



Winter 2025

# Programs & Events

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

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



**HCC Beach Resort**

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**Open House**

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**V.I.P. Dance**

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**Kids Fishing Derby**

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**Registration  
Opens**

Town of Herndon (TOH)

**December 4**

Non-Resident (NR)

**December 10**

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**Herndon Community Center**  
 814 Ferndale Ave  
 Herndon, VA 20170  
 (703) 787-7300

## Herndon Community Center Hours

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

## Closures & Holiday Hours

Wednesday, November 27 8:00am–4:00pm  
 Thanksgiving Day, Thursday, November 28 **Closed**  
 Friday, November 29 **Closed**  
 Christmas Eve, Tuesday, December 24 8:00am–12:00pm  
 Christmas Day, Wednesday, December 25 **Closed**  
 New Year's Eve, Tuesday, December 31 8:00am–2:00pm  
 New Year's Day, Wednesday, January 1 **Closed**  
 Martin Luther King Jr. Day, Monday, January 20 **Closed**  
 President's Day, Monday, February 17 7:00am–9:00pm

## Parks & Recreation Office Hours

Monday–Friday 8:00am–5:00pm

## Office Closures

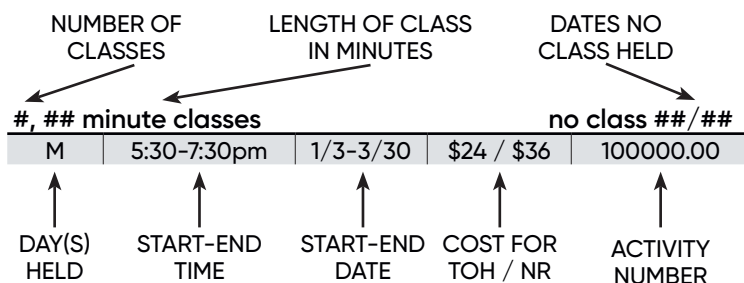
Thursday, November 28; Friday, November 29;  
 Wednesday, December 25; Wednesday, January 1;  
 Monday, January 20

**WINTER PASS SALE**

**Wow!** 10% off annual or 6-month pass

Offer Expires 2/28/25

## Understanding the Class Listing Format



## Commonly Used Acronyms

- TOH** Town of Herndon rate, which requires ID with address for every transaction
- NR** Non-Resident rate
- NEW** New this Season
- DROP-IN** No Registration Required
- NOR** No Online Registration
- OR** Ongoing Registration

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



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

## Herndon Town Council (at time of publication)

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

Christopher E. Martino, Interim 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

Chris Kanak, Head Lifeguard

Matt Lear, HAC Head Swim Coach

Ron Tillman, Herndon Community Center (HCC) Manager

Mike Heath, Assistant HCC Manager

Alex Mosher, Customer Service

Mary Jo Sharbaf, Customer Service

Suzanna Swalboski, Indoor Tennis Manager

Karen Tsitos, Head Personal Trainer

Tom Milenkevich, Fitness Services Supervisor

Julie Kagler, Manager of Recreation Services

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

Anarosa Chicas, Recreation Supervisor:  
Outreach, Classes and 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:

Holiday Arts & Crafts Show ..... 35  
Sunday, December 8 • HCC

HCC Beach Resort ..... 35  
Saturday, January 4 • HCC

Open House ..... 36  
Saturday, January 25 • HCC

V.I.P. Dance.....37  
Saturday, February 15 • HCC

FRIENDS Coffeehouse Trivia..... 36  
Friday, March 7 • HCC

Kids Fishing Derby.....37  
Saturday, March 29 • Sugarland Run at HPD

Puzzle-Palooza ..... 35  
Sunday, March 30 • HCC

Hoppy Egg Hunting ..... 38  
Saturday, April 19 • Bready Park



# 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>

# COMMUNITY CENTER

HERNDON COMMUNITY CENTER

814



# What you need to know about the Community Center

## Community Center Hours:

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

## Closures & Holiday Hours

Wednesday, November 27 8:00am–4:00pm  
Thanksgiving Day, Thursday, November 28 **Closed**  
Friday, November 29 **Closed**  
Christmas Eve, Tuesday, December 24 8:00am–12:00pm  
Christmas Day, Wednesday, December 25 **Closed**  
New Year’s Eve, Tuesday, December 31 8:00am–2:00pm  
New Year’s Day, Wednesday, January 1 **Closed**  
Martin Luther King Jr. Day, Monday, January 20 **Closed**  
President’s Day, Monday, February 17 7:00am–9:00pm

## Parks & Recreation Office Hours

Monday–Friday 8:00am–5:00pm

### Office Closures

Thursday, November 28; Friday, November 29;  
Wednesday, December 25; Wednesday, January 1;  
Monday, January 20

## Winter 2025 Open Gym Schedule

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

### Adult Open Basketball (Age 16 & up)

Mondays & Tuesday 6:45pm – 8:45pm  
Tuesdays, Thursday, Friday 11:30am – 2:30pm  
(Tuesday \$3 admission for 65+)  
(Fridays \$5 admission)

### Adult Open Pickleball (Age 16 & up)

Mondays, Tuesdays, Thursdays 9:00am – 11:00am  
Saturdays 8:00am – 11:00am  
(Tuesday \$3 admission for 65+)

### Teen Open Gym (Age 13 – 17)

Monday – Friday 2:45pm – 5:15pm

### Youth Open Gym

(Age 17 & under, 10 and under must be accompanied by paid adult)  
Saturdays 1:00pm – 5:45pm  
Sundays 12:30pm – 3:45pm

For the most up to date info on classes and programs, visit

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

# Neighbors in Action

Making the community center affordable for our community. Reduced fees based on qualified zone and demonstration need.

## Steps:

1. Come to Herndon Community Center and tell us you are seeking NIA prices
2. Show verification of address (details on website of verification documents)
3. Pay the reduced fee
4. Enjoy and have fun!

# Vecinos en Acción

Para hacer que el centro comunitario sea accesible para nuestra comunidad, hemos reducido nuestras tarifas basadas en zonas calificadas.

## Pasos:

1. Ven al Centro Comunitario de Herndon (814 Ferndale Ave) y dínos que estás buscando precios de Vecinos en Acción (NIA).
2. Presenta un comprobante de domicilio (consulta en el sitio web los documentos aceptados).
3. Paga la tarifa reducida. (Adultos: \$4, Niños/ Adultos Mayores: \$3)
4. ¡Disfruta tu día en el centro comunitario!



Scan to learn more!

¡ Escanea aquí para obtener más información sobre el Centro Comunitario de Herndon!



# 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.*

	TOH/NR
<b>Daily Rate</b>	
Adult.....	\$7/\$8
Youth, Senior, Student.....	\$5.75/\$6.50
Family.....	\$19.75/\$22.50
<b>10-Visit Pass*</b>	TOH/NR
Adult.....	\$63/\$72
Youth, Senior, Student.....	\$52/\$59
<b>25-Visit Pass**</b>	TOH/NR
Adult.....	\$140/\$160
Youth, Senior, Student.....	\$115/\$130
<b>30-Day Pass</b>	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
<b>6-Month Pass</b>	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
<b>Annual Pass</b>	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.

# WINTER PASS SALE



## 10% off annual or 6-month pass

Offer Expires 2/28/25

SPECIAL OFFER

# CYBER SUPER SALE MONDAY

(& Tuesday!)

## 2-days only on December 2 & 3

### 10-visit pass sale

Adults \$44 TOH / \$50 NR  
Senior/Youth \$36 TOH / \$41 NR

*Deal only valid on these dates. Purchases can be made on-line or in-person. Each member of a household can purchase one 10-visit pass.*

## General Information

### 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](http://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.

# AQUATICS



# What you need to know about Aquatics Classes

No Aquatic Classes: 1/20 & 4/19

## Aquatic Classes Makeup Policy:

Classes canceled due to inclement weather, pool closures or instructor illnesses will be refunded, unless the calendar allows for a makeup date.

## Open/Recreational Swim Times

- Monday-Thursday: 12pm - 3:30pm
- Friday: 12pm - 6pm
- Saturday: 12pm - 6pm
- Sunday: 9am - 4pm

## Pool closed to public during high school swim team practices, spa will be open.

- November 12, 2024-February 20, 2025
- Monday-Thursday 3:30-4:30pm

A minimum of 2 lap lanes are available for ages 13 & up during pool hours except Monday-Thursday 3:30pm-4:30pm; 5:30pm-6:30pm; and Thursday 7:30pm-9pm.

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](mailto:erin.rider@herndon-va.gov)

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

For the most up to date info on classes and programs, visit [www.herndonwebtrac.com](http://www.herndonwebtrac.com)

OR

JANUARY 4 3-5PM

# HCC BEACH RESORT

Step in out of the cold and into the Herndon Community Center Beach Resort where you will feel as if you were on an island in the sun! We are excited to bring a taste of summer to winter break: Enjoy frozen mocktails and ice pops for refreshments on your break from basking on the heated pool deck, relax in the refreshing water of our indoor pool, and soak up the heat in the on-deck hot tub. Enjoy a family afternoon at the pool before the kids head back to school!

Early registration through  
12/27: \$10 per person.

Late registration

12/28 - 1/3: \$15 per person.

For All Ages & Families- Hot tub is 16+

All who attend must register.

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.





# Aquatics

Register online at: [bit.ly/HPR-Aquatics](http://bit.ly/HPR-Aquatics)

## 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.

7, 30 minute classes		no class 1/20		
M/W	7:00-7:30pm	1/6-1/29	\$84 / \$105	302100.10

8, 30 minute classes		no class 4/19		
M/W	7:00-7:30pm	2/3-2/26	\$96 / \$120	302100.11
M/W	7:00-7:30pm	3/3-3/26	\$96 / \$120	302100.12
Tu/Th	5:00-5:30pm	1/7-1/30	\$96 / \$120	302100.20
Tu/Th	5:00-5:30pm	2/4-2/27	\$96 / \$120	302100.21
Tu/Th	5:00-5:30pm	3/4-3/27	\$96 / \$120	302100.22
Sa	9:00-9:30am	1/4-2/22	\$96 / \$120	302100.60
Sa	9:00-9:30am	3/1-4/26	\$96 / \$120	302100.61

### 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. Completion of Preschooler 1 or an evaluation is required.

7, 30 minute classes		no class 1/20		
M/W	6:20-6:50pm	1/6-1/29	\$84 / \$105	302200.10

8, 30 minute classes		no class 4/19		
M/W	6:20-6:50pm	2/3-2/26	\$96 / \$120	302200.11
M/W	6:20-6:50pm	3/3-3/26	\$96 / \$120	302200.12
Tu/Th	5:40-6:10pm	1/7-1/30	\$96 / \$120	302200.20
Tu/Th	5:40-6:10pm	2/4-2/27	\$96 / \$120	302200.21
Tu/Th	5:40-6:10pm	3/4-3/27	\$96 / \$120	302200.22
Sa	9:40-10:10am	1/4-2/22	\$96 / \$120	302200.60
Sa	9:40-10:10am	3/1-4/26	\$96 / \$120	302200.61

### 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. Completion of Preschooler 2 or an evaluation is required.

7, 30 minute classes		no class 1/20		
M/W	5:40-6:10pm	1/6-1/29	\$84 / \$105	302300.10

8, 30 minute classes		no class 4/19		
M/W	5:40-6:10pm	2/3-2/26	\$96 / \$120	302300.11
M/W	5:40-6:10pm	3/3-3/26	\$96 / \$120	302300.12
Tu/Th	6:20-6:50pm	1/7-1/30	\$96 / \$120	302300.20
Tu/Th	6:20-6:50pm	2/4-2/27	\$96 / \$120	302300.21
Tu/Th	6:20-6:50pm	3/4-3/27	\$96 / \$120	302300.22
Sa	10:20-10:50am	1/4-2/22	\$96 / \$120	302300.60
Sa	10:20-10:50am	3/1-4/26	\$96 / \$120	302300.61

### 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. Completion of Preschooler 3 or an evaluation is required.

7, 30 minute classes		no class 1/20		
M/W	5:00-5:30pm	1/6-1/29	\$84 / \$105	302400.10

8, 30 minute classes		no class 4/19		
M/W	5:00-5:30pm	2/3-2/26	\$96 / \$120	302400.11
M/W	5:00-5:30pm	3/3-3/26	\$96 / \$120	302400.12
Tu/Th	7:00-7:30pm	1/7-1/30	\$96 / \$120	302400.20
Tu/Th	7:00-7:30pm	2/4-2/27	\$96 / \$120	302400.21
Tu/Th	7:00-7:30pm	3/4-3/27	\$96 / \$120	302400.22
Sa	11:00-11:30am	1/4-2/22	\$96 / \$120	302400.60
Sa	11:00-11:30am	3/1-4/26	\$96 / \$120	302400.61

## 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.

7, 30 minute classes		no class 1/20		
M/W	5:00-5:30pm	1/6-1/29	\$84 / \$105	303110.10

8, 30 minute classes		no class 4/19		
M/W	5:00-5:30pm	2/3-2/26	\$96 / \$120	303110.11
M/W	5:00-5:30pm	3/3-3/26	\$96 / \$120	303110.12
Tu/Th	7:00-7:30pm	1/7-1/30	\$96 / \$120	303110.20
Tu/Th	7:00-7:30pm	2/4-2/27	\$96 / \$120	303110.21
Tu/Th	7:00-7:30pm	3/4-3/27	\$96 / \$120	303110.22
Sa	11:00-11:30am	1/4-2/22	\$96 / \$120	303110.60
Sa	11:00-11:30am	3/1-4/26	\$96 / \$120	303110.61

### Swim 2 Age 6-12

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

7, 30 minute classes		no class 1/20		
M/W	5:40-6:10pm	1/6-1/29	\$84 / \$105	303210.10

8, 30 minute classes		no class 4/19		
M/W	5:40-6:10pm	2/3-2/26	\$96 / \$120	303210.11
M/W	5:40-6:10pm	3/3-3/26	\$96 / \$120	303210.12
Tu/Th	6:20-6:50pm	1/7-1/30	\$96 / \$120	303210.20
Tu/Th	6:20-6:50pm	2/4-2/27	\$96 / \$120	303210.21
Tu/Th	6:20-6:50pm	3/4-3/27	\$96 / \$120	303210.22
Sa	10:20-10:50am	1/4-2/22	\$96 / \$120	303210.60
Sa	10:20-10:50am	3/1-4/26	\$96 / \$120	303210.61

### 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. Completion of Swim 2 or an evaluation is required.

#### 7, 30 minute classes no class 1/20

M/W	6:20-6:50pm	1/6-1/29	\$84 / \$105	303310.10
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#### 8, 30 minute classes no class 4/19

M/W	6:20-6:50pm	2/3-2/26	\$96 / \$120	303310.11
M/W	6:20-6:50pm	3/3-3/26	\$96 / \$120	303310.12
Tu/Th	5:40-6:10pm	1/7-1/30	\$96 / \$120	303310.20
Tu/Th	5:40-6:10pm	2/4-2/27	\$96 / \$120	303310.21
Tu/Th	5:40-6:10pm	3/4-3/27	\$96 / \$120	303310.22
Sa	9:40-10:10am	1/4-2/22	\$96 / \$120	303310.60
Sa	9:40-10:10am	3/1-4/26	\$96 / \$120	303310.61

### 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. Completion of Swim 3 or an evaluation is required.

#### 7, 30 minute classes no class 1/20

M/W	7:00-7:30pm	1/6-1/29	\$84 / \$105	303410.10
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#### 8, 30 minute classes no class 4/19

M/W	7:00-7:30pm	2/3-2/26	\$96 / \$120	303410.11
M/W	7:00-7:30pm	3/3-3/26	\$96 / \$120	303410.12
Tu/Th	5:00-5:30pm	1/7-1/30	\$96 / \$120	303410.20
Tu/Th	5:00-5:30pm	2/4-2/27	\$96 / \$120	303410.21
Tu/Th	5:00-5:30pm	3/4-3/27	\$96 / \$120	303410.22
Sa	9:00-9:30am	1/4-2/22	\$96 / \$120	303410.60
Sa	9:00-9:30am	3/1-4/26	\$96 / \$120	303410.61

### 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 an evaluation is required.

#### 8, 45 minute classes no class 4/19

Sa	8:30-9:15am	1/4-2/22	\$144 / \$184	303510.60
Sa	9:30-10:15am	1/4-2/22	\$144 / \$184	303510.61
Sa	8:30-9:15am	3/1-4/26	\$144 / \$184	303510.62
Sa	9:30-10:15am	3/1-4/26	\$144 / \$184	303510.63

## Registration Begins

10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.

For the most up to date info on classes and  
programs, visit

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

## Aquatics: Youth Developmental

### 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. Completion of Swim 5 or an evaluation is required.

#### 8, 45 minute classes no class 4/19

Sa	10:30-11:15am	1/4-2/22	\$128 / \$168	304110.60
Sa	10:30-11:15am	3/1-4/26	\$128 / \$168	304110.61

### 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.

#### 8, 45 minute classes no class 4/19

Sa	11:15am-12:00pm	1/4-2/22	\$128 / \$168	304210.60
Sa	11:15am-12:00pm	3/1-4/26	\$128 / \$168	304210.61

## Aquatics: Diving

### Introduction to Diving Age 7-12

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

#### 8, 30 minute classes

Tu	5:00-5:30pm	1/7-2/25	\$96 / \$120	304510.20
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### Diving 1 Age 7-14

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

#### 8, 45 minute classes

Tu	5:30-6:15pm	1/7-2/25	\$144 / \$184	304610.20
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### Diving 2 Age 7-17

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

#### 8, 60 minute classes

Tu	6:15-7:15pm	1/7-2/25	\$192 / \$248	304710.20
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# Aquatics: Adults

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

Interested in learning to swim but not yet comfortable in the water? Then this is the class for you! Water adjustment, floating, gliding, kicking, and changing position in the water is taught. Basic stroke technique is introduced. Goggles are highly recommended.

### 8, 45 minute classes

Tu	12:00-12:45pm	1/7-2/25	\$144 / \$184	306130.20
Tu	7:00-7:45pm	1/7-2/25	\$144 / \$184	306130.21
Tu	7:00-7:45pm	3/4-4/22	\$144 / \$184	306130.22

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

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

### 8, 45 minute classes

Tu	1:00-1:45pm	1/7-2/25	\$144 / \$184	306230.20
Tu	1:00-1:45pm	3/4-4/22	\$144 / \$184	306230.21
Tu	8:00-8:45pm	1/7-2/25	\$144 / \$184	306230.22
Tu	8:00-8:45pm	3/4-4/22	\$144 / \$184	306230.23

## Adult Beginner (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.

### 8, 45 minute classes

Tu	12:00-12:45pm	3/4-4/22	\$144 / \$184	306330.20
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## Masters Swim Team Age 18 & up

This group is designed for adult swimmers 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

M-W/F	various	12/2-2/28	\$150 / \$199	206630.12
M-W/F	various	3/3-5/23	\$150 / \$199	306630.10

# Aquatics: Fitness

## Therapeutic Water Workout Age 16 & up

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

### 8, 60 minute classes

Tu	10:00-11:00am	1/7-2/25	\$96 / \$120	308330.20
Tu	10:00-11:00am	3/4-4/22	\$96 / \$120	308330.21

## Water Aerobics Age 16 & up

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

### 7, 60 minute classes no class 1/20

M/W	8:30-9:30am	1/6-1/29	\$84 / \$105	308530.10
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### 8, 60 minute classes

M/W	8:30-9:30am	2/3-2/26	\$96 / \$120	308530.11
M/W	8:30-9:30am	3/3-3/26	\$96 / \$120	308530.12

## 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.

### 7, 60 minute classes no class 1/20

M/W	7:00-8:00pm	1/6-1/29	\$84 / \$105	308730.10
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### 8, 60 minute classes

M/W	7:00-8:00pm	2/3-2/26	\$96 / \$120	308730.11
M/W	7:00-8:00pm	3/3-3/26	\$96 / \$120	308730.12
Tu/Th	8:30-9:30am	1/7-1/30	\$96 / \$120	308730.20
Tu/Th	8:30-9:30am	2/4-2/27	\$96 / \$120	308730.21
Tu/Th	8:30-9:30am	3/4-3/27	\$96 / \$120	308730.22

## Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Floatation devices are used periodically, but participants must be able to tread water and move around in 6-12 feet deep water without any floatation aids.

### 8, 60 minute classes

Tu/Th	7:30-8:30am	1/7-1/30	\$96 / \$120	308830.20
Tu/Th	7:30-8:30am	2/4-2/27	\$96 / \$120	308830.21
Tu/Th	7:30-8:30am	3/4-3/27	\$96 / \$120	308830.22

# Aquatics: Special Event

## HCC Beach Resort All Ages OR

For All Ages/Families: Step in out of the cold and into the Herndon Community Center Beach Resort where you will feel as if you were on an island in the sun! We are excited to bring a taste of summer to winter break: Enjoy frozen mocktails and ice pops for refreshments on your break from basking on the heated pool deck, relax in the refreshing water of our indoor pool, and soak up the heat in the on-deck hot tub. Enjoy a family afternoon at the pool before the kids head back to school! Early registration through 12/27: \$10 per person. Late registration 12/28 - 1/3 \$15 per person. All who attend must register.

*Additional important information: 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.*

Sa	3:00-5:00pm	1/4	\$10	309930.60
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# FITNESS & WELLNESS



# What you need to know about Fitness and Wellness

## Fitness: Small Group Training

Small Group Training 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.

**Senior Discounts do not apply to Small Group Training or Personal Training.**

## 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

Personal Training sessions are available by appointment. For more information or to get started email our Head Personal Trainer: [karen.tsitos@herndon-va.gov](mailto:karen.tsitos@herndon-va.gov). **(Limitations apply based on schedule and trainer availability).**

## Drop-In Group Fitness 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	1/7 - 3/25
Th	7:00-8:00am	1/2 - 3/27
Sa	9:00-10:00am	1/4 - 3/29

### 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

Tu	7:30-8:15pm	1/7 - 3/25
Sa	8:00-8:45am	1/4 - 3/29

### 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	1/6-3/31	no class 1/20
Tu	5:30-6:30pm	1/7 - 3/25	
W	5:30-6:30pm	1/8-3/26	
Th	5:30-6:30pm	1/2 - 3/27	

### Drop-In AQUA POUND Age 16 & up

POUND® is now brought to the water! 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. This is a drop-in class.

#### 45 minute classes

Th	7:30-8:15pm	1/6-3/31
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# Fitness and Wellness

Register online at: [bit.ly/HPR-Fitness-Wellness](http://bit.ly/HPR-Fitness-Wellness)

## Fitness: Small Group Training

### 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 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 then continue their training in an exercise class format.

#### 4, 45 minute classes

Tu	10:30-11:15am	1/7-1/28	\$30 / \$40	321731.20
Tu	10:30-11:15am	2/4-2/25	\$30 / \$40	321731.21
Tu	10:30-11:15am	3/4-3/25	\$30 / \$40	321731.22

### Balance Development Age 55 & up

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

#### 4, 45 minute classes

Th	10:30-11:15am	1/9-1/30	\$30 / \$40	321730.40
Th	10:30-11:15am	2/6-2/27	\$30 / \$40	321730.41
Th	10:30-11:15am	3/6-3/27	\$30 / \$40	321730.42

### BLAST Fitness COMBO Age 16 & up

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

#### 3, 45 minute classes no class 1/20

M	8:30-9:15am	1/6-1/27	\$23 / \$30	325831.10
M	9:30-10:15am	1/6-1/27	\$23 / \$30	325831.11

#### 4, 45 minute classes

M	8:30-9:15am	2/3-2/24	\$30 / \$40	325831.12
M	9:30-10:15am	2/3-2/24	\$30 / \$40	325831.13
W	8:30-9:15am	1/8-1/29	\$30 / \$40	325831.30
W	8:30-9:15am	2/5-2/26	\$30 / \$40	325831.31
W	8:30-9:15am	3/5-3/26	\$30 / \$40	325831.32

#### 5, 45 minute classes

M	8:30-9:15am	3/3-3/31	\$38 / \$50	325831.14
M	9:30-10:15am	3/3-3/31	\$38 / \$50	325831.15

### 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	1/7-1/28	\$30 / \$40	320430.20
Tu	9:30-10:15am	1/7-1/28	\$30 / \$40	320430.21
Tu	8:30-9:15am	2/4-2/25	\$30 / \$40	320430.22
Tu	9:30-10:15am	2/4-2/25	\$30 / \$40	320430.23
Tu	8:30-9:15am	3/4-3/25	\$30 / \$40	320430.24
Tu	9:30-10:15am	3/4-3/25	\$30 / \$40	320430.25
Th	9:30-10:15am	2/6-2/27	\$30 / \$40	320430.41
Th	9:30-10:15am	3/6-3/27	\$30 / \$40	320430.42

#### 5, 45 minute classes

Th	9:30-10:15am	1/2-1/30	\$38 / \$50	320430.40
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### 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	1/4-1/25	\$30 / \$40	322630.60
Sa	8:00-8:45am	2/1-2/22	\$30 / \$40	322630.61

#### 5, 45 minute classes

Sa	8:00-8:45am	3/1-3/29	\$38 / \$50	322630.62
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### 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	2/6-2/27	\$30 / \$40	320631.41
Th	4:00-4:45pm	3/6-3/27	\$30 / \$40	320631.42

#### 5, 45 minute classes

Th	4:00-4:45pm	1/2-1/30	\$38 / \$50	320631.40
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## The Lunch Workout Age 16 & up

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

3, 45 minute classes			no class 1/20	
M	12:15-1:00pm	1/6-1/27	\$23 / \$30	321330.10

### 4, 45 minute classes

M	12:15-1:00pm	2/3-2/24	\$30 / \$40	321330.11
W	12:15-1:00pm	1/8-1/29	\$30 / \$40	321330.30
W	12:15-1:00pm	2/5-2/26	\$30 / \$40	321330.31
W	12:15-1:00pm	3/5-3/26	\$30 / \$40	321330.32
F	12:15-1:00pm	2/7-2/28	\$30 / \$40	321330.51
F	12:15-1:00pm	3/7-3/28	\$30 / \$40	321330.52

### 5, 45 minute classes

M	12:15-1:00pm	3/3-3/31	\$38 / \$50	321330.12
F	12:15-1:00pm	1/3-1/31	\$38 / \$50	321330.50

## Wellness: Yoga

### Seated Yoga Fitness Age 16 & up

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

#### 6, 60 minute classes

Tu	12:30-1:30pm	1/7-2/11	\$84 / \$112	330030.20
Tu	12:30-1:30pm	2/18-3/25	\$84 / \$112	330030.21

### Lite Yoga Age 16 & up

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

#### 6, 60 minute classes

W	11:45am-12:45pm	1/8-2/12	\$84 / \$112	330040.30
W	11:45am-12:45pm	2/19-3/26	\$84 / \$112	330040.31

## Lunchtime Yoga Age 16 & up

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

5, 60 minute classes			no class 1/20	
M	11:55am-12:55pm	1/6-2/10	\$70 / \$94	330060.10

### 6, 60 minute classes

M	11:55am-12:55pm	2/17-3/24	\$84 / \$112	330060.11
F	11:55am-12:55pm	1/10-2/14	\$84 / \$112	330060.50
F	11:55am-12:55pm	2/21-3/28	\$84 / \$112	330060.51

### 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.

#### 6, 75 minute classes

W	1:00-2:15pm	1/8-2/12	\$96 / \$128	330230.30
W	1:00-2:15pm	2/19-3/26	\$96 / \$128	330230.31

### Hatha Yoga For (Homeschool) Kids Age 5-15

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.

#### 6, 60 minute classes

F	1:15-2:15pm	1/10-2/14	\$84 / \$112	330430.50
F	1:15-2:15pm	2/21-3/28	\$84 / \$112	330430.51

## Registration Begins

**10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.**

**For the most up to date info on classes and  
programs, visit**

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

# TENNIS & PICKLEBALL





# What you need to know about Tennis and Pickleball

- Please bring your own paddle or racket and wear appropriate footwear.
- Pickleball classes meet in the community center gym.
- Indoor tennis classes and leagues are in the "bubble", our indoor tennis facility, in Bready Park adjacent to the Herndon Community Center.
- Indoor tennis court time may be reserved up to seven days in advance. For reservations, call 703-435-6800 x2114.

**In case of inclement weather, please call the Inclement Weather Line at 703-435-6866 for program and facility status.**

**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.

## Indoor Tennis 2024-25 Season Open until Sunday, April 13, 2025

This year's season includes a replacement bubble membrane, and all new LED lighting and mechanical equipment, atop our fresh Pro-Bounce Courts.

### Tennis Bubble Hours\*

**Saturday** 7:00am-10:00pm

**Sunday** 7:00am-9:00pm

**Monday** 9:00am-9:30pm

**Tuesday** 9:30am-10:30pm

**Wednesday** 7:00am-10:00pm

**Thursday** 9:00am-10:30pm

**Friday** 7:00am-10:00pm

*\*subject to change based on contracts and demand*

*Random time may be reserved up to seven days in advance. For reservations, call 703-35-680 x2114.*

## Bready Park Tennis Center Rates

Court cost is per hour

RANDOM TIME\*

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

Adult TOH Resident	\$36
Adult Non-Resident	\$44

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

Adult TOH Resident	\$30
Adult Non-Resident	\$38
Youth/Senior TOH (a)	\$28
Youth/Senior Non-Resident (a)	\$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.

Contracts for the remainder of the season are possible. For availability and pricing, contact the Indoor Tennis Manager at 703-435-6800 x2110.

- The TOH rate is applicable only when there is an active resident.
- 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 & Pickleball

Register online at: [bit.ly/HPR-Tennis](http://bit.ly/HPR-Tennis)

## Pickleball

Age 7 & up

All classes are held in the community center gym. Participants must provide their own paddles, but balls will be provided.

### Beginner

Learn the basics of this popular sport.

#### 8, 60 minute classes

W	9:00-10:00am	1/8-2/26	\$144 / \$192	377311.30
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### Intermediate

Learn the strategy and shot selection to bring you to the next level of this popular sport. Knowledge of pickleball rules and scoring, and the ability to serve and rally successfully is required. Recommended for confident players who still need some refinement in order to play better defense, and also set up and take the winning shot to end a rally.

#### 8, 60 minute classes

W	10:00-11:00am	1/8-2/26	\$144 / \$192	377315.30
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### Advanced

Learn advanced skills and strategy to improve your game.

#### 8, 60 minute classes

W	11:00am-12:00pm	1/8-2/26	\$144 / \$192	377317.30
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### Coached Pickleball

Coach will suggest basic strategy for the novice player during guided play. A basic knowledge of pickleball rules and scoring is recommended.

#### 8, 60 minute classes

F	9:00-10:00am	1/10-2/28	\$144 / \$192	377333.50
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### Advanced Coached Pickleball

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

#### 8, 60 minute classes

F	8:00-9:00am	1/10-2/28	\$144 / \$192	377337.50
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### Homeschool Pickleball Age 7-16 **New!**

Learn the basics of this popular sport with your Homeschool friends.

#### 8, 60 minute classes

W	1:30-2:30pm	1/8-2/26	\$100 / \$133	377121.30
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# Indoor Tennis: Youth

## Red Ball Level 1 Age 4-6

Instructor will follow USA's Quickstart format using smaller courts and age appropriate equipment. This class is for those trying tennis for the first time, and will lay the foundation for footwork, grip, swing and stance.

#### 6, 45 minute classes

no class 1/20

M	5:00-5:45pm	1/6-2/17	\$81 / \$108	396011.10
M	5:00-5:45pm	3/3-4/7	\$81 / \$108	396011.11

## Beginner 1.0-1.5 Age 6-15

Classes will introduce basic strokes, form, and footwork.

### Age 6-12

#### 6, 45 minute classes

no class 1/20

M	5:45-6:30pm	1/6-2/17	\$81 / \$108	396111.10
M	5:45-6:30pm	3/3-4/7	\$81 / \$108	396111.11
W	5:15-6:00pm	3/5-4/9	\$81 / \$108	396111.31
Sa	9:00-9:45am	3/8-4/12	\$81 / \$108	396111.62

#### 7, 45 minute classes

W	5:15-6:00pm	1/8-2/19	\$95 / \$127	396111.30
Sa	9:00-9:45am	1/11-2/22	\$95 / \$127	396111.60

### Age 7-12

#### 6, 60 minute classes

Sa	10:45-11:45am	3/8-4/12	\$108 / \$144	396111.63
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#### 7, 60 minute classes

Sa	10:45-11:45am	1/11-2/22	\$126 / \$168	396111.61
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### Age 9-15

#### 6, 60 minute classes

Th	4:00-5:00pm	3/6-4/10	\$108 / \$144	396111.41
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#### 7, 60 minute classes

Th	4:00-5:00pm	1/9-2/20	\$126 / \$168	396111.40
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## Beginner 1.0-1.5/Advanced Beginner 2.0-2.5 Age 7-15

A tennis class for individuals wanting an introduction to the game of tennis, as well as for those individuals looking to improve their skills and mechanics. 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 1/20

M	5:45-6:45pm	1/6-2/17	\$108 / \$144	396112.10
M	5:45-6:45pm	3/3-4/7	\$108 / \$144	396112.12
F	5:30-6:30pm	3/7-4/11	\$108 / \$144	396112.51

#### 7, 60 minute classes

F	5:30-6:30pm	1/10-2/21	\$126 / \$168	396112.50
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### Age 9-15

#### 6, 60 minute classes

no class 1/20

M	4:00-5:00pm	1/6-2/17	\$108 / \$144	396112.11
M	4:00-5:00pm	3/3-4/7	\$108 / \$144	396112.13

## Advanced Beginner 2.0-2.5 Age 7-19

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

### Age 7-12

#### 6, 60 minute classes

Th	5:00-6:00pm	3/6-4/10	\$108 / \$144	396113.41
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#### 7, 60 minute classes

Th	5:00-6:00pm	1/9-2/20	\$126 / \$168	396113.40
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### Age 9-15

#### 6, 60 minute classes

W	4:15-5:15pm	3/5-4/9	\$108 / \$144	396113.31
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#### 7, 60 minute classes

W	4:15-5:15pm	1/8-2/19	\$126 / \$168	396113.30
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### Age 13-19

#### 6, 60 minute classes

Sa	11:45am-12:45pm	3/8-4/12	\$108 / \$144	396213.61
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#### 7, 60 minute classes

Sa	11:45am-12:45pm	1/11-2/22	\$126 / \$168	396213.60
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## Advanced Beginner 2.0-2.5/Intermediate 3.0-3.5 Age 13-19

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 who may be at slightly different levels.

#### 6, 60 minute classes

F	6:30-7:30pm	3/7-4/11	\$108 / \$144	396114.51
Sa	9:45-10:45am	3/8-4/12	\$108 / \$144	396114.61

#### 7, 60 minute classes

F	6:30-7:30pm	1/10-2/21	\$126 / \$168	396114.50
Sa	9:45-10:45am	1/11-2/22	\$126 / \$168	396114.60

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

For players consistent with direction and depth of groundstrokes, comfortable playing net, competent with overhanded serve and court coverage, and able to sustain a strong rally. This class will 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

#### 6, 60 minute classes

Tu	5:15-6:15pm	3/4-4/8	\$108 / \$144	396116.22
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#### 7, 60 minute classes

Tu	5:15-6:15pm	1/7-2/18	\$126 / \$168	396116.20
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### Age 9-15

#### 6, 60 minute classes

Tu	4:15-5:15pm	3/4-4/8	\$108 / \$144	396116.23
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#### 7, 60 minute classes

Tu	4:15-5:15pm	1/7-2/18	\$126 / \$168	396116.21
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## Home School Indoor Tennis Age 5-16

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

#### 6, 60 minute classes

Th	11:00am-12:00pm	3/6-4/10	\$108 / \$144	396128.41
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#### 7, 60 minute classes

Th	11:00am-12:00pm	1/9-2/20	\$126 / \$168	396128.40
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## High School 3.0-4.0 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

Sa	12:00-1:00pm	3/8-4/12	\$108 / \$144	396216.61
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#### 7, 60 minute classes

Tu	6:15-7:15pm	1/7-2/18	\$126 / \$168	396216.20
Th	5:00-6:00pm	1/9-2/20	\$126 / \$168	396216.40
Sa	12:00-1:00pm	1/11-2/22	\$126 / \$168	396216.60

## Indoor Tennis: Youth Competition Practice

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

## Red Ball 2.5-3.0 Age 5-9

For players who can sustain a rally and enjoy competition.

#### 6, 60 minute classes

Sa	3:00-4:00pm	3/8-4/12	\$108 / \$144	396134.61
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#### 7, 60 minute classes

Sa	3:00-4:00pm	1/11-2/22	\$126 / \$168	396134.60
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## Orange Dot Age 6-12

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.

#### 6, 60 minute classes

Sa	2:00-3:00pm	3/8-4/12	\$108 / \$144	396136.61
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#### 7, 60 minute classes

Sa	2:00-3:00pm	1/11-2/22	\$126 / \$168	396136.60
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## Greendot & Regulation Ball 3.0-4.0 Age 6-18

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

### Age 6-12

#### 4, 60 minute classes

Sa	4:00-5:00pm	1/18-2/8	\$72 / \$96	396137.60
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### Age 8-15

#### 4, 60 minute classes

Sa	4:00-5:00pm	1/18-2/8	\$72 / \$96	396137.61
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### Age 14-18

#### 4, 60 minute classes

Sa	5:00-6:00pm	1/18-2/8	\$72 / \$96	396137.62
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### Age 9-18

#### 6, 60 minute classes

F	4:30-5:30pm	3/7-4/11	\$108 / \$144	396137.51
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#### 7, 60 minute classes

F	4:30-5:30pm	1/10-2/21	\$126 / \$168	396137.50
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## 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

W	12:30-1:30pm	3/5-4/9	\$108 / \$144	396313.31
Sa	10:00-11:00am	3/8-4/12	\$108 / \$144	396313.6

### 7, 60 minute classes

W	12:30-1:30pm	1/8-2/19	\$126 / \$168	396313.30
Sa	10:00-11:00am	1/11-2/22	\$126 / \$168	396313.60

## 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

Th	10:00-11:00am	3/6-4/10	\$108 / \$144	396314.41
F	7:30-8:30pm	3/7-4/11	\$108 / \$144	396314.51

### 7, 60 minute classes

Th	10:00-11:00am	1/9-2/20	\$126 / \$168	396314.40
F	7:30-8:30pm	1/10-2/21	\$126 / \$168	396314.50

## Indoor Tennis: Adult Classes

### 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

Th	5:00-6:00pm	3/6-4/10	\$108 / \$144	396311.40
Sa	9:00-10:00am	3/8-4/12	\$108 / \$144	396311.61

#### 7, 60 minute classes

Sa	9:00-10:00am	1/11-2/22	\$126 / \$168	396311.60
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### Beginner 1.0-1.5/Advanced Beginner 2.0-2.5 Age 16 & up

A tennis class for individuals wanting an introduction to the game of tennis, as well as for those individuals looking to improve their skills and mechanics. 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 1/20

M	6:45-7:45pm	1/6-2/17	\$108 / \$144	396312.10
M	6:45-7:45pm	3/3-4/7	\$108 / \$144	396312.11

### 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

F	8:00-9:00am	3/7-4/11	\$108 / \$144	396315.51
Sa	11:00am-12:00pm	3/8-4/12	\$108 / \$144	396315.61

#### 7, 60 minute classes

F	8:00-9:00am	1/10-2/21	\$126 / \$168	396315.50
Sa	11:00am-12:00pm	1/11-2/22	\$126 / \$168	396315.60

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

For players consistent with direction and depth of groundstrokes, comfortable playing net, competent with overhanded serve and court coverage, and able to sustain a strong rally. This class will 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.

#### 6, 60 minute classes

Tu	7:15-8:15pm	3/4-4/8	\$108 / \$144	396316.21
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#### 7, 60 minute classes

Tu	7:15-8:15pm	1/7-2/18	\$126 / \$168	396316.20
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## 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	6:15-7:15pm	3/4-4/8	\$108 / \$144	396317.20
F	7:00-8:00am	3/7-4/11	\$108 / \$144	396317.51
Sa	1:00-2:00pm	3/8-4/12	\$108 / \$144	396317.61

### 7, 60 minute classes

F	7:00-8:00am	1/10-2/21	\$126 / \$168	396317.50
Sa	1:00-2:00pm	1/11-2/22	\$126 / \$168	396317.60

## Indoor Tennis: Doubles Leagues

In-house leagues that provide both fun and competition. Doubles leagues are not eligible for a senior discount. Cost includes new balls every session. If unavailable to play on a particular date, registrants must find their own substitutes. A list of individuals who wish to substitute on a regular basis will be provided to those registered in the league. If you would like to be considered as a substitute player, please register after the program is full to be contacted. The Town reserves the right to remove you from the program if you regularly do not arrange for your own substitute.

## Women's Doubles Age 16 & up

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 is Intermediate to Advanced (3.0-4.0), and participants should be experienced in doubles rules and order of play.

### 12, 2 hour classes

W	9:00-11:00am	1/8-3/26	\$222 / \$295	396350.30
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## Men's Doubles Age 16 & up

Recommended level of play for men's doubles is high intermediate and above (3.0-4.5). 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.

### 13, 2 hour classes

Tu	8:30-10:30pm	1/7-4/1	\$273 / \$363	396351.20
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## Men's Senior Doubles Age 50 & up

Senior doubles league uses 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 ranges from Advanced Beginner/Intermediate to Advanced (2.5-4.0), and participants should be experienced in doubles rules and order of play.

### 12, 90 minute classes

M	12:00-1:30pm	1/6-3/31	\$150 / \$200	396454.10
Th	12:00-1:30pm	1/9-3/27	\$150 / \$200	396454.40

## Indoor Tennis: Specialty Classes Age 16 & up

All specialty classes hone in on a particular unique aspect of the game in the expectation that the opportunity for a narrower focus will increase the learning curve in that targeted area.

### Beginning Doubles Rules & Movement 1.5-2.5 New!

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.

#### 6, 60 minute classes

F	9:00-10:00am	3/7-4/11	\$108 / \$144	396342.51
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#### 7, 60 minute classes

F	9:00-10:00am	1/10-2/21	\$126 / \$168	396342.50
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### Lobs & Overheads 3.0-4.0 New!

This class addresses technical aspects of creating and placing both defensive and offensive lobs, and recognizing the best time to use them. Mechanics, anticipation, and foot positioning for effective overheads, the companion shot of the lob, are also covered.

#### 6, 60 minute classes

F	12:30-1:30pm	3/7-4/11	\$108 / \$144	396348.52
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### Attack Tennis 3.5-4.5 New!

This class will provide the training and encouragement to take control of points. Rather than waiting to react to an opponent's shot, learn how to select your shots to force the returning shot you want.

#### 6, 60 minute classes

F	3:30-4:30pm	3/7-4/11	\$108 / \$144	396348.54
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### Net Game 3.0-4.0 New!

This class focuses on maximizing the short game for singles and doubles.

#### 7, 60 minute classes

F	12:30-1:30pm	1/10-2/21	\$126 / \$168	396348.51
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### Spin 2.5-3.5 New!

This class focuses on adding spin to serves, volleys, drop-shots, forehands and backhands. Details for creating effective topspin, slice, and backspin are covered.

#### 7, 60 minute classes

F	3:30-4:30pm	1/10-2/21	\$126 / \$168	396348.53
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# Indoor Tennis: Winter Break Youth Tennis

## Tennis Clinic Age 7-13

Tennis camp-style sessions will include tennis-camp games and in-depth coaching to meet each camper where they are in their tennis development and give them a pathway to success. Campers will be grouped by skill level, age, and competitive readiness. Groupings will be fluid based on the aptitude and readiness for a particular drill or game. May sign up for both sessions and stay through the break. Healthy snacks, a water bottle, tennis racquet, and tennis appropriate clothing and footwear are required.

### 1, 4 hour class

M	9:00am-1:00pm	12/23	\$60 / \$60	288519.10
M	1:30-5:30pm	12/23	\$60 / \$60	288519.11

## Tournaments

### Youth Doubles Tournaments Age 9-18

Must register with a partner. You will complete your registration as an individual, but be asked to provide the name of your doubles partner. This is a gender-neutral event; all players are welcome. An excellent opportunity to get extra court-time with your doubles partner in between the Nova League season and prior to the start of the High School tennis season. Double-elimination. At least two matches guaranteed. Medals to first and second place teams. Regulation ball only.

F	9:00am-6:00pm	12/27	\$55 / \$55	296177.50
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### Youth Singles Tournament Age 9-18

Depending upon registration numbers, players will be grouped by competitive level. With enough demand, we will offer both a regulation ball and a greendot bracket. Please identify which ball you prefer when registering for this tournament. This is an excellent way to sharpen your competitive skills with some quick matches and indoor court space during the Nova League season break and in advance of spring-season tryouts. Double-elimination. At least two matches guaranteed. Awards to first and second place finishers.

M	9:00am-6:00pm	12/30	\$50 / \$50	296177.10
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## Registration Begins

10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.

For the most up to date info on classes and  
programs, visit

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

# PERFORMING ARTS



## What you need to know about Performing Arts

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 for the last 15 minutes of a designed class during the session.

### SCHOOL'S OUT ACTING CAMP

# ACTION!

## ACTING ADVENTURES

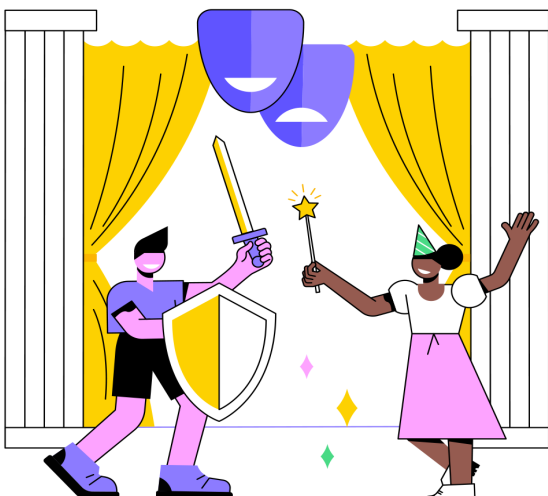
Take center stage in this one-day camp inspired by your favorite films and plays. Explore short skits, improv games, and musical numbers. Discover Moonlit Wings' award-winning programs, packed with opportunities for all creative kids to shine! *Instruction provided by Moonlit Wings Productions.*

January 29 | 9:00-4:00pm

\$65

Registration: 382100.30

Ages 7-14



## 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 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 at community events, concerts and special occasions. Come join this new and inspiring group and discover the joy of singing!

**Mondays**

**6:00-7:30pm**

**1/6-5/19**

**\$300 / \$399**

**545100.10**



# Performing Arts

Register online at: [bit.ly/HPR-PerformingArts](http://bit.ly/HPR-PerformingArts)

## Performing Arts: Youth Dance

### Storybook Ballet Age 3-6

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.

#### 12, 45 minute classes

Tu	5:00-5:45pm	1/7-3/25	\$204 / \$270	341004.20
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### Bop & Groove Age 3-6

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.

#### 6, 60 minute classes no class 1/20

M	1:00-2:00pm	1/6-2/17	\$102 / \$135	341050.10
M	1:00-2:00pm	2/24-3/31	\$102 / \$135	341050.11

### 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.

#### 12, 45 minute classes

W	5:15-6:00pm	1/8-3/26	\$108 / \$144	341105.30
W	6:00-6:45pm	1/8-3/26	\$108 / \$144	341105.31

### Ballet 1 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.

#### 12, 45 minute classes

Th	6:00-6:45pm	1/9-3/27	\$108 / \$144	341106.40
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### Homeschool Ballet Age 6-12

Ballet is the foundation of all dance. Dancers are introduced to a classical ballet class format that teaches the dancer with an emphasis on straight legs, pointed feet, posture placement, and stretching, along with cultivating a true love for ballet. Instruction provided by Adrenaline Dance Studio.

#### 11, 60 minute classes no class 1/20

M	10:45-11:45am	1/6-3/24	\$187 / \$248	341110.10
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### Petite Pop Stars Age 5-12

Does your child love KidzBop or have dreams of performing center stage one day? If so, then this is the class for you. Dancers will work on dance technique, choreography and showmanship designed to wow any crowd. Instruction provided by Adrenaline Dance Studio.

#### 12, 60 minute classes

Th	5:00-6:00pm	1/9-3/27	\$204 / \$270	341123.40
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### 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.

#### 12, 60 minute classes

Th	6:45-7:45pm	1/9-3/27	\$144 / \$192	341140.40
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### Urban Hip Hop Age 10-15

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

#### 12, 60 minute classes

Th	7:45-8:45pm	1/9-3/27	\$144 / \$192	341141.40
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### Homeschool Hip Hop Age 6-12

Hip Hop is an ever-evolving style performed to current hip hop music. Dancers will learn the latest street dancing technique, performance skills and confidence. This class offers the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Instruction provided by Adrenaline Dance Studio.

#### 12, 60 minute classes

Tu	1:45-2:45pm	1/7-3/25	\$204 / \$270	341142.20
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### Cheer Stars Age 5-12

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.

#### 12, 60 minute classes

Tu	6:00-7:00pm	1/7-3/25	\$204 / \$270	341167.20
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## Performing Arts: Design

### Fashionistas Design Studio Age 8-16 **New**

Take your fashion design ideas from the sketch pad to the sewing table to the runway. You will concept your own fashion 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 to fabric. No prior drawing or sewing skills needed.

#### 11, 90 minute classes no class 1/20

M	6:30-8:00pm	1/6-3/24	\$198 / \$264	344121.10
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## 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.

#### 12, 60 minute classes

W	6:45-7:45pm	1/8-3/26	\$144 / \$192	341329.30
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### 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

#### 12, 60 minute classes

W	7:45-8:45pm	1/8-3/26	\$144 / \$192	341339.30
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## Performing Arts: Acting

### All Star Drama Club Age 7-14

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	1/27-3/10	\$168 / \$223	342120.10
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### Homeschool All Star Drama Club Age 7-14

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	2:00-3:25pm	1/27-3/10	\$168 / \$223	342121.10
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### Act Up! Aloha Adventure Island Age 7-14

Inspired by Disney's "Moana," young performers experience a theatrical journey in this 7-week class by Moonlit Wings. Explore original scenes, songs, and games that bring the tropics 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

M	7:15-8:40pm	1/27-3/10	\$168 / \$223	342123.10
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## Performing Arts: Music

### Herndon Children's Chorus Age 8-12

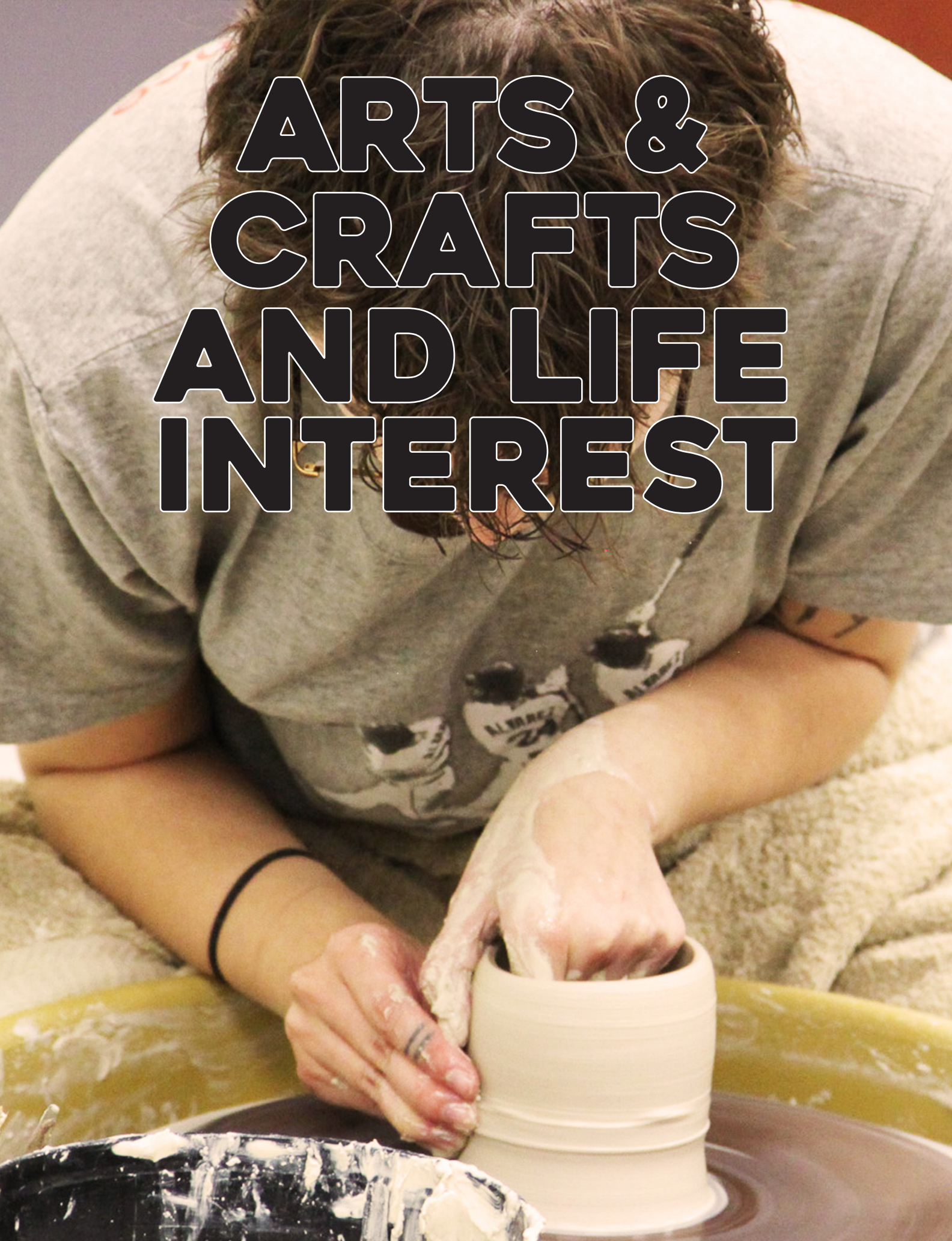
Does your child love to sing? Do they show an interest in and joy for music? The Herndon Children's Chorus provides an ensemble experience for young singers to express themselves musically and develop their vocal skills and musical knowledge. Weekly rehearsals will focus on vocal training, music literacy 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! Registration is currently unavailable online. To register for the Herndon Children's Chorus, please contact Kate Keifer at [kate.keifer@herndon-va.gov](mailto:kate.keifer@herndon-va.gov).

#### 36, 90 minute classes

M	6:00-7:30pm	1/6-5/19	\$300 / \$399	545100.10
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# ARTS & CRAFTS AND LIFE INTEREST



# Arts & Crafts & Life Interest

Register online at: [bit.ly/HPRArts-Crafts!](http://bit.ly/HPRArts-Crafts!)

## Arts & Crafts: Preschool

### Animal Adaptations Age 3.5-5

Learn about the ways animals have adapted to live outside in winter through stories, music and crafts.

#### 4, 90 minute classes

W	1:30-3:00pm	1/8-1/29	\$50 / \$67	310000.33
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### Little Zoo Crew Age 3.5-5

Who's in the zoo? Come learn and make crafts of the animals that live in the zoo!

#### 4, 90 minute classes

W	1:30-3:00pm	2/5-2/26	\$50 / \$67	310000.34
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### Buzzing Bumblebees Age 3.5-5

What's the buzz on pollinators? Learn about the pollinators that help our plants grow.

#### 3, 90 minute classes

W	1:30-3:00pm	3/5-3/26	\$50 / \$67	310000.35
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## Arts & Crafts: Youth

### 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

Su	11:00am-12:30pm	1/12-2/16	\$90 / \$120	310410.01
Su	11:00am-12:30pm	2/23-3/30	\$90 / \$120	310410.02

### Advanced Cartooning & Comic Book Writing Age 8-13

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

#### 6, 90 minute classes

Su	12:30-2:00pm	1/12-2/16	\$90 / \$120	310210.01
Su	12:30-2:00pm	2/23-3/30	\$90 / \$120	310210.02

# 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 the basics of knitting and/or crocheting. More experienced participants can bring their latest project for help with troubleshooting or start a new project with fresh eyes and ideas. We will have an experienced instructor there to help you get started, trouble shoot or find a fun new project.

#### 4, 90 minute classes

Tu	7:00-8:30pm	1/7-1/28	\$40 / \$53	310130.21
Tu	7:00-8:30pm	2/4-2/25	\$40 / \$53	310130.22
Tu	7:00-8:30pm	3/4-3/25	\$40 / \$53	310130.23

## Arts & Crafts: Pottery

### Homeschool Pottery Age 7-12

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 building and shaping different forms, texturing, and glazing skills. Supplies included.

#### 4, 90 minute classes

Th	1:30-3:00pm	1/16-2/6	\$80 / \$106	310010.41
Th	1:30-3:00pm	2/13-3/6	\$80 / \$106	310010.42

### Handbuilding with Clay Age 16 & up

This class teaches beginning to intermediate students basic hand-building skills including pinching, coiling, and slab work to create a variety of projects beyond the wheel. Students will also be introduced to various glazing techniques. The class includes 25 lbs of clay.

#### 8, 2.5 hour classes

W	6:00-8:30pm	1/15-3/5	\$250 / \$333	310030.31
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### Pottery Wheel Age 16 & up

Pottery wheel is open to students of all skill levels. The class will focus on developing and building on fundamental wheel-throwing techniques. Includes 25lbs of clay, and use of tools, glazes, and kiln. Additional clay may be purchased as needed.

#### 8, 2.5 hour classes

M	6:00-8:30pm	1/13-3/10	\$250 / \$333	310150.11
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### Intermediate/Advanced Wheel Age 16 & up

This class builds upon the foundations built in our other 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 be creatively challenged as artists. 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 our other wheel classes 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	1/14-3/4	\$250 / \$333	310350.21
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# STEM

## Young Engineers Age 6-12

Explore the fundamental principles of Science, Technology, Engineering, and Mathematics (STEM) through the construction of exciting LEGO models. Students will enjoy hands-on building and grasping key concepts while enjoying an innovative and interactive learning experience. Supplies included for class time and instruction provided by STEM Fun Academy.

### 8, 90 minute classes

Th	5:30-7:00pm	1/16-3/6	\$132 / \$176	360110.41
Sa	5:30-7:00pm	1/18-3/8	\$132 / \$176	360110.61

## Life Interest: Design

### Fashionistas Design Studio Age 8-16 New

Take your fashion design ideas from the sketch pad to the sewing table to the runway. You will concept your own fashion 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 to fabric. No prior drawing or sewing skills needed.

### 11, 90 minute classes no class 1/20

M	6:30-8:00pm	1/6-3/24	\$198 / \$264	344121.10
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## Registration Begins

10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.

For the most up to date info on classes and programs, visit

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

# CAMPS & SCHOOL'S OUT DAYS



# Camps & School's Out Days

Register online at: [www.herndon-va.gov/camps](http://www.herndon-va.gov/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.

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

## ACTION! Acting Adventures Age 7-12 New!

Take center stage in this Moonlit Wings Productions one-day camp inspired by your favorite films and plays. Explore short skits, improv games, and musical numbers. Discover Moonlit Wings' award-winning programs, packed with opportunities for all creative kids to shine! Instruction provided by Moonlit Wings Productions.

### 1, 7 hour class

W	9:00am-4:00pm	1/29	\$65 / \$65	382100.30
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# Tennis

## Tennis Clinic Age 7-13

Tennis camp-style sessions will include tennis-camp games and in-depth coaching to meet each camper where they are in their tennis development and give them a pathway to success. Campers will be grouped by skill level, age, and competitive readiness. Groupings will be fluid based on the aptitude and readiness for a particular drill or game. May sign up for both sessions and stay through the break. Healthy snacks, a water bottle, tennis racquet, and tennis appropriate clothing and footwear are required.

### 1, 4 hour class

M	9:00am-1:00pm	12/23	\$60 / \$60	288519.10
M	1:30-5:30pm	12/23	\$60 / \$60	288519.11

## Youth Doubles Tournaments Age 9-18

Must register with a partner. You will complete your registration as an individual, but be asked to provide the name of your doubles partner. This is a gender-neutral event; all players are welcome. An excellent opportunity to get extra court-time with your doubles partner in between the Nova League season and prior to the start of the High School tennis season. Double-elimination. At least two matches guaranteed. Medals to first and second place teams. Regulation ball only.

F	9:00am-6:00pm	12/27	\$55 / \$55	296177.50
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## Youth Singles Tournament Age 9-18

Depending upon registration numbers, players will be grouped by competitive level. With enough demand, we will offer both a regulation ball and a greendot bracket. Please identify which ball you prefer when registering for this tournament. This is an excellent way to sharpen your competitive skills with some quick matches and indoor court space during the Nova League season break and in advance of spring-season tryouts. Double-elimination. At least two matches guaranteed. Awards to first and second place finishers.


M	9:00am-6:00pm	12/30	\$50 / \$50	296177.10
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## Registration Begins

10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.

For the most up to date info on classes and  
programs, visit

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



# MARTIAL ARTS & SPORTS



# Martial Arts & Sports

Register online at: [bit.ly/HPR-Sports](http://bit.ly/HPR-Sports)

## 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

Su	10:00-11:00am	1/5-2/9	\$42 / \$56	372450.70
Su	10:00-11:00am	2/16-3/23	\$42 / \$56	372450.71

### Kendo Age 13 & up

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

#### 6, 90 minute classes

Th	7:00-8:30pm	1/9-2/13	\$63 / \$84	372550.40
Th	7:00-8:30pm	2/20-3/27	\$63 / \$84	372550.41

#### 6, 2 hour classes

Su	10:00am-12:00pm	1/5-2/9	\$84 / \$112	372550.70
Su	10:00am-12:00pm	2/16-3/23	\$84 / \$112	372550.71

### Japanese 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.

#### 6, 90 minute classes

W	6:30-8:00pm	1/8-2/12	\$63 / \$84	372950.30
W	6:30-8:00pm	2/19-3/26	\$63 / \$84	372950.31

# Youth Sports

### Intro to Basketball Age 5-7

This 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. This class is for young/new players.

#### 8, 60 minute classes

W	4:30-5:30pm	1/15-3/5	\$100 / \$133	370113.30
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### Beginner Basketball Age 8-11

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. This class is for players who have less than 3 years of team experience.

#### 8, 60 minute classes

W	5:30-6:30pm	1/15-3/5	\$100 / \$133	370313.30
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### Cheer Stars Age 5-12

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.

#### 12, 60 minute classes

Tu	6:00-7:00pm	1/7-3/25	\$204 / \$270	341167.20
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## Registration Begins

10:00am, December 4 for TOH residents and  
10:00am, December 10 for Non-Town residents.

For the most up to date info on classes and programs, visit

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

A young girl with light brown hair tied back, wearing a pink t-shirt with a small pattern and blue jeans, stands in a grassy field. She is holding a woven basket filled with colorful Easter eggs. The background is a lush green lawn with several colorful eggs scattered around. The text "SPECIAL EVENTS" is overlaid in large, bold, black letters with a white outline.

# SPECIAL EVENTS

## Special Events

# 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!

# PUZZLE PALOOZA

Sunday March 30, 2-4:30pm

Advance registration by March 25 is highly recommended: \$35/team

Age 6+

Late registrations will be accepted from March 26-30 as space allows: \$45/team

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.

Register your team under one person and enter additional team members' names during the registration process. \*Due to space constraints, all persons attending must be registered on a team. 351000.02

Herndon Community Center, 814 Ferndale Avenue, Herndon VA 20170

OR

JANUARY 4 3-5PM

# HCC BEACH RESORT

Step in out of the cold and into the Herndon Community Center Beach Resort where you will feel as if you were on an island in the sun! We are excited to bring a taste of summer to winter break: Enjoy frozen mocktails and ice pops for refreshments on your break from basking on the heated pool deck, relax in the refreshing water of our indoor pool, and soak up the heat in the on-deck hot tub. Enjoy a family afternoon at the pool before the kids head back to school!

Early registration through 12/27: \$10 per person.

Late registration

12/28 – 1/3: \$15 per person.

*For All Ages & Families- Hot tub is 16+*

*All who attend must register.*

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.





Explore Play Belong

# OPEN HOUSE

January 25, 2025



**2 - 4 PM**  
FREE, no advance registration

Explore, Play, and Belong at the free Open House event! This is a fantastic opportunity for individuals and families of all ages to discover everything our community center has to offer. Enjoy an afternoon packed with exciting activities, including:

- **Swimming\***
- **Craft time for kids**
- **Access to the fitness room**
- **Ping-pong and Racquetball**
- **Zumba, Basketball, and Tennis**
- **Resources from community partners**
- **Light refreshments**
- ....And much more!

Whether you're looking to try new activities, engage in your favorite sports, or connect with others in the community, this event is the perfect opportunity to feel at home in our center. We can't wait to see you!

*\* Important swimming information: All youth must be accompanied by an adult and supervised at all times. For youth age 6 and under, the accompanying adult must be in the water. Appropriate swim attire is required for all participants. Those who are not potty-trained must wear a swim diaper with plastic covering.*



# FRIENDS

## COFFEE HOUSE TRIVIA NIGHT

**FRIDAY MARCH 7, 6:00-8:30PM**  
HERNDON COMMUNITY CENTER, 814 FERNDALE AVENUE

Gather your fellow FRIENDS fans and put your knowledge of this iconic show to the test. Whether you're a Monica, Chandler, Ross, Rachel, Joey, or Phoebe, come ready to show off your expertise.

FRIENDS Trivia will be played pub-style and participants may either play alone or in teams. Hot drinks and coffee house goodies will be served, Central Perk-style, and everyone attending must be individually registered.

Best of all, if you've got what it takes, you could win some great prizes! Could we **BE** any more excited?

Advance registration is highly recommended.  
351051.50 (Ages 12 and up)

**\$10 advance registration through Thursday, March 6th**  
**\$15 day-of registration**

Age 4-12

# V.I.P. dance



Saturday, February 15  
6:30-9 pm

Herndon Community Center, 814 Ferndale Ave.

An unforgettable night for kids to share with their Very Important Person, this semi-formal event held is open to all kids ages 4-12 and a special adult in their lives. Couples will enjoy light refreshments, a photo booth and plenty of tropical vibes as they groove to the island rhythms on our dance floor with our DJ.

**\$50 registration fee covers a single child/adult couple.**

**Additional children can be registered for \$25 each.**



Additional child/adult couples within the same family should register in separate transactions.

Registration should be completed under the child's name. VIP names will be requested during the registration process and all attending VIP adults must be registered (no more than one adult per child).

350000.02

# KIDS

## FISHING DERBY



Saturday, March 29th 8am - 12pm

Start an annual family tradition and join us for this special day! Experience a relaxing day fishing in a beautiful setting. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. In addition, Trout Unlimited will help clean and store your catch. Limited fishing poles and bait are available for use. Come check out the stream restoration in this section of Sugarland Run!

*The event is made possible with financial support of the Fraternal Order of Police.*

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

**Advance registration through 3/28 at 4pm \$10/child**

**Onsite registration: \$15/child (cash/check only)**

**450050.62**

**NEW LOCATION: Meets behind Herndon Police Station, 497 Herndon Parkway, on Sugarland Run Trail.**

Age 2- 15

# Hoppy EGG HUNTING

Saturday, April 19

Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning in the park. Games, arts and crafts and music will begin at 9:30 am, along with a photo opportunity with the Bunny. Event held rain or shine. Register by age group and note hunt time for that age group.

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

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

**Bready Park softball field**  
**814 Ferndale Avenue**  
**9:30 AM - 12 Noon**  
 Age walking - 7

**\$10 in advance**  
 (ends 4/18 at noon);  
**\$15 onsite**  
 (cash or check only)



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



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

# Registration

## How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, December 4. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, December 10.

## What does TOH and NR mean?

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

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

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

Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation) and click on FAQ for P&R on the left side of the page.

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

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on December 10.

## 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 Winter registration options 10:00am on December 4 for TOH residents, and 10:00am on December 10 for Non-TOH residents. For best advantage, list choices for your classes. Proof of residency is required.

- 1. Online** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [www.herndon-va.gov/recreation](http://www.herndon-va.gov/recreation). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOR** is not available online. Acceptance of our liability waiver will be required prior to registration.
- 2. In-Person** registration for the Winter classes begins at 10:00am, December 4 for TOH residents and 10:00am, December 10 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
- 3. Mail** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
- 4. FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
- 5. Drop Off** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
- 6. Notice** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

## Refund Policy for Classes & Programs

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

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



# Herndon Parks and Recreation Registration Form

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

Phone: 703-787-7300

Fax: 703-318-8652

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

One form per household. Please print clearly in ink. **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 \_\_\_\_\_