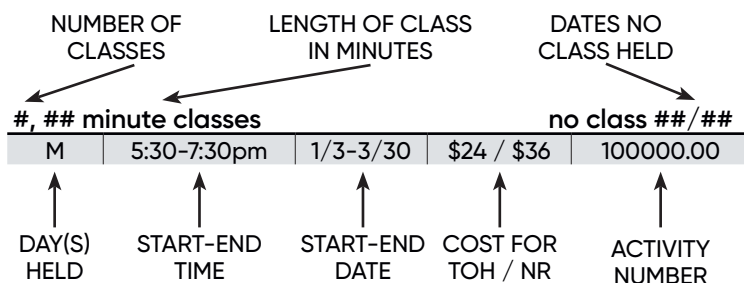
Daily Admission Rates

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
Kerstin Severin, Aquatic Services Manager
Erin Rider, Aquatic Program Specialist
Reece Showalter, Pool Manager
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
Anarosa Chicas, Recreation Supervisor:
Outreach, Classes and Community 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:

- Hobby & Toy Exchange** 24
Saturday, September 21 • HCC
- Puzzle Palooza** 23
Sunday, September 22 • HCC
- NatureFest**..... 23
Sunday, September 29 • Runnymede Park
- Zombie Zumba Party** 22
Friday, October 18 • HCC
- Pumpkin Plunge**..... 22
Saturday, October 19 • HCC
- Homecoming Parade** 22
Saturday, November 9 • Downtown Herndon
- Annual Turkey Trot** 23
Saturday, November 23 • Bready Park
- Holiday Arts and Crafts Show...** 24
Sunday, December 8 • HCC



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>

Aquatics

No Aquatic Classes: 10/5, 11/5, 11/11, 11/30

Aquatics: Pool & Swimmer Info

Aquatic Classes Makeup Policy:

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

A minimum of 2 lap lanes are available for ages 13 & up during all pool hours except Monday-Thursday 5:30pm-6:30pm. Capacity limits may apply.

Open/Recreational Swim availability:

- Monday-Thursday: 11am - 5pm
- Friday: 11am - 6pm
- 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 dropped from the roster. If space allows, they may be moved to an appropriate class or placed on the wait list. To schedule a free swim evaluation, please email erin.rider@herndon-va.gov

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 | | no class 11/11, 11/30 | | |
|----------------------|-------------|-----------------------|-------------|-----------|
| M/W | 7:00-7:30pm | 9/9-9/25 | \$72 / \$90 | 202100.10 |
| M/W | 7:00-7:30pm | 11/4-11/25 | \$72 / \$90 | 202100.12 |
| Tu/Th | 5:00-5:30pm | 9/10-9/26 | \$72 / \$90 | 202100.20 |
| Tu/Th | 5:00-5:30pm | 11/7-11/26 | \$72 / \$90 | 202100.22 |
| Sa | 9:00-9:30am | 11/2-12/14 | \$72 / \$90 | 202100.61 |
| M/W | 7:00-7:30pm | 12/2-12/18 | \$72 / \$90 | 202100.13 |
| Tu/Th | 5:00-5:30pm | 12/3-12/19 | \$72 / \$90 | 202100.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|-------------|---------------|--------------|-----------|
| Tu/Th | 5:00-5:30pm | 10/8-10/29 | \$84 / \$105 | 202100.21 |
| Sa | 9:00-9:30am | 9/7-10/26 | \$84 / \$105 | 202100.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 7:00-7:30pm | 10/7-10/30 | \$96 / \$120 | 202100.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|--------------|-----------------------|-------------|-----------|
| M/W | 6:20-6:50pm | 9/9-9/25 | \$72 / \$90 | 202200.10 |
| M/W | 6:20-6:50pm | 11/4-11/25 | \$72 / \$90 | 202200.12 |
| Tu/Th | 5:40-6:10pm | 9/10-9/26 | \$72 / \$90 | 202200.20 |
| Tu/Th | 5:40-6:10pm | 11/7-11/26 | \$72 / \$90 | 202200.22 |
| Sa | 9:40-10:10am | 11/2-12/14 | \$72 / \$90 | 202200.61 |
| M/W | 6:20-6:50pm | 12/2-12/18 | \$72 / \$90 | 202200.13 |
| Tu/Th | 5:40-6:10pm | 12/3-12/19 | \$72 / \$90 | 202200.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|--------------|---------------|--------------|-----------|
| Tu/Th | 5:40-6:10pm | 10/8-10/29 | \$84 / \$105 | 202200.21 |
| Sa | 9:40-10:10am | 9/7-10/26 | \$84 / \$105 | 202200.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 6:20-6:50pm | 10/7-10/30 | \$96 / \$120 | 202200.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|---------------|-----------------------|-------------|-----------|
| M/W | 5:40-6:10pm | 9/9-9/25 | \$72 / \$90 | 202300.10 |
| M/W | 5:40-6:10pm | 11/4-11/25 | \$72 / \$90 | 202300.12 |
| Tu/Th | 6:20-6:50pm | 9/10-9/26 | \$72 / \$90 | 202300.20 |
| Tu/Th | 6:20-6:50pm | 11/7-11/26 | \$72 / \$90 | 202300.22 |
| Sa | 10:20-10:50am | 11/2-12/14 | \$72 / \$90 | 202300.61 |
| M/W | 5:40-6:10pm | 12/2-12/18 | \$72 / \$90 | 202300.13 |
| Tu/Th | 6:20-6:50pm | 12/3-12/19 | \$72 / \$90 | 202300.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|---------------|---------------|--------------|-----------|
| Tu/Th | 6:20-6:50pm | 10/8-10/29 | \$84 / \$105 | 202300.21 |
| Sa | 10:20-10:50am | 9/7-10/26 | \$84 / \$105 | 202300.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 5:40-6:10pm | 10/7-10/30 | \$96 / \$120 | 202300.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|---------------|-----------------------|-------------|-----------|
| M/W | 5:00-5:30pm | 9/9-9/25 | \$72 / \$90 | 202400.10 |
| M/W | 5:00-5:30pm | 11/4-11/25 | \$72 / \$90 | 202400.12 |
| Tu/Th | 7:00-7:30pm | 9/10-9/26 | \$72 / \$90 | 202400.20 |
| Tu/Th | 7:00-7:30pm | 11/7-11/26 | \$72 / \$90 | 202400.22 |
| Sa | 11:00-11:30am | 11/2-12/14 | \$72 / \$90 | 202400.61 |
| M/W | 5:00-5:30pm | 12/2-12/18 | \$72 / \$90 | 202400.13 |
| Tu/Th | 7:00-7:30pm | 12/3-12/19 | \$72 / \$90 | 202400.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|---------------|---------------|--------------|-----------|
| Tu/Th | 7:00-7:30pm | 10/8-10/29 | \$84 / \$105 | 202400.21 |
| Sa | 11:00-11:30am | 9/7-10/26 | \$84 / \$105 | 202400.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 5:00-5:30pm | 10/7-10/30 | \$96 / \$120 | 202400.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|---------------|-----------------------|-------------|-----------|
| M/W | 5:00-5:30pm | 9/9-9/25 | \$72 / \$90 | 203110.10 |
| M/W | 5:00-5:30pm | 11/4-11/25 | \$72 / \$90 | 203110.12 |
| Tu/Th | 7:00-7:30pm | 9/10-9/26 | \$72 / \$90 | 203110.20 |
| Tu/Th | 7:00-7:30pm | 11/7-11/26 | \$72 / \$90 | 203110.22 |
| Sa | 11:00-11:30am | 11/2-12/14 | \$72 / \$90 | 203110.61 |
| M/W | 5:00-5:30pm | 12/2-12/18 | \$72 / \$90 | 203110.13 |
| Tu/Th | 7:00-7:30pm | 12/3-12/19 | \$72 / \$90 | 203110.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|---------------|---------------|--------------|-----------|
| Tu/Th | 7:00-7:30pm | 10/8-10/29 | \$84 / \$105 | 203110.21 |
| Sa | 11:00-11:30am | 9/7-10/26 | \$84 / \$105 | 203110.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 5:00-5:30pm | 10/7-10/30 | \$96 / \$120 | 203110.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|---------------|-----------------------|-------------|-----------|
| M/W | 5:40-6:10pm | 9/9-9/25 | \$72 / \$90 | 203210.10 |
| M/W | 5:40-6:10pm | 11/4-11/25 | \$72 / \$90 | 203210.12 |
| Tu/Th | 6:20-6:50pm | 9/10-9/26 | \$72 / \$90 | 203210.20 |
| Tu/Th | 6:20-6:50pm | 11/7-11/26 | \$72 / \$90 | 203210.22 |
| Sa | 10:20-10:50am | 11/2-12/14 | \$72 / \$90 | 203210.61 |
| M/W | 5:40-6:10pm | 12/2-12/18 | \$72 / \$90 | 203210.13 |
| Tu/Th | 6:20-6:50pm | 12/3-12/19 | \$72 / \$90 | 203210.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|---------------|---------------|--------------|-----------|
| Tu/Th | 6:20-6:50pm | 10/8-10/29 | \$84 / \$105 | 203210.21 |
| Sa | 10:20-10:50am | 9/7-10/26 | \$84 / \$105 | 203210.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 5:40-6:10pm | 10/7-10/30 | \$96 / \$120 | 203210.11 |



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 | | no class 11/11, 11/30 | | |
|----------------------|--------------|-----------------------|-------------|-----------|
| M/W | 6:20-6:50pm | 9/9-9/25 | \$72 / \$90 | 203310.10 |
| M/W | 6:20-6:50pm | 11/4-11/25 | \$72 / \$90 | 203310.12 |
| Tu/Th | 5:40-6:10pm | 9/10-9/26 | \$72 / \$90 | 203310.20 |
| Tu/Th | 5:40-6:10pm | 11/7-11/26 | \$72 / \$90 | 203310.22 |
| Sa | 9:40-10:10am | 11/2-12/14 | \$72 / \$90 | 203310.61 |
| M/W | 6:20-6:50pm | 12/2-12/18 | \$72 / \$90 | 203310.13 |
| Tu/Th | 5:40-6:10pm | 12/3-12/19 | \$72 / \$90 | 203310.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|--------------|---------------|--------------|-----------|
| Tu/Th | 5:40-6:10pm | 10/8-10/29 | \$84 / \$105 | 203310.21 |
| Sa | 9:40-10:10am | 9/7-10/26 | \$84 / \$105 | 203310.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 6:20-6:50pm | 10/7-10/30 | \$96 / \$120 | 203310.11 |

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 | | no class 11/11, 11/30 | | |
|----------------------|-------------|-----------------------|-------------|-----------|
| M/W | 7:00-7:30pm | 9/9-9/25 | \$72 / \$90 | 203410.10 |
| M/W | 7:00-7:30pm | 11/4-11/25 | \$72 / \$90 | 203410.12 |
| Tu/Th | 5:00-5:30pm | 9/10-9/26 | \$72 / \$90 | 203410.20 |
| Tu/Th | 5:00-5:30pm | 11/7-11/26 | \$72 / \$90 | 203410.22 |
| Sa | 9:00-9:30am | 11/2-12/14 | \$72 / \$90 | 203410.61 |
| M/W | 7:00-7:30pm | 12/2-12/18 | \$72 / \$90 | 203410.13 |
| Tu/Th | 5:00-5:30pm | 12/3-12/19 | \$72 / \$90 | 203410.23 |

| 7, 30 minute classes | | no class 10/5 | | |
|----------------------|-------------|---------------|--------------|-----------|
| Tu/Th | 5:00-5:30pm | 10/8-10/29 | \$84 / \$105 | 203410.21 |
| Sa | 9:00-9:30am | 9/7-10/26 | \$84 / \$105 | 203410.60 |

| 8, 30 minute classes | | | | |
|----------------------|-------------|------------|--------------|-----------|
| M/W | 7:00-7:30pm | 10/7-10/30 | \$96 / \$120 | 203410.11 |

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. Completion of Swim 4 or equivalent skills required.

| 6, 45 minute classes | | no class 11/30 | | |
|----------------------|-------------|----------------|---------------|-----------|
| Sa | 8:15-9:00am | 11/2-12/14 | \$108 / \$138 | 203510.61 |

| 7, 45 minute classes | | no class 10/5 | | |
|----------------------|-------------|---------------|---------------|-----------|
| Sa | 8:15-9:00am | 9/7-10/26 | \$126 / \$161 | 203510.60 |

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.

6, 45 minute classes no class 11/30

| | | | | |
|----|--------------|------------|--------------|-----------|
| Sa | 9:30-10:15am | 11/2-12/14 | \$96 / \$126 | 204310.61 |
|----|--------------|------------|--------------|-----------|

7, 45 minute classes no class 10/5

| | | | | |
|----|--------------|-----------|---------------|-----------|
| Sa | 9:30-10:15am | 9/7-10/26 | \$112 / \$147 | 204310.60 |
|----|--------------|-----------|---------------|-----------|

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.

6, 45 minute classes no class 11/30

| | | | | |
|----|---------------|------------|--------------|-----------|
| Sa | 10:30-11:15am | 11/2-12/14 | \$96 / \$126 | 204110.61 |
|----|---------------|------------|--------------|-----------|

7, 45 minute classes no class 10/5

| | | | | |
|----|---------------|-----------|---------------|-----------|
| Sa | 10:30-11:15am | 9/7-10/26 | \$112 / \$147 | 204110.60 |
|----|---------------|-----------|---------------|-----------|

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.

6, 45 minute classes no class 11/30

| | | | | |
|----|-----------------|------------|--------------|-----------|
| Sa | 11:15am-12:00pm | 11/2-12/14 | \$96 / \$126 | 204210.61 |
|----|-----------------|------------|--------------|-----------|

7, 45 minute classes no class 10/5

| | | | | |
|----|-----------------|-----------|---------------|-----------|
| Sa | 11:15am-12:00pm | 9/7-10/26 | \$112 / \$147 | 204210.60 |
|----|-----------------|-----------|---------------|-----------|

Aquatics: Teen

Teen Level 1 Age 13-17 NEW

Our Teen Level 1 Swim Class is designed for beginner swimmers. Our Level 1 swimmers will build their confidence in the water at all depths of the pool. By the end of our Level 1 class swimmers will have knowledge of basic concepts of Freestyle, Backstroke, and Elementary Backstroke and be comfortable in various depths of water.

6, 30 minute classes

| | | | | |
|-----|-------------|----------|-------------|-----------|
| M/W | 4:00-4:30pm | 9/9-9/25 | \$72 / \$90 | 206520.60 |
|-----|-------------|----------|-------------|-----------|

Teen Level 2 Age 13-17 NEW

Our Teen Level 2 Swim Class is designed for teenagers looking to build on their swimming knowledge. Swimmers should come into the class with a basic understanding of Freestyle and Backstroke and be ready to work on (or refine) techniques for Breaststroke and Butterfly. By the end of our Level 2 class our swimmers will be working on all four competitive strokes as well as building their stamina.

6, 30 minute classes

| | | | | |
|-----|-------------|-----------|-------------|-----------|
| M/W | 4:00-4:30pm | 9/10-9/26 | \$72 / \$90 | 206530.60 |
|-----|-------------|-----------|-------------|-----------|

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.

6, 30 minute classes

| | | | | |
|----|-------------|-------------|-------------|-----------|
| Tu | 5:00-5:30pm | 11/12-12/17 | \$72 / \$90 | 204510.21 |
|----|-------------|-------------|-------------|-----------|

8, 30 minute classes

| | | | | |
|----|-------------|------------|--------------|-----------|
| Tu | 5:00-5:30pm | 9/10-10/29 | \$96 / \$120 | 204510.20 |
|----|-------------|------------|--------------|-----------|

Diving 1 Age 7-14

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

6, 45 minute classes

| | | | | |
|----|-------------|-------------|---------------|-----------|
| Tu | 5:30-6:15pm | 11/12-12/17 | \$108 / \$138 | 204610.21 |
|----|-------------|-------------|---------------|-----------|

8, 45 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 5:30-6:15pm | 9/10-10/29 | \$144 / \$184 | 204610.20 |
|----|-------------|------------|---------------|-----------|

Diving 2 Age 7-17

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

6, 60 minute classes

| | | | | |
|----|-------------|-------------|---------------|-----------|
| Tu | 6:15-7:15pm | 11/12-12/17 | \$144 / \$186 | 204710.21 |
|----|-------------|-------------|---------------|-----------|

8, 60 minute classes

| | | | | |
|----|-------------|------------|---------------|------|
| Tu | 6:15-7:15pm | 9/10-10/29 | \$192 / \$248 | 2047 |
|----|-------------|------------|---------------|------|

Diving High School Prep Age 13-18

This intensive diving class will help to get ready for high school diving season.

8, 60 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 7:15-8:15pm | 9/10-10/29 | \$192 / \$248 | 204910.20 |
|----|-------------|------------|---------------|-----------|

Aquatics: Adults

Masters Swim Team Age 18 & up

This group is designed for adult swimmers age 18 and older who wish to train with a small group of fellow athletes. Previous competitive swim experience or triathlon swim experience needed. Workout times: Monday 5:00 - 6:30 am; Tuesday 2:00 - 3:00 pm; Wednesday 5:00 - 6:30 am; Friday 5:00 - 6:30am

| 49 sessions | | no class 11/5, 11/11 | | |
|-------------|---------|----------------------|---------------|-----------|
| M-W/F | various | 9/3-11/29 | \$150 / \$199 | 206630.10 |

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.

6, 45 minute classes

| | | | | |
|----|-------------|-------------|---------------|-----------|
| Tu | 7:00-7:45pm | 11/12-12/17 | \$108 / \$138 | 206130.21 |
|----|-------------|-------------|---------------|-----------|

8, 45 minute classes

| | | | | |
|----|---------------|------------|---------------|-----------|
| Tu | 12:00-12:45pm | 9/10-10/29 | \$144 / \$184 | 206130.20 |
|----|---------------|------------|---------------|-----------|

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.

6, 45 minute classes

| | | | | |
|----|---------------|-------------|---------------|-----------|
| Tu | 12:00-12:45pm | 11/12-12/17 | \$108 / \$138 | 206230.22 |
| Tu | 8:00-8:45pm | 11/12-12/17 | \$108 / \$138 | 206230.23 |

8, 45 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 1:00-1:45pm | 9/10-10/29 | \$144 / \$184 | 206230.20 |
| Tu | 7:00-7:45pm | 9/10-10/29 | \$144 / \$184 | 206230.21 |

Adult Intermediate Level 3 Age 13 & up

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

6, 45 minute classes

| | | | | |
|----|-------------|-------------|---------------|-----------|
| Tu | 1:00-1:45pm | 11/12-12/17 | \$108 / \$138 | 206330.21 |
|----|-------------|-------------|---------------|-----------|

8, 45 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 8:00-8:45pm | 9/10-10/29 | \$144 / \$184 | 206330.20 |
|----|-------------|------------|---------------|-----------|

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 no class 11/11

| | | | | |
|-----|-------------|------------|-------------|-----------|
| M/W | 8:30-9:30am | 9/9-9/25 | \$72 / \$90 | 208530.10 |
| M/W | 8:30-9:30am | 11/4-11/25 | \$72 / \$90 | 208530.12 |
| M/W | 8:30-9:30am | 12/2-12/18 | \$72 / \$90 | 208530.13 |

8, 60 minute classes

| | | | | |
|-----|-------------|------------|--------------|-----------|
| M/W | 8:30-9:30am | 10/7-10/30 | \$96 / \$120 | 208530.11 |
|-----|-------------|------------|--------------|-----------|

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 no class 11/11

| | | | | |
|-------|-------------|------------|-------------|-----------|
| M/W | 7:00-8:00pm | 9/9-9/25 | \$72 / \$90 | 208730.10 |
| M/W | 7:00-8:00pm | 11/4-11/25 | \$72 / \$90 | 208730.12 |
| Tu/Th | 8:30-9:30am | 9/10-9/26 | \$72 / \$90 | 208730.20 |
| Tu/Th | 8:30-9:30am | 11/7-11/26 | \$72 / \$90 | 208730.22 |
| M/W | 7:00-8:00pm | 12/2-12/18 | \$72 / \$90 | 208730.13 |
| Tu/Th | 8:30-9:30am | 12/3-12/19 | \$72 / \$90 | 208730.23 |

7, 60 minute classes

| | | | | |
|-------|-------------|------------|--------------|-----------|
| Tu/Th | 8:30-9:30am | 10/8-10/29 | \$84 / \$105 | 208730.21 |
|-------|-------------|------------|--------------|-----------|

8, 60 minute classes

| | | | | |
|-----|-------------|------------|--------------|-----------|
| M/W | 7:00-8:00pm | 10/7-10/30 | \$96 / \$120 | 208730.11 |
|-----|-------------|------------|--------------|-----------|

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 | 9/10-9/26 | \$72 / \$90 | 208830.20 |
| Tu/Th | 7:30-8:30am | 11/7-11/26 | \$72 / \$90 | 208830.22 |
| Tu/Th | 7:30-8:30am | 12/3-12/19 | \$72 / \$90 | 208830.23 |

7, 60 minute classes

| | | | | |
|-------|-------------|------------|--------------|-----------|
| Tu/Th | 7:30-8:30am | 10/8-10/29 | \$84 / \$105 | 208830.21 |
|-------|-------------|------------|--------------|-----------|

Aquatics: Safety and Training

Lifeguard Training Class Age 15 & up

This is a blended learning class with a portion that must be completed before the class. Blended learning combines online learning with in-person skills sessions, where you will practice skills and demonstrate competency. Provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses. On the first day, the participant will complete the following prerequisites: 1) 150-yard swim on front only, followed by a 2-minute tread with no hands, followed by swimming 50 yards on front only. 2) Timed 10-pound brick retrieval in deep water. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. If you have any questions, please contact Reece Showalter at reece.showalter@herndon-va.gov. Schedule: 12/13/2024 - 4pm-8pm; 12/14/2024 and 12/15/2024 - 8am-4pm

3, 8 hour classes

| | | | | |
|------|---------------|-------------|---------------|-----------|
| F-Su | 8:00am-4:00pm | 12/13-12/15 | \$207 / \$275 | 207230.50 |
|------|---------------|-------------|---------------|-----------|

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

Infuses sets of resistance training with a few bouts of cardio interval, adds 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.

4, 45 minute classes

| | | | | |
|---|--------------|------------|-------------|-----------|
| M | 8:30-9:15am | 9/9-9/30 | \$30 / \$40 | 225831.10 |
| M | 8:30-9:15am | 10/7-10/28 | \$30 / \$40 | 225831.12 |
| M | 9:30-10:15am | 9/9-9/30 | \$30 / \$40 | 225831.11 |
| M | 9:30-10:15am | 10/7-10/28 | \$30 / \$40 | 225831.13 |
| W | 8:30-9:15am | 9/4-9/25 | \$30 / \$40 | 225831.30 |

5, 45 minute classes no class 11/11

| | | | | |
|---|-------------|------------|-------------|-----------|
| W | 8:30-9:15am | 10/2-10/30 | \$38 / \$50 | 225831.31 |
|---|-------------|------------|-------------|-----------|

4, 45 minute classes

| | | | | |
|---|--------------|------------|-------------|-----------|
| M | 8:30-9:15am | 11/4-12/16 | \$45 / \$60 | 225831.14 |
| M | 9:30-10:15am | 11/4-12/16 | \$45 / \$60 | 225831.15 |
| W | 8:30-9:15am | 11/6-12/18 | \$45 / \$60 | 225831.32 |

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!

4, 45 minute classes

| | | | | |
|----|--------------|----------|-------------|-----------|
| Tu | 8:30-9:15am | 9/3-9/24 | \$30 / \$40 | 220440.20 |
| Tu | 9:30-10:15am | 9/3-9/24 | \$30 / \$40 | 220440.21 |
| Th | 9:30-10:15am | 9/5-9/26 | \$30 / \$40 | 220440.40 |

5, 45 minute classes

| | | | | |
|----|--------------|------------|-------------|-----------|
| Tu | 8:30-9:15am | 10/1-10/29 | \$38 / \$50 | 220440.22 |
| Tu | 9:30-10:15am | 10/1-10/29 | \$38 / \$50 | 220440.23 |
| Th | 9:30-10:15am | 10/3-10/31 | \$38 / \$50 | 220440.41 |

6, 45 minute classes

| | | | | |
|----|--------------|-------------|-------------|-----------|
| Tu | 8:30-9:15am | 11/12-12/17 | \$45 / \$60 | 220440.24 |
| Tu | 9:30-10:15am | 11/12-12/17 | \$45 / \$60 | 220440.25 |
| Th | 9:30-10:15am | 11/7-12/19 | \$45 / \$60 | 220440.42 |

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

| | | | | |
|----|-------------|-------------|-------------|-----------|
| Sa | 8:00-8:45am | 10/12-10/26 | \$23 / \$30 | 222630.61 |
|----|-------------|-------------|-------------|-----------|

3, 45 minute classes

| | | | | |
|----|-------------|-------------|-------------|-----------|
| Sa | 8:00-8:45am | 10/12-10/26 | \$23 / \$30 | 222630.61 |
|----|-------------|-------------|-------------|-----------|

8, 45 minute classes

| | | | | |
|----|-------------|------------|-------------|-----------|
| Sa | 8:00-8:45am | 11/2-12/21 | \$60 / \$80 | 222630.62 |
|----|-------------|------------|-------------|-----------|

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.

4, 45 minute classes

| | | | | |
|---|--------------|------------|-------------|-----------|
| M | 12:15-1:00pm | 9/9-9/30 | \$30 / \$40 | 221530.10 |
| M | 12:15-1:00pm | 10/7-10/28 | \$30 / \$40 | 221530.11 |
| W | 12:15-1:00pm | 9/4-9/25 | \$30 / \$40 | 221530.30 |
| F | 12:15-1:00pm | 9/6-9/27 | \$30 / \$40 | 221530.50 |
| F | 12:15-1:00pm | 10/4-10/25 | \$30 / \$40 | 221530.51 |

5, 45 minute classes

| | | | | |
|---|--------------|------------|-------------|-----------|
| W | 12:15-1:00pm | 10/2-10/30 | \$38 / \$50 | 221530.31 |
|---|--------------|------------|-------------|-----------|

6, 45 minute classes no class 11/11 & 11/27

| | | | | |
|---|--------------|------------|-------------|-----------|
| M | 12:15-1:00pm | 11/4-12/16 | \$45 / \$60 | 221530.12 |
| W | 12:15-1:00pm | 11/6-12/18 | \$45 / \$60 | 221530.32 |

7, 45 minute classes no class 11/2

| | | | | |
|---|--------------|------------|-------------|-----------|
| F | 12:15-1:00pm | 11/1-12/20 | \$53 / \$70 | 221530.52 |
|---|--------------|------------|-------------|-----------|

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 | 9/5-9/26 | \$30 / \$40 | 220630.40 |
|----|-------------|----------|-------------|-----------|

5, 45 minute classes

| | | | | |
|----|-------------|------------|-------------|-----------|
| Th | 4:00-4:45pm | 10/3-10/31 | \$38 / \$50 | 220630.41 |
|----|-------------|------------|-------------|-----------|

6, 45 minute classes

| | | | | |
|----|-------------|------------|-------------|-----------|
| Th | 4:00-4:45pm | 11/7-12/19 | \$45 / \$60 | 220630.42 |
|----|-------------|------------|-------------|-----------|

Balance Workshop Age 55 & up

The goal of this Workshop is to provide participants the tools they need for quality-of-life-improvement to the complex body function of balance control. Each class will introduce different exercises, strategies and at-home activities to guide your development - and includes a comprehensive balance assessment. Balance training is undertaken to prevent falls/injury, improve posture, strength, standing & locomotor performance, and dynamic trunk control. This Workshop is a prerequisite to Balance Development class where participants can continue their training in an exercise class style format.

4, 45 minute classes no class 11/26

| | | | | |
|----|---------------|-------------|-------------|-----------|
| Tu | 10:30-11:15am | 9/10-10/1 | \$30 / \$40 | 221731.20 |
| Tu | 10:30-11:15am | 10/8-10/29 | \$30 / \$40 | 221731.21 |
| Tu | 10:30-11:15am | 11/12-12/10 | \$30 / \$40 | 221731.22 |

Balance Development Age 55 & up

Balance is key to maintaining independence as you age, fall prevention, and performing 'activities of daily living' well. This self-paced class focuses on both static and dynamic balance (maintaining position over base of support and the ability to react to transitions from on- to off-balance). Format includes warm-up, balance & posture specific exercises, and general strength training guided by expert (Prerequisite: 221731 Balance Workshop)

4, 45 minute classes no class 11/28

| | | | | |
|----|---------------|-------------|-------------|-----------|
| Th | 10:30-11:15am | 10/10-10/31 | \$30 / \$40 | 221730.21 |
| Th | 10:30-11:15am | 11/14-12/12 | \$30 / \$40 | 221730.22 |

Fitness: Personal Training

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 Classes

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

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.

60 minute classes

| | | | |
|----|--------------|-------------|----------------|
| Tu | 7:00-8:00am | 9/3 - 12/17 | no class 11/5 |
| Th | 7:00-8:00am | 9/5 - 12/19 | no class 11/28 |
| Sa | 9:00-10:00am | 9/7 - 12/21 | |

Drop-In 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.

45 minute classes no class 10/5, 11/5

| | | | |
|----|-------------|-------------|---------------|
| Tu | 7:30-8:15pm | 9/3 - 12-17 | no class 11/5 |
| Sa | 8:00-8:45am | 9/7 - 12/21 | |

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.

60 minute classes

| | | | |
|----|-------------|-------------|----------------|
| M | 5:30-6:30pm | 9/9-12/16 | no class 11/11 |
| Tu | 5:30-6:30pm | 9/3 - 12/17 | no class 11/5 |
| W | 5:30-6:30pm | 9/4-12/18 | |
| Th | 5:30-6:30pm | 9/5 - 12/19 | no class 11/28 |

2 DAYS ONLY

SUPER

Sale

10-VISIT PASS SALE

Monday & Tuesday
December 2 & 3

ADULTS

\$44 / \$50

TOH NR

SENIOR / YOUTH

\$36 / \$41

TOH NR

Wellness: Yoga

Hatha Yoga for Homeschoolers Ages 5-15 **NEW**

This fun children's class develops concentration, strength, confidence, and self-control through yoga poses done with music, games, and stories. Yoga teaches children about their bodies and how to honor their uniqueness. Age-appropriate yoga poses, movements, breathing, and relaxation techniques help to create supple, strong bodies and minds that can adapt to the dynamics of life.

7, 60 minute classes no class 11/5

| | | | | |
|----|-----------------|-------------|--------------|-----------|
| Tu | 11:45am-12:45pm | 9/3-10/15 | \$98 / \$130 | 230430.20 |
| Tu | 11:45am-12:45pm | 10/22-12/10 | \$98 / \$130 | 230430.21 |

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 no class 11/5

| | | | | |
|----|-------------|-------------|--------------|-----------|
| Tu | 1:00-2:00pm | 9/3-10/15 | \$98 / \$130 | 230030.20 |
| Tu | 1:00-2:00pm | 10/22-12/10 | \$98 / \$130 | 230030.21 |

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.

7, 60 minute classes

| | | | | |
|---|-----------------|-----------|--------------|-----------|
| W | 11:45am-12:45pm | 9/4-10/16 | \$98 / \$130 | 230040.30 |
|---|-----------------|-----------|--------------|-----------|

8, 60 minute classes

| | | | | |
|---|-----------------|--------------|---------------|-----------|
| W | 11:45am-12:45pm | 10/-23-12/11 | \$112 / \$149 | 230040.31 |
|---|-----------------|--------------|---------------|-----------|

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.

7, 75 minute classes

| | | | | |
|---|-------------|-----------|---------------|-----------|
| W | 1:00-2:15pm | 9/4-10/16 | \$112 / \$149 | 230230.30 |
|---|-------------|-----------|---------------|-----------|

8, 75 minute classes

| | | | | |
|---|-------------|-------------|---------------|-----------|
| W | 1:00-2:15pm | 10/23-12/11 | \$128 / \$170 | 230230.31 |
|---|-------------|-------------|---------------|-----------|

Lunchtime Yoga Age 16 & up

This mid-day Hatha practice will help you stretch and refresh after a morning of work, whether at a desk, in your car, up a ladder, or outside. Use your breath to reset, and poses to build strength, balance, flexibility, and agility. Relieve muscle and mental tension. Relax and manage stress. Return to work ready for the rest of the day's challenges.

7, 60 minute classes no class 11/11, 11/29

| | | | | |
|---|--------------|-------------|--------------|-----------|
| M | 12:00-1:00pm | 9/9-10/21 | \$98 / \$130 | 230060.10 |
| M | 12:00-1:00pm | 10/28-12/9 | \$98 / \$130 | 230060.11 |
| F | 12:00-1:00pm | 9/6-10/18 | \$98 / \$130 | 230060.50 |
| F | 12:00-1:00pm | 10/25-12/13 | \$98 / \$130 | 230060.51 |

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.

6, 60 minute classes no class 10/6

| | | | | |
|----|---------------|------------|-------------|-----------|
| Su | 10:00-11:00am | 9/8-10/20 | \$42 / \$56 | 272450.70 |
| Su | 10:00-11:00am | 10/27-12/1 | \$42 / \$56 | 272450.71 |

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.

7, 90 minute classes no class 11/28

| | | | | |
|----|-------------|-------------|-------------|-----------|
| Th | 7:00-8:30pm | 9/5-10/17 | \$74 / \$98 | 272550.40 |
| Th | 7:00-8:30pm | 10/24-12/12 | \$74 / \$98 | 272550.41 |

6, 2 hour classes no class 10/6

| | | | | |
|----|-----------------|------------|--------------|-----------|
| Su | 10:00am-12:00pm | 9/8-10/20 | \$84 / \$112 | 272550.70 |
| Su | 10:00am-12:00pm | 10/27-12/1 | \$84 / \$112 | 272550.71 |

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.

7, 90 minute classes no class 11/27

| | | | | |
|---|-------------|-------------|-------------|-----------|
| W | 6:30-8:00pm | 9/4-10/16 | \$74 / \$98 | 272950.30 |
| W | 6:30-8:00pm | 10/23-12/11 | \$74 / \$98 | 272950.31 |

Camps

Winter Odyssey Fun Age 6-11

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 including 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. Camper information form required. Advance registration is strongly advised as space is limited, and minimum enrollment must be met at least one week in advance.

1, 7.5 hour session

| | | | | |
|----|---------------|-------|-------------|-----------|
| Th | 8:00am-3:30pm | 12/26 | \$45 / \$45 | 280110.41 |
| F | 8:00am-3:30pm | 12/27 | \$45 / \$45 | 280110.51 |
| Th | 8:00am-3:30pm | 1/2 | \$45 / \$45 | 280110.42 |
| F | 8:00am-3:30pm | 1/3 | \$45 / \$45 | 280110.52 |

You're gonna love this camp!

Winter Odyssey Fun

December 26- January 3 | 8:00am-3:30pm

- art & crafts
- gym games
- board games
- swimming
- & much more.

Camp is cool!

and fun!

Basketball

Youth Beginner Basketball Age 8-11 NEW

This new class introduces fundamental basketball skills such as dribbling, shooting, and passing while also cultivating a love for a new sport with an emphasis on teamwork.

7, 60 minute classes

| | | | | |
|---|-------------|------------|--------------|-----------|
| W | 5:30-6:30pm | 9/11-10/23 | \$88 / \$117 | 270113.30 |
|---|-------------|------------|--------------|-----------|

Youth Intermediate Basketball Age 11-14

This class develops and refines fundamental basketball skills while introducing more advanced techniques such as contested ball handling, offensive and defensive tactics, strategic movement/positioning and incorporating team dynamics.

7, 60 minute classes

| | | | | |
|---|-------------|------------|--------------|-----------|
| W | 4:30-5:30pm | 9/11-10/23 | \$88 / \$117 | 270313.30 |
|---|-------------|------------|--------------|-----------|

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

NTRP Ratings

Please refer to NTRP ratings prior to selecting a class.

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.

Advanced Beginner 2.0-2.5 Age 7-15

This class refines basic strokes, footwork, and form, and focuses on building confidence, placement, and consistency.

Age 7-12

7, 60 minute classes

| | | | | |
|---|-------------|-----------|---------------|-----------|
| M | 5:30-6:30pm | 9/9-10/21 | \$126 / \$168 | 276113.10 |
|---|-------------|-----------|---------------|-----------|

Age 9-15

7, 60 minute classes

| | | | | |
|---|-------------|-----------|---------------|-----------|
| M | 6:30-7:30pm | 9/9-10/21 | \$126 / \$168 | 276113.11 |
|---|-------------|-----------|---------------|-----------|

Advanced Beginner / Intermediate 2.0-3.5 Age 6-15

This combination class bridges the gap for students who are strong advanced beginners and students who are consistent but less confident intermediates. This class is also good for family members or friends who may be at slightly different levels.

Age 6-12

6, 60 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 5:00-6:00pm | 9/10-10/15 | \$108 / \$144 | 276114.20 |
|----|-------------|------------|---------------|-----------|

Age 9-15

6, 60 minute classes no class 10/5

| | | | | |
|----|--------------|-----------|---------------|-----------|
| Sa | 9:45-10:45am | 9/7-10/19 | \$108 / \$144 | 276114.60 |
|----|--------------|-----------|---------------|-----------|

Intermediate 3.0-3.5 Age 7-12

This class will focus on improving power, depth, placement, and consistency of all basic strokes and work on court coverage techniques for both singles and doubles

7, 60 minute classes.

| | | | | |
|---|-------------|-----------|---------------|-----------|
| M | 6:30-7:30pm | 9/9-10/21 | \$126 / \$168 | 276115.10 |
|---|-------------|-----------|---------------|-----------|

Intermediate/Advanced 3.0-4.0 Age 9-15

For tennis players who are consistent with direction and depth of all groundstrokes, are comfortable playing the net position, are competent with the overhanded serve, understand court coverage, and have the ability to sustain a strong rally. The class will give an opportunity to improve on perceived deficits, capitalize on existing strengths, correct any glitches in technique that may be holding back development, and address shot selection, set plays, and ball placement for maximum efficiency.

7, 60 minute classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Tu | 6:00-7:00pm | 9/10-10/15 | \$108 / \$144 | 276116.20 |
|----|-------------|------------|---------------|-----------|

Home School Tennis Class 3.0-4.0 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

| | | | | |
|----|---------------|------------|---------------|-----------|
| Tu | 10:00-11:00am | 9/10-10/15 | \$108 / \$144 | 276128.20 |
|----|---------------|------------|---------------|-----------|

7, 60 minute classes

| | | | | |
|----|-----------------|------------|---------------|-----------|
| Th | 11:00am-12:00pm | 9/12-10/24 | \$126 / \$168 | 276128.40 |
|----|-----------------|------------|---------------|-----------|

Tennis: Outdoor

Tennis: Outdoor Youth

Red Ball Beginner Age 4-6

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

7, 45 minute classes

| | | | | |
|---|-------------|-----------|--------------|-----------|
| M | 5:00-5:45pm | 9/9-10/21 | \$95 / \$127 | 276011.10 |
|---|-------------|-----------|--------------|-----------|

Beginner 1.0-1.5 Age 6-12

Classes will introduce basic strokes, form, and footwork.

Age 6-9

6, 45 minute classes no class 10/5

| | | | | |
|----|-------------|-----------|--------------|-----------|
| Sa | 9:00-9:45am | 9/7-10/19 | \$81 / \$108 | 276111.60 |
|----|-------------|-----------|--------------|-----------|

7, 45 minute classes

| | | | | |
|---|-------------|-----------|--------------|-----------|
| M | 5:45-6:30pm | 9/9-10/21 | \$95 / \$127 | 276111.10 |
|---|-------------|-----------|--------------|-----------|

Age 7-12

6, 60 minute classes no class 10/5

| | | | | |
|----|--------------|-----------|---------------|-----------|
| Sa | 9:45-10:45am | 9/7-10/19 | \$108 / \$144 | 276111.61 |
|----|--------------|-----------|---------------|-----------|

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.

High School Class Age 14-19

Must be comfortable in competitive tournament play. For players either already on their high school tennis team or candidates for upcoming team tryouts who are regularly competing above the intermediate level.

| 6, 60 minute classes | | | | no class 10/6 |
|----------------------|-------------|-----------|---------------|---------------|
| Su | 4:00-5:00pm | 9/8-10/20 | \$108 / \$144 | 276237.70 |

Tennis: Outdoor Competition

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

Orange-Ball Competition Practice Age 7-12

For players ready for competitive play or currently on and orange dot tennis team. Focus will be on game strategy, rules and shot combinations for both singles and doubles.

| 6, 60 minute classes | | | | no class 10/6 |
|----------------------|-------------|-----------|---------------|---------------|
| Su | 3:00-4:00pm | 9/8-10/20 | \$108 / \$144 | 276136.71 |

Competition Practice Greendot & Regulation Ball Age 7-15

These sessions help prepare players for upcoming competitions. Focus will be on game strategy, rules and shot combinations for both singles and doubles. Players will be grouped by competitive level and by the type of ball likely to be used for their next competitive event.

| 6, 60 minute classes | | | | no class 10/6 |
|----------------------|-------------|-----------|---------------|---------------|
| Su | 5:00-6:00pm | 9/8-10/20 | \$108 / \$144 | 276137.70 |

Tennis: Outdoor Adult

Beginner/Advanced Beginner 1.0-1.5

Age 16 & up

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

| 6, 60 minute classes | | | | no class 10/5 |
|----------------------|---------------|-----------|---------------|---------------|
| Sa | 10:45-11:45am | 9/7-10/19 | \$108 / \$144 | 276311.60 |

Beginner / Advanced Beginner 1.0-2.5

Age 16 & up

Class focus will be on introducing and improving technique, keeping the ball in play, and building up the ability to sustain a rally. The class will cover all of the basic strokes (forehands, backhands, volleys, approach shots, overhead smashes, lobs, and serves), as well as the different forms of keeping score for both competitive and recreational play.

| 7, 60 minute classes | | | | |
|----------------------|-------------|------------|---------------|-----------|
| M | 7:30-8:30pm | 9/9-10/21 | \$126 / \$168 | 276312.10 |
| W | 6:30-7:30pm | 9/11-10/23 | \$126 / \$168 | 276312.30 |

Advanced Beginner/ Intermediate 2.0-3.5

Age 16 & up

This combination class bridges the gap for students who are strong advanced beginners and students who are consistent but less confident intermediates. This class is also good for family members or partners who may be at slightly different levels.

| 6, 60 minute classes | | | | |
|----------------------|-----------------|------------|---------------|-----------|
| Tu | 11:00am-12:00pm | 9/10-10/15 | \$108 / \$144 | 276314.20 |

| 7, 60 minute classes | | | | |
|----------------------|-------------|-----------|---------------|-----------|
| M | 7:30-8:30pm | 9/9-10/21 | \$126 / \$168 | 276314.10 |

Intermediate 3.0-3.5 Age 16 & up

This class will focus on improving power, depth, placement, and consistency of all basic strokes and work on court coverage techniques for both singles and doubles

| 6, 60 minute classes | | | | no class 10/5 |
|----------------------|---------------|-----------|---------------|---------------|
| Sa | 10:45-11:45am | 9/7-10/19 | \$108 / \$144 | 276315.60 |

| 7, 60 minute classes | | | | |
|----------------------|-------------|------------|---------------|-----------|
| W | 7:30-8:30pm | 9/11-10/23 | \$126 / \$168 | 276315.30 |

Intermediate 3.0-3.5 / Advanced 4.0

Age 16 & up

A tennis class for tennis players who are consistent with direction and depth of all groundstrokes, are comfortable playing the net position, are competent with the overhanded serve, understand court coverage, and have the ability to sustain a rally. The class will give an opportunity to improve on perceived deficits, capitalize on existing strengths, correct any glitches in technique that may be holding back development, and address shot selection, set plays, and ball placement for maximum efficiency.

| 7, 60 minute classes | | | | |
|----------------------|---------------|------------|---------------|-----------|
| Th | 10:00-11:00am | 9/12-10/24 | \$126 / \$168 | 276316.40 |

Advanced 4.0 Age 16 & up

For strong and confident players looking to refine parts of their game, increase shot selection, and explore strategies for increased court coverage in both singles and doubles.

| 6, 60 minute classes | | | | |
|----------------------|-------------|------------|---------------|-----------|
| Tu | 7:00-8:00pm | 9/10-10/15 | \$108 / \$144 | 276317.20 |

Pickleball

Players must bring their own paddles.

Beginner Age 10 & up

Dive into the coolest game in town on our pickleball courts in a family setting. All participants aged 10 and up are encouraged to join and learn together. Participants must provide their own paddles but balls will be provided. Price is per person.

| | | | | |
|----------------------|-------------|-----------|---------------|-----------|
| 6, 60 minute classes | | | no class 10/6 | |
| Su | 6:00-7:00pm | 9/8-10/20 | \$108 / \$144 | 277511.71 |

Adult Advanced Age 16 & up

Learn advanced skills and strategy to improve your game.

| | | | | |
|----------------------|-------------|------------|---------------|-----------|
| 6, 60 minute classes | | | | |
| Tu | 8:00-9:00am | 9/10-10/15 | \$108 / \$144 | 277317.20 |

Play with Coaching Age 16 & up

Coach will suggest strategies for improving movement and shot selection during guided play

| | | | | |
|----------------------|--------------|------------|---------------|-----------|
| 6, 60 minute classes | | | | |
| Tu | 9:00-10:00am | 9/10-10/15 | \$108 / \$144 | 277337.20 |



We Need You!

How can you help US offer more and new classes?

- Suggest classes and programs.**
Email parksandrec@herndon-va.gov and tell us your ideas and classes you want to take!
- 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.
- 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!

Tennis: Indoor

Indoor Tennis Center 2024-2025 Season

Monday, October 7, 2024 – Sunday, April 13, 2025

Holiday Closures:

November 28 & 29, December 25, January 1 & 20

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.

Contract Applications

The priority of processing contract applications is as follows:

- Starting July 17:** Town residents renewing time held in previous season. Proof of residency required annually at time of application.
- Starting July 31:** Town residents requesting a new court time or any NR wishing to renew time held in previous season. Town residents have priority. Proof of residency required with application.
- Starting Aug 14:** Any individual with a current contract wishing to reserve a different time from their 2023-2024 contract time or any NR seeking a contract time. Town residents receive priority.

Contract applications are available by emailing parksandrec@herndon-va.gov, or online at bit.ly/HPR-IndoorTennis

This season up to 3 skip dates in addition to the Town of Herndon skip dates may be included with each contract request. Town of Herndon contract skip dates are: November 27-December 1; December 23- January 1 and January 20 . When requesting contracts for multiple days of the week, please use a separate contract request form for each day of the week.

Bready Park Tennis Center Rates

HOURLY COURT COSTS

| | CONTRACT TIME | RANDOM TIME* |
|--|---------------|--------------|
|--|---------------|--------------|

Prime Time (after 5:00pm, Monday-Friday; Saturday & Sunday all day)

| | | |
|--------------------|------|------|
| Adult TOH Resident | \$30 | \$36 |
| Adult Non-Resident | \$38 | \$44 |

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

| | | |
|-------------------------------|------|------|
| Adult TOH Resident | \$26 | \$30 |
| Adult Non-Resident | \$34 | \$38 |
| Youth/Senior TOH (a) | \$24 | \$28 |
| Youth/Senior Non-Resident (a) | \$28 | \$32 |

(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 contract holder. Multi-court rentals during the same day and time period requested by a TOH resident will only have 1 court at TOH rates.

Senior rates apply at the time of the contract application.

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

If a signed contract is not received in advance of first contract payment due date, contract will be considered void.

Once court time and dates have been confirmed by the Indoor Tennis Manager or designee, any scheduling changes are subject to a \$50 processing fee, per contract, per change.

Any contracts processed after bubble opens for the season, payment must be made in full before contract begins.

Tennis: Indoor Youth

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program. Please refer to the NTRP Chart on page 12 prior to selecting a class.

Red Ball Level 1 Age 4-6

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

| 6, 45 minute classes | | no class 11/11, 11/30 | | |
|----------------------|-------------|-----------------------|--------------|-----------|
| M | 5:00-5:45pm | 11/4-12/16 | \$81 / \$108 | 296011.10 |

Beginner 1.0-1.5 Age 6-15

Classes will introduce basic strokes, form, and footwork.

Age 6-9

| 6, 45 minute classes | | no class 11/11, 11/30 | | |
|----------------------|-------------|-----------------------|------------|-----------|
| M | 5:45-6:30pm | 11/4-12/16 | \$81/\$108 | 296111.10 |
| Sa | 9:00-9:45am | 11/2-12/14 | \$81/\$108 | 296111.60 |

| 7, 45 minute classes | | no class 11/27 | | |
|----------------------|-------------|----------------|------------|-----------|
| W | 5:15-6:00pm | 10/30-12/18 | \$95/\$127 | 296111.30 |

Age 7-12

| 6, 60 minute classes | | no class 11/30 | | |
|----------------------|---------------|----------------|---------------|-----------|
| Sa | 10:45-11:45am | 11/2-12/14 | \$108 / \$144 | 296111.61 |

Age 9-15

| 6, 60 minute classes | | no class 11/28 | | |
|----------------------|-------------|----------------|---------------|-----------|
| Th | 4:00-5:00pm | 11/7-12/19 | \$108 / \$144 | 296111.40 |

Beginner 1.0-1.5/ Advanced Beginner 2.0-2.5

Age 7-15

Class focus will be on introducing and improving technique, keeping the ball in play, and building up the ability to sustain a rally. The class will cover all of the basic strokes (forehands, backhands, volleys, approach shots, overhead smashes, lobs, and serves), as well as the different forms of keeping score for both competitive and recreational play.

Age 7-12

| 6, 60 minute classes | | no class 11/11 | | |
|----------------------|-------------|----------------|---------------|-----------|
| M | 5:45-6:45pm | 11/4-12/16 | \$108 / \$144 | 296112.10 |

| 7, 60 minute classes | | no class 11/29 | | |
|----------------------|-------------|----------------|---------------|-----------|
| F | 5:30-6:30pm | 11/1-12/20 | \$126 / \$168 | 296112.50 |

Age 9-15

| 6, 60 minute classes | | no class 11/11 | | |
|----------------------|-------------|----------------|---------------|-----------|
| M | 4:00-5:00pm | 11/4-12/16 | \$108 / \$144 | 296112.11 |

Advanced Beginner 2.0-2.5 Age 7-15

This class refines basic strokes, footwork, and form, and focuses on building confidence, placement, and consistency.

Age 7-12

| 6, 60 minute classes | | no class 11/28, 11/30 | | |
|----------------------|-----------------|-----------------------|---------------|-----------|
| Th | 5:00-6:00pm | 11/7-12/19 | \$108 / \$144 | 296113.40 |
| Sa | 11:45am-12:45pm | 11/2-12/14 | \$108 / \$144 | 296113.60 |

Age 9-15

| 7, 60 minute classes | | no class 11/27 | | |
|----------------------|-------------|----------------|---------------|-----------|
| W | 4:15-5:15pm | 10/30-12/18 | \$126 / \$168 | 296113.30 |

Advanced Beginner/Intermediate 2.0-2.5/3.0-3.5

Age 9-15

This combination class bridges the gap for students who are strong advanced beginners and students who are consistent but less confident intermediates. This class is also good for family members or friends who may be at slightly different levels.

| 6, 60 minute classes | | no class 11/30 | | |
|----------------------|--------------|----------------|---------------|-----------|
| Sa | 9:45-10:45am | 11/2-12/14 | \$108 / \$144 | 296114.60 |

| 7, 60 minute classes | | no class 11/29 | | |
|----------------------|-------------|----------------|---------------|-----------|
| F | 6:30-7:30pm | 11/1-12/20 | \$126 / \$168 | 296114.50 |



Intermediate/Advanced 3.0-3.5/4.0 Age 7-16

For tennis players who are consistent with direction and depth of all ground strokes, are comfortable playing the net position, are competent with the overhanded serve, understand court coverage, and have the ability to sustain a strong rally, The class will give an opportunity to improve on perceived deficits, capitalize on existing strengths, correct any glitches in technique that may be holding back development, and address shot selection, set plays, and ball placement for maximum efficiency.

Age 7-12

| | | | | |
|----------------------|-------------|-------------|---------------|---------------|
| 7, 60 minute classes | | | | no class 11/5 |
| Tu | 5:15-6:15pm | 10/29-12/17 | \$126 / \$168 | 296116.20 |

Age 9-16

| | | | | |
|----------------------|-------------|-------------|---------------|---------------|
| 7, 60 minute classes | | | | no class 11/5 |
| Tu | 4:15-5:15pm | 10/29-12/17 | \$126 / \$168 | 296116.21 |

Home School 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 11/28 |
| Th | 11:00am-12:00pm | 11/7-12/19 | \$108 / \$144 | 296128.40 |

High School Age 14-19

Must be comfortable in competitive tournament play. For players either already on their high school tennis team or candidates for upcoming team tryouts who are regularly competing above the intermediate level.

| | | | | |
|----------------------|--------------|------------|---------------|-----------------------|
| 6, 60 minute classes | | | | no class 11/28, 11/30 |
| Th | 4:30-5:30pm | 11/7-12/19 | \$108 / \$144 | 296216.40 |
| Sa | 12:00-1:00pm | 11/2-12/14 | \$108 / \$144 | 296216.60 |

| | | | | |
|----------------------|-------------|-------------|---------------|---------------|
| 7, 60 minute classes | | | | no class 11/5 |
| Tu | 6:15-7:15pm | 10/29-12/17 | \$126 / \$168 | 296216.20 |

Tennis: Indoor Competition

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

Red Ball Competitive 2.5 - 3.0 Age 5-9

For players who can sustain a rally and enjoy competition.

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/30 |
| Sa | 3:00-4:00pm | 11/2-12/14 | \$108 / \$144 | 296134.60 |

Orange Dot Competition Practice Age 6-11

For players ready for competitive play or currently on orange dot tennis teams. Focus will be on game strategy, rules and shot combinations for both singles and doubles.

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/30 |
| Sa | 2:00-3:00pm | 11/2-12/14 | \$108 / \$144 | 296136.60 |

Greendot & Regulation Ball Competition

Practice Age 9-18

For players ready for competitive play or currently on tennis teams. Focus will be on game strategy, rules and shot combinations for both singles and doubles.

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 7, 60 minute classes | | | | no class 11/29 |
| F | 4:30-5:30pm | 11/1-12/20 | \$126 / \$168 | 296317.50 |

Tennis: Indoor Adult

Beginner 1.0-1.5 Age 16 & up

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

| | | | | |
|----------------------|--------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/30 |
| Sa | 9:00-10:00am | 11/2-12/14 | \$108 / \$144 | 296311.60 |

Beginner 1.0-1.5/Advanced Beginner 2.0-2.5 Age 16 & up

Class focus will be on introducing and improving technique, keeping the ball in play, and building up the ability to sustain a rally. The class will cover all of the basic strokes (forehands, backhands, volleys, approach shots, overhead smashes, lobs, and serves), as well as the different forms of keeping score for both competitive and recreational play

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/11 |
| M | 6:45-7:45pm | 11/4-12/16 | \$108 / \$144 | 296312.10 |

Advanced Beginner 2.0-2.5 Age 16 & up

For students who are building consistency in slow rallies, and who are looking to develop a more complete service motion.

| | | | | |
|----------------------|---------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/30 |
| Sa | 10:00-11:00am | 11/2-12/14 | \$108 / \$144 | 296313.60 |

| | | | | |
|----------------------|--------------|-------------|---------------|----------------|
| 7, 60 minute classes | | | | no class 11/27 |
| W | 12:30-1:30pm | 10/30-12/18 | \$126 / \$168 | 296313.30 |

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

This combination class bridges the gap for students who are strong advanced beginners and students who are consistent but less confident intermediates. This class is also good for family members or partners who may be at slightly different levels.

| | | | | |
|----------------------|---------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/28 |
| Th | 10:00-11:00am | 11/7-12/19 | \$108 / \$144 | 296314.40 |

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 7, 60 minute classes | | | | no class 11/29 |
| F | 7:30-8:30pm | 11/1-12/20 | \$126 / \$168 | 296314.50 |

Intermediate 3.0-3.5 Age 16 & up

This class will focus on improving power, depth, placement, and consistency of all basic strokes and work on court coverage techniques for both singles and doubles.

| | | | | |
|----------------------|-----------------|------------|---------------|----------------|
| 6, 60 minute classes | | | | no class 11/30 |
| Sa | 11:00am-12:00pm | 11/2-12/14 | \$108 / \$144 | 296315.60 |

| | | | | |
|----------------------|-------------|------------|---------------|----------------|
| 7, 60 minute classes | | | | no class 11/29 |
| F | 8:00-9:00am | 11/1-12/20 | \$126 / \$168 | 296315.50 |

Intermediate 3.0-3.5/Advanced 4.0

Age 16 & up

For tennis players who are consistent with direction and depth of all ground strokes, are comfortable playing the net position, are competent with the overhanded serve, understand court coverage, and have the ability to sustain a rally. The class will give an opportunity to improve on perceived deficits, capitalize on existing strengths, correct any glitches in technique that may be holding back development, and address shot selection, set plays, and ball placement for maximum efficiency.

| | | | | |
|----------------------|-------------|-------------|---------------|-----------|
| 7, 60 minute classes | | | no class 11/5 | |
| Tu | 7:15-8:15pm | 10/29-12/17 | \$126 / \$168 | 296316.20 |

Advanced 4.0 Age 16 & up

For strong and confident players looking to refine parts of their game, increase shot selection, and explore strategies for increased court coverage in both singles and doubles.

| | | | | |
|----------------------|-------------|------------|----------------|-----------|
| 6, 60 minute classes | | | no class 11/30 | |
| Sa | 1:00-2:00pm | 11/2-12/14 | \$108 / \$144 | 296317.60 |

| | | | | |
|----------------------|-------------|------------|----------------|-----------|
| 7, 60 minute classes | | | no class 11/29 | |
| F | 7:00-8:00am | 11/1-12/20 | \$126 / \$168 | 296317.50 |

Tennis: Indoor Adult Specialty Classes

Beginning Doubles Rules & Movement 1.5-2.5

Age 16 & up

This class focuses on positioning and coverage for the entry-level doubles player. Students should have a basic service motion and some consistency in rallying.

| | | | | |
|----------------------|--------------|------------|----------------|-----------|
| 7, 60 minute classes | | | no class 11/29 | |
| F | 9:00-10:00am | 11/1-12/20 | \$126 / \$168 | 296342.50 |

Serve and Return 2.0-4.0 Age 16 & up

Offering strategies for stance and court position for best placement of the return of serve from deuce and ad court for both doubles and singles

| | | | | |
|----------------------|--------------|------------|----------------|-----------|
| 7, 60 minute classes | | | no class 11/29 | |
| F | 12:30-1:30pm | 11/1-12/20 | \$126 / \$168 | 296348.50 |

Tennis: Indoor Adult Leagues

Doubles Leagues Age 16 & up

Join one of our competitive doubles leagues to play indoors for the upcoming season at a designated time each week. This is the perfect way to stay fit and continue competitive play. Cost includes new balls every session.

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

Doubles league participants are responsible for finding their own substitute players. If you would like to be considered as a substitute player, please register after the program is full to be contacted. Waiting list players and substitute players' contact information will be provided to registered participants who are in need of a sub. The Town reserves the right to remove you from the program if you regularly do not arrange for your own substitute. These leagues are not eligible for a senior discount.

Women's Doubles, 2.5 - 4.0 Age 16 & up

| | | | | |
|---------------------|--------------|------------|-------------------|-----------|
| 10, 2 hour sessions | | | no playdate 11/27 | |
| W | 9:00-11:00am | 10/9-12/18 | \$185 / \$246 | 296350.30 |

Men's Doubles, 3.0-4.5 Age 16 & up

| | | | | |
|---------------------|--------------|------------|------------------|-----------|
| 10, 2 hour sessions | | | no playdate 11/5 | |
| Tu | 8:30-10:30pm | 10/8-12/17 | \$210 / \$279 | 296351.20 |

Men's Senior Doubles, 2.5 - 4.0 Age 50 & up

| | | | | |
|------------------------|--------------|-------------|--------------------------|-----------|
| 10, 90 minute sessions | | | no playdate 11/11, 11/28 | |
| M | 12:00-1:30pm | 10/7-12/16 | \$125 / \$167 | 296454.10 |
| Th | 12:00-1:30pm | 10/10-12/19 | \$125 / \$167 | 296454.40 |



Arts & Crafts

Arts & Crafts: Preschool Fun

Trust the Process.....Art Age 3.5-5

An open ended art class that provides an opportunity to explore and discover each child's inner artist and celebrate their unique style. Class will include art centers, stories and music.

4, 90 minute classes

| | | | | |
|---|-------------|-----------|-----------|-----------|
| W | 1:30-3:00pm | 9/11-9/25 | \$36/\$48 | 210203.33 |
|---|-------------|-----------|-----------|-----------|

All About Autumn Age 3.5-5

From sunflowers, to pumpkins, to the rainbow of falling leaves, come explore the changing colors of fall with crafts, music and hands on science experiments.

4, 90 minute classes

| | | | | |
|---|-------------|------------|-------------|-----------|
| W | 1:30-3:00pm | 10/9-10/30 | \$50 / \$67 | 210203.34 |
|---|-------------|------------|-------------|-----------|

Preschool Art Explorers Age 3.5-5

Unleash your inner artist! Learn about famous artists and create your own masterpieces in a variety of mediums inspired by them. Fosters self-expression, creativity, and artist appreciation. Each week we will make a piece of art to take home and enjoy.

3, 90 minute classes

| | | | | |
|---|-------------|------------|-------------|-----------|
| W | 1:30-3:00pm | 11/6-11/20 | \$36 / \$48 | 210203.35 |
|---|-------------|------------|-------------|-----------|

Holiday Wonders Age 3.5-5

Celebrate the season by making crafts, cards, and ornaments. Each class students will bring home their creations. Enjoy story time, music, and get into the holiday spirit.

3, 90 minute classes

| | | | | |
|---|-------------|------------|-------------|-----------|
| W | 1:30-3:00pm | 12/4-12/18 | \$36 / \$48 | 210203.35 |
|---|-------------|------------|-------------|-----------|

Arts & Crafts: Youth

Get Hooked! Age 10-15

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 no class 11/27

| | | | | |
|---|-------------|------------|-------------|-----------|
| W | 6:30-7:30pm | 9/11-10/2 | \$50 / \$67 | 210110.31 |
| W | 6:30-7:30pm | 10/9-10/30 | \$50 / \$67 | 210110.32 |
| W | 6:30-7:30pm | 11/6-12/4 | \$50 / \$67 | 210110.33 |

Homeschool Pottery Age 8-12

Learn the techniques to create artful pottery pieces with your own hands, use slabs of clay to create different fun pieces, for example pinch pots, animals, trays, etc. Develop unique skills of building and shaping different forms, texturing, and glazing. Supplies included.

4, 90 minute classes no class 11/28

| | | | | |
|----|-------------|-------------|--------------|-----------|
| Th | 1:00-2:30pm | 9/12-10/3 | \$80 / \$106 | 210010.41 |
| Th | 1:00-2:30pm | 10/10-10/31 | \$80 / \$106 | 210010.42 |
| Th | 1:00-2:30pm | 11/7-12/5 | \$80 / \$106 | 210010.43 |

Cartooning and 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 no class 10/6

| | | | | |
|----|-----------------|-----------|--------------|-----------|
| Su | 11:00am-12:30pm | 9/8-10/20 | \$90 / \$120 | 210116.01 |
| Su | 11:00am-12:30pm | 11/3-12/8 | \$90 / \$120 | 210116.02 |

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 no class 10/6

| | | | | |
|----|--------------|-----------|--------------|-----------|
| Su | 12:30-2:00pm | 9/8-10/20 | \$90 / \$120 | 210210.01 |
| Su | 12:30-2:00pm | 11/3-12/8 | \$90 / \$120 | 210210.02 |

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.

4, 90 minute classes

| | | | | |
|----|-------------|------------|-------------|-----------|
| Tu | 7:00-8:30pm | 9/10-10/1 | \$40 / \$53 | 210130.22 |
| Tu | 7:00-8:30pm | 10/8-10/29 | \$40 / \$53 | 210130.23 |
| Tu | 7:00-8:30pm | 11/12-12/3 | \$40 / \$53 | 210130.24 |

Oil Pastels Age 18 & up NEW

This introduction to oil pastels course will introduce students to the basic materials, tools, and surfaces for creating with oil pastels. This course will include instruction on basic oil pastel application techniques including layering, blending, and mixing. Throughout the course, students will learn the basics of color theory. This includes mixing and how to apply color theory to an oil pastel drawing. Classes will be divided into a combination of demonstration and individual work time on projects with guidance provided by the instructor. Students will walk away with beginning knowledge to oil pastels and a session long project.

7, 2 hour classes

| | | | | |
|----|-------------|------------|---------------|-----------|
| Th | 6:00-8:00pm | 9/12-10/24 | \$160 / \$213 | 210030.43 |
|----|-------------|------------|---------------|-----------|

Intro to Pottery Wheel & Handbuilding Age 16 & up

A combination of basic wheel throwing of simple forms such as cylinders and bowls combined with hand building techniques. Projects may include throwing a bowl and attaching it to a hand built pedestal to create a candle holder and creating a thrown cup and adding a hand built lid to make a lidded jar.

8, 2.5 hour classes

| | | | | |
|---|-------------|------------|---------------|-----------|
| W | 6:00-8:30pm | 9/11-10/30 | \$250 / \$333 | 210150.31 |
|---|-------------|------------|---------------|-----------|

Intermediate Wheel Age 16 & up

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

| 8, 2.5 hour classes | | no class 11/11 | | |
|---------------------|-------------|----------------|---------------|-----------|
| M | 6:00-8:30pm | 9/9-10/28 | \$250 / \$333 | 210250.11 |
| M | 6:00-8:30pm | 11/4-12/30 | \$250 / \$333 | 210250.12 |

Advanced Wheel Age 16 & up

This class builds upon the foundations built in Beginning and Intermediate Wheel-Thrown courses. The purpose of this class is to prepare students for self-directed advanced studio work. Participants will work on developing technical skills and will be challenged as artists creatively. Participants will be introduced to more complex concepts such as form exploration, glaze experimentation, and expression of personal concepts in works. Participants should have taken the beginning and intermediate courses before joining this class. 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 | 9/10-10/29 | \$250 / \$333 | 210350.20 |

| 6, 2.5 hour classes | | | | |
|---------------------|-------------|-------------|---------------|-----------|
| Tu | 6:00-8:30pm | 11/12-12/17 | \$188 / \$250 | 210350.21 |

Pumpkin Pottery Workshop

OCTOBER 27 | 1-3:30PM



LEARN HOW TO CRAFT YOUR VERY OWN PUMPKIN OUT OF CLAY!

\$45
SUPPLIES INCLUDED!
AGE 16 & UP

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.

Storybook Ballet Age 3-6 NEW

This ballet class will expose your little dancer to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e., positions, plies, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! Instruction provided by Adrenaline Dance Studio.

| 13, 45 minute classes | | no class 10/31, 11/28 | | |
|-----------------------|---------------|-----------------------|---------------|-----------|
| Th | 10:30-11:15am | 9/12-12/19 | \$221 / \$294 | 241004.40 |

| 14, 45 minute classes | | no class 11/5 | | |
|-----------------------|-------------|---------------|---------------|-----------|
| Tu | 5:00-5:45pm | 9/10-12/17 | \$238 / \$316 | 241004.20 |

Bop & Groove Age 3-6 NEW

Does your little one love to dance around the house to their favorite songs? If so, then this is the perfect class for your little mover. This high energy beginner dance class will teach your child the basics in both jazz and hip hop helping to improve their rhythm, coordination and balance. Instruction provided by Adrenaline Dance Studio.

| 14, 60 minute classes | | no class 11/5 | | |
|-----------------------|-------------|---------------|---------------|-----------|
| Tu | 1:45-2:45pm | 9/10-12/17 | \$238 / \$316 | 241050.20 |

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.

| 14, 45 minute classes | | no class 11/27 | | |
|-----------------------|-------------|----------------|---------------|-----------|
| W | 5:15-6:00pm | 9/11-12/18 | \$126 / \$168 | 241105.30 |
| W | 6:00-6:45pm | 9/11-12/18 | \$126 / \$168 | 241105.31 |

Ballet I Age 6-8

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.

| 13, 45 minute classes | | no class 10/31, 11/28 | | |
|-----------------------|-------------|-----------------------|---------------|-----------|
| Th | 6:00-6:45pm | 9/12-12/19 | \$117 / \$156 | 241106.20 |

Hip-Hop Age 6-9

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.

| | | | | |
|-----------------------|-------------|------------|-----------------------|-----------|
| 13, 60 minute classes | | | no class 10/31, 11/28 | |
| Th | 6:45-7:45pm | 9/12-12/19 | \$156 / \$208 | 241140.40 |

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.

| | | | | |
|-----------------------|-------------|------------|-----------------------|-----------|
| 13, 60 minute classes | | | no class 10/31, 11/28 | |
| Th | 7:45-8:45pm | 9/12-12/19 | \$156 / \$208 | 241141.40 |

Cardio Jam Age 8-13 NEW

Love fitness and dance then this is the perfect class for you. This class combines cutting edge dance moves with fun high energy circuit drills designed to help improve balance, coordination, and overall physical fitness. Our class will help your child channel their high level of energy into fun fitness activities that develop cardiovascular endurance encouraging healthy habits that will last a lifetime. Instruction provided by Adrenaline Dance Studio.

| | | | | |
|-----------------------|-------------|------------|---------------|-----------|
| 14, 60 minute classes | | | no class 11/5 | |
| Tu | 7:00-8:00pm | 9/10-12/17 | \$238 / \$316 | 241165.20 |

Homeschool Cardio Jam Age 8-13 NEW

Love fitness and dance then this is the perfect class for you. This class combines cutting edge dance moves with fun high energy circuit drills designed to help improve balance, coordination, and overall physical fitness. Our class will help your child channel their high level of energy into fun fitness activities that develop cardiovascular endurance encouraging healthy habits that will last a lifetime. Instruction provided by Adrenaline Dance Studio.

| | | | | |
|-----------------------|-------------|-----------|----------------|-----------|
| 14, 60 minute classes | | | no class 11/11 | |
| M | 1:00-2:00pm | 9/9-12/16 | \$238 / \$316 | 241166.10 |

Cheer Stars Age 5-12 NEW

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances while helping to inspire team players and develop leadership skills. All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation, we will help you be your best! Instruction provided by Adrenaline Dance Studio.

| | | | | |
|-----------------------|-------------|------------|---------------|-----------|
| 14, 60 minute classes | | | no class 11/5 | |
| Tu | 6:00-7:00pm | 9/10-12/17 | \$238 / \$316 | 241167.20 |

Performing Arts: Adult Dance

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 including warm-ups, traveling patterns across the floor and steps to a choreographed routine. An optional performance opportunity will be offered to interested tappers.

| | | | | |
|-----------------------|-------------|------------|----------------|-----------|
| 14, 60 minute classes | | | no class 11/27 | |
| W | 6:45-7:45pm | 9/11-12/18 | \$168 / \$224 | 241329.30 |

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

| | | | | |
|-----------------------|-------------|------------|----------------|-----------|
| 14, 60 minute classes | | | no class 11/27 | |
| W | 7:45-8:45pm | 9/11-12/18 | \$168 / \$224 | 241339.30 |

Performing Arts: Acting

All Star Drama Club Age 7-14 NEW

In this 7-week class, young performers step into Moonlit Wings' Drama Club! Dive into new lessons every season with fresh scripts of comedy, drama, and hilarious improv games. Sharpen speech, stage presence, and teamwork through theatre. Drama Club is where creative kids make lasting friendships and keep the fun going, season after season! Instruction provided by Moonlit Wings Productions.

| | | | | |
|----------------------|---------------|------------|---------------|-----------|
| 7, 85 minute classes | | | | |
| M | 5:45 - 7:10pm | 10/7-11/25 | \$168 / \$223 | 242120.10 |

Homeschool All Star Drama Club Age 7-14 NEW

In this 7-week class, young performers step into Moonlit Wings' Drama Club! Dive into new lessons every season with fresh scripts of comedy, drama, and hilarious improv games. Sharpen speech, stage presence, and teamwork through theatre. Drama Club is where creative kids make lasting friendships and keep the fun going, season after season! Instruction provided by Moonlit Wings Productions.

| | | | | |
|----------------------|-------------|------------|----------------|-----------|
| 7, 85 minute classes | | | no class 11/11 | |
| M | 1:30-2:55pm | 10/7-11/25 | \$168 / \$223 | 242121.40 |

Act Up! The Lion Kids Age 7-14 NEW

In this 7-week class by Moonlit Wings, young performers experience a theatrical journey inspired by "The Lion King." Explore original scenes, songs, and games that bring the savanna to life. Sharpen your acting and singing skills while making new friends along the way. Discover Moonlit Wings' award-winning programs, packed with opportunities for all creative kids to shine! Instruction provided by Moonlit Wings Productions.

| | | | | |
|----------------------|-------------|------------|----------------|-----------|
| 7, 85 minute classes | | | no class 11/11 | |
| M | 7:15-8:40pm | 10/7-11/25 | \$168 / \$223 | 242122.10 |

Theatrical Costume Design for Kids Age 8-16

Take your theatrical costume ideas from the sketch pad to the sewing table to the stage. You will concept our 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.

| | | | | |
|-----------------------|-------------|-----------|----------------|-----------|
| 14, 90 minute classes | | | no class 11/11 | |
| M | 6:30-8:00pm | 9/9-12/16 | \$252 / \$336 | 244120.10 |

Performing Arts: Music

Herndon Children's Chorus Age 8-12 NEW

Does your child love to sing? Do they show an interest in and joy for music? The Herndon Children's Chorus provides an ensemble experience for young singers to express themselves musically and develop their vocal skills and musical knowledge. Weekly rehearsals will focus on vocal training, music literacy and artistic expression as well as expose participants to a diverse musical repertoire that explores music from different traditions and backgrounds. The ensemble will also have several performance opportunities throughout the year at community events, concerts and special occasions. Come join this new and inspiring group and discover the joy of singing!

| | | | | |
|--------------------------|-------------|-----------|---------------|-----------|
| 36, 90 minute rehearsals | | | | |
| M | 6:00-7:30pm | 9/16-5/19 | \$600 / \$800 | 545100.10 |

STEM

STEM Fun Academy Young Engineers Age 7-12 NEW

The Bricks Challenge program provides an exciting, hands-on education in classical mechanics using tangible LEGO brick models. We introduce fundamental STEM concepts covering transmissions, mechanisms, and principles, while captivating students' attention and fostering engagement. Through interactive lessons, students learn how mechanisms alter motion, bridging the gap between theoretical knowledge and real-world applications. Our approach emphasizes a deep understanding of movement and transmission principles, sparking curiosity and preparing students for further exploration in STEM.

| | | | | |
|----------------------|---------------|------------|---------------|-----------|
| 8, 90 minute classes | | | no class 10/5 | |
| W | 1:00-2:30pm | 9/11-10/30 | \$132 / \$176 | 260110.31 |
| W | 6:00-7:30pm | 9/11-10/30 | \$132 / \$176 | 260110.32 |
| Sa | 10:30-12:00pm | 9/14-11/2 | \$132 / \$176 | 260110.61 |

Fall 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/Fr | 11:30am-2:30pm |

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 |

Teen Open Gym (Age 13-17*)

| | |
|----------------|-------------|
| Mon/Tu/W/Th/Fr | 2:45-5:15pm |
|----------------|-------------|

*10 and under must be accompanied by paid adult



HERNDON Children's Chorus

Does your child love to sing?

Do they show an interest in and joy for music? The Herndon Children's Chorus is a NEW ensemble for youth age 8-12 that will help young singers express themselves musically and develop their vocal skills and musical knowledge. Performance opportunities will be available throughout the year at community events, concerts and special occasions.

**Rehearsals: Mondays 6:00 – 7:30pm
starting September 16
545100.10**

Special Events

PUMPKIN PLUNGE

SAT. OCTOBER 19



Come out for an aqua adventure as you enjoy an open swim in our very own floating pumpkin patch! Once you pick your pumpkin, we'll help you decorate it and make it your own. And what pumpkin patch would be complete without cider and donuts!

2 times! 4-6pm and 5:15-7:15pm!

Register for your time!

(4pm: 251050.60 5:15pm: 251050.61)

All youth must be accompanied by a paid adult and supervised at all times. For youth age 6 and under, the accompanying adult must be in the water. All attendees over 2 years of age must be registered (under 24 months is free). Appropriate swim attire is required for all participants. Those who are not potty-trained must wear a swim diaper with plastic covering.



Register by 10/14:
\$8/ person

Late registration
10/15-10/19:
\$15/ person

ZOMBIE ZUMBA

Friday, October 18
6:00-7:30pm

It's just a thriller of a night! Come dressed in your rise-from-the-grave best, and ZUMBA into the dead of the night! We'll scare up all your favorite moves, grooves and music for one great night of fun! Refreshments, door prizes, guest instructors, and a whole lot of dancing!

\$10 per person pre-registration / \$12 at the door | #226830.50



NOVEMBER

9



2024 THEME
OUT OF THIS WORLD!

HERNDON HOMECOMING

One of Herndon's best community events - the Herndon Homecoming Parade, featuring floats, local businesses and groups, as well as special guests. Bring a chair and support the Hornets in downtown Herndon along Elden St.

PUZZLE PALOOZA

Sunday, September 22 from 2-4:30pm

Back by popular demand! Gather your team of up to 4 people to show off your skills at Puzzle-Palooza! Teams will race against each other to complete a 500-piece jigsaw puzzle while competing for prizes. Light snacks will be served, plus you keep the puzzle.



Teams can be up to 4 people

Advance Registration Strongly Advised:
by September 17, 2024 \$35/team

Late Registration: September 18 - 22, 2024
\$45/team (as space allows)

#254000.01

*Due to space constraints, all persons attending must be registered on a team.

Nature Fest

Sunday September 29th | 1:00- 5:00pm
Runnymede Park, 195 Herndon Parkway

Nature Fest is a family-friendly hands-on nature event, which spotlights the animals, plants, and insects that live in Runnymede Park.

Have fun—play the Web of Life game and Bird Bingo. Test your skills at Nature Olympics. Hands-on activities at every station.

Co-sponsored by Friends of Runnymede Park and Herndon Parks and Recreation Department. If you have an interest in volunteering at a station, please send an email to friendsofrp@yahoo.com. Volunteers must be 14+.

Please bring a water bottle
Parking at Hunters Creek Clubhouse
417 Queen's Row



Event is FREE!

The Turkey Trot 5K is a community, cross-county style family race and is a tradition for many.



SATURDAY, NOVEMBER 23
RACE STARTS AT 4PM
ALL RUNNERS MUST FINISH 5K IN 45 MINUTES
AGES 4 AND UP

Long-sleeve race T-shirt to first 350 pre-registered runners. Awards for top three male/female finishers AND best individual and group costumes. Costume winners judged before the race at 3:40 pm.

Registration Fees

All runners are encouraged to donate a can of food on race day. Food donations go to LINK for the people who are food insecure.

| | Adult (21 & up) | Youth (20 & under) |
|------------------|-----------------|--------------------|
| Pre-registration | \$40 | \$25 |
| Race weekend | \$45 | \$30 |

Packet pick-up at Herndon Community Center,
Friday Nov. 22, 5-7 PM.
Strollers, bikes, and dogs are not permitted in the race.

HOLIDAY ARTS & CRAFTS SHOW

Sunday December 8

10:00am-4:00pm

Over 80 Vendors
Perfect to find unique gifts, holiday decorations, and handmade items all in one place!

FREE
Admission & Parking!

HOBBY AND TOY EXCHANGE

SATURDAY SEPTEMBER 21

Did you take up a hobby over the summer that didn't stick? Are you ready to take on a new hobby for the upcoming winter? Looking to get rid of toys before new ones come during the holiday season? Think of hobbies such as baking, puzzles, board games, jewelry making, sporting equipment, knitting to name a few!

Drop- Off 1:00pm - 2:00pm
Exchange 2:15 - 4:00pm

EVENT IS FREE

PUMPKIN

Pottery Workshop



Age 16 & up

Join us for a fun-filled session of creativity and pottery! In this workshop, you'll learn how to craft your very own pumpkin out of clay.

Our experienced instructor will guide you through the process, from shaping the clay to adding unique details. All supplies included

Sunday
October 27 \$45
1-3:30pm #210430.01

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 down 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. Athletic closed-toe shoes are required.

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. Courts are \$4/hour for primetime reservations Mon-Fri. 4-9 pm.

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, August 14. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, August 20.

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 August 20.

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 August 14 for TOH residents, and 10:00am on August 20 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, August 14 for TOH residents and 10:00am, August 20 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 _____