SUMMER CAMPS

REGISTRATION STARTS APRIL 24
APRIL 30 for NON-RESIDENTS

herndon-va.gov/recreation herndonwebtrac.com

SUMMER 2019
PROGRAMS & EVENTS

HERNDON 40th ANNIVERSARY
COMMUNITY CENTER
Celebrating 40 Years
Serving the Community

SUMMER CAMPS
p. 4-8
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Hersndon Community Center Hours
Monday–Friday 6:00am-10:00pm
Saturday 7:00am-6:00pm
Sunday 7:00am-6:00pm (through 6/16)
Sunday 10:00am-6:00pm (6/23–8/18)
No admittance to the building a ½ hour before closing.

Closures & Holiday Hours
Memorial Day, May 27 8:00am-8:00pm
Independence Day, July 4 11:00am-6:00pm
Labor Day, September 2 Closed

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

Parks & Recreation Office Hours
Monday–Friday 8:30am-5:30pm
OFFICE CLOSED:
Monday, May 27; Thursday, July 4; Monday, September 2

Daily Admission Rates
More Information in the Admission Fees & Passes section.

<table>
<thead>
<tr>
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<th>TOH</th>
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<tbody>
<tr>
<td>Adults</td>
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<tr>
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<td>Youth</td>
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<tr>
<td>Family*</td>
<td>$18</td>
<td>$22.50</td>
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</tbody>
</table>

*Up to 5 family members, 2 adults maximum

HOW TO REGISTER

1. ONLINE - HERDONWEBTRAC.COM

2. MAIL*
   Herndon Community Center
   777 Lynn Street
   Herndon, VA 20170

3. IN-PERSON/DROP OFF*
   Herndon Community Center
   814 Ferndale Avenue
   Herndon, VA 20170

4. FAX
   703-318-8652
   Hearing Impaired Relay
   1-800-828-1120 TDD

*Registration Form for Mail & In-Person Options and General Registration Information are located in the back of this brochure.

Understanding Our Class Format

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>NUMBER OF CLASSES</th>
<th>LENGTH OF CLASS</th>
<th>COST FOR TOH / NR</th>
<th>DATES NO CLASS HELD</th>
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<tr>
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<td>#, ## minute classes</td>
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<td>M</td>
<td>5:30-7:30pm</td>
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<td>$24 / $36</td>
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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.
Special Events

Bike to Work Day .................................. 20
Friday, May 17
5:30–10:00am & 4:30–6:00pm
Town Hall Square

Play It Safe:
Bike Rodeo & Safety Fair ...................... 20
Saturday, May 18
10:00am–2:00pm
11:00am–1:00pm Bike Rodeo
Town Green, Herndon Municipal Center

Herndon Festival ................................. 32
Thursday, May 30 – Sunday, June 2
Northwest Federal Credit Union,
200 Spring Street

Summer Vibes: Tie-Dye Pop-Up ........... 20
Saturday, June 22
9:00–10:30am
Town Hall Square

July 4th Celebration ............................. 20
Thursday, July 4, 6:30pm
Bready Park

Farmers’ Market Fun Days .................... 22
Thursdays, July & August, 10:30am
Town Hall Square

Make Time to Play Games.................... 22
Saturday, July 13 10:00–11:30am
Saturday, July 20 7:30–9:00pm
Saturday, July 27 10:00am–12:00pm
Town Hall Square

Outdoor Movie .................................... 21
Saturday, August 10 7:00pm
Town Green, Herndon Municipal Center

Labor Day Festival ............................. 21
Monday, September 2
11:00am–5:00pm
Downtown Herndon

HCC SUMMER
UNLIMITED
PASS SALE

Adult Pass
TOH $125/
NR $175
Senior, Youth & Student
TOH $100/
NR $135

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

Valid 5/6/19 – 8/23/19

Programs & Events That Move YOU

Great for students home for the summer!
**Important Info**

**Registration:** Summer Camp registration begins on Wednesday, April 24 at 10:00am for Town of Herndon (TOH) residents and Tuesday, April 30 at 10:00am for non-TOH residents. Start early to obtain your account and password information if this is your first time registering online with the department. Visit herndon-va.gov/recreation to get started.

**Forms & Parent/Camper Packets:** Required forms apply to individual camps. Check online at herndon-va.gov/Camps. Several camps have Parent Handbooks available online, or a paper version can be requested.

- **Parent Meetings:** Held at the HCC. For adults only.
  - Preschool Play Camp - Monday, June 10 at 6:45pm
  - Herndon Odyssey - Tuesday, June 11 at 7:00pm
  - Teen Discovery - Tuesday, June 11 at 7:00pm

**Refund Cancellation Policy:** Prior to enrolling, please read the department’s refund policy, available at herndon-va.gov/Recreation, FAQ for P&R. Full refunds are issued if a camp is cancelled by department staff, or due to minimum enrollment not being met.

**FINANCIAL ASSISTANCE:** Financial assistance is offered by waiving a percentage of the registration fee for programs (not including daily admissions or passes to the HCC) for those who meet federal financial qualifications for assistance. The fee waiver request form can be downloaded at herndon-va.gov/Recreation. The form needs to be submitted in-person with the proper identification. Please call 703-787-7300 for information.

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**Herndon Odyssey**

**Age 6-11**

Every day at camp brings a new adventure through a variety of programs such as nature, sports & games, music, and other team-building activities. Campers spend much of the day outdoors with a combination of formal and informal play and loads of activity. Campers walk to the Farmers’ Market most Thursdays. Activities are planned to promote active participation in enriching games, physical fitness, expanding imagination, building self-confidence and creating new friendships.

Bring a healthy lunch, water and snack every day (no peanut/nut products). Our campers practice healthy habits and apply sunscreen each day before camp. Camp forms must be on file prior to participation. Forms and the Parent Handbook are available at the HCC or online at Herndon-va.gov/recreation; click on Camps.

**Camp Hours:** Monday–Friday, 7:30am–6:00pm with core structured camp time from 9:00am–4:00pm. Unstructured camp hours are from 7:30–9:00am and 4:00–6:00pm.

**SPECIAL FEATURE:** Take advantage of Odyssey as your child’s base camp and take a lesson or specialty camp during the day at the HCC that our staff will escort your child to and from. Save yourself extra driving and coordinating schedules and let your child try something new. You must notify the parks and recreation department in advance in writing of dual-enrollment. **NOTE:** Campers will miss their lesson or specialty camp on field trip days.

**Parent Meeting:** Tuesday, June 11 at 7:00pm (adults only)

Field trips are included in the cost of camp.

**SESSION I**

| 10, 10.5 hour sessions | M-F | 7:30am-6:00pm | 6/17-6/28 | $250 / $333 | 186110.01

**SESSION II**

| 9, 10.5 hour sessions | M-F | 7:30am-6:00pm | 7/1-7/12 | $225 / $299 | 186110.02

**SESSION III**

| 10, 10.5 hour sessions | M-F | 7:30am-6:00pm | 7/15-7/26 | $250 / $333 | 186110.03

**SESSION IV**

| 10, 10.5 hour sessions | M-F | 7:30am-6:00pm | 7/29-8/9 | $250 / $333 | 186110.04

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**Extended Camp Time**

**Age 6-12**

We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Participants will join the Herndon Odyssey Camp. Participants must be registered for aquatics, dance, gymnastics, full–day tennis or afternoon ½ day camps to register. Enrollees will enjoy a variety of engaging, fun games and group play while creating new friendships. There is no Extended Care offered after August 9.

<table>
<thead>
<tr>
<th>M-F from 3:00-6:00pm</th>
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<tbody>
<tr>
<td>6/24-6/28 $60 189010.11</td>
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<tr>
<td>7/1-7/5 $48 189010.12</td>
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<td>7/8-7/12 $60 189010.13</td>
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<td>7/22-7/26 $60 189010.15</td>
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<td>7/29-8/2 $60 189010.16</td>
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<td>8/5-8/9 $60 189010.17</td>
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**NO CAMP JULY 4**

If you see this symbol ★ extended hours are available.
Teen Discovery
Age 12-15
Teen Discovery allows teenagers to spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch and a snack (no peanut/nut products) water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip. There are different destinations each session. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.

Parent Meeting: Tuesday, June 11, 7:00pm (adults only)

SESSION I - Kings Dominion, Lazer Tag, Paintball, Rebounderz
10, 7 hour sessions
M-F 10:00am-5:00pm | 6/17-6/28 | $321 / $427 186220.10

SESSION II - Kings Dominion, Tubing, Aquarium, Ropes Course
9, 7 hour sessions no camp 7/4
M-F 10:00am-5:00pm | 7/1-7/12 | $289 / $385 186220.11

SESSION III - Kings Dominion, Launch, Horseback Riding, Dave & Busters
10, 7 hour sessions
M-F 10:00am-5:00pm | 7/15-7/26 | $321 / $427 186220.12

SESSION IV - Kings Dominion, Rafting, Washington Nationals, Escape Room
10, 7 hour sessions
M-F 10:00am-5:00pm | 7/29-8/9 | $321 / $427 186220.13

Teen Discovery
Early Bird
Age 12-15
Need to get to Teen Discovery earlier? Camp is open with supervision for registered campers only. Campers will participate in unstructured games, crafts, and team building activities as they prepare for each trip during the early bird care.

9, 90 minute sessions no camp 7/4
M-F 8:30-10:00am | 7/1-7/12 | $54 / $54 186220.11

10, 90 minute sessions
M-F 8:30-10:00am | 6/17-6/28 | $60 / $60 186220.10
M-F 8:30-10:00am | 7/15-7/26 | $60 / $60 186220.12
M-F 8:30-10:00am | 7/29-8/9 | $60 / $60 186220.13

Counselor in Training
Age 13-15
The program offers participants an opportunity to learn how to plan, teach and execute youth programs and activities. C.I.T.’s will work in camp units and shadow counselors while developing these skills. The C.I.T. program is designed to create leaders, role models and prepare participants to become effective and talented counselors. Participants may be released from the program if they do not demonstrate satisfactory leadership. C.I.T.’s are provided with camp T-shirts, appropriate training, and a program manual. C.I.T.’s must register and complete an orientation session before participating as a C.I.T.

9, 7 hour sessions no camp 7/4
M-F 9:00am-4:00pm | 7/1-7/12 | $135 / $180 180021.12

10, 7 hour sessions
M-F 9:00am-4:00pm | 6/17-6/28 | $150 / $200 180021.11
M-F 9:00am-4:00pm | 7/15-7/26 | $150 / $200 180021.13
M-F 9:00am-4:00pm | 7/29-8/9 | $150 / $200 180021.14

COUNSELOR IN TRAINING ORIENTATIONS (REQUIRED ORIENTATION SESSION)
Potential C.I.T.’s will learn about department policy and procedures, meet with camp staff, and discuss how to be successful in the Counselor in Training program.

1, 2.5 hour session
Sa 9:00-11:30am | 6/15 | 180022.61
Sa 9:00-11:30am | 7/13 | 180022.62

Preschool Play Camp
Age 3-5
Themed activities include arts and crafts, music, drama, games and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt and weekly swim-n-splash day. Children must be potty-trained. Parents will be asked to provide a snack (no peanut/nut products) for one day for each session enrolled.

Camp is licensed through the State of Virginia Social Services Department, which requires we see your child’s original or a certified copy of the birth certificate or passport. Children must be at least 3 years old by May 1, 2019. Prior to the start of the program, the following forms must be on file for your child to participate in the program:

General Registration, Physical & Immunization Records, Authorization for Pick-up and Camper Information Forms. Forms will be available online or a paper version can be requested.

Parent Meeting: Monday, June 10, 6:45pm (adults only)

ALL ABOUT ME
Our preschoolers will explore and learn that every person is unique and special.

10, 4 hour sessions
M-F 9:00am-1:00pm | 6/17-6/28 | $225 / $299 186000.11

Continued on next page.

If you see this symbol ★ extended hours are available.
COMMUNITY HELPERS
Who are the people in your neighborhood? Police officers, firefighters, mail carriers, teachers and librarians. Who else helps us in and around our community?

9, 4 hour sessions  no camp 7/4
M-F 9:00am-1:00pm 7/1-7/12 $202 / $269 186000.12

FUN IN NATURE
Let's go outside and connect with the world around us. Learn how we can better take care of Mother Earth and all her creatures.

10, 4 hour sessions
M-F 9:00am-1:00pm 7/15-7/26 $225 / $299 186000.13

TIME TRAVELERS
Preschool is great fun, but what happens in Kindergarten? What was school like when our parents were in Preschool? What will the world be like when I graduate from high school?

10, 4 hour sessions
M-F 9:00am-1:00pm 7/29-8/9 $225 / $299 186000.14

Nature Explorers Camp
Age 5-8
Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, we will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut/nut products). T-shirt included. Camp meets outdoors at Runnymede Park.

WING-IT
Learn about all of the adaptations of birds and how they survive in the wild.

5, 4 hour sessions
M-F 9:00am-1:00pm 6/17-6/21 $75 / $100 186310.09

NATURE AS ART
We will be using all of the items that nature has to offer to create amazing artwork.

5, 4 hour sessions
M-F 9:00am-1:00pm 6/24-6/28 $75 / $100 186310.10

GROSSOLOGY
Learn and create gross things...from poo to goo.

4, 4 hour sessions  no camp 7/4
M-F 9:00am-1:00pm 7/1-7/5 $60 / $80 186310.11

AQUATIC ADVENTURES
This will be a week filled with adventure as we spend most of the time in the creek exploring all of the aquatic creatures.

5, 4 hour sessions
M-F 9:00am-1:00pm 7/8-7/12 $75 / $100 186310.12

AHoy Matey
Grab all of your mates and explore Runnymede Park as we have a pirate treasure nature scavenger hunt. Our pirate rafts will help us find the buried treasures of this beautiful park.

5, 4 hour sessions
M-F 9:00am-1:00pm 7/16-7/20 $75 / $100 186310.13

Buggin' Out
Enjoy learning about the creepy crawlies and go exploring in the woods.

5, 4 hour sessions
M-F 9:00am-1:00pm 7/22-7/26 $75 / $100 186310.14

GAMES GALORE
Games, games, and more games. Board games, nature games, all games - come have some fun outdoors at Runnymede Park.

5, 4 hour sessions
M-F 9:00am-1:00pm 7/29-8/2 $75 / $100 186310.15

Engineering with LEGO®
Power up your engineering skills with Play-Well TEKnologies; design and build as never before and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. Each day bring a snack (no peanuts/nut products).

NINJANEERING  Age 6-11
Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! In this challenge-based program, build projects inspired by cool machines close to home, such as forklifts, houseboats, and a mini-golf course. Then build Elemental Dragons, Kai’s X1-Charger, and Cole’s Earth Driller from Ninjago City! Engineering and Ninjaneuty are the focus of this new full-day themed camp for LEGO® fanatics! Send snack/lunch daily (no peanut/nut products).

5, 6 hour sessions
M-F 9:00am-3:00pm 8/12-8/16 $315 / $419 186410.11

INTRO TO STEM  Age 5-7
Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: cities, garbage trucks, catamarans, and dinosaurs. There are no prerequisites for this course.

5, 3 hour sessions
M-F 9:00am-12:00pm 8/19-8/23 $160 / $213 186410.12

STEM CHALLENGE  Age 7-11
Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: forklifts, houseboats, mini golf courses, and the London Tower Bridge. There are no prerequisites for this course.

5, 3 hour sessions
M-F 1:00-4:00pm 8/19-8/23 $160 / $213 186410.14
Storybook Dance Camp  
Age 4-10  
Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a dance party will be held for parents on the last day of each camp. Send snack/lunch daily (no peanut/nut products). Participants will swim twice a week at the community center’s indoor pool (Tuesday and Wednesday) and walk to the Children’s Farmers’ Market performances each Thursday morning (starting July 11). Please provide ballet slippers, leotard, tights, and any additional dance shoes as noted, swimsuit, towel, T-shirt, shorts, and sturdy shoes. Some sessions are eligible for Extended Care; additional fee and registration required.

DANCING PRINCESS*  
Age 6-10  
This camp focuses on ballet technique. Students will learn the stories behind both classical ballet and Disney princesses. Camp covers Firebird, Giselle, Swan Lake, Midsummer Night’s Dream and favorites such as Sleeping Beauty, Cinderella, and the Nutcracker.

DANCING FAIRIES*  
Age 5-8  
In addition to ballet technique, this camp will rigorously exercise and build your child’s imagination. We will take a look at some popular fairies through modern literature and also design our own fairy personas and realms from the far reaches of our imaginations.

GRAND MUNCHKAINEERS  
Age 4-5  
This innovative movement program for children combines fitness, elementary gymnastics, and games. The program develops your child’s large motor coordination skills, strength, flexibility and imagination. Plus, they will have a great time! Children should be ready for group instruction.

Super Hero  
Age 5-8  
Learn jazz and hip-hop in this inventive camp for girls and boys alike. Besides dance technique, students will work on developing their own super hero persona, the costume and their own comic book based around their character. Please bring jazz shoes; no ballet slippers needed.

MERMAIDS, MERMEN, FISHES AND WISHES  
Age 4-7  
Calling all boys and girls who want to live in the sea! This camp will feature jazz and tap. Students will exercise their creativity as they use their imagination to develop characters straight from the deep blue sea. Please have jazz and tap shoes; no ballet shoes needed.

Munchkateers Camp  
Age 4-5  
This innovative movement program for children combines fitness, elementary gymnastics, and games. The program develops your child’s large motor coordination skills, strength, flexibility and imagination. Plus, they will have a great time! Children should be ready for group instruction.

Gymnastics Camp*  
Age 6-12  
Missed the chance to take gymnastics during the school year or want to improve and stay on top of your skills? Participate in floor exercises, beam, and vault. Qualified staff and low student-teacher ratio provide individualized and higher quality instruction. We will swim two times during the week. T-shirt included. Each day bring a lunch, snack and drink (no peanut/nut products). We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Participants will join the Herndon Odyssey Camp; additional fee and registration required.

Acro-Gymnastics Camp*  
Age 6-12  
Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Bring a lunch (no peanut/nut products), snack and water bottle. Children should be dressed in comfortable attire appropriate for all activities.

If you see this symbol * extended hours are available.
Basketball Camp
Age 6–12
Ignite Sports offers a basketball program that no matter if you’re new to the game or simply looking to improve your skills, this is the perfect program for you. Through interactive and age-appropriate games, campers will learn basic fundamentals, including shooting, passing, rebounding and defense. Camp meets at Bready Park outdoor basketball courts. Bring a water bottle and sunscreen.

5, 3 hour sessions

| M-F | 9:00am-12:00pm | 7/29-8/2 | $141 / $188 | 187210.10
| M-F | 9:00am-12:00pm | 8/12-8/16 | $141 / $188 | 187210.11

Multi-Sport Camp
Age 6–12
Ignite offers a multi-sport program that helps young athletes excel in a variety of skills through various sports and activities. Each day the sport focus will be different and include skill instruction, sport specific and basic agility drills/games, team building activities and unique games that will help to further develop their fitness, coordination and confidence. Camp meets at Bready Park soccer field. Bring a water bottle and sunscreen.

5, 3 hour sessions

| M-F | 9:00am-12:00pm | 7/22-7/26 | $141 / $188 | 187510.10
| M-F | 9:00am-12:00pm | 8/5-8/9 | $141 / $188 | 187510.11

Tennis Camps
Age 7–13
The camp will feature on and off-court instruction, warm-ups, and conditioning. Students must provide their own racquet and a new can of balls. Meets at Bready Park outdoor tennis courts.

HALF-DAY Age 7–13
Bring a snack (no peanut/nut products) each day.

5, 3 hour sessions

| M-F | 9:00am-12:00pm | 6/24-6/28 | $121 / $161 | 188610.10
| M-F | 9:00am-12:00pm | 7/22-7/26 | $121 / $161 | 188610.14

FULL DAY Age 7–13
Bring lunch and a snack (no peanut/nut products) and bathing suit every day in case of inclement weather during the session. Other sport activities such as racquetball and swimming will be included.

5, 6 hour sessions

| M-F | 9:00am-12:00pm | 8/12-8/16 | $121 / $161 | 188610.17
| M-F | 9:00am-12:00pm | 8/19-8/23 | $121 / $161 | 188610.18

Nova Legend Soccer
Age 6–12
Don't miss an opportunity to continue development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer related games using your developing skills. Scrimmages and games will also continue to aid in the player’s development. Bring a soccer ball labeled with child’s first and last name. Camp meets at Bready Park soccer field.

5, 3 hour sessions

| M-F | 12:30–3:30pm | 7/8-7/12 | $141 / $188 | 187100.09
| M-F | 9:00am-12:00pm | 7/15-7/19 | $141 / $188 | 187100.10

Aquatics Camp*
Age 7–12
Does your child love the water? Here's their chance to spend the day in the pool participating in water activities! Your child will have the opportunity to develop and practice competitive swimming strokes, turns, and dives. Guest instructors will introduce campers to activities such as springboard diving, water aerobics, and more! Bring a swim suit, goggles, 2 towels, pool shoes, and a bag lunch each day (snack will be provided). Registration fee includes a camp T-shirt and bag. Swimmers must pass a swim test (swim one length of the pool and tread water for one minute) in order to register for the camp. Swim tests will be held on Sat., April 27 and Sat., May 4 from 12-1pm or after May 4 by appointment. Call (703) 435-6800 x2134 or email christina.bolzman@herndon-va.gov to schedule a swim test. Extended care is available and will join Herndon Odyssey; additional fee and registration required.

5, 6 hour sessions

| M-F | 9:00am-3:00pm | 8/5-8/9 | $175 / $233 | 109510.10

Tumbling Camp*
Age 10 & up
This camp is designed for our more advanced athletes that are looking to maintain or further develop their tumbling skills – perfect for those who want to try out for middle or high school teams. Instructors will help athletes develop front and back walkovers, standing handsprings, round-off handsprings and additional series tumbling. Athletes will focus on proper body positions and practice other various drills used to develop body awareness, strength and proper tumbling form.

5, 3 hour sessions

| M-F | 9:00am-12:00pm | 7/15-7/19 | $90 / $120 | 188311.10

SUNSCREEN
REMEMBER TO APPLY BEFORE CAMP

**AQUATICS: POOL & SWIMMER INFORMATION**

- We STRONGLY recommend no food to be eaten one hour or less before participation in any swimming class.
- The pool is open only to lap swimmers age 13 & up and scheduled swim lessons until noon.
- A detailed listing of swimming class requirements may be found at [http://bit.ly/HCCSwim](http://bit.ly/HCCSwim). Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.
- Swim evaluations are available at no charge if you are unsure of which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule a free evaluation.

**AQUATICS: MAKEUP POLICY**

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

**AQUATICS: PRESCHOOL**

**ATTENTION:** Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

**Baby and Me Age 6-18 months**
Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Infants are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

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**Toddler and Me Age 18 months–3 years**
Parent and child swim together. The instructor works closely with the parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

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**Preschooler and Me Age 3-5**
Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

8, 25 minute classes

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**Preschooler 1 Age 3-5**
Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

8, 25 minute classes

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**Preschooler 2 Age 3-5**
Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

8, 25 minute classes

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**PRESCHOOL**

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**Baby and Me Age 6-18 months**
Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Infants are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

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**Toddler and Me Age 18 months–3 years**
Parent and child swim together. The instructor works closely with the parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute classes

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### Swimming Lessons for Youth

#### Preschooler 2  Age 3-5
Preschooler 2 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Time</th>
<th>Days</th>
<th>Tuition</th>
<th>Code</th>
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#### Preschooler 3  Age 3-5
Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Time</th>
<th>Days</th>
<th>Tuition</th>
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<td>M-F</td>
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#### Swim 1 Age 6-12
Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

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<tr>
<th>Class Type</th>
<th>Time</th>
<th>Days</th>
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#### Swim 2 Age 6-12
This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

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#### Preschooler 4  Age 4-6
Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

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<tr>
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<th>Tuition</th>
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<td>11:00-11:25am</td>
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<td>$72 / $96</td>
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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.

5, 30 minute classes
- M-F 10:30-11:00am 7/29-8/2 $45 / $60 103310.14
- M-F 10:30-11:00am 8/5-8/9 $45 / $60 103310.16
- M-F 10:30-11:00am 8/12-8/16 $45 / $60 103310.17
- M-F 10:30-11:00am 8/19-8/23 $45 / $60 103310.18

8, 30 minute classes
- M/W 5:30-6:00pm 6/17-7/10 $72 / $96 103310.11
- M/W 5:30-6:00pm 7/22-8/14 $72 / $96 103310.15
- Tu/Th 6:30-7:00pm 6/18-7/16 $72 / $96 103310.21
- Tu/Th 6:30-7:00pm 7/23-8/15 $72 / $96 103310.23
- Sa 10:00-10:30am 6/22-8/10 $72 / $96 103310.60
- Su 10:30-11:00am 6/23-8/11 $72 / $96 103310.70

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.

5, 30 minute classes
- M-F 10:30-11:00am 7/29-8/2 $45 / $60 103410.14
- M-F 10:30-11:00am 8/5-8/9 $45 / $60 103410.16
- M-F 10:30-11:00am 8/12-8/16 $45 / $60 103410.17
- M-F 10:30-11:00am 8/19-8/23 $45 / $60 103410.18

8, 30 minute classes
- M/W 5:30-6:00pm 6/17-7/10 $72 / $96 103410.11
- M/W 5:30-6:00pm 7/22-8/14 $72 / $96 103410.15
- Tu/Th 6:00-6:30pm 6/18-7/16 $72 / $96 103410.21
- Tu/Th 6:00-6:30pm 7/23-8/15 $72 / $96 103410.23
- Sa 10:00-10:30am 6/22-8/10 $72 / $96 103410.60
- Su 10:30-11:00am 6/23-8/11 $72 / $96 103410.70

Swim 5  Age 6-12
Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

5, 45 minute classes
- M-F 11:30am-12:15pm 7/29-8/2 $65 / $90 103510.15
- M-F 11:30am-12:15pm 8/5-8/9 $65 / $90 103510.16
- M-F 11:30am-12:15pm 8/12-8/16 $65 / $90 103510.17
- M-F 11:30am-12:15pm 8/19-8/23 $65 / $90 103510.18

8, 45 minute classes
- Sa 8:45-9:30am 6/22-8/10 $104 / $144 103510.60

AQUATICS: YOUTH DEVELOPMENTAL
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.

Youth Developmental 1  Age 5-16
Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

8, 45 minute classes
- Su 10:00-10:45am 6/23-8/11 $96 / $128 104110.70

Youth Developmental 2  Age 5-16
Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and 25 yards of backstroke without stopping. Plus 25 yards each of legal butterfly and breaststrokes.

8, 45 minute classes
- Su 10:00-10:45am 6/23-8/11 $96 / $128 104210.70

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

Introduction to Diving
No previous diving experience necessary, but must be able to:
- Be comfortable in deep water
- Swim 25 yards

Diving 1
Successful completion of Introduction to Diving or the ability to:
- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

Diving 2
Successful completion of Diving 1 or the ability to:
- Swim 25 yards
- Forward approach of 3 steps, hurdle & tuck dive
- Instructor permission recommended

AQUATICS: DIVING

Introduction to Diving Age 5-12
Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

5, 30 minute classes
|  M-F  | 9:30-10:00am  | 6/24-6/28  | $45 / $60  | 104510.10 |
|  M-F  | 9:30-10:00am  | 7/15-7/19  | $45 / $60  | 104510.11 |
|  M-F  | 9:30-10:00am  | 8/12-8/16  | $45 / $60  | 104510.12 |

Diving 1 Age 7-14
Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

5, 45 minute classes
|  M-F  | 10:00-10:45am  | 6/24-6/28  | $65 / $90  | 104610.10 |
|  M-F  | 10:00-10:45am  | 7/15-7/19  | $65 / $90  | 104610.11 |
|  M-F  | 10:00-10:45am  | 8/12-8/16  | $65 / $90  | 104610.12 |

Diving 2 Age 7-17
This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

5, 60 minute classes
|  M-F  | 10:45-11:45am  | 7/15-7/19  | $90 / $120 | 104710.11 |
|  M-F  | 10:45-11:45am  | 8/12-8/16  | $90 / $120 | 104710.12 |

5, 60 minute classes
|  M-F  | 10:45-11:45am  | 6/24-6/28  | $90 / $120 | 104710.10 |

AQUATICS: ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 5-16
Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

8, 30 minute classes
|  F   | 4:00-4:30pm  | 6/21-8/9  | $72 / $96  | 103810.50 |
|  F   | 4:30-5:00pm  | 6/21-8/9  | $72 / $96  | 103810.51 |

Advanced Age 5-16
The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

8, 30 minute classes
|  F   | 5:00-5:30pm  | 6/21-8/9  | $72 / $96  | 103910.50 |

AQUATICS: ADULT

Adult Intro to Swimming (Level 1) Age 16 & 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
|  Sa  | 10:30-11:15am | 6/22-8/10 | $104 / $144 | 106130.60 |
|  Su  | 9:45-10:30am  | 6/23-8/11 | $104 / $144 | 106130.70 |

Adult Beginner (Level 2) Age 16 & up
For students who have passed Adult Intro to Swimming, or those who are comfortable in the water, can float independently, and have rudimentary understanding of freestyle. Rotary breathing and backstroke are included in this class. Goggles are highly recommended.

8, 45 minute classes
|  Sa  | 11:15am-12:00pm | 6/22-8/10 | $104 / $144 | 106230.60 |
|  Su  | 10:30-11:15am  | 6/23-8/11 | $104 / $144 | 106230.70 |

Adult Intermediate (Level 3) Age 16 & 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
|  Sa  | 12:00-12:45pm | 6/22-8/10 | $104 / $144 | 106330.60 |
|  Su  | 11:15am-12:00pm | 6/23-8/11 | $104 / $144 | 106330.70 |
AQUATICS: WATER SAFETY

Lifeguard Training Class  Age 15 & up
Blended learning combines online learning with in-person skills sessions, where you will practice skills and demonstrate competency. Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. Please check your receipt for further instructions. Additional $10 fee applies for CPR Rescue Mask.

3 classes

<table>
<thead>
<tr>
<th>F-Su</th>
<th>F: 5:00-8:00pm, Sa: 8:00am-6:00pm, Su: 11:00am-6:00pm</th>
<th>7/12-7/14</th>
<th>$250 / $250</th>
<th>107230.61</th>
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<tr>
<td>F-Su</td>
<td>F: 5:00-8:00pm, Sa: 8:00am-6:00pm, Su: 11:00am-6:00pm</td>
<td>8/9-8/11</td>
<td>$250 / $250</td>
<td>107230.62</td>
</tr>
</tbody>
</table>

Lifeguard Review Class  Age 15 & up
For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course. Please check your receipt for further instructions. Additional $10 fee applies for CPR Rescue Mask.

1, 10 hour class

| Sa | 8:00am-6:00pm | 6/15-6/15 | $150 / $150 | 107240.60 |

Herndon Commanders 2019-2020
The Herndon Commanders is the Herndon Parks and Recreation Department’s USA Swimming-sanctioned swim team. The Commanders’ nine-month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are required to make a commitment for the entire season and to participate in swim meets.

STROKE EVALUATIONS for placement on the team will be on the following dates:
Tuesdays, July 2, 9, 16, 23, & 30  6:00-8:00pm
Sign-up for tryouts on the team website at www.swimhacc.org
Contact Brittany Kartchner at brittany.kartchner@herndon-va.gov for additional information.
AQUATICS: AQUATIC FITNESS

**Aqua Circuit Training**  Age 16 & up
This class offers core training, muscle toning, flexibility, and cardio exercises designed to reach your fitness goals. Be ready for dynamic intervals and circuits using your own body weight and a mixture of aquatic fitness equipment. Motivating music will enhance this workout. Ability to swim is recommended but can include non-swimmers and other aquatic exercisers. Class is conducted in deep water and flotation belts are available.

**24, 60 minute classes**

| M/W/F | 6:00-7:00am | 6/17-8/9 | $216 / $288 | 108110.10 |

**Aqua Aerobics & Stretch**  Age 16 & up
This zero impact workout is sure to get your heart rate up without putting additional stress on your joints while engaging the core muscles for balance and flexibility. Stretch movements taken from ballet, yoga, and Pilates will lengthen & strengthen muscles. Interval, aerobics exercises will be incorporated to challenge all aspects of the body and increase your physical fitness level. Together this workout will get your muscles, joints, and other aspects of your physical health into prime condition. Ability to swim is recommended but can include non-swimmers and other aquatic exercisers. Class is held in deep water and flotation belts are available.

**16, 60 minute classes**

| M/W | 7:00-8:00am | 6/17-8/7 | $144 / $192 | 108120.10 |

**Cardio & Stretch**  Age 16 & up
Change up your week with a low to intermediate cardio and stretch exercise hour that will strengthen your heart and lungs, increase your energy level, improve your balance, sharpen your mind, and help with weight management. Have fun and move to the music through a variety of exercises using hand held weights, elastic tubing with handles, and a chair. Don’t forget your water bottle! This class takes place on dry land.

**8, 60 minute classes**

| F | 7:00-8:00am | 6/21-8/9 | $72 / $96 | 108140.50 |

**Senior Water Aerobic**  Age 16 & up
Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

**8, 60 minute classes**

| F | 8:30-9:30am | 6/21-8/9 | $72 / $96 | 108440.50 |

**Water Aerobics**  Age 16 & up
The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element, so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

**15, 60 minute classes**

| Tu/Th | 8:30-9:30am | 6/18-8/8 | $135 / $180 | 108830.20 |

**Water Walking**  Age 16 & up
Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

**16, 60 minute classes**

| M/W | 7:30-8:30am | 6/21-8/9 | $72 / $96 | 108230.50 |

**Power Splash**  Age 16 & up
Get energized with a complete and total-body cardio and resistance workout in deep water. Invigorating and energetic way to start the weekend. Class uses a variety of flotation devices including noodles, kickboards, medicine balls, plyometrics, and other water resistance devices. Music inspired power moves to help you improve your total body water workout. Participants must be comfortable in deep water.

**15, 60 minute classes**

| Tu/Th | 7:30-8:30am | 6/25-8/8 | $135 / $180 | 108730.20 |

**Deep Water 1**  Age 16 & up
A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

**15, 60 minute classes**

| Sa | 8:00-9:00am | 6/22-8/10 | $72 / $96 | 108730.60 |

**Deep Water 2**  Age 16 & up
This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

**15, 60 minute classes**

| Tu/Th | 7:30-8:30am | 6/25-8/8 | $135 / $180 | 108830.20 |

**Aqua Stretching For Golfers**  Age 16 & up
This summer stretching program will work on the key muscle groups of the golf swing and help you improve your range of motion, strength and endurance as you enjoy the coolness of the water. The program will focus on water walking and exercises designed to improve core strength, rotation and swing follow through. The strength of your golf swing will improve as you apply these skills on the course.

**13, 60 minute classes**

| Tu/Th | 7:30-8:30am | 6/25-8/8 | $117 / $156 | 108610.10 |
### FITNESS: FITNESS LEVELS
Use the following classifications to help you find fitness programs appropriate for your ability & goals:

**Level 1: Health Seeker**
Ideal for individuals who are new to exercise, deconditioned, sedentary, or returning from injury or illness.

**Level 2: Progress Maker**
Ideal for physically active participants looking to improve function, mitigate pain or chronic conditions, develop new abilities, & increase baseline fitness levels.

**Level 3: Recreational Player**
Ideal for athletic participants looking to elevate their established fitness levels, learn advanced skills, improve body aesthetics, & boost sport performance.

**Level 4: Athletic Competitor**
Ideal for athletes training for peak performance in sports or competition and looking to maximize strength, mobility, speed, quickness, & power.

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**PLEASE NOTE:** Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

### FITNESS: SMALL GROUP PERSONAL TRAINING

#### Athletic Cross-Training  **Age 16 & up**
(Formerly Cyclist Cross-Training) Be a stronger, more efficient, and more durable endurance athlete. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, resistance training and stretching. Whether you are a runner, cyclist, swimmer or weekend warrior, you’ll benefit from the variation in your training routine.

**9, 60 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Price Regular/Discount</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>6:00-7:00pm</td>
<td>6/18-8/13</td>
<td>$77 / $102</td>
<td>122850.20</td>
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#### Morning Buzz  **Age 16 & up**
Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you’ll feel all day.

**9, 60 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
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<th>Code</th>
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<tr>
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**8, 60 minute classes**

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<th>Day</th>
<th>Time</th>
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<th>Price Regular/Discount</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>F</td>
<td>6:15-7:15am</td>
<td>6/21-8/16</td>
<td>$68 / $91</td>
<td>120930.50</td>
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</tbody>
</table>

#### Four-Thirty Fitness Club  **Age 16 & up**
(Formerly Small Group for Teachers) Join us on Mondays & Wednesdays at 4:30 sharp for a Work-Hard, Break-a-Sweat, Get-Strong type of class! You’ll start the minute you walk in the door: soft tissue work, dynamic warm-up, muscle activation - then dig deep for strength & power exercises, all while building technique for Olympic-style lifts over the course of the session. Admission to the Club is not granted, it’s earned!

**9, 60 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Price Regular/Discount</th>
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<td>W</td>
<td>4:30-5:30pm</td>
<td>6/19-8/14</td>
<td>$77 / $102</td>
<td>122530.30</td>
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</table>

#### Move Well  **Age 16 & up**
Move your body freely, easily, and pain free. This class combines stretching, myofascial release, 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*

**8, 45 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Price Regular/Discount</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
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**9, 45 minute classes**

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<tr>
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</thead>
<tbody>
<tr>
<td>Tu</td>
<td>10:30-11:15am</td>
<td>6/18-8/13</td>
<td>$58 / $77</td>
<td>120130.20</td>
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</table>

#### Kettlebell Training  **Age 16 & up**
MULTIPLE LEVELS AVAILABLE – SEE SECTION LISTING
Kettlebells provide an amazing workout in a relatively short amount of time, but mastering technique and proper form are imperative to reaping the benefits and preventing injury. They strengthen key muscles of the lower body, challenge core and upper body, and are highly effective in improving total-body strength. Because of the high-intensity nature of this style of training, it is also a great cardio boost.

**8, 60 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
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<th>Code</th>
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<tbody>
<tr>
<td>Th</td>
<td>5:30-6:30pm</td>
<td>6/20-8/15</td>
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<td>121430.40</td>
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<td>6/20-8/15</td>
<td>$68 / $91</td>
<td>121430.41</td>
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</table>

#### Move Well  **Age 16 & up**
Move your body freely, easily, and pain free. This class combines stretching, myofascial release, 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*

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<td>$51 / $68</td>
<td>120130.40</td>
</tr>
</tbody>
</table>

**9, 45 minute classes**

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<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tu</td>
<td>10:30-11:15am</td>
<td>6/18-8/13</td>
<td>$58 / $77</td>
<td>120130.20</td>
</tr>
</tbody>
</table>

#### Land & Sea Fitness: This fusion class brings together the benefits of land and water exercise formats with a balanced pair of workouts in & out of the water!

**18, 60 minute classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Price Regular/Discount</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>M/W</td>
<td>7:00-8:00pm</td>
<td>6/17-8/14</td>
<td>$165 / $215</td>
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</table>
Circuit Breaker  
Age 16 & up  
Level 2
Amp up your workout in this electrifying circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and cardio – targeting strength building, improved agility, and muscular endurance.

9, 60 minute classes
- M 6:00-7:00pm 6/17-8/12 $77 / $102 120530.10

Fit Boxing  
Age 16 & up  
Level 3
Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Please bring wraps and bag gloves (MMA gloves are fine).

8, 60 minute classes no class 7/4
- Th 7:30-8:30pm 6/20-8/15 $68 / $91 120330.40

Lunch CRUNCH  
Age 16 & up  
Level 2
A great way to fit a workout into your busy work-week. Are you too crunched for time at the end of the day for a workout? Do you need better exercises than just ab crunches on the floor? Then mix it up and pack it all in with this total-body strength circuit.

9, 60 minute classes
- Tu 12:00-1:00pm 6/18-8/13 $77 / $102 120730.20
- W 12:00-1:00pm 6/19-8/14 $77 / $102 120730.30

Lunch PUNCH  
Age 16 & up  
Level 3
Float like a butterfly & sting like a bee in this full-body boxing-style workout. Boxing movement fundamentals are at the center of these non-contact workouts – with footwork & punch technique augmenting other strength training & core exercises. We’ll glove up and hit the heavy bag too – ramping up the calorie burn & providing a fun stress release!

9, 60 minute classes
- M 12:00-1:00pm 6/17-8/12 $77 / $102 120730.10

Fitness Happy Hour  
Age 16 & up  
Level 2
You made it through the work-week! Time to de-stress, burn calories, and have some fun by kicking–off your weekend with a great workout. A dynamic warm-up, cardio & strength intervals, and a dose of core work will leave you feeling exhilarated and ready for whatever your weekend plans may bring.

8, 60 minute classes no class 7/5
- F 5:30-6:30pm 6/21-8/16 $68 / $91 120830.50

TRX Fusion  
Age 16 & up  
Level 3
This exhilarating class combines TRX Suspension Training, the TRX Rip Trainer, and Kettlebell Complexes into one incredible workout! The Rip Trainer is a versatile weighted bar+bungee system that challenges balance, builds rotational power, increases stamina & strengthens your core. Along with the power of kettlebell training and the total body TRX, this workout will rock your world!

9, 60 minute classes
- Tu 7:00-8:00pm 6/18-8/13 $77 / $102 122432.20

TRX Suspension Training  
Age 16 & up  
Level 2
TRX provides a full body workout like you’ve never experienced before. These straps fire up the core and work muscles you didn’t even know you had, while allowing for instant modification of resistance levels.

8, 45 minute classes no class 7/5
- F 8:30-9:15am 6/21-8/16 $51 / $68 122430.50
- F 9:30-10:15am 6/21-8/16 $51 / $68 122430.51
- F 12:15-1:00pm 6/21-8/16 $51 / $68 122430.52

YOUTH FITNESS CLASSES

Youth Fitness Boxing  
Age 12-18  
Level 2
Learn basic boxing skills and develop athletic fitness in a fun and empowering workout. Footwork, guarding, movement, and punch techniques are emphasized. The non-contact class format includes heavy bag and speed bag work, partner drills, and sparring pads – along with dynamic resistance training and core exercisers.

Mini Sessions
6, 45 minute classes
- M/W 3:30-4:30pm 6/10-6/27 $41 / $54 122124.10
- M/W 3:30-4:30pm 7/8-7/24 $41 / $54 122124.11
- M/W 3:30-4:30pm 7/29-8/14 $41 / $54 122124.12

Youth Sports Training  
Age 12-18  
Level 2
Athletic development program designed for young athletes. Perfect preparation for school sports. Work with a Strength & Conditioning Coach to improve your speed, agility, quickness, core strength & power – all with an eye on peak athletic performance.

8, 60 minute classes no class 7/4, 7/5
- Th 7:00-8:00pm 6/20-8/15 $55 / $73 122122.40
- F 10:30-11:30am 6/21-8/16 $55 / $73 122122.50

PERSONAL TRAINING ADD-ON SPECIAL*
Upgrade your Small Group class registration** by adding on a special five pack of Personal Training. Save 15% off regular rates. These sessions are the perfect complement to your fitness class routine. More custom workouts, more coaching, more results!

5, 45-minute sessions $149 / $198
*New training clients only.
**Must first register for a Summer Session Small Group Personal Training class to be eligible for purchase. One 5-pack per person only. Online purchase not available, inquire at the Front Desk.

Gymside Walkers
Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday–Friday 6:00–7:15am
**FITNESS: PERSONAL TRAINING**

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you, and support you so that you may reach your desired fitness goals! *Online registration not available.*

### ONE-ON-ONE PERSONAL TRAINING

**30 minute sessions**
- 1 workout: $36 / $48
- 6 workouts: $180 / $239
- 10 workouts: $244 / $325

**45 minute sessions**
- 1 workout: $47 / $63
- 6 workouts: $237 / $315
- 10 workouts: $349 / $464

**60 minute sessions**
- 1 workout: $64 / $85
- 6 workouts: $317 / $422
- 10 workouts: $462 / $615

### TWO-ON-ONE PARTNER TRAINING

(Pricing is PER PERSON)

**60 minute sessions**
- 1 workout: $34 / $45
- 6 workouts: $190 / $253
- 10 workouts: $300 / $399

### ONE-ON-ONE YOUTH TRAINING

Age 12-15

**45 minute sessions**
- 1 workout: $38 / $51
- 6 workouts: $190 / $253
- 10 workouts: $282 / $375

### TWO-ON-ONE YOUTH TRAINING

Age 12-15 (Pricing is PER PERSON)

**60 minute sessions**
- 1 workout: $32 / $43
- 6 workouts: $162 / $215
- 10 workouts: $240 / $319

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**FITNESS: ACTIVE ADULT CLASSES**

**Balance Training**  Age 55 & up  **Level 1**

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.

**9, 55 minute classes**
- Tu: 9:30-10:25am 6/18-8/13  $61 / $82  121730.20

**Strength Circuit**  Age 55 & up  **Level 1**

Establish & improve your baseline strength with a self-paced workout in the fitness room. An instructor will lead a group warm-up, preview the exercises provided to you on a workout sheet, and help coach you through the session with progressions, modifications & encouragement!

**8, 55 minute classes**
- Th: 9:30-10:25am 6/20-8/15  $55 / $73  121940.40

**Turn Back the Clock**  Age 55 & up

MULTIPLE LEVELS AVAILABLE! With age, muscle tone and flexibility tend to decrease along with our general activity levels. It’s never too late to fight back with exercise and reverse some effects of aging. Format includes dynamic warm-up, stretching, resistance training & core strengthening.

**8, 55 minute classes**
- Level 3
- W: 8:30-9:25am 6/26-8/14  $55 / $73  121830.30

**8, 55 minute classes**
- Level 2
- W: 9:30-10:25am 6/26-8/14  $55 / $73  121830.31

**9, 55 minute classes**
- Level 2
- M: 8:30-9:25am 6/17-8/12  $61 / $82  121830.10
- M: 9:30-10:25am 6/17-8/12  $61 / $82  121830.11
- W: 6:00-6:55pm 6/19-8/14  $61 / $82  121830.32

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**NEW PERSONAL TRAINING STARTER PACK**

Our **NEW & IMPROVED** Personal Training “Get Started” Package is designed to give you the tools, know-how & motivation to meet your goals & make fitness part of your everyday lifestyle.

Participants will work with a trainer twice a week for 3 weeks (6 x 45 min. personal training sessions) while completing weekly nutrition challenges.

“Get Started” for 15% off our regular rates: **TOH $199 / NR $265**

Whether you’re trying to live a healthier life, change your body composition, complete an athletic challenge, or just feel good when you wake up in the morning – starting a training program the right way is the key to your success.

*By appointment only. Register in-person. New training clients only. Limit one package per person. For more information contact our Head Personal Trainer; karen.tsitos@herndon-va.gov; 703-435-6800 x2131*
### SUMMER 2019 DROP-IN EXERCISE CLASS SCHEDULE

**SCHEDULE EFFECTIVE: MONDAY, JUNE 17 – SUNDAY, AUGUST 18**

**NO CLASSES 7/4, 8/19 - 9/2**

<table>
<thead>
<tr>
<th>MON.</th>
<th>Body Blaster Circuit 9:30-10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE.</td>
<td>6:00-7:00am Cardio-Sulpt Intervals 9:30-10:30am Core Explosion 12:15-1:00pm HOT HULA Fitness 5:30-6:30pm</td>
</tr>
<tr>
<td>WED.</td>
<td>Body Blaster Circuit 9:30-10:30am</td>
</tr>
<tr>
<td>THR.</td>
<td>6:00-7:00am Cardio-Sulpt Intervals 9:30-10:30am Core Explosion 12:15-1:00pm</td>
</tr>
<tr>
<td>FRI.</td>
<td>5:30-6:30pm</td>
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<td>SUN.</td>
<td>10:15-11:15am</td>
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### Notes
- Instructor subject to change during the season.
- Please do not enter a class more than ten minutes past the scheduled start time.
- Drop-In Exercise classes are designed for Age 16 & up.
- Please consult your doctor prior to starting any exercise program.
- Some classes may reach capacity or have limited specialty equipment available.
- Bodysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.
- Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.

### Classes
- **ZUMBA**: A dance-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu.
- **BODYCOMBAT** is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu.
- **BODYPUMP** is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories. The encouragement, motivation and great music you get in a BODYPUMP class will help you achieve much more than you would be able to on your own!
- **Core Explosion** is an intense core workout. You’ll work your entire core – abs, obliques, back extensors, glutes – in a variety of fun ways and with endless exercise options. Your core is the foundation upon which all movement is created – make sure you have a strong and stable midsection, and a healthy life will follow!

### Additional Information
- You may also list the class with the subject ADD ME.
- Use your smart phone to scan or go online to http://bit.ly/dropfit for the most up-to-date Drop-In Fitness Schedule.

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**BODYPUMP™** Age 16 & up

**BODYPUMP™** is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total body workout that burns lots of calories. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

**Body Blaster Circuit** Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

**Cardio-Sulpt Intervals (CSI)** Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

**Core Explosion** Age 16 & up

An intense core workout. You’ll work your entire core - abs, obliques, back extensors, glutes - in a variety of fun ways and with endless exercise options. Your core is the foundation upon which all movement is created - make sure you have a strong and stable midsection, and a healthy life will follow!

**ZUMBA®** Age 16 & up

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

**BODYCOMBAT™** Age 16 & up

**BODYCOMBAT™** is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Tae Kwon Do, Boxing, Muay Thai, Capoeira and Kung Fu.

**NEW**  **HOT HULA Fitness** Age 16 & up

Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). It provides a “total body workout” in 60 minutes. Inspired by the dances of the Pacific Islands HOT HULA Fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout.

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**Simkins@herndon-va.gov**

We’ll send you updates on class cancellations, instructor changes, and special events – and will never share or sell your email address. To subscribe, send an email to our Group Fitness Coordinator at Trey. Simkins@herndon-va.gov with the subject ADD ME. You may also list the class formats you regularly attend, and we’ll only email you when those classes are impacted.
Gentle Yoga for Seniors  Age 55 & up
Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

8, 60 minute classes

| M | 3:00-4:00pm | 7/1-8/19 | $81 / $108 | 130040.10
| W | 2:30-3:30pm | 7/3-8/21 | $81 / $108 | 130040.30

Kundalini Yoga  Age 16 & up
Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter their age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 60 minute classes

| M-Th 9:00-8:30pm | 6/20-8/15 | $106 / $141 | 130130.60

Hatha Yoga for Beginners  Age 16 & up
Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 75 minute classes

| Su 1:00-2:15pm | 6/30-8/18 | $91 / $121 | 130330.00

Hatha Yoga for Kids  Age 6-15
This fun children’s class develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age-appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

8, 45 minute classes

| Su 2:30-3:15pm | 6/30-8/18 | $59 / $79 | 130430.00

Toning Barre  Age 16 & up
Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates, and Yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 60 minute classes

| Tu 8:00-9:00pm | 6/6-8/6 | $89 / $119 | 131131.20

Organ Cleansing QiGong  Age 16 & Up
Similar to Tai Chi, QiGong is a wellness, meditative movement exercise practiced for centuries all over the world. In this four week class we focus on a series of QiGong movements intended to promote better health and wellness. The movements are easy to learn, and their implications for health on a mind, body, and spirit level will be explained in detail.

4, 60 minute classes

| F 9:15-10:15am | 6/21-7/19 | $56 / $74 | 131332.50

Tai Chi for Energy  Age 16 & up
Tai Chi for Energy combines movements from two different styles of Tai Chi, making it a great introduction to Tai Chi for absolute beginners while providing a change of pace for those with some Tai Chi experience.

6, 60 minute classes

| W 5:00-6:00pm | 6/19-7/31 | $84 / $112 | 131333.30

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

Kid Care

**MORNING:**
M-Th 9:00-11:30am
F 5:25-7:00pm

**EVENING:**
M-Th 5:25-8:15pm
F 5:25-7:00pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

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**REGISTER ONLINE AT HERNDONWEBTRAC.COM**

**WELLNESS 19**

Route “937 Coppermine – Elden” runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at [http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf](http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf) or call 703-339-7200

**BOOT CAMP FOR WOMEN & MEN**

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability. Classes held outdoors at the Herndon Community Center/Bready Park.

Other locations: Check our updated listing on [www.FIResults.com](http://www.FIResults.com) or call 1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!
**Friday, May 17**  
5:30-10:00am  
& 4:30-6:00pm

Join this regional favorite day to encourage a clean, healthy and fun way to get to work and get around — by biking. The Herndon pitstop on the W&OD trail next to the Depot will have t-shirts, refreshments, maintenance, commuting tips, and more.

Register online directly at biketoworkmetrodc.org and be eligible to win prizes and a free t-shirt.

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**JULY 4TH Celebration**  
**AT BREADY PARK**  
**Free**

Activities begin at 6:30pm

- Live Music - featuring *Guys In Thin Ties* - Your Alternative ‘80s Band
- Children's Arts & Crafts
- Bingo & Family Games
- Food & Refreshments (purchase at the event)
- FIREWORKS at 9:30pm

BREADY PARK, 814 FERNDALE AVE. BREADY PARK IS LOCATED BETWEEN THE W&OD TRAIL AND THE HERNDON COMMUNITY CENTER

PARKING IS AVAILABLE AT HERNDON MIDDLE SCHOOL AND THE HERNDON COMMUNITY CENTER ON A LIMITED BASIS.

No pets, fireworks, alcohol, or grills.

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**PLAY IT SAFE:**  
**BIKE RODEO & SAFETY FAIR**

**Saturday, May 18**  
10am–2pm

**BIKE RODEO**  
11am–1pm

HERNDON MUNICIPAL CENTER, 777 LYNN ST.

COME JOIN US FOR A DAY ALL ABOUT FUN AND SAFETY!

Kids bring their bikes to learn safety tips, riding skills, and even complete obstacle courses. We will also have a bike swap on-site so they can trade in a bike they’ve outgrown for a bigger one! There will be refreshments, bike inspections, and a limited amount of bike helmets given away. Children must be accompanied by a parent or guardian.

You can even bike to the event on the W & O D Trail.

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**Summer Vibes:**  
**Tie-Dye Pop-Up**

**Saturday, June 22**  
9–10:30am

Town Hall Green, 730 Elden St

Let’s celebrate the start of summer with some tie-dye fun out in the sun!

You bring the good vibes and we supply the shirts along with all other materials needed to create awesome tie-dye! **$5 per person.** Pay on-site day of event cash or check only.
**The LEGO Movie 2, Rated PG**

**SATURDAY, AUGUST 10  7:00PM**

Herndon Municipal Center Town Green, 777 Lynn Street

Enjoy a movie on the HMC Green along with some fun activities before show time. We are collecting school supplies for those in need in our community, so we encourage you to bring new, unused school supplies for donation. Activities will begin at 7:00pm and movie will begin at dusk. Popcorn will be available for sale and food vendors will be on-site (additional fee). Please bring a blanket or seating for enjoying the movie. Smiles and family time welcome; please no bottles, alcohol, pets, or smoking.

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**HERNDON LABOR DAY FESTIVAL**

**Wine & Craft Beer Tasting**

**Monday September 2**

11am–5pm

Downtown Herndon, 777 Lynn Street

**$25 wine-tasting admission**

**$25 beer-tasting admission**

(Additional beer tasting tickets for purchase)

**$5 admission for non-drinker**

**HERNDON KIDS TRIATHLON**

**SUNDAY, SEPTEMBER 15  8:00am**

Herndon Municipal Center Town Green, 777 Lynn Street

**REGISTRATION**

July 1–August 2  $40
August 3–September 6  $45
September 7–13  $50

**AGE**  **SWIM**  **BIKE**  **RUN**  **CODE**

6–8  50Y  1.1 MILES  .6 MILE  257010.10
9–11  100Y  2 MILES  1 MILE  257010.11
12–13  150Y  4 MILES  1.4 MILES  257010.12
14–16  150Y  4 MILES  1.4 MILES  257010.13

**OPTIONAL PRE-RACE MEETING & CLINIC**

to help kids prepare for the race course and transitions. Must be registered for triathlon to attend.

August 18  9:00–10:00am  Free  257000.10

**PRODUCED BY**

Town of Herndon Parks and Recreation Department & Herndon Woman’s Club

Proceeds help support college scholarships for Herndon High School graduates.

herndon-va.gov/laborday
Everyone is invited to celebrate National Parks and Recreation Month in July.
Meet on the Town Hall Square, 730 Elden St.
BRING THE WHOLE FAMILY AND COME OUT TO PLAY!

The Farmers’ Market is held every Thursday from April 18 through November 7.
8:00am - 12:30pm, on Lynn Street in historic downtown Herndon.
Partial Funding for these events made possible by the Virginia Commission for the Arts and Arts Herndon.

Marsha and the Positrons
Songs About Science & How the World Works
7.11

Zig Zag the Magic Man
Laugh Out Loud Fun
7.18

The Uncle Devin Show
A Dynamic Cross Between DC’s Trouble Funk and School House Rock
7.25

Rocknoceros
Herndon’s Favorite Kid-Friendly Power Trio
8.1

Mr. Jon & Friends
Parents’ Choice Award Winning Music for Kids
8.8

Yosi Music
Keep on Rockin’ in the Wee World
8.15

Blue Sky Puppet Theatre
SuperPig
8.22

Drew Blue Shoes
Conjuring, Comedy and Celebration
8.29

Let’s Make a Deal
Ready, Set, Glow
Get Out & Play Day

Saturday, July 13
Saturday, July 20
Saturday, July 27
10:00 - 11:30AM
7:30 - 9:00PM
10:00AM - 12:00PM
Play the quirky game show where you never know what you will win.
Enjoy glow bowling, soccer, and other glow fun.
Come enjoy a water balloon race or try your hand at ladder golf.

All events will be outdoors and will be active, so please dress accordingly.
To ensure an independent learning experience and to foster a quality and rewarding learning environment in our youth classes, parents remain outside the classroom. Parents observe dance on the last day.

**Baby Ballerinas  Age 2–3**
Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with the child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child’s natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

**Ballet  Age 3–6**
Through its discipline, ballet helps build a graceful body with good posture and poise. Each class promotes correct body placement, strength and ballet vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction. Leotard, tights & ballet slippers required.

**Urban Hip Hop  Age 5–15**
This is a high intensity 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.

**Ballet Technique Adult  Age 16 & up**
Learn ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor, open to all levels.

**Balloon Dance  Age 4–6**
Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Ballet and tap shoes are required.

**Open Gym Schedule: Summer 2019**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
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<tbody>
<tr>
<td>Su</td>
<td>Open Gym</td>
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<tr>
<td>M</td>
<td>Open Gym</td>
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<td>F</td>
<td>Open Gym</td>
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Friday evening open gym may be cancelled for events. Youth = Age 17 & under and Teen = Age 13–17. This schedule is subject to change. Call the Front Desk to confirm the schedule, 703-787-7300.
Happy Feet Soccer  Age 2–6
It’s story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute classes
Age 2-3
Sa 9:20-9:50am 6/22-8/10 $53 / $70 173000.52
Sa 9:55-10:25am 6/22-8/10 $53 / $70 173000.53
Sa 10:30-11:00am 6/22-8/10 $53 / $70 173000.54

5, 45 minute classes  Meets at Bready Park soccer field
Age 3–4
M-F 10:00-10:45am 7/2-7/12 $47 / $63 187000.11

5, 60 minute classes  Meets at Bready Park soccer field
Age 5–6
M-F 11:00am-12:00pm 7/2-7/12 $52 / $69 187000.14

Ignite Kids Club Multi-Sport  Age 3–6
Ignite Kids Club is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes
Age 5–6
Tu 6:45-7:15pm 6/18-7/16 $57 / $76 171000.21
Tu 6:45-7:15pm 7/23-8/15 $57 / $76 171000.23
Sa 8:30-9:00am 6/22-8/17 $57 / $76 171000.60

5, 30 minute classes  Meets at Bready Park soccer field
Age 3–4
M-F 10:35-11:05am 6/24-6/28 $32 / $43 187400.10

5, 90 minute classes  Meets at Bready Park soccer field
Age 5–6
M-F 9:00-10:30am 6/24-6/28 $64 / $85 187400.12

Basketball  Age 8–12
The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children’s self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes
M 5:30-6:30pm 6/17-8/5 $80 / $106 176010.10
F 6:30-7:30pm 6/21-8/9 $80 / $106 176010.60

OUTDOOR TENNIS: YOUTH

Pee Wee  Age 4–5
Instructor will follow USTA’s Quickstart format using smaller courts and age appropriate equipment.

8, 30 minute classes  no class 7/4, 7/6
Tu/Th 4:30-5:00pm 6/18-7/16 $57 / $76 171000.21
Tu/Th 4:30-5:00pm 7/23-8/15 $57 / $76 171000.23
Sa 8:30-9:00am 6/22-8/17 $57 / $76 171000.60

Pee Wee Mini Camp  Age 4–5
5, 45 minute classes
M-F 9:00-9:45am 6/17-6/21 $53 / $71 188400.10
M-F 9:00-9:45am 6/24-6/28 $53 / $71 188400.11
M-F 9:00-9:45am 7/8-7/12 $53 / $71 188400.12
M-F 9:00-9:45am 7/15-7/19 $53 / $71 188400.13
M-F 9:00-9:45am 7/22-7/26 $53 / $71 188400.14
M-F 9:00-9:45am 7/29-8/2 $53 / $71 188400.15
M-F 9:00-9:45am 8/5-8/9 $53 / $71 188400.16
M-F 9:00-9:45am 8/12-8/16 $53 / $71 188400.17
M-F 9:00-9:45am 8/19-8/23 $53 / $71 188400.18

Contract Application Season 2019–2020
Starting April 3  TOH residents with current court time.
Starting April 17  TOH residents requesting new court time. Any NR individual with a current contract wishing to reserve the same time as 2018-19, TOH residents have priority.
Starting May 8  Any individual with a current contract wishing to reserve a different time from his/her 2018-19 contract time. Any NR seeking contract time.

Questions about contract time for 2019-2020, please contact Indoor Tennis Manager at 703-435-6800 x2110 or Suzanna.Swalboski@herndon-va.gov

Tennis Bubble Hours:
Monday–Friday: 6:30am–10:30pm
Saturday & Sunday: 8:00am–10:00pm
Monday, September 23, 2019 - Sunday, April 12, 2020

Court cost is per hour

Prime Time (after 5:00pm, Mon–Fri; Sat & Sun all day):
Adult TOH Resident $26 $30
Adult Non–Resident $34 $38

Non–Prime Time (before 5:00pm weekdays):
Adult TOH Resident $23 $25
Adult Non–Resident $30 $32
Youth/Senior TOH (a) $20 $22
Youth/Senior $24 $26
Non–Resident (a) $24 $26

(a) Youth = 17 and under  Senior = 65 and older

* Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.
### Beginner 1.0-1.5 Mini Camp  
**Age 6-8**

<table>
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<tr>
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<th>Fee 1</th>
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### Beginner 1.0 – 1.5  
**Age 6-15**

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

| Age 6-8 | 8, 45 minute classes  
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| Age 9-15 | 8, 60 minute classes  
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### Advanced Beginner 2.0-2.5  
**Age 6-15**

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

| Age 6-8 | 8, 60 minute classes  
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<td>M/W</td>
<td>6:00-7:00pm</td>
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<td>Tu/Th</td>
<td>6:00-7:00pm</td>
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<tr>
<td>Tu/Th</td>
<td>6:00-7:00pm</td>
</tr>
<tr>
<td>Sa</td>
<td>11:00am-12:00pm</td>
</tr>
</tbody>
</table>

### Intermediate 3.0 – 3.5  
**Age 11-15**

| Age 11-15 | 8, 60 minute classes  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>7:00-8:00pm</td>
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<tr>
<td>M/W</td>
<td>7:00-8:00pm</td>
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<tr>
<td>Tu/Th</td>
<td>7:00-8:00pm</td>
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<tr>
<td>Tu/Th</td>
<td>7:00-8:00pm</td>
</tr>
<tr>
<td>Sa</td>
<td>11:00am-12:00pm</td>
</tr>
</tbody>
</table>

### Advanced 4.0  
**Age 12-15**

| Age 12-15 | 8, 60 minute classes  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu/Th</td>
<td>7:00-8:00pm</td>
</tr>
<tr>
<td>Tu/Th</td>
<td>7:00-8:00pm</td>
</tr>
</tbody>
</table>
## Martial Arts

### Tae Kwon Do  Age 3–6
Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner’s Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for $38. Optional belt testing will be available at the end of the session for an additional fee.

<table>
<thead>
<tr>
<th>8, 30 minute classes</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>F 6:30-7:00pm</td>
<td>6/21-8/9</td>
</tr>
<tr>
<td>Sa 11:30am-12:00pm</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>

### Shotokan Karate  Age 8 & up
A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

<table>
<thead>
<tr>
<th>8, 60 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>F 7:05-8:05pm</td>
<td>6/21-8/9</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>8, 90 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W 8:20-9:50pm</td>
<td>6/19-8/7</td>
</tr>
<tr>
<td>F 8:15-9:45pm</td>
<td>6/21-8/9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8, 2 hour classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 10:00am-12:00pm</td>
<td>6/23-8/11</td>
</tr>
</tbody>
</table>

### Iaido  Age 13 & up
Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

<table>
<thead>
<tr>
<th>8, 60 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Su 1:00-2:00pm</td>
<td>6/23-8/11</td>
</tr>
</tbody>
</table>

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For over 10 years, the Herndon Parks and Recreation Department has been a supporter and believer of the Kids At Hope philosophy, “All Children Are Capable of Success...No Exceptions!”

Our full and part-time staff are trained to be Treasure Hunters and encourage each child’s strengths.

We welcome all parents and care givers to do the same and look for the hidden talents and abilities of their children and those around them.

---

### Parent Child  Age 2–3
Parent-Child class is an enjoyable physical, mental and social experience for your child, focused on age-appropriate movements, games and equipment. Participation will enhance your child's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

<table>
<thead>
<tr>
<th>8, 45 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 9:00–9:45am</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>

### Munchkateers & Young Beginners: These classes will focus on beginning gymnastics terms, fundamentals and age-appropriate coordination activities. No experience necessary, but must be able to separate from parent and follow group instruction.

#### Munchkateers 1  Age 3–4
Instructors will lead participants through fitness and coordination obstacles, as well as engage in age-appropriate games and activities.

<table>
<thead>
<tr>
<th>8, 45 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Sa 10:00–10:45am</td>
<td>6/22-8/10</td>
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</table>

#### Munchkateers 2  Age 4–6
Each week, the class will learn more challenging gymnastic skills. These skills will assist in advancing your child’s motor coordination, strength and flexibility.

<table>
<thead>
<tr>
<th>8, 45 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 11:00–11:45am</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>

### Young Beginners  Age 5–12
This is a transitional program to the Level classes. Instruction includes floor exercise, balance beam, uneven bars, & vaulting. Participants are grouped by age & ability.

<table>
<thead>
<tr>
<th>8, 60 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 12:00–1:00pm</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>

### Level 1/2  Age 6–12
This class will build upon skills learned in the Young Beginner program. Participants will continue to learn the proper form to do a cartwheel, standing round-off, handstand against the wall, backwards roll, bridge on the floor, straddle over on vault, forward dismount on high bar, a round-off dismount on low beam, back scale for 3 seconds and walk backwards on high beam.

<table>
<thead>
<tr>
<th>8, 90 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 1:00–2:30pm</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>

### Level 3/4  Age 6–12
Participants will learn how to do or perform a running round-off rebound, handstand to bridge, standing to bridge, bridge kick-over on the floor, jump to handstand position on the vault, pullover on the bars, and straight jump as well as round-off dismount on the high beam. Level 1/2 experience is recommended to participate in this class.

<table>
<thead>
<tr>
<th>8, 90 minute classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa 2:30–4:00pm</td>
<td>6/22-8/10</td>
</tr>
</tbody>
</table>
**ARTS & CRAFTS**

**Kidz on Wheelz  Age 10-15**
Explore your creativity while learning hand building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes
- M 5:00-6:30pm 6/24-7/29 $96 / $128 110010.11

**Hand Built Pottery  Age 16 & up**
Create pottery without a wheel. Discover the world of handbuilding with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes
- Tu 7:00-9:30pm 6/25-8/13 $150 / $200 110140.21

**Pottery Wheel  Age 16 & up**
Learn the basic techniques of throwing the wheel to include wedging, centering, pulling, trimming and the use of tools and glaze. Experience the wonderful craft with good habits and positive feedback in every class. All skill levels are welcome. Use of tools and 25lbs of clay included; additional clay may be purchased as needed.

8, 2.5 hour classes
- M 7:00-9:30pm 6/24-8/12 $150 / $200 110150.11
- Tu 7:00-9:30pm 6/25-8/13 $150 / $200 110150.21

**CPR/AED and First Aid  Age 14 & up**
Taught by an American Heart Association certified instructor. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years. Supply fee of $25 payable directly to instructor in addition to $80 course fee.

1, 6 hour class
- Su 12:30-6:30pm 7/14 $80 / $80 160150.00
- Su 12:30-6:30pm 8/11 $80 / $80 160150.01

**Better Babysitting  Age 11-15**
Learn to be a safe, reliable and CPR/First Aid trained babysitter. Students will be introduced to information on keeping children and infants safe, proper supervision and basic care giving skills. Students will receive training in Pediatric CPR/First Aid. Students are encouraged to bring a packed lunch.

1, 8 hour class
- F 8:00am-4:00pm 6/14 $105 / $105 160151.51

**Creating Mosaics  Age 14 & up**
Make your own unique mosaics. Beginners learn the basic terms and techniques of mosaic art including layout, design, gluing, grouting, and finishing. Students will complete three simple projects on a variety of surfaces that will increase in degree of difficulty. Supply fees are included in the cost of the program.

4, 2.5 hour classes
- Th 7:00-9:30pm 7/11-8/1 $150 / $200 110411.41

**Introduction to Cooking  Age 7-12**
This class teaches the basics of cooking, such as making sauces, boiling, baking, and most of all build more confidence in the kitchen. By the end of the series, students will be able to make a full meal for dinner, including an appetizer, main course, and dessert.

8, 75 minute classes no class 7/4
- Th 6:00-7:15pm 6/20-8/15 $96 / $128 160150.41

**HERNDON COMMUNITY CENTER**

**Preschool**

**2019-2020 School Year**

**New Format**

**Preschool Prep - Age 3-4 • Tu/Th • 1:00-3:00pm**
(Must be 3 by September 30, 2019)
$1,200 / $1,500*

Developmentally-appropriate social and emotional skills are emphasized for the Preschool Prep group in a nurturing and caring atmosphere, in preparation for the 5-day a week program the following year.

**Financial Assistance & Scholarship Program**

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible individuals, which may supplement the town’s financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x2107 for more information or contact the Herndon Community Center for assistance.
PARKS IN HERNDON

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, six lighted tennis 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.

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 Elder and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. Shelters are available for reservation.

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

10 Stanton Park
Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

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

GET INVOLVED!
There are additional ways to get involved:
- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.
Do you have questions or concerns regarding trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals
- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

<table>
<thead>
<tr>
<th>PARK</th>
<th>COST</th>
<th>GUEST LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bready</td>
<td>$110 TOH / $160 NR</td>
<td>140</td>
</tr>
<tr>
<td>Trailside</td>
<td>$60 TOH / $85 NR</td>
<td>70</td>
</tr>
<tr>
<td>Runnymede</td>
<td>$50 TOH / $75 NR</td>
<td>70</td>
</tr>
</tbody>
</table>

Trailside & Runnymede Parks have a $20 nonrefundable deposit and Bready Park has a $35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

FIND A PARK NEAR YOU

Herndon PARKS

This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit herndon-va.gov/recreation for more information.
## Herndon Community Center Admission and Passes

*TOH = Town of Herndon resident rate

<table>
<thead>
<tr>
<th>Daily</th>
<th>TOH/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$6.50/$7.50</td>
</tr>
<tr>
<td>Seniors</td>
<td>$5.25/$6.25</td>
</tr>
<tr>
<td>Youth</td>
<td>$5.25/$5.50</td>
</tr>
<tr>
<td>Family</td>
<td>$18/$22.50</td>
</tr>
</tbody>
</table>

(Up to 5 family members, 2 adults maximum)

<table>
<thead>
<tr>
<th>10-Admission Pass+</th>
<th>TOH/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>$58/$69</td>
</tr>
<tr>
<td>Adult 2-Person*</td>
<td>$82/$109.25</td>
</tr>
<tr>
<td>Youth Single</td>
<td>$47.25/$50</td>
</tr>
<tr>
<td>Senior Single</td>
<td>$36.75/$42.50</td>
</tr>
<tr>
<td>Senior 2-Person*</td>
<td>$57.50/$69.25</td>
</tr>
<tr>
<td>Senior 2-Person* Sr/Non Sr</td>
<td>$70/$100</td>
</tr>
<tr>
<td>Dependent Youth**</td>
<td>$13.50/$18</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>6-Month Pass [1]</th>
<th>TOH/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$261.75/$339</td>
</tr>
<tr>
<td>Adult 2-Person*</td>
<td>$411/$468.50</td>
</tr>
<tr>
<td>Youth Single</td>
<td>$215/$307</td>
</tr>
<tr>
<td>Senior Single</td>
<td>$215/$307</td>
</tr>
<tr>
<td>Senior 2-Person*</td>
<td>$338/$468.50</td>
</tr>
<tr>
<td>Senior 2-Person* Sr/Non Sr</td>
<td>$350.25/$500.50</td>
</tr>
<tr>
<td>Dependent Youth**</td>
<td>$65/$86.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Annual Pass [1,2]</th>
<th>TOH/NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$470.25/$562.50</td>
</tr>
<tr>
<td>Adult 2-Person*</td>
<td>$739/$985.25</td>
</tr>
<tr>
<td>Youth Single</td>
<td>$329.25/$551.75</td>
</tr>
<tr>
<td>Senior Single</td>
<td>$329.25/$551.75</td>
</tr>
<tr>
<td>Senior 2-Person*</td>
<td>$517.25/$866.75</td>
</tr>
<tr>
<td>Senior 2-Person* Sr/Non Sr</td>
<td>$630/$900</td>
</tr>
<tr>
<td>Dependent Youth**</td>
<td>$116.75/$155.75</td>
</tr>
</tbody>
</table>

* Both adults must reside in the same household and have ID to purchase a 2-person pass.
** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.
2 Annual pass holders receive a 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

### 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.

### Parks & Recreation Department Staff

- Cindy S. Roeder, Director
- Cynthia Hofteizer, Deputy Director
- Nancy Burke, Administrative Assistant
- Lori Rowland, Office Assistant
- Lindsey Jones, Systems Technician
- Kevin Breza, Recreation Program Coordinator
- Abby Kimble, Marketing Specialist
- Kerstin Severin, Aquatic Services Manager
- Jim Heffel, Pool Operations Manager
- Richard Romero, Head Swim Coach
- Christina Bolzman, Aquatics Program Specialist
- Ron Tillman, Community Center Manager
- Vacant, Assistant Community Center Manager
- Suzanna Swalboski, Indoor Tennis Manager
- Kellee Windom, Preschool Director
- Jim Heffel, Pool Operations Manager
- Trey Simkins, Group Exercise Coordinator

### Recreation Supervisors

- Kimmie Alcorn, Special Interest, Arts & Crafts, Camps
- Tim Lander, Wellness, Sports & Community Events
- Ron Tillman, Community Center Manager
- Vacant, Assistant Community Center Manager
- Suzanna Swalboski, Indoor Tennis Manager
- Kellee Windom, Preschool Director
- Trey Simkins, Group Exercise Coordinator

### Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

### Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer.
- See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

### Age Categories:

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

### Pool Use:

- Children 5 & under: an adult must accompany child in the water
- Children 8 & under: must be accompanied by an adult

### Gymnasium Use:

- Youth: must be 12 & older
- Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

### Fitness Room Use:

- Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
- Age 14 & 15: must earn Youth Fitness ID to use fitness room

### Locker Room Use:

- Children 5 & under: permitted in locker room of opposite sex
- Family Locker Rooms: for parents with children over the age of 5, located in guard office

### Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

### Prime Time Hours:

- Prime Time: admission fee per player
- Non-Prime Time: admission fee per player
- $2 per session wallyball
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, April 24. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, April 30.

What does TOH and NR mean?
The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?
Not all Herndon addresses are in the TOH proper. If you have questions, call 703-787-7300 or go to: herndon-va.gov/recreation and click on FAQ for P&R on the left side of the page.

Can I still participate if I don’t live in the town?
Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on April 30.

Forms & Fees
Use one form for each household. Make checks payable to the “Town of Herndon.” Registrations with incorrect payment will be returned unprocessed.

Late Enrollment
Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

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

Attention Seniors!
Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies / Equipment
You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations
The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options
Open registration dates apply to ALL registration options—10:00am on April 24 for TOH residents, and 10:00am on April 30 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon [NOR] is not available online. Acceptance of our liability waiver will be required prior to registration.

2. IN-PERSON registration beginning 10:00am, April 24 for TOH residents; and 10:00am, April 30 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

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Refund</th>
<th>Credit on Account</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+ days before class/program starts</td>
<td>Less 15% service charge</td>
<td>Full</td>
</tr>
<tr>
<td>4 days before class/program starts until beginning of class</td>
<td>No*</td>
<td>Full with service charge less 15%</td>
</tr>
<tr>
<td>After class/program starts up to halfway point of class/program</td>
<td>No*</td>
<td>Prorated, less service charge</td>
</tr>
<tr>
<td>After halfway point of class/program</td>
<td>No*</td>
<td>Prorated, less service charge</td>
</tr>
</tbody>
</table>

* Exemptions: Medical reasons (with a doctor’s note preventing participation in class/program) or relocation 20 or more miles

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.
**Herndon Parks and Recreation Registration Form – SUMMER 2019**

**ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.** Complete this form and be sure to note your first, second, and third choices. **Proof of residency may be required.**

NOR ► You may donate to the Parks & Recreation Scholarship Fund. All scholarship funds are used to enable those who are unable to participate in programs or camps.

**HEAD OF HOUSEHOLD:**
LAST ___________________________ FIRST ___________________________

ADDRESS ____________________________

CITY/STATE/ZIP ___________________________ EMAIL ___________________________

PHONE: HOME _________________________ CELL _________________________ WORK _____________________

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Birth Date</th>
<th>Gender</th>
<th>1st Choice Class Code</th>
<th>Class Title</th>
<th>Fee</th>
<th>2nd Choice Class Code</th>
<th>3rd Choice Class Code</th>
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<tr>
<td>Jane Doe (example)</td>
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Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

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 _____________

PRINT NAME OF CARD HOLDER ___________________________

SIGNATURE ___________________________

**SPECIAL ACCOMMODATIONS:**
Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a $50 fee

MAIL TO:
Herndon Parks and Recreation
777 Lynn Street, Herndon, VA 20170

CHANGE OF ADDRESS/PHONE/EMAIL?  ☐ YES  ☐ NO

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

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon’s employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department’s use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN ___________________________

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN ___________________________
ECRWSEDDEDM
Residential Customer

MAY 30 - JUNE 2

- Carnival
- Two Entertainment Stages
- Children's Hands-On Art Area
- 10K/5K Races & Fitness Expo
  Sunday, June 2 - 7:30am
- Arts & Crafts Vendors
- Business Expo
- Food Vendors
- Free Shuttle Bus

JOIN US AT
Northwest Federal Credit Union
200 Spring Street

HERNDONFESTIVAL.NET

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- Virginia Paving Company

GOLD
- 94.7 The Drive
- 106.7 WPGC
- Golden Road

BRONZE
- Giant
- Peraton
- Pediatrics Urgent Care
- The UPS Store

COPPER
- 101 the 80's
- Escape Room Herndon
- Inova Laboratories
- Wegmans, Dulles

SILVER
- Marriott Washington Dulles Suites
- HawkEye 360

FRIENDS OF THE FESTIVAL
- AMC Theatre
- Griffin Owens Insurance Group
- Holy Cross Lutheran Church
- Long Fence
- Redfin
- The Gardner School of Herndon