SPECIAL EVENTS

TURKEY TROT

NEW NUTRITION CLASSES

REGISTRATION STARTS AUGUST 14
NON-RESIDENTS AUGUST 20

herndon-va.gov/recreation herndonwebtrac.com
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Herndon Community Center Hours
Monday–Friday 6:00am–10:00pm
Saturday 7:00am–6:00pm
Sunday 10:00am–6:00pm (through 8/18)
Sunday 7:00am–6:00pm (starting 9/8)

No admittance to the building a ½ hour before closing.

Closures & Holiday Hours
Labor Day, September 2 Closed
Thanksgiving, November 28 Closed
Friday, November 29 8:00am–9:30pm

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:
September 2; October 14; November 11, 28, & 29

Daily Admission Rates
Effective September 1, 2019
More Information in the Admission Fees & Passes section.

<table>
<thead>
<tr>
<th>Category</th>
<th>TOH / NR</th>
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<td>Seniors</td>
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<tr>
<td>Youth</td>
<td>$5.75 / $6.50</td>
</tr>
<tr>
<td>Family*</td>
<td>$19.75 / $22.50</td>
</tr>
</tbody>
</table>

*Up to 5 family members, 2 adults maximum

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HOW TO REGISTER

CHOOSE ONE OF FOUR WAYS TO REGISTER:

1. ONLINE - HERNDONWEBTRAC.COM

   ![Image of how to register online]

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>CLASS FORMAT</th>
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Understanding Our Class Format

<table>
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<tr>
<th>ACTIVITY</th>
<th>NUMBER OF CLASSES</th>
<th>LENGTH OF CLASS</th>
<th>DATES NO CLASS HELD</th>
<th>COST FOR TOH / NR</th>
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<tbody>
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<td>M: 5:30–7:30pm</td>
<td>1/3–3/30</td>
<td>$24 / $36</td>
</tr>
</tbody>
</table>

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

**Labor Day Festival**.............................36
 Monday, September 2  
 11:00am-5:00pm  
 Town Green, 777 Lynn Street

**Family Fitness & Fun Fest** ..........22
 Saturday, September 14  
 9:00am-12:00pm  
 Town Hall Square, 730 Elden Street

**Herndon Kids Triathlon** ..............22
 Sunday, September 15  
 8:00am  
 Herndon Community Center

**NatureFest** ..................................22
 Sunday, September 29  
 1:00-5:00pm  
 Runnymede Park

**Bark Bash/Pooch Parade** ..........23
 Saturday, October 5  
 9:30am-12:30pm  
 Town Hall Square, 730 Elden Street

**Herndon Homecoming Parade** ....23
 Saturday, October 19  
 9:30am  
 Elden Street, Historic Downtown

**Spooktacular** ..............................23
 Friday, October 25  
 6:30-8:00pm  
 Herndon Community Center

**Pumpkin Palooza** ..........................36
 Saturday, October 26  
 10:00am-1:00pm  
 Town Hall Square, 730 Elden Street

**Turkey Trot 5K** ..........................24
 Saturday, November 23  
 4:00pm  
 Herndon Community Center

**Holiday Arts and Crafts Show** ....24
 Sunday, December 8  
 10:00am-4:00pm  
 Herndon Community Center
NO AQUATIC CLASSES ON OCTOBER 12-13 & NOVEMBER 27-30

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 on Saturday and Sunday mornings until noon.

A detailed listing of swimming class requirements may be found at 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 no 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 or Christina.Bolzman@herndon-va.gov 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 no 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. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>No class 10/12, 11/27, 11/30</th>
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<tr>
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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.

6, 25 minute classes

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<th>No class 10/12, 11/27, 11/30</th>
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Preschooler and Me Age 3-5

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.

Swim with parent.

6, 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 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.

6, 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.

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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.

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<tr>
<th>6, 25 minute classes</th>
<th>no class 10/12, 11/27, 11/30</th>
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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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**Preschooler 5  Age 4-6**
An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

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AQUATICS

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.

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.

6, 30 minute classes  no class 10/23, 12/06
Sa 11:00-11:30am 11/2-12/14 | $54 / $72 203110.61
Sa 11:00-11:30am 11/2-12/14 | $54 / $72 203110.61

8, 30 minute classes  no class 10/31, 11/27, 11/28
M/W 6:00-6:30pm 9/16-10/9 | $72 / $96 203110.11
M/W 6:00-6:30pm 10/14-11/6 | $72 / $96 203110.12
M/W 6:00-6:30pm 11/18-12/16 | $72 / $96 203110.13
Tu/Th 5:00-5:30pm 9/15-10/12 | $72 / $96 203110.21
Tu/Th 5:00-5:30pm 10/15-11/12 | $72 / $96 203110.22
Tu/Th 5:00-5:30pm 11/19-12/17 | $72 / $96 203110.23
Su 11:30am-12:00pm 9/15-11/24 | $99 / $132 203110.70

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.

6, 30 minute classes  no class 10/23, 12/06
Sa 10:30-11:00am 11/2-12/14 | $54 / $72 203120.60
Sa 10:30-11:00am 11/2-12/14 | $54 / $72 203120.61

8, 30 minute classes  no class 10/31, 11/27, 11/28
M/W 6:30-7:00pm 9/16-10/9 | $72 / $96 203120.11
M/W 6:30-7:00pm 10/14-11/6 | $72 / $96 203120.12
M/W 6:30-7:00pm 11/18-12/16 | $72 / $96 203120.13
M/W 7:00-7:30pm 9/16-10/9 | $72 / $96 203120.16
M/W 7:00-7:30pm 10/14-11/6 | $72 / $96 203120.17
M/W 7:00-7:30pm 11/18-12/16 | $72 / $96 203120.18
Tu/Th 5:30-6:00pm 9/15-10/12 | $72 / $96 203120.21
Tu/Th 5:30-6:00pm 10/15-11/12 | $72 / $96 203120.22
Tu/Th 5:30-6:00pm 11/19-12/17 | $72 / $96 203120.23
Su 10:00-10:30am 9/15-11/24 | $99 / $132 203120.70

Swim 3  Age 6-12
Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute classes  no class 10/23, 12/06
Sa 10:00-10:30am 11/2-12/14 | $54 / $72 203130.60
Sa 10:00-10:30am 11/2-12/14 | $54 / $72 203130.61

8, 30 minute classes  no class 10/31, 11/27, 11/28
M/W 5:30-6:00pm 9/16-10/9 | $72 / $96 203130.11
M/W 5:30-6:00pm 10/14-11/6 | $72 / $96 203130.12

Swim 4  Age 6-12
Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

6, 30 minute classes  no class 10/23, 12/06
Sa 9:30-10:00am 11/2-12/14 | $54 / $72 203140.60
Sa 9:30-10:00am 11/2-12/14 | $54 / $72 203140.61

8, 30 minute classes  no class 10/31, 11/27, 11/28
M/W 5:00-5:30pm 9/16-10/9 | $72 / $96 203140.11
M/W 5:00-5:30pm 10/14-11/6 | $72 / $96 203140.12
M/W 5:00-5:30pm 11/18-12/16 | $72 / $96 203140.13
Tu/Th 6:00-6:30pm 9/17-10/10 | $72 / $96 203140.21
Tu/Th 6:00-6:30pm 10/15-11/12 | $72 / $96 203140.22
Tu/Th 6:00-6:30pm 11/19-12/17 | $72 / $96 203140.23

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.

6, 45 minute classes  no class 10/23, 12/06
Sa 8:45-9:30am 11/2-12/14 | $78 / $108 203150.60
Sa 8:45-9:30am 11/2-12/14 | $78 / $108 203150.61

11, 45 minute classes
Su 9:15-10:00am 9/15-11/24 | $143 / $198 203150.70

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.

Contact Head Coach Richard Romero for stroke evaluations at Richard.Romero@herndon-va.gov.

WWW.SWIMHACC.ORG
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.

6, 30 minute classes  no class 11/28
Tu  5:45-6:15pm  9/17-10/22  $54 / $72  204510.20
Tu  5:45-6:15pm  10/29-12/3  $54 / $72  204510.21
Th  5:15-5:45pm  9/19-10/24  $54 / $72  204510.40
Th  5:15-5:45pm  11/7-12/19  $54 / $72  204510.41

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

6, 45 minute classes  no class 11/28
Tu  6:15-7:00pm  9/17-10/22  $78 / $108  204610.20
Tu  6:15-7:00pm  10/29-12/3  $78 / $108  204610.21
Th  5:45-6:30pm  9/19-10/24  $78 / $108  204610.40
Th  5:45-6:30pm  11/7-12/19  $78 / $108  204610.41

Diving 2  Age 7-14
This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 45 minute classes  no class 11/28
Tu  7:00-7:45pm  9/17-10/22  $81 / $108  204710.20
Tu  7:00-7:45pm  10/29-12/3  $81 / $108  204710.21

6, 60 minute classes  no class 11/28
Th  6:30-7:30pm  9/19-10/24  $108 / $144  204710.40
Th  6:30-7:30pm  11/7-12/19  $108 / $144  204710.41

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.

6, 45 minute classes
Sa  11:45am-12:30pm  9/14-10/26  $72 / $96  204110.60
Sa  11:45am-12:30pm  11/2-12/14  $72 / $96  204110.61

11, 45 minute classes
Su  10:45am-11:30am  9/15-11/24  $132 / $176  204110.70
Su  11:00am-11:45am  9/15-11/24  $132 / $176  204110.71
Su  11:45am-12:30pm  9/15-11/24  $132 / $176  204110.72

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 backstroke without stopping. Plus 25 yards each of legal butterfly and breaststrokes.

6, 45 minute classes
Sa  11:00-11:45am  9/14-10/26  $72 / $96  204210.60
Sa  11:00-11:45am  11/2-12/14  $72 / $96  204210.61

11, 45 minute classes
Su  10:45am-11:30am  9/15-11/24  $132 / $176  204210.70
Su  11:00am-11:45am  9/15-11/24  $132 / $176  204210.71
Su  11:45am-12:30pm  9/15-11/24  $132 / $176  204210.72

AQUATICS: ADAPTED AQUATICS

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. 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 6-12
Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

6, 30 minute classes  no class 11/29
F  4:00-4:30pm  9/20-10/25  $54 / $72  203810.50
F  4:30-5:00pm  9/20-10/25  $54 / $72  203810.51
F  4:00-4:30pm  11/1-12/13  $54 / $72  203810.52
F  4:30-5:00pm  11/1-12/13  $54 / $72  203810.53

Advanced  Age 6-12
The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

6, 30 minute classes  no class 11/29
F  5:00-5:30pm  9/20-10/25  $54 / $72  203910.50
F  5:00-5:30pm  11/1-12/13  $54 / $72  203910.51

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 or Christina.Bolzman@herndon-va.gov to schedule an evaluation at no charge.
8 AQUATICS

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.

6, 45 minute classes

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Price</th>
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<tr>
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<tr>
<td>Sa</td>
<td>10:30-11:15am</td>
<td>11/2-12/14</td>
<td>$78</td>
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8, 45 minute classes no class 10/12, 11/30

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11, 45 minute classes

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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.

3 classes

<table>
<thead>
<tr>
<th>Day</th>
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<th>Dates</th>
<th>Price</th>
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<tr>
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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. This course is a blended learning course with an approximately 7 hour online portion that must be completed before the class. Please check your receipt for further instructions. If you have any questions, please contact Jim Heffel at 703-435-6800 x2117.

1, 10 hour class

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NEW  Safety Training for Swim Coaches  Age 15 & up
The Safety Training for Swim Coaches course offers up-to-date content on safe sport policies, emergency planning and first aid, including: maintaining a comfortable and safe environment for swimmers, preventing accidents and emergencies, responding to ill or injured swimmers in water or on land. The online portion must be completed prior to registration of this course. Additional Red Cross fee of $25 applies.

1, 3 hour class

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Masters Swim Team  Age 18 & up
Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! ($10 Drop-in fee per practice)

25, 60 minute classes

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<td>$100</td>
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</table>
**AQUATICS: AQUATIC FITNESS**

**Therapeutic Water Workout Age 16 & up**
Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

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<tr>
<th>27, 60 minute classes</th>
<th>no class 11/28</th>
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<td>9:30–10:30am</td>
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**NEW Intro to Water Aerobics Age 16 & up**
Interested in Water Aerobics but not sure where to start? This is the class for you! Our entry level program will help you better understand the value and techniques of exercising in the water. During the course you will learn basic and advanced moves as well as how to use equipment to assist your exercise. This class will prepare you for other water aerobics classes offered by the Herndon Community Center.

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<tr>
<th>14, 60 minute classes</th>
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**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.

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

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<tbody>
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<td>F</td>
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**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.

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<th>27, 60 minute classes</th>
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<td>M/W</td>
<td>8:00–9:00am</td>
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**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.

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<th>13, 60 minute classes</th>
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<td>7:30–8:30am</td>
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**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.

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<thead>
<tr>
<th>12, 60 minute classes</th>
<th>no class 10/12, 11/30</th>
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<td>8:00–9:00am</td>
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**Deep Water 2 Age 16 & up**
This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

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<tr>
<td>M/W</td>
<td>7:30–8:30pm</td>
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<td>Tu/Th</td>
<td>7:30–9:30am</td>
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**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-swimmer and other aquatic exercises. Class is conducted in deep water and flotation belts are available.

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<th>40, 60 minute classes</th>
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<tr>
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**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-swimmer and other aquatic exercisers. Class is held in deep water and flotation belts are available.

<table>
<thead>
<tr>
<th>27, 60 minute classes</th>
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<tr>
<td>M/W</td>
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**FITNESS: SMALL GROUP PERSONAL TRAINING**

**Athletic Cross-Training**  Age 16 & up  **Level 3**
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.

**NEW Saturday option!**

- **15, 60 minute classes**
  - Tu 6:00-7:00pm 9/3-12/10 $128 / $170 222850.20
- **14, 60 minute classes**
  - Sa 9:00-10:00am 9/7-12/14 $119 / $159 222850.60

**Big Downsize**  Age 16 & up  **Level 1**
A fun and encouraging class designed especially for participants who wish to focus on weight loss as a fitness goal. This class will emphasize total body movement patterns, high repetitions & high calorie burn. Format includes warm-up, strength & conditioning, core work & stretching.

- **15, 60 minute classes**
  - W 7:15-8:15pm 9/4-12/11 $128 / $170 222230.30

**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.

- **14, 60 minute classes**
  - M 6:00-7:00pm 9/9-12/9 $119 / $159 220530.10

**GET LEAN, EAT CLEAN**

**TEAM TRAINING**  Age 16 & up  **Level 2**
Build strength, trim down, and refine your eating habits to make this the year fitness becomes a lifestyle! Join a team of fellow exercisers all working toward a common goal. In a small group setting, you'll meet twice a week to take on focused workouts, intense workouts, recovery workouts & weekly nutrition challenges. You'll meet in the PT studio, but you might also train in the Gym, Fitness Room or even Outside. (And one class will be set-aside for a grocery store tour). Everyone gets a team t-shirt on the first day and a great sense of accomplishment on the last!

- **15, 60 minute classes**
  - M/W 7:30-8:30pm 9/4-10/23 $143 / $185 220631.10
- **14, 60 minute classes**
  - M/W 7:30-8:30pm 10/28-12/11 $134 / $174 220631.11
Kettlebell Training  Age 16 & up  Level 2
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.

14, 60 minute classes  no class 11/28
Th 6:30-7:30pm 9/5-12/12 $119 / $159 221430.41

NEW  Land & Sea Fitness  Age 16 & up  Level 2
This fusion class brings together the benefits of land and water exercise formats. Mondays meet in the pool to work on flexibility & cardiovascular health. Wednesdays you’ll workout in the PT Studio and focus on strength & muscle tone. Get the best of both worlds with a balanced pair of workouts in and out of the water!

15, 60 minute classes
M/W 1:30–2:30pm 9/4–10/23 $128 / $170 221130.10

14, 60 minute classes
M/W 1:30–2:30pm 10/28–12/11 $119 / $159 221130.11

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.

15, 60 minute classes
Tu 12:00–1:00pm 9/3–12/10 $128 / $170 220730.20
W 12:00–1:00pm 9/4–12/11 $128 / $170 220730.30

14, 60 minute classes  no class 11/28
Th 12:00–1:00pm 9/5–12/12 $119 / $159 220730.40

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!

14, 60 minute classes
M 12:00–1:00pm 9/9–12/9 $119 / $159 220731.10

Morning Buzz  Age 16 & up  Level 2
Re-energize your metabolism with a great workout that will give you that rejuvenating ‘buzz’ feeling to carry you through the end of your day! Enjoy a full-body fitness experience as you romp through a dynamic warm-up, power circuits, strength routines, cardio intervals & core finishers. NEW Saturday option!

14, 60 minute classes  no class 10/12, 11/29
F 6:15–7:15am 9/6–12/13 $119 / $159 220930.50
Sa 8:00–9:00am 9/7–12/14 $119 / $159 220930.60

15, 60 minute classes

Move Well  Age 16 & up  Level 1
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.

15, 45 minute classes
Tu 10:30–11:15am 9/3–12/10 $96 / $128 220630.20

TRX Fusion  Age 16 & up  Level 2
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! Multiple Levels Available – See Section Listing.

NEW Saturday option!

14, 45 minute classes
F 9:30–10:15am 9/6–12/13 $90 / $119 222432.50
F 12:15–1:00pm 9/6–12/13 $90 / $119 222432.51

15, 45 minute classes  no class 10/22
Tu 7:00–7:45pm 9/3–12/10 $96 / $128 222432.20
Sa 10:00–10:45am 9/7–12/14 $90 / $119 222432.60

EXERCISE WITH A FRIEND & ENJOY THE BENEFITS
Patrice and Elaine are dedicated participants who have been working out together for a few years. They have been enrolled in our Small Group Fitness Classes. Best of all, both say when they finish a HCC training class, they leave the HCC with smiles on their faces.

Patrice has been attending the Morning Buzz and the Four-Thirty Fitness Club programs weekly for two years. These programs are offered at times that are convenient for her schedule. Patrice says the community center offers a full complement of amenities that are competitive when compared to full-service gyms in the area. Each fitness class offers a different experience; no session is the same. The trainers are passionate, professional, and they take a genuine interest in her personal physical fitness needs. Since participating in these classes, she has become stronger, healthier, and most of all she is challenged each session to achieve new fitness goals.

Elaine has been traveling from Maryland to attend our small group training classes. She combines ‘business with pleasure’ to visit friends and local businesses while she is in the area, which allows her to be able to socialize and get fit all in a day’s journey. She says the HCC is a very friendly place and the quality and variety of the programs are truly wonderful. Elaine has always worked out because it keeps her sane, healthy, and she sleeps better. The small group fitness classes help her to continually ‘up her game’ as she ages.

Way to go ladies!
FITNESS: YOUTH FITNESS CLASSES

**Youth Fitness Boxing**  Age 12-18  Level 2
Youth Fitness Boxing teaches basic boxing skills and develops athletic fitness in a fun and empowering workout. Footwork, guarding, movement, & punch techniques are emphasized. The non-contact class format includes heavy bag & speed bag work, partner drills, & sparring pads - along with dynamic resistance training & core exercises. Participants learn not only self-defense tools, but build self-confidence while advancing their health & fitness.

14, 45 minute classes
Tu 5:15-6:00pm  9/10-12/10  $72 / $95  222124.20
13, 45 minute classes no class 11/28
Th 5:15-6:00pm  9/10-12/10  $67 / $89  222124.40

**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.

13, 60 minute classes no class 11/28, 11/29
Tu 3:30-4:30pm  9/12-12/12  $89 / $118  22123.40
Th 7:00-8:00pm  9/12-12/12  $89 / $118  22123.41
F 3:30-4:30pm  9/13-12/13  $89 / $118  22123.50

**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 and posture specific exercises, and general strength training.

15, 55 minute classes
M 8:30-9:25am  9/9-12/9  $96 / $127  221830.10
M 9:30-10:25am  9/9-12/9  $96 / $127  221830.11
W 9:30-10:25am  9/4-12/11  $102 / $136  221830.30
W 6:15-7:10pm  9/4-12/11  $102 / $136  221830.32

**Strength Circuit**  Age 55 & up  Level 1
Establish and 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 and encouragement!

14, 55 minute classes no class 11/28
Th 9:30-10:25am  9/5-12/12  $96 / $127  221940.40

**Turn Back the Clock**  Age 55 & up
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 and core strengthening. (Level 3 class may include Cardio/Intervals).

15, 55 minute classes
M 8:30-9:25am  9/9-12/9  $96 / $127  221830.10
M 9:30-10:25am  9/9-12/9  $96 / $127  221830.11
W 9:30-10:25am  9/4-12/11  $102 / $136  221830.31
W 6:15-7:10pm  9/4-12/11  $102 / $136  221830.32

**Turkey Trot 5K Training**  Age 16 & up
Whether you’re looking to finish your first 5k race or improve on your personal best time, this training program will help you achieve your goal. Meet with a running coach weekly to work on running technique, building endurance, proper form, and strength gain. This class meets outdoors so please dress accordingly, including proper running shoes and attire. (For the first class, meet in the Community Center lobby). Reflective gear/flashlights/bling safety lights and/or headlamps encouraged as the evenings grow darker. Race registration for the 2019 Turkey Trot (Sat. Nov. 23 @ 4pm) is included in the cost of the program.

12, 75 minute classes
W 6:00-7:15pm  9/4-11/20  $157 / $199  227230.30

SPOTLIGHT ON: KATIE WILKINSON
PERSONAL TRAINER & GROUP FITNESS INSTRUCTOR

Katie has been a dedicated member of our HCC Fitness Staff for the past EIGHT years! She started as a regular class participant who developed a passion and skill for sharing fitness with others. In 2011, Katie was hired to teach Drop-In Fitness Classes after co-teaching and being mentored under our Head Trainer, Karen Tsitos. Katie became a certified Group Exercise Instructor with the NCCPT (National Council for Certified Personal Trainers), and two years later took it a step further in becoming a Certified Personal Trainer. Katie loves how exercise helps you gain confidence and strength of body at the same time. She currently works with variety of individual training clients every week and teaches on Tuesdays and Thursdays: HCC Intervals at 9:30am and HCC Core at 12:15pm. Don’t let her charming disposition fool you - her devious core routines will have you knackered in no time at all!
**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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**NEW PERSONAL TRAINING STARTER PACK**

Our NEW & IMPROVED Personal Training “Get Started” Package is designed to give you the tools, know-how and motivation to meet your goals and 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.

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**ZOMBIE ZUMBA PARTY!**

**FRIDAY, OCTOBER 18**

7:30–9PM

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

All proceeds benefit the Parks and Recreation Scholarship Fund, which enables those who are unable to participate in programs or camps.
**FALL 2019 DROP-IN EXERCISE CLASS SCHEDULE**

**SCHEDULE EFFECTIVE:** TUESDAY, SEPTEMBER 3 – SUNDAY, DECEMBER 22

**NO CLASSES 10/12, 10/13, 11/28, 11/29, 12/8, 12/23–1/1

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<thead>
<tr>
<th>DAY</th>
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<tr>
<td>MON.</td>
<td>HCC Body Blast</td>
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<td>TUE.</td>
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**GET UPDATES ON DROP-IN EXERCISE CLASSES**

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 TO GEX LIST. You may also list the class formats you regularly attend, and we’ll only email you when those classes are impacted.

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**HCC Body Blast**  
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.

**HCC Core**  
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!

**HCC Intervals**  
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.

**HCC Strong**  
Age 16 & up  
Total body muscular strength and endurance, emphasizing on upper body, core, and cardio conditioning. Each session will add a new element to your exercise experience. It’s never too late to try something new.

**HCC Tabata**  
Age 16 & up  
Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It only takes four minutes to complete a Tabata circuit, but those four minutes may well push your body to its absolute limit. Tabata training burns tons of calories and provides an incredible full-body anaerobic and aerobic workout.

**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 500 calories in a class. The moves are simple so no need to be especially coordinated and no experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**BODYPUMP™**  
Age 16 & up  
BODYPUMP™ 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.

**HOT HULA Fitness**  
Age 16 & up  
Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). 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.

**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.
**NEW ➤ NUTRITION: WITH SARAH PAGE; INTEGRATIVE NUTRITION HEALTH COACH**

### Cooking for Health  Age 16 & up

Want to learn how to cook healthy and satisfying food for you and your loved ones? Eating healthy doesn’t have to be hard. Learn how to prepare simple, easy, affordable and delicious recipes to start cooking healthy at home. We will learn to make healthy 30 minute dinners, easy lunches for work, smoothies for health and much more! **Meets every other Saturday:** 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7.

**Beginner/Intermediate**

- **7, 90 minute classes**
  - Sa 9:00-10:30am  |  9/7-12/7  |  $131 / $174  |  223530.60

### Healthy for Life: Adult Small Group Coaching  Age 16 & up

Ready to transform your health for good? In this course, we dive deep and learn all about healthy eating, lifestyle improvements, goal setting and making change stick, all in a small group setting. You’ll receive both group and individual coaching, health demos and field trips, actionable steps to implement after each class and the support and encouragement of your group along the way. Get ready to make healthy living your new way of life!

**Beginner/Intermediate**

- **14, 60 minute classes**
  - M/W 7:00-8:00pm  |  9/9-10/23  |  $119 / $159  |  223630.10
  - T/Th 7:00-8:00pm  |  9/10-10/4  |  $119 / $159  |  223630.20
  - 13, 60 minute classes  |  no class 11/27, 11/28
  - M/W 7:00-8:00pm  |  11/4-12/18  |  $105 / $140  |  223630.11
  - T/Th 7:00-8:00pm  |  11/5-12/19  |  $105 / $140  |  223630.21

### SEPTEMBER:

#### Clean Eating for Beginners

Learn the basics of eating clean and healthy. Each week we will dive into a different aspect of clean eating and how you can start to implement changes in your daily life to support your health and wellness through diet. Class meets 2 days a week for one month.  **8 sessions**

- 9/4-9/30  |  $60 / $80  |  223730.10

### OCTOBER:

#### Weigh Less, Live More

Learn how to prioritize and reach your weight loss goals in a sustainable and healthy way. From changes in eating habits, to dietary choices, to lifestyle, you’ll learn how to overcome common struggles and start your journey towards sustainable weight loss. Class meets 2 days a week for one month.  **8 sessions**

- 10/2-10/28  |  $60 / $80  |  223730.11

### NOVEMBER:

#### Healthy On-The-Go

Learn how to stay healthy while busy and on-the-go. You’ll learn how to prepare for various on-the-go situations from travel, to vacation and holidays, to every day work and meetings. A busy life doesn’t have to get in the way of your health any longer! Class meets 2 days a week for one month.  **8 sessions**

- 10/30-11/25  |  $60 / $80  |  223730.12

### DECEMBER:

#### Bye-Bye Sugar Cravings

Learn how to say goodbye to your sugar cravings. Each week we cover a different aspect of beating cravings and developing healthy alternatives and replacements. Get ready to discover food freedom and no longer feel controlled by sugar. Class meets 2 days a week for one month.  **6 sessions**

- 12/2-12/18  |  $45 / $60  |  223730.13
# WELLNESS

**Preschool Yoga**  
Age 3-5  
Youngsters will explore yoga poses and breath through stories, songs, and games. Beneficial for building strength, coordination, focus, and balance, while learning about the world around us and having fun.

- **12, 45 minute classes**  
  - no class 11/27  
  - **W**  
  - 12:15-1:00pm  
  - 9/11-12/4  
  - $99 / $132  
  - 230830.30

**Hatha Yoga for Kids**  
Age 5-15  
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.

- **11, 45 minute classes**  
  - no class 10/13  
  - **Su**  
  - 2:30-3:15pm  
  - 9/8-11/24  
  - $83 / $110  
  - 230430.00

**Hatha Yoga**  
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.

- **11, 75 minute classes**  
  - no class 10/13  
  - **Su**  
  - 1:00-2:15pm  
  - 9/8-11/24  
  - $125 / $166  
  - 230330.00

**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.

- **15, 60 minute classes**
  - M  
  - 3:00-4:00pm  
  - 9/9-12/16  
  - $149 / $198  
  - 230040.10

- **14, 60 minute classes**  
  - no class 11/27  
  - **W**  
  - 2:30-3:30pm  
  - 9/11-12/18  
  - $141 / $188  
  - 230040.30

**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 his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

- **12, 90 minute classes**  
  - no class 11/28  
  - **Th**  
  - 7:00-8:30pm  
  - 9/12-12/5  
  - $125 / $166  
  - 230130.40

**Meditation**  
Age 16 & up  
Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. This is a great class to pair with Tai Chi or Yoga. Senior discount does not apply.

- **12, 60 minute classes**  
  - no class 9/20, 11/29  
  - **F**  
  - 11:30am-12:30pm  
  - 9/13-12/13  
  - $105 / $139  
  - 230130.50

**Pilates**  
Age 16 & up  
Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

- **12, 60 minute classes**  
  - no class 11/28  
  - **Th**  
  - 11:00am-12:00pm  
  - 9/12-12/5  
  - $109 / $145  
  - 231130.40

**PIYO**  
Age 16 & up  
PIYO is a group exercise program designed for all to enjoy at any age. It combines the muscle sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. PIYO is a total-body fitness system designed to whip anyone into shape from head to toe. It is a program loved by both men and women of all ages. It is a program that is very easily modifiable to meet the challenges all may face.

- **12, 60 minute classes**  
  - no class 10/31, 11/28  
  - **W**  
  - 7:15-8:15pm  
  - 9/11-12/4  
  - $109 / $145  
  - 230730.30

**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.

- **12, 60 minute classes**
  - M  
  - 8:00-9:00pm  
  - 9/9-11/25  
  - $117 / $156  
  - 231131.10

**QiGong for Stress Relief**  
Age 16 & up  
Learn a variety of tools from Traditional Chinese Medicine as the winter season and the winter holidays approach. Meditative movement, visualization, aromatherapy, and more will be discussed and experienced in this class series.

- **4, 60 minute classes**
  - W  
  - 11:00am-12:00pm  
  - 10/30-11/20  
  - $56 / $74  
  - 231331.30

**Tai Chi**  
Age 16 & up  
Learn a walking Tai Chi form incorporating movements from the four major styles of Tai Chi. Suitable for any level of Tai Chi experience, including absolute beginners. Senior discount does not apply.

- **8, 60 minute classes**  
  - no class 11/29  
  - **F**  
  - 10:15-11:15am  
  - 10/25-12/20  
  - $112 / $149  
  - 231330.50
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.

12, 30 minute classes  no class 10/12, 10/25, 11/29, 11/30
F  6:30-7:00pm  9/13-12/13  $115 / $153  272000.51
Sa  11:30am-12:00pm  9/7-12/7  $115 / $153  272000.60

Intro to Tae Kwon Do  Age 7–14
One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker’s movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for $40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 60 minute classes  no class 10/25
W  8:20–9:50pm  9/11-12/4  $63 / $84  272550.30
F  8:15–9:45pm  9/13-12/13  $63 / $84  272550.51

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.

12, 60 minute classes  no class 10/12, 10/25, 11/29, 11/27
W  7:05–8:05pm  9/13-12/6  $61 / $81  272110.40

Kendo Fundamentals  Age 13 & up
Kendo, the art of Japanese fencing, strives to bring one’s mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact john.walsh@herndon-va.gov.

12, 60 minute classes  no class 10/13, 12/1, 12/8
Su  10:00-11:00am  9/8-12/15  $44 / $59  272450.01

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 shina and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

12, 90 minute classes  no class 10/25, 11/27, 11/29
W  8:20–9:50pm  9/11-12/4  $63 / $84  272550.30
F  8:15–9:45pm  9/13-12/13  $63 / $84  272550.51

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.

12, 60 minute classes  no class 10/13, 12/1, 12/8
Su  10:00-11:00am  9/8-12/15  $42 / $56  272650.01

NEW FITNESS ROOM EQUIPMENT
Come and experience the great improvements we’ve made to our Fitness Room! In the past year, we’ve upgraded our Concept II Rower and LifeFitness Treadmill, added a NEW Excite + Upper Body Ergometer and NEW Rogue Fitness Squat Rack (with over 1000 lbs. of bumper plate weights). Plus, we replaced our upper body strength circuit machines with a NEW LifeFitness Multi-Jungle 8 (MJ8). The MJ8 is an eight–station multi-faceted piece of strength training equipment customized with a lat pulldown, low row, overhead press, chest press, assisted chin/dip, dual adjustable pulley cable crossover, and adjustable single heavy stack to provide you with nearly limitless workout options. Please contact our fitness staff (fitness@herndon-va.gov) or call 703-787-7300 if you have any questions on how to use the new equipment or to schedule a Fitness Room orientation.
Preschool 2019-2020 School Year
NEW FORMAT
REGISTRATION
Age 3–5
Age 4-5 • M-F • 9:00am-12:00pm
(Must be 4 by September 30, 2019)
$3,500 / $4,150*
The 4’s and 5’s will meet daily Monday through Friday, with an emphasis on skills needed to enter kindergarten, plus field trips, outside free play, music, swimming and holiday activities to celebrate the diversity of our classroom.

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.

*Children must be potty-trained and the use of disposable undergarments is not permitted.

Schedule closely follows FCPS calendar.
A $75 non-refundable deposit, and proof of child’s identity (such as birth certificate or passport) are due at time of registration.

Fees are payable on an established payment plan.

For more information, contact Kimmie Alcorn at 703-435-6800 x2119 or kimmie.alcorn@herndon-va.gov.

PUMPKIN PALOOZA
See page 36 for details.

Mr. Jon & Friends is Parents’ Choice Award winning music for kids and their families. Join Mr. Jon for great family music that’s sure to inspire fun, laughter and lots of smiles!

248000.11
$4 in advance / $5 at the door. Children under the age of one are free. Please print your receipt to use as your ticket.
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.

12, 45 minute classes  no class 10/12, 11/28, 11/30
M  9:30-10:15am  9/9-11/25  $84 / $112  270000.10
Th  9:30-10:15am  9/12-12/5  $84 / $112  270000.40
Sa  9:00-9:45am  9/7-12/7  $84 / $112  270000.60

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.

12, 45 minute classes  no class 10/12, 11/27, 11/28, 11/30
M  10:30-11:15am  9/9-11/25  $84 / $112  270100.10
W  11:30-12:15pm  9/12-12/4  $84 / $112  270100.30
Th  10:30-11:15am  9/12-12/5  $84 / $112  270100.40
Sa  10:00-10:45am  9/7-12/7  $84 / $112  270100.60

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.

12, 45 minute classes  no class 10/12, 11/27, 11/28, 11/30
M  11:30am-12:15pm  9/9-11/25  $84 / $112  270200.10
W  12:00-1:45pm  9/12-12/4  $84 / $112  270200.30
Th  11:30am-12:15pm  9/12-12/5  $84 / $112  270200.40
Sa  11:00-11:45am  9/7-12/7  $84 / $112  270200.60

NEW  Munchkateers 3  Age 4-6
This class is designed for our younger participants that are ready to begin learning the skills needed to transition to the Level gymnastics classes but do not meet the age minimum. The program will include instruction on floor exercise, balance beam, single rail bar, and vaulting. Participants will learn the fundamental progressions and are introduced to all three splits and basic skills on each event. Participation in Munch 2 is recommended, and child must be able to follow group instruction and learn gymnastics terminology.

12, 60 minute classes  no class 11/27
W  3:00-4:00pm  9/11-12/4  $84 / $112  270300.30

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.

12, 60 minute classes  no class 10/12, 10/21, 11/23, 11/28, 11/30
M  4:30-5:30pm  9/9-11/25  $112 / $149  270310.10
Th  4:30-5:30pm  9/12-12/12  $112 / $149  270310.40
Sa  12:00-1:00pm  9/7-12/14  $112 / $149  270310.60

Level 1  Age 6-13
Participants will learn to perfect their cartwheel, perform a standing round-off, handstand against the wall, backwards roll to push-up position, straddle over on vault, and under-swing dismount on high bar. This class will build upon skills learned in the Young Beginner program. Advancement to the next level is based on obtaining the required skills with correct form.

12, 90 minute classes  no class 10/12, 10/31, 11/23, 11/27, 11/28, 11/30
M  5:30-7:00pm  9/9-11/25  $126 / $168  270410.10
W  5:30-7:00pm  9/11-12/4  $126 / $168  270410.30
Th  5:30-7:00pm  9/12-12/12  $126 / $168  270410.40
Sa  1:00-2:30pm  9/7-12/14  $126 / $168  270410.60

Level 2  Age 6-13
Participants will be introduced to front walkovers, back walkovers, a front handspring on vault, pummel and back hip circle on bars, a cartwheel on low beam, tuck jump, and a front handspring dismount on the high beam. Advancement to the Level 3 program is based on obtaining the required skills with correct form.

12, 90 minute classes  no class 10/12, 10/31, 11/23, 11/28, 11/30
M  7:00-8:30pm  9/9-11/25  $126 / $168  270510.10
Th  7:00-8:30pm  9/12-12/12  $126 / $168  270510.40
Sa  2:30-4:00pm  9/7-12/14  $126 / $168  270510.60

Level 3  Age 6-13
Participants will be introduced to back handsprings and combination tumbling on the floor, glide kips, front hip circles and sole circle dismounts on the bars, half ons on vault, and full turns, side and forward handstands, front handspring dismounts on beam. Successful completion of level 2 is required to participate in this class.

12, 2 hour classes
Tu  4:30-6:30pm  9/10-11/26  $168 / $223  270610.20

Level 4  Age 6-14
This program is for our advanced students looking to take the next step in preparing for competition level skills. Must be able to demonstrate all skills learned in the Level 3 class. This class is by INSTRUCTOR INVITATION or TRY-OUT ONLY.

12, 2 hour classes
Tu  6:30-8:30pm  9/10-11/26  $168 / $223  270710.20

Home School Gymnastics  Age 5 & up
The program will include instruction in floor exercise, balance beam, uneven bars, and vaulting. Participants will learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. No experience necessary but, must be able to follow group instruction and learn terminology.

12, 60 minute classes
Tu  3:00-4:00pm  9/10-11/26  $112 / $149  270150.20

HCC Admission Specials
$2 TUESDAYS (for seniors 65+)
All Day
$5 FRIDAYS (from 12:00-9:30pm)
All Ages
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 class on the last day.

Twinkle Toes  Age 12–24 months
This parent (or other caring adult)/child class is designed to encourage gross motor development through dance presented in a fun, playful atmosphere.

Twinkle Toes
Twinkle Toes
12, 45 minute classes  no class 11/28
Th  9:00–9:45am  10/12–12/5 $99 / $132 241100.41

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 your 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.

Baby Ballerinas
Baby Ballerinas
12, 45 minute classes  no class 10/12, 11/27, 11/30
M  10:00–10:45am  9/9–11/25 $99 / $132 241100.11
Tu  5:30–6:15pm  9/10–11/26 $99 / $132 241100.21
W  10:00–10:45am  9/11–12/4 $99 / $132 241100.31
Sa  9:30–10:15am  9/7–12/7 $99 / $132 241100.61

Ballet  Age 3–8
Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic 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.

Ballet
Ballet
12, 45 minute classes  no class 10/12, 11/27, 11/30
Beginning Age 3–4
W  11:00–11:45am  9/11–12/4 $99 / $132 241210.31
F  10:15–11:00am  9/13–12/6 $99 / $132 241210.51
Sa  10:15–11:00am  9/7–12/7 $99 / $132 241210.61
Sa  1:30–2:15pm  9/7–12/7 $99 / $132 241210.62

Intermediate Age 4–5
W  11:45am–12:30pm  9/11–12/4 $99 / $132 241210.32
F  11:00–11:45am  9/13–12/6 $99 / $132 241210.52
Sa  11:00–11:45am  9/7–12/7 $99 / $132 241210.64

Advanced Age 5–8
Sa  11:45am–12:30pm  9/7–12/7 $99 / $132 241210.65

Tiny Ballet/Tap/Jazz  Age 3–5
Basic hip-hop/jazz techniques are introduced. Students will learn to dance according to trends of today’s popular music.

Tiny Ballet/Tap/Jazz
Tiny Ballet/Tap/Jazz
12, 60 minute classes  no class 11/28
M  11:45am–12:45pm  9/9–11/25 $99 / $132 241220.11
Th  11:00am–12:00pm  9/12–12/5 $99 / $132 241220.41

Combination Dance  Age 3–5
Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique. Ballet and tap shoes are required.

Combination Dance
Combination Dance
12, 60 minute classes  no class 10/12, 11/28, 11/30
M  10:45–11:45am  9/9–11/25 $99 / $132 244210.11
Th  10:00–11:00am  9/12–12/5 $99 / $132 244210.41
Sa  12:30–1:30pm  9/7–12/7 $99 / $132 244210.61

Ballet/Tap/Jazz  Age 5–12
Acquire basic fundamentals and terminology for ballet and jazz technique. Enhance flexibility, balance, and strength and begin to develop performance skills.

Ballet/Tap/Jazz
Ballet/Tap/Jazz
12, 60 minute classes  no class 10/12, 11/30
Beginner Age 5–8
Sa  2:15–3:15pm  9/7–12/7 $99 / $132 242610.61

Intermediate/Advanced Age 7–10
Sa  3:15–4:15pm  9/7–12/7 $99 / $132 242610.62

Intermediate/Advanced Age 8–12
Sa  4:15–5:15pm  9/7–12/7 $99 / $132 242610.63

Ballet/Jazz  Age 5–9
Acquire basic fundamentals and terminology for ballet and jazz technique. Enhance flexibility, balance, strength and begin to develop performance skills.

Ballet/Jazz
Ballet/Jazz
12, 60 minute classes  no class 11/28
Th  3:30–4:30pm  9/12–12/5 $99 / $132 242610.41

NEW  Ballet/Tap  Age 4–6
Acquire basic fundamentals and terminology for beginning ballet and tap.

Ballet/Tap
Ballet/Tap
12, 60 minute classes  no class 11/27
W  5:00–6:00pm  9/11–12/4 $99 / $132 244210.31

Land - Pool Party Packages Available
All parties offer 75 minutes of an activity and an hour in the party room.

生日派对在Herndon社区中心
Call to schedule your party TODAY! 703-787-7300
"Thank you so much for helping make Ava’s party such a success! Everything went off without a hitch! I must have had four parents comment on how nice the community center was! Yes, it is! I can see us having more parties here."

HCC Admission Specials
$2 Tuesdays (for seniors 65+) All Day
$5 Fridays (from 1200-9:30pm) All Ages
NEW Hip-Hop/Tap Age 4-6
Covering basic fundamentals of old school and urban hip-hop and learning beginning steps and sounds of tap dance.
12, 60 minute classes
M 6:30-7:30pm 9/9-11/25 $99/$132 245310.11

Hip-Hop Age 4-8
Fun and upbeat style of dance focusing on coordination and strength. Hip-Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.
12, 60 minute classes no class 11/28
Beginning Age 4-6
Th 4:30-5:30pm 9/12-12/5 $99 / $132 245310.41
Intermediate/Advanced Age 6-8
Th 5:30-6:30pm 9/12-12/5 $99 / $132 245310.42

Urban Hip-Hop Age 7-15
This is a high intensity Urban Hip-Hop dance class that will cover styles of urban dancing including tutting, moonwalking, top rocks, threading, ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.
12, 60 minute classes no class 10/14, 10/16, 11/27
Age 7-10
W 6:00-7:00pm 9/11-12/11 $99 / $132 245311.31
Age 11-15
M 6:30-7:30pm 9/9-12/2 $99 / $132 245311.11

Adult Ballet Technique Age 16 & up
You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.
12, 60 minute classes no class 11/28
Th 6:30-7:30pm 9/12-12/5 $99 / $132 241230.41

Dance Survival Class Age 16 & up
Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing and waltz. Class will also cover the novelty dances Macarena and the Electric Slide. Next time you go to a wedding or party, you will know just what to do!
12, 60 minute classes no class 11/28
Th 7:30-8:30pm 9/12-12/5 $99 / $132 241231.41

Welcome Shamari Taylor
Dance Instructor
Shamari recently graduated from Virginia Commonwealth University with a bachelor’s degree in social work, but she has a passion for all things dance. She has been dancing since the age of 5 and is trained in ballet, pointe, jazz, modern, contemporary, tap, African, liturgical and hip-hop. She danced with the Detroit Windsor Dance Academy as a child, and then transferred to B.Funk Dance Company and danced with them for 10 years. Being on a competitive dance company and hip-hop crew gave her the opportunity to travel up and down the East Coast. In addition, she danced with Howard Community College Dance company for 2 years. Shamari has always enjoyed dancing, but her true passion is teaching. Look for her this fall during the weekday evenings, as she will be teaching Hip-Hop/Tap, Baby Ballerinas, and Ballet/Tap.

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

MORNING: M-Th 9:00-11:30am
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.

Ask us about our CORPORATE MEMBERSHIPS
Contact Ron Tillman, Community Center Manager, at 703-435-6800 x2116 for more details.
**Family Fitness & Fun FEST**

**Saturday, September 14**

9am-12pm

Town Hall Square, 730 ELDEN STREET

Bring the whole family outdoors for a superhero themed sports, fitness and nutrition event! It takes both physical activity and good nutrition to lead a healthy lifestyle - and a fully engaged family to teach & support our children to live it. Come enjoy the music, games, fitness challenges, healthy food and more!

*KIDS WEAR YOUR FAVORITE SUPERHERO COSTUME!*

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**NatureFest**

SUNDAY, SEPTEMBER 29

1:00-5:00pm

Runnymede Park - 195 Herndon Parkway

Learn more about all the wonders in Runnymede Park through hands-on stations, including bees, butterflies, web of life, live animal shows, and arts & crafts.

Co-sponsored by Friends of Runnymede Park and Herndon Parks and Recreation Department.

Satellite parking with a passenger van shuttle will be available to/from Herndon Police Station, 397 Herndon Parkway.

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**FAREWELL SUMMER TIE-DYE POP-UP**

Town Hall Square, 730 Elden St

**SEPT SAT 21 2019**

9:30 TO 11:00AM

Soak up the last weekend of Summer with some tie-dye and popsicles! $5 per person, includes shirt and all supplies needed for DIY tie-dye. Cash or check only, pay on-site day of event. All ages welcome!

HERNDON-VA.GOV/ITSON

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**HERNDON KIDS TRIATHLON**

Sunday, September 15 8:00am

ONGOING REGISTRATION

Prior to August 2 $40
August 3-September 6 $45
September 7-13 $50

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**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

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**Volunteers**

Please call 703-435-6800 x2119.
Homecoming Parade
“Into the Future!”
Saturday, October 19 9:30am
Parade marches down Elden St to Lynn Street and past the review stand at Town Hall Square.
One of Herndon’s best community events – the Herndon Homecoming Parade, featuring floats, local businesses and groups, as well as special guests. Bring a chair and support the Hornets.
Call 703-435-6800 x2119 to participate in the parade.
To volunteer, go to: www.tinyurl.com/HerndonParade2019

Spooktacular
FRIDAY
October 25
6:30-8:00pm
Age 3-8
Enjoy this annual Halloween tradition with games and a children’s show. Costumes are welcome! Fee covers all activities, show and a treat bag. Dinner on your own.

Community Yard Sale
Saturday, November 9
Your cast-offs may be someone else’s treasures.
Look for more info herndon-va.gov/events
Saturday, November 23

RACE STARTS AT 4:00PM

PACKET PICK-UP
FRIDAY, NOVEMBER 22  5:00-8:00PM
SATURDAY, NOVEMBER 23  1:30-3:30PM

Herndon Parks and Recreation Department is hosting the annual Turkey Trot 5K. Come out and enjoy a trail course 5K with the family! Long sleeve Sport Tek T-shirts guaranteed to the first 700 pre-registered runners. T-shirts must be picked up the day of the race. Shirts will not be available after race day. Strollers, bikes and dogs are not permitted in the race.

Prizes to 1st and 2nd place winners in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. A turkey and all the trimmings will be given to the overall male and female winners.

REGISTRATION

Registration forms will be available online and at the Herndon Community Center in late September. Online registration ends at 12pm on November 22. The registration fee is $30 at the Friday evening packet pick-up.

Online registration is available at herndon-va.gov/recreation & Active.com.

PRE-REGISTRATION:
Adults: $30 and a can of food for donation
257150.60 Age 19 & up
Youth: $20 and a can of food for donation
257150.61 Age 18 & under

RACE DAY REGISTRATION:
Adults: $35 & a can of food for donation
Youth: $20 and a can of food for donation

ALL FOOD WILL BE DONATED TO LINK.

Herndon Holiday Arts & Crafts Show

Sunday, December 8
10am - 4pm

Over 80 vendors. Unique gifts, holiday decorations and homemade items.

Panera Bread Fundraiser
Help support our Parks and Recreation Scholarship program

Wednesday, October 23
4-8pm

Stop by Panera Bread at 460 Elden Street, Worldgate Centre, or order delivery and Panera Bread will donate a percent of the orders to our scholarship program.

Make sure to let the Panera staff know you are supporting the Herndon Parks and Recreation Department scholarship fundraising event.
**SANTA, STARS, & S’MORES**  
Friday, December 6  
7:00-8:30pm

Follow the luminaries to the campfire and Santa. He’ll be here to chat with each child, plus holiday music. Dress for the outdoors. S’more kits available for sale.

In case of inclement weather, event will be held Sunday, December 8 at same time.  
**Sorry, no pets at this event.**

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**JINGLES IN JAMMIES & SWIMMING**  
Friday, November 29  
5:30-9:00 PM

HERNDON COMMUNITY CENTER

Come relax after all that shopping & kick off the holiday season as a family! Go for a swim in our pool then change into your PJs to enjoy a showing of **ELF**, rated PG. Popcorn & hot cocoa will be served. Bring a blanket for seating.

$8 per person  
Pay at the door on the day of event.

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**HOLIDAY HOMES TOUR**

Saturday, December 7  
10:00am-4:00pm

Local homes will be decorated for the holidays. Local community organizations sponsor each home. Tickets on sale starting Monday, October 28.

Tickets $15 through December 1 and $20 beginning December 2. Purchase tickets at Herndon Community Center, Herndon Florist, or online by visiting facebook.com/HolidayHomesTour.

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**WINTERMARKT**

Saturday, December 14  
12-8pm

Town Hall Square, 730 Elden Street

Styled in the European traditions of Germany’s original and most famous WinterMarkts. Free entertainment. Food and craft vendors, gluhwein and German beer available for sale.

It will be an enchanting winter as we transport an old European tradition to the community setting of historic downtown Herndon; a great time to make new memories and traditions with us in Herndon!

Sponsored by Dulles Regional Chamber of Commerce and Town of Herndon
Happy Feet Soccer Age 2–5
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 no class 10/12
Age 2–3
Sa 9:20–9:50am 9/7–11/2 $53 / $70 273000.53
Sa 9:55–10:25am 9/7–11/2 $53 / $70 273000.54
Sa 10:30–11:00am 9/7–11/2 $53 / $70 273000.55

Age 4–5
Sa 11:10–11:40am 9/7–11/2 $53 / $70 273000.52

Nova Legends Soccer Age 6–12
Want to improve your dribbling and scoring goals? Classes focus on the development of a child’s individual skills. Focus is on improving each child’s self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes no class 10/12
Sa 11:45am–12:30pm 9/7–11/2 $75 / $100 273110.50

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 no class 10/13
Age 3–4
Tu 5:30–6:00pm 9/10–10/29 $53 / $70 273500.21
Su 1:35–2:05pm 9/8–11/3 $53 / $70 273500.61

Age 5–6
Tu 6:05–6:35pm 9/10–10/29 $53 / $70 273500.22
Su 1:00–1:30pm 9/8–11/3 $53 / $70 273500.62

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.

12, 60 minute classes no class 10/29
M 5:30–6:30pm 9/9–11/25 $80 / $106 276010.10
F 6:30–7:30pm 9/9–11/25 $80 / $106 276010.60

Home School P.E. – Fit Play Learn Age 6–14
Home School P.E. is a comprehensive and fun physical education program that provides them with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

7, 60 minute classes no class 11/28
Tu 1:30–2:30pm 9/10–10/22 $49 / $65 274010.20
Th 1:30–2:30pm 9/12–10/24 $49 / $65 274010.40
Th 1:30–2:30pm 10/29–12/19 $49 / $65 274010.41

Racquetball League Age 16 & up
Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience.

This season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season. Registration deadline is Friday, September 6. First week of play begins on Sunday, September 15. League director reserves the right to combine divisions if necessary. For more information, please call 703–435–6800 ext. 2106.

Advanced Division
9/16–12/16 $66 / $88 278030.10

Intermediate Division
9/16–12/12 $66 / $88 278030.20

OPEN GYM SCHEDULE: FALL 2019

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</tbody>
</table>

Friday open gym may be cancelled for events. Youth = Age 17 & under and Teen = Age 13–17.
THIS SCHEDULE IS SUBJECT TO CHANGE – CHECK MONTHLY SCHEDULE.
# NTRP RATINGS

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

### 1.0-1.5 Beginner

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

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

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## OUTDOOR TENNIS: YOUTH

### Pee Wee/Beginner: Age 4-5

<table>
<thead>
<tr>
<th>Age 4-5</th>
<th>5, 30 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Sa</td>
<td>8:30-9:00am</td>
</tr>
<tr>
<td>8, 30 minute classes</td>
<td>4:45-5:15pm</td>
</tr>
</tbody>
</table>

### Beginner 1.0-1.5: Age 6-7

#### Age 6-8

<table>
<thead>
<tr>
<th>Age 6-8</th>
<th>5, 45 minute classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sa</td>
<td>9:00-9:45am</td>
</tr>
<tr>
<td>8, 45 minute classes</td>
<td>5:00-5:45pm</td>
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#### Age 9-15

<table>
<thead>
<tr>
<th>Age 9-15</th>
<th>5, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Sa</td>
<td>10:00-11:00am</td>
</tr>
<tr>
<td>8, 60 minute classes</td>
<td>6:00-7:00pm</td>
</tr>
</tbody>
</table>

### Intermediate 3.0-3.5: Age 11-15

<table>
<thead>
<tr>
<th>Age 11-15</th>
<th>5, 60 minute classes</th>
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</thead>
<tbody>
<tr>
<td>Sa</td>
<td>11:00am-12:00pm</td>
</tr>
<tr>
<td>8, 60 minute classes</td>
<td>7:00-8:00pm</td>
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### Advanced 4.0: Age 12-15

<table>
<thead>
<tr>
<th>Age 12-15</th>
<th>8, 60 minute classes</th>
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<tbody>
<tr>
<td>Tu/Th</td>
<td>7:00-8:00pm</td>
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### High School: Age 14-17

<table>
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<tr>
<th>Age 14-17</th>
<th>5, 60 minute classes</th>
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<tbody>
<tr>
<td>Sa</td>
<td>12:00-1:00pm</td>
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</table>

## OUTDOOR TENNIS: ADULT

### Beginner 1.0-1.5: Age 16 & up

<table>
<thead>
<tr>
<th>Age 16 &amp; up</th>
<th>5, 60 minute classes</th>
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<tbody>
<tr>
<td>Sa</td>
<td>8:00-9:00am</td>
</tr>
<tr>
<td>8, 60 minute classes</td>
<td>6:00-7:00pm</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age 16 &amp; up</th>
<th>5, 60 minute classes</th>
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</thead>
<tbody>
<tr>
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<td>9:00-10:00am</td>
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<tr>
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### Intermediate 3.0-3.5: Age 16 & up

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### Advanced 4.0: Age 16 & up

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<td>Tu/Th</td>
<td>7:00-8:00pm</td>
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### OUTDOOR WEATHER POLICY

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

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All youth classes will emphasize tennis fundamentals. ALL STUDENTS MUST PROVIDE THEIR OWN RACQUET AND WEAR TENNIS SHOES.
All youth classes will emphasize tennis fundamentals. ALL STUDENTS MUST PROVIDE THEIR OWN RACQUET AND WEAR TENNIS SHOES.

**INDOOR TENNIS: YOUTH**

**Pee Wee  Age 4-5**

- **8, 30 minute classes**
- **no class 10/31, 11/27, 11/28, 11/30**
  - **W** 4:30–5:00pm 10/16–12/11 $57 / $76 291200.31
  - **Th** 5:00–5:30pm 10/17–12/19 $57 / $76 291200.41
  - **Sa** 8:30–9:00am 10/19–12/14 $57 / $76 291200.61

**Beginner 1.0–1.5  Age 6–15**

- **8, 60 minute classes**
- **Age 6-8**
  - **no class 10/31, 11/27, 11/28, 11/30**
    - **Th** 5:30–6:30pm 10/17–12/19 $91 / $121 292310.41
    - **Sa** 8:30–9:00am 10/19–12/14 $91 / $121 292310.61

- **Age 9–11**
  - **8, 60 minute classes**
    - **no class 11/30**
      - **Sa** 10:00–11:00am 10/19–12/14 $91 / $121 292410.61

- **Age 12–15**
  - **8, 60 minute classes**
    - **no class 11/30**
      - **Sa** 11:00am–12:00pm 10/19–12/14 $91 / $121 292510.61

**Advanced Beginner 2.0–2.5  Age 6–15**

- **8, 60 minute classes**
- **Age 6-8**
  - **no class 11/29, 11/30**
    - **Tu** 4:30–5:30pm 10/15–12/3 $91 / $121 293110.21
    - **F** 5:30–6:30pm 10/25–12/20 $91 / $121 293110.51
    - **Sa** 9:00–10:00am 10/19–12/14 $91 / $121 293110.61


**INDOOR TENNIS: ADULT**

**Beginner 1.0–1.5  Age 16 & up**

- **8, 60 minute classes**
- **no class 11/30**
  - **M** 9:00–10:00am 10/14–12/2 $91 / $121 294030.11
  - **Sa** 9:00–10:00am 10/19–12/14 $91 / $121 294030.61

**Advanced Beginner 2.0–2.5  Age 16 & up**

- **8, 60 minute classes**
- **Age 6-8**
  - **no class 11/29, 11/30**
    - **F** 9:00–10:00am 10/25–12/20 $91 / $121 294130.51
    - **F** 4:00–5:00pm 10/25–12/20 $91 / $121 294130.52
    - **Sa** 10:00–11:00am 10/19–12/14 $91 / $121 294130.61

**Intermediate 3.0–3.5  Age 16 & up**

- **8, 60 minute classes**
- **Age 6-8**
  - **no class 11/30**
    - **F** 4:30–5:30pm 10/25–12/20 $91 / $121 294130.51

**Advanced 4.0  Age 16 & up**

- **8, 60 minute classes**
- **no class 11/30**
  - **Sa** 12:00–1:00pm 10/19–12/14 $91 / $121 294330.61

**Random Time Court Rental 2019–2020**

- **Court cost is per hour RANDOM TIME**
- **Prime Time (after 5:00pm, Mon–Fri; Sat & Sun all day):**
  - Adult TOH Resident $30
  - Adult Non-Resident $32
- **Non-Prime Time (before 5:00pm weekdays):**
  - Adult TOH Resident $25
  - Adult Non-Resident $32
  - Youth/Senior TOH (a) $22
  - Youth/Senior/Non-Resident (a) $26
  - (a) Youth = 17 and under Senior = 65 and older
- *Reservations for random time may be made seven days in advance.
- **NOTE:** Please consult with an instructor prior to registering if you have not previously enrolled in the following levels.

**Advanced Beginner 2.0–2.5 (continued)**

- **Age 9–11**
  - **8, 60 minute classes**
    - **Tu** 5:30–6:30pm 10/15–12/3 $91 / $121 293210.21
    - **Sa** 10:00–11:00am 10/19–12/14 $91 / $121 293210.61

- **Age 12–15**
  - **8, 60 minute classes**
    - **Sa** 11:00am–12:00pm 10/19–12/14 $91 / $121 293320.61

**Intermediate 3.0–3.5**

- **Age 9–15**
  - **8, 60 minute classes**
    - **W** 5:00–6:00pm 10/16–12/11 $91 / $121 293520.31
    - **Sa** 12:00–1:00pm 10/19–12/14 $91 / $121 293520.61
    - **F** 4:30–5:30pm 10/25–12/20 $91 / $121 293520.51

**Advanced 4.0**

- **Age 12–15**
  - **8, 60 minute classes**
    - **Sa** 1:00–2:00pm 10/19–12/14 $91 / $121 293620.61

**High School**

- **Age 14–18**
- For students already on their high school team or about to try out and already competing in tournament play.

- **8, 60 minute classes**
  - **M** 5:00–6:00pm 10/14–12/2 $91 / $121 292320.10
  - **Sa** 11:00am–12:00pm 10/19–12/14 $91 / $121 292420.61
  - **F** 4:30–5:30pm 10/25–12/20 $91 / $121 292520.51

**NOTE:** Please consult with an instructor or schedule a tryout for the levels below. Contact Suzanna Swalboski at Suzanna.Swalboski@herndon-va.gov or 703-435-6800 x2110.
DOUBLES/GROUPS

League participants are responsible for finding their own substitute players. A list of individuals who wish to substitute on a regular basis will be provided to those registered in the league. If you would like to be considered as a substitute player, please register after the program is full to be contacted. The Town reserves the right to remove players from the program if they regularly do not arrange for their own substitute.

Early Bird Tennis  Age 16 & up
2.5 hour sessions  no session 11/28, 11/29
M-F  6:30-9:00am  9/23-12/20  $263 / $350  290130.11

Women's Doubles  Age 16 & up
12, 2 hour sessions  no session 11/27
W  9:00-11:00am  9/25-12/18  $183 / $243  290030.31

Tennis Men's Doubles  Age 16 & up
13, 2 hour sessions  no session 11/30
Tu  8:30-10:30pm  9/24-12/17  $207 / $275  293030.21

Senior Doubles  Age 50 & up
Sign up for one of our doubles leagues to play for the entire fall season at a designated time each week. This is the perfect way to stay fit and continue competitive play. Cost includes new balls every session. No senior discount.
11, 90 minute sessions
M  12:00-1:30pm  10/7-12/16  $120 / $160  295040.11
10, 90 minute sessions  no session 11/28
Th  12:00-1:30pm  10/10-12/19  $109 / $145  295040.41

TOURNAMENTS

Youth Singles
Round Robin format followed by single elimination in semis and finals. Must register five days before the tournament start.

GIRLS
Age 10-12
F-Su  1:30-6:00pm  11/29-12/1  $60 / $60  299250.52

Age 12-15
Th-Sa  1:30-6:00pm  12/26-12/28  $60 / $60  299250.44

Age 15-19 - High School
Su/M/Tu  1:30-6:00pm  12/29-12/31  $60 / $60  299250.43

BOYS
Age 10-12
F-Su  9:00am-1:30pm  11/29-12/1  $60 / $60  299250.51

Age 12-15
Th-Sa  9:00am-1:30pm  12/26-12/28  $60 / $60  299250.41

Age 15-19 - High School
Su/M/Tu  9:00am-1:30pm  12/29-12/31  $60 / $60  299250.42

Junior Team Tennis
Junior Team Tennis is designed for those players ready for a competitive tennis experience and outside matches with practices focused on skill and strategy, with the opportunity to continue on a year-round basis. Tryouts are required; to schedule and for more information, please contact the indoor tennis manager at 703-435-6800 x2110. USTA individual membership not included but required if selected for the team.

AGE 8 & UNDER
Sa  6:00-7:30pm  9/14-12/14  $171 / $227  293140.60

AGE 10 & UNDER
Sa  6:00-7:30pm  9/14-12/14  $171 / $227  293141.61
Sa  7:30-9:00pm  9/14-12/14  $171 / $227  293141.62

AGE 12 & UNDER
Sa  6:00-7:30pm  9/14-12/14  $171 / $227  293141.63

AGE 14 & UP
Sa  7:30-9:00pm  9/14-12/14  $171 / $227  293141.64

Gymside Walkers
Walking can add years to your life and life to your years. 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
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 25 lbs. of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes
Tu  6:30-9:00pm  9/17-11/5  $150 / $200  210140.21

Pottery Wheel  Age 16 & up
Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes
M  6:30-9:00pm  9/16-11/4  $150 / $200  210150.11
Tu  6:30-9:00pm  9/17-11/5  $150 / $200  210150.21

Youth Pottery  Age 10-16
Explore your creativity while learning handbuilding clay techniques. Exciting pottery project ideas will be provided, but students will have the opportunity to let their imaginations run. Fee includes all materials.

6, 90 minute classes
W  5:00-6:30pm  9/18-10/23  $96 / $128  210110.31

Take Better Pictures  Age 16 & up
Digital Photography fundamentals. Take great photographs with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes
Th  7:00-8:30pm  9/19-11/7  $75 / $100  260130.41

Got Program Ideas?
We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.
Also, please contact us if you want to share your talents and teach a class in the future.

NEW  ❘  Craftsly Kids  Age 6-12
Have you progressed past the macaroni friendship bracelet? We offer constructive hands-on fun projects for kids to explore their creative side. Projects include clay dishes, paint pour, and nail polish cups.

8, 60 minute classes  no class 10/31
Th  4:30-5:30pm  9/19-11/14  $75 / $100  210400.41

NEW  ❘  Holiday Crafting  Age 8-12
Make handmade holiday gifts for your loved ones. Perfect for jump starting family gifting and learning how to make holiday presents by hand.

1, 90 minute class
M  4:00-5:30pm  12/16  $35 / $35  260340.11

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
M  6:00-8:30pm  9/09-9/30  $150 / $200  210411.41
M  6:00-8:30pm  10/07-11/28  $150 / $200  210411.42
M  6:00-8:30pm  11/04-11/25  $150 / $200  210411.43

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.
CPR/AED and First Aid  Age 14 & up
American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Certification is valid for 2 years. Great class for Teachers, Personal Trainers, Scout Leaders or anyone who needs CPR for work. Supply fee of $25 payable to instructor on day of class.

1, 6 hour class
Su 12:30-6:30pm  9/15  $80 / $80  260150.01
Su 12:30-6:30pm  10/20  $80 / $80  260150.02
Su 12:30-6:30pm  11/17  $80 / $80  260150.03
Su 12:30-6:30pm  12/15  $80 / $80  260150.04

Better Babysitting  Age 11-15
Learn to be a safe, reliable and 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 also receive a Pediatric First Aid certification through American Heart Association (certificate is good for 2 years). This is a FCPS day off school, students are encouraged to bring a packed lunch and a snack.

1, 8 hour class
M 8:00am-4:00pm  11/4  $105 / $105  260151.12

Introduction to Cooking  Age 7-12
This class teaches the basics of cooking, such as making sauces, boiling, baking and most of all building 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 desert.

8, 75 minute classes  no class 10/31
Th 5:00-6:15pm  9/19-11/14  $96 / $128  260150.41

NEW  Frightfully Fun Cooking in the Kitchen  Age 8-14
Kids will have a blast with this hands-on cooking class. Join us as we make ghoulish treats in time for Halloween. It will be a scary good time.

1, 90 minute class
Age 10-14
F 4:00-5:30pm  10/25  $35 / $35  260340.51

Age 8-12
Sa 9:00-10:30am  10/27  $35 / $35  260340.71

NEW  Robotics  Age 10-14
Robots.Education is pleased to offer our world class After-School Robotics Programs at the Herndon Community Center. Using a hands-on, “exploration based” approach in all our programs – resulting in maximum engagement and deep learning for all our participants.

Students will learn how to program advanced robotic capabilities, such as speech recognition and visual tracking...they’ll even program robots to recognize their faces and greet them by name!

You’ll be amazed by what your children can achieve and how excited they are to be learning robotics and programming.

4, 90 minute classes  no class 11/11
M 5:00-6:30pm  9/9-9/30  $160 / $213  266150.10
M 5:00-6:30pm  10/21-11/18  $160 / $213  266150.11

WELCOME MIKE HEATH  ASSISTANT COMMUNITY CENTER MANAGER
Mike is our new Assistant Community Center Manager. He is originally from New Jersey but has most recently lived in West Virginia where he attended Glenville State College. Mike has served in various management positions over the years, but his favorite was his role as Recreation/Events Manager at Stonewall Resort, where he was responsible for all recreational activities and special events. He loves the hospitality industry and considers himself a true people person. In his spare time Mike enjoys working out, anything nature related, and spending time with family and friends. He is very enthusiastic about his new position and aspires to be a true asset to the facility. Please welcome him when you see him at the front desk or in the building.

WELCOME STEPHANIE MOORE-BREWER  EVENTS COORDINATOR
Stephanie is our new Events Coordinator. She has a passion for community events and engagement. Her past work experience has been as a hotel event manager and she has coordinated and planned several types of events including corporate, community, and weddings. Stephanie truly enjoys being part of bringing people together and helping make an event a fun experience. She is a Northern Virginia transplant from South Carolina brought here by her husband’s service in the U.S. Army. As a mother to four amazing children, she enjoys spending time with her family playing outdoors, crafting, and cooking.
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 Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. Shelters are available for reservation.

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

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

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

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>
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<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>
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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.
Herndon Community Center Admission Fees & Passes

TOH = Town of Herndon Resident (Requires ID with address);
NR = Non-Resident; Youth: 17 & under,
Student: 18-25 with student ID; Senior: 65+

All admissions and passes are nonrefundable.

Daily Rate  (New Rates Effective September 1, 2019)  TOH/NR

Adult ........................................ $7/$8
Youth, Senior, Student .................. $5.75/$6.50
Family ........................................ $19.75/$22.50

10-Visit Pass*  TOH/NR

Adult .......................................... $63/$72
Youth, Senior, Student ................. $52/$59

25-Visit Pass**  TOH/NR

Adult ......................................... $140/$160
Youth, Senior, Student ................. $115/$130

30-Day Pass  TOH/NR

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

6-Month Pass  TOH/NR

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

Annual Pass  TOH/NR

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

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

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

Gymnasium Use:
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 9 & under: permitted in locker room of opposite sex
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:
Monday–Friday, 4:00–10:00pm,
Saturday & Sunday, Opening–2:00pm
admission fee per player
$4 per hour +
$3.50 per session wallyball
admission fee per player
$2 per hour +
$2 per session wallyball

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 Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Lindsey Jones, Systems Technician
Kevin Breza, Recreation Program Coordinator
Abby Kimber, 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
Mike Heath, Assistant Community Center Manager
Suzanna Swalboski, Indoor Tennis Manager
Kellie Windom, Preschool Director
Karen Tsitos, Head Personal Trainer
Trey Simkins, Group Exercise Coordinator

Recreation Supervisors
Kimmie Alcorn, Special Interest, Arts & Crafts, Camps
Tim Lander, Wellness, Sports & Community Events
Tom Milenkevich, Fitness Services Supervisor
Holly Poppole, Performing Arts & Community Events
John Walsh, Sports & Community Events

* Expires 1 year after purchase
** Expires 2 years after purchase
^ Same household
+ Dependent pass must be purchased with an adult pass
How Registration Works
Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, August 14. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, August 20.

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

• Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting 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 33 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 August 20.

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

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

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

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

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

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

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 - FALL 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>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Doe (example)</td>
<td>7/1/99</td>
<td>M/F</td>
<td>000000.00</td>
<td>Level 4</td>
<td>$68</td>
<td>000000.01</td>
<td>000000.02</td>
</tr>
<tr>
<td>/ / /</td>
<td>M/F</td>
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<td>M/F</td>
</tr>
</tbody>
</table>

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 ___________________________

OFFICE USE ONLY – Processed by: ___________________________
Payment Method  C  CK  CC  LC
AP# ___________________________ Date Paid ___________________________

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 ___________________________

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

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

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.
HERNDON LABOR DAY FESTIVAL

Wine & Craft Beer Tasting

Monday
September 2
11am-5pm
Herndon Town Green
777 Lynn Street
Tastings and Beer Sales End at 4pm

PRODUCED BY
Town of Herndon Parks and Recreation Department
&
Herndon Woman’s Club
See event details at herndon-va.gov/laborday
703-787-7300

★ Virginia Wineries
★ Craft Beers
★ Craft & Food Vendors
★ Live Music All Day

ADMISSION
Wine OR Craft Beer* Tasting & Entertainment $25
(*includes 4 beer tasting tickets)
You must purchase a $25 bracelet to purchase alcohol
ID required to purchase tastings

Entertainment Only or Designated Driver $5
Children 12 & under FREE
Proceeds help support community outreach programs in the Herndon area.

WINERIES
★ AmRhein’s Wine Cellars
★ Chapelle Charlemagne Vineyards
★ Cobbler Mountain Cider
★ Horton Vineyards
★ Mattaponi Winery
★ Narmada Winery
★ Rebec Vineyards

ENTERTAINMENT
★ 2 Stages with live music
★ Leather & Lace – The Stevie Nicks Experience
★ The Dave Lange Trio – Hill Country Blues
★ and more entertainment

PUMPKIN PALOOZA

Saturday, October 26 | 10am-1pm
Town Hall Square, 730 EIden St

FREE FUN FOR THE WHOLE FAMILY

Pumpkin Derby
Bring your pumpkin wheels and try for 1st place.

Pumpkin Pie Eating Contest
Test your love of pie. Prizes for each age group.

Pick & Paint Pumpkin Patch
Choose from our patch and get creative (for purchase).

Pumpkin Bowling, Popcorn & More!
For more information Herndon.gov/itson or 703-787-7300.